

End of year report
2015 Project

Organisation name - Lovedale Foundation
Project name - Community Nutrition Program

Project details

- Please summarise in a few words the project supported by TFWA CARE, including the principle objectives and duration.**

Project description (activities and objectives)

Lovedale Community Nutrition Project is a pilot project to provide nutritional supplements to underprivileged communities for the promotion of health and to build nutrition awareness in the community nutrition education programmes.

Objectives

To raise nutritional level of pregnant women and lactating mothers and under 8 children through health Programmes.

- To contribute to the growth and development of children of the future generation through nutrition programmes, thereby contribute to the process of healthy nation building through nutrition education programmes.
- To provide Nutritional and improve food security among children, pregnant women and lactating mothers of underprivileged rural communities.
- To strengthen nutrition supplement programmes in community, and orphanages through various networks



- What activities were carried out within the scope of the project over the course of the year?**

Project Focus

Community Nutrition Project is a community initiative of Lovedale Foundation through which, we strive



to identify malnourished children and extend a humble effort to bridge the gap; thus creating long-term solutions for a healthier childhood and healthier generation across the nation. The primary aim of the project was to raise nutritional level of pregnant women and lactating mothers and under 5 children years through health programmes and to strengthen nutrition supplement programmes in community, and orphanages through various networks. The project also empowered women to make wise choices in selection of food intake, dietary habits and to prevent the infections and diseases occurred by the unbalanced food intake.



Project Details

The project covered the supplement of nutrition powder in the areas including the quarry and migrant labour settlements, farming communities, orphanages, homes for women and children and Schools and other educational institutions. The program helped to improve the health and nutritional status of women of reproductive age, as well as children under five years of age; also assured adequate growth by strengthening services and increasing community involvement in health and nutrition education activities. The project also addressed the issues such as malnutrition and health and developmental issues occurred in the women, children and old age people.



Two community nutrition volunteers were identified from each community and trained them in the usage and intake of the nutrition supplement and the household nutrition intake was monitored and shared views on the importance of proper diet. The nutrition educator visited all the households with children under five years of age and met with parents and others to develop a programme to improve infant and child nutrition. A participatory Group discussion was organized with community to share and explain the best health practices and to discuss the issues such as infant and child

malnutrition, infection and mortality. The training programs also covered the topics such as breast-feeding, weaning practices, access to health care, diet for various age groups mother's employment and household income.

Community Awareness programs

The project also shared the critical issues through community awareness programs which were presented in the forms of appropriate IEC materials. The participatory group discussions discuss about the family income, job and resource problems, access to the main stream of the community as well as the political situation in these villages. They shared the personal experiences of household food insecurity (e.g. hunger, not enough money to buy food or little land and water to grow food), child malnutrition, infectious diseases (e.g. Diarrhea) and death.

The creation of conducive environment for the supplementary nutrition programme is followed by the general community health check up camp and distribution of supplementary nutrition mix to the beneficiaries through the trained village volunteers and educating them about the ingredients, mode of intake and the advantages. The nutrition mix was supplied to the volunteers and orphanages once in two months.

Ingredients of the nutrition supplement:

The ingredients' of the nutrition supplement includes organically grown cereal (Rice, Ragi & Wheat), Full fat soya, Sugar, Whole Green Gram (Moong Dal), Vitamins and Minerals. The drink can be used as a nutrition supplement for people of all ages.

Community Health Check up

Community health checks up camps are conducted on a monthly basis in all the communities and additional health care facilities are referral facilities are offered to the project beneficiaries. The health checks up camps were helpful to monitor the impact of the program and recommend necessary inputs for the better health status.



Outcomes of the Project

- 60 % decrease in the number of malnourished women and adolescent girls.
- 68% of the children below 5 years of age strengthen their BMI which was recorded through medical health check up camp after the 6th month of project implementation.
- 80% percent of the community stake holders were actively involved in discussions about the results of proper indigenous diet and nutrition awareness programs.
- Supplementary nutrition programme was operated by village volunteers who are still continuing to work in the community with the support and cooperation Lovedale Foundation.
- 90% reduction in the prevalence of nutritional deficiency issues among the children of Banyan Community High School and orphanages where supplementary nutrition programmes are implemented.
- Participation of 3,000 people in the nutrition education programmes and improved awareness in the community regarding health, nutrition and health seeking behaviours.
- The nutrition supplement program at Banyan Community School indicated that there has been significant positive influence on academic achievement of students by taking into consideration the factors – enrolment, attendance, retention and drop out of students.



Evaluation

- 3. Has the project been successful? Please outline the success factors for each objective as well as the challenges encountered and solutions adopted to overcome them.**



Yes, The project has been successful.

Beneficiary Profile

Beneficiaries of the project are lactating and pregnant women, children below 5 years of age living in rural areas, orphanages and destitute homes and tribal villages of states viz Karnataka and Tamilnadu. The project is implemented in collaboration NGO's and CBO's who are working in the grass root level. The project was piloted at the 4 villages in Anagalpura, especially with the people who work in the stone quarries and direct beneficiaries of Lovedale Foundation. The program targeted on 528 women where in 51 of them are pregnant ladies, 28 are lactating mother. The program also supported 654 children who are under the age of 5 years. A key focused also was given to 2 orphanages and 6 communities in Karnataka and Tamil Nadu.

state	Geographical Area	Address of the implementing partner	Nature of the beneficiary	Number of beneficiaries
Tamil Nadu	Erudukottai	Kipson Children's Home	Orphanage	105
	Gummipoondi	Integrated Women Development Institute,	Community	242
	Thiruvallur	Integrated Rural Community Development Society (IRCDS),	Community	171
Karnataka	Erappanahalli	Lovedale Foundation	Community	663
	Maranahalli	Lovedale Foundation	Community	136
	Anagalpura	Lovedale Foundation	Community	288
	Karnataka	Bosco -Rainbow home	Shelter Home	75
	Bangalore	Banyan Community Center	Learning center	320
Total				2000

4. Did the work accomplished this year help you learn lessons that will benefit future work?

Yes, we have learnt that with better support system from Govt sector we can identify more beneficiaries. A defined, metric from the local community heads could provide us a larger picture on the current need of the community. We hope to redefine the operations more systematically from the experience and challenges we faced.



Sustainability

5. How has the project had a positive impact on the community/ies at the core of the project and what will be the long term benefits? Please explain if the project has helped empower the beneficiaries by providing greater autonomy.

Logical Frame Analysis

Objectives	Objectively Verifiable Indicators (OVIs)	Risks or Assumptions
<p>STRATEGIC GOAL: Reducing 80% malnourishment by ensuring 80% of the children attend and free school in the target communities</p>	<p>At least 80% of the children enrolled in the program .</p>	<p>1. Some children dropping out due to reverse migration 2. Parents forcing children into work due to extreme poverty</p>
<p>PURPOSE: -To eliminate malnourishment through hand holding process -Alleviate Poverty and child labour by providing, nutritional support and facilities to live a meaningful and self-reliant life.</p>	<p>1. Reduction of infant mortality. 2. Increased BMI in each child and abolition of malnourishment.</p>	<p>1. Dropout of children due to parents migration</p>
<p>OUTPUTS: 1.Enrolled 5000 marginalized children and community into the program. 2. Parents are aware about the nutrition program and importance of healthcare. 3. The target community sensitized on the issue of child labour and mal-nourishment 4.Regular health checkups could maintain a high level success to the program.</p>	<p>1. Attendance Register of 320 children in Formal school 2. Involvement of parents in regular meetings and academic related activities 3. Increased number of applications from community for the program.</p>	<p>1. Lack of parental support may result in dropout rate. 2. Busy working hours of parents and reduced earning capacity of parents 3. Lack of monetary support may result in parents taking their children back to work</p>



6. Will the project continue in the future or is it now complete? Will further funding be required in the future to complete the work? Please indicate if the initial funding request was a multi-year project. ** (see footnote)

The duration of the project is 2 years and it ends in 2016 .We have received the first year support and the second year funding to be received.

Finance

6. Please provide a summarised breakdown of how TFWA Care funds were utilised for the project.

Below is the proposed budget frame work.

1st year Grant received for 2015:-26,66,259/- Euro38000@INR 70 conversion

			TFWA
		Description	INR
SUPPLEMENTARY NUTRITION			
1	Children of 0-8 years	1 Year -2000 children @25 gms/day-	1014000
2	Orphanages/ homes for destitute	1 Year -1500 children @25 gms/day-	702110
3	Logistics & Parcel charges	Rs. 10000 /month	28100
4	Pregnant women and lactating mothers	1000 women @50 gms/day- (Rs.130/kg)	101444
NUTRITION EDUCATION			
5	IEC programmes in schools, community and for NGOs	Monthly programmes in 50 programme in villages in 5 states	327638
6	Training & Capacity Building programmes	Rs.1000/ volunteer training and community education kit/year- 100 volunteers (5 states) 25 volunteer educators + 90 voluntary workers	111009
ADMINISTRATION, MONITORING & EVALUATION		Rs.10000/month	28080
DOCUMENTATION & REPORTING		Rs.10000/quarter	39055
ESTABLISHMENT			
	Salary to		43600
	community nutrition coordinator	Rs.12000/month	76030
	Administrative expenses	Rs.15000/month	
	Honorarium to village Volunteers	Rs 1000/ volunteer/per month (25 volunteer educators)	195185
		Total	2666251