



Featured program for November 2014

Gardens for Health International - Bumbogo Health Center and Community Outreach Program



Dining for Women



Changing the world one dinner at a time

Introducing the Program

Gardens for Health International offers an integrated holistic program to attack widespread malnutrition in rural Rwandan children by empowering mothers - giving them knowledge, tools and skills to feed their children nutritious food.



A partnership program
with Bumbogo Health
Center in Gasabo District,
Rwanda



“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” ~ Thomas Edison

November 2014

What are we supporting?

A program that targets mothers of children clinically diagnosed with malnutrition, educates them on nutrition, and gives them the tools and skills to successfully grow the right foods to feed their families for continued good health.

The \$43,867 grant pays for:

- Salaries of two field educators and two monitoring and evaluation agents
- Partial salaries for the district supervisor and a driver
- All program costs for the Bumbogo outreach program (\$300 per family)
- 50 percent of salary of the farm manager and the teacher for the farm employment program
- Full costs of material for both the empowerment training and early childhood education



Life Challenges of Women and Girls

Malnutrition is responsible for the deaths of more than 3.5 million children globally each year.

According to the World Health Organization, the world is facing an acute food and **nutrition crisis that could affect up to 450 million children worldwide by 2025** if we do not address chronic malnutrition.

- More than **one third of malnutrition related deaths** are among children under five.
- Malnutrition is the **single most important risk factor** in the common diseases that lead to child mortality
- Chronic malnutrition can disrupt mental and physical development, often permanently
- Malnourished children are **less likely to attend school**
- Malnourished children who go to school are **less likely to succeed**
- As working adults, they are **likely to earn less** than their peers
- People who are malnourished have **shorter life spans**

The Program

GHI partners with the Bumbogo Health Center to diagnose malnourished children and enroll their mothers in nutrition education programs. GHI delivers seeds and livestock, and teaches women to grow nutritious foods to feed their families.

Activities include:

- Community awareness campaigns
- Enrollment by clinical staff
- Garden plot design
- Seed and livestock distribution
- Health training
- Agricultural training
- Farm work program
- Monitoring & evaluation

The outreach program will serve 120 families including 600 children, and the farm worker program will benefit up to 2,000 women and their families



Program Budget

DFW's grant to Gardens for Health International is \$43,867

Personnel Expenses (Bumbogo)

Field Educators (2)	@ \$2,028	\$4,056
M&E Agents (2)	@ \$1,248	\$2,496
Field Supervisor (25%)		\$1,276
Driver (25%)		\$1,438
Total Personnel Expenses		\$9,266

Program Expenses (GHI)

Seeds		\$4,500
Livestock		\$2,700
Training materials		\$1,200
Cooking Demonstrations		\$780
Home Visits		\$1,500
Community Health Worker Training		\$3,456
Car fuel and maintenance		\$3,216
Communications		\$240
Staff training		\$2,075
Program supervision		\$4,440
M&E		\$1,848
Total Program Expenses		\$25,955

Farm Employment Program Expenses (partial)

Farm Manager (50%)		
Teacher		
Educational Materials		
Total Farm Employment Expenses		\$8,646

Total Cost of Bumbogo HC Outreach Support Program		\$43,867
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Why we Love this Program

• Gardens for Health International works to address the root causes of malnutrition to create lasting, sustained improvements in family health

- The GHI model targets **mothers as change agents** to break the cycle of malnutrition
- Mothers learn why and how to feed their families nutritious food and **break the cycle of malnutrition**
- Involvement of the regional health center **integrates health with nutrition and wellness**
- The GHI demonstration **farm serves as a model as well as source of learning and income** for the mothers



Voices of the Women

Naomi Musabyimana

“When I was seventeen years old, I met a young man who promised me a better life with his support, but after I got pregnant, he abandoned me to avoid the risk of being imprisoned because I was not of age.

So I resorted to working in a field, making just enough to support me and the child I was carrying. I even delivered my child when I was on the field. At first my daughter, Aline, was malnourished, and got food aid from the local health center. But **I started working with Gardens for Health when she was an infant, and now she is healthy and no longer malnourished.**

I am grateful to be a trainer with Gardens for Health. Through training other women, I feel now I can make a change in my community.

Before I believed my life was about cooking only, but now I believe there is more to it, and because of this I am able to contribute to the wellbeing of Rwandan women.

In our culture, a woman is the pillar of a good home, and by educating her you are enriching the family as well as the community.”



Naomi and Aline

November 2014

About the Organization

Gardens for Health International was established in 2008 by then college students, Julie Carney, Emma Clippinger, and Emily Morell, to use agriculture as a key driver of better health outcomes in Rwanda.



- GHI partners with eight health centers in two Rwandan regions to integrate agriculture and **comprehensive health education** into the clinical treatment of malnutrition.
- GHI advocates for policies and programs that **include agriculture in the treatment of malnutrition.**
- GHI **provides technical assistance to partners** interested in adapting our model and methodology for their communities, including coffee farmers and community health workers.

Share Your Thoughts



1. Why do you think babies and young children are suffering from malnutrition in farming communities of Rwanda?
2. Emergency food aid is available from many sources. Why does GHI believe that it's not enough to solve the malnutrition problem?
3. How is partnership with regional health centers a critical element of GHI's service model?
4. What are ways in which GHI empowers the women it serves?

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Dining for Women | P.O. Box 25633, Greenville, SC 29616 | www.diningforwomen.org