

# HIGH FIVE CLUB

changing lives, £5 at a time

## Dairy Cows Project, Uganda

**“Globally, nearly one in six children under age five are underweight; one in four are stunted. The target is to halve the number of underweight children under 12 years of age by the year 2015 and to reduce by two-thirds the under five years old mortality rate, from 93 children of every 1,000 dying to 31 of every 1,000”.**

UN Millennium Development Goals



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**Background:** Improving child nutrition is one of the key development priorities in sub-Saharan Africa, where many children suffer from malnutrition, hunger and nutrition related-diseases. The infant mortality rate is higher than in any other part of the globe. Sick children cannot attend school, and hungry children cannot concentrate on their lessons. Improving child nutrition and food security therefore underpins poverty reduction measures in Africa.

The High Five Club was recently approached by a pro-active Community Based Organization called the **Millennium Poverty Eradication Programme (MPEP)**, operating in Bulimbo Sub-County, Busia District in Eastern Uganda. They requested a grant from us to support their efforts to improve child nutrition in their area of operation through their innovative 'Pass it On' community empowerment approach.

MPEP works hand in hand with poor families in Uganda, transferring to them the skills they need to build new lives free from poverty and hunger. By providing training, livestock, seeds and support, they restore hope and create stronger communities for the future.

**High Five Club Support:** Our collective support of £776 has enabled MPEP to train 10 pregnant or lactating women in dairy management and to purchase and give them 5 pregnant cross-breed cows. It has also provided the funds for dairy feed and drugs/treatment for the cows first year. Each new calf born will be passed on to another woman.



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These 10 women, taken from different villages across the district, have been asked to teach other mothers the importance of the continued feeding of their children during episodes of diarrhea, instead of withholding food as is common practice in rural areas, along with the importance of good hygiene and nutrition.

In time, these ten women will pass on young livestock and training to others. And so on. And so on. This 'Pass it On' principle not only builds stronger communities, it allows MPEP to help even more women to develop skills, confidence and self-respect.



The Millennium Poverty Eradication Programme doesn't offer a quick fix solution to poverty and rural development. In it for the long haul, they will work with this group of women farmers for five years to effect substantial and sustainable change. They also acknowledge that issues such as gender equality, health and family harmony are just as vital to the success of their development programmes as simple livestock provision. This balance of practical farming skills with social, life skills is a potent mix and produces remarkable results. **People are happier and healthier, children are educated, wealth is created and communities are more harmonious.**

For more information or to gift a pregnant cow and training to another woman contact [Cheryl@highfiveclub.co.uk](mailto:Cheryl@highfiveclub.co.uk)