



# AFIKEPO / NAPE NEWS

## Our Children – Our Future



Dear Readers,



Welcome to the latest edition of our Afikepo/NAPE News! This newsletter is dedicated to the topic “knowledge”. The Oxford Dictionary defines knowledge as “Facts, information, and skills acquired through experience or education; the theoretical or practical understanding of a subject.” A huge part of Afikepo aims to transfer knowledge and skills to ensure that learners, teachers and communities are enabled to continue their school meals activities. All people involved in the project have to pass on their knowledge and skills—theoretically and practically—to their colleagues and community members so that also not only the children enrolled in the 150 primary schools and nearby ECDs can reach their full potential but also many more generations to come. Enjoy reading and be inspired!

Kornelius Schiffer, GIZ/NAPE Team Leader

### Knowledge Is Power

„Knowledge is power“ – that’s popularly known. For Afikepo/NAPE, knowledge about nutrition and hygiene is key to ensure that learners, teachers and communities understand how important the Home Grown School Meals approach is: when children get a meal at school, they come to school regularly. Moreover, school meals help them to focus and learn better, and contribute to their overall health. As a holistic approach, Home Grown School Meals also include aspects of hygiene and sanitation to make sure that children do not suffer from sicknesses like diarrhea. Only if learners, teachers, communities understand this, behavior change can take place and chances are high that schools will continue their school meals activities after Afikepo/NAPE ends. → Continued on page 2

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### Upcoming Events

- Handing over of newly constructed school kitchens and store-rooms
- Identification of project schools in three new districts: Thyolo, Chiradzulu & Salima

### Quote of the Month

“We are indeed much more than what we eat, but what we eat can nonetheless help us to be much more than what we are.”

— Adelle Davis, American Nutritionist

## Knowledge is Power — Continued

By Christina Krause, GIZ/NAPE, Junior Communications Expert

To strengthen knowledge about nutrition and hygiene, LUANAR trained District Nutrition Coordinating Committee (DNCC) members in preparing simple but nutritious meals from locally available foods and promoting hygiene practices, and DNCC members then went to each school to pass on the knowledge to the cooks from the communities. However, this should only be the start!

In Nkhotakota, two schools went further: The trained community members organized more training sessions on their own and managed to train more community cooks and learners from the school.

Chigunda School initiated a training for 30 learners consisting of Standard 1 to Standard 4 learners and members of the School Health Club. During the session, learners did not only discuss the theoretical part, but could also develop their practical skills: Just like in the initial training, the group was divided into small teams that were responsible to prepare a variety of breakfast and lunch meals and

snacks.

While some were busy washing, cutting and cooking, others took notes, and then roles were swapped. Thus, learners have been enabled to prepare the dishes again at home and share with families and friends. Of course, in the end all dishes were presented to the group and tasted. The famous one-pot dishes that are easy to make but very delicious were everyone's favorite. After the training, all participants were ready to share the knowledge at home and among their friends. By training learners, Chigunda School helped that Afikepo/NAPE does not only have an impact on school, but also on community level. The school has demonstrated that they own the school meals programme and really understand the importance of diversified meals and improved hygiene measures.

Another inspiring example is Kalinda School: After being trained by DNCC members, the cooks team wanted to share the newly gained knowledge to make sure that school children would get a nutritious meal every day – even when no trained cook is present. That is why

the communities collected money, bought additional

ingredients such as

eggs and iodized salt, and organized more training sessions in the surrounding villages. This initiative did not only mean that high quality school meals can be prepared by all cooks from the community, but – again – also that the men and women can cook the recipes at their homes and contribute to their families' health.

The two schools have demonstrated their ownership and commitment in an impressive way. It shows that Afikepo/NAPE has the potential to have a sustainable impact on nutrition and hygiene on school as well as on household level.■

Good Practice Example



Members of the cooks team, the SHN teacher and PEA at Kalinda School.

### Impressions from Chigunda School



Preparing dishes together was a key activity during the training for learners.



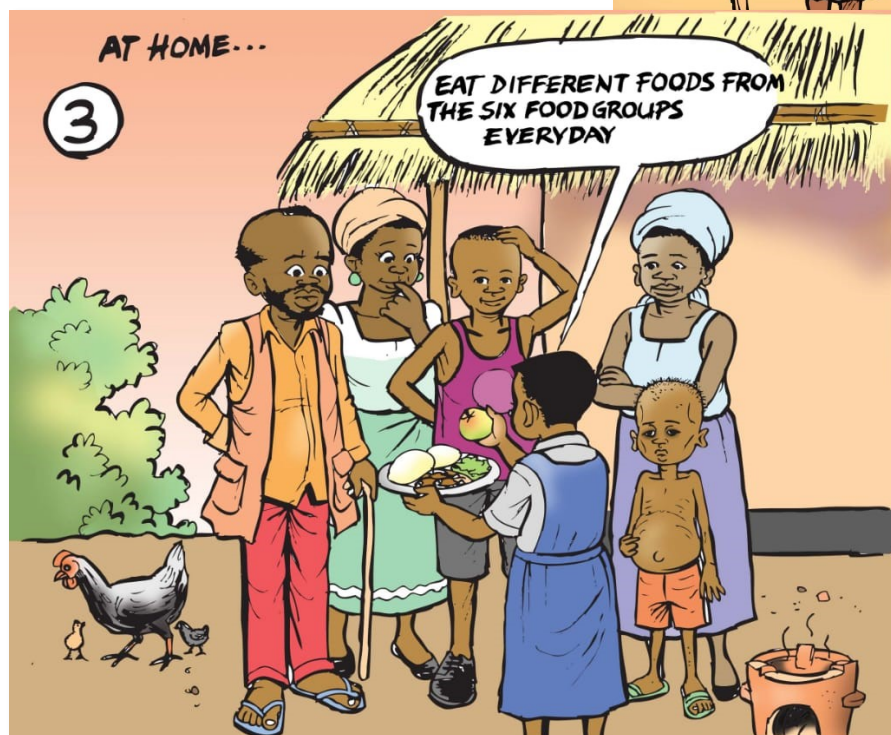
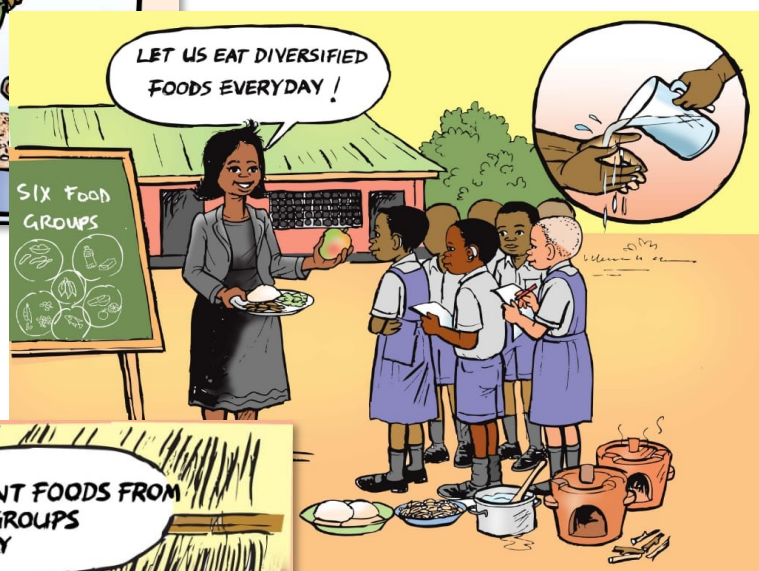
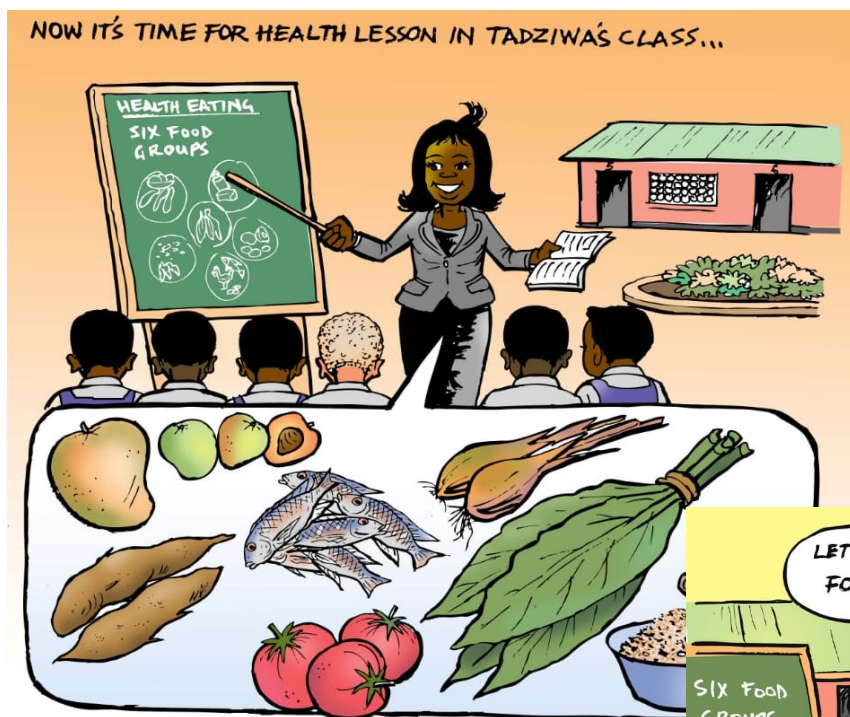
Writing down the recipes and instructions is important!



Proudly presenting the different dishes to the group.



## Share Your Knowledge!



## By-Law Keeps Children in School

By Zee Chunga, Senior Radio Producer, Story Workshop Educational Trust

Rose (name changed) is a standard 8 learner at Chigumukire Primary School in Nkhotakota. Days have not necessary been rosy for her. In 2017, Rose withdrew from school. Her teacher Mr Banda reported this to the headteacher having observed a lengthy period of absenteeism. The headteacher sent word to the parents to follow up on the learner but every effort did not prove successful. Rose would not return to school. The underlying cause for her withdrawal was that Rose would not concentrate in class due to going to school hungry. Rose's parents could not afford to provide breakfast everyday, as they lived in acute poverty. Later in the year, Afikepo came to Chigumukire School. Food items like maize, groundnuts, soy as well as fruit treeplings

were also given and the feeding program was introduced.

School committee members were invited and a team was sent to reach out to Rose. Rose returned to school and continued from standard 7. Rose now sits in class and her performance has improved. She is in the top 10 of over hundred learners. A brighter future looks likely for Rose.

The story of Rose prompted the School Management Committee to call for a meeting with the Parent Teacher Association in order to agree on a by-law that regulates learner withdrawal from school due to lack of breakfast. The community, led by their traditional leaders agreed that if any learner withdraws from school, hereforth, the parents will be liable and will pay a fine of 3 goats. The by-law has been scripted and presented to the Primary

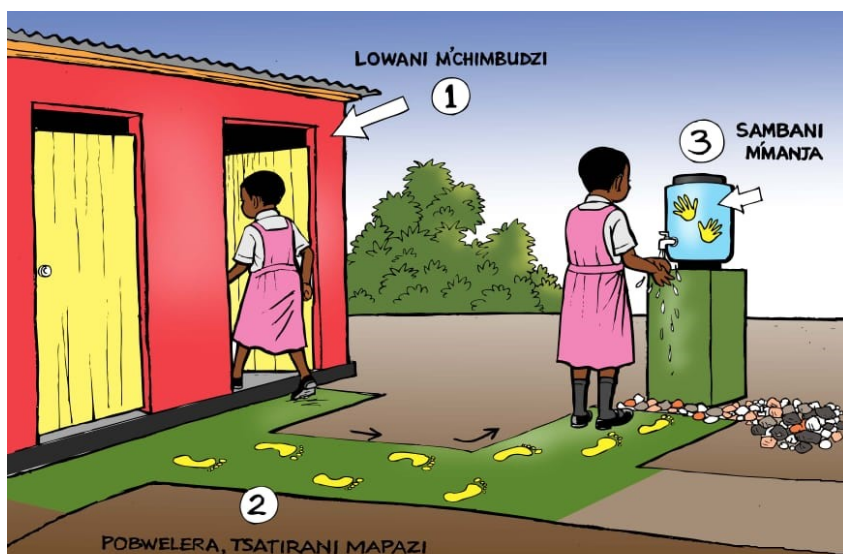
Education Advisor, Mirriam Banda, for Kasitu Zone.

As the community waits for the signing of the by-law by the district council, members of this community are already on guard.

The story of Rose is one is a million. Many learners apart from Rose have withdrawn from school due to lack of breakfast and staying hungry in school before Afikepo came to town. When girls like Rose can continue their education, they are also less likely to get married and pregnant early.

The school has closed the gaps and now every child is in school; enrolment has also gone up to 1,000 learners in one and half years. The number of learners that have been selected for secondary education has risen by 50 percent. This is Chigumukire on track.■

## Encouraging Handwashing



By Christina Krause, GIZ/NAPE, Junior Communications Expert

Changing behaviour does not happen in only one day. It needs time and practice for children and community members to adopt new ways of behaviour into every day life. When it comes to handwashing, Bangladesh has developed an inspiring example: Schools use „nudges“ in form of foot and hand prints that remind children to wash their hands after going to the toilet. A study has shown that handwashing with soap increased from 4% to 74% - what an impressive result. The study can be found here: <https://tinyurl.com/nudge-handwash>.■



## Chitunthika Radio Listening Club Mobilizes Communities

By Chifundo Zulu, Project Manager, Story Workshop Educational Trust



*The Radio Listening Club members of Chitunthika raised awareness for the lack of toilets at the school and can be proud of their achievement.*

Chitunthika Primary School in Kasungu has a population close to 1,000 learners. The school has a total of four toilets, two for boys and two for girls. After listening to the Afikepo radio program and learning about the importance of good hygiene practices, the school's Radio Listening Club saw the need for more toilets at the school.

The club's action was to conduct a drama performance where they facilitated dialogue with the school committee members, learners, school staff and the traditional leaders to build more toilets. During

the close of the second term of the school calendar in 2018, the club performed in front of chiefs, school committee members, the school staff, parents and all learners. A meeting followed where the village headman asked every stakeholder to pledge their support so they school can construct new toilets. The school pledged to provide iron bars, cement and to dig the pits whereas the leaders provided sand and bricks.

The school is underway constructing four more toilets with great progress.■

## Blessings Inspires Peers and Parents

By Chifundo Zulu, Project Manager, Story Workshop Educational Trust

Blessings Charles (16) is a Standard 8 learner at Mwalawamalemba School in Kasungu. He is well known as an inquisitive learner and a poet. The radio listening club has continuously requested Blessings to craft poems and recite them at the assembly. He has recited over seven poems at the assembly and this impacted many lives at the school. And he has used his talent to inspire fellow learners like Sikayenera Paul.

Sikayenera Paul is also a Standard 8 learner at the same school. Through one of Blessing's poems, Sikayenera went practical and started boiling water before drinking to make it safe for consumption. In the poem, Blessings urged learners

that water could be made safe through applying water guard, chlorine and boiling. Afterwards Sikayenera approached Blessings to enquire more about the boiling method noticing that his parents could not afford to buy water guard or source chlorine. Since November 2018, Mrs. Paul has been boiling water and confesses of great improvements in fighting diarrheal diseases. She proudly says: "Since my son told me to start boiling water, we have had less cases of diarrhoea among my children who used to fall sick. The information helped my family a lot".

Blessing is also admired by his mother who testifies the boy is a great advisor on different issues even at home and she has since acquired knowledge on how water can be cared for.■



Sikayenera (left) and Blessings (right) discuss school health and nutrition messages. Both also actively share with their peers and parents.

## Vua Primary School Wins Sanitation and Hygiene Award

By Taona Munthali, Vua School, SHC Matron



*Handwashing is key to prevent sicknesses like diarrhea from spreading.*

For many years, sanitation, hygiene and nutrition situation has been an issue in

schools around Karonga district. For instance, schools falling in flood prone areas have felt the most in terms of accessing potable water and availability of pit-latrines.

When the floods hit, issues of sanitation are compromised. Toilets are mostly filled with water making them unusable. Such issues were very problematic to learners as they usually contracted disease that resulted from improper hygiene.

However, the coming of Afikepo/NAPE to Vua Primary School has improved the situation: The school now promotes proper sanitation and hygiene practices. Handwashing facilities were distributed to the school to ensure that learners always wash their hands with soap, especially before eating and after using the toilet. The school also introduced drop hole

covers. Teachers have been in forefront in supporting learners change their mindset and adopt sanitation and hygiene practices in their day to day activities. Learners even started to promote the practices at home among their families and community members.

Due to this, according to teachers, less pupils are reported sick as a result from unhygienic practices.

Among the 20 schools under Afikepo/NAPE programme in Karonga district, Vua became the Champion of hygiene, sanitation and nutrition knowledge, after winning District level quiz competition.

As a school, we shall always strive to ensure issues of sanitation, hygiene and nutrition remain a priority so that we prevent diseases. Only a healthy child is able to learn.■

## Update from the Mother & Father Group

By Patrick Singoyi, GIZ/NAPE, M&E Support

In the last issue, we presented the Mother & Father Group initiative at Njेलengwa School. Due to the very positive feedback, we decided to have a closer look at it, and are proud to present you an update:

The school has faced comparatively high drop out rates. One reason is that Njेलengwa is situated at the border to Tanzania. Many adolescent boys cross the border to Tanzania to herd cattle for a year and in return, are given a cow. Nelson (right), a 17-year old boy, wanted to follow this tradition and dropped out from school. As soon as the Mother & Father

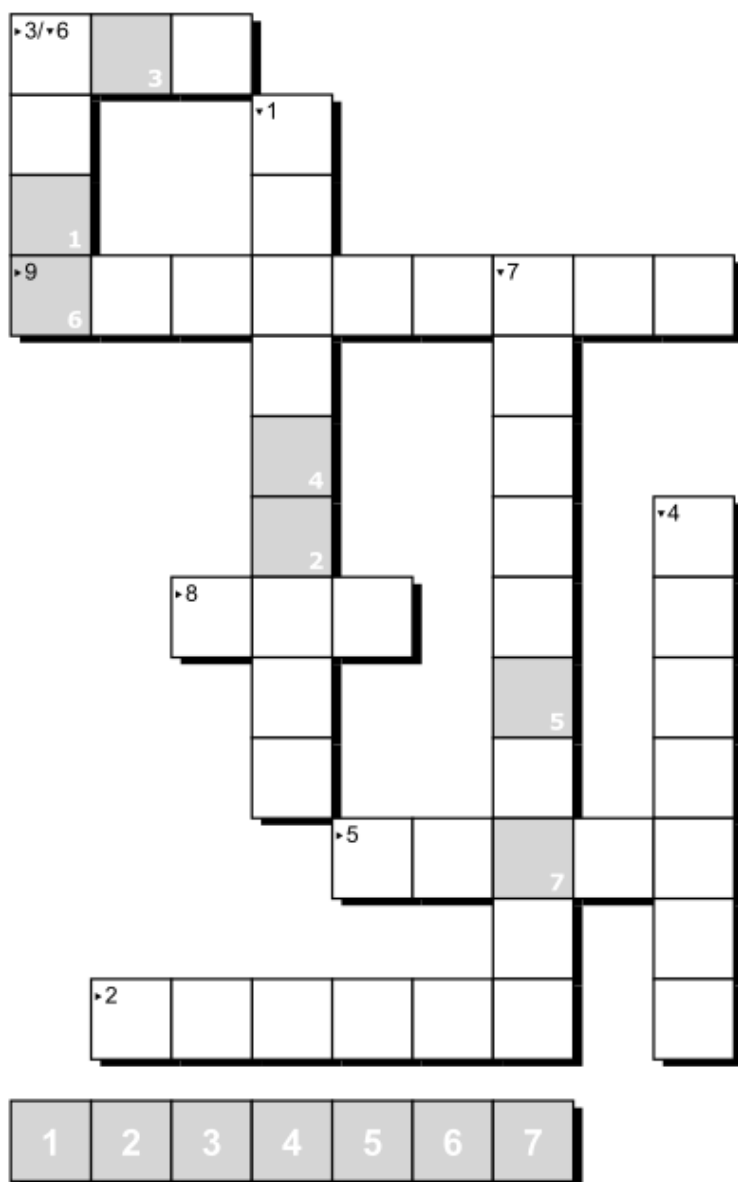
Group heard about his case, they visited the parents and managed to convince them to call their son back. Nelson enrolled back into Standard seven and wants to become a soldier.

The group also convinced the parents of 16-year old Tabiya (left) to enroll her daughter back in school. "After the long discussion, the parents agreed and then we went to Tabiya and convinced her to continue with school", the PTA chairperson recalled. Tabiya is currently in Standard seven and dreams of becoming a nurse.■



*Tabiya and Nelson are back in school.*

## Quiz Time: Win a Afikepo/NAPE Mug!



1. Eat ... every morning
2. Eat more ... and vegetables
3. Number of different food groups
4. Use ... salt
5. Eat many different ... every day
6. Always wash your hands with ...
7. ... vegetables are very nutritious
8. Build a tippy ... for handwashing
9. Healthy school meals will help children reach their full ...

### How to win the Afikepo/NAPE mug?

Solve the quiz by completing the sentences above and fill in the answers into the spaces on the left. When completed, you can put together the answer.

Send the answer together with your name, and phone number until July 31, 2019 via SMS to +265 88 00 55 053 to enter the competition to win 1 of 3 Afikepo/NAPE mugs!

Good luck!



## Afikepo Monitoring Visit to the Northern Region

By Christina Krause, GIZ/NAPE, Junior Communications Expert

In April, stakeholders of the Afikepo Programme undertook a joint monitoring trip to the implementation districts in the North, namely Mzimba, Nkhata Bay, Karonga and Chitipa. With representatives from the respective ministries, the EU, FAO, Unicef, Save the Children and GIZ, the aim was to see activities on the ground and discuss areas of closer cooperation and alignment. Nkhata Bay was a great example when it comes to complementing interventions of all Afikepo partners and the sister project KULIMA. It was a good opportunity to strengthen the connection between the various actors on central and district level and motivate each other to work together to really make a difference for the beneficiaries. ■



## Recipe of the Month: Pigeon Pea Snack

### Ingredients:

- 2 cups boiled pigeon pea
- 2 eggs
- 1 cup diced cabbage or any other vegetables
- 2 tablespoons sugar
- 2 bananas
- 2 bulbs of onion
- 1 cup cooking oil
- 2 tablespoons water
- Salt to taste

### How to prepare:

- Crush pigeon peas and put the mixture aside.
- Cook cabbage for five minutes in water while stirring.
- Cut onions and mash the bananas.
- Mix crushed pigeon peas, cabbage, mashed banana, salt and onions.
- Break the eggs into a cup to check that they are fresh.
- Add eggs to the mixture of pigeon peas and cabbage and mix thoroughly.
- Make balls with the mixture according to what you want.
- Fry in heated cooking oil.

**Enjoy your snack!**

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## Photo Gallery



Learners enjoy nutritious school meals at Ishyalikira School in Chitipa.



Learners perform a drama on nutrition at Mphimbi School, Mzimba North.



A learner feeds fish in the pond of Mvwalamani School, Nkhata Bay.