



Nourish to Flourish (NF)

A Community Child-Based Care Feeding Programme

Advancing SDG2- Zero Hunger

Introduction

Early Childhood Development encompasses the emotional, social and physical development of young children, significantly influencing their overall growth. This has a direct effect on their overall development and shaping the adults they will become. Understanding the need to invest in early childhood is crucial to maximizing children's future wellbeing. Early childhood development begins during pregnancy and continues through the first five years of life. It is a vital stage in a child's growth offering protection from the violence and exploitation and ensuring every child has access to learning opportunities.

There are 5 main areas of child development and these are:

- Cognitive development
- Social and emotional development
- Speech and language development
- Fine motor development
- Gross motor development

United Voice for Global Impact (UVGI) is non-profit organization committed to grassroots change, creating lasting transformations that transcend borders and impact lives. Aligned with its mission, United Voices for Global Impact is committed to achieving UN Sustainable Development Goals:

- **SDG2- Zero Hunger**
- **SDG 3- Good Health & Wellbeing**
- **SDG4- Quality Education**

through this initiative, ensuring healthy lives and promoting well-being for all at all ages. The organization has started feeding programme together with Harmony Families in Zomba. UVGI is supporting the feeding programme at Ntima Community Based Care Centre with an aim of contributing towards the child development and good health and wellbeing. The feeding

programme has come at a critical time, as the country is facing a hunger crisis that has led to widespread malnutrition among children.



Figure 1. shows well prepared nutritious porridge for the children

NEED ASSEMENT REPORT

Ntima Community Based Care Centre (CBCC) is now able to feed 40 children on daily basis. The early assessment that was conducted by the community leaders and other stakeholders shows the following:

- Centre has no washing facilities
- Centre has no teaching and learning materials
- Centre has no kitchen utensils
- Centre has a small room which does not accommodate the number of (40) children

LAUNCHING AND INSPECTING OF THE FEEDING PROGRAMME

School feeding programme is recognized as one of the most effective programmes for children to attend school. This way has been seen as the one of the best ways of motivating Children to attend School. In Malawi, it has been observed that many children do not attend school due to the poverty within their communities. Often, these children go without food at home, and parents are unable to provide meals for them to take to school. As a result, many parents have been discouraged from sending their children to Community-Based Care Centers (CBCCs)

The food handlers were oriented on how to prepare nutritious food and the inspection of the feeding programme was conducted. It was so inspiring to see all the children attending the feeding programme with smiling faces.



Picture shows among 40 children attending feeding programme at Ntima CBCC in Zomba

UVGI AND HFC PLANS FOR GROWTH MONITORING IMPLEMENTATION

Growth monitoring is essential as it provides insights into the nutritional status of learners. By regularly tracking growth, the center can assess the impact of the feeding program has brought to the center while controlling for other factors, such as disease. Through growth monitoring, we will be able to determine whether learners have gained or lost weight during their time at the center. The health personnel will be engaged to carry out the task and the learners will undergo comprehensive assessments including, weight, height and middle upper arm circumference (MUAC).

In Malawi, including in Zomba, many parents stop bringing their children for growth monitoring once they complete their immunizations, such as the measles vaccine. UVGI's involvement and support will help ensure children continue to be fully assessed through growth monitoring, thus play a vital role in promoting the long-term health and development of children in these communities.

CONCLUSION

In conclusion it has been observed that with the introduction of the feeding programme by UVGI through Harmony Families and communities, is expected to support children's growth in multiple dimensions- educationally, mentally health and physically. This programme will help enhance their learning, improve mental health and foster physical development, contributing to heir overall well-being and future potential. Enrollment at the center has already started growing. On behalf of

Ntima community, Chief Mpesi has thanked and expressed gratitude for UVGI's initiative which already started making a positive impact on the lives of children.

