



**FOOD FOR  
THE HUNGRY**

**PREPARED FOR**

# **ETHIOPIA**

SASIGA MID-HIGHLANDS

**YEAR-END COMMUNITY REPORT  
FISCAL YEAR 2022**

WRITTEN BY **ABERA SHAGIRDI, FOOD FOR THE HUNGRY (FH) ETHIOPIA**  
PREPARED BY **FOOD FOR THE HUNGRY (FH) CANADA**

# INTRODUCTION



Communities:

**9**



Total Households:

**5,950**



Total Population:

**28,564**



Program Participants:

**18,690**



## Walking with **Sasiga Mid-Highlands, Ethiopia**

Oda, Gammane, Gallo, Fayine Tarano, Gallo Janja, Dangalli Gongo, Warra Kura, Haro Gudina, Nano Sanbatdure

**2014**

Entered Partnership

**2024**

Graduation

The communities of the Sasiga Mid-Highlands set a long-term goal of “Improved wellbeing of children.” To that end, they’ve been working with Food for the Hungry (FH) for eight years in the areas of food security, livelihoods, education, health, and leadership development. This year, they made great strides in all those areas! Farmers improved food security through implementing sustainable agriculture and livestock production. FH and the local government raised the level of education and increased access by building schools, training teachers, and equipping students. Families dug latrines for better sanitation and learned how to raise the nutrition levels of pregnant mothers and young children. FH donors made clean water accessible to families and schools through funding new wells and capping springs. Leaders experienced mindset transformation, learning new ways to motivate and serve their communities.

With roughly two years remaining of planned partnership between FH and the Mid-Highlands, we’re excited to report tremendous growth across all sectors. School enrolment has increased and more preschool aged children are engaged in learning. Access to clean water has skyrocketed with 84 new water points constructed, reaching 85 per cent coverage in communities. This means women and girls have less than a 20-30 minute walk to collect water for their families, allowing more time for school, income-generating projects, parenting, and life! Sasiga is closing in on their goal to have 2,500 cement latrine slabs installed in homes and schools—only 625 left to go! Most importantly, communities are showing ever-increasing ownership over their development, becoming eager and proactive to help plan and implement activities. This is one of the strongest signs of sustainability.



**I developed skills and knowledge of creating resilient communities despite the challenges.**

— Demitu, Gallo Community



**I became a part of decision making in the resource we have equally with my husband.**

— Shure





## LIVELIHOODS

### GOAL

#### Improved food security and livelihood status of children and families

*“My family members are pleased and we enjoy eating vegetables and developed income from the sale of vegetables.”*

— Abera, Gammane Community

Soil infertility due to conventional farming methods is the main cause for food insecurity and declining agricultural production in Sasiga. FH trained Lead Farmers on conservation agriculture to help them reduce their costs and naturally improve the resiliency of the soil and the abundance of their harvests.

Other farmers learned how to make organic compost from plant scraps and animal manure and apply it to their fields to improve soil fertility and fight termite invasion. Participants each developed their own fertilizer and started using it to improve their vegetable production. Families are already enjoying the fruits of their labour as they eat and sell fresh veggies, improving their nutrition and income. Additional families took training on vegetable growing and received improved veggie seeds from FH.

FH conducted livestock training and distributed sheep to families of sponsor children living in some of the poorest households in Sasiga. FH paired up families, giving one sheep to the first family who then committed to giving their first lamb to the second family. Already, 129 ewes have given birth and their lambs passed on to the second family. In this pay-it-forward model, the number of households reached with livestock will double over the next year! As families' sheep have additional offspring, they are able to sell those lambs to save money to buy dairy cows which will provide milk for the family to drink and sell. This “upgrading” shows how community members can significantly improve their nutrition and income by starting small and working up.



Sheep provide families with nutrition, income, and a means to create capital.

To help households further diversify their streams of income, FH trained farmers on apiculture (beekeeping). Each participating farmer received a beehive and has already begun improving their honey production!

FH facilitated the formation of 10 Savings and Loans Groups throughout the Mid-Highlands. Community members were so excited that they went on to organize five additional groups and asked FH staff for training! Members immediately started saving and quickly built up communal “pots” of capital from which they were able to take low-interest loans to cover urgent family needs.



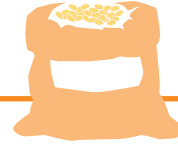
# LIVELIHOODS

## ACTIVITIES



**318** sheep provided to vulnerable families of sponsor children

**15** new Savings and Loans Groups formed and trained with **237** members



**576** farmers received 87 kgs of improved vegetable seeds

**30** farmers trained in beekeeping and given beehives



MORE IMPACT NUMBERS ON THE LAST PAGE



New beehives are helping farmers improve their honey production, providing a new stream of income.



These happy farmers are ready to get to work with their new farm tools!

**GOAL**

**Help children reach their full potential through targeted early child interventions that bring holistic development and cognitive gains for lifelong success**

*"Thanks to the Lord, our hope is regenerated through FH! Our children are in school and well equipped."*

— Negash, Fayine Tarano Community

FH built a new, two-room preschool in the community of Fayine Tarano. The school PTA showed up to organize and mobilize community volunteers to help clear and level the building site. FH also furnished the classrooms with chairs and tables, as well as provided an outdoor playground! This new construction enables 200 children who didn't have a place to learn and play to go to preschool.

FH provided school uniforms and stationary to community children. As a result, student enrolment and retention increased! Equipped with the right tools, students' learning (and grades) are steadily increasing. To move beyond these critical handouts to sustainability of education, FH Ethiopia is helping parents develop reliable sources of income so they can provide for their children in the future.

The lack of reading rooms and libraries in Sasiga prevents children from developing a culture of reading. FH has begun addressing this need by establishing libraries in the preschools and stocking them with books. Students love to use these reading spaces! Teachers, also, are excited to have access to new resources to bolster their own knowledge and teaching content. To further support teachers, FH trained primary school teachers on math and literacy instruction, which they deeply appreciated.

Children's ability to cope with stress depends largely upon stable and caring relationships with the adults in their lives. Primary school teachers and caregivers participated in a training to learn positive ways to engage with children, promote early child stimulation, and reduce toxic stress at home. Toxic stress disrupts brain development in very young children, stunting their brain development with lifelong impacts. The training also resulted in increased family participation in school events, and prompted parents to provide study space at home and check their children's homework. Teachers are seeing an increase in the number of caregivers following up on their children's academic progress.

Student-led peer-to-peer tutoring is helping youth practice problem solving as a team, develop group work skills, and get to know each other better. Students with high marks host tutoring classes for students who are struggling. Teachers volunteer to help manage the tutoring groups' scheduling, and provide coaching and technical support. Student grades are already improving!

Students from multiple schools enjoyed an FH-initiated sports meet. Both girls and boys gathered to play soccer and volleyball, and run races. These events help build peace between communities and strengthen youth connections. In a separate competition day, students were given the opportunity to showcase their academic prowess and let their creativity shine through visual arts, poetry, and public reading. Exams and group assignments don't always capture students' unique skills or accurately measure their ability to apply those to real-world problem solving. This display of talent motivated other students to begin working on art-related projects which will unleash their creativity and unique personalities.

## ACTIVITIES

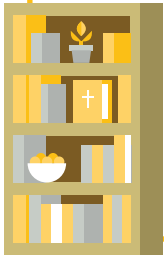
**2,000** children attended an **inter-school sports meet** with **127 students** participating

**150** students trained in **peer-to-peer tutoring** impacting more than 400 students

**1** preschool built and furnished with **60 chairs, 40 tables, 1 shelf, and 1 outdoor playground** with a slide, merry-go-round, swings, and more!

**9** **reading centres** established in primary schools and stocked with **637 books**

**247** caregivers trained on helping their **children with homework**



**MORE IMPACT NUMBERS ON THE LAST PAGE**



A brand new preschool ready to help kids learn and play in a safe, fun environment.



## GOAL

### Improved child and maternal health

*“Sound wellbeing was increased by good personal hygiene.”*

— Libineh

With the support of Canadian donors, FH Ethiopia assisted the communities to dig seven wells and cap four springs, bringing clean water access to 550 households! An additional two wells were dug for internally displaced people (IDPs) sheltering in the Mid-Highlands, providing water to families forced to leave their homes because of conflict. These nine new wells will impact the lives of 2,750 people. An additional four wells were dug for schools, improving the hygiene and sanitation of 2,562 students. Community members rallied together to contribute local resources and labour to get the water projects done. FH trained volunteers to form water committees to provide management and maintenance of the new water points.

Community-Led Total Sanitation (CLTS) is having a powerful effect on the communities. Leaders are committing to working with families to develop clean and safe latrines at home and at schools. Local health professionals are educating their communities. FH trained families on how to dig safe latrine pits

and provided them with concrete latrine slabs that are safer and easier to keep clean than what was traditionally being used. FH also constructed two bathroom blocks for a school identified by the District Education Office as having insufficient sanitation for their students. Teachers commented that these gender-segregated bathrooms will especially improve girls' attendance as they will have a safe, private place to use the toilet.

FH trained health extension workers on essential nutrition action to improve the health of pregnant and breastfeeding mothers as well as young children. These health workers then shared their learnings within the communities to empower families to care for themselves and their children. Having these trained professionals living in the communities makes health improvements more sustainable. FH also covered medical costs for a number of sponsor children families, making it possible for the children to get the treatment they needed and for the parents to invest their modest income into savings and developing sustainable sources of income.



Equipping women to care for their children and families dramatically improves community health, and saves lives!

To help pre-teen and teenage girls stay in school, FH distributed girls' hygiene kits through girls' school clubs. These kits include washable sanitary pads and soap. Girls were trained on how to manage their periods and on environmental and personal hygiene. They are now equipped to teach their peers and younger girls!



ACTIVITIES



13 wells dug and 4 springs capped bringing water access to 5,312 people

2 school bathroom blocks built to serve 500 children

400 school-aged girls provided with dignity kits (washable pads & soap)

20 community health workers trained on essential nutrition actions



MORE IMPACT NUMBERS ON THE LAST PAGE



Clean water makes for healthier kids and helps keep them in school.



Capping springs like this one protects the water from being contaminated, protecting families from dangerous diseases.



# LEADERSHIP DEVELOPMENT

## GOAL

**Reduced impacts of disaster, shocks, and stresses on the communities**

*"I became active in solving the problems of the communities due to capacity building provided to us."*

— Temesgen

FH trained community leaders to sustain community transformation through initiating, managing, and resourcing local development activities. They also trained Faith-Based Organizations (FBOs) like churches to help engage community members, especially youth, in development activities. Church leaders were further equipped to help facilitate child sponsorship. General mindset transformation meetings were held to bring together community members and help create a sense of belonging, acceptance, understanding, and inspiration.

Every new activity needs volunteers, and the youth in Sasiga are stepping up. FH trained youth in community development for their kebeles after which they committed to mobilize local resources and labour. In particular, the youth have experience in building houses for the destitute and vulnerable within their communities.

FH awareness training regarding gender roles and responsibilities is bearing fruit, especially in the area of education where the number of boys and girls in school is balancing out. In addition, men are beginning to embrace work that they used to consider the sole purview of women, for example, vegetable gardening and childcare. Fathers are supporting their daughters to go to school and including their wives in making decisions for their families.



Leaders of local organizations attend an FH leadership training.



# LEADERSHIP DEVELOPMENT

## ACTIVITIES



**500** community members trained on **mindset transformation**

**45** youth volunteers trained on **caring for the vulnerable**

**99** community leaders trained on **leadership**

**80** church leaders trained in **mobilizing community members** (especially youth) for development activities

**MORE IMPACT NUMBERS ON THE LAST PAGE**



By training teachers, FH helps equip Sasiga schools to transform the next generation of leaders.

## IMPACT STORY

# REACHING THE FORGOTTEN

## Sasiga Mid-Highlands, Ethiopia

Before working with FH, 12-year-old Yakob lived in a run-down house under a leaky roof with his five siblings in the rural community of Fayine Tarano. Because of poor farm production, his father wasn't able to sufficiently feed the children. Instead of sending them to school, he had to send them out as day labourers to help earn a family income. Reflecting on that time, Yakob says, "The problems and the challenges my family faced in our previous life was frustrating.

"We lacked almost all basic necessities that are required for the family. ...As a child, I wished to join school when we see children going and coming from school."

Yakob shares that, more than the daily problems they faced, it was a "lack of awareness as to how to come out of poverty" that held his family back. But not anymore!

When FH began inviting families in Fayine Tarano into the child sponsorship program, they began with the most vulnerable, which included Yakob's family. He quickly got connected with a Canadian sponsor who helped provide income-generating training for his father and short-term school supplies for Yakob.



Thanks to FH's training, Yakob's family learned to grow not only cereal crops, but vegetables and coffee, too. The family is now food secure! Their father also earns money from a little shop. The income their father has developed now enables him to buy school supplies for his children himself. Equipped with the skills and knowledge to transform the life of the whole family, Yakob's father and siblings are making changes. Today, all the kids go to school and, in Yakob's words, "we don't worry for what we eat!"

One of the FH staff members working with Yakob's family observes, "The life of the participant is changed. ...this was our call—reaching the forgotten people."

## Thank You

FH Canada, FH Ethiopia, and the families of the Sasiga Mid-Highlands thank you for your generous support of their development journey! Your contributions are enabling farmers to increase food security, empowering teen girls with dignity, building schools, and training youth leaders. We are so grateful that you're taking steps to help end poverty!

## APPENDIX MEASURING SUCCESS!

The report above is a summarized snapshot of what community leaders and families in the Sasiga Mid-Highlands, with the support of FH Ethiopia, have accomplished this year. Below are more numbers that paint a fuller picture of what has been happening on the road to sustainability.

### LIVELIHOODS

#### Successes from 2022

- 31 Lead Farmers trained in conservation agriculture
- 171 farmers trained on making and applying organic fertilizer from compost
- 87 kgs of vegetable seeds provided to 576 farmers
- 30 farmers provided with beehives and trained in beekeeping
- 318 sheep distributed to vulnerable families
- 15 new Savings and Loans Groups established, trained, and equipped with savings group kits

### EDUCATION

#### Successes from 2022

- 150 parents trained on positive parenting
- 108 parents received training on early childhood development and reducing toxic stress
- 1 early childhood development centre constructed to serve 200 children
- 247 parents trained on helping children with homework
- 2,100 sponsor children received school books, writing materials, and uniforms
- 50 teachers trained on early literacy and numeracy instruction
- 9 communities established reading centres
- 150 youth trained in peer-to-peer tutoring
- 1 Child Day celebration, 1 sports contest, and 1 cross-school quiz competition

### HEALTH

#### Successes from 2022

- 20 health workers received infant/child nutrition training and cascaded the information to 400 mothers
- 43 children received medical services
- 13 wells dug and 4 springs capped impacting 5,312 people
- 13 community-based water and sanitation committees established
- 160 latrine covers distributed to families
- 4 communities trained on Community-Led Total Sanitation
- 2 school latrines built impacting 500 students
- 400 girls received dignity kits
- 4 school-based water and sanitation committees established

### LEADERSHIP DEVELOPMENT

#### Successes from 2022

- 45 youth volunteers trained in caring for the vulnerable
- 99 community leaders trained in leadership skills
- 80 church leaders trained in leadership
- 500 farmers and youth trained on positive mindset transformation
- 25 staff participated in a Christian workplace survey
- 25 staff trained on COVID-19 prevention messaging in communities

# COFFEE SEEDS OF HOPE

A pilot project serving smallholder coffee farmers in the Sasiga Mid-Highlands, Ethiopia



## Project Summary

Coffee Seeds of Hope aims to improve coffee production and environmental protection to support small-holder farmers' livelihoods in the Sasiga Mid-Highlands. While the Mid-Highlands are known for their organic coffee growing, production is low due to a lack of agricultural knowledge and degradation of the environment. Deforestation and the loss of natural resources has degraded soil fertility, causing a steady drop in agricultural outputs. As it stands, coffee farmers are not able to generate significant capital from their crops.

Coffee Seeds for Hope is training 511 coffee farmers on improved agricultural practices, tree nursery development, and distributing tree seedlings to strengthen local ecosystems and increase the quality and quantity of coffee production in the Sasiga Mid-Highlands.

Because Canadian donors gave so generously, the number of people FH Ethiopia was able to reach stretched far beyond the initial target of 75 households across three communities. This year, hundreds of families across five communities received supplies, seeds, and training to improve their coffee farms and raise their incomes.

## FY22 ACTIVITIES

**360** farmers provided with coffee seedlings and trained on coffee plantation management

**151** farmers received Grevillea seedlings



## Coffee Production and Management Training

FH trained participating coffee farmers with knowledge and skills to rejuvenate their older coffee trees by pruning and stumping. These practices will increase coffee yields and generate new income. FH provided the farmers with tools to help with the pruning. Most of the farmers have pruned their old coffee trees and are already seeing the quality and quantity of coffee improve. Newly planted coffee plants are also producing beans, increasing farmers' income.

## Coffee & Multipurpose Tree Nurseries

Coffee farmers participated in awareness training on managing coffee plantations. FH purchased and distributed coffee plants and tree seedlings to those farmers who are developing an income not only from improved coffee harvests, but also from growing and selling new seedlings.

Additional training was conducted with farmers to help them establish and manage their own private plant nurseries where they can cultivate multipurpose tree and coffee tree seedlings. They'll transplant some of the seedlings to their own farmland to improve soil fertility and water retention, and sell the remaining to other farmers in the area. This practice improves environmental protection of the land and contributes to the farmers' food security.

## Supporting Vulnerable Coffee Farmers

Low-income and vulnerable households with older, unproductive coffee plants had the land, but not the resources, to add new coffee plants. FH provided new coffee seedlings to rejuvenate these family farms. These seedlings are replacing older and unproductive plants. Female coffee farmers, especially those functioning as the heads of their households, are deeply grateful for the benefits the coffee project is providing to their food security and income.

## BONUS ACTIVITIES

**160** farmers trained on improved coffee production and management

**90** farmers provided with tools for plant nurseries

**427** farmers trained and provided with tree seeds and seedlings for the purpose of farm business development with the benefit of reforestation. This distribution included **700 avocado seedlings** which will produce fruit to improve farming families' nutrition and generate additional income.

