



**FOOD FOR
THE HUNGRY**



CAMBODIA

BOENG MEALEA, TA SIEM, KANTUOT, AND TROPEANG PRASAT

**YEAR-END PROGRESS REPORT
FISCAL YEAR 2022**

**WRITTEN BY RITHY NGY, SOPHANNA CHHAY, AND ROMONO NOUN,
FOOD FOR THE HUNGRY (FH) CAMBODIA
PREPARED BY FOOD FOR THE HUNGRY (FH) CANADA**

INTRODUCTION



Communities:
35



Total Households:
9,488



Total Population:
41,577



Program Participants:
6,748



Walking with **Boeng Mealea**



Walking with **Ta Siem**



Walking with **Kantuot**



Walking with **Tropeang Prasat**



GOAL

Improve the resilience of communities to the impact and implications of the COVID-19 pandemic and continue their ongoing transformation

In spite of challenges, FH Cambodia sees ongoing growth among their partner communities. Savings and Loans Groups continue to act as catalysts in the expansion of agricultural and business operations in the communities, particularly among low-income families. The majority of savings group members have been approved to access loans. The co-management approach among members is helping grow group cohesiveness—the groups have created space for reflection where everyone may share their triumphs and challenges in running the group and using loans.

Climate change hit our communities hard this year. A heavy rainy season made it challenging to implement home gardens and plant vegetables. Some existing gardens and vegetable harvests as well as cassava farms were damaged. In partnership with the Provincial Department of Agriculture, FH provided technical assistance to agriculture volunteers, Lead Farmers, and low-income families to improve their understanding of planting, animal feeding, and calendar trend control. FH followed up with trainees to encourage them to implement the new practices at home and share the information with their neighbours.

COVID-19 restrictions in Cambodia continued to affect the FH team's ability to facilitate activities. In some instances, they were prevented from holding large-scale meetings or conducting large training sessions. So they had to get creative! Staff members led workshops and meetings through home visits, over the phone, or in small, in-person groups of five to 10 people. They continued to promote personal hygiene by distributing hygiene kits and training community members on making tippy-taps for washing hands.

**“ I joined FH Cambodia as
an agricultural volunteer...
I’ve grown more crops
for my family’s daily
consumption
and that
has made
my family
healthier.**

— Chhom,
Leader Farmer

Chhom's wife,
Eng



LIVELIHOODS

GOAL

Improved household livelihood and resilience

“FH staff taught me how to raise pigs, fish, and chickens as well as how to grow vegetables and crops. I then began pig raising. I earned 3,000,000 Riels per quarter. I’m preparing to raise fish and vegetables for my family.”

— Sripheak, Leader Farmer, Boeng Mealea

Gardening for Life

By partnering with Thrive for Good Institute through FH Canada, FH Cambodia reinforced organic farming and increased family food security and income by organizing farmers into Life Garden Groups, providing them with vegetable seeds, and even teaching families to plant local medicinal plants like moringa, garlic, ginger, oregano, and lemongrass. FH Cambodia collaborated with the Provincial Department of Agriculture to train a few key farmers and provided materials and training on vegetable planting, chicken raising, and mushroom farming. These key farmers are training their neighbours.

FH Cambodia also trained vulnerable community members on home gardening including growing vegetables, making compost, crop protection, and soil improvement—half of the participants have already set up their gardens and are eating their own veggies! Their grocery bills are going down so they have more money to support their families. FH hosted a recipe day to raise awareness about nutrition and the benefits of medicinal plants. Participants now eat more veggies and leafy greens which boosts their health.



Raising Animals to Raise Income & Nutrition

FH collaborated with the Provincial Department of Agriculture to train community members on fish and frog raising. Participants expanded their ponds and expect to increase their income with the continued guidance of FH staff. Other families learned to raise chickens and received materials to build chicken coops. Participants will earn brand new income from selling chickens and eggs. Animal Health Workers (AHW) received training on animal health and vaccinations. They also had the opportunity for cross-learning with AHWs from other communities. Families raising animals are happy to pay them for their services, making this a sustainable solution to poverty for both the farmer and AHW.



LIVELIHOODS

Strengthening Savings and Loans Groups

FH trained Savings and Loans Group members to improve group transparency, increase trust in group leadership, and equip the groups to operate more independently. Savings are increasing and more members can access loans to start income generating projects, buy school materials for their children, treat family illnesses, grow food, and more! Through closer monitoring of loan activities, leaders can connect their members with other group volunteers to strengthen their skills and increase their success. Interest earned on the loans enriches each member of the group.

Equipping Families for Small Business Success

FH staff gave small business training to a group of savings group members, those with disabilities, and some of the most vulnerable members of the community. Participants will be able to access small, interest-free loans from local savings groups to put their new business plans into action. These loans have a six to 18 month grace period! When the loans are paid back, they become available for other community members to borrow and start their own businesses. In this way, the money can be used many times to help multiple families. Over 100 people accessed these micro-loans, using them to start businesses including raising chickens, ducks, frogs, fish, and pigs; farming cassava and rice; and growing vegetables. These ventures are already producing new income for the communities.

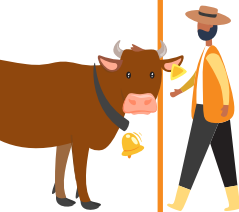
ACTIVITIES

13 Life Garden Groups established with **129 members**

2,307 Savings and Loans Group members trained

43 Animal Health Workers trained on **animal vaccination**

128 people trained on starting and running **small businesses**



MORE IMPACT NUMBERS ON THE LAST PAGE



Growing, selling, cooking, and eating fresh vegetables is revolutionizing health and family incomes in rural Cambodia.

GOAL

Improved access to and quality of basic education for children

“There have been many changes in my family since I became an educational volunteer with FH Cambodia. There is no longer any violence in my family. I engage my child after school...I meet with teachers at school to follow up on my child’s education.”

— Lak, Early Childhood Education Volunteer, Boeng Mealea

Energizing Learning at Home and at School

FH conducted an enrollment campaign with teachers, children, and caregivers to raise awareness about the benefits of childhood education. Parents were encouraged to re-enrol their children in school instead of keeping them at home to work the family farm or help earn an income.

While schools were closed for COVID-19, FH provided books to help preschool and primary school aged children with literacy and numeracy. The materials inspired kids to learn at home with their caregivers. Teachers noted how these materials improved student’s skills and increased school attendance. FH trained caregivers to improve and create play-based learning tools for kids at home with FH-provided resources like scissors, coloured paper, glue, pencils, coloured pencils, rulers, Khmer alphabet and number puzzles, and books. Already, trainees have created materials for their children and spend more time teaching and playing with them.

Powering Up Children’s Clubs

Nearly 200 children and community volunteers in a number of communities showed up to help decorate Child Clubs or establish new clubs in their area. The clubs improve children’s academic skills and provide a space for social and emotional development. To create a community reading environment and reduce school dropouts, FH established six new community libraries within already thriving Child Clubs in Kantuot. FH provided some of the clubs Khmer alphabet and numeracy posters, literacy and number books for Grades 1 - 3, and sport kits.



Older students tutoring younger children grows their leadership skills and strengthens community relationships.

Equipping Teachers

FH Cambodia collaborated with the government’s Office of Education to conduct capacity building sessions with preschool and Grades 1 - 3 teachers to increase their knowledge and equip them with effective teaching methods to improve learning outcomes. The teachers report finding the training helpful and up to 90 per cent of them are already applying what they learned.

ACTIVITIES



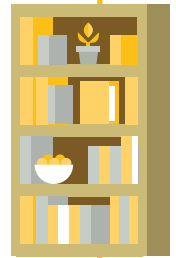
624 people (teachers, children, caregivers) participated in **school enrollment campaigns**

507 people from 29 communities trained on **Make-and-Play** (creating learning materials for kids at home)

768 volunteers trained on **early grade success**

979 children in 17 communities received **learning materials**

199 children and community volunteers helped establish or decorate **Child Clubs**



MORE IMPACT NUMBERS ON THE LAST PAGE



Learning through hands-on play at school and at home strengthens children's skills and lets them have fun!



GOAL

Reduced maternal, newborn, and child morbidity and mortality

“My family has improved as a result of having practiced hygiene, using the latrine, practicing handwashing, drinking filtered water, and cleaning. ...I have shared knowledge and experience with my neighbours.”

— Rathana, Health Group Leader, Kantuot

Promoting Healthy Moms and Healthy Babies

The foundation for the nutritional and physical wellbeing of children is a mother who is healthy, both before and after giving birth. FH trained community health volunteers on strengthening antenatal care, delivery services, postnatal care, and community-integrated management of childhood illnesses. As a result, more women are choosing to access these services at their local health centre.

FH Cambodia also supported the safety of health centre workers by providing masks and sanitizer as well as floor cleaners, toilet detergents, handwashing soap, gloves, brooms, and bath mats to improve hygiene in the health facilities.

Reducing Seasonal Illnesses

Seasonal illnesses like dengue fever, malaria, and Chikungunya virus come with the rains every year harming families, especially children, living in remote areas. FH helped raise awareness on how to prevent these illnesses, provide care at home for the sick, and know when it's time to go to health centres for treatment. FH Cambodia printed and distributed health awareness materials to Community Development Committees, health group leaders and members, and church leaders. Families applied what they learned to eliminate mosquito breeding grounds and, as a result, there was a reduction in outbreaks of disease, particularly among children!



Participating in maternal health training in groups gives women the knowledge and relational support they need to care for themselves and their babies.



HEALTH

Handwashing to Save Lives

FH conducted demonstrations with community leaders on personal hygiene, emphasizing the power of simple handwashing. Health group leaders have already passed these messages on to hundreds of families who then installed tippy-taps (locally made handwashing stations) at home.

Lack of hygiene and sanitation in primary schools is a leading cause of harm to children’s health. Together with local leaders, FH determined that a bathroom building was needed in Ou Meanchey Primary School. This facility included two latrines, three urinals, five garbage cans, one handwashing station, and hand sanitizer. FH also gave personal hygiene and handwashing lessons to children in Child Clubs. Now, children wash their hands during school, club time, and at home. FH also distributed hygiene kits (soap, toothpaste, toothbrush, and nail cutter) to 10,448 children during an annual health campaign day! FH staff follow-up with these children through home visits.

FH distributed water filters to primary schools to provide clean drinking water and help prevent waterborne diseases. They also equipped eight communities with water tanks to catch and store water.



A newly constructed bathroom building for Ou Meanchey Primary School.

ACTIVITIES



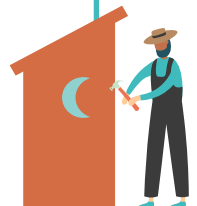
10,448 children received **hygiene kits** (soap, toothpaste, toothbrush, nail cutter)

774 people participated in a **hygiene and handwashing demonstration**



47 **water filters** distributed to 5 primary schools, benefitting 1,805 students and 65 teachers

64.5% increase in household **latrine coverage** to **82%** in Kantuot



MORE IMPACT NUMBERS ON THE LAST PAGE



LEADERSHIP DEVELOPMENT

GOAL

Enhanced the capacity of community leaders to take ownership in their transformational development

“After attending disaster risk reduction training, I began to reflect on my community’s issues and discovered that traffic accidents were the main issue. So, I began to conduct meetings with community leaders to define the solution and develop a plan. As a result, we were required to install 30 road lights at the intersection, bridge, and crossroads.”

— Try, Village Chief of Srah Chrey Village, Tropeang Prasat

FH conducted meetings to help empower community-led governance and equip leaders to take ownership of their communities’ sustainable development. After the meetings, leaders designed and completed their development plans which included such goals as working together to protect and build common property, establishing Savings and Loans Groups, decorating Child Clubs with educational posters, and repairing roads. In the Kantuot area, the leaders celebrated this year’s achievements including all pregnant women delivering at a health centre, repairing the main road, providing latrines to households, and the reopening of school!

FH Cambodia staff trained leaders on safeguarding—promoting child rights and preventing child abuse. Participants are now equipped to report and intervene in cases related to child abuse. FH trained leaders and volunteers on gender-based violence (GBV) awareness; participants are actively sharing this information with their communities and taking action to prevent GBV. By applying what they learned within their own families and teaching others about gender equity and discrimination, they were able to decrease the cases of gender-based violence in their communities! Women are experiencing increased opportunities to express their opinions, work and earn an income, receive an education, and be free from the fear of violence at home.



The local Savings and Loans Group presenting all they’ve accomplished.



LEADERSHIP DEVELOPMENT

Local leaders and education volunteers took training on psycho-social support, learning how the wellbeing of children contributes to better learning. Caregivers were encouraged to attend to children's behaviour and mental health by spending time playing with and teaching their children each day.

District-level leaders were trained on disaster management. Two actions they've taken in response to the training are preparing a safe place for flash flood victims to escape and developing disaster relief kits. Leaders are sharing what they learned and making prevention plans to protect their communities.

ACTIVITIES

165 leaders trained in 35 communities on **safeguarding child rights and preventing child abuse**

594 leaders from all area programs participated in **leadership meetings**

51 people trained on **disaster risk reduction**

322 leaders and volunteers trained on **gender-based violence awareness**

76 people trained on **disaster management**



MORE IMPACT NUMBERS ON THE LAST PAGE



Young and old, women and men, all participate in community transformation workshops.

IMPACT STORY

KEEPING FAMILIES TOGETHER

Prasat Krohom Meanchey, Cambodia

Five years ago, parents in the community of Prasat Krohom Meanchey were struggling to feed their children. They couldn't find work close to home and their old family farms weren't producing what they used to. Many parents left their children with relatives and migrated to neighbouring provinces or into Thailand looking for work.

"That negatively impacted my children's education," Chhom shares about those years he was forced to travel in search of work. "Sometimes they did not want to go to school since I was away from home all the time."

Chhom stressed over the impact his absence was having on his children. "I did not go to school and that's why I was really worried about my children, that they would experience the difficult life I had in the future."

When Food for the Hungry partnered with his community in 2017, Chhom immediately joined in. "I joined FH Cambodia as an agricultural volunteer with a passion for having the skills and knowledge to grow better as a family business." FH staff showed Chhom and his neighbours how to grow crops without expensive pesticides; how to raise chickens, ducks, fish, and frogs; and how to start small businesses.

"I've grown more crops for my family's daily consumption and that has made my family healthier and no longer get sick as before," Chhom shares the results of his new efforts. He was so excited about how his life was changing



that he began teaching his neighbours what he had learned.

Because generous Canadians like you gave to support these agricultural workshops in Cambodia, families in Chhom's community are becoming whole. They're eating fresh, healthy vegetables all year long. They're raising and selling animals, generating sustainable incomes, and growing food security in their community. And their relationships are growing, too.

"I have changed a lot in my daily life," Chhom explains. "I have time for my family."

Thank You

Thank you for joining hands with the people of Cambodia to fight poverty! Your support this year helped equip leaders to make practical and sustainable changes in their communities. You supported preschool children, empowered women, trained farmers, and inspired entrepreneurs. The families of our partner communities are incredibly grateful—and so are we!

APPENDIX MEASURING SUCCESS!

The report above is a summarized snapshot of what community leaders and families in Boeng Mealea, Ta Siem, Kantuot, Tropeang Prasat, with the support of FH Cambodia, have accomplished this year. Below are more numbers that paint a fuller picture of what has been happening on the road to sustainability.

LIVELIHOODS

Successes from 2022

- 13 Life Gardens established with 129 members
- 202 individuals trained on home gardening and 100 new home gardens established
- 117 farmers trained on seed management
- 209 people trained on fish and frog raising
- 177 individuals trained on poultry raising and 12 families given chicken pen building materials
- 11 key farmers trained on agriculture techniques and sharing training with neighbours
- 43 Village Animal Health Workers trained on livestock disease prevention
- 58 Savings and Loans Groups' capacity analyzed
- 2,307 Savings and Loans Group members trained on capacity building
- 128 Savings and Loans Groups trained on creating small business plans
- 224 entrepreneurs trained on the market value chain
- 102 individuals received startup loans

HEALTH

Successes from 2022

- 849 individuals participated in a demonstration on personal hygiene and handwashing
- 10,448 children (Grades 1-6) received hygiene kits
- 340 individuals participated in an awareness event about waste management
- 43 water tanks distributed to poorest households
- 47 water access points installed in schools to benefit 1,805 students and 65 teachers
- 1 school latrine and handwashing station installed
- 500 PPE kits distributed to individuals
- 385 volunteers trained on COVID-19 precaution, prevention, and vaccination
- 353 individuals participated in an awareness campaign for seasonal diseases
- 282 volunteers trained in strengthening antenatal care (ANC) and postnatal care (PNC)
- 385 ANC and PNC materials distributed to volunteers and pregnant and postpartum women

EDUCATION

Successes from 2022

- 1 enrollment campaign conducted to raise awareness about benefits of education
- 979 students received books to support literacy and numeracy
- 26 preschools and Child Clubs provided with literacy and numeracy materials
- 507 volunteers and caregivers trained on creating learning aids for kids at home and received learning materials at "Make-and-Play" and "Reading Days"
- 326 Grade 1 - 3 volunteer teachers trained on literacy and numeracy teaching skills
- 768 volunteers and mothers trained on early grade success for their children
- 6 new community libraries established in Child Clubs in Kantuot
- 4 Child Clubs in Ta Siem supported with chairs and tables
- 199 children and volunteers participated in creating and decorating Child Clubs
- 127 preschool and early grade teachers trained in pedagogy

LEADERSHIP DEVELOPMENT

Successes from 2022

- 594 leaders participated in community development planning meetings
- 165 leaders in 35 communities trained on safeguarding children
- 300 leaders trained on psychosocial support for children
- 322 leaders increased knowledge on gender-based violence and took action to prevent it
- % of women who say it's okay for a man to hit his wife decreased from 92.5% to 60.3%
- 76 Commune Committees for Disaster Management (CCDM) members participated in capacity building training
- 51 CCDM members trained on disaster risk management and climate change