



YICOD

Mid-Year Roundup

Issue 4

Volume 1

January- June 2024





Mr Andrew Bwanali

Message from Executive Director

Welcome to the latest edition of our mid-year roundup newsletter! In this edition, we celebrate the remarkable progress our community has made in enhancing nutrition and health. Through various interventions, we have empowered our project participants to take ownership of their nutrition status, health, and well-being. This journey has been nothing short of captivating and electrifying. Each step we took was filled with excitement as we witnessed the transformation within our communities.

The vibrant energy during our training sessions, cooking demonstrations, engagements, by-laws popularization, and livestock pass-on program has been inspiring, as participants eagerly shared the fruits of the project, experiences, and newfound skills. This momentum has been powered by the unwavering support from the German Federal Ministry of Economic Cooperation and Development (BMZ) through Welthungerhilfe (WHH), in collaboration with the Tilitonse Foundation and CISANET. Together, we have ignited a community that promotes better nutrition outcomes, fosters a sense of community, and empowers individuals.

Our dedicated staff members, affectionately known as “Foot Soldiers,” have played a crucial role in this journey. Their relentless efforts have been instrumental in achieving our goals. Their passion and commitment ensured that our project not only took root but flourished, creating a lasting change in the lives of those we serve. We also applaud the invaluable contributions of community nutrition structures, project participants, and council stakeholders, whose collaboration and support have been essential in driving our initiatives forward and ensuring their success.

This newsletter features inspiring stories, including capacity building on Integrated Homestead Farming practices, equipping Community Nutrition Promoters with vital knowledge and skills to ensure dietary diversity and sustainable food production. We also highlight the success of empowering school committees for better nutrition and hygiene, where participants gained practical skills to foster healthier environments for our children. Additionally, our cooking demonstrations brought together learners and community members to learn how to prepare nutritious meals, showcasing the delicious potential of local ingredients. The enthusiasm of project participants at our field day, where local food items were showcased, further emphasizes the community’s commitment to better nutrition.

As we make strides in livestock management and the popularization of livestock by-laws, we are not just enhancing food security but also strengthening community ties and fostering sustainable agricultural and livelihood practices. Each story in this newsletter reflects our collective journey towards improved nutrition and health outcomes. Together, we are creating a healthier future for our community.

Thank you for your continued support and engagement.

Warm regards

Youth Initiative for Community Development Malawi



Born from a deep desire to empower marginalised communities in Malawi.

Our journey began with a small group of passionate young people committed to creating meaningful change.

Over the years, this seed of dedication has grown into a vibrant organisation that leverages partnerships, innovation and community-led solutions to address pressing challenges.



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 Youth Initiative for Community Development- Malawi



Community Nutrition Promoters Trained on Integrated Homestead Farming

Health promoters have been trained in Integrated Homestead Farming (IHF) practices, including backyard gardening, aquaculture, and small stock rearing.

The training session aimed to equip Community Nutrition Promoters (CNPs) and cluster leaders with the skills to promote dietary diversity, healthier living, and sustainable food production among project participants.

Photo: Training in progress

LOCAL SCHOOL COMMITTEES EMPOWERED FOR BETTER NUTRITION AND HYGIENE

In a bid to improve nutrition and hygiene in schools, a recent training program was conducted for school committees and participants. The initiative, dubbed “Empowering School Committees for Better Nutrition and Hygiene,” aimed to equip attendees with practical skills in food preparation, dietary diversification, and Water Sanitation and Hygiene (WASH).

The training session was hailed as a success, with participants expressing enthusiasm and confidence in their newfound abilities.

“The training has given me the confidence to prepare nutritious meals for our students, and I’m excited to share my new skills with others,” said Jane Kalulu

Photo: Kalulu (standing) making his contribution

Another participant, Edna Moyo, echoed the sentiment, stating, “By learning about dietary diversification and WASH, we can create a healthier environment for our children to learn and grow.”

The program’s focus on empowering school committees is expected to have a ripple effect, leading to improved nutrition and hygiene practices in schools and ultimately benefiting the students.

LOCAL COMMUNITIES LEARN TO COOK UP A STORM OF NUTRITIOUS MEALS



Photo: Participants showing off their prepared foods

In a bid to promote healthy eating habits and empower communities to take charge of their nutrition, YICOD conducted a series of cooking demonstrations that drew a lot of participants from the local communities and primary schools.

The demonstrations, which aimed to share knowledge and best practices on food preparation, feeding, and consumption of nutritious food, were a resounding success.

“We wanted to show that healthy food can be delicious and easy to prepare,” said Sheripher Dasso, Project Officer. “By involving women, men, boys, and girls, we ensured that everyone had a stake in adopting nutritious habits.”

Over four sessions, participants learned how to prepare a variety of dishes, from breakfast to supper, including snacks like Mango Juice, sweet potato leaf juice, and orange fleshed sweet potato scones. The demonstrations also highlighted local recipes like Nansanganya (one pot dish) and mango jam.

“I never knew soy milk was so easy to make!” exclaimed Lucy Makupiza, a youth champion from one of the primary schools. “We’re proud to showcase our local cuisine and promote healthy eating habits,” added Kamanga Nkhata, a community participant.

Through this initiative, YICOD has empowered communities to make informed food choices and take control of their nutrition. By sharing knowledge and skills, the project is confident that participants will continue to cook up a storm of healthy and delicious meals.

COMMUNITIES GATHER FOR FIELD DAY ON NUTRITIOUS FOOD



Photo: Attendees of the field day appreciating locally made nutritious food

In a bid to promote healthier choices and improved nutrition, a field day was held to showcase locally produced food items and project interventions. The event, attended by community members and representatives from DNCC, DAEC, ANCC, VNCC, and CLANS, aimed to enhance behavior change practices on food preparation, storage, and utilization.

The field day featured backyard gardens, sanitary facilities, and cooking demonstrations, as well as visits to male champion households to appreciate their vision journeys. By engaging project participants and community members, the activity encouraged individuals to make informed choices, improving their overall health outcomes and well-being.

The initiative contributes to improved nutrition and well-being, empowering communities to take charge of their health.

SERVICE PROVIDERS' NUTRITION KNOWLEDGE ENHANCED



Photo: Training in session

In a bid to standardize nutrition services and improve delivery of nutrition information, a training session was conducted for service providers on Essential Nutrition Actions (ENAs) in Traditional Authority (TA) Kachere.

The training aimed to enhance knowledge of community service providers on nutrition information and essential actions for improved nutrition status.

The government-developed Essential Nutrition Actions (ENAs) provide a comprehensive package of standardized guidelines for effective delivery of nutrition

information and services, focusing on key actions such as promoting optimal and exclusive breastfeeding for the first six months of life, encouraging proper complementary feeding practices for infants and young children, promoting access to a diverse and nutritious diet, providing access to essential health services, and promoting good hygiene, access to clean water, and sanitation facilities, all aimed at improving nutrition outcomes.

By equipping service providers with standardized information, the project aims to facilitate individuals to adopt essential actions for improving their own nutrition status, ultimately contributing to improved health outcomes in the community.



Photo: the refresher training in progress

LOCAL FARMERS RECEIVE LIVESTOCK MANAGEMENT BOOST

A refresher training on livestock management was recently conducted by YICOD at Group Village Heads Kachere and Fosa, focusing on local chicken production. The training aimed to enhance participants' knowledge and skills in effective livestock management, covering topics such as chicken types, benefits, housing, feeding, and disease prevention.

"The training was incredibly informative and practical," said Stelia Konyani, a participant from GVH Kachere. "I've gained valuable insights on how to improve my chicken production and can't wait to apply them."

By equipping beneficiaries with these techniques and best practices, YICOD seeks to improve local chicken production, boosting food security and contributing to better nutrition and health outcomes in households.

"We're committed to supporting local farmers in improving their livelihoods, This training is just one example of our efforts to enhance food security and nutrition in the community," said YICOD's Francis Kamoto.

COMMUNITY LEADERS UNITE TO PROMOTE LIVESTOCK BY-LAWS



Photo: Popularization of the laws in progress

In a significant step towards improving livestock management, YICOD facilitated the popularization of livestock by-laws at Fosa African Abraham Church, attended by participants from Group Village Heads (GVHs) Kachere and Fosa.

“The development and adoption of these by-laws mark a crucial milestone in our efforts to enhance livestock production and management. I commend YICOD for their support and guidance throughout this process,” said GVH Kachere

The event aimed to validate and gain consensus on the livestock by-laws, developed by project beneficiaries, cluster leaders, promoters, and community leaders. These by-laws will serve as guidelines for the local chickens’ pass-on program, ensuring a unified approach to livestock management.

“We are committed to ensuring the successful implementation of these by-laws,” said GVH Fosa. “This is a community-led initiative, and we are proud to be part of it.”

Yicod’s field officer, Reonard Emilio said: “The popularization of the livestock by-laws demonstrates the community’s dedication to improving their livelihoods through sustainable agriculture practices. With the support of YICOD and community leaders, the beneficiaries are poised to make significant strides in livestock production and management.”

COOKING UP A HEALTHIER FUTURE: YICOD Sparks Nutrition Revolution at Maonde Primary School



Photo: Display of different nutritious foods and drinks prepared by the Maonde school youth champions.

As one way of fostering healthy eating habits and culinary skills among the younger generation, YICOD recently brought the heat to Maonde Primary School with an engaging cooking demonstration. Youth champions and learners gathered for a fun-filled and interactive session, learning the art of preparing nutritious and diverse meals. the dishes, with many expressing their excitement to share their new skills with their peers and families.

“I’ve learned so many new recipes and can’t wait to try them at home,” said one female participant. “This knowledge will help me provide healthier meals for my family.”

“The cooking demonstrations were a huge success, and we’re thrilled to see the enthusiasm from the learners. By empowering them with this knowledge, we’re fostering a culture of healthy eating within their households and communities,” said Francis Kamoto, Food and Nutrition Officer. The event was attended by School health and nutrition Teachers, members of the mother group, among others, who all praised the initiative for promoting healthy eating habits among the youth.

The demonstrations included a variety of dishes, such as one-pot meals, sweet potato porridge, and mango juice. “This is exactly what our community needs. We’re grateful for YICOD’s efforts in promoting nutrition and wellness among our learners,” said Jane Kalulu, the Head-teacher.

Participants were actively involved in preparing and tasting

COMMUNITY UNITES FOR BETTER HEALTH OUTCOMES



Photos:(WASH Coordinator) urging the importance of community sanitation coordination in addressing infectious diseases.

Maonde Court in Group Village Head Kachere recently hosted a crucial community engagement meeting, supported by YICOD, focusing on Water, Sanitation, and Hygiene (WASH). The gathering brought together front-line workers, including HSAs, Cluster leaders, Promoters, and community group representatives, all working towards improved health outcomes.

The meeting, led by the WASH District Coordinating Team, aimed to raise awareness on preventing infectious diseases through proper sanitation and hygiene practices. Participants learned about the sanitation ladder concept, emphasizing community collaboration in implementing and sustaining WASH activities.

“We are committed to ensuring our community has access to clean water, sanitation, and proper hygiene facilities. This meeting has equipped participants with valuable knowledge to make a positive impact,” said Sheripher Dassu, Project Officer.

The engagement meeting is part of YICOD’s Food and Nutrition Security project, targeting community working groups. By working together, the community can achieve better health outcomes and a brighter future.

“As community frontline workers, we are dedicated to promoting healthy habits and practices. We will continue to work together to make a difference,” said Joseph Chikuse, one of the participants.

Empowering Male Champions for Household Development



Photo: Development of household vision by the AGRESSO (facilitator) and a group of male champions

YICOD organized a refresher training on the Household Approach (HHA) for community nutrition male champions, equipping them with essential skills and knowledge to drive positive change in their households. By empowering male champions, YICOD aims to enhance household nutrition, economic status, health, and gender equity. The training is part of YICOD's efforts to promote sustainable development and community engagement.

Facilitated by an expert from the Dedza Agriculture Office, the training focused on the household vision journey and gender balance tree, aiming to sharpen the champions' ability to use HHA tools effectively.

"The training was eye-opening now understand the importance of gender balance and household vision in improving our livelihoods." said one participant.

"We believe that involving men in household development is crucial for achieving gender equity and improved livelihood. This training is a step towards creating positive change in our communities," said Jane Gunda

'Livestock pass-on programme on track'



Photo: Beneficiaries conducting the pass-on exercise

Youth Initiative for Community Development (YICOD) Executive Director, Andrew Bwanali, has expressed his satisfaction with the pass-on programme for livestock currently being implemented in the area of Traditional Authority Kachere in Dedza district.

He made this expression after a successful pass-on event in which primary beneficiaries of livestock passed on 91 chickens to 25 other identified beneficiaries in their communities.

Bwanali said the livestock, which boosts farming activities through manure and animal source food provision, also has great potential to empower people economically when they decide to sell, thereby improving their livelihood.

"We are happy to see that people who benefited earlier through the programme are now successfully passing on livestock to other beneficiaries. We believe this programme has the potential to improve people's living standards if they take animal husbandry seriously, as they have so far," he said.

One of the secondary beneficiaries, Edith Kuyewawa, commended the organisation for the initiative, saying people will be able to eat all six food groups since the chickens will provide eggs for protein.

"I believe the nutritional status in this area will change as many people will now be able to access simple foods like eggs, whose market prices are high these days. I encourage my fellow beneficiaries to pass on chickens to our friends when they multiply," she said.

YICOD had been implementing a project entitled, 'Improving the Nutrition and Health of Women through Integrated Food Security, Water, and Sanitation Hygiene' with funds from the German Federal Ministry for Economic Development Cooperation (BMZ) through Welthunger Hilfe, in collaboration with the Civil Society Agriculture Network (CISANET) and Tilitonse Foundation. It phased out on June 30 this year.

Dear Readers,

Thank you for your continued support and interest in our newsletter. We appreciate your valuable time and engagement. Please stay tuned for our next edition, filled with even more exciting content. Wishing you all the best.

Warm regards,

Team YICOD



