

VOLUNTEER REPORT FORMAT

To be submitted to CRS at the end of volunteer assignment and shared with the Host

1.1 Assignment information

- a) Volunteer Name: Kelly Higgins
- b) Host Organization: WOPATA
- c) State of origin: Mikumi, Tanzania
- d) Assignment: TZ36 Soy processing in Msimba and Ngapa Village
- e) Dates of Assignment: July 6 – July 24, 2015
- f) Number of days worked: 13

1.2.1 Objective 1 in your SOW: Conduct training on nutrition general with more emphasis on children under five, pregnant mothers, and people affected by debilitating diseases like HIV/AIDS and TB.

- a) Progress with the objective: Completed.
- b) Expected impacts/results: Trainings prior to our CRS trainings had already been conducted in the area, though brief. Participants understand the importance of protein in the diet, especially among individuals experiencing periods of growth (children, pregnant women). In addition, participants understand the health benefits of eating a variety of fruits and vegetables.
- c) Recommendations¹: (2) Consumption of soy milk, soy drink

1.2.2 Objective 2 in your SOW: Facilitate the farmers to understand the importance of balanced meals drawing from the foods available/produced by the community to include soya bean.

- a) Progress with the objective: Completed. Encouraged the consumption of fruits and vegetables high in vitamin C (including citrus fruits, papaya, and dark leafy vegetables) in meals containing soy in order to increase the absorption of iron from soy.
- b) Expected impacts/results: Increased consumption of available fruits and vegetables. Improved overall health, specifically reduced fatigue due to prevalence of anemia.
- c) Recommendations: (3) Utilization of okara and soy flour.

1.2.3 Objective 3 in your SOW: Facilitate home/backyard soy milk processing or any other appropriate technology as will be advised by the volunteer

- a) Progress with the objective: Completed. 5 and 4 day trainings conducted in Ngapa and Msimba, respectively. Continued training in Msimba necessary. Small scale business in progress.
- b) Expected impacts/results: Participants will utilize skills learned to properly produce and consume soy products at a household level. Some participants will develop soy processing into a small scale business.
- c) Recommendations: (1) Continue training
(5) Start a business.
(6) Assemble VitaGoat soybean processor

1.2.4 Objective 4 in your SOW: Conduct soy milk drinking test for various categories of the community – starting with school children

¹ **Note:** Only make not more than 6 recommendations. The most useful recommendations for hosts are ones that they can implement themselves with minimal expense. For example, a cooperative might change its financial reporting procedures or hold more regular meetings of its board. Broad recommendations on tax or credit reform, changes in government policy, or investment in large-scale equipment, are usually not within the host organization's reach.

- a) Progress with the objective: Completed. Adults and children were able to taste the soy products every day of production.
- b) Expected impacts/results: Tasting properly prepared soy products will allow business entrepreneurs to analyze the market to determine which products are accepted. Providing samples also creates demand for their novel soy products.
- c) Recommendations: No recommendations

1.2.5 Objective 5 in your SOW: Provide specific recommendations on consumption of soy bean products at the household level

- a) Progress with objective: Completed. Participants have a number of recipes to prepare soymilk and utilize okara in common Tanzania dishes
- b) Expected impacts/results: Initially, participants didn't know how to process soy and were afraid of the effects of improper processing. Now, participants understand the flexibility of soy and its ability to be incorporated into numerous dishes. Participants know the importance of proper cooking to ensure digestibility and quality of the products.
- c) Recommendations: (1) Consumption of soymilk, soy drink
(3) Utilization of okara and soy flour
(4) Community meetings

1.3 Action Plan: Recommendations 1-4 are to be initiated in both Ngapa and Msimba.

Recommendation	Specific Action	Responsible person	By when
1. Continue trainings	Continue training for those who could not attend the current training	<u>Msimba</u> 1. Ismail Ngagame	July to Octotober
2. Consumption of soymilk, soy drink	Production and consumption of soymilk, soy drink at the household level, specifically among children and pregnant women	<u>Ngapa</u> 1. Bernad Timbanga 2. Aurea Yustin <u>Msimba</u> 1. Flaviana John	Already initiated
3. Utilization of okara and soy flour	Utilize okara and soy flour in Tanzanian food staples like ugali, chipati, mdazi, etc.	<u>Ngapa</u> 1. Tabu Mbwangala 2. Daudi Kamonga <u>Msimba</u> 1. Flaviana John	Already initiated
4. Community meetings	Meetings for training participants to discuss tips and ideas to process soy.	<u>Ngapa</u> 1. Susana Timotheo 2. Nasoro Salmin <u>Msimba</u> 1. Ismail Ngagame	<u>Ngapa</u> Every Friday beginning July 24, 2015 <u>Msimba</u> July to October (during continued

			trainings)
5. Start a business	a. Scale up soy processing to sell to local customers. b. Utilize components of VitaGoat system and prepare processing location	<u>Ngapa</u> 1. Elias Rafaeli 2. Catherine Edward 3. Wito Nzogela <u>Msimba</u> 1. Ali Mwenegoha	a. already initiated b. TBA
6. Assemble VitaGoat soybean processor	Contact technician in Nairobi, Kenya to properly assemble the VitaGoat equipment. Obtain quote for expense of technician and determine how these expenses will be funded.	Habib (WOPATA) Robert	Within 4 months

1.4 Number of people Assisted

- a) Through formal training (in the classroom):
 - a. Ngapa: 37
 - b. Msimba: 23 (in counting)
- b) Through direct technical assistance – in the field or through hands-on demonstrations (Do not double count): same as above
- c) Out of these above, number of host staffs, if applicable: NA
- d) Training/assistance by field

Category	Total	Males	Females
Members/ owners	60	29	31
Employees	0	0	0
Clients/ Suppliers	0	0	0
Family Members	~30-40	~15-20	~15-20
Total	90-100	~44-49	~46-51

1.5 Gender

- a) What gender roles did you recognize in your host community? Did these roles play a part in your assignment? How?

There was equal representation of men and women at trainings in Ngapa. However, when hands-on demonstrations were conducted, it was almost strictly women who took part in the soymilk and soy flour processing the first four training days. Most of the men sat aside while the

women did the work. By the last day, the men were very involved in the processing; a significant improvement from day one.

In Msimba, female representation was poor on day one. This is due to women fitting into the gender role of preparing food for the household, as verified by the training participants. The men attended the trainings, and said they would train their wives. By the end of trainings in Msimba, more women were attending the trainings.

Comparing the two villages, the women in Ngapa were confident in sharing their thoughts and participating in business ventures. The women in Msimba seemed to fall into gender roles and much less vocal during discussions.

- b) How might CRS or the host organization improve opportunities for the women in this host or host community?

The WOPATA has already done a good job of incorporating the women in the soy production and processing. I would recommend that CRS provides opportunities for women to create businesses selling soy products to neighboring communities. Since the women are doing the work to produce the soy products, they should reap the benefits. Efforts should be focused in Msimba, where the gender divide is more apparent

In addition, it is important to include women in the scale-up operation utilizing the VitaGoat in Mikumi.

1.6 Value of volunteer contribution in USD\$

- a. Hours volunteer spent preparing for assignment: 100-150 hrs
- b. Estimated value of all material contributions volunteer contributed to host during assignment:
 - i. Apa's contributions:
 1. cost of sugar, yogurt, vanilla, clothes for straining
 2. transportation to and from villages
 3. Notebooks, pens, poster paper, markers

1.7 Value of hosts' contribution in USD\$ (Please consult the host as well)

- a) Meals: none
- b) Transportation: none
- c) Lodging: Building reservations in Ngapa, Msimba
- d) Translation: provided by CRS
- e) Other (Specify): Soybeans, pots, pans, charcoal, water, buckets

1.8 Host Profile Data:

Did you obtain any data that supplements or corrects the data in the existing host information as detailed in the SOW? Please list it.

VitaGoat manual has been obtained and sent to WOPATA. Machinery has not been assembled, some of the individual parts can be utilized for processing. Even if the VitaGoat is assembled, there is no means to store the soy milk past one day. Refrigeration, and therefore, electricity is necessary to increase production to a profitable level. In addition, a manual grinder is inefficient. Acquisition of a blender or electric/motor powered grinder is necessary for scale up.

1.9 Recommendations for CRS:

- a. Invest in electricity in processing facility

- i. refrigeration
 - ii. blenders
- b. Emphasize the difference between dietary addition and substitution, overall nutrition education
- c. business trainings

1.10 Press Release (see below)

FOR IMMEDIATE RELEASE

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**Purdue University Volunteer Travels to Tanzania to Share Skills
with Local Farmers**

**Farmer to Farmer program promotes Economic Growth and
Agricultural Development in East Africa**

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**Purdue University Volunteer Travels to Tanzania to Share Skills
with Local Farmers**

**Farmer to Farmer program promotes economic growth and
Agricultural development in East Africa**

Kelly Higgins, a [title] from [city, state] travelled to [country] for [x] weeks to share his/her technical skills and expertise with local farmers. [Name]'s assignment is part of Catholic Relief Services' Farmer-to-Farmer (FTF) program that promotes economic growth, food security, and agricultural development in East Africa.

“[Volunteer quote],” said [name].

Funded by the U.S. Agency for International Development (USAID), the five-year program matches the technical assistance of U.S. farmers, agribusinesses, cooperatives, and universities to help farmers in developing countries improve agricultural productivity, access new markets, and increase their incomes.

In [country], [name] worked with [Host] in [value chain] training and giving technical assistance to [type of beneficiaries] to enable them to [Goal of the assignment]. Up to [Number of beneficiaries] beneficiaries were reached. [Other details are optional]

Kelly's volunteer assignment is one of nearly 500 assignments that focus on agriculture, food security and nutrition in Ethiopia, Tanzania, Kenya and Uganda. This is the first time CRS has been involved in the 28-year-old Farmer-to-Farmer Program funded by the U.S. government.

CRS is partnering with five U.S. institutions to tap into the rich diversity of the U.S. agriculture community: the National Catholic Rural Life Conference, Foods Resource Bank, National Association of Agricultural Educators, American Agri-Women, and the University of Illinois' College of Agricultural, Consumer and Environmental Sciences.

The U.S. volunteers will travel to East Africa for anywhere from one to six weeks, their expenses covered by USAID.

"One thing we are certain of is that this program will be beneficial not just to the farmers in East Africa, but also to the volunteers from America," said Bruce White, CRS' director for the program. "It's going to make the world a little bit smaller for everyone involved."

For more information, visit farmertofarmer.crs.org