



FOOD FOR THE HUNGRY

BUKIENDE, UGANDA MID-YEAR COMMUNITY UPDATE 2023

Walking with Bukiende

2019

2029



**FH COMMUNITIES
IN UGANDA**
7 IN BUKIENDE

POPULATION
23,268

HOUSEHOLDS
4,723

**PROGRAM
PARTICIPANTS**
12,312

The families in Bukiende have made huge strides in their development journey! Many of the households report they have access to solutions to their livelihood challenges. Food production in the community has dramatically increased. By applying sustainable farming techniques, farmers have raised yields over 600 per cent! Parents are putting meals on the table every day and your support has been instrumental in making this happen.

Your gifts enable FH to train farmers (who then train their neighbours!), distribute seeds, and provide livestock. Last year, FH distributed 120 goats and 120 pigs who all had offspring this year. As a result of the pay-it-forward model where animal recipients give the first offspring to a neighbour in need, 500 households in Bukiende now have livestock. As community resources grow, so do family savings—parents are starting to pay school fees and cover family medical bills. Mothers are ramping up family nutrition and hygiene, and report fewer bouts of illness since they began eating from their robust kitchen gardens.



Emotionally, I was a very short tempered man—I could fight with my wife almost every week and my children never saw or felt fatherly love as they always feared me. I used to work in isolation because I thought that when I worked with others they would bewitch me. But after being trained on the “Acts of Love”, all these are history.

- Jeremiah, Lead Farmer, Burukuru



Written by Stella Aleper, FH Uganda
Prepared by FH Canada



A healthy Mercy (left in the white shirt) smiles with her thriving family.

Child Sponsorship Helps Save Mercy

Story collected and written by Mollex Nakuti

When Irene's husband left for Kenya to seek employment, Irene became a single mother solely responsible to provide for five children.

And it was hard. Her daughter Mercy was always sick but she couldn't figure out why. The stress weighed on Irene and she started losing weight and became depressed. Mercy grew so ill at one point that she nearly died. That's when Irene reached out to FH staff members who swiftly intervened. They got Mercy to a hospital where she was diagnosed with sickle cell anemia.

Irene was relieved beyond description to have her daughter back from the edge of the grave. But she was also overwhelmed. How could she afford the ongoing medication that Mercy needed? How could she afford the iron-rich foods to keep Mercy healthy?

Child Sponsorship became a big piece of the answer to covering Mercy's medical expenses. FH connected Irene with a savings group, agricultural training, and psychosocial support.

She didn't have money to save at first, so Irene got creative. She started doing farm labour for others until she saved enough money to qualify for a loan from her group. She used it to start a small business selling food at the local primary school.

With that income, she bought a hen and hatched chicks and rented additional farmland. Irene learned from FH how to increase her yields and received vegetable seeds including iron-rich beans which are helping to restore her daughter's health.

Irene shares, "I learned the importance of saving and socializing because there are many [more] things you learn in a group than when you are alone. I'm able to buy my children school materials, meet some small medical expenses, and buy items like milk, salt, paraffin, and matchboxes"

Thanks to child sponsorship and a spirit that just won't give up, Irene and her children are beginning to thrive!



"I have learned the art of saving, staying in harmony with my neighbours through practicing emotional intelligence, and how to properly care for children as well as being innovative."

- Irene, Mufura Village, Burukuru



School Lunches Help Kids Succeed

FH staff encouraged parents to visit their children's school, talk to their teachers, and support their reading at home. When caregivers and teachers work together, the child's grades go up! FH trained primary school teachers on effective strategies for classroom management. Teachers were supported in lesson planning and how to integrate student assessments for reading and comprehension.

The school lunch program in Bukiende continues to improve school attendance, retention, completion, and overall academic performance. FH provided bean and maize seeds while parents helped with the planting, weeding, and harvesting. The next harvest is expected to feed 5,000 students across seven schools!



Veggie Gardens Boost Family Health

Early child nutrition is critical for lifelong health. FH trained Cascade Health Group leaders who, in turn, trained groups of mothers on how to improve nutrition and feeding practices for very young children. FH followed up with families growing nutrition-dense kitchen gardens and provided vegetable seeds including eggplant, green pepper, spinach, kale, tomatoes, and onions as well as iron-rich bean seeds. Families report getting sick less frequently since they began eating fresh vegetables from their gardens.

FH built the capacity of community health workers to identify and treat malnutrition. The workers conducted health outreaches to provide vaccinations for tetanus, HPV, and diphtheria. They distributed vitamin A and deworming tablets and screened community members for malnutrition.



300 students participated in life skills training

1,000 story books distributed to elementary schools

30 mothers living with depression received counselling and income generating skills

181 Cascade Health Group leaders whose training impacted 2,172 neighbours

“ We were taught how to make nutrition-dense kitchen gardens which has increased the availability and access to food for my family. Because of these vegetables, my family members rarely fall sick, unlike those days before...and so I'm able to save more money than before. ”

- Grace, engaged community member



Savings and Loans Group leaders receive lockboxes for their groups.



Fighting Off Pests the Natural Way

FH trains local farmers to lead their own farmer groups. These leaders set up demonstration gardens, teach new techniques, and share their own experiences to help more farmers succeed. One game-changing technique they're spreading is how to make a natural pesticide by mixing red pepper, ash, Mexican marigold, and human or livestock urine to control pests like the maize stalk borer and fall armyworm which devastate cereal crops. By preventing and managing pests, farmers can protect their crops, increase harvests, feed their communities, and generate an income.

FH trained farmers soon-to-receive dairy cows on livestock management and how to navigate value chains as they begin to generate an income from their cows. They also learned how to make silage—a hay mixture used to feed cattle during the dry season when fodder is scarce.



217 Lead Farmers trained who, in turn, trained 6,300 other farmers

45 Savings and Loans Group leaders representing 1,350 members trained on small business enterprises



Protecting Children

Gender-based violence has intensified globally over the past three years. In order to increase reporting and reduce violence in Bukiende, FH trained community leaders including social workers, paralegals, police, and child leaders on gender-based violence, child protection, and how to refer victims to holistic support services. Through human rights clubs, students can report child abuse to the right authorities like head teachers, police, and local leaders.

In response to FH training in project management and community development as well as "Acts of Love", many church leaders mobilized their communities to contribute resources and labour to improve their churches and help those in need. For example, church leaders from Bunabulayi Church mobilized their church members to collect maize, matooke, and clothes to share with neighbouring flood victims.

78 community leaders trained on child protection, gender-based violence, and pathways for victims

77 community leaders trained in project planning and management



Thank You!

FH Canada, FH Uganda, and the farmers, teachers, children, and leaders of Bukiende thank you for your generous support! Your investment in Bukiende's journey to sustainability is improving the daily lives of thousands of people and cultivating a future where their children can thrive.