

<b>Title of project</b>	Building Capacities for Mothers and Children on Healthy Nutrition
-------------------------	---

**Brief description of the project**

Malnutrition: With two thirds of child mortality attributable to malnutrition, Egypt stands as one of the 36 countries, where 90 percent of the global burden of malnutrition falls. [1] Despite the notable decline in child mortality in Egypt, achieving the Millennium Development Goal 4 of reducing by two-thirds the under-five mortality rate before 2015 remains challenging. Malnutrition rates remain high particularly among children under-five; stunting among under-five children stood at 21 percent in 2014, while child wasting and underweight stood at 8 and 6 percent respectively.

The project duration is one year targeting mothers and children in Ezbt El Nakhl and surrounding area. We aim at scaling up the response to such needs in following:

- Strengthening the capacity of community to raise awareness of mothers on maternal and child malnutrition through, nutrition program for improving community awareness, with a focus on the most deprived and vulnerable populations.
- Awareness activities include building the capacity of mothers and children to support in-community awareness and counseling for nutrition.

What is the problem and how has it come

**Causes of malnutrition in Egypt,**

Direct causes of child malnutrition due to the underlying causes of malnutrition also is food insecurity, which in Egypt, is associated with poor access to a balanced diet among the poorest sections of society, as well as poor dietary habits, lifestyle and lack of nutritional awareness across the population, as opposed to issues of food availability". Which is an indication of poor environmental conditions, reflecting underlying causes of child under nutrition

**What would be the impact of not responding to this now**

The concern about malnutrition that it has a long series of devastating effects on early childhood growth and development contributing to not only to infant and child mortality but also, to physical, and cognitive developmental impairments among children if children survive. It further presents considerable risks for future mothers and women where child malnutrition, leads to an infinite cycle of malnutrition throughout the life cycle later on. This is especially true looking at stunting, wasting, and micronutrient deficiencies –mainly iron deficiency anemia affecting large numbers of children, adolescent girls, and women within reproductive age. Overweight leads to increased risks of obesity, and consequently to what otherwise preventable non- communicable diseases including heart conditions, and diabetes, The 2015 Egypt Health Issues Survey (EHIS) confirms that non-communicable diseases (NCDs) are on the rise and remain among the leading causes of death in Egypt.

**What change do you expect to see from implementing this project and who will it benefit?**

180 Mothers and 180 Children will have increased knowledge of healthy nutrition and will be able to cook healthy meals for themselves and their families.

<b>How will you know the outcome is being achieved?</b> <i>(indicator)</i>	<ul style="list-style-type: none"> <li>- mothers' awareness about the importance of a balanced diet increased by 80%</li> <li>- children's knowledge of the role of different nutrients increased by 75%</li> <li>- 80% of participants (mothers and children) are cooking nutritious meals 3 times a week</li> </ul>
<b>What means/tools will you use to show evidence of the achievement?</b> <i>(verification)</i>	<ul style="list-style-type: none"> <li>- Sessions attendance sheet</li> <li>- Pre and post participants form on balanced diet and nutrients.</li> <li>- Reports of coordinator for the courses</li> <li>- Evaluation forms.</li> <li>- home visits</li> </ul>

## Outputs

<b>1. What will your project actually <u>deliver</u> (services) to enable you to bring about this change?</b>	
Nutrition awareness seminars for 360 mothers and 360 children	
<b>How will you know the output is being achieved?</b> <i>(indicator)</i>	360 mothers attend awareness seminars 360 children attend awareness seminars
<b>What means/tools will you use to show evidence of the achievement?</b> <i>(verification)</i>	<ul style="list-style-type: none"> <li>- Seminars reports.</li> <li>- Seminars evaluation forms.</li> <li>- Seminars participating attendance sheet.</li> <li>- Survey to measure the impact of those seminars after implementation.</li> </ul>
<b>What are the main activities you will need to carry out to deliver this?</b>	<p>One day seminars for mothers and children (each seminar is about 1 ½ hours and targeted at a new group each session)</p> <p>Addressing multiple issues :</p> <ul style="list-style-type: none"> <li>- Balanced diet.</li> <li>- Where can we find our nutrients?</li> <li>- Proteins, Carbohydrates, Fats, and Vitamins.</li> <li>- Junk food vs. Healthy nutrients</li> </ul> <p>Print and distribute awareness brochures on Healthy Nutrition: 500 direct beneficiaries ; 1500 indirect beneficiaries</p>

**2. What will your project actually deliver (services) to enable you to bring about this change?**

Practical cooking courses for 180 mothers and 180 children

**How will you know the output is being achieved?** (*indicator*)

180 mothers attend cooking courses  
180 children attend cooking courses

**What means/tools will you use to show evidence of the achievement?** (*verification*)

- Courses attendance sheet  
- Preand post participants forms  
- Coordinator Follow-up for trainees after courses and feedback.  
- Reports of coordinator for courses.

**What are the main activities you will need to carry out to deliver this?**

Install practical teaching kitchen in garbage area.

12 cooking courses for mothers: each course 6 weeks long, sessions twice a week for 2hours each, 15 participants in each course

12 cooking courses for children: each course 6 weeks long, sessions twice a week for 2hours each, 15 participants in each course

**Who will benefit directly from this project?**

Mothers and children in Ezbit El Nakhil