

# REDUCING HUNGER AND SUPPORTING THE HEALTH OF AFRICAN FARMERS

CPAR donors like you are helping reduce hunger and improve the health of rural African farming families with their support of CPAR's newest rural development initiative: *Farmers First*.

New in 2009, *Farmers First* is an exciting five-year program that contributes to the United Nations *Millennium Development Goal* of reducing by half the proportion of people in the world that suffer from hunger. CPAR's program is designed to make this contribution by addressing food security in select communities in four countries of Africa in which hunger is a major problem.

*Farmers First* tackles food shortages and insecurity that lead to chronic hunger and premature death, especially of children. *Farmers First* is specifically targeting the most vulnerable, including children, women, and those living with HIV & AIDS with its focus on nutrition and food access for those who need it most. More than 6,500 households and up to 30,000 people will benefit from the program and donor support.



**A significant proportion of people in the regions targeted by *Farmers First* are undernourished:**

**Ethiopia: 46%      Malawi: 33%      Tanzania: 44%      Uganda: 19%**

With the support of our amazing donors in Canada, CPAR has been working to support the overall health of rural African communities since 1984 – increasing access to food, clean water and primary health services. This year CPAR will continue to increase its impact through exciting initiatives supporting food production, income generation and overall health for vulnerable farming communities.



## WHAT IS NEW ABOUT FARMERS FIRST?

Farmers First is building on the important investments made through CPAR's last Food Security Initiative *Moving Beyond Hunger* and will ensure that even more families become food secure. Along with crop diversification, and the introduction of sustainable farming methods, Farmers First will also be:

- Teaching families about nutritional needs and the importance of vegetable farming to ensure that children under five and other vulnerable family members can stay healthy
- Supporting farmers in producing value added agricultural products (like honey and packaged nuts) so that they can earn an income through sales in local markets
- Providing families affected by HIV & AIDS with livestock which can help improve nutritional intake and also be used for income generation

## ***Reducing Hunger & Improving the Health of Farming Families...***

Food insecurity, literally the lack of access to the safe and nutritious food needed to be healthy, has a huge impact on these vulnerable African families. It constrains the ability of people and communities to stay healthy, take advantage of educational opportunities, work productively, raise healthy children and participate in society. According to the United Nations, hunger and malnutrition, and related illnesses, account for 5 million child deaths each year alone. They also result in the premature death or illness of adults which impacts the entire family.

**Farmers First** will improve the food security of farming families by:

- Increasing knowledge and skills for sustainable farming
- Improving access to markets and therefore income earned from food products
- Ensuring that women, who are often the primary providers for household needs represent at least 51% of participants in all aspects of the program
- Increasing production of high nutrient food to ensure children get the food they need to grow up healthy
- Ensuring that families affected by HIV & AIDS can meet their specific dietary and income needs



### **FOR MORE INFORMATION**

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