



**Kuzamura Ubuzima | Growing Health**

**Progress Report 2018: Our year so far**



# Who we are



In Rwanda, Government hospitals are unable to provide their patients with food. This means that poor and vulnerable patients often go hungry, become malnourished and take much longer to get better.

[Kuzamura Ubuzima](#) (Growing Health) is working to break this cycle of malnutrition and eliminate poverty amongst vulnerable hospital patients. We grow crops on hospital land and provide patients with much needed free, nutritious and organic meals. We are currently based at CHUB hospital in Butare and provide 110 patients with two free meals a day.

Our impact is immediate, our meals enable mothers to produce breast-milk, and patients to heal and survive. But our impact goes much further, the training and education we provide to patients and their families equips them with knowledge, skills, and resources to help avoid the perpetual cycle of poverty, hunger, and illness.



# Our Vision, Mission and Goals



## Vision

To break the cycle of malnutrition and eliminate poverty

## Our Mission

To promote knowledge and practice of balanced, healthy and affordable nutrition among hospitalized patients and their families. To stem the negative effects of malnutrition among vulnerable populations during the critical period of their hospitalization and beyond.

## Strategic Goals

1. Tackle food and nutrition security of vulnerable patients and their communities
2. Improve the wellness of vulnerable patients and their communities through our education and training programme
3. Secure the long-term financial security of KU and its beneficiaries
4. Help to develop a healthy environment that is climate resilient



# Our Impacts This Year



We have provided a whopping **16,262** free meals this year to those who cannot afford to pay for food themselves.

Our free meals save a family an average of 7,000 RWF each week, that's enough to buy one cockerel, or health insurance for more than two family members.

**7,000 RWF**



*"Thank you for being here every day and giving us food. Because of KU we have not had to worry about food and where the next meal will come from. Please keep doing your project and continuing to support other patients who are in need." (Mama Yvette)*



Our farm has produced more than **3.5 tons** of nutrient packed kale, amaranths, cabbage and spinach.

This means that some of the most vulnerable and malnourished patients get important and life-saving nutrients.

Moreover, the two meals we provide a day **meets or exceeds the RDA for Vitamin A, Vitamin C, Vitamin K and Magnesium** amongst our most 'nutrient needy' patients.



**3.5 tons**

Our skilled and dedicated KU trainers have taught **248** lessons on climate resilience, sexual education wellness and nutrition, reaching more than 427 people.

That's more than **124** hours!!



**×** **427**

*“Thank you for providing my family member with food. After six weeks of being in hospital and being provided with food every day, my patient is now well enough to go home, and we are very happy. I will put into practice what I’ve learnt during the gardening lessons and am going to start making my own compost once I am home.” Marie Rose Mutuyimana (care giver)*



# Case Study 1: Helping beneficiaries become financially secure



Earlier this year KU received funding from the Peace Corps to trial a project that would help to break the cycle of poverty amongst some of the poorest families in the Huye district of Rwanda. 40 families would be provided with a goat and a chicken for them to nurture and breed, providing the family with steady income. As well as selling the offspring, eggs provided by the chickens would also provide family with important protein.

At the start of the project 31 of the 40 beneficiary families never ate eggs and 36 beneficiary families had no source of income from livestock. The project has now been going for four months and already there are some fantastic results. 90% of the chickens have been producing eggs or chicks and whilst it is still too early days for there to be any offspring from the goats, only two of the goats visited so far have not been pregnant.

Most importantly, the beneficiaries given the goats and chickens are seeing direct benefits to their daily lives:

*“Being given the animals is like having a second chance at life. money from selling these animals I will use to buy a cockerel and grow the business”. - Mrs Dushimiyimana*

*“Before we had lots of problems but now I am not worrying so much. We have been using the manure for our vegetables and the children have been eating eggs. Money from selling the chickens and goats can also help to buy health insurance”. – Francine*

Read the full case study [here](#).





## Case study 2: Improving nutrition through training and education



Moringa is a super food, packed full of nutrients, grows all year round and is low cost. Dried moringa leaves have more protein per calories than a steak and seven times more Vitamin C than an orange. It also reduces cholesterol, prevents cardiovascular disease and helps to purify water. Using moringa leaves as a dietary supplement is an excellent way to combat malnutrition amongst poor, rural families in Rwanda.

Whilst many people in the Huye district knew about moringa, they only used it for medicine. KU decided to plant moringa trees at their farm and start teaching the hospital patients and their families about the multiple benefits of the tree, as well as how to cultivate and use it. At the end of their time in the hospital, families are sent home with a pack of seeds so they can grow their own moringa trees and use the leaves as part of their ongoing diet. Furthermore, leaves from the trees grown on the farm could also be used in the free hospital meals that KU provides.

Since the project started in 2016, more than 50 kg of moringa seeds have been distributed amongst vulnerable hospital patients and more than 50 classes taught. In 2018 alone, 102 caregivers at the CHUB hospital have had free lessons on moringa cultivation. Gardening and cookery classes continue to be taught as part of KU's wider training and education programme.

Read the full case study [here](#).





# Looking Forward: the rest of 2018 and onwards



1. Our training and education programme is important, but we need to be able to help patients put their lessons into practice once they are discharged from hospital. Monitoring and outreach is very important.
2. KU currently works in one hospital, but we know that the need for a service similar to KU is needed in other hospitals across the whole country. In August 2018 we are starting a second project with Katubare District Hospital and hope to extend further to other District Hospitals.
3. We have a big task ahead and we know we can't work alone. KU wants to work in collaboration with others and develop partnerships with like-minded organisations.
4. Last but not least, securing the long-term financial security of KU is essential. Over the next year we will be focusing on income generation and fundraising so that we can continue delivering our mission and vision.

# Contact Us



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