



FOOTPRINTS

AUTUMN 2017

Helping families build a future free from poverty

WHY NUTRITION IS CRUCIAL TO TACKLING POVERTY AND POOR HEALTH



A group of women in rural Zimbabwe cook sadza (a type of maize porridge), which is a staple food in the country.

We know that ensuring people have access to a nutritious diet all year round is essential if we're going to tackle poverty effectively. Helping families grow more food continues to be a key part of Find Your Feet's work in Asia and Africa.

One in nine people around the world still suffer from hunger, many of them living in rural areas. Find Your Feet works in very remote areas of Asia and Africa where other sources of support are scarce. With few employment opportunities, most families in rural areas depend on farming small plots of land for food and income. Smallholders account for around 70% of global agricultural production, but they also make up the largest share of the world's undernourished.

Challenges facing smallholders include declining soil fertility, a lack of access to high quality farming resources and a lack of information appropriate to their needs.

An overdependence on a limited range of crops promoted by conventional farming, such as maize, means that rural families are also particularly vulnerable to climate change and economic shocks.

These challenges are not insurmountable, but as the population rises and climate change becomes more evident, support for rural communities is becoming increasingly urgent.

We enable poor rural families in Asia and Africa to grow enough food so they don't have to go hungry, to strengthen their voice so they can speak out against injustice and to earn enough money so they can find their feet.

LIFE IN... Mutoko, Zimbabwe

Peter and Sanisai Kaunhu live with their children in a remote part of Mutoko. For months at a time, more than 50% of families living here face food shortages and 29% children are malnourished or stunted.

The land quality is poor and the area is feeling the effect of climate change. Seasonal rains have become increasingly unpredictable, causing droughts and flooding. Farmers struggle to grow a varied, nutritious diet for their family and they can't afford resources like fertilisers to help overcome these challenges.

As a Lead Farmer, Peter learnt about the importance of growing a diverse range of crops, and rotating their location each year. This protects against crop failure and helps maintain soil fertility. Sanisai has attended training on nutrition which reinforced the need to grow lots of different kinds of foods to have a healthy diet. Now they're growing four cereal grains and many different vegetables, beans and fruits.

As well as enjoying the taste and variety, the family has also found that small grains help keep them feeling fuller for longer:

"A 20kg bag of maize flour will feed the family for a week. But the same size bag of pearl millet lasts 14 days, especially when the grains have been roasted for extra flavour!"

In the future, the family hopes to expand their production further still so they can earn enough money to pay for school fees for all their children. They also want to work with their fellow farmers to revive indigenous seeds, some of which are near to extinction in the area.



"We grow different crops for diversity. We appreciate the importance of legumes in our diet, especially peanut butter... Amaranth is good because we can use the grain and the leaves as a vegetable... We learnt to dry vegetables for times when fresh ones are scarce. This year we'll be food secure."

Sanisai Kaunhu



A gift of £25 could train 5 farmers in sustainable farming so that they can better cope with Zimbabwe's tough and unpredictable climate in the future.

SPOTLIGHT ON...

Our partnership with Health Poverty Action

In April we began working with fellow international NGO, Health Poverty Action, to help ensure the development and long-term sustainability of our work.

Health Poverty Action works in 15 countries including Laos, Southeast Asia, where over 40% of people suffer chronic malnourishment and stunting. For ethnic minority communities, like those in remote Pin Dong, this figure is closer to 60%.

Bon Hiang lives in Pin Dong, and knows the devastating effects that poor health and malnutrition can have. When his third child died before the age of five, Bon Hiang was determined to do something.

When Health Poverty Action started a project in his village, he quickly volunteered as a community nutrition facilitator. Through training provided by Health Poverty Action staff, Bon Hiang gained important health and nutrition knowledge which he then passed on to his village.

Bon Hiang began helping at regular nutrition and health sessions, which enabled parents to provide their children with the healthiest start to life. Alongside the Health Poverty Action team, he helped to weigh and measure children to check for malnourishment, assisted with cookery demonstrations to show how to make nutritious meals, and educated local people on the importance of a balanced diet.

But nutrition is not the only obstacle to health for the poorest people in Laos. Health Poverty Action have also built and mended water sources so that people can access clean water for drinking, washing, and to protect their crops from droughts.



"I got involved in this project because I hope it will mean that the children in our village are healthier than children are now."

Bon Hiang

They have built hygienic toilets in schools for children to use, and are providing villages with tools such as medication and training to help stop the spread of diseases like malaria.

This comprehensive approach to health is crucial to how they work, and fits well with our own work to help communities develop profitable livelihoods. Without addressing these challenges in people's lives, it is impossible to achieve good health, and we are excited to develop our work further in partnership with Health Poverty Action.



A gift of £10 could provide a rice kit for the establishment of a small rice paddy demonstration plot, where farmers can learn methods for increasing productivity.



GET INVOLVED...

October 2017 is Curry for Change Month and every donation to the campaign will be doubled by our very generous sponsor Natco Foods.



This October we're working to change the lives of families who suffer from hunger. How? Through the power of curry!

It's really simple to get involved. All you need to do is:

1. Host a curry night for friends or family.
2. Ask each of your guests donate what they would usually spend on a takeaway.
3. Add up your total at the end of the night and then make your donation to Find Your Feet.
4. Have the entire donation doubled and reach double the number of people in Asia and Africa.

We even provide a pack of materials to make hosting your event as easy as possible. It includes recipes, table decorations and a free packet of Natco spices!

Get yours at www.curryforchange.org.uk or give us a call on **0207 840 2780**.

Event ideas

Curry for Change is all about having fun and sharing food with friends and family. So how you run your curry fundraiser is completely up to you. It can be small and personal, absolutely huge, or somewhere in between.

Here are a few ideas of how to host:

- Cook a curry or order a takeaway with close family.
- Invite friends for a fully-fledged dinner party.
- Organise a curry lunch in the office.
- Organise a curry lunch at your local sports club, church or school.

Plus there are loads of fantastic recipes for every type of event available on our website.

Happy cooking!

A very curry Christmas

Are you hosting or organising a Christmas party this year? Make it a little bit different by adding a curry theme and collecting donations for Curry for Change. Every £1 you raise will become £2.