

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: **Megan Stack**
- b) State of Origin: Florida
- c) Host Organization: Bukusu Yetana Area Cooperative Enterprise (ACE)
- d) Assignment: Nutrition Education and Training
- e) Dates of Assignment: July 10-21, 2017
- f) Number of days worked: 8

1.2.1 Objective 1: Specific behavior change communication focusing on different food values, importance of diet diversification, body nutrient requirements especially for vulnerable groups (Pregnant and lactating mothers and infant and young children), food consumption patterns and how these factors impact on the family health

- a) Progress with the objective: We focused on the importance of choosing at least one food from the 3 food groups: Go Foods, Grow Foods, and Glow Foods (this is the model currently used by CRS' SOCY project). Following a description of each food group, participants partook in a game to correctly categorize various local foods. We further highlighted the importance of specific nutrient dense foods and how they can be incorporated into the diet (e.g. instead of posho, consider sweet potatoes; including a piece of fruit when taking tea). Following the presentation, participants helped prepare a nutrient dense porridge using millet flour (much higher nutritional content than maize), simsim/groundnuts, eggs, and various fruits. This meal included foods from every food group and was well received by participants.
- b) Expected impacts/results: Participants demonstrated ways that they can include each of the three food groups at every meal. Additionally, with this new knowledge about the nutritional content of local foods, in the future they will choose foods that are more nutrient rich in everyday food preparation. It was also found that many people only eat one or two larger meals a day; participants are encouraged to also increase the amount of meals they take to three. Increasing the number of meals is particularly important to pregnant and lactating mothers and children under five who need five meals per day
- c) Recommendations¹: Participants spoke about how they often sell most or all of their produce instead of consuming it themselves. Members need to be encouraged to: 1. Diversify foods cultivated and keep a home garden and/or 2. Save some produce to utilize within their households.

1.2.2 Objective 2: Training participants on household level storage, preparation/processing and preservation techniques that preserve the nutrition profile of the food and prolong shelf life. The volunteer will accomplish this through several cooking demonstrations and documentation of some

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.

of the recipes developed. Emphasis should be on processes that improve nutrient bioavailability to increase uptake of key nutrients. Emphasis should be on use of locally available food materials

- a) Progress with the objective: Following a review on the importance of proper food storage, participants identified when/where in the cooking process it is important to sanitize and clean. We specifically emphasized the importance of washing fruits/vegetables with clean water and dispelled local myths (e.g. washing greens depletes its nutrients). We also highlighted the importance of *not* overcooking fruits/vegetables as it could reduce the beneficial nutritional value of food. Additionally given the high rate of vitamin A deficiency, this point was particularly emphasized with local greens as well as the importance to include a fat (oil, groundnuts, etc.) in the cooking process to increase bioavailability. During the food demonstration (detailed above), we also incorporated a “health inspector” volunteer to oversee the food preparation and again instill the importance of WASH.
- b) Expected impacts/results: All groups were trained on proper WASH techniques to some extent. All surfaces, utensils, and fruits/vegetables were cleaned with clean water prior to cooking. Cooking participants and most other participants washed their hands prior to cooking/eating. In the future, it is important that the community continues to practice better WASH techniques.
- c) Recommendations: VAs (Village Agents) should continue sensitizing the community on the importance of consuming nutrient dense foods.

1.2.3 Objective 3: Basic hygiene and sanitation skills- including basic hand washing techniques.

- a) Progress with the objective: During the review of the importance of proper food hygiene, we also spoke briefly about the importance of hand washing throughout food preparation and eating, and after using the toilet. Many participants spoke about using water but often soap was unavailable in the household or participants forgot to use it. Additionally we also emphasized the importance of washing *both* hands after witnessing on several occasions that people would only wash the hand used for eating.
- b) Expected impacts/results: Cooking participants and most other participants washed their hands prior to cooking/eating. The “health Inspector” cooking volunteer again reinforced this during the cooking practical.
- c) Recommendations: Work with VAs to sensitize the community on the importance using soap during hand washing.

1.2.4 Objective 4: Developing simple communication tools that can be used by ACE staff and village agents to continue sensitization of the community on nutrition education, improving child care and feeding practices, the importance of growing nutritious foods, food preparation and food selection at the market

- a) Progress with the objective: A training of trainers’ session was held with VAs/staff on the final day to review what had been covered throughout the week. In addition to reviewing more specific details on how to increase the nutritional values in meals, VAs also demonstrated their knowledge and understanding the 3 food groups by completing a presentation. In addition, a one-page handout and workshop outline was created to provide to the VAs with culturally relevant nutritional information.

- b) Expected impacts/results: VAs will continue to encourage their communities to eat diverse, nutrient rich meals utilizing the knowledge gained and the IEC materials provided.
- c) Recommendations: Bukusu Yetana Area Cooperative Enterprise should translate the IEC materials and outline into the local language and continue using the IEC material to promote the objectives above.

1.3 Recommended future volunteer assignment

It would be great to have a volunteer that specializes in kitchen gardens to diversify the foods available to each family. Many participants mentioned wanting to eat the “Glow foods”(fruits and vegetables) but would often only consume them if they grew on their land.

1.4 Action Plan

Recommendation	Specific Action	Responsible person	By when
1. Recruit volunteer specialist to promote kitchen gardens and provide them with best practices.	Reinforce previous training on the importance of diverse nutrient rich foods and demonstrate how that can be achieved through kitchen gardens	CRS & ACE Manager	Within 1 year
2. Encourage farmers to refrain from selling all produce so that it can be used in the home	Train farmers on the benefits of including “Glow Foods” in every meal	VAs with support from ACE management	Within the next month
3. Continue sensitizing the community on the importance of consuming nutrient dense foods.	Train farmers on how to include more nutrient dense foods in the diet with locally available produce.	VAs & ACE Management	Within the next 3 months
4. Continue sensitizing the community on the importance of using soap during hand washing,	Train VAs on the importance of prioritizing soap	Trained VAs & ACE management	Within the next 3 months

5. Bukusu Yetana Area Cooperative Enterprise will translate the IEC materials and outline into the local language.	Bukusu Yetana Area Cooperative Enterprise will translate the IEC materials and outline into the local language and continue using the IEC material to promote the objectives above.	ACE management	Within the next 3 months
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1.5 Number of people Assisted

- a) Through formal training (Classroom setup): 165
- b) Through direct hands on practical assistance (Do not double count): 257
- c) Out of these above, number of host staffs: 3
- d) Training/assistance by field: 0

Category	Total	Males	Females
Members/ owners	353	183	170
Employees	3	1	0
Students	0	38	31
Family Members	0	0	0
Total	422	221	201

1.6 Gender

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

Both men and women had a huge role on the farm with each person have a specific role or duty (men appeared to be more involved with livestock). Additionally, women often do most, if not all of the cooking, childcare, and housekeeping. In terms of this host organization and farmer group, it was wonderful to see that both men and women were well respected VAs within their communities. Throughout the presentation, both men and women participated and seemed excited to ask questions and eager to learn. To my surprise, men often volunteered to help with the cooking demonstrations and actively participated throughout the process. It is also worth noting, the local brew seemed to be an integral part of social life for men. Men could be seen partaking throughout the day (as early as 9:00am some days).

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

When thinking about ways to provide another livelihood for women, it might be beneficial to think about small ruminants. Small ruminants were present throughout the community but did not seem to be maintained. Additionally, although it is just one person, it could also be beneficial if women felt empowered to be a translator; on a few occasions a woman had the opportunity to translate but would become less confident in front of a crowd.

1.6 Value of volunteer contribution in \$ 3,760

- a. Hours volunteer spent preparing for assignment: 30 hours
- b. Estimated value of all material contributions volunteer contributed to host during assignment: \$10

1.7 Value of hosts' contribution in **\$ 580.75**

- a) Meals- 0
- b) Transportation- \$ 469.49
- c) Lodging- 0
- d) Translation- \$ 55.63
- e) Other (Specify): Farmer mobilization: \$13.91, training venue- \$ 41.72
1USD = Ushs 3,595.42

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. No

1.9 Recommendations for CRS:

Continue to encourage volunteers to complete an assessment at site. Even with preparation in-country, there were several cultural nuances that could have only been ascertained after spending time in the community.

1.10 Press Release

FOR IMMEDIATE RELEASE

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Treasure Island Public Health Consultant Works with Counterparts in Uganda

Farmer-to-Farmer program promotes economic growth and agricultural development in East Africa

[DATELINE: Treasure Island, Florida, July, 20, 2017]--- Megan Stack, a Public Health Consultant from Treasure Island, FL travelled to Uganda for 2 weeks to share her technical skills and expertise with local farmers. Megan's assignment is part of Catholic Relief Services' Farmer-to-Farmer program that promotes economic growth, enhanced nutrition through access to healthy food, and agricultural development in East Africa.

" I had the wonderful opportunity to work for two weeks with farmers to help them identify nutrient rich foods within in their community and how they can be incorporated at each meal. From interactive presentations on food groups to food demonstrations, these farmers are now armed with the knowledge to provide more well-rounded meals for their families" said Megan.

Farmer-to-Farmer matches the technical expertise of U.S. farmers and professionals in agribusinesses, farming cooperatives, and universities with farmers in developing countries to assist them in improving agricultural productivity, accessing new markets, and increasing their incomes. Farmer-to-Farmer is funded by the U.S Agency for International Development (USAID).

In a world where 80% of food is produced by farmers working on small farms or fisheries, the movement to share proven farming and business skills can improve the quality and quantity of the world's food supply. For communities in the developing world who often struggle to produce enough food, this can improve access to a reliable source of food and better nutrition. For the farmers, it can strengthen their path to prosperity.

The goal of Megan's assignment was to: **build the capacity of farmer members understanding basic nutrition concepts and how they can be incorporated in that community.** She worked with farmers in a community that has experienced extremely high rates of malnutrition. Most of Megan's time was spent in the Manafwa District working with Bukusu Yetana Area Cooperative Enterprise (ACE).

This is Megan's first volunteer assignment with Farmer-to-Farmer and is one of nearly 500 assignments that focus on improving approaches to local agriculture practices, expanding



production of quality food crops and nutrition in Ethiopia, Tanzania, Kenya and Uganda. The program, funded by the U.S. government has been running for nearly 30 years.

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 volunteers travel to East Africa for anywhere from one to six weeks.

“We are certain 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 and a whole lot better for everyone involved.”

For more information, visit farmertofarmer.crs.org

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***Catholic Relief Services** is the official international humanitarian agency of the Catholic community in the United States. The agency alleviates suffering and provides assistance to people in need in more than 100 countries, without regard to race, religion or nationality. CRS’ relief and development work is accomplished through programs of emergency response, HIV, health, agriculture, education, microfinance and peacebuilding. For more information, visit www.crs.org or www.crsespanol.org and follow Catholic Relief Services on social media: [Facebook](#), Twitter at [@CatholicRelief](#), [@CRSnews](#) and [@CRSnoticias](#), [Instagram](#), [Pinterest](#) and [YouTube](#).*