



Community Support Initiatives – Tanzania (COSITA)

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COSITA ANNUAL PROGRESSIVE REPORT JANUARY – DECEMBER 2018



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ABBREVIATIONS:

CHWs – Community Health Workers

TOSCI – Tanzania Official Seed and Certification Institute

MACSNET – Manyara Region Civil Society Network

WEGCC – Women Economic Groups Counselling Coordination

DKA – Donor for Promotion of Girls Education project

CARE – Donor for PP

AFRICARE – Donor for MBNP

FARM AFRICA- Donor for Sesame 3

MBNP – Mwanzo Bora Nutrition Project

COSITA – Community Support Initiatives – Tanzania

PP – Pastoralist Program

PANITA – Partnership for Nutrition in Tanzania

BAPU – Babati Agro-Pastoralist Union

FBGs – Farmer Business Groups

GAP – Good Agronomic Practices

SHF – Small Holder Farmer

SILC – Saving and Internal Lending Communities

VICOBA – Village Community Banks

VSLA – Village Savings and Lending Associations

FORUM CC – Forum for climate change

PACJA – Pan African for Climate Justice Alliance

EXECUTIVE SUMMARY

Community Support Initiatives-Tanzania (COSITA) is a local nonprofit making organization located in Babati Township.

The **vision** of COSITA is where community is getting better living standards by receiving high quality and sustainable development services while her **Mission is** to contribute to the improvement of the quality of life for community while ensuring their involvement in development projects, gender balance, and Sustainable resource management.

General Objective: To improve the quality of life for pastoralists, peasants and hunter-gatherers communities by contributing to the development opportunities towards poverty alleviation in Tanzania.

During the year 2018 COSITA accessed donation and grants which enabled the organization to continue implementing community projects as well as covering running cost for the organization. The projects supported were “Mwanzo Bora Nutrition” in Mbulu and Babati districts funded by Africare Tanzania via USAID initiative support, “Improving small holder farmers’ livelihood through Sesame Value Chain” in Babati district funded by Farm Africa via Comic Relief support and “Girls’ education promotion” - School fees and associative costs for two girls’ secondary school students supported by Angelika Hilbrig. Also a continued follow ups was made for the phased out CARE funded via Irish Aid support project titled “Babati Pastoralists’ Land Right” in Babati district.

Also during the year 2018, two new projects have been approved whereby the implementation is expected to start early 2019. The projects were “UWEZO Research on Numeracy and reading for children between 6 to 16 year old in the selected schools of Babati district under the support of TWaweza Tanzania; and another project was “Promotion of Girls Education through sensitization of dormitory building in the selected ward level secondary schools in Babati Town Council under the support of WEGCC via DKA funds.

Additionally the organization worked in collaboration with LGAs to compliment the resources and also Partners and networks particularly PANITA and Solidaridad for capacity building.

Major activities implemented during the year were:

Under the Pastoralists’ project:

- Regular monitoring and follow ups of the activities under the Pastoralists’ land right project including very little supports to Pastoralists’ unions during conflict resolution e.g Ayamango and Mwikantsi.

Under the Mwanzo Bora Nutrition Project:

- Support communities in the establishment of home garden and fishponds as well as sensitizing keeping small livestock in order to improve the nutritional status of the communities.
- Sensitization of Mbulu and Babati communities on agriculture for nutrition (agric-nutrition) for the purpose of growing enough and nutritious rich food and source of income for a family

e.g orange fleshed sweet potatoes (OFSP), nutritious rich beans, which are useful during complementary feeding.

- Siku 1000 campaign, exclusive breastfeeding for under six months kids and complementary feeding for over six months to two and above years of age children has also been undertaken.

Under the Sesame value Chain Project:

- Support the Farmer Business Groups (FBGs) in the proper adoption of GAP techniques in planting sesame
- Support establishment of Sesame seed multiplication farms (QDS) to produce enough quality seeds for the farmers using the formal procedures allowed by TOSCI including certification.
- Support Kplus trainers to train fellow farmers in GAP using smartphones.
- Support CEs and farmers linkages with big buyers

Under the Education Project

- Continued support to 2 female students from poor families in covering school fees and other associated costs by support from Germany individual Ms Angelika Hilbrig.
- UWEZO Research on Numeracy and reading; and Promotion of Girls Education through sensitization of dormitory building by WEGCC and TENMET will both be undertaken in 2019.

Major achievements during the year were;

- About 23409 pregnant women were reached by USG-supported programs, 11689 (Male 5588 and Female 6101) number of children under two (0-23 months) have been reached with community-level nutrition interventions. Also about 98090 (male 48640 and female 49450) number of children under five have been reached by USG supported programs
- About 11248 households adopted good hygiene and sanitation through the use of tippy tap technology
- About 11404 households adopted keeping small livestock of different varieties including chicken and duck. Also under *pay it forward model* for rabbits was very successful in such a way that a total number of seventeen (17) household have adopted keeping rabbits and seven (7) Guinea pigs
- Agric-nutrition and food processing & preservation have been a practice in the project areas such that about 2669 households established home gardens and three hundred thirty four (334) household adopted Orange fleshed sweet potatoes seeds, about 2633 households were practicing improved Food storage, processing & preservation method for continued getting proper diet year around.
- Three fishponds have been established and continued to be maintained (Soheda, Qayshoman, Kweka Family).
- 42 groups of VSLA/VICOBA/SILC formed and are saving and lending within themselves.

- 82 farmer business groups (FBGs) (over 102%) from 18 Sesame project villages were formed, well trained and are practicing Good Agronomic Practices (GAP), also 22 lead farmers have been trained on the use of Knowledge plus (Kplus) app with GAP modules via smartphone to train other fellow farmers, and up to the time of this report they have been able to reach over 2100 farmers. The GAP knowledge led to the increase in volume of sesame produced from an average of 92 kgs to 168kgs per acre per farmer and hence increased average income from sesame from tshs 156,400 to tshs 285,600 as well as greater equality between men and women and inclusion of young people in sesame value chain activities from 7% to 38% and 28% respectively.
- Increased number of women and youth farming sesame for profit from 7% to 88% and 35% to 97% respectively (source of data is house hold survey 2017).
- About 13 saving and internal lending groups have been formed in the project villages, also about 27 members of FBGs have been linked to Galapo Farmers SACCOS and other 11 farmers have been linked to banks and successfully opened bank accounts.
- The project has been able to capacitate 21 CEs (12 male and 9 women) who are well working in aggregation of agriculture produce and sold over 599.6 MT of sesame with an average price of Tshs1700/kg.

During the year some of the challenges faced were:

- Inadequate and unreliable transport facilities hampered timely implementations
- Inadequate fund to cover personnel cost led to shortage of key staffs and increased turnover
- Delays of funds reimbursements led to postponement of some activities implementation something that hampered timely achievement of some of the project objectives.
- Prolonged drought affected many small holder farmers on sesame yield

Some of the ways forward: More fundraising from different sources for projects and working facilities; Sensitizing more members pay subscription fee and also aggressive work on own income generating activities so as to raise own income for sustainability; Continue capacity building of members of the board and management especially on the resource mobilization, control and management of the organization resources is utmost important during the year 2019.

ORGANISATION BACKGROUND

Community Support Initiatives – Tanzania (abbreviated as COSITA) is a local non – governmental organization located in Babati Township. It informally started its work since January 2010 and was officially registered under NGO Act, 2002 in December 2010 with the objective to improve the livelihood of poor, marginalized and vulnerable communities in Tanzania Mainland. The CSO currently focuses her operation in Babati, Mbulu and Hanang districts.

COSITA's Vision

Community is accessing high quality social services.

COSITA's Mission

To contribute to the improvement of the quality of life for community through ensuring their involvement in; development projects, gender balance, social accountability and Sustainable resource management

COSITA's Values:- Equitable work environment, teamwork, dignity of individual, integrity, and ethical behavior.

COSITA's General Objective:

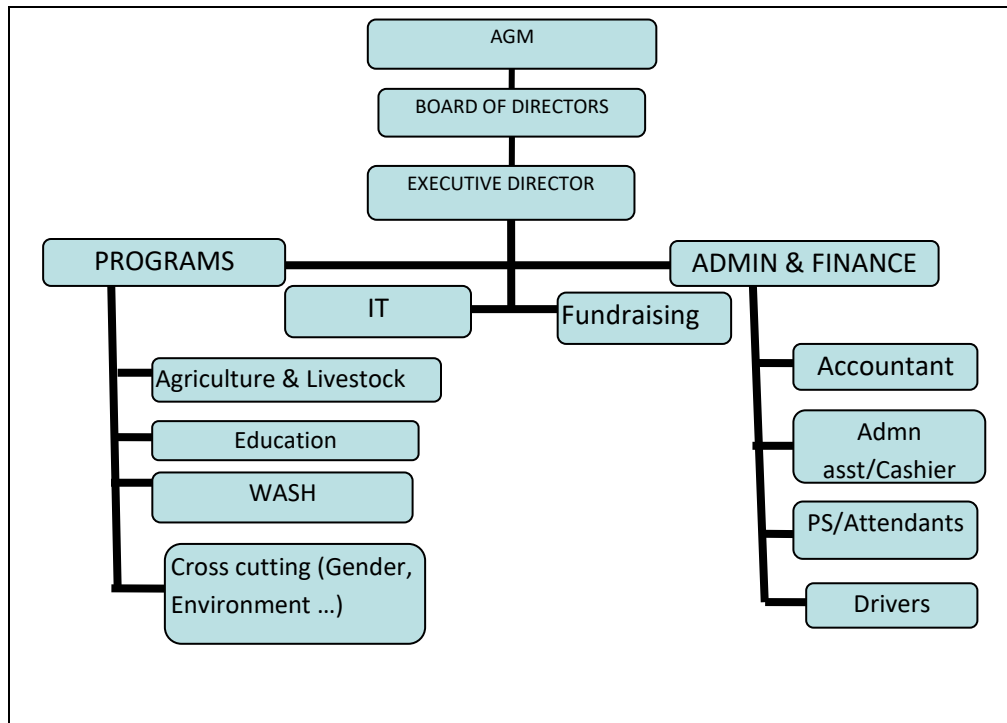
To improve the quality of life for Pastoralists, Smallholder farmers, hunter-gatherers and other low income communities by contributing to the development opportunities towards poverty alleviation.

Specific Objectives:

In order to achieve her general objective, COSITA has set priority areas as follows:

- To promote child rights and protection (education, health & nutrition ...)
- To undertake community based livestock and agriculture development initiatives towards poverty alleviation.
- To support community water supply systems and good hygiene and sanitation practices.
- To intervene crosscutting issues; Gender mainstreaming, environment conservation, income generating activities.
- To enhance COSITA's capacity to effectively achieve her objectives including monitoring and evaluation work.

COSITA Organogram



COSITA DONORS, OTHER PARTNERS, NETWORKS AND COLLABORATORS

Principally, COSITA as per its regulation, gains her financial support from member contribution, donor support, and any other support from individual or institution provided that the receipt of the same is genuine and legal.

Since the commencement of COSITA 2010 to the year 2012, the organisation managed to fundraise from her own members' and non member individual support. COSITA gained her initial funding from donor support in the month of March, 2013 from CARE International in Tanzania.

Donors and other partners;

- **CARE Tanzania**

COSITA entered into an agreement with CARE Tanzania under the support from Irish Aid fund of Tsh 35 million in March 2013 for a phase one. In January 2014 the organization entered into phase two agreement for 35million and also in the mid year 2015 it entered into another agreement for Tshs. 69 million, all for the implementation of a project titled “Babati Pastoralists’ Land Right”. The project was implemented in 9 wards of Babati district. Up to the time of this report, COSITA has successfully implemented phase one, two and three of the project while continuing negation for further partnership engagement.

- **AFRICARE Tanzania**

In the month of December 2013, COSITA entered into agreement with AFRICARE under the support from USAID fund of Tshs 105 million for year one implementation of a project titled “Mbulu Mwanzo Bora Nutrition”. That was a three year project 2013/2014- 2015/2016 where the agreement was in annual basis. Up to the time of this report COSITA has successfully implemented the project for three years 2013/14 - 2015/16.

In October 2016 further to an extension of Mwanzo Bora Nutrition Project for two years (Oct 2016-Sept, 2018) for Mbulu district council, Africare has made an expansion of the area of operation for COSITA for the two year extension period to cover two more councils (ie Mbulu Town council and Babati district council). The plan and budget are still on annual basis and for the Oct 2017 – Sept 2018 financial year of Africare the amount approved was Tshs 319mil for the implementation of project in all three councils.

- **FARM AFRICA**

COSITA entered into an agreement with FARM AFRICA under the support from Comic Relief fund of GBP 219,000 equivalent to Tzs 657mil in April 2015 for a project titled “Improving livelihood of small holder farmers through Sesame Value Chain”. This is a three and half years project Jan 2015-Jun 2018. The project is implemented in 7 wards of Babati district. However during the mid 2016 the original plan and budget was reviewed by both Farm Africa and

COSITA to accommodate the extension period of implementation to mid 2018, until the time of this report Tshs 123mil was approved for the further six months of project implementation.

- **TWAVEZA Tanzania**

COSITA entered into an agreement with **TWAVEZA Tanzania** under the UWEZO research on numeracy and reading for pupils aged 6th to 16th years old in Babati district for an amount of TZS 22mil, the activity will take place in the year 2019.

- **WEGCC Tanzania**

COSITA entered into an agreement with **WEGCC Tanzania for the sensitization of girls dormitory building** under the support from DKA fund of over Tzs 90mil including community contribution. This is a three year project from Oct 2018 to Sept2021.

- **Tanzania Natural Resource Forum (TNRF)**

TNRF is a partner with CARE International in Tanzania in the implementation of Pastoralists' Program. TNRF as a partner in the program, engaged with COSITA since 2013 in the capacity building of staff in the areas of pastoralism as a livelihood, Pastoralism policy advocacy and analysis, cross cutting issues of gender and climate change.

COSITA also collaborated with Networks and governments in the year 2018 as follows:

- **Manyara Regional Civil Society Network (MACSNET)**

COSITA has been a member of MACSNET since 2011 to date mainly for the case of organisation capacity building in different areas including proposal writing, financial management and strategic planning just few to mention.

- **Tanzania Early Childhood Development Network (TECDEN)**

This is the network of which COSITA is a member and benefited by building her capacity on matters related to child rights and protection issues, child policy etc.

- **Tanzania Forum for Climate Change (FORUM CC)**

COSITA being a member of FORUMCC, has benefited in the capacity strengthening in the areas of climate change resilience, adaptation and mitigation strategies.

- **Partnership for Nutrition in Tanzania (PANITA)**

This is a national nutrition network where COSITA as a member do benefits from being participated in the nutrition meetings and information sharing.

- **Babati and Mbulu District & Town Councils**

COSITA throughout the year worked in collaboration with the councils mainly to outsource expertise in the areas where the organisation lacks the required knowledge and experience. Also, working with the councils was mandatory since working with their expert for government

indicated the presence of government in the specific area of intervention and recognition of organisation work as part and parcel of district development strategy.

NOTABLE OFFICIAL VISITORS IN THE YEAR 2018

Selian Agricultural Research Institute (SARI) under Africa RISING Program (by Mr Stephen Lyimo & Dr January Mafuru from Arusha), SOLIDARIDAD (by Ms. Maria Sengelela from Arusha), HELEN KELLER Intl (by Mr. Thadeus Massoy from Dar es Salaam), World Veg. Centre (by Dr Ralph Roothaert & Ms. Radegunda Kessy from Arusha), Aflii Foundation (by Ms Angelika Hilbrig from Germany).



The picture above, from left Ms Rehema Ombeni followed by Mr Patrice Gwasma, at the centre Ms Angelika Hilbrig followed by Filbert Mwakilambo and Paul John.

ACTIVITIES IMPLEMENTED ALONG WITH SPECIFIC OBJECTIVES

1.1 COSITA Objective 1. To promote child rights and protection.

- COSITA participated in the siku 1000 campaign in the sense that, required food for pregnant and lactating women, exclusive breastfeeding for under six months kids and complementary feeding for over six months to two or more years of age children.
- Campaign towards child right and protection against violence at home by their parents or guardians and reported some of the parents and guardians to police stations.
- Campaign towards school girls and orphanage education support contributions
- COSITA supported over 10 girls students at different stages some at secondary school and others at college level taking courses since 2014, and currently 2 female students are still undertaking O-level studies where COSITA covers their school fees together with other associative costs.
- COSITA has entered into agreement with TWaweza and WEGCC for further implementation of activities in 2019 on wards under education project.

1.2 COSITA Objective 2. To undertake community based livestock and agriculture development initiatives towards poverty alleviation.

- Regular monitoring and follow ups of the activities under the Pastoralists' land right project including very little supports to Pastoralists' unions during conflict resolution e.g Ayamango and Mwikantsi.
- Support communities in the establishment of home garden and fishponds as well as sensitizing keeping small livestock in a pay it forward model so as to improve the nutritional status of the communities.
- Sensitization of Mbulu and Babati communities on agriculture for nutrition (agric-nutrition) for the purpose of growing enough and nutritious rich food and source of income for a family e.g orange fleshed sweet potatoes (OFSP), nutritious rich beans, which are useful during complementary feeding.
- Siku 1000 campaign, exclusive breastfeeding for under six months kids and complementary feeding for over six months to two and above years of age children has also been undertaken.
- Support the Farmer Business Groups (FBGs) in the proper adoption of GAP techniques in planting sesame
- Support establishment of Sesame seed multiplication farms (QDS) to produce enough quality seeds for the farmers using the formal procedures allowed by TOSCI including certification.
- Support Kplus trainers to train fellow farmers in GAP using Smartphone.
- Support CEs and farmers linkages with big buyers

1.3 COSITA Objective 3. To support community water supply systems and good hygiene and sanitation practices.

- Promoted the use of tippy tap at the toilets and construction of good and gender based /user friendly toilets in Mbulu and Babati districts
- Awareness raising meetings for the community to consider the importance of general cleanliness, sanitation and hygiene as nutritional sensitive practices at household premises

⇒ *COSITA Objective 4. To intervene crosscutting issues; Gender mainstreaming, environment conservation, income generating activities etc.*

- The issue of gender, women development and IGA were also taken into consideration and mainstreamed across all projects during implementation. More particularly the issues like formation of SILC/VICOBA/VSLA groups and training on Savings and Internal Lending procedures, a total of 42 groups were formed and supported in Mbulu and Babati districts.
- Sensitization of families especially pregnant women to attend clinics at very early stages of their pregnancies and also to use FeFo to avoid anemia, in addition the men to accompany their couples during clinics something that will enable men to be aware of the health problems that might be facing their couples/children and take care of them in terms of food and finances.
- Moreover, gender role player were formed in the project areas in order to sensitize the involvement of women and youth in income generating activities including agriculture and livestock keeping.

1.4 COSITA Objective 6. To enhance COSITA's capacity to effectively achieve her objectives including monitoring and evaluation work.

- COSITA staff capacity building was a key area that was taken into consideration, COSITA staffs have continuously been supported by her donors and the other partners both financial and technical capacity strengthening. Particularly our staff have been capacitated in financial management (by AFRICARE/FA during periodic expenditure verifications), climate change integration into development plans (by PACJA/FORUM CC), agriculture for nutrition and dietary diversity at household level (by AFRICARE), thorough self assessment for areas of strengths and weaknesses as well as capacity building on the areas of weaknesses (by DELOITTE).

FEW PICTURES DURING PROJECT IMPLEMENTATION IN THE YEAR 2018



At the left picture above were taken during orientation of students and councilors on the Mwanzo Bora Nutrition Project as well as the demonstration day on preparation of complementary food.



The pictures above were taken during supportive supervision for Mwanzo Bora Nutrition project indicating the adoption practices for home gardens by beneficiaries at house hold level.



The pictures above show the adoption of small livestock on **Pay It Forward Model** by Mwanzo Bora Nutrition beneficiaries



Picture: Preparation of Sesame Farm by FBG Members



At the left Ms NdemulikiwaMbise uses her smartphone with Kplus app to train other farmers and at the right side is the Sesame farm where the Extensionist Mr Gelga Dakajani with the overall/pullover cloth at the in front training other farmers on how to take care of plant at flowering stage.



The picture above from left Sesame farmers at NaneNane trade show in Arusha, at the centre the COSITA Executive Director connecting Sesame farmer (hidden) to Galapo Farmers SACCOS Board member (shown seated) and at the right were the Mpasiwa members, an FBG integrated with savings and credits (VICOBA) as an alternative source of income (especially micro credits).

GENERAL ACHIEVEMENTS

As results of COSITA interventions in the year 2018, below are some of the projects' general achievements;

Achievements under “Mwanzo Bora Nutrition”:

- Exclusive breastfeeding and complementary feeding through siku 1000 campaign/parent kit has become a practice in Mbulu and Babati families. About 23409 pregnant women were reached by USG-supported programs, 11689 (Male 5588 and Female 6101) number of children under two (0-23 months) have been reached with community-level nutrition interventions. Also about 98090 (male 48640 and female 49450) number of children under five have been reached by USG supported programs including Vit. A in Mbulu and Babati district councils.
- About 11248 households adopted good hygiene and sanitation through the use of tippy tap technology as well as extensive dissemination of nutritional messages via PSGs meetings, IEC materials and school nutrition clubs.
- About 11404 households adopted keeping small livestock of different varieties including chicken and duck. Also under pay it forward model for rabbits was very successful in such a way that a total number of seventeen (17) household have adopted keeping rabbits and seven (7) Guinea pigs in a pay it forwards model for both Mbulu and Babati district councils.
- Families in Mbulu and Babati are aware on the importance of; agric-nutrition as detailed in the Dietary Diversity Kit (DD Kit), about 2669 households established home gardens and three hundred thirty four (334) household adopted Orange fleshed sweet potatoes seeds. Additionally about 2633 households were practicing improved Food storage, processing & preservation method for continued getting proper diet year around.
- Three fishponds have been established (Soheda, Qayshoman, Kweka Family) under COSITA support and one fishpond at Tango Community Development college is under establishment.
- 42 groups of VSLA/VICOBA/SILC formed and are saving and lending within them, this was a result of COSITA sensitization through Mwanzo Bora Nutrition and Sesame Value Chain Projects in Mbulu and Babati respectively.

Achievements under “Sesame 3 Value Chain”:

- 82 farmer business groups (FBGs) (over 102%) from 18 Sesame project villages were formed, well trained and are practicing Good Agronomic Practices (GAP), also 22 lead farmers have been trained on the use of Knowledge plus (Kplus) app with GAP modules via smartphone to train other fellow farmers, and up to the time of this report they have been able to reach over 2100 farmers. The GAP knowledge led to the increase in volume of sesame produced from an average of 92 kgs to 168kgs per acre per farmer and hence increased average income from sesame from tshs 156,400 to tshs 285,600 as well as

greater equality between men and women and inclusion of young people in sesame value chain activities from 7% to 38% and 28% respectively.

- During the period, 1,540kgs of QDS produced by QDS multipliers from 8 acres which was an average of 192.5kgs per acre, that eased the access of QDS by farmers compared from previous years.
- Proportion of farmers selling their crops by official weight & measures scales increased from 0% to 82% which marks a good project achievement and farmers benefiting from their produce.
- Increased number of women and youth farming sesame for profit from 7% to 88% and 35% to 97% respectively (source of data is house hold survey 2017).
- About 13 saving and internal lending groups have been formed in the project villages, also about 27 members of FBGs have been linked to Galapo Farmers SACCOS and other 11 farmers have been linked to banks and successfully opened bank accounts, all these linkages eased accessibility of soft loans of about Tshs 20.5mil in total for small holder during farming season and CEs during crop aggregation that to be sold to big buyers in large quantity with better price offer.
- The project has been able to capacitate 21 CEs (12 male and 9 women) who are well working in aggregation of agriculture produce whereby for the last season they have been linked to about four (4) big buyers (QPE, SUMNI, MCI, and Export traders), the CEs had managed to aggregate and sold over 599.6 MT of sesame with an average price of Tshs1700/kg.
- Project has also been able to train about 15 agri-entrepreneurs and have all been engaged in various types of agri-business including snacks, QDS multiplication, composite flour etc something that led to business confidence, increased own income and hence reduction of the extreme poverty for the SHF.

Under the Education Project

- Continued support to 2 female students from poor families in covering school fees and other associated costs by support from Germany individual Ms Angelika Hilbrig.
- UWEZO Research on Numeracy and reading; and Promotion of Girls Education through sensitization of dormitory building by WEGCC will both be undertaken in 2019.

GENERAL CHALLENGES:

- Inadequate and unreliable transport facilities hampered timely implementations
- Lack of own office building and inadequate furniture/equipment led to staff ineffectiveness in general operation.
- Inadequate fund to cover personnel cost led to shortage of key staffs

- Delays of funds from donors led to postponement of some activities implementation something that hampered achievement of some of the project objectives.
- Threat of closing COSITA operation by TRA Manyara upon their assessment on our return where they imposed a tax penalty of more than 59mil payable within three days.

WAYS FORWARD

- More fundraising from different sources for projects and working facilities;
- Sensitizing more members pay subscription fee and also aggressively work on own income generating activities so as to raise own income for sustainability;
- Continue capacity building of members of the board and management especially on the resource mobilization, control and management of the organization resources

SUMMARY OF INCOME & EXPENDITURE

DESCRIPTION	AMOUNT (TSHS)
A. Beginning balance	22,712,434.33
B. Income during the year	159,855,539.18
C. Total (A+B)	182,567,973.51
D. Expenditure	180,039,899.70
E. Balance remaining (C-D)	2,528,073.81

KEY SUCCESS STORIES:

1. IT TAKES A VILLAGE—AND CIVIL SOCIETY— TO NOURISH A CHILD IN TANZANIA

August 30, 2016





Lucy held by her mother Zawadi Paulo, Lucy Boay is now an energetic 2-year old with the help of the Mwanzo Bora Nutrition Program.

At 23 months old, Lucy Buoy weighed 11 pounds—just half the normal weight for a child of her age. Within only 2 months, however, her weight doubled, thanks to a Feed the Future-supported program run by a civil society organization that focuses on nutrition during the 1,000 days between a woman's pregnancy and her child's second birthday.

Lucy, though she had no other health conditions, was prone to illness because she was undernourished. The Community Support Initiative-Tanzania (COSITA) was called in to help after being notified that Lucy was not well.

COSITA works with Africare's Mwanzo Bora Nutrition Program, which receives Feed the Future support, to improve the nutritional status of children and pregnant women. The organization actively works with village, ward and other community leaders to solicit input on local needs and appropriate interventions. One of the program's primary objectives is to reduce the rate of childhood stunting in five regions of Tanzania, including the Manyara region where Lucy and her mother, Zawadi Paulo, live.

The program helps mothers to adopt a range of sound nutrition practices. These include exclusive breastfeeding, the use of vitamin A and iron-folic acid, home gardening, small livestock rearing, complementary food preparation and use of tippy taps, an outdoor handwashing device, for hygiene purposes.

Zakaria Msumari, a nutritionist for COSITA, assisted Lucy's family by visiting Paulo at home. "The mother did not have enough knowledge on infant and young child feeding," he said. Together, the two decided to take Lucy to the hospital to be treated for wasting. There, Msumari continued providing information to Paulo.

“I visited Paulo every day to cover the knowledge gaps on nutrition that I observed during our prior conversations,” Msumari said. His advice included better food preparation methods and improved hygiene, which can help reduce recurrent diarrhea in children.

“I educated the mother on how to prepare her child’s food and feeding frequency,” he added.

Msumari also linked Paulo to a community health worker trained by Africare, who conducted home visits to provide additional one-to-one education on child health. The health worker stressed good nutrition and the importance of getting a child to the clinic on time.

Paulo said, “I followed their advice, and my child is doing well now, unlike in the past.” She continued, “I am very grateful for the assistance from the Mwanzo Bora project for their services that helped to save my child’s life.”

COSITA is helping children just like Lucy all over the region. The group has already reached nearly 4,570 children, and it is now working with four other civil society organizations to reach 5,150 in a single year.

2. PROPER ANTENATAL CARE REDUCES RISK OF MATERNAL ANEMIA

Maternal anemia is a common problem during pregnancy, particularly in developing countries which increases the risk of maternal death. The situation faced Maria Wilson, a pregnant woman aged 28 years old, a resident of Haydom ward; she is pregnant for about eight (8) months now, she started attending antenatal care for the period of four (4) months pregnancy, whereby she was tested for hemoglobin and found with 7.2 g/dl hemoglobin which is low for pregnant woman.

Maria was luck to be visited by one of the Community Health Worker (CHW) for Haydom village when visiting beneficiaries' households, few days after Maria been found with low hemoglobin level. Maria enlighten to CHW her anemia condition, after understanding the Maria's scenario then CHW advised her to consider taking in iron rich food stuff such as meat, fish, eggs and some locally available food like green vegetables, fruits and fruits juices such as rosella as well as taking in FeFo₂ tablets daily after meal during the bedtime as advised at the clinic, in addition she was also advised to abstain taking in food with caffeine as may impede iron absorption.

Maria started taking in iron rich food as she was advised and continued attending clinic, while Community Health Worker (CHW) was taking time to visit and insist her to continue taking in FeFo₂ as well as iron rich foods. When her pregnancy was about eight (8) months (after four months of considering the above advice) she tested again her hemoglobin status and found with 11.8 g/dl which is normal to a pregnant woman.



"Nawashukuru sana watu wa mradi wa Mwanzo Bora kwa jinsi walivyonisaidia kuokoa maisha yangu baada ya ushauri wao wa kutumia vyakula vinavyoongeza damu kama vile Rozela pamoja na vidonge vya kuongeza damu, ushauri wao umenisaidia sana kuongeza damu kutoka 7.2g/dL hadi 11.8 g/dl, nawashauri wanawake wenzangu wajiunge na vikundi shirikishi ili waweze kupata msaada"

Women are encouraged to join peer support groups (PSGs) so that they can easily be reached by Mwanzo Bora Initiatives rather than waiting at their households to be visited by CHWs as they are fewer compared to community they serve.

3. EXCLUSIVE BREASTFEEDING SUPPORTS OPTIMAL CHILD GROWTH AND DEVELOPMENT

Exclusive breastfeeding is still a challenge among the community members in Mbulu, this is according to their taboos and experience from their ancestors, whereby they start feeding their young babies from age of two months by using cow milk, butter, warm water and light porridge as to them this could heal their babies from stomachache (Chango) and prevent frequent cries. Although EBF recommends that no other liquids or solids are given, not even water with the exception of oral rehydration solution, or drops/syrups of vitamins, minerals or medicines for early six months to achieve optimal growth, development and health.

Emiliana Medardi, a 29 years old woman from Hydrom village, she benefited from Mbulu Mwanzo Bora Nutrition Project, after being visited by one of the Community Health Worker (CHW) Ms. Magreth Barabojick from the same village when she was pregnant for about eight (8) months, and her hemoglobin condition was normal as she had 12.0 g/dl hemoglobin. Hence CHW take time to advise her to initiate early breastfeeding after delivery within one hour as well as continue performing exclusive breastfeeding for six (6) months.

CHW continued monitoring her progress even after delivery, and she found Emiliana with her new born, Erick with 3.35kg birth weight and Height of 49 cm. She frankly confessed that, she initiated early breastfeeding 30 minutes soon after delivery and she committed to perform exclusive breastfeeding until her child reach age of six (6) months. Now her child has six (6) months and 12 days, weighs 7.9 kg body weight and 69 cm height.

Emiliana Medardi explaining how healthy her child is after performing Exclusive Breastfeeding for six (6) months, and she started complementation.



“Nilipata elimu ya lishe bora kutoka kwa mhudumu wa afya wa kijiji, nikiwa na ujauzito wa miezi nane (8), alinieleza juu unyonyeshaji wa mtoto kwa muda wa miezi sita bila kumpa kitu kingine. Baada ya kujifungua nilizingatia hayo, kwa sasa Erick ana miezi 6 na siku 12, nimemwanzishia chakula cha ziada, ana afya nzuri na anaongezeka uzito kila mwezi, pia hapati homa za mara kwa mara”

Insisting communities on performing EBF helps to reduce disease incidences and promoting optimal growth and development of the children hence decrease in stunting rate.

4. From Housewife to entrepreneur through sesame farming

Feliki is a youth and woman entrepreneur from Maendeleo farmers business group (FBG) from Majengo village in Babati, she is a mother of two kids. Before joining sesame phase III project implemented by COSITA under Farm Africa via Comic Relief fund, she was just a housewife and depending to her husband for household needs. But after attending a sensitization meeting in the village she met project staff from COSITA whereby they were asked to form groups of twenty five (25) each, she was excited to join the group and she was lucky with the group as she was elected to become a chairperson for her group “Maendeleo” she confessed during the interview with the team.

By engaging in the project, Feliki started sesame farming while considering best practices, she produced almost two bags during the first season, and started value addition activities namely making sesame snacks after attending the training in June 2016, thereafter she decided to establish her hair dressing salon at Galapo from which she get her daily income.

Feliki also uses her extra time to train other farmers on the sesame farming through smartphone, by using Kplus application. She is among the champion farmers trained on the use of Kplus uploaded with modules about sesame farming and she has been able to reach 82 farmers out of her group.



“Two years in the project has changed my whole life. Before joining the project I could not pay for my household consumption and could not even contribute any amount than depending to my husband whose condition have later became worse after getting an accident and get a bed rest for almost six months, but by engaging in the project I lerned value addition activities and I have been making sesame snacks and sell them nearby school, the business from which I generated a capital of Tsh. 425,000/= that enabled me to start a hair dressing salon”

In a normal day, Feliki makes an average of Tsh. 12,000/= which is almost 360,000/= per month, she was very thankful for the efforts made by the project to improve her life, she is eager and would mor ehappy if the project could reach many farmers out of Babati she said.

5. A YOUTH ENTREPRENEUR IMPROVED HER LIVELIHOOD THROUGH SESAME FARMING, THE CASE OF SICILIA NADA.

Sicilia Nada, is a youth entrepreneur, sesame farmer aged 29 years old living in Endadosh Village in Babati district. She is a mother to two children (Baraka aged 6 years old and Saraphina aged 3 years old), her story of engagement in sesame farming goes back in 2011 whereby she started with 1 acre and she was farming in a local way as she was not aware with best practices.

In 2013, Farm Africa through Sesame value chain project phase II conducted a pilot project that needed five people to engage in as champion farmers that were trained on the use of tablets to deliver good agronomic practices to their fellow farmers purposely to test if the technology could work compared to use of demonstration plots as have been done during the phase I and II in Mbugwe area.

By training other farmers she was inspired to expand her farm land hence she bought other 5 acres from which she increased production and built her second house which was at least better from the first one which was roofed by thatches.

After the pilot project ended, COSITA commenced phase III of the project whereby they called sensitization meeting in the village and she joined Upendo farmers business group from which she became a member and started attending training on best practices again but by then her interest was on value addition (making goods from sesame). Thereafter she received the training and she accomplished her entrepreneurship dream.



Sicilia is standing with her children in front of her first house which she built before engaging in sesame farming, the house was in poor condition and thatchesroofed



Sicilia's second house, the one she built while she was in the pilot project. The project was implemented in a single cropping season so she was not able to make much from it.



Sicilia Nada (second from the left hand side) talking to the guests that visited sesame project pavilion during the Agricultural trade show (nanenane) in 2016, trying to explain about sesame products, during the show she exhibited and sold sesame products like snacks, jelly, flour, cakes, and sesame drink from which she made a total of Tsh. 380,000/= as a net profit.



Sicilia standing in front of her new house, it is the one she started building after selling the improved seeds (QDS) to her fellow farmers, she expects to accomplish it after harvest this 2018 cropping season.

In a nutshell, she bought other 15 acres of farm land, and she insists youths and women to continue with sesame farming as they can multiply their income especially when they sell as goods rather than raw sesame.

6. JOINT MANAGEMENT OF HOUSEHOLD'S RESOURCES BETWEEN WIFE, HUSBAND AND CHILDREN TRANSFORMS FAMILY LIVELIHOOD, THE CASE OF AMINA ALLY CHULLO

Since she started engaging in management of household's resources especially income from Sesame farming their income was altered and general livelihood has improved says Amina Ally Chullo aged 38 years old, a member of Upendo farmers' business group (FBG) at Maweni, Endadosh Village in Babati.

Amina started farming sesame for five years ago when she moved to Babati from Kondoa and she has therefore been engaging in sesame as a main economic activity, and she joined Upendo group during the sensitization meetings conducted by COSITA at village levels in October, 2015. She has attended various trainings conducted by COSITA in close collaboration with Babati district council Staff and ward extension Officers on sesame farming especially good agronomic practices (GAPs) namely; farm preparation, use of quality seeds, proper spacing and row planting, timely weeding and thinning, pests management, and post-harvest handling techniques namely; quality in form of purity and moisture contents. After all the trainings along the way, she planted her six acres of sesame and followed good agronomic practices of which she sometimes failed to practice all GAPs in sequence and managed to practice it for only two acres where she harvested approximately 540 kgs of sesame from which she was able to generate Tsh 891,000/=.

"I later on attended financial management skills workshop to women farmers and their husbands, I used to engage in only farm activities and when it comes to the issues of sales I was used to keep myself aside and thinking is men's role and there is the moment where my husband and son sell everything and all money disappear, during the training I noted that women are responsible in solely managing households' income especially the one from sesame" she confessed.

And from that training she came up with a plan on how to manage her household income and made joint plans on their income with her husband and son, she put a plan on house construction and a purchase of solar power set. And later on she supervised the sale of their produces; as a result she bought a solar set (solar panel, battery and bulbs) and convinced her husband and son to make bricks from which family house will be built to improve their livelihood.



Pictures showing Miss. Amina Ally with her husband Mr. Hamadi Ramadhani, the first picture is taken at the old house and second one at their new bricks' house

She was very thankful to COSITA team and Donor as well for various trainings they have been able to receive from as a group, and she advice other women to dare talk to their husbands and try to involve their children on the management of households' resources and plan together on better ways they can spend their income with the main goal of improving their livelihoods.

7. CE'S MODEL TRANSFORMS ENTREPRENEURS' INCOME, THE SUCCESS STORY OF NDEMULIKIWA MBISE

Ndemulikiwa Mbiase, is a female CE aged 45 years old also a Secretary for one of the farmers business group (FBG) at Malangi namely Nivushe. She is a farmer and also an entrepreneur, before attending training on business and market engagement conducted by COSITA in close collaboration with Cooperatives Officers from Babati town council, she used to engage in petty trade in the village, she had her small shop at home and was also buying and selling clothes especially 'vitenge' while she spend a lot of time by visiting the customers at their homes.

The kind of business she used to do was tough and consumes a lot of her time, she was sometimes getting loss as some customers were buying in advance and pay later while some of them were not trustworthy/ truthful. In June 2016 Ndemulikiwa started buying sesame whereby she succeed to buy only five bags from which she generated a profit of Tsh. 20,000/= per bag, she didn't get a national buyer to sign MoU with and she stop buying sesame.

In August, 2016 COSITA linked 7 CEs with national buyer to engage in pigeon peas business, she agreed with MCI Company from Mwanza to aggregate pigeon where she collected 47.114 tons of pigeon and was able to make a total net profit of Tsh. 1,083,622 i.e. Tsh. 23/kg of pigeon and all 7 CEs were able to collect a total of 414 tons for MCI Company. She confess that she is committed to continue with the business and was very thankful to COSITA team and Farm Africa by designing the model as it brings benefits not only to individuals but community as whole as it reduces a long chain between national buyers and farmers, the model has less setback to farmers as CEs uses the inspected weigh scale by weight and measures authority (WMA).



“Kabla ya kupata mafunzo ya ujasiriamali nilikuwa najishughulisha na kilimo cha ufuta na mazao mengine, nilikuwa najihusisha na biashara ndogondogo pia ambazo ni kibanda cha duka na biashara ya kuuza vitenge kwa kuvitembeza kwa kuwafuata wateja katika kaya zao. Changamoto ilikuwa kubwa, baadhi ya wateja hawakuwa waaminifu, wengine walikuwa wanachukua vitenge kwa mkopo na hawalipi kwa wakati, lakini baada ya kupatiwa mafunzo na COSITA na kuniunganishwa na Kampuni ya MCI, nimeweza kununua Mbaazi na kujipatia faida ya shilingi 1,083,622

Competition was very high but she built trust and attracted many farmers compared to other aggregators who were not identified as CEs, as they were suppressing farmers with low price compared to market price, and her weigh scale was certified by WMA, so they were much sure that they sell at market price and actual weight she said.

8. “SESAME SNACKS HELPED ME WITH CAPITAL OF STARTING A HAIR DRESSING SALON AND TRANSFORMED MY INCOME” CLARA TLAGHASI

Clara is one of the farmers’ business group’s (FBG’s) member at Endagile, she has been farming sesame for a long time, but a little bit seriously in 2011. Many people have been engaging in sesame farming in her locality, but they were applying traditional methods of farming like broadcasting while using local seed varieties.

“I started modern sesame farming in 2014, during sesame pilot project in our locality (Endagile village) whereby our group received trainings on good agronomic practices and we had a demonstration plot where we were able to get practical orientations of what have been studied in the classroom and then replicate to individuals’ farms. Again COSITA had chip in through the sesame value chain project were we received training again and had access to improved sesame seeds variety i.e. Lindi 02, and from there I successfully harvested 3 bags equivalent to 270 kgs in 0.5 acre during 2015/16 cropping season as a results of replication of good agronomic practices (GAPs)”.

I am also among few farmers who received training on sesame value addition i.e. making various goods from sesame namely sesame snacks, sesame jelly, cooking oil, sesame tea and sesame fortified flour in June, 2016 where my new route of sesame value addition started. I sold only 1.5 bags of sesame I harvested as row sesame during zonal agriculture and trade shows (Nane-nane) and I discovered that isn’t worth I as could sale sesame snacks, I started making sesame snacks and was selling it nearby primary school in the village and later on get an idea to expand the supply chain to shops at Mamire and Chemchem villages @ Tsh. 500/= per packets of 4 pieces, she said.

“From the business I was able to make a net profit of Tsh. 7,000/= per kilogram of sesame, and this is where I started rethinking to put in action my long term idea of establishing a hair dressing salon as a way to diversify my economy instead of depending on only agriculture and sesame snacks, therefore I started buying equipment like steamer, drier and boll hand drier worth Tsh. 715000/= total. I added capital of Tsh. 672,800/= from dividend I get paid from Village Community bank (VICOBA) where I am also a member, the capital I used top top-up to the salon and some amount to repair my house”.



“Through this hair dressing salon, my income has now improved as I can get an average of Ths. 30,000/= per day, I can easily take care of family than ever before, on top of having this hair dressing salon I am eager to make more improvement as I have a plan make a shelf were I will be able to sell cosmetics, vitenge, bangles and ear rings, and I direct my heartfelt thanks to COSITA and Donor as well for their efforts that attributed to improve my life and my family as well”.