



PROGRESS REPORT

SEPTEMBER 2020 – JANUARY 2021

PERMACULTURE GARDENING & NUTRITION IN URBAN COMMUNITIES - PROJECT

funded by the
Scaling up Nutrition (SUN) Pooled Funds

implemented by the NUTRITION AND FOOD SECURITY ALLIANCE OF NAMIBIA (NAFSAN)



in collaboration with:





Shack Dwellers Federation of Namibia and Namibia Housing Action Group

Table of Contents

1. Intr	oduction3	M Charles and				
1.1.	Background & Motivation3					
1.2.	Objectives & Approach4					
1.2.1.	Pilot Settlement5					
1.2.2.	Main Project Implementation Sites 5					
1.2.3.	Handover & Scaling Up6					
2. Acti	vities6					
2.1.	Nutrition Awareness	6				
2.1.1.	Training-of-Trainers	6				
2.1.2.	Nutrition for Health – Community Workshop	os7				
2.2.	Permaculture Gardening Workshops	9				
2.2.1.	Sonderwater Pilot	9				
2.2.2.	Training on Organic Vegetable Gardening					
2.2.3.	Continuous Support, Assessments & Certific	ations11				
2.3.	Project Documentation & Media Team	11				
2.4.	Food and Nutrition Security on National L	evel12				
3. Way	y Forward					
Annex A – Project Approach (initial proposal)						
Ann	ex B – Training Outline: Nutrition fo	r Health 14				

Annex C – Community Assessment......15

1. Introduction

1.1. Background & Motivation

Food and Nutrition Security has been of great concern for Namibia since its Independence in 1990. However, many Namibians today still suffer from malnutrition, either in form of undernutrition, overnutrition (i.e., the excessive intake of food, especially in unbalanced proportions which likely leads to obesity diabetes, heart diseases etc.) or micro-nutrient deficiency, also known as 'hidden hunger'.

In 1995 Namibia's first Food and Nutrition Policy was developed by the National Food Security and Nutrition Council. In the following years, a number of other relevant policies have been developed, yet over time the Council itself became less and less active. In 2009, under leadership of then Prime Minister Nahas Angula, the Namibian Alliance for Improved Nutrition (NAFIN) was created as a multi-sectoral multi-stakeholder platform, and in 2011, Namibia joined the global Scaling Up Nutrition (SUN) Movement.

In 2019/20, and in alignment with the Namibian Government's efforts to revive the National Food and Nutrition Council and revise the Food and Nutrition Security Policy, the Nutrition and Food Security Alliance of Namibia (NAFSAN) was established as a national platform to promote and coordinate civil society, academia, private sector and committed individuals' actions to ensure food security and optimal nutrition for everyone in Namibia.

In Namibia, the rate of stunting in children under 5 is alarmingly high at 22.7% rate. Although this rate has been slightly reduced over the last 5-10 years, the effects of the global COVID-19 pandemic are threatening to reverse this initially hopeful trend.

Stunting is directly related to malnutrition and lack of access to healthy food. It is an important public health concern that also substantially impacts Namibia's socio-economic development as a country, due to its prolonged effects on people's cognitive functions. Hence, investing into 'human infrastructure' by providing nutrition education and promoting good practices around healthy eating and enabling access to diverse diets has substantial long-term positive effects on the development of each individual and societies at large.

Due to the pandemic and related countermeasures, many Namibians have lost their jobs, which in turn negatively affected thousands of families. In light of this, it is particularly necessary for low-income urban families to have access to and receive information about nutritious foods, to support building a strong immune system and healthy lifestyle during the pandemic and address issues of food and nutrition security beyond this current national and global crisis.

NAFSAN, as newly established entity currently receives start-up funding through GIZ since June 2020 and appreciated this COVID-19 related funding from the SUN Pooled Funds to introduce a new integrated approach that combines nutrition and with permaculture gardening into to marginalised urban communities.

1.2. Objectives & Approach

The project's overall aim is to increase food and nutrition security in Namibia's disadvantaged urban communities during and beyond COVID-19, in line with Namibia's latest Food and Nutrition Policy, which is anticipated to be approved and launched in early 2021.

The SUN Pooled Fund's grant agreement for this *Permaculture Gardening & Nutrition in Urban Communities* project is effective as from the 1st of September 2020 to the 30th of June 2021.

The project is implemented by NAFSAN in collaboration with the Shack Dwellers Federation of Namibia (SDFN) and the Eloolo Permaculture¹ Initiative, and its main objectives are to empower and equip community members in predominantly informal urban settlements to set up their own backyard gardens and to educate them on the importance and long-term effects of nutrition on the human body and how to practically move towards and maintain a healthier more diversified diet.

It is hereby important to note that NAFSAN as such is not meant to be an implementing organization, but rather serves as an alliance (i.e., an umbrella body) that helps to promote

and coordinate nutrition-action and that supports its members in implementing their nutrition-related activities. Hence, this project primarily aims to introduce, test and fine-tune an innovative approach and to strengthen the capacity of the Shack Dwellers Federation of Namibia (SDFN) and the Namibia Housing Action Group (NHAG) for scaling up of similar actions in all 14 regions of Namibia as from 2021.



The project's **approach** is to assist selected groups and communities in establishing their own home gardens in

line with permaculture principles. This is accompanied by an additional nutrition component, developed in close collaboration with experts from the University of Namibia (UNAM) and Namibia University of Science and Technology (NUST), as well as local UN agencies.

Key focus areas of the project therefore include:

- ✓ Supporting urban communities during the pandemic through practical training and education, as well as material support in terms of seeds and gardening equipment.
- Educating participants and the general public about practical aspects of nutrition, such as breastfeeding and diverse diets, and being aware of malnutrition warning signs.
- ✓ Building capacity in partnering civil society organisations and academic institutions.

¹ Permaculture is the conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability, and strength of natural eco-systems. It is a harmonious combination of land and people in supplying their food, energy, shelter and other material and non-material needs in a sustainable way. - <u>https://www.eloolopermaculture.com/what-is-permaculture</u>

- ✓ Developing and distributing training material for further implementation, scaling up and practical and sustainable do-it-yourself backyard gardening in urban areas.
- ✓ Informing about and advocating for the importance of nutrition and food security.

The key assumption behind this project is that equipping community members with knowledge, skills and basic tools to establish their own backyard gardens will enable them to provide more nutritious meals to their families, while learning about nutrition through interactive and participatory workshops will stimulate greater interest in more diverse food sources and improved breastfeeding, eventually leading to improved child health and overall healthier food choices and lifestyles, which in turn will on the long run also positively impact Namibia's rates of stunting and all forms of malnutrition.



1.2.1. Pilot Settlement

The informal community 'Sonderwater' was chosen as the pilot for this project and its combined permaculture and nutrition approach (see Annex A, p. 13).

Sonderwater is located in Windhoek's Katutura East constituency and home to more than 200 individuals of all ages, most of which with no regular income or very low-income. The houses are predominantly made out of recycled materials, such as plastic, metal and wood, and four toilets and three water points have been provided by the City of Windhoek, there is no electricity or sewage system yet.

Sonderwater was selected as a pilot community because it has similar conditions than other urban informal settlements in Namibia, and good working relationships with some key community members had already been established prior to the project. Reflections on lessons learned from the pilot will then lead to improving and adapting the approach.

1.2.2. Main Project Implementation Sites

For the main implementation phase, three communities in Windhoek's informal settlements that form part of the SDFN network have been identified and respective community leaders already approached. These three communities are Otjomuise, Ongulumbashe, and Ombili.

One of the lessons learned from the pilot in Sonderwater is that, in addition to the workshops and sessions during the implementation (as per approach described in Annex A, p. 13), short field visits by the permaculture gardening experts and some mentees are going to take place, in order to provide ongoing support to the communities and answer any questions that may arise, as well as to monitor and document progress made over the coming months after the initial intervention.

1.2.3. Handover & Scaling Up

Right from the start, already during the design phase of this project, the intention was for the SDFN and its Support-NGO, the Namibia Housing Action Group (NHAG), to eventually take ownership of the approach and its future implementation in all of Namibia's 14 regions (= scaling up).

Hence, special attention was paid in all of the projects' three components:

- 1) permaculture gardening,
- 2) nutrition & health awareness, and
- 3) project documentation (media)

that SDFN members (particular young women) are pro-actively involved and receive sufficient training and mentoring. In this way they are not only involved in achieving the desired project targets/outcomes but will become future resource person for scaling up of all these activities.

Special attention is also paid to creating synergies between these three components.

For instance, the media team (besides documenting progress and producing content for the public) works in close collaboration with the permaculture team to produce some short educational 'how-to' clips around backyard gardening to then be shared on social media.

In addition, NAFSAN in collaboration with SDFN/NHAG and all other partners is also identifying ways in which related capacity needs within the SDFN network could be addressed and provide tailor-made assistance, which could be in form of training some of the network's regional facilitators around nutrition and permaculture principles during the implementation period of this project, hereby possibly utilising money from additional sources, as this will help ensure sustainability, continuation and successful scaling up of activities on a sub-national level.

2. Activities

2.1. Nutrition Awareness

2.1.1. Training-of-Trainers



The nutrition training-of-trainers workshop, held on the 29th of September 2020 at NUST, brought together a group of eight (8) future trainers, consisting of four students (Human Nutrition BA at NUST) and four

> community members from the SDFN network in Khomas.

It aimed to equip them with sufficient skills and knowledge to facilitate tailor-made 3-4 hours workshops focusing on 'Nutrition for Health' in communities.



This workshop also aimed at testing the participatory approach and design, as well as content of the workshop (see Annex B, p. 14), which highlights the importance of good nutrition for the participants, for their families and especially for the children in their care, while also providing practical tips for the community at large. The core content is aligned with NAFSAN's recently developed *"Food Safety and Nutrition during COVID-19"*² posters and flyers - which were adopted from

the officially approved 'Food & Nutrition Guidelines for Namibia' (2009). NAFSAN's flyers and posters will also be used as handouts for participants and their communities during all nutrition workshops that are part of this project.

The training-of-trainers was facilitated by Mr. Ben Schernick (Director of NAFSAN) and Mrs. Charlotte Keyter (Nutritionist, UNAM Senior Lecturer and founding Board Member of NAFSAN), with a total of 17 participants in attendance. Permaculture experts who are part of this project and food science specialists from the Food and Agriculture Organisation (FAO) Namibia and the German Development Cooperation (GIZ) Namibia were also present to learn about the approach and to provide inputs from their respective areas of expertise.

2.1.2. Nutrition for Health – Community Workshops



These 'Nutrition for Health' workshops aimed at educating community members on the importance of nutrition to their health and to provide additional wellbeing, and motivation to engage in urban gardening and produce their own fruits and vegetables. The workshops covered all forms of malnutrition, and especially zoomed in on the dangers of undernutrition and non-communicable diseases that often linked to bad diets. Emphasis was placed on the first 1000 days of a child's life³, exclusive breastfeeding and children's overall health and long-term well-

being. In each workshop, community members participated very actively in the different parts of the workshop and gave genuine testimony as to the insights they gained and into the positive changes they want to apply to their own lives when it comes to more healthy eating and drinking habits.

During the first months of project implementation, two participatory ½-day 'Nutrition for Health' workshops were facilitated by trained students and community members (who received mentoring and backstopping) in two different communities in Windhoek.

² See: <u>http://www.nafsan.org/covid-19-response</u> with posters and flyers available in 11 local languages.

³ Hereby informing participants also about the Namibian Right Start Campaign (<u>www.rightstart.com.na</u>), a collaborative campaign of UN agencies and the Namibian government, to which NAFSAN is also a partner.

The first workshop took place in Sonderwater on 10th October 2020 and was an integrated part of interventions during the pilot phase. It was facilitated by 5 trainers (and 2 mentors), supported by two interns and one of the permaculture experts, and attended by 22 community members in total.

The second workshop took place in Windhoek's Havana settlement, where SDFN already started a permaculture-based community garden project in early 2020.



Hence, community members already had knowledge and experiences in permaculture gardening and they now requested for additional information on health and nutrition. Providing these community members with such information was also a good opportunity for the young nutrition trainers to



Each nutrition training was preceded by preparatory meetings of all nutrition trainers and mentors, and each session was followed by an on-site debriefing session.

This helped enormously to not only improve facilitation skills and knowledge, but to also continuously fine-tune the content and graphics used for illustrations, which were printed in colour on laminated A3-posters – as a practical way

practice and get additional exposure and receive further mentoring. Seven nutrition trainers (and 2 mentors) facilitated, and a total of 19 community members and one intern attended this second workshop.



of using graphics and images as learning materials in community-based setups.

2.2. Permaculture Gardening Workshops

Permaculture gardening is the very core of the project. Two experienced experts from the Eloolo Permaculture Initiative are working closely together with eight (8) mentees, identified by SDFN, in planning, implementing and following up on all gardening-related activities during the entire project.

2.2.1. Sonderwater Pilot

After a series of initial preparation meetings in September 2020, the entire permaculture team went started off during the pilot in Sonderwater with an initial ½ day workshop, followed by three additional ½ day workshops, in which experts, mentees and community members worked together in establishing sustainable backyard gardens.





In addition, these workshops served to educate community members on using permaculture design thinking and techniques to build home gardens. NAFSAN also provided a set of gardening tools and seeds to the community members.

This also included discussions and agreements around the safe-keeping and shared use of these tools, as well as

initial talks about the possibility of future communitybased seed banks.





All workshops were facilitated by Donovan Wagner and Stephan Eins (both experienced Permaculture practitioners from the Eloolo Permaculture Initiative) together with Reinhold Mangundu (Ecologist) and eight selected mentees from the Shack Dwellers Federation of Namibia (SDFN).

During the pilot in Sonderwater, an average of 16 community members attended each of the four workshops, while the eight mentees were divided into two groups of four, and each group would rotate days to attend the different workshops.

Two interns from NAFSAN, as well as members of the media team (responsible for project documentation) also attended these workshops.

An overview of all workshops facilitated with members of the

Workshop/Activity	Date				
Permaculture Introduction	Sat., 3 October 2020				
Nutrition for Health	Sat., 10 October				
Permaculture Gardening	Sat., 17 October 2020				
Permaculture Gardening	Sat., 24 October 2020				
Permaculture Gardening	Sat., 31 October 2020				

Sonderwater community during the pilot is listed in this table. It does not include preparation and reflection meetings of the various project teams that delivered these training sessions.

2.2.2. Training on Organic Vegetable Gardening

In addition to initially planned project activities, the Namibia Organic Association (<u>www.noa.org.na</u>) was offering an "introduction to organic vegetable gardening" on 28th November 2020 at Farm Krumhuk (<u>www.krumhuk.de/en</u>), 25km south of Windhoek. This was a rare and ideal additional capacity building measure for the permaculture mentees, five (5) of whom attended the 1-day course.

The course was facilitated by Dirk Bockmühl (Ecologist and Conservationist), Mareike AufderHeide-Voigts (M.Sc. Sustainable International Agriculture with a focus on organic agriculture) and Eckhart Förtsch (Organic Farmer and Chairperson of NOA).

During this practical training course, the participants learned:



- ✓ How to prepare and manage compost, and other basic composting techniques,
- Using effective micro-organisms to improve the soil and plant health,
- ✓ Recycling garden and kitchen waste,
- ✓ How to make and manage an earthworm farm,
- ✓ Growing your own seedlings and planning your vegetable garden,
- ✓ What to plant when, where and how, and how to control pests and diseases,
- Drought management practices including recycling water from your bathroom and kitchen.



2.2.3. Continuous Support, Assessments & Certifications

Based on feedback from community members and own experiences on the ground, the project team decided that besides these workshops, **additional monthly follow-up and support visits** by the permaculture experts and mentees shall take place to observe progress, to be able to respond to any questions that may arise, and to possibly assist in overcoming any gardening-related challenges.

Prior to this series of workshops in Sonderwater, a **baseline assessment** (see Annex C, pp. 15-16) was conducted to capture existing knowledge, practices and perceptions prior to the intervention. The same baseline assessment will also be conducted in the other three communities during the main implementation phase of the project.

Against the background that regular follow-up and support visits will still continue throughout the overall intervention, post-intervention assessments will only be conducted within all communities towards the end of the project, in April/May 2021. The analysis of the data will then also help in the future scaling up by SDFN and guide relevant modifications of the approach itself.

All Permaculture Mentees, as well as the Nutrition Trainers, participate in regular reflection and preparation meetings, in between sessions with the communities.

At the end of the project, they will receive **certificates** that will reflect their level of participation in the various project activities. Similarly, each community member, will receive certificates of attendance for taking part in the respective project activities within their community.

2.3. Project Documentation & Media Team

A group of six (6) SDFN Youth members, interested in and connected to the international Know-Your-City-TV movement (<u>www.knowyourcity.tv</u>), have undergone an initial 1-week training from 20 September to 5 October 2020, and they continue to receive ongoing technical support and mentoring by Leitago /Narib, a Namibian photo- and videographer and

social media expert, specialising in youth empowerment.

In coordination with the project team, they will be documenting the entire project activities and in addition, produce valuable other materials, by focusing on:

- ✓ Documentation of workshops and activities
- ✓ Documentation of gardens (before & after)
- ✓ Interviews with and profiles of gardeners, as well as experts involved in the project
- ✓ Short clips and mini-tutorials on how-to set up a garden, make a compost, deal with pest, save water etc.

The intention here is that the material produced will not only serve donors and the general public to be informed, but to also be shared as inspirational training materials among members of the SDFN network and any other interested Namibians and people around the globe.



In January 2021, just prior to entering the main implementation phase, the media team with support from NAFSAN's project team, is busy finalising the setup of its own social media pages for this project under the name 'Urban Gardens for Nutrition' on Facebook, Twitter, Instagram and LinkedIn, which will then also a linked to NAFSAN's website (www.nafsan.org) and already existing social media pages on Twitter and Facebook.

This logo for the project's social media pages \rightarrow has also been jointly developed by NAFSAN and the SDFN youth from the media team.

2.4. Food and Nutrition Security on National Level



In addition to the primarily community-based project activities, NAFSAN is actively participating in the finalisation of Namibia's revised Food and Nutrition Security (FNS) Policy, the Implementation Action Plan (IAP), and the national and sub-national FNS-Coordination Structures and Systems.

This process has been ongoing since 2017 and is steered by the Office of the Prime Minister of Namibia, with support from key government ministries, UN agencies and of course the academia and civil society through NAFSAN (previously through NAFIN, until 2019). This crucial process is expected to be finalised in early 2021. After a final round of regional stakeholder consultations and validation workshops have taken place, Cabinet will approve the policy, action plan and coordination structure, which will be a major step forward for Namibia in terms of food and nutrition security.

3. Way Forward

The three SDFN communities that will take part in the main implementation phase are Otjomuise, Ongulumbashe and Ombili, all informal settlements in Windhoek (Khomas Region). Community leaders and key members from all three communities have already been consulted, and specific dates for workshops and activities for Otjomuise have already been set for February, starting as from 6th February 2021. The other two communities will be engaged in as from March. COVID regulations will be followed, with additional hand sanitizers and number of masks having to be purchased alongside tools and seeds.

Social Media sites are going to be officially launched and linked as from February 20201, while photos and clips are going to be produced alongside main implementation in communities.



Discussions with SDFN/NHAG, as well as other key stakeholders and potential partners and donors (e.g., City of Windhoek, NUST, GIZ) for the future scaling up of activities are ongoing, with awareness of possible synergies and alignment to Namibia's national and sub-national FNS-strategies.

Annex A – Project Approach (initial proposal)

Phase 1 – Preparations

September 2020

- \checkmark Stakeholder meetings to introduce, inform about and fine-tune the project's approach.
- ✓ Development of ½-day participatory training (incl. mini-manual) on nutrition.
- Training-of-Trainers for ± 20 committed community youth and students, i.e. nutrition students from NUST and food science and education students from UNAM.

 \pm 1.5 days, by Charlotte Keyter (NAFSAN/UNAM) and Ben Schernick (NAFSAN)

✓ Identify exact cluster on site and get consent from community leaders for the project's pilot in the 'Sonderwater' informal settlement in Windhoek (Katutura East).

Phase 2 – Pilot

- October December 2020
- Implement first combined series of activities in Sonderwater (= one 'cycle'):
 - First site visit at a cluster of nearby dwellings, and engage with interested members of 12-16 households, to conduct an **initial permaculture assessment** of different houses and backyards and to then divide households in small groups.
 ± 4 hours, by 2x Permaculture Experts (EPI) and 4 juniors/mentees
 - 2) On-site nutrition training for ± 20 involved community members to provide knowledge, skills and additional motivation for home-gardening.
 ± 4 hours, by trained youth/students, with mentoring by NAFSAN as needed
 - Garden development and hands-on training in small groups (4-6 people), i.e. 3 small groups, 3 follow-up sessions for each group, so that all households in each group will have developed their own permaculture home-garden.
 - \pm 4 hours each, by 2x Permaculture Experts (EPI) and 4 juniors/mentees
- ✓ <u>Audio-visual documentation</u> of activities (photos, videos, interviews etc.)
- <u>Evaluation of and reflection</u> on implementation during the pilot, <u>integration of lessons learned</u>, and adaptation of approach for future roll-out of activities (= complete cycles).
- ✓ <u>Jointly identify</u> (together with SDFN/NHAG) clusters in <u>specific communities for future</u> <u>implementation</u> of the adapted approach (± 2-3 month each cycle/community).

Phase 3 – Implementation (3 Cycles/Communities)

Conduct three (3) full cycles of activities (as described above) in identified communities, with all activities being monitored and documented (photos, videos, interviews).
 Only one permaculture expert will be involved in the garden development phase in small groups, while the juniors/mentees will play a more and more leading role in order to build capacity for future scaling up of this approach in other regions.

Phase 4 – Evaluation & Closure

- \checkmark Complete audio-visual documentation and evaluation of successes + lessons learned
- ✓ Stakeholder meetings to discuss ways of and funding for scaling-up similar activities in many more informal settlements in urban and semi-urban areas in other regions
- \checkmark $\;$ Final narrative and financial report to UNOPS/SUN Pooled Funds $\;$

January – May 2021

June 2021

Annex B – Training Outline: Nutrition for Health

An interactive 3-4 hours training session for community members in informal settlements, as part of the joint *Permaculture Gardening & Nutrition in Urban Communities* project.

Time	Activity	Facilitator							
8:30 +	Arrival & Registration + Water/Fruits								
Session 1 – Introduction									
9:00	Welcoming & Introduction to Workshop and Facilitators								
9:10	Participants' Introduction (Round): 1. My name is								
	 My favorite food is How many children are in my care 								
Session 2 – What is Malnutrition?									
9:30	Exercise (whole group): Quiz on Malnutrition								
10:00	Input on Malnutrition, incl. Q&A: Part 1 = Undernutrition & Stunting Part 2 = Overnutrition & Healthy Eating								
Session 3 – Breastfeeding & Child Nutrition									
10:40 including refreshments!	 Exercise (in pairs): Partner Interview 1. What do I know about breastfeeding, benefits and for how long babies should be breastfed? 2. What are the first solid foods we start giving our children? 3. Are our children eating enough and healthily? 								
11:00 + flyers!	Joint Reflections (First Q1 only, then Q2 + Q3 together) + Input: Breastfeeding, Child Nutrition and Dehydration, incl. Q&A								
Session 4 – Moving Forward									
11:40	 Exercise (in groups of 3-4): Exploring Realities a. What did I learn today that I will put into practice, and how will I do that? b. What may I personally need to change in myself or within my household or family? c. How best can we support one another as a community? 								
12:00	Final Joint Feedback & Reflections								
12:20 Closing Round: "One thing I will do for my health, is"									
12:30 = En	nd of Workshop								

Annex C – Community Assessment

Permaculture Gardening & Nutrition in Urban Communities

Name											
Area/Community											
Age		Gende (m/f)				D					
Number of children in your care?					Age of the children in your care?						
Languages spoken											
Gardening 1 = Strongly Agree 2 = Agree 3 = Neutral 4 = Disagree 5 = Strongly Disagree									e		
I am very motivated to start		1	2	3	4	5	Comment	<u>:s:</u>			
and to continue ga											
l know how to garden.			2	3	4	5	<u>Comments:</u>				
It is easily possible to have a			2	3	4	5	Comments:				
home garden where											
I have enough materials to			2	3	4	5	<u>Comments:</u>				
start/continue gard	dening.										
Nutrition 1 = Strongly Agree 2 = Agree 3 = Neutral 4 = Disagree 5 = Strongly Disagree									2		
I know why nutrition and		1	2	3	4	5	<u>Comments:</u>				
healthy eating is good for me.											
I know exactly what type of		1	2	3	4	5	Comments:				
food and drinks are											
It is very important for me		1	2	3	4	5	Comments:				
and my family to e	at healthy										

4

5

3

2

1

I can afford healthy food for myself and my family.

Comments:

Eating Habits 1 = Strongly Agree 2 = Agree 3 = Neutral 4 = Disagree 5 = Strongly Disagree									
l regularly eat mahangu, bread, rice, maize, pasta, cereals.	1	2	3	4	5	<u>Comments:</u>			
l regularly eat fish, eggs, milk, meat, chicken, beans, cheese.		2	3	4	5	<u>Comments:</u>			
I regularly eat fresh fruits and/or vegetables.	1	2	3	4	5	<u>Comments:</u>			
I usually eat at least three meals a day.	1	2	3	4	5	<u>Comments:</u>			
I do not pay much attention to how much cooking oil I use, and/or like to fry my food.	1	2	3	4	5	<u>Comments:</u>			
l drink cool drinks (coke etc.) or eat sweets almost every day.	1	2	3	4	5	<u>Comments:</u>			
How many <u>tea spoons of sugar</u> do you usually take in your tea/coffee?	0	1	2	3	4	56	b	<u>Comments:</u>	
Open Questions									
What do you want to learn by pa	artici	patir	ng in	this	oroje	ect?			
How else do you expect to benefit from this project?									