SEED OF HOPE

PROMOTING FOOD SECURITY IN VULNERABLE COMMUNITIES

A project by We For Change
WE FOR CHANGE

Together

Everyone

Achieves

More

Ravi Luckhun
Project Leader

Nassilah Ruhomaun
Head of Communication

Lekhansh Dhunnookchand
Head of Technical

Faiz Appadoo
NLE Co-Trainer

Nawrah Yadallee
Project Co-leader and secretary

Lisa Vilbrum
Head of Learning and Development

Sana Kurreemun
Head of Logistics and Events

Lekhansh Dhunnookchand
Head of Technical

Faiz Appadoo
NLE Co-Trainer

Nawrah Yadallee
Project Co-leader and secretary

Lisa Vilbrum
Head of Learning and Development

Sana Kurreemun
Head of Logistics and Events

WE FOR CHANGE
Key Achievements

- 12 families (47 people) directly benefited from project
- 12 Women directly empowered
- 2 community gardens set up
- 5 families under NGO Planetes Enfants received staple food plants
- 753 people reached on social media (Facebook)
- 68 Volunteers involved in activities
- First runner up in the International Youth Day Challenge competition organised by the Ministry of Youth
Problem Definition

1. Low food sufficiency
   - Mauritius has an overall self-sufficiency ratio of <30%

2. Increasing price of food commodities
   - Phenomenon of rising inflation for food commodities

3. High pesticide usage
   - Mauritius among the highest user of pesticides in cultures

4. High price of healthy food
   - Bio/organic food 30% more expensive than normal food

5. Covid-19
   - Loss of employment and purchasing power among the population
Maslow Theory of Needs

- **Physiological needs**: air, water, food, shelter, sleep, clothing, reproduction
- **Safety needs**: personal security, employment, resources, health, property
- **Love and belonging**: friendship, intimacy, family, sense of connection
- **Esteem**: respect, self-esteem, status, recognition, strength, freedom
- **Self-actualization**: desire to become the most that one can be
Solution Proposed

Empowering low income households to overcome poverty by producing their own food.

Backyard gardening

Community gardens

Creating Awareness
AIM

To empower people from low income households in the vicinity of Port Louis to promote food security.

- Set up a backyard garden for 12 low income families
- Create 2 community gardens with staple food plants
- Make healthy food accessible at all social status level
- Raise awareness on food security and promote backyard gardening as a mean to increase food sufficiency
This project directly supports the following 5 of the 17 United Nations Sustainable Development Goals:

- Promote food security
- Make healthy food accessible to the poor communities
- Fight poverty through empowerment
- Reduce inequalities in society
Our approach for the project implementation

The Deming Cycle (PDCA Cycle) by W. Edward Deming (1950)
## Project planning using the GANTT Chart

<table>
<thead>
<tr>
<th>TASKS</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>DATA COLLECTION</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IDENTIFICATION OF BENEFICIARIES</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LOOKING FOR SPONSORS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BACKYARD GARDENING IMPLEMENTATION</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COMMUNITY GARDEN IMPLEMENTATION</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MONITORING</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BOOKLET AND WEBSITE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>REPORT SUBMISSION</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**MUDA CONCEPT**

Avoided by being agile and changing project deployment plan during red zone!
Data Collection and analysis

- Brainstorming Sessions
- Field Research in collaboration with Al Hudaibiyah, Al Ihsaan and Al Waajidah Welfare Centre

Flowchart:
- Site Visits
- Interview of potential beneficiaries
- Screening of interviewed beneficiaries by the Team
- Finalising the beneficiaries
- Recording of further details on Excel
3 different locations for beneficiaries:

- Vallee Pitot
- Plaines Vertes
- Cite Marcial
Identifying the target beneficiaries

- Site visits carried out at Cite Marcial, Vallee Pitot and Plaines vertes during June 2021
- Potential beneficiaries interviewed
- Screening and selection of beneficiaries
Determining the right techniques for each beneficiary

- Planting directly in the soil
- Planting in containers on roof-top - lack of bare soil and space
- Vertical gardening - lack of space and roof not accessible
Capacity building of the team prior to project deployment

- Theoretical session on Zoom on the 16th June 2021
- Practical workshop on 1st August 2021
Monitoring

• Monitoring on site after implementation every 2 weeks

• Constant monitoring and attending of queries on group Whatsapp with beneficiaries
Material Requirements and budget

<table>
<thead>
<tr>
<th>Sponsors</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currimjee Jeewanjee &amp; Co Ltd</td>
<td>Gardening consumables and tools (Rs, 82, 114)</td>
</tr>
<tr>
<td>FAREI</td>
<td>Staple food plants for community gardens</td>
</tr>
<tr>
<td>Logidis Ltd</td>
<td>Transport of plants</td>
</tr>
</tbody>
</table>

MUDA CONCEPT

MUDA of Inventory
Avoided by measuring the space available for each beneficiary
Our Stakeholders

NGOs & Volunteers

Beneficiaries

Authorities

Sponsors
Our Results

What we have achieved through SEED OF HOPE
Our Results

_months of team work_
Results
Results
Surinam Community Garden

Results

- 14th August 2021
- 120 Staple food plants planted
- 25 volunteers mobilized
- Plants maintained by community members
- Still growing
Community Garden at Priest Peak

Results

- 3rd August 2021
- 150 Staple food plants planted
- 38 volunteers mobilized
- Plants maintained by community members
- Still growing
Results

Manioc Plant

Taro Plant
Participation in the International Youth Day Challenge organised by the Ministry of Youth

“Transforming Food Systems”

The mediatising of our video

Prize Giving on Thursday 2nd September
Innovativeness of our project

1. Tailor-made gardening solution:
   - Roof top Gardening
   - Vertical Gardening
   - Wicking Tub

Wicking Tub
An innovative solution to reduce watering requirement

Testing done in one container (Tomato plant) for one beneficiary.

Watering regime was twice less compared to a normal system.

Growth rate was 2-times faster compared to a normal system.
Innovativeness of our project

2. Introducing an e-booklet in creole on gardening for the Mauritian context
Innovativeness of our project

3. Introducing an interactive website on gardening and a Facebook Page

A Facebook page created to disseminate information on backyard gardening for the Mauritian context

A website created to create awareness on techniques of backyard gardening
Innovativeness of our project

4. Creative social media marketing using ‘meme’
Innovativeness of our project

5. Using Japanese philosophy Kaizen to motivate the beneficiaries
Leadership Skills in the face of adversity

Agility
Capacity to judge intelligently and act quickly

Strategic thinking
Anticipation of opportunities and challenges while utilizing that knowledge to guide the team.

Resilience
Perseverance to overcome difficulties and to keep moving forward

Innovation
“to think outside the box”
Difficulties faced and ability to solve problems as a team

- **Lockdown and lack of connection**
- **Frequent Zoom meetings**
  
- **Lack of gardening knowledge**
  
  - **Online Workshop**
  - **On field demonstration**
  
- **Inaccessibility of the social registry**
  
- **Physically demanding activities**
  
  - **Additional human capital was deployed**
  
- **Different space for gardening**
  
  - **Tailor made solution were proposed**
Caring for the mental health of our team members

“Your mind is a garden. Your thoughts are the seeds. The harvest can either be flowers or weeds.” ~ William Wordsworth

Mental health Challenges faced by team
- NLE PROJECT PRESSURE
- LOCKDOWN STRESS
- UNIVERSITY COURSEWORK

Mental Health Care Session with Ms. Pallavi Jagessur - Life Coach and Mental Health Therapist
Tomatoes were being sold at a minimum price of Rs 100 during lockdown whilst a tomato seedling cost you less than Rs 5.

Backyard gardening offers the opportunity to produce our own favourite vegetables at our own pace with a minimum cost. We are also sure that we are eating a safe vegetable.

Food security is a global and local issue.

Covid -19 has exacerbated the situation.

All you need is some patience and love!
Testing your “Sirandanan” knowledge

Can you guess the fruit or vegetable?

Cercueil enbas la terre: Pistache
Ti couteau coupe gros: Giromon
Dilo appendant pieds: Coco
Our Partners

Special mention for:
- Mr. Qaysar Islam for his expert guidance throughout the project
- Ms. Alexendrinne Arlapen for translating our booklet in creole
THANK YOU

We will be pleased to enlighten you if you have any questions