

Pilot Project Impact Assessment

July 2022



Kuwasha

thrive

PLANTING HOPE.
HARVESTING CHANGE.

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Executive Summary

The biggest challenge is unequal access to nutrition. Over two billion people suffer from hidden hunger, including 1 in 3 children that aren't getting enough life nutrients to reach their full potential and fight diseases.

To transform children and adults in Uganda, Kuwasha and Thrive for Good committed to provide training and equip communities to grow Life Gardens: organic gardens dense with highly-nutritious crops and medicinal plants.

A twelve-month project was executed in the Kibaale Community Center. Community members tested Thrive's methodology and the benefits of highly nutritious foods at the end of the partnership, an impact assessment took place. This report shows how this initiative impacted their family's lifestyle.



Partnership Overview

In May 2021, Kuwasha and Thrive for Good partnered to complete a twelve-month program to feed the people in Uganda by implementing Thrive's method of bio-intensive agriculture with Life Gardens, organic gardens dense with highly-nutritious crops and medicinal plants.

Uganda is one of the countries ranked by the 2021 Global Hunger Index with serious micronutrient deficiencies. Therefore, the project between the partners was designed to create a highly nutritious food source for the Kuwasha community established in the Rakai district of Uganda.

Kuwasha has a long trajectory in Uganda, providing students with quality education, nutritious meals, family health care and access to programs that benefit the community. Parallel since 2010, Thrive for Good has been training and equipping communities with hidden hunger to grow Life Gardens empowering people with the knowledge and skills to produce life-giving vegetables.

Prior to the partnership, community members tried different agriculture methods with disappointment, therefore were not enthusiastic at the beginning. That quickly changed as they tested Thrive's methodology and saw great results.

Through the partnership, the project set out to:

- Create a ¼-acre Demonstration Life Garden to achieve food security, and promote sustainable, nutritious agriculture,
- Train and certify 2 Growing Health Champions with a hybrid method on-site and online with the Thrive Institute,
- Follow up a 3-step process (1) Create a demonstration garden "model" at the center (2) Grow enough food in the garden to provide to schools (3) Expand the model to the community.



This pilot project is assessed with a final impact survey conducted in July 2022, one month after the project ended. The objective of the Impact assessment is to evaluate the effectiveness of the activities undertaken within that year and verify if the gardens have changed Ugandan members' lives. Anecdotal experience indicates that a high level of life transformation will show a strong possibility of long-term project sustainability and that the gardens will continue to be led by the beneficiaries year after year.

During this time, Thrive provided:

- Access to Life Garden training through the The Thrive Institute,
- The methodology to increase the nutrition of gardens,
- Online coaching with qualified and experienced trainers through digital-online platforms for communication and meetings, such as WhatsApp groups and the Workplace platform,
- Monthly reporting of garden progress and data verification

Equally, Kuwasha provided:

- Contact with the community who benefited from the Demonstration Life Garden
- Resources and coordination to create the Demonstration Life Garden
- Support to select the Growing Health Champions that carried on the activities.

This report presents the final results of the impact survey. The first section explains the reason and objectives of the partnership. The second section sets the parameters and considerations of the impact survey. The third part shows the summary of the project facilitated through Salesforce and the evaluation process during the twelve months. The last part shows the findings and analysis of the impact survey results, considering a rigorous method from international organizations to assess the relevance of initiatives worldwide.



1 Thrive Institute is a scalable, simple, easy to implement, sustainable, data-driven online training platform that is a 'grassroots' led initiative which will support the need to change thinking and cultures' approach to food/diet, nutrition and awareness of disease-fighting foods.

Impact Survey Results

To establish and identify the impact of the program, two primary outcomes were set to measure:

- The effectiveness of the online training, coaching and support to provide the knowledge and tools to build and sustain Life Gardens.
- Verify if the establishment of Life Gardens increases nutritious food, promotes a healthy lifestyle and helps to generate an income.

The success indicators and targets at the beginning of the project were:

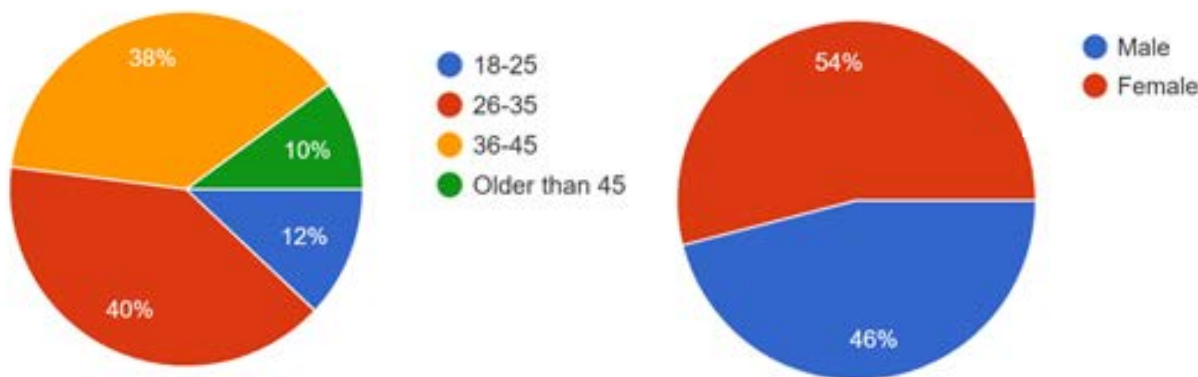
- Work with Kuwasha to grow an abundance of healthy, organic, disease-fighting foods for life in Rakai, Uganda, to incorporate nutritious food into the typical diet.
- Benefit at least 40 community members with the produce from the Life Gardens.
- Create at least 60 double-dug garden beds to sustain the community with vegetables.
- Approximately 40,000 healthy, nutritious meals produced each year from the ¼-acre Demonstration Life Garden.
- Increase the awareness among more than 65% of constituents of vegetable consumption and the importance of good and inadequate nutrition.
- Improve agriculture techniques and soil productivity with more than 65% of the constituents.
- More than 80% of constituents recognize the importance of Life Gardens and the need to sustain them to feed their families and community members.

Impact Assessment Strategy

In the assessment, 50 out of the 590 constituents were surveyed. The survey collects information on how people changed their minds about nutrition, bio-intensive agriculture techniques, and Life Gardens' benefits to tackling hidden hunger. The sample comprises people from the Kibaale Community Center in the Rakai District of Uganda.

Of the 50 surveyed participants, 54% were female. The age range was:

- 12% between 18-25 years old.
- The majority, 40% between 26-35 years old.
- 38% between 36-45 years old.
- 10% above 45 years old.



B) Project Implementation

The project was initiated in June 2021 with the Thrive Institute online training. Two members of Kuwasha's staff completed the training by the middle of September, sorting out the challenges of the internet speed and one of the champion's health issues. The Growing Health Champions started implementing theoretical principles into hands-on skills with a team of 10 community members from different families. They were introduced to organic farming, nutrition, natural medicine and income generation.

The Kuwasha team, eager to start the gardens, needed to wait weeks before making any double-dug beds because the land was very hard due to drought. Meanwhile, they created keyholes and sack gardens. Eventually, the rainy season started, and the land was manageable for digging in the middle of October. The champions received the seeds and built the garden beds.

After this intensive work, the first on site 5-day workshop took place in December. Thrive sent a trainer, Ambrose Oketcho, to reinforce the knowledge acquired by the Growing Health Champions and expand the techniques to more students. In collaboration with the community vocational institute, 10 more community members were instructed. In total, 22 members participated in the creation of the gardens that provided 192 people with the meals produced. By the end of the year, the project had 40 well-created beds, 4 keyhole gardens and a sack garden.



Each month Kuwasha's Growing Health Champions conducted an online 30-question report digital report of the community Life Garden.

The multiplication effect came in April when the members grew to 143, and the constituents increased to 395.

A second 5-day workshop training took place from the 15th to the 29th of April with 11 students, and the momentum started when the community members began to share the benefits of eating vegetables with high nutrients, sharing their testimonies of an increased healthy lifestyle and started their gardens at home to have food for their families.



Kuwasha's Growing Health Champions recorded a one-minute, 360-degree video showing the garden and its progress every quarter and with the support of the GH Champions a project a midterm review took place.

The final partnership project outcomes were:

- One Life Garden with 257 double-dug garden beds
- Total community members impacted 590
- 4 keyhole gardens and 24 sack gardens created
- The Life Gardens generate over 10,000 meals per month
- \$3,900 USD per month, which sums to \$46,800 USD per year, generated through the Life Gardens

Testimony,

"Before the Thrive initiative, I used to take tablets for ulcers everyday. Thrive taught us how to make green smoothies and how to use natural medicine for ulcers. I didn't know that food can be a medicine. Now I drink a green smoothie every morning and my health is better." - Grace Nampijja

Findings & Analysis

A) Impact

From this sample, approximately 82% did not consume highly nutritious greens and vegetables more than three times per week before establishing Thrive's Life Gardens. In addition, 62% did not know about medicinal plants and their benefits. Furthermore, 100% learned the importance of nutrition within their community and how poor or good food affects their body and health.

The vast majority of constituents, 98%, believe that creating Life Gardens provides them with a healthier life. Some of them explain that this is the consumption of more vitamins, a balanced diet, and strengthening the immune system. After consuming more green-leaf vegetables, they feel more energetic. The medicinal plants, especially artemisia, are tackling malaria. The family members look healthier, and with the gardens close to home, it's easy to eat more vegetables.

Do you think that the creation of gardens is providing you a healthier lifestyle?

50 responses



Testimony

"The creation of gardens is definitely providing a healthier lifestyle in the community, because they started incorporating greens in their daily meal routines. The entire Kuwasha School and the project team members are appreciative and thankful, because they are living a healthier lifestyle. The school staff, and the students' parents were inspired and started creating their own gardens at home. - Steven Kawojwa, Growing Health Champion

B) Relevance

We aim to discover if the initiative is doing the right thing. It was confirmed that this approach helped the community to understand the relevance of nutrition and tackle hidden hunger. In addition, the partnership provided them with tools to nourish their. The initiative helps 100%

of the respondents with the challenges of buying food to feed their families and provides an income from vegetables to 44%.

As the following graphic shows, all 50 participants believe it is essential for the community to increase their consumption of vegetables. This is because they can have more vitamins and proteins in their body, boosting their immune system. Vegetables are high in nutrients fundamental to having a healthy body. Their community members will grow healthier, and with more energy, they will avoid hidden hunger and reduce illnesses. The consumption of vegetables improves food security within their families.

Do you think it is important for the community to increase the consumption of vegetables?

50 responses



Testimony

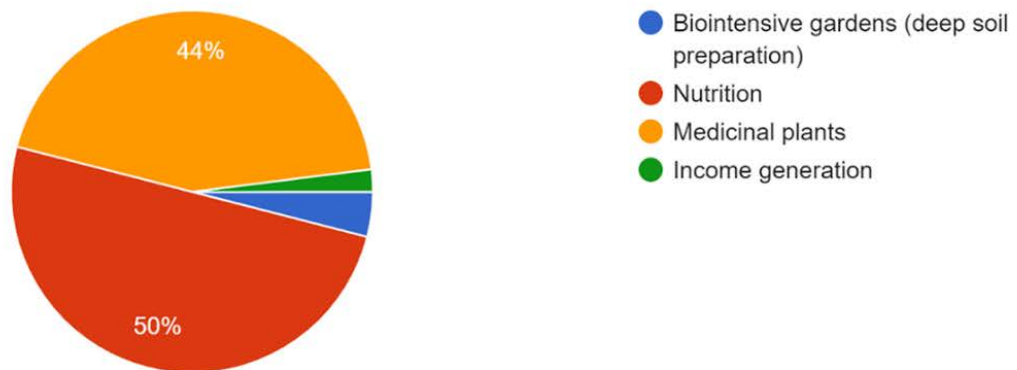
"I used to consume a lot of unhealthy food such as sugar, oil, and salt. My favorite meal used to include meat and bread. Since I acquired knowledge from the Thrive team, I discovered that I'm following a very unhealthy diet that is damaging to my body. Since I started incorporating greens into my diet, my body is strong and healthy." - Dembe Hellen

C) Coherence

The survey included several questions exploring the logic and consistency of the program to the community's needs. Essentially, it was the establishment of Life Gardens, addressing community needs and understanding nutrition combined with medicinal plants. The results show that the main topics from which the members learned were nutrition and medicinal plants.

Which topic did you learn the most from?

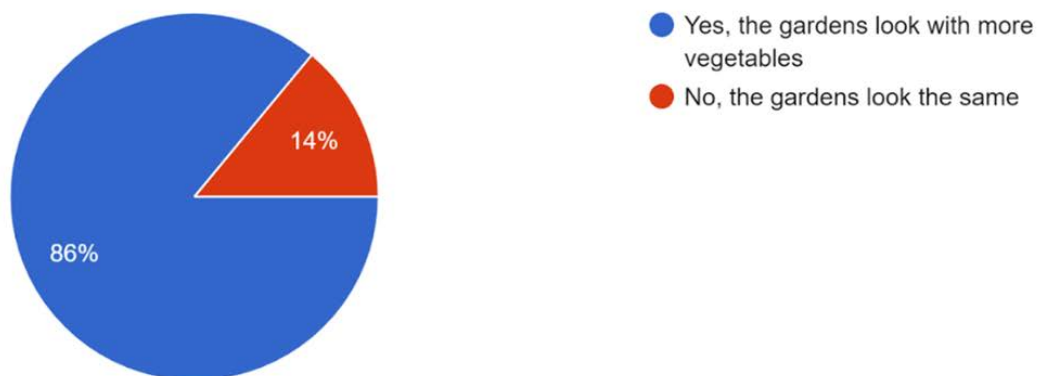
50 responses



The community members now consume and eat meals from the gardens, substantially increasing the ingestion of micro-nutrients rich in vitamins and minerals. The results also show that 86% have seen a difference in the soil's ability to produce more food from the garden; more families have food on less land.

Have you seen a difference in the soil and its ability to produce more food from a garden?

50 responses



Testimony,

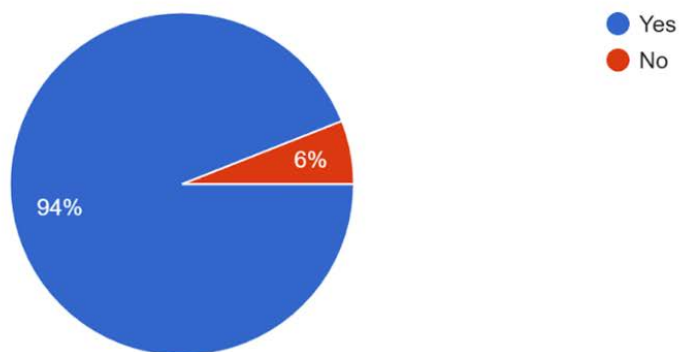
"I used to suffer from overall body weakness, pain and had watery stools. The Thrive team, especially my brother Steven, educated me on the importance and health benefits of artemisia and guava tea. My health is great!" - Neema Nalugo

D) Effectiveness

The main objective of the project is to train and equip the community with suitable tools to learn how to create a Life Garden, provide nutritious food and tackle hidden hunger. The effectiveness is visible in the 94% of respondents who believe they have sufficient knowledge to start a new garden close to their homes.

Do you feel that you can now start a new garden close your home with the knowledge you acquired?

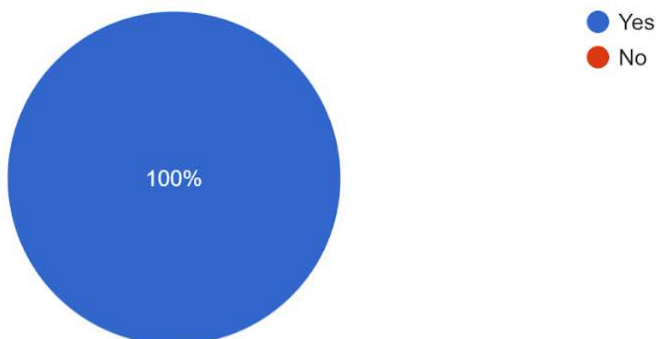
50 responses



As the graphic shows below, 100% noticed a difference between the old agriculture and farming techniques compared to the ones they learned and applied in the gardens. This comes with a desire to continue the project recognizing the importance of good nutrition, a way to protect their families with a balanced diet. They are already starting new gardens and helping their neighbors to have their own.

Have you noticed a difference in the old agriculture and farming techniques compared to the new techniques applied with the gardens?

50 responses



Testimony

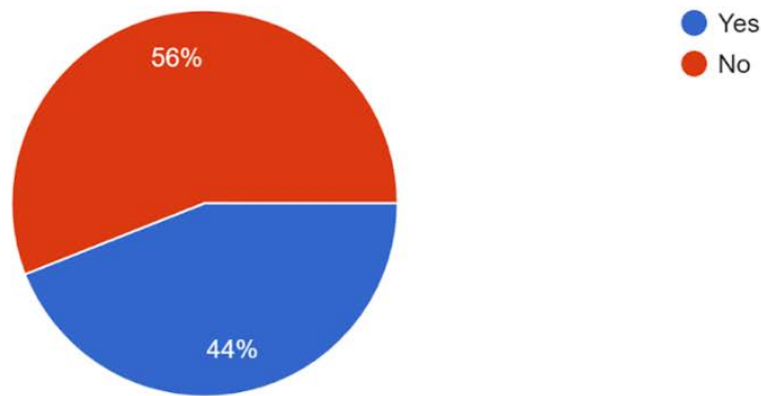
"After training and educating the community members about nutrition and organic farming, they can now establish their own gardens to grow healthy greens and vegetables to support their families nutritional needs." - Steven Kawojwa

E) Efficiency

The project's resources delivered the training to the community and bought seeds and tools to build the gardens. The community now understands bio-intensive gardens, nutrition, medicinal plants, and income generation and can take care of the demonstration garden. Thrive also teaches table banking to keep the gardens through time, where the community members organize, sell vegetables, save money, and buy seeds. Currently, 44% of the community members are table banking and saving funds.

Are you Table Banking and using saved money to keep the garden going each month?

50 responses



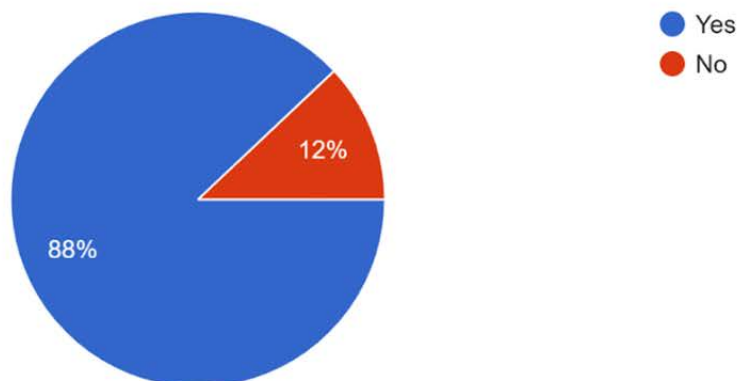
Testimony

"Before the Thrive initiative I used to have a food shortage problem at home and I had no knowledge of vegetables and their importance to our bodies, but now I know. I have planted a lot of greens within my compound to make sure my family and I have enough to eat. In fact, we have enough to share with our neighbors." - Denis Kiliisa

F) Sustainability

Keeping a balanced diet and healthy habits for an extended period is essential; therefore, the sustainability of the gardens becomes crucial to maintaining healthy communities. The participants were asked about the relevance of looking after the gardens, 88% recognized that it is essential even when the partnership is over.

The pilot project ended in June. Do you feel it is important to continue looking after the garden(s)?
50 responses



Testimony

"My family and I used to get malaria often. We were at the hospital so often, the nurses called me by name. The Thrive initiative was introduced to our community and we started using natural medicine and herbs e.g. artemisia tea. My family and I don't get malaria anymore and we are healthy."

- Vincent Kasibante, Growing Health Champion



Conclusion

After the pilot project completion, the Impact Assessment provides a clear insight into the overall impact of the Life Gardens. For instance, 98% of the stakeholders are aware of vegetable consumption and the effects of inadequate nutrition from the 65% parameter established.

Around 86% of community members improved their agriculture techniques and soil productivity, far above the pilot target outcome, which was that 65% would improve their agriculture techniques.

Moreover, 92% of constituents recognize the importance of Life Gardens and the need to sustain them to feed their families and community members over the 80% parameter established as an indicator of success.

Testimony

“Before the Thrive initiative, I used to consume food that promotes disease, especially starchy food like rice and bread. Now I don’t consume junk food anymore, and my health has improved. Raw food that’s grown organically has really changed my and my family’s life. We are growing greens in keyhole gardens that are available in this pure dry season.” - Jackson Lubembe

