

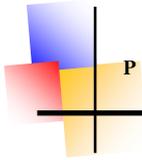


*Project proposal*

*School Feeding Programme*

*Kaumuzya Basic School*

*Zambia*



## **Foreword**

Ever went to school or work with an empty stomach? Then surely you can remember the difficulties you had while trying to concentrate on the tasks given to you. Your attention gets drawn to that empty feeling inside your body, the cry for food.

For us the above mentioned scenario is just a nightmare, a nightmare that doesn't happen. But for others it is not an incidental thing but occurring day after day. Who can stand there and see it happen and still do nothing.., just standing there and let those things happen without feeling pity for those people?

It also happens at the school we are working with in Zambia. More than half of the children come to school with little or no food for breakfast, just chewing some bush fruits, if they found any on the way to school. Getting in class with an empty stomach surely is not the right start for a day at school; concentration is lacking, attention is drawn to that gnawing feeling inside. Those children don't have the energy for sports; fall sick more often as their resistance is undermined by under-nourishment and drop out more easily from school.

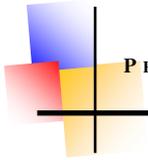
What would you do if you saw it happening? Would you just be the bystander or the one that would take action? Surely it is impossible to help the whole world but this doesn't mean that we don't have the obligation to help, even with just the little bits we can share.

That is why our foundation has the plan to start a school feeding programme. We want to give every child at that school a lunch.., every school day.., throughout the year. It doesn't have to be a big meal with lots of varieties every day; it has to be a nutritious and healthy meal with all the basic elements in it.

In this programme you find all the information on the plans for that programme. Why we started it and how we think we can make this happen. To manage this programme we will work closely together with our people on the spot, the board members of the locally established NGO.

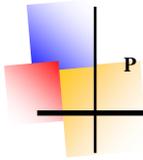
I really hope this programme gives enough information about the programme and faith in the programme to convince any reader to support this programme.

J. Averagesch  
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## Zambia Child Foundation

### Zambia Child Foundation

The foundation was established in 2006 after a few visits to Zambia. The first steps towards this foundation have been made in June of that year. It was a reaction to requests from Kaumuzya Basic School, a school we have been working with on different occasions. The final reason to start with the foundation was the threat that all orphans would be sent away from school as a government initiative to pay their school fees got cancelled.



### Our objectives

The life of an orphan has many elements that need attention. Aspects of health, education and human life circumstances have a high priority. Unluckily with the limited means of the foundation, it is impossible for us to focus on all these elements at this moment. We had to make choices. The choices we made were based on improving the future of the orphans within the limited possibilities of the foundation.

Therefore our objectives are defined as:

- To stimulate the education of children and especially orphans by paying all the costs to follow an education. This includes school fees, school books and school uniforms.
- To take care of orphans who have no acceptable place to stay. For this a orphanage home is build with the possibility to shelter six orphans in a family-like environment.
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Our goal is to be able to give the support, up to the moment that the school is able to pay those costs itself by developing ways to do so with the help of the foundation.



Area

The area we are working in is the rural area of Kayuni, north of Monze, in the Southern Province of Zambia. It is situated between Mazabuka and Monze and around 160 kilometres south of Lusaka, the capitol of Zambia.

The people in the area make there living by growing maize and sell the surplus to the government. Most people in the area don't have a job but just a piece of land where they live and grow their food. The little money they need comes from selling the surplus of maize to the government.

Other crops that are grown in the area are cash crops like sunflower and cotton but also many people grow sweet potatoes and peanuts. Vegetables are grown for own use, just a surplus might be sold to neighbours or to institutions like schools or hospitals orn on the local market.

Most people live in huts as building a real house is too expensive. Also no electricity nor piped water is available and people are getting their water from a well or borehole.





## The project

### The problem

During our stay in Zambia we have been visiting our school regularly. While visiting the school we found out that many children were too small for their age. After bringing this up during a meeting the board told us that many of the children were sent to school without breakfast. As the school doesn't provide lunch, the first meal of the day is also their last meal. Due to this also concentration at school is lacking. Furthermore the lack of energy induces a higher level of absence and an increase in the number of drop outs.

### Objectives

After analyzing the problem we came up with a plan. The objectives of this plan are:

- To provide a school lunch every school day to all children at Kaumuzya Basic School
- To provide the children with all the nutrients they need for a healthy growth.

### Considerations

#### On- or off-site preparation

The first and major consideration is the location where the lunch is going to be prepared. The school is in a rural area, around 30 kilometres away from any town. If the preparation of the lunch would be elsewhere the costs of transport would make up a considerable part of the costs of the programme as the current prices of fuel are over \$2.50 (ZMK 8600) per litre. Therefore and including the fact that the school has no transport itself, the choice has been made for on-site preparation.

#### Local produce

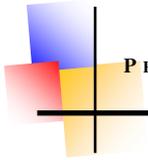
As result of the area the school is situated, it is possible to acquire all vegetables locally, hereby decreasing the costs of transport and giving a small boost to the local economy. This practise needs to be done with care as buying from the same farmer over and over again might create anger with others.

#### Cooking

The school has committed itself to organize the volunteers that will prepare the food. Major consideration in this is to make sure that the quality and hygiene is of a high standard.

#### Time of lunch

To have a maximum positive effect of the programme on educational objectives, it is important that the food is prepared and given to the children early during the day. Regarding the work that has to be done to get the food prepared the best moment would be between 9:00 and 11:00.



### Appropriateness of cooking practices

To prevent diseases that are related to poor hygiene it is very important that the cooking site is clean and properly maintained. Also the pots, plates and cups that are used to serve the food should be thoroughly cleaned every day.

### Integrating other nutrition and health supplements

As the lunch is an organized meal for the whole school it is a very good opportunity to integrate other nutrition like extra vitamins. It is also a very good opportunity to add health supplements for example to cure worm infections, a very common infection with children in Africa.



### Moment of purchase

Most of the products used to prepare the school lunch can be stored over a long period of time. It is recommendable to buy those products in large quantities to save on fuel costs. Furthermore as many prices change during the year, it is worthwhile to purchase those products during those seasons when the prices are low.

### School garden

At this moment the school doesn't have a school garden. Our plan is to start developing it this year, before the rainy season starts. The primary objective with the garden is to teach the students responsibility on growing their own food and teach them how to do it. On the other hand the school garden can contribute to the school lunch and also will contribute to the funds school has by selling surplus of produce. In this way the dependence on other sources of money will decrease and in the end hopefully will stop any need for external support for the school lunch and school fees for the orphans.



Other than vegetables is also possible to keep one or two pigs or goats. The advantage of this is that left-over food, that else would have been thrown away, can be used to feed the animals.



## The plan

### Introduction

To cope with the lack of concentration and the high absence of children in class, we made a plan. The name of the plan is 'Project School Lunch Kaumuzya Basic School'. This project will give the school the possibility to provide all the children with a lunch. This lunch should provide all nutrients that children at that age need to grow up in a healthy way. Within the scope of that project the availability of local products has to be taken in account when acquiring the food. In this way, the project also will create a market for local farmers thus increasing their income.

### The school feeding programme

The school feeding programme will have the same food as what the children are used to eat at home (see app. A). It should have all the necessary nutrients that are needed for growing up children.

### Maize

Maize is the staple food. It lacks enough protein for a proper meal therefore this lack needs to be addressed in other ways. This will be done by adding that protein with the products that are used to prepare the relish.

### Vegetables

The vegetables used for the school lunch will be mainly cabbage as this is available in abundance, can be stored over a longer period of time and also has a good amount of vitamins and minerals. It is a common habit to mix them with some tomatoes or onion.

### Relish

The relish that will be used with the school lunch are kapenta, soy chunks and beans. They all have a high protein content and therefore will complement the lack of protein in the maize.

### Other

Other things that are needed are cooking oil and salt.



### Steps

Those are the steps that have to be taken before the school lunch can start.

- Build a small kitchen with a small storage to be able to do the cooking.  
*This small kitchen is budgeted for €750 euro. At the moment we are working on a project to integrate this kitchen with the kitchen that is needed for the health post that is going to be build. In this way there is no need to build two different kitchens and it is possible to build a better one.*

- Buy cutlery, pots, plates and cups to distribute the children.  
*This will be paid by the foundation.*

- Create a stock of needed items.  
*The storage of the kitchen has a capacity for enough products for a month.*

- Get a stock of firewood.  
*Due to the nature of the area and the few people that live there it is possible to use firewood as it won't increase the risk of deforestation in that area. The idea is to build a wood-saving oven in the future but for the time being firewood and charcoal will be used.  
As soon as there is electricity an electric stove will be added to the kitchen equipment.*



- Train the volunteers that will prepare the food.  
*To make sure that the food is prepared in a healthy way, all the volunteers will need some form of training. For this a local cook has offered his services.*

- Prepare a place where remains of the meal can be disposed of.  
*This could be connected to a school garden where one or two pigs or goats can be held to be fed by this, thus adding to the budget.*





## Reporting

### Introduction

As foundation we are responsible for the proper use of the given donations. To satisfy the needs of the donors we have a standard procedure that covers this subject. Outside that procedure other information can be expected as any project will also be used for publicity purposes.

### Procedure

Our foundation has a procedure where it comes to report to donors. There will be an initial report on the start of the project the donor has supported. After that reports will be written depending on the nature of the project.

#### Single reports

These reports are sent to donors that donate to short running projects. Most of these projects are building projects or projects were for example a school garden is established. Those reports are also written for projects that run shorter than six months.

#### Bimonthly reports

Bimonthly reports are reports that are only written with projects that have a running period of six to twelve months

#### Six-monthly reports

Those reports are written for every project that has a planned running period longer than one year. Projects like this are mostly planned for a two year or longer period like for example this school lunch.

### Other

For publicity reasons the foundation will use pictures of the project. Other ways that will be used for publicity are newspapers, radio and TV. In every publicity the name of the donor will be mentioned. Furthermore the donor will be informed on all publicity that has been given to the project he or she has been supporting.

### Conclusion

This project, after an initial report concerning the start up, will be reported every six months. The reports will contain all information on budget and the current situation of the projec



### Budget

Notes:

- To prepare this budget we used the advised average amount of vegetables and relish for children in the age between 5 and 15.
- At the moment of preparing this budget, 25th October 2008, the exchange rate was ZMK 5,200 for € 1,00. (ZMK 4,485 for \$ 1,00)

### Costs of school lunch for 1 year

#### Basic

Mealie meal	120 bags @ 25 kg	€ 1.131	\$1.311
Vegetables	5000 kg	€ 769	\$892

#### Relish

kapenta	14 bags @ 50 kg	€ 942	\$1.093
beans	14 bags @ 50 kg	€ 808	\$936
soy chunks	14 bags @ 50 kg	€ 673	\$781

#### Other

Salt	50 kg	€ 14	\$17
Cooking oil	50 liter	€ 96	\$111
Fruits		€ 575	\$489
		<u>€ 5.008</u>	<u>\$5.629</u>

### Statistics (195 school days and 155 children)

Total cost per child per year	€ 32,31	\$36,32
Total cost per meal per child	€ 0,17	\$0,19
Total costs per school lunch per day	€ 25,68	\$28,87

rates: ZMK 5200 for € 1,00  
ZMK 4485 for \$ 1,00



## Explanation of the budget

### Introduction

As a meal in Zambia is divided in two parts, the budget was also build up that way. There is the staple food (*nshima*) with vegetables that form the base of all meals. Going with that is relish which can be meat, as well as fish, vegetables or even a mixture of this.

### Basic food:

With basic food is meant the base of every meal; mealie meal and the vegetables. The prices of both products vary with the season.

On average the prices are ZMK 48.500 per 50 kg of mealie meal. This differs per region; especially in urban areas the price is higher due to the demand.

The prices of the major vegetables doesn't fluctuate that much and is around ZMK 800 to 825 per kg. The amount of 150 grams per child per day is used in the calculations.

### Relish:

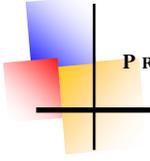
These are the products that add extra nutrients, especially protein, to the dish. All three of the mentioned items can be stored quite well as they are all sold as dried produce. Those products are available in 50kg bags.

Kapenta is the most expensive and costs around ZMK 350.000 per bag. It can be bought throughout the year. Beans and soya chunks also are available every month of the year and are priced at ZMK 300.000 and ZMK 250.000 per 50 kg respectively.

In the calculations an amount of 70 grams of dry produce per child is used.

### Other:

Other things used for cooking are salt and cooking oil. Another very important element of the meal is a piece of fruit. As this is depending on the season and also can be donated by farmers in the area as it is not commercially grown, it is very hard to put a price on it. Therefore a cost of ZMK 100 (€ 0,02) per piece of fruit has been used.



**Appendices.**

Appendix A: Zambian meal

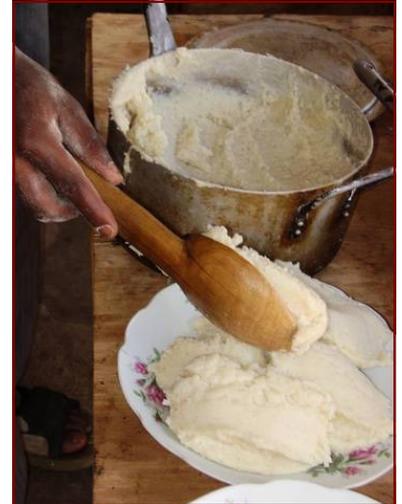


## Appendix A

### A. Zambian meal

An average lunch in Zambia consists mainly out of *nshima* (grounded maize), vegetables and relish.

*Nshima* (see pic 1) is a food cooked from plain maize meal or maize flour known as mealy-meal among Zambians. Zambians are generally raised to believe that only *nshima* constitutes a full and complete meal. Any other foods eaten in between are regarded either as snacks or a temporary less filling or inadequate substitute or even a mere appetizer.



Pic 1: Nshima

### Vegetables

The main vegetables used in Zambia are rape and cabbage. Those vegetables are also grown by almost every person that has its own garden. On top of that also tomato is a very common vegetable but not everyone is able to grow it as it's a seasonal product. Other less common or seasonable vegetables are onion, sweet potatoes and beans.

### Relish

The most common relish to go with the *nshima* is *kapenta* (see pic 2). As it is being dried, it is easy to store over an extended period of time. It has a high level of protein and therefore can be considered very nutritious.



Pic 2: Kapenta

Other relishes are fish, chicken, beef and pork. Not only fish or meat are used for relish. Also other things where vegetables are mixed with grounded peanuts, or other products are commonly used for it.

### Other

Other things that are used by almost everyone are cooking oil and salt. Spices are less common as most people don't have the money to buy them or don't have an idea how to use them.



Pic 3: Cooking oil