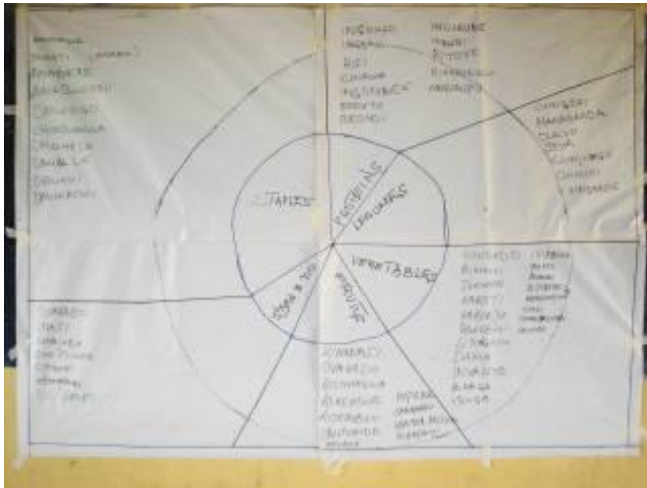


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Online Learning: OL 303 Food Security, Nutrition and Home Gardens
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Assignment 3. Baseline Nutrition Survey and Community Workshop Introducing Food Security, Nutrition and Home Gardens.

Part 1. Preparation for Workshop.

We visited a community called Sibuka in Western Kenya, about 100 Km from Kisumu City. This is a very poor community in in Budalangi, a flood prone district in the River Nzoia flood plain. We started preparing for the workshop a week in advance because we realized that we didn't have all the materials that we needed (like paper and markers and a stand to hold the paper) and that we needed to develop some materials like a how-to card to give to the participants, and also we wanted to make a few simple posters to illustrate some of the ideas that we were going to discuss in a workshop.



We also needed to find four friends that would be willing to help us do the surveys; support us during the workshop, and to prepare some snacks and a luncheon.



Part 2. Conducting Food Security, Food Diversity, and Home Gardening Capacity Surveys.

We had photocopied the 3 survey forms in advance. The four of us met a day before the workshop and practiced going through the forms on each other



We decided to conduct the surveys a day before the workshop. We did the interviewing process in about two hours the afternoon before the workshop. We split ourselves into three groups. The participants found this to be very convenient to them.

The four of us each met with one representative of a family and asked them the questions

on the forms. It took about a half an hour per interviewee. The questions were simple and easy for the participants to answer.

Part 3. Community Workshop on Nutrition and Home Gardens.

We had arranged the workshop with a small group of 12 people who were representative of the community of Sibuka. We are really glad that we had our lesson plan. It helped us to get started and when little things came up that threw us off track it helped get us back on track.



We tried to be as inclusive as we could in order to make the community part of the process and also so that we could collect new bits and pieces of information on the state of their nutrition and about local foods that we hadn't known before.

Our main concern at the beginning of the workshop was that the nutrition information that we were presenting would be too complex. But it worked out fine, the participants were receptive, they contributed ideas, and seemed to understand the information that we exchanged. After seeing how home gardens can improve a family's nutrition, they're looking forward in a few weeks to actually beginning their own vegetable gardens.

The workshop and the luncheon were done in about six hours. It took a little longer than we had anticipated to prepare and serve the meals.

Using the nutrition and gardening books that we downloaded from last week's assignment, and locally available healthy foods, our four friends helped in preparing a menu that included nutritious foods that could be grown in gardens and food that can be purchased inexpensively. The foods that we selected were examples of the foods that we discussed in the workshop -- both for nutrition, but also that we could propose for home gardens. We made sure that we had a diversity of foods including staples, fruits and vegetables, and protein.



One volunteer and I took photographs and in the process of taking them we looked at them on the back of the camera to make sure that they were of good quality, they were in focus, and that we had a variety of different kinds of photographs and some video clips. Though the clips may not be of very good quality, they are a very good record of what transpired at the workshop.

The next day we got together as a team and reviewed the workshop. We made notes would help us to do a better job the next time we give it. We all agreed that the workshop was a success.



Additional photos from the training.



