



**FOOD FOR
THE HUNGRY**



SASIGA, ETHIOPIA

MID HIGHLANDS

2018 YEAR END PROGRESS REPORT

PREPARED BY
**Food for the Hungry (FH) Ethiopia
& Food for the Hungry (FH) Canada**



INTRODUCTION

The Sasiga Mid Highlands Child Focused Community Transformation (CFCT) is a ten-year, integrated community development program conducted by Food for the Hungry (FH) Ethiopia. This year, the project implemented the fourth year of the first phase (2014 – 2019), walking alongside churches, leaders, and families in nine communities. CFCT directly benefits 4,764 families or about 25,370 people (13,070 male, 12,300 female) and indirectly benefits 36,270 people (17,770 male, 18,500 female). Multiple program activities covering education, health and nutrition, water and sanitation, livelihoods, food security, leadership capacity building, and disaster risk reduction are integrated to create the maximum impact. Through the Child Sponsorship program, about 1,400 orphan and vulnerable children are enabled to attend school.

One of the major challenges FH has faced in this period was repeated government staff meetings and political instability in the area which delayed some activities. However, FH's strong relationship and good communication with the Sasiga administration office enabled all of the activities to go forward in spite of initial obstacles.

There are many FH staff involved in implementing CFCT to this large number of families. From the social workers living in the community to the program managers providing oversight, the enthusiasm of the staff and their strong relationships at various levels from individual families to government offices have propelled the success of this program toward the sustainable transformation of the nine communities of the Mid Highlands.

EDUCATION

To implement the recommendations of the Sasiga district education office, FH constructed one school building with four classrooms at Gallo Primary School and furnished them with 100 combined desks, four chalkboards, four teachers' chairs, and four teachers' tables. The new classrooms will benefit about 240 children, reducing class size to 60 students per classroom and significantly improving the teaching and learning process. Classrooms will be attractive and the quality of education will go up as classroom management becomes less of an issue.

After supplying sports equipment in the first half of the year, school sports clubs were organized and competitions within and among the various Mid Highlands schools were held. By the third quarter the contests were finalized and the winners received awards supplied by FH in the presence of Sasiga district education office and Sasiga youth district office. Due to the provision of sports equipment, the participation of children on the school playground, their physical development, and their positive interactions with other students increased.

Lack of adequate textbooks and reference books is one of the greatest areas of need in education in Sasiga. Each year FH purchases reference books to increase the availability of teaching materials to help both teachers and students. This year 1,298 different types of reference books were purchased for eight primary schools (Lalistu Oda, Tulu-Gorba in Gamane, Gallo, Wora Kura, Dangali Gongo, Haro Gudina, Feyine Terano and Terano Shere in Fayine Terano,) and two secondary schools (Sasiga High School in the nearby town of Nkempt & Jimata Gumbi High school in Fayine Terano).

ACCOMPLISHED

1 School Building	4 Chalkboards
4 Classrooms	4 Teachers' Chairs
100 Combined Desks	4 Teachers' Tables

The Ethiopian school year runs from September to July so in FH's last fiscal quarter 1,141 vulnerable children were provided with new school supply kits and uniforms. Without this assistance, these children would not be in school as their families cannot afford these mandatory items. Allowing children in extreme poverty to learn equally with their peers is a first step to breaking the cycle of poverty.

At the end of the school year, the top students from this group of most vulnerable students were awarded academic books to advance their learning and to encourage them to continue to strive for good grades. The event has inspired families to work together to bring changes in the lives of the children and has created an opportunity for families to support their children in education. The 42 recipients were from seven of the nine communities where FH works.



FH Canada had the opportunity to present additional children for sponsorship at several events throughout the year. As a result, 230 of the most vulnerable children from two communities were registered and are now receiving educational assistance.

Even though there has been an improvement there are still problems with sending girls to school with some families. Training to create awareness for local leaders on the necessity of educating girls was conducted to transform the communities' worldview on teaching girls. Traditionally girls are preferred by the family to support the mothers at home while boys are sent to school. Challenging such cultural norms takes time but gradually, as community leaders spread the word, change is beginning to take root and the belief that girls can reach a high position equal with boys is becoming accepted.

To enhance the impact of the student training on environmental protection that occurred in the first half of the year FH provided the schools with farm tools and tree seeds to increase their capacity to plant and care



for tree seedlings. Currently, the schools are working on planting the shade trees on their campus grounds that will bring relief from the heat and help change the ecosystem of the school compound.



Oda Primary School

HEALTH

Hand-dug well construction and spring development are providing the communities of Sasiga Mid Highlands with potable water. Drinking from unprotected streams and run-off water is common in these communities subjecting families to waterborne diseases and intestinal complications. The more the people are affected by the disease negatively impacts the production and productivity of farmers who cannot tend their fields when they are ill. Having to go long distances to get water is a burden on women, consuming their time and sometimes keeping girls from school. This year FH planned to construct six hand-dug wells and develop four springs. Before starting construction FH communicated with the Sasiga District Water, Mineral and Energy office for official site selection. FH then worked with the communities to assemble water committees who mobilized the community to assist in construction. Hand-

dug wells are now operational in the six communities of Gamane, Gallo, Nano Sanbatadure, Gallo Janja, Wora Kura, and Haro Gudina. It is estimated that these wells are serving 240 households, or 1,200 family members, with clean water.

In just a few months after completion families reported that they and their children have been healthier thanks to FH's help in bringing clean water to them. Children are going shorter distances to fetch water and visiting the health centres less frequently.

In response to a special request from the government one more spring in the community of Gallo was developed in the last six months, bringing the total for the fiscal year to six—two more than planned. The six springs are serving 300 households or about 1,500 family members.



The water committees are managing and protecting the new water points. The committees have developed a schedule for using each water point (early morning and late afternoon) to allow for a period of re-accumulation of the water. In some communities, guards have been hired to protect the wells and community members are watchful that the equipment is used properly.

It is most exciting to report that members of the community of Fayine Terano, after learning about the effects of clean water and observing the building of a spring close to them, decided to build their own spring. After consulting with a professional to assess the water source near their home the group of families collected the materials, contributed money to pay for the skilled labour required and split up the work they could do themselves. Finally they developed the spring on the spot where the families are provided with clean water. They too have established a water committee to manage and protect the water point. This is the ultimate impact of FH's programs where the skill and knowledge of harnessing local assets has been transferred to the community members.

Awareness and practice of hygiene and sanitation is significantly low in the Mid Highlands. The concept that personal and environmental cleanliness prevents diseases is not understood. Lack of sanitation subjects families to contagious diseases and parasitic organisms putting children especially at risk. By the end of the fiscal year, over 300 people had participated in personal and



Hand washing after using the toilet.

environmental hygiene training and FH had assisted with the distribution of 625 latrine slabs. Some workshop attendees decided to prepare a shelter for their animals, thereby cleaning their home and surrounding to improve family health.

FH is working to improve the sanitation of school environments and make the school compound attractive to students. Poor latrine facilities have contributed to the dropout of girls in particular. In many of the schools, there are no standard school latrines. This year FH constructed three school latrines with a separate block for boys and girls each having four stalls. The recipient primary schools were in Haro Gudina, Oda, and Tullu Gorba in the community of Gamane and will serve 2,578 students.



To help diversify family diets and improve nutritional intake FH introduced new types of vegetables. Since these vegetables are unfamiliar, families don't know how to cook them. In fact, some participants recognized carrots only as animal food. FH provided cooking demonstrations to 138 people (10 male, 128 female). The trainees were provided with vegetable seeds of different kinds, like carrots, cabbage, beetroot, and onion. On the final day of training, participants prepared dishes using the new vegetables and other ingredients, practicing the kinds of meals they can cook at home. In time this new knowledge will change the eating culture and improve the health of children.

Housing conditions in the Mid Highlands are poor, in part because domestic animals have free reign to wander in and out. The majority of family members live in a small one-room hut that is kitchen, dining, and bedroom altogether. Following up on training that was conducted in the first half of the year on fuel-efficient stoves (to reduce smoke in the home) and shelf construction (to keep plates and utensils clean) 182 (49 male, 133 female) participants learned about home management.



Sogide Adujna has improved her food preparation and her children are kept healthier.

Due to hygiene lessons, parents are able to keep their children healthy.

Topics included separating domestic animals from their living space, the importance of sanitation, proper storage of drinking water, and the advantages of keeping their home compound free of garbage. In the second half of the year, 30 women requested the health extension agent to train them on fuel-efficient stoves due to seeing their neighbours use them. This kind of organic knowledge transfer will bring sustainability to the communities' development.

Twice each year all vulnerable children (1,106 this year) are provided with deworming medication to minimize the incidence of intestinal complication that is caused by worms and parasitic organisms. The government district health office provides the medicine and FH handles the logistics of mobilizing the kids through the school system. In addition, FH assisted 125 children by covering 95 percent of the cost of special medical attention.

Due to a lack of family planning, the average family size in these communities is higher than the national average. A cultural belief that it is God's blessing to have children also contributes to large families. FH provided family planning training to 379 persons (113 male, 266 female) via health extension agents who encouraged families to space out their children, decide with their partner how many children to have, and consider how many children they can afford to raise.

Prenatal care training was provided to health extension agents and midwives to reduce maternal mortality. Nineteen health professionals were equipped with the skills and knowledge to support mothers during delivery and related difficulties until they are taken to a health centre or hospital.

LIVELIHOODS

Organic agriculture is a holistic production management system which promotes and enhances agro-ecosystem health including biodiversity, biological cycles, and soil biological activity. Due to land infertility, termite infestations, high soil acidity, and ineffective farming techniques food shortage is still common. Land poverty has resulted in poor production so the members of communities are directly exposed to starvation.

Most farmers in the district are using capital intensive agriculture. The main goal of sustainable agriculture training is to raise awareness on exploitative agricultural practices such as excessive cultivation of farmland that contribute to land degradation and environmental deterioration which endanger the very survival of the farmer whose life depends on the land. By the end of the fiscal year, 391 people (324 male, 67 female) had participated in sustainable agriculture training. The use of zero tillage or minimal tillage instead of plowing is starting to be practiced by farmers.

Bio-Intensive gardening is the art of organic gardening that focuses on achieving maximum yields from a minimum area of land while simultaneously increasing

biodiversity and sustaining soil fertility. “Redemptive agriculture” is a biblical approach to bio-intensive gardening where farmers learn to steward resources in response to God’s call to care for the earth. Training was provided to 344 people (300 male, 44 female) over the course of the fiscal year. Training on preparation and utilization of organic fertilizer (compost) to boost soil fertility continued in the last six months for a total of 181 farmers (155 male, 26 female) trained over three days in the nine targeted communities. By implementing these techniques farmers have grown crops and developed income from the sale of vegetables and improved their children’s nutrition.

Crop diversification is based on cultivating more than one variety in a given area and is one of the most ecologically feasible and cost-effective ways to reduce risk in agriculture, such as loss of crops due to drought or disease, especially among small-scale farmers. Training was provided for 192 farmers (154 male, 38 female) farmers. Some of the ways farmers implemented their new knowledge was by growing haricot beans in with maize, or sunflowers with millet.



Tariku Jote and his Family working on vegetable production. Through training on compost preparation, Tariku now is able to grow cabbage and beet roots to generate income for the family.



Integrated Pest Management (IPM) is a program of prevention, monitoring, and control that offers the opportunity to eliminate or drastically reduce the use of pesticides and minimize the toxicity of and exposure to any products that are used. Due to the application of chemicals to the surface of the land, the food chain has been damaged and pests that would have been controlled by other species are freely attacking crops.

FH trained 198 farmers (160 male, 38 female) in IPM, including cleaning agricultural lands and using cultural, biological, and structural strategies to control pests.

One of the activities of environmental protection is reforestation via agroforestry on farmlands. This improves soil and water conservation and the ecosystem of the area. By the end of the fiscal year, 132 farmers (97 male, 35 female) had participated in agroforestry training. After the training farmers were expected to plant trees on their own agricultural farmlands at various distances based on the slope of the area. Managing and protecting trees for the wellbeing of the environment is being done by community members and seen on the fields of the farmers.

The Mid Highlands area is topographically hilly with many and sometimes significant slopes. Steep slopes have aggravated soil and water erosion heightening the rate of erosion. FH provided training on water and soil conservation techniques for 120 farmers (90 male, 30 female). These trainees were anxious to apply the principles on their farmland.

FH worked with farmers to develop mini-forest on their farmland. Twenty farmers developed area closures to encourage mini-forest growth on their own farmlands. Farmers report liking this methodology very much.

Community members use wood and charcoal as a major source of fuel to prepare food which causes deforestation, contributing to soil and water erosion and leading to a loss of crop production. As local farmers observed the demonstration biogas systems constructed last year and noticed the advantages for both deforestation as well as improved health of mothers (less smoke inhalation) they became keenly interested in this new technology. FH provided training on biogas technology construction for 177 farmers (155 male, 22 female); some have moved forward to construct biogas systems of their own with support from the government.



In addition to providing seeds to many families to boost their income generating activities FH provided 230 sheep to the most vulnerable households, the offspring of which may be sold. These families were provided with training on the care and raising of animals. Animal fattening training was also provided to 147 farmers (132 male, 15 female) and feed preparation training to 140 farmers (122 male, 18 female). Traditionally, domestic animals were left out in the field for open grazing with little attention given to managing grazing areas or keeping track of herd counts. With production of their own feed farmers are able to manage what and how much their animals eat and can keep their herds in enclosed areas.

FH constructed one animal health post in the community of Dengali Gongo. Additionally, FH provided drugs and medical equipment to the Sasiga district to equip the new post; the government will be assigning a professional person to start services. Having close access to veterinary services can sometimes save animals in the event of illness or birthing complications. Vaccinations are also provided by government-run animal health posts to prevent the spread of devastating disease. Veterinary services are a key part of the sustainability of income generation from animals.

Through access to veterinary services communities will be able to improve their income stability.

Financial management training was provided to some Community Based Organizations that operate as Savings and Loans groups. The training equipped 11 farmers' groups—a total of 82 people—to manage their financial recordings to a required standard. Through the training, participants also learned how to save money and conduct a small business. Some individual members of the organization took loans from their cooperatives and brought changes to their lives. For example, Dinkitu Dula is a member of Galo town saving and credit association. She participated in the training and took a loan of \$1,000 CAD from the association to improve her housing condition. Then, she used the concepts from the training to begin a business. With the profit she earned, she built a new 6x7 metre house from corrugated iron sheets. So, she became the owner of her own house and the total expense for the construction of the house was \$1,600 CAD.



Sheep provided to families to boost income generating activities.

LEADERSHIP TRAINING

FH works with church leaders to improve their capacity to be good biblical leaders. Most of the preachers in the Mid Highlands are not professionals and do not have sufficient training to equip their members. The trainees were selected from 19 congregations and trainers were invited from a Bible College located in the town of Nekemte. The teaching focused on Ephesians 5, encouraging the leaders to live in love, avoid immorality, live wisely, make the most of every opportunity, and be thankful. Through the training, church leaders became aware of the need to teach messages about being free from any kind of evil works, preparing for the kingdom of God, and not being deceived by false teaching. More than 75 percent of the church leaders have trained their members on the lessons provided. After teaching this content, 19 people who had stopped coming to church returned and the majority of the believers recommitted themselves to serving God.

Community Based Organizations (CBOs) are any formal organization in the community that operates for the benefit of a select group of community members such as savings groups and farming cooperatives. Leadership training was provided to 93 participants (82 male, 11 female) to create strong leaders within the CBOs and

equip them to effect change in the life of the broader communities. CBOs make up the fabric of civil society and are key to building social capital. After the training, the CBO leaders decided to improve their bylaws to serve community members in times of need. They changed their regulations to include a requirement for members to participate in creating solutions for personal or social problems affecting their community. They decided to work together to tackle any social challenges that may exist in their respective communities. For example, CBO members are contributing materials and money for the construction of houses for widows, supporting sick people, providing money for medication for sick people, and clearing local roads.

FH conducted training for 439 people (262 male, 177 female) to create awareness of the importance of both sexes' involvement in community development. In particular, men were challenged to rethink the traditional roles and responsibilities of women in the economic and social development of their community. Men were encouraged to support women to contribute their full potential to their community's development. After training it has been observed that most of the male trainees' partners engaged in family and community



affairs by expressing their ideas and intervened in decision making. Most families came to the realization that daughters can play an equal role as sons in the family and in education. For example, a man from Wora Kura, Debela Kinati states, “I plan to encourage my children to do more and more to bring them to the outstanding position in the school, and at the end of this academic year (2018) two of my children Chaltu Debela (girl) and Tamirat Debel (boy) scored the same rank (4th in their class) in Grade 2 and were promoted to Grade 3.”

FH is working with church leaders, government leaders, and families in program planning, monitoring, evaluation, and implementation. During the course of activity implementation or after a program is complete FH invites these partners for a discussion to evaluate the weaknesses and strengths of the activities and incorporate feedback for the next time the activities are run. Most recently, 116 people (91 male, 25 female)

including community managers, chairpersons of the community leadership, school directors, development agents, health extension agents, and district sector office representatives participated in the discussions. All the participants were engaged and the government committed to mobilizing resources. FH is thankful for the smooth relationship with the local government such that every challenge is resolved through discussion.

FH is working with community stakeholders and local church leaders to mobilize resources, labour, and skills for the development of their communities to ensure ownership of the assets. The participation of the community is not only about the contribution of material resources but also of knowledge and experience. In addition to the partnership of the community and government stakeholders, sector line officers are also collaborating with FH; the secret behind the success of the project is their friendly cooperation.

THANK YOU

Food for the Hungry (FH) Canada, along with FH Ethiopia and the families of Sasiga Mid Highlands thank you for your generous support of their development journey. Lives are being transformed and a new future is being written for the children of these nine communities.

IMPACT STORY

The Miracle of Fruit & Veggie Seeds

Temesgen is a farmer who lives in Dangali Gongo, Ethiopia. He's 40 and has three daughters and a son. He used to grow exclusively indigenous crops but they only produced a hand-to-mouth living.

In 2014 he took a number of workshops with Food for the Hungry (FH) and learned how to better use his land and leverage his resources. He decided to focus on vegetable production. In addition to feeding his family more nutritious food, Temesgen significantly raised his income.

Over the last three years, he was able to save 30,000 Birr (\$1,400 CAD) to purchase a motorcycle for his son Mathewos who recently finished school and needed a job. Mathewos uses the motorcycle to provide his community

with local transport. He earns, on average, 200 Birr (\$9.36 CAD) daily. His father is putting more money aside with a plan to trade the motorcycle for a car in a couple of years' time.

In addition to vegetables, Temesgen is working to expand his coffee farm. With the improved varieties of seed he got from FH he is growing about two thousand coffee seedlings. Along with this, he is growing trees that he will use to shelter his coffee plants. Temesgen is also growing a mini-forest on his land.

As most of the trees in his mini forest are Gravillia in addition to improving the environment he also expects high income from timber.

