

# HIGH FIVE CLUB

changing lives, £5 at a time

## Food Security & Nutrition, Malawi



**“As one of the poorest countries in the world many Malawians struggle to meet even their most basic needs, including access to nutritious food”.**

Of about two million people currently hungry in Malawi, children, the elderly, and those living with HIV/AIDS, are amongst the hardest hit. Unless there is sufficient intervention by the end of the lean months – between the planting of maize crops in the villages and the coming of the harvest – more than 36,000 youngsters under the age of five are likely to have suffered severe acute malnutrition.

On a recent visit to Malawi, High Five Club Trustee Dr Cheryl Mvula met with Brown from the Happy Faith Based Organisation, a community self-help group in the south of the country. Brown

# HIGH FIVE CLUB

changing lives, £5 at a time

told Cheryl that hunger was commonplace in his community and that many people were dying. “Lucia Genty, a young mother of two in our community, can only feed her family once a day. Even if food is at the market, she can only afford to buy a little. Their staple meal isn’t much, just a little maize-meal porridge, and wild vegetables foraged from the countryside. There is no famine yet but the hunger is chronic”.

## High Five Club Support:

After discussions with Brown and elders from the community, the High Five Club extended a helping hand to the Happy Faith Based Organisation enabling them to implement a ‘Food security & nutrition’ initiative in their own community. As a result, community volunteers are now growing



vegetables, and rearing livestock, to feed the most vulnerable and needy members of their community.

Our collective support of £700.65 has funded the purchase of chicks, piglets and rabbits, along with the materials to construct the enclosures for these animals, enabling the community to farm chickens (for eggs and meat), pigs and rabbits. Community volunteers have also received training to look after their livestock and keep it healthy from the District Agricultural Officer, and Cheryl has sensitised them to

animal welfare issues ensuring that these animals are reared and slaughtered to good welfare standards. Some of these animals will be



used for breeding to ensure this feeding programme is sustainable into the future, with the rest providing a nutritious food source for vulnerable community members.

# HIGH FIVE CLUB

changing lives, £5 at a time



A further £1,044.87 was also provided by the High Five Club to part-fund the purchase of good quality agricultural land on which community volunteers have planted crops and vegetables. The Happy Faith Based Organisation raised an equal amount of money locally to complete the purchase of this land.



This food security initiative is now providing nutritious food to circa. 250 vulnerable families in the south of Malawi, an initiative that will not only change lives for the better in this community, but no doubt save lives.

For more information contact [Cheryl@highfiveclub.co.uk](mailto:Cheryl@highfiveclub.co.uk)