

CHANGE STORIES



*"Life is much better now. I thank
Solidarity for changing our lives. "*

“Solidarity trained us about many things. For example, they trained us about good hygiene, how to cook nutritious food for our children, plus how and when to breastfeed them.”

“They taught us the importance of cleaning around the home, the kitchen and the dishes early in the morning before going to the garden. It is also important to cover unfinished food to avoid contamination by flies. The children neither used to wash their hands before eating nor did they use to brush their teeth. This has now all changed.”



Nazenti Mbavungu, age 33, at the Solidarity Farm in Riimenze.

Nazenti Mbavungu, 33 years old, is a single mother of seven children. She has benefitted from the Solidarity with South Sudan project in Riimenze, Western Equatoria State of South Sudan, for two years.

“Before they trained us to feed our children better, we would never feed them breakfast because we had to go to the gardens early in the morning. They would have to wait for food until much later in the day, and when we returned home, we’d mainly prepare one type of food. A lot of children in the village were unhealthy... they had small, weak legs.”

“Solidarity trained us how to plant new and different types of vegetables, such as nightshade and amaranth. I keep some, sell some and then use the money to pay school fees and buy other types of food, such as meat and cooking oil. We are now preparing nutritious, balanced diets. We know what nutrients are in different foods, for example what has proteins, what are energy foods, vitamins from fruits and which foods contain fats. They also taught us how to prepare the food correctly,



Nazenti Mbavungu and other participants harvesting produce in the Solidarity with South Sudan project in Riimenze, Western Equatoria State of South Sudan.



Members of the SAP-R project preparing and enjoying meals alongside their children and a community of other participants..

for example, avoiding cooking vegetables for too long. We have also been encouraged to breastfeed our babies for six months before giving them other foods... Nowadays, you hardly see children who are unhealthy from improper feeding.”

“Life is much better now. I thank Solidarity for changing our lives. We hope that they can train more women in other locations who have not yet been trained.”

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THIS CHANGE STORY IS SIGNIFICANT because the women have been taught the nutritional value of the foods available within their communities, how to properly cook them, and how to prepare balanced diets. With this knowledge, they can provide nutritious meals for their families, helping to reduce the burden of chronic disease and prevent early death from avoidable illnesses.



STAY CONNECTED

Nazenti's journey is a testament to the power of determination coupled with support. Want to learn more about how we're making a difference? Stay connected with us! Follow our journey on social media, explore more stories, and discover how you can get involved. Together, we can create even more inspiring stories of change.



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