

October 2011



Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 1 + 2

The training workshop discusses the **basics of a healthy diet**. It primarily focuses on two main points- to be full is not necessarily to be healthy- what you eat affects your health more than simply feeling full, and that a balanced diet consists of carbohydrates, vitamins and minerals, and protein, all of which can be found in foods accessible to villagers.



„Bwassa Jungle Women“ in Bwassa/Likumbe

October 2011



Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 1

„Virtuos Women“ in Wonganga /Small Soppo



Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 3



The **cooking demonstration** is the practical aspect to reinforce the theoretical. It is an opportunity for the participants to think about how to apply what they learned in phase 1 or 2 to their actual diets and meals. At the cooking demonstration, both the participants and FORUDEF staff prepare dishes so that we can learn from each other and discuss cooking techniques and foods they commonly use as well as new techniques or foods that FORUDEF is using, and practice them together.



„Bwassa Jungle Women“ in Bwassa/Likumbe

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Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 3



„Virtuos Women“ in Wonganga /Small Soppo





Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 4

In phase 4, each group will decide if they want to grow groundnuts or beans on their farms. FORUDEF staff will provide growing advice at this time, and will teach participants how to best manage these new crops. FORUDEF will come visit the groups' farms through the growing season and help them with any problems that may arise.



Group in Tole – weeding the land

October 2011



Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 4



Group in Tole – planting groundnuts

October 2011



Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 4



Group in Maumu – weeding the land

October 2011



Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 4



Group in Maumu – planting groundnuts



Nutrition Program „Feed Well, Feed Right, Feel Healthy“ Phase 4

The groundnuts and vegetables on the different farms are growing very well.



Vegetables of „Virtuos Women“ in Wonganga



Groundnuts of the Women Group in Maumu



Groundnuts of the Group in Tola

October 2011

Work on FORUDEF Farm

FORUDEF has a piece of land where vegetables are produced in order to sell it to generate income. After harvesting maize, the field was prepared for planting tomatoes. We built the first nursery bed and planted the first seeds.



October 2011



Work on FORUDEF Farm

More nursery beds were prepared and we planted more tomatoe seeds,, two different kinds.

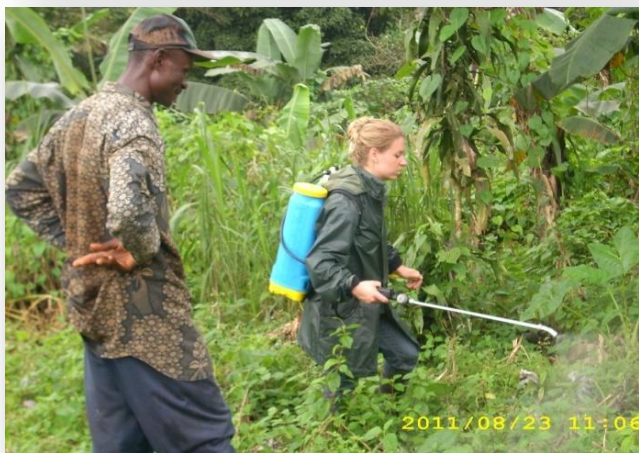


October 2011



Work on FORUDEF Farm

*We transplanted the tomatoe seedlings so that they get enough sunlight.
The field was sprayed with herbicide, clearing the field.*



October 2011



Work on FORUDEF Farm

Before planting the tomatoes we prepared the holes in 0.5-1m distance and distributed fowl dung in each hole.



October 2011



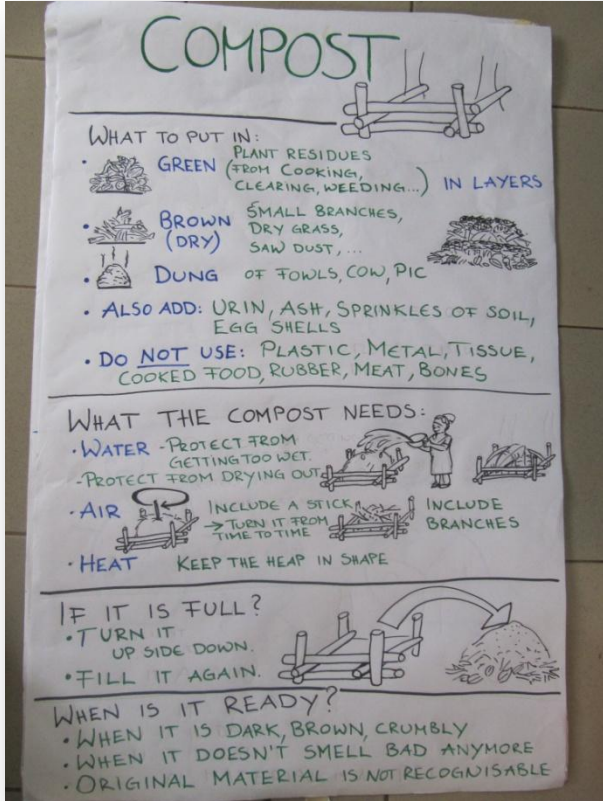
Work on FORUDEF Farm
The tomatoe seedlings are planted in the holes.



Workshop on Compost



FORUDEF started this training in order to sensitize people on how to use organic material for compost. Compost is a very practical thing in various aspects. It facilitates the recycling of organic material. By this, garbage can be reduced and turned into very valuable material. By collecting organic material from kitchen and garden wastes, high valuable organic fertilizer can be produced.





Workshop on organic farming

This training is newly introduced in order to sensitize the group members on organic farming. The idea here is to bring awareness on the harmful effects of herbicides and pesticides on human and environment as well as to discuss alternative ways of manure and pest control.

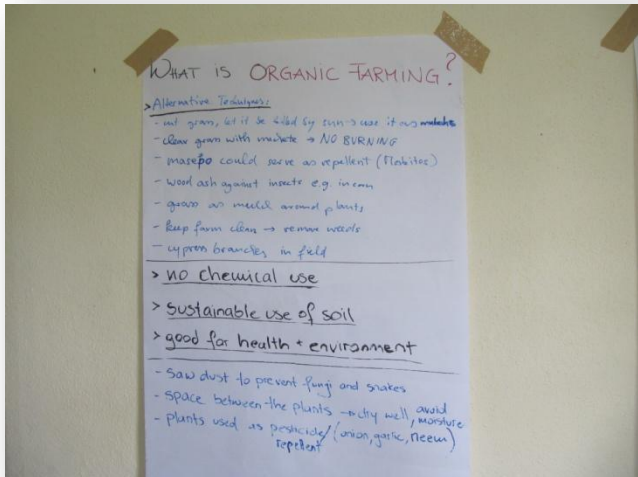




Workshop on organic farming



Training with the group in Tole



Training with the „Virtuos Women“ in Wonganga

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Visit in Belo – organic home garden

A journey had been undertaken to Belo near Bamenda in order to get in contact with RUDEC, an organization promoting organic farming. RUDEC had started with the garden project with six women out of a women's group. These women are now taking care of their individual home garden. The project is successful with great impact on the health of the families; they can produce their food for self consumption and a small part for selling it on the market.

