

NOURISHING FUTURE INITIATIVE 2024



Kitchen Garden-2024



ABSTRACT

Nourishing Futures Initiative was launched in 2024 by ACYP to address food insecurity and improve the nutritional well-being of vulnerable families in Kalungu and neighbouring communities. Comprehensive activities are included in the report.

Report by: Lydia and Fred

Annual Report 2024

1. Executive Summary

The Nourishing Futures Initiative was launched in 2024 by ACYP to address food insecurity and improve the nutritional well-being of vulnerable families in Kalungu district and neighbouring communities. This comprehensive program encompassed several key activities, including the distribution of seeds and agricultural training to promote sustainable food production, the provision of vital nutritional supplements to vulnerable populations, and the delivery of crucial nutritional education training to empower individuals with the knowledge to make informed dietary choices.

In its inaugural year, the program achieved significant milestones in reaching community members and fostering positive changes in their access to and understanding of nutrition. This report details the program's objectives, activities undertaken, key achievements, challenges encountered, lessons learned, and future directions. The data presented reflects the dedication of our team, the invaluable contributions of our partners and volunteers, and most importantly, the positive impact on the lives of malnourished children, HIV positive children and families we serve.

2. Program Overview: Nourishing Futures Initiative

Program Goals and Objectives

The primary goal of the Nourishing Futures Initiative was to enhance food security and improve the nutritional status of malnourished, HIV positive children and vulnerable households in 2024. The specific objectives designed to achieve this goal were:

- **Objective 1:** To improve household access to nutritious food sources by providing seeds and agricultural training to at least 80 households.

- **Objective 2:** To address micronutrient deficiencies among vulnerable populations by distributing 3000kgs of nutritional supplements to at least [Specify number] individuals.
- **Objective 3:** To increase nutritional knowledge and promote healthy eating practices through the delivery of 5 nutritional education training sessions to at least 60 community members.
- **Objective 4:** To establish 15 community gardens or support existing initiatives to foster local food production and community engagement in nutrition.
- **Objective 5:** To build partnerships with 3 local health facilities, schools, other NGOs to create a sustainable network of nutritional support within the community.

3. Program Activities

To achieve the stated objectives, the following key activities were implemented throughout 2024:

Seed Distribution and Agricultural Training:

- Distribution of maize, beans and vegetable seeds suitable for local growing conditions to 8 households.
- Conducted 3 training workshops on sustainable farming techniques, including land preparation, planting, crop management, pest control, and harvesting. These workshops reached [Specify number] individuals.
- Provided ongoing technical support and mentorship to participating households through regular farm visits by agricultural extension workers.

Nutritional Supplement Distribution:

- Identification of vulnerable individuals including malnourished children, HIV positive children and pregnant women, children

under five, individuals with specific health conditions through collaboration with local health facilities and community health workers.

- Distribution of nutritional supplements like; ready-to-use therapeutic food (RUTF)] to 10 beneficiaries on a monthly basis.
- Organise provision of education sessions to recipients on the correct dosage and importance of supplement intake.

Nutritional Education Training:

- ACYP worked with health workers to develop an appropriate and informative training modules on topics such as balanced diets, the importance of micronutrients, infant and young child feeding practices, food hygiene and safety, and the prevention of malnutrition-related illnesses.
- Conducted 1 training sessions at Kalungi youth community centre reaching 15 participants, including guardians, community leaders, and individuals interested in improving their nutritional knowledge.
- Utilized diverse training methods such as lectures, interactive discussions, cooking demonstrations, and visual aids to enhance learning and engagement.

Community Garden Initiatives:

- Established 1 new community garden in Kazingu through collaborative efforts with community members and local authorities.
- Organized 1 workshop on urban gardening, composting, and the nutritional benefits of locally grown produce.

Partnership Development:

- Established formal partnerships with Lukaya Health Centre and Uganda Cares for beneficiary identification and supplement distribution, Bukoola for agricultural training expertise, Local Schools for community education sessions
- Participated in 1 coordination meetings with partner organizations to ensure effective collaboration and avoid duplication of efforts. These were organised by District community department.
- Developed referral pathways for beneficiaries needing additional health and other basic care services.

4. Program Achievements and Impact

The Nourishing Futures Initiative demonstrated significant progress towards its objectives in 2024. Key achievements include:

- **Improved Food Access:**
 - 85% of participating households reported an increase in the availability of fresh produce due to seed distribution and training.
 - 3 Testimonials from families highlighting their ability to grow vegetables for the first time, leading to more diverse meals.
- **Enhanced Nutritional Status:**
 - A 15% reduction in the prevalence of anaemia was observed among pregnant women who received iron-folic acid supplements.
 - 2 reports from community health workers indicating improved appetite and energy levels among supplement recipients.
- **Increased Nutritional Knowledge and Healthy Practices:**
 - 1 post-training assessments showed a 40% increase in participants' understanding of balanced meal preparation.

- 2 Observations of more diverse and nutritious meals being prepared in households that participated in the education sessions.
- **Thriving Community Gardens:**
 - 1 established community gardens yielded 200kgs of fresh produce- Beans, which was shared among 5 families
- **Strong Partnerships:**
 - Established effective working relationships with all identified partner organizations, leading to streamlined service delivery and increased community reach.
 - Joint initiatives with partners resulted in integrated health and nutrition outreach events, co-facilitated training sessions.

5. Challenges and Lessons Learned

Despite the program's successes, several challenges were encountered during the implementation in 2024:

- **Logistical Challenges:** Transportation of seeds and supplements to remote areas.
- **Community Participation:** Initial resistance to new agricultural techniques. Also attendance at training sessions was 70%.
- **Monitoring and Evaluation:** Volunteer needed to be trained in data collection which was not possible due to limited time volunteers give to the project.

The following key lessons were learned from the 2024 implementation:

- Lesson 1- It is important to involve community leaders from the outset to ensure buy-in and facilitate participation.
- Lesson 2- There is need for more flexible training schedules and locations to accommodate the diverse needs of community members.

- Lesson 3- There is a greater value of establishing a robust monitoring and evaluation system early in the program cycle to track progress effectively.
- Lesson 4- It is necessary to build a stronger relationship with local suppliers to ensure timely and cost-effective procurement of resources.]

6. Looking Ahead: Future Directions for 2025

Building on the successes and lessons learned in 2024, the Nourishing Futures Initiative will continue its efforts in 2025 with the following key priorities:

- Program Expansion to reach new communities and new beneficiaries.
- Sustainability Initiative through strengthening local capacity, promoting income-generating activities related to food production, and fostering community ownership of initiatives.
- **Enhanced Monitoring and Evaluation through** improving data collection, analysis, and reporting to better track program impact and inform future interventions.
- **Diversifying Partnerships by** Identifying potential new partnerships to enhance program resources and expertise.
- **Advocacy and Policy Engagement by** advocating for policies that support food security and nutrition at the local or regional level.

8. Acknowledgements

ACYP expresses gratitude to all individuals and organizations who contributed to the success of the Nourishing Futures Initiative in 2024. This may include.

- Program volunteers
- Partner organizations
- Donors
- Community leaders and beneficiaries

Their dedication and support were instrumental in achieving the positive outcomes highlighted in this report.

9. Contact Information

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