



APOIAR

**WHAT MOVES US**



**APOIAR**  
A FORÇA QUE NOS MOVE.



## APOIAR

APOIAR – Associação Portuguesa de Apoio a África APOIAR is a Portuguese NGO with 23 years of existence that promotes development projects in the areas of Nutrition, Health and Education and Training in Africa.

We have multiple projects implemented in Africa that reached 20,000 families, 10,000 young people and thousands of children.

**We believe in the potential of each child, we work to eradicate absolute poverty in Africa.**

We support children, families and communities to break the cycle of poverty by enabling them to dream, to desire and to reach. We bet on each one's unique ability to overcome adversity, to do a lot with very little. A special force we want you to help us support, so that together we can go further.

## OUR FOCUS



### NUTRITION

Well-nourished children are healthier, more assiduous, and perform better at school.



### EDUCATION

The education of children, youth and adults is the most powerful weapon that can be used to change the world.



### HEALTH

Guaranteeing the health of pregnant, newborns and children is vital so they can reach their maximum development potential in the future.



**What we do**  
Niassa // KUKULA

# KUKULA

The strength of Mozambican school kitchens to nurture, grow and learn

KUKULA is a school meals project that **fight child labor, malnutrition and promotes school attendance and performance.**

KUKULA comprises a **dedicated food preparation and cooking area**, alongside space to store food supplies.

These school kitchens are central to the daily activity of KUKULA and are built to a standard design: a practical block backed by an **ablution facility where children can wash their hands** before meals. Each kitchen is equipped with two economical rocket stoves, cooking utensils and feeding kits.

**A shed is built next door by the community and furnished with tables and chairs to act as a safe and clean canteen for the children.**

KUKULA also includes a **school vegetable garden with a maize field** managed by the community to contribute to the project's sustainability.



**KUKULA promotes a balanced diet as a way to combat malnutrition.** The menu is prepared by APOIAR taking into consideration a) food products available in the local market; b) PRONAE - National School Feeding Program nutrition recommendations; c) children's flavour preferences; d) vegetables produced by the school vegetable garden and ready for consumption in each community.

## Weekly Menu Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Sweet potato with juice or tea				
Lunch	Pasta with lake fish	Nsima with onions and fish	Rice with beans and chicken broth	Nsima with cabbage and chicken broth	Pasta with tomatoes, carrots and kale

## Kukula Kitchen daily routine



A meal at school acts as a magnet to get children into the classroom. And the best is that **the benefits of school meals go beyond the classroom...**

### >> Social protection

KUKULA school meals encourages the participation of children in education and make them unavailable for work. In the long run additional schooling helps break the inter-generational cycle of hunger and poverty by helping children become healthy and productive adults.

### >> Food security

Food security includes both adequate quantity and quality of food. Many of Mandimba's children come from food-insecure households. They are hungry, or at risk of hunger. KUKULA school meals enhances the diet and increases the kilocalories available to a child, being capable of delivering between 32% and 55% of daily energy needs (30% is the target assumed by the School Feeding Strategy of Mozambique) and also protects families' food security in times of crisis.

### >> Enhanced Nutrition

KUKULA not only alleviates child hunger in school, but also enhances nutrition by combining school meals with deworming and micronutrient fortification. This raises the potential to improve a child's health, school performance and educational attainment.

### >> Health promotion

Besides providing daily meals in a safe and clean environment, KUKULA empowers children to healthy practices such as washing hands before meals. KUKULA also promotes bi-annual health campaigns for the anthropometric data collection, deworming products and vitamin A supplementation.

### >> Community empowerment

Schools are the centre of many communities. KUKULA school meals connect teachers, parents, cooks, children, farmers, and the local market. Also food is produced or bought locally, which benefits local farmers and the whole community while enhancing the sustainability of the programme.

# Key Results



**873.122 Meals Served in the last 4 years**

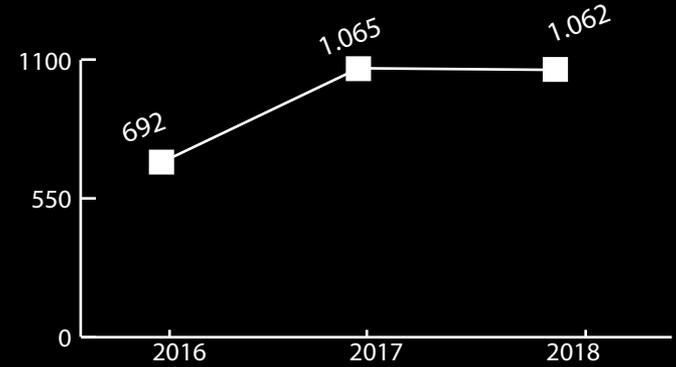


**38% higher attendance rate at KUKULA schools**  
when compared to surrounding schools (2018 data)



**1.290 children dewormed and 303  
supplemented with vitamin A** (2018 data)

**Average Children benefited / day**







**What we do**  
**Sofala // MAYI**



## A reality that we do not accept...

**In Mozambique, every hour, 3 babies die with less than 1 month. 80% of them from preventable causes.**

In the last few decades, there have been many improvements in maternal and child health, but mortality rates, particularly among newborns, remain unacceptably high.

60 to 80% of these deaths occur in low birth weight babies. For those who survive the results are not encouraging: 66% are at risk of irreversible damage to their development due to malnutrition and poverty.

**... 1000 days can define the whole future of a child.**

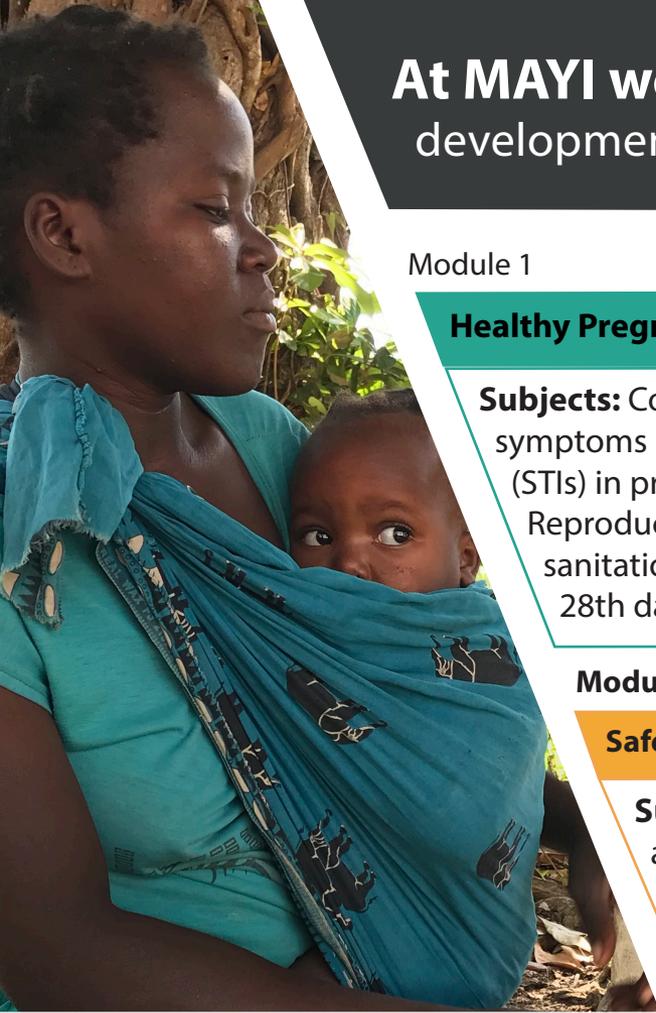
An effective intervention that focuses on improving nutrition and health in the first 1000 days of a child's life - a period that covers pregnancy and the first 2 years of life, guarantees lifelong benefits, helping to break the cycle of poverty.

**Women's education and empowerment are key to changing the destiny of a life that is yet to be born**



**MAYI - Maternal and Child Health & Nutrition Training Academy is a community school for low income pregnant women and mothers with babies up to 2.**

Mission: train and empower participants with the knowledge, tools and network to enable them to protect and care for their babies, so they can reach their maximum development potential.



# At MAYI we train... Healthy pregnancy, safe delivery and baby development!

## Module 1

### Healthy Pregnancy

**Subjects:** Consultation during pregnancy; Advice on pregnancy; Normal and danger symptoms in pregnancy; Baby development in pregnancy; Sexually transmitted infections (STIs) in pregnancy; Pregnancy and HIV; Childbirth; Mother's health after childbirth; Reproductive system diseases; Hygiene of pregnant women; Hygiene and basic sanitation; Nutrition during pregnancy; Essential care after childbirth from the 1st to the 28th day.

## Module 2

### Safe Delivery and Newborn care

**Subjects:** Essential care after childbirth, from 1st to 28th day; Mother's health after childbirth; Problems with the baby; Problems that arise after birth; Breast-feeding; Development of the baby; Baby Weight; Baby hygiene; Pediatric First aids; Vaccination; Family planning; Sexually transmitted infections (STIs); Breastfeeding and HIV; Hygiene and basic sanitation; Nutrition of the mother during breastfeeding.

## Module 3

### Healthy growth and development of the baby

**Subjects:** Development of the baby 0-6 months; 6 - 12 months; 12 - 24 months; Special babies; HIV in infants; Hygiene and basic sanitation; Baby nutrition.

Contents and training of trainers developed  
in partnership with:

# At MAYI we practice...

Once or twice a week there are practical sessions that cover the following topics:



**Cooking nutritious recipes for pregnant women, infants and babies**



**Treatment of the umbilical cord**



**Breastfeeding techniques**



**Baby Bath and Hygiene**



**Techniques for relieving baby cramps**

**SOS**

**Pediatric first aid**



**Psycho-motor stimuli for the development of the baby (0-6, 6-12, 12-18 months)**



**At MAYI we have lunch...** Lunch is guaranteed daily, after the course, to all pregnant and participating mothers and their babies





**At MAYI we give back...** all the participants contribute through give back activities to the project, like the maintenance of the MAYI garden and sewing products in the cut and sew center.

**At MAYI we instruct...** organizing computer classes, literacy and financial literacy.



**At MAYI we celebrate...** All participants who complete the course are offered a Baby Box, the gift that results from the acquisition of positive behaviors for health.



# MAYI in numbers...

**358 registrations**

**226 completed module I**

**16 completed module II**

**192 Baby Boxes distributed**

**14 university trainees from the health area**

**2 children accompanied with Down Syndrome**

**460 sewing pieces made by the participants**



## MAYI in the first person...



**Fátima João Luis, 25 years. Marilu, 6 months. MAYI participant.**

"I started to come to MAYI when I was pregnant ... I came to the lectures, after I finished I got the baby box and then I did not stop because the project goes till the child has two years. From there I always came to have a nourished diet, to go to the garden, to help in some lectures and to participate in the classes to motivate others to open up and to tell more about their experiences ..."

**Alberto António Vasco, MAYI trainer**

"Being a MAYI trainer is very rewarding ... We help mothers care for their pregnancies and for their babies. One of the parts that mothers like best is knowing how to identify symptoms or diseases that are more common in babies. We also help mothers identify things they do not know about as down syndrome or some birth defects. We transmit what we know and take advantage of what they know and correct some things that we think are not good. They take the information we give and spread in the community ... it's gratifying when we hear that a mother did something she learned here at MAYI .."



# What we do

Sofala // APOIAR 100 Limites



The APOIAR 100 Limites is a group of volunteers composed of young Portuguese and Mozambicans whose mission is to support the implementation of APOIAR's projects in partnership with L.Vida Foundation in the village of Dondo, province of Sofala in Mozambique.

The coordinating team is comprised of volunteers who participated in previous editions of this program and who stood out for their mission spirit, management and leadership skills. They are responsible for all the preparation and annual training of the new group of volunteers. Fundraising events were also organized by the group.

Participation in MAYI project

Kook4All Kitchen Dinamization

Maintenance of the shed canteen

Health Centre Painting

Oral Health Support

Holiday Camps

Teenage School

Playground assembly

Improvement of the preschool education curriculum



**Shed Canteen Maintenance**



**Hands Washing Training**



**Oral Health Training**



**Tennage School**

# What we do

## Sofala // Sponsor a Child



**In partnership with F. LVida, APOIAR organizes the Sponsor a child Program. 110 children from Dondo were sponsored in 2018 and their food, education and health expenses were guaranteed.**

### **F. LVida's activities supported by APOIAR:**

**Kindergarten.** For children between 2 to 5 years. Several daily activities are organized for each age group and development phase.

**Open door.** It functions as a Children's Activity Center for former students of F. LVida. In addition to access to daily meals, they also participate in the Reading Corner, Computer Center for children and several other educational games.

**Cutting and Sewing Center.** Jojó is the couturier responsible for developing the Alma Africana product line of F. LVida. The products are then commercialized in Portugal. Revenues from the sale of these products revert to F. LVida's refectory.





**What we do**

Maputo // Apoiar Campeões

APOIAR Campeões (Champions) begins with the biweekly distribution of snacks to children who play in rugby tournaments and live in contexts of vulnerability in the urban and periurban neighborhoods of Maputo.

In 2019 it will be created the Champions Academy to give power to these children who want a better future. We want to ensure that these rugby players have a greater permanence and success in school and a life plan as professionals and active elements of the community.

Twice a week, the children get together to play rugby and develop their school related skills and prepare their life plan.

Rugby Trainers are the role models to these children and they serve as mentors to a group of 30 children.





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