

## 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: Adelia Bovell-Benjamin
- b) State of Origin: Georgia
- c) Host Organization: Future In Our Hands
- d) Assignment: Increased Dietary Diversity for Improved Nutrition of Women and Children
- e) Dates of Assignment: May 20<sup>th</sup> – June 9<sup>th</sup>, 2017
- f) Number of days worked: **12**

#### 1.2.1 Objective 1 in your SOW

**Train FIOH-SL staff and partner CBO executives on the importance of dietary diversity for improved health and nutrition among women and children**

- a) Progress with the objective - **Completed**
- b) Expected impacts/results -

Trainees should explain and train community women and men: i) on dietary diversification, its importance, and its role in nutrition and health; ii) to identify and use the Sierra Leone's six main food groups; iii) to recognize that eating a variety of foods means variety across the food groups; and iv) teach them to put together balanced meals. Overall impact: Improved dietary diversity, hence improved nutrition outcomes among women and children in the communities.

- c) Recommendations<sup>1</sup> - Host organization (FIOH-SL) should monitor trainees to ensure that community women are being trained on dietary diversification.

#### 1.2.2 Objective 2 in your SOW

**Train FIOH-SL staff and partner CBO executives on nutrition, maternal, infant and young child feeding methods and practices**

- a) Progress with the objective - **Completed**
- b) Expected impacts/results

Trainees should explain and train community women and men: i) about why maternal, infant, and young child (MIYC) nutrition practices matter; ii) how to breastfeed most effectively; iii) distinguish between beliefs that are beneficial to breastfeeding, beliefs that should be discouraged; iv) ways to prevent and resolve common breastfeeding difficulties; and v) about various aspects of appropriate complementary feeding during the period from 6 up to 24 months, pregnancy and lactation. Overall impact: improved maternal, infant and young child feeding methods and practices in communities.

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<sup>1</sup>**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.

- c) Recommendations - Host organization (FIOH-SL) should monitor trainees to ensure that they are training community women and men on maternal, infant and young child feeding.

1.2.3 Objective 3 in your SOW

**Develop user friendly training Manual for staff and CBOs**

- a) Progress with the objective - **Completed**  
 b) Expected impacts/results – Trainees will use the manual to train community members  
 c) Recommendations: CRS will produce manuals for each trainee and host organization

1.3 Recommended future volunteer assignment –

- i) Food Preservation and Storage; ii) Food Processing; iii) Food Hygiene and Safety; and iv) Conserving Nutrients in Foods

1.4 Action Plan

Recommendation	Specific Action	Responsible person	By when
1. Training Manuals	Distribute training manuals to trainees and host organization	CRS – Alie, Nathaniel FIOH-SL	6/30/17
2. Monitor Trainees	Trainees developed detailed “Individual Activity Plan” to implement in their communities. Should be followed to see that they are implemented	FIOH-SL	7/17/17 and on-going
3. Data Collection	Trainees should be encouraged to collect simple baseline data from their projects (pictures and numbers) to use as future “show and tell” and to measure impact	FIOHS-SL, Trainees	7/17/17 and on-going

1.5 Number of people Assisted

- a) Through formal training (Classroom setup) - 16  
 b) Through direct hands on practical assistance (Do not double count) - 16  
 c) Out of these above, number of host staffs - 5  
 d) Training/assistance by field

Category	Total	Males	Females
Members/ owners	11	1	10
Employees	5	2	3

Clients/ Suppliers			
Family Members			
Total	16	3	13

1.6 Gender

- a) What gender roles did you recognize in your host community? Did these roles play a part in your assignment? How? Women were the majority of trainees
- b) How might CRS or the host organization improve opportunities for the women in this host or host community? Host organization has a strong presence of women involved

1.6 Value of volunteer contribution in \$ - Prefer not to estimate this in \$ as I will convert time to \$

- a. Hours volunteer spent preparing for assignment - > 40 hours;
- b. Estimated value of all material contributions volunteer contributed to host during assignment –Time spent preparing the manual, slides, lessons etc. Time is the major...

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

- a) Meals – FIOH-SL provided one meal/day for roughly 20 persons, including trainer
- b) Transportation – Paid trainees transport
- c) Lodging - \$0
- d) Translation - \$0
- e) Other (Specify)

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:

Monitor volunteer's housing environment to be sure it is absolutely comfortable

1.10 Press Release

**FOR IMMEDIATE RELEASE**

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## Georgia Farmer Professor Works with Counterparts in Sierra Leone

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

**Atlanta, Georgia, June 18, 2017---** Adelia Bovell-Benjamin, a Professor from Atlanta, Georgia who is a Professor of Food and Nutritional Sciences travelled to Sierra Leone for three weeks to share her technical skills and expertise with local farmers. Dr. Bovell-Benjamin'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.

Dr. Bovell-Benjamin said "I spent most of my time in Mile 91, Sierra Leone doing hands-on, interactive training with female and male staff and executive of NGOs and CBOs about dietary diversification for improved nutrition in women and children." "I felt that my visit made a difference because I was able to work with the trainees to identify the root causes of their nutritional challenges, recognize the assets in their communities, and have them come up with guided solutions (under their control) for the challenges.

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 Dr. Bovell-Benjamin's assignment was to train FIOH-SL staff and partner CBO executives on the importance of dietary diversity for improved health and nutrition among women and children. She worked with 13 and three female and male staff members, respectively, of an NGO and executives of various community-based organizations who were willing and receptive to learn about improving nutrition in their respective communities. Participants were trained on: basic nutrition, malnutrition, dietary diversity, maternal infant and young child feeding practices, and water purification and storage. Most of Dr. Bovell-Benjamin's time was spent in the Mile 91



(which is 91 miles from Freetown) in the Tonkolili District in the northern region working with The Future in our Hands, Sierra Leone (FIOH-SL).

**What impact do you think your work will have?]**

This is **Dr. Bovell-Benjamin's** third 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 **Sierra Leone**, 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](http://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](http://www.crs.org) or [www.crsespanol.org](http://www.crsespanol.org) and follow Catholic Relief Services on social media: [Facebook](#), [Twitter](#) at [@CatholicRelief](#), [@CRSnews](#) and [@CRSnoticias](#), [Instagram](#), [Pinterest](#) and [YouTube](#).*