



Little Feet Foundation

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Website: <http://www.littlefeetgh.org>

FINAL OPERATIONAL REPORT

Malnutrition Eradication Project

With malnutrition on a constant rise in the Northern Regions of Ghana, the Upper East Region has recorded several malnutrition cases over the years that, it now seems to be a normal way of life to have several malnourished children in our homes.

The aim of this project is to train and teach parents of malnourished children on how to prepare healthy meals using crops that are locally grown in the region. Parents with malnourished children rely on imported food which is given to them once a while by the clinics to help fight malnutrition and this hasn't worked in ages, hence the need to not give a man a fish but teach him to fish.

For this six month project of eradicating malnutrition and giving skills to mothers to support them financially, we enlisted the help of Mr Apem Jobey Evans Alimisiwen, a nutrition officer with the Wiaga hospital to facilitate the trainings. With his experience, he was able to explain the issue of malnutrition well to the parents, give them advice, give them several recipes and give them practical on hand training on how to prepare the meals.

The locally grown crops we used are

1. Yellow corn
2. Local rice
3. Soya beans
4. Groundnut
5. Dry fish (not from the region but readily available in the markets)

PREPARATION

1. With low fire, roast each individual ingredient separately until it achieves a yellowish stature
2. Mix the ingredients together
3. Grind it into powder form
4. Use powdered form stature for porridge (healthy meal)

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The first community we visited was the Nyonkorkor community where we met several mothers of malnourished children. Good thing was that the children were present with their parents. Our nutrition officer, took the kids through a malnutrition test and discovered 89 percent of the children present were below the malnutrition line. We had a total number of 72 parents present for the training.

The second community we visited was the Suchaasa community, where malnutrition rates were even higher than the first community, The Nutrition officer conducted the malnutrition test and almost every child present fell below the malnutrition line. We had a total number of 58 women present at the training

For both communities, the malnutrition officer took the parents through a few discussions as to the causes of malnutrition and the suggested solutions. They were also taken through some other recipes of preparing healthy dishes using the locally grown crops.

After the education, we went straight into the training on preparation of the meal.

After the ingredients were well roasted by the women, we did the mixing and one team member took it to the grinding mill to be blended into powder form.

There are two ways to prepare the porridge and we taught the women both.

1. Put water on fire, wait for it to boil. In the meantime, mix the flour with water to achieve a smooth state. If the water starts boiling, pour the mixed ingredients into the boiling water and stir till it becomes porridge
2. Mix the flour in water to a smooth state and put it straight on fire and stir. You can add water as and when it becomes too thick. Keep stirring until you achieve your desired texture.

Parents were allowed to prepare the dish themselves so they get to learn it by doing and not by watching.

PHASE 2

LIFE SKILL TRAINING.

Considering how most of these mothers are unemployed housewives, we outline three skills to train these mothers, with the aim that these women can start small scale businesses to sustain their households. We took these mothers through Liquid soap making training, Bead making training and Local beverage making (sobolo).

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We got Miss Esther Suglo, a team member and a nurse at the Bolgatanga regional hospital to take lead as the facilitator for the training on the preparation of the liquid soap. After taking them through a full process of making the soap, the women also had the chance to try their hands on one process too.

Miss Theresa Nchodola Asaregiya, a team member and creative art teacher in Bolgatanga is the facilitator for the bead making. Using beads and other related materials, the young mothers who considerably had good eyes were taken through how to make different items using beads. After a few attempts, the women were all able to make keyholders for themselves.

Miss Judy Amina Allan, is the facilitator for the local beverage. The local beverage we took them through was the preparation of the popular sobolo drink. This is a drink a lot of people enjoy but do not know how to prepare. Ms Allan, who is a huge distributor for the beverage in the Upper East Region and beyond, facilitated this section by taking all the women through a step by step recipe plan on how to prepare it.

FINAL COMMUNITY

The final community we visited for the malnutrition eradication project was the Kulpeliga Community on the 10th June 2021. We visited the community with Diplomat Tim Segesseman from the Embassy.

For this community, we partnered with the Maltaaba women's group, a group of widows and single mothers in the Kulpeliga community.

The Maltaaba Women's group located in 9 villages struggle with poverty, unemployment, malnourished children among others, hence the decision to add them to the three communities selected.

Upon arrival, we were warmly welcomed with the local frafra dance. The chief and women were well seated and welcomed us with joy and happiness.

We went straight to the training, after we introduced ourselves and the purpose of our visit, having our nutrition officer take the women through an interactive discussion of the causes of malnutrition and the way forward. A malnutrition test run on the children present showed several of them were malnourished.

The roasting of the ingredients started after the measurement of the ratio needed was done by Evans, the nutrition officer.

Since the roasting was going to take a lot of time, we moved on with the training of the making of liquid soap facilitated by Esther and assisted by Grace. The women were taken through a step by step process of how to prepare liquid soap, and they were given the opportunity to also prepare one on their own after the lessons.

Judy Allan took over and took the women through the step by step process of how she prepares her sobolo (local beverage).

For bead making, we had Maria and Jennifer as facilitators. Maria and Jennifer as team members of Little Feet actually learnt from Theresa during the first and second training. Taking the lessons seriously, they became facilitators in the last training.

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We had several young single mothers interested in learning the bead making. They were taken through the basics of threading and making a key holder.

Plans have been put in place to go back and take interested people through necklace making, head band making, etc and to connect these young women to the Regional craft village for market.

After the roasting of the ingredients and a visit to the grinding mill, Evans helped the women prepare the healthy dish.

The Chief and women expressed their gratitude for all the work and impact we had created.

We visited the Paga crocodile pond with Tim for a short excursion after the outreach.

Please find attached the link to access pictures from the Kulpeliga outreach.

<https://drive.google.com/drive/folders/11x461wxbVggcsEqn9SJ53SYwZ5DRKbEJ?usp=sharing>

The Little Feet Foundation is eternally indebted to the Embassy for supporting our projects for the past seven months. We do not take for granted the huge impact that has been created because of you.

The people of Upper East Region are grateful and we hope that when ever there is another opportunity to receive help from you, it will be granted.

It has been an awesome seven months working with you. Thank you.

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