

Permaculture and Nutrition Training 2022

PERMACULTURE AND NUTRITION FOR SUSTAINABLE COMMUNITY FOOD SECURITY

Where & When?

November 6th -13th, 2022

BOMANOMA ECOLOGE –MASAAI MARA (NAROK)

(15 min drive from Narok Town, towards Ewaso Ng'iro in the Oleleshwa)

Who are the organizers?

This training is organized through partnership of Agro-ecological civil society partners namely

CADIF KENYA- www.cadifkenya

PELUM KENYA- www.pelumkenya.net

Sustainable Village Resources (SVR) www.sustainablevillageresources.blog.com

Nashipai Maasai Community Projects – www.nashipaikenya.org (Bomanoma Ecologe)

What will you do?

7 days full of

- Connecting with nature, yourself & like-minded people
- Acquiring a life changing life skill and experience in Monitoring & valuation for Permaculture and Nutrition projects
- Learning from Case studies on Permaculture design for Ecological Restoration
- Breath-work & meditation
- Active learning through hands-on activities
- Eating amazing & nutritious food with amazing Maasai cultural experience

- **What is the issue?**

The 2nd and 17th goals of sustainable development goals are to end hunger, achieve food security and improved nutrition, and promote sustainable agriculture. This means that there is a need to evaluate the ways in which we grow, share and consume food globally. There is need for nutritious food that is grown through sustainable means that protect the environment, generate decent incomes and support people-centered development (The United Nations, 2015). This works towards eliminating both hunger and poverty and sustainable agriculture which is a cornerstone to food and nutrition security. This upcoming professional development course intends to train Trainer of Trainees in Permaculture Design and Nutrition with key focus in monitoring & Evaluation. We shall target people that works with women and youths in vulnerable communities and particularly women with children below 5 years in rural areas to adopt, practice and promote Permaculture design systems based on family nutritional needs. The trained will then develop action plans for further training of the community in selected partners working areas.

- **What will you learn?**

Training Objective: Strengthening Capacity of Agro-ecologist to mainstream Nutritional Security, Monitoring and Evaluation in Permaculture Design.

Target Participants:

Permaculture Practitioners, Nutritionist practitioners, NGOs/ CBOs staffs, social workers, volunteers, technical person working on Permaculture and Any other Agro-ecological projects member.

The training will have the following planned outcomes:

- 1) Participants developed a more comprehensive understanding of Permaculture, Nutrition and evaluating impact of Permaculture design
- 2) Participants start using Permaculture in their own life, towards creating a more sustainable healthy lifestyle.
- 3) To understand how to apply Permaculture design to both land-based and non-land-based eco systems design
- 4) Develop Monitoring and Evaluation plans and tools for the new and existing Permaculture projects with inclusion of Nutritional security.

In addition, longer term aims

- 5) To use Permaculture ethics, principles and design tools to create sustainable food systems
- 6) Strengthened Permaculture network in Kenya to mainstream Nutritional security in their farm design process
- 7) Nurture the future of local small holder farmers with practical methods of food production and Nutrition basing on Permaculture design methods for sustainable food security.

Outline of 7-day training programme.

Assume 4 daily sessions of 1.5 hours with at least 1 practical or local visit each day

Evening: Contributions from participants/ films/ slide shows / group work

Training Time Table

Sunday 6th Nov 2022:

Arrivals at the Training Site for the full board, introductions to each other and the site tour.

Monday 7th Nov 2022:

1. Refresher on Permaculture Principles and Ethics (Caleb and Steve)
2. Improving Soil nutrient in permaculture practical approach (Steve and Caleb)
3. Permaculture Principles applied to Monitoring and Evaluation (Anne-Marie)
4. Basics of Nutrition: types, causes and consequences (Anne-Marie)
Exercise on causes of Malnutrition in the local context (participants)
5. Practical Field Exercise – identifying species diversity on the site (farm visit)
6. Drawing up problem and solution trees for Nutrition. Sources of nutrition data (use of Demographic and Health Survey data) (Anne-Marie)

Tuesday 8th Nov 2022:

1. Introduction to Nutrients and Food – where to find the essential nutrients and their functions (Anne-Marie)
Nutrition from farm to fork including food processing – examples from Kenya
2. Caring practices and Nutrition – a key underlying cause (Anne-Marie) Health and Nutrition in Kenya
3. Local indigenous food examples and nutritional value including a local walk
How to establish a diverse nutrition garden with practical session on site.
4. How to think about MEL -who should be involved and why Stakeholder exercise.
(Anne-Marie)

Wednesday 9th Nov 2022:

1. Basics of Monitoring, Evaluation and Learning (MEL) (Anne-Marie)
Discussion of MEL systems in the group – what are MEL systems in place in the group? (Participants)
2. An exercise on developing a Theory of Change for your project based on Objectives and Activities and Problem and Solution Trees. (Anne-Marie)
3. An introduction to Qualitative and Quantitative methods and designing a questionnaire (Anne-Marie)
4. Exercise on interviewing local stakeholders (Participants)

Thursday 10th Nov 2022:

1. Introduction to ‘Nutrition Enhanced Permaculture Design’ (NEPD): how to improve your project for Nutrition outcomes (Anne-Marie)
Exercise on NEPD (Participants)
2. Report back on NEPD and discussion – input from local Permaculture Designers (Caleb? Others with local knowledge)

3. Practical exercise on the site
4. How do we evaluate for Nutrition impact? What are some Nutrition indicators?
(Anne-Marie) The example of the Himalayan Permaculture Centre Nutrition design and evaluation (Anne-Marie)

Friday 11th Nov 2022:

1. Sustainable Diets – what are the principles and how can farms build sustainable diets
(Anne-Marie) Exercise on Sustainable diets (Participants)
2. How to assess Food Security (Anne-Marie plus local expert on Kenya)
How to assess Nutrition per Acre and Farm Diversity. (Anne-Marie)
3. Introduction to quantitative Survey design and analysis (Anne-Marie)
4. Survey practical with local stakeholders(Participants)

Saturday 12th Nov 2022:

1&2 Group work on Monitoring and Evaluation plans for individual projects
3&4 Presentations of each group on their M&E plans
Any other business, questions and answers, discussion
National Park Tour
Dinner Galla and Cultural Dance

Sunday 13th Nov 2022:

Feedback, final remarks
Certificates
Departure

FACILITATORS



Lead Trainer- Anne-Marie Mayer

Anne-Marie Mayer is a Nutrition Consultant with extensive experience on links between agriculture and nutrition, particularly in the Global South. She has worked in academia, non-government other international organizations on research, design and documentation of programmes and policies involving nutrition. She has a PhD in international nutrition with epidemiology and soil science from Cornell University USA and a particular interest in nutritional quality of foods. She studied and taught Permaculture Design in the 1990s and applies the principles of Permaculture Design to her work in International Development. She is Nutrition lead for the new Permaculture Evaluation Toolkit' project with the Schumacher Institute. She conducts training programmes on Nutrition for farmers and other groups.



Mr. CALEB OMOLLO:

We have been inspired by **Caleb Omollo** since the beginning of our journey to regenerate our environment, and his driven personality to make the world a better place has really touched us. Today Caleb is not only a renowned trainer, a friend of nature but also our mentor of Climate conscious Farmers and individuals in East Africa. He has keen interest in Syntropic Agroforestry and designs. Caleb Omollo is the founder and Director at Sustainable Village Resources (SVR). A food forest Advocate and Permaculture trainer with over 10 years experience in Permaculture Design projects. He holds Bachelor of Science degree from State University of New York at New Paltz New York from 1980 to 1983. He has a number of YouTube channels on Syntropic Agroforestry in Kenya.



Mr. Steven Otieno

Steve is a young Permaculture enthusiast; Director of CADIFKENYA a nonprofit organization promoting Health, Education, Conservation and Volunteerism. He does consultancy under Permaculture Associates, which aim to produce a safe, quality food supplies, nurture and protect the environment, provide access to Permaculture experts via training and workshops to enhance social and community food security.

The Training Host



Our Host will be **M/s. Ntiankiki Selina**, a gender advocate and Permaculture expert from Maasai Community. She is the founder of **Nashipai Maasai Community Projects** which is an umbrella organization with seven local community women groups, three youth groups and one men's group. She is also the proprietor of Bomanoma Ecolodge that will be providing training venue to participants

Facilities- Bomanoma Ecolodge – www.bomanoma.com .

The course will be hosted by **Bomanoma Ecolodge** in Narok. **Bomanoma** is Africa's ultimate eco-lodge, with organic farm, and digital nomad oasis nestled in the heart of the Great Rift Valley - where traditional Maasai culture meets modern regenerative agriculture and ingenuity. The center is significant because it showcase the power of permaculture in providing abundant food, regenerative of dry grassland ecosystem and changing the culture of nomadic life to Agro-ecological practice. The Maasai are nomadic pastoralists that traditionally have no knowledge of agriculture so sponsoring more to train in regenerative practices would have long term conservation impact.

Training Cost

We are able to provide the 7-day long course including activities, food and campsite facilities for a contribution of **KES 35,000 (\$350)** per person full board. This include Full board accommodation, Food (bed, Breakfast, 10 o'clock tea with snacks, Lunch, 4pm Tea with snacks, super) learning materials, practical tools, nature expedition to Maasai Mara National Park, and certificate of participation

For Half Board that will benefit mostly Maasai community participants will be **KES 20,000 (USD\$ 200)** for 7 days. This include Food (Breakfast, 10 o'clock tea with snacks, Lunch, 4pm Tea with snacks) learning materials, practical tools and certificate of participation

If the course has to be canceled you will be refunded or credited for another date, the choice is up to you. To confirm your registration, a 50% of the total amount needs to be paid before 1st November 2022 and balance paid on before due date or arrival.

SPONSORSHIP

We are seeking for individual sponsorship to enable 20 Maasai Women, Youths and other needy member of community based organization in agroecology to attend this innovative Permaculture, M&E and nutrition training.

Sponsorship Level and Benefit

Cooperate Gold Sponsor: This is organization or company that wishes to donate a lumpsum sponsorship amount for entire training. We will acknowledge your cooperate sponsorship in our entire training document, have your logo in all our event banners ,receive training report, and follow up report as well as we ensure your have personalize thank you letter from organizing committee .We will respect if you wish to remain anonymous in your sponsorship package.

Cooperate Silver sponsorship: - This is organization or company that wishes to sponser a number of participants through a lumpsum sponsorship amount to attend the training. We will acknowledge your cooperate sponsorship in our entire training document, have your logo in all our event banners ,receive training report, and follow up report as well as we ensure your have personalize thank you letter from organizing committee .We will respect if you wish to remain anonymous in your sponsorship package.

Individual Sponsor: We will acknowledge your individual trainee sponsorship in our entire training document, receive training report, and follow up report as well as we ensure your have personalize thank you letter from individual's you have sponsored. We will respect if you wish to remain anonymous in your sponsorship package.

Local Travel Sponsorship: We are seeking for funding to support few locals Maasai to attend the training, will acknowledge your individual travel sponsorship in our entire training document, receive training report, and follow up report. We will respect if you wish to remain anonymous in your sponsorship package

Event Galla Dinner sponsorship: We will host Galla Dinner with local opinion leadership of the Maasai community and participants. We are sponsorship dinner sponsorship of KES 30,000 (\$300) for this one off event.