



**FOOD FOR
THE HUNGRY**



RWANDA

BWIRA

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

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INTRODUCTION



Communities:
3



Total Households:
3,035



Total Population:
12,695



Program Participants:
11,745



Walking with **Bwira**
Bungwe, Kabarondo, Ruhindage

2021

Entered Partnership

2031

Graduation

Bwira began partnering with Food for the Hungry (FH) Rwanda in October 2021. In order to best support the communities, FH conducted a Livelihoods Rapid Assessment to identify potential areas of growth in Bwira in the areas of livelihoods, education, health, and leadership development, while placing a heavier emphasis on livelihoods. Everyone in the communities were invited to participate. A baseline survey was also organized at that time so that FH Rwanda will be able to set realistic targets for different fiscal year program planning.

Bwira enjoys a four seasons climate including two rainy seasons—October to December and March to May—and two dry seasons—January to February and June to August. This year, the long rainy season brought uncommonly heavy rains that destroyed crops in some parts of Bwira, causing poor harvests. In addition, the roads to Bwira and throughout the area became impassable. Some places even experienced landslides and houses were damaged. As a result, it was difficult for FH staff to access some of the communities during the rainy season to bring needed supplies.



Graduation Busekera Graduated!

In August, the community of Busekera celebrated the 10-year marker in their development journey! At this joyful summit, FH Rwanda and Busekera wrapped up their formal partnership. Multiple FH staff and Canadian partners joined in the celebration to honour Busekera's successes and bear witness to the sustainability of their work.

If you'd like to see their community graduation report, contact Hayley at info@fhcanada.org!

“ The skills in doing kitchen garden will help community members to diversify foods at household level.

— Gasirabo





LIVELIHOODS

GOAL

Improved household livelihood and resilience

"I have gained knowledge of how to make compost and I am sure that this will help many farmers in their farming systems."

— Leonille

Farmers Training Farmers

FH Rwanda trained Lead Farmers on new agricultural practices. Trainees started composting and are mobilizing other households to do the same. As a result, most households in the community now throw all biodegradable waste into the compost to become rich fertilizer for their gardens and fields. They're already seeing an increase in crop production! Each Lead Farmer will train 10 more farmers and FH staff will follow up. FH gave households lime to mix into their soil to reduce acidity and increase food production. To further restore the soil, FH distributed tree seedlings and bean seed. Beans fix nitrogen in the soil and will help feed farming families.

In collaboration with local leaders, FH staff trained vulnerable families on animal husbandry and distributed goats and pigs. These families were selected by fellow community members as households that would especially benefit from a new opportunity. In addition to providing food and income, the goats and pigs produce manure to fertilize family gardens.

Equipping Youth for Entrepreneurship

To create off-farm opportunities, FH trained 12 youth (2 men and 10 women) chosen by community leaders. The four-month training focused on entrepreneurship and tailoring skills. Participants each received a sewing machine and have begun tailoring businesses that provide consistent income to meet their personal and family needs. They're motivated to work hard and expand their businesses. The youth formed their own Savings and Loans Group and will each train at least three more youth on tailoring.



Local youth joined a four-month program to develop their entrepreneurial skills by learning to sew and run a tailoring business.

Launching NEW Savings Groups

FH staff are excited to see the communities' enthusiastic response to Savings and Loans Groups in Bwira. Already, 30 brand new groups have been established and leaders trained with technical skills as well as leadership values. FH provided the groups with practical tools including pass books. Leaders committed to work with their members to improve their groups' financial services and link members to Savings and Credit Co-operatives (SACCO) and microfinance institutions. They look forward to starting income generating activities.



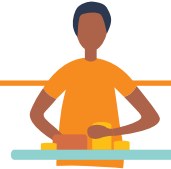
LIVELIHOODS

ACTIVITIES



104 farmers and leaders trained on agricultural practices and compost making; **300 compost pits** established

174 farmers received **1,700 Grevillea** and **Alnus tree seedlings** and **1.5 tons of beans**



30 NEW **Savings and Loans Groups** established and **104 leaders trained**

190 vulnerable families received a pig or goat



MORE IMPACT NUMBERS ON THE LAST PAGE



Alice and her family in front of their home and new keyhole kitchen garden, which lets them grow and eat their own food.

GOAL

Improved access to and quality of basic education for children

Equipping Children and Parents to Embrace Education

In partnership with school leadership and the Bwira community, FH distributed grade appropriate school materials to 600 sponsor children whose families experience low income. Materials included notebooks, pens, and math sets. The school materials are expected to contribute to increased school attendance and performance as families with limited income are relieved of this expense and feel more motivated to send their children to school.

FH also trained Cascade Group members on the value of formal education. This will help community members make an informed decision about sending their children to school rather than keeping them home to work the family farm or help earn family income.

Flourishing Student Poets

In collaboration with the local Education Board, FH organized a poetry competition between seven schools in Bwira. Teachers supported 20 children to participate in writing poems on the topic of child rights. The contest stretched their writing and public speaking skills as all participants read their poems aloud on stage. The top poets won awards! The experience is expected to stimulate children's interest in and commitment to reading, writing, listening, and public speaking. Already, more students are looking forward to participating in the next one!



A celebration with students, families, and educators in front of the newly constructed Early Childhood Development Centre.

ACTIVITIES

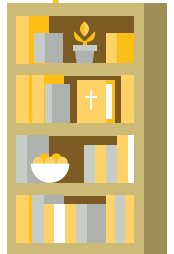
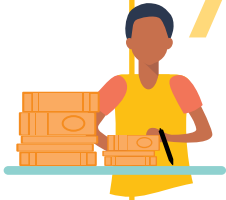
7,140 notebooks, 3,000 pens, and 60 math sets given to vulnerable students

600 vulnerable children received school materials

7 schools participated in a poetry contest

384 people trained on the value of education through Cascade Groups

MORE IMPACT NUMBERS ON THE LAST PAGE



A student presenting her poem to the school judges in the hopes of winning the school's poetry contest.



GOAL

Improved health and nutrition status of mothers and children

“I was trained on a balanced diet and now I know how to feed my family with well nutritionally prepared food. Children who do not get enough healthy foods may face growth and developmental problems, poor academic performance, and frequent infections. I have now established a kitchen garden, which can help me have a diverse food basket near my house. I thank FH Rwanda for training us on the preparation of a balanced diet.”

— Delphine

Teaching New Recipes for Health

FH conducted cooking demonstrations focused on the preparation of a balanced diet. Participants all had children under the age of five and included men, pregnant women, and caregivers. A balanced diet is critical to improve family health and ensure good cognitive development and social growth in children. The demonstrations showed how it is possible to use locally available foods to improve children’s health and help them reach their full growth potential. Participants brought ingredients readily accessible to them while FH contributed less affordable ingredients such as oil and small fish. Government nutritionists also joined the effort to support the FH staff.

Launching NEW Cascade Health Groups

FH Rwanda facilitated the formation of 20 NEW Cascade Health Groups! The members will be trained on critical health and hygiene lessons and how to teach the lessons to a group of neighbours. In this way, life-saving health education will “cascade” throughout the community. Members have already been trained on the importance of eating vegetables, especially to reduce childhood malnutrition, and how to establish a kitchen garden. As community leaders, they began mobilizing other households to do the same. As a result, more than 400 home gardens are flourishing across Bwira! Vegetables are contributing to households’ diversified “food baskets” and excess harvest is being sold to generate income.

Empowering Youth for Positive Relationships

To improve gender equality, power dynamics, and good health among adolescents, FH partnered with the Bwira Health Centre to train youth leaders on sexual and reproductive health and share the information with their peers. Participants learned that they have a right to healthy and respectful relationships, health services, safe and appropriate access to accurate information testing, treatment, and timely support and services. This training is expected to improve adolescent health, power dynamics, gender norms, and community expectations.



Families partaking in a cooking demo to learn how to have a balanced diet in their homes.



HEALTH

ACTIVITIES



1,256 people attended **cooking demonstrations**

20 NEW **Cascade Health Groups** formed composed of 214 volunteers

100 adolescents trained on **sexual and reproductive health**

400 **kitchen gardens** established



MORE IMPACT NUMBERS ON THE LAST PAGE



Members of a mom's group learning helpful cooking tips and recipes (like a hearty stew) to better take for their families. On the menu for toddlers was cooked porridge.



LEADERSHIP DEVELOPMENT

GOAL

Improve family harmony

“Leaders as catalysts of community development are key to help society live in harmony. Increasing their skills in conflict management and prevention was very helpful in the church management.”

— Theogene

Training Leaders to Promote Reconciliation

Conflict management remains a crucial issue between community members and within various associations such as churches. FH facilitated training for 30 local leaders and 16 church leaders on conflict. Participants learned to identify the various aspects of a conflict, including its definition, nature, main causes, evolution, analytical and resolution tools, consequences, prevention, and transformation, all from a biblical view. As a result, trainees committed to helping their communities live in harmony. They will report back on some duties and responsibilities that they committed to accomplish before the next meeting. Families with conflicts will be identified by leaders who will walk with them over time. The training was facilitated by a national-level church council trainer since the council is responsible for increasing capacity in peace building, conflict management, and evangelization around the country.

ACTIVITIES

46 local leaders and church leaders trained in **conflict resolution**



MORE IMPACT NUMBERS ON THE LAST PAGE



Local church and community leaders learning how to resolve conflicts.

IMPACT STORY

A NEW FUTURE FOR CELINE

Bwira, Rwanda

As a twenty-four-year-old young woman in Rwanda living with her mother, Celine had no job or marketable skill set, despite having graduated from secondary school. The two lived off the income from their cow's milk sales, but her mother's farm was too small to support them both. As Celine grew into a young adult, she had no way to meet her own basic needs, including clothing, feminine hygiene products, or even food.

Her only hope, she recalls, was her belief in God's goodness to be with her. She spent much of her time participating in her church's choir, where she gleaned comfort.

When Food for the Hungry (FH) Rwanda partnered with her community, Celine and her mother took gardening workshops and started their own kitchen vegetable garden. Within no time, they were experiencing benefits of a healthy, nutritious diet! Next, Celine attended FH's four-month vocational training on tailoring and how to start a small business. She was given her very own sewing machine and a vote of confidence from FH that she could do this. Learning to sew empowered Celine to employ herself.

"Now I have hope that the future is good for me as I am equipped with vocational skills that can help me everywhere I might be," says Celine.

Today, Celine is building her tailoring business and growing her customer base. Her neighbours are delighted that they no longer have to travel far distances to get a new shirt or patch up holes in their clothes. Celine plans to open her own



Celine working on a client's garments as her tailoring business continues to grow.

cloth shop in the nearby centre to expand her business.

Celine no longer has to rely on her mother's resources to purchase food, water, new clothes, medication, and feminine hygiene products. Instead, neither Celine or her mother will go hungry, and she can begin saving to invest in her future.

"I was not able to buy basic necessities in my life as a young girl. I was jobless with no source of income until I got trained by FH Rwanda

on tailoring skills and provided with a sewing machine," she exclaims. "I thank God for having sent us FH in our area!"

The other young women who attended training with Celine are also experiencing this same hope. Together, she explains, they can serve their community with their new skills, which will help to strengthen their community's economy.



Thank You

FH Canada, FH Rwanda, and the families of Bwira thank you for your faithful support of their fight to get out of poverty! Your generous contributions are starting new Savings and Loans Groups, training mothers to care for their families, helping children excel at school, and giving leaders the skills they need to resolve conflicts and lead with confidence and compassion.

APPENDIX MEASURING SUCCESS!

The report above is a summarized snapshot of what community leaders and families in Bwira, with the support of FH Rwanda, 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

- 12 youth trained in vocational and technical skills
- 30 new Savings and Loans Groups formed
- 104 savings group representatives trained on savings group methodology
- 190 families trained on animal husbandry and provided with 90 goats and 100 pigs
- 104 farmers trained on best farming practices and compost making
- 300+ backyard composts established
- 74 follow-up visits made to support farmers
- 378 farmers provided with limestone
- 174 farmers provided with beans and agroforestry seeds



EDUCATION

Successes from 2022

- 600 children from vulnerable families supported with school materials
- 7,140 notebooks, 3,000 pens, and 60 math sets given to vulnerable students
- 7 schools organized a poetry competition on child rights
- 384 people trained on the value of education through Cascade Groups



HEALTH

Successes from 2022

- 1,256 caregivers trained on balanced diet through cooking demonstrations
- 214 Cascade Group members trained on nutrition and kitchen gardening
- 20 new Cascade Groups formed
- 100 adolescents trained on sexual and reproductive health
- 400 kitchen gardens established



LEADERSHIP DEVELOPMENT

Successes from 2022

- 46 local and church leaders trained on conflict resolution