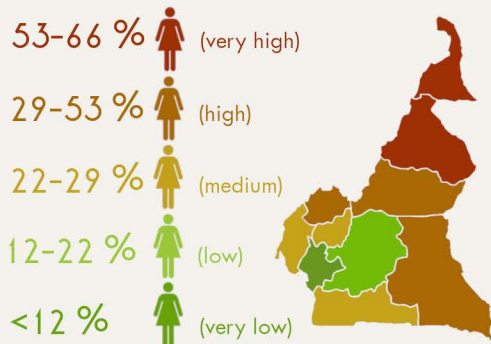
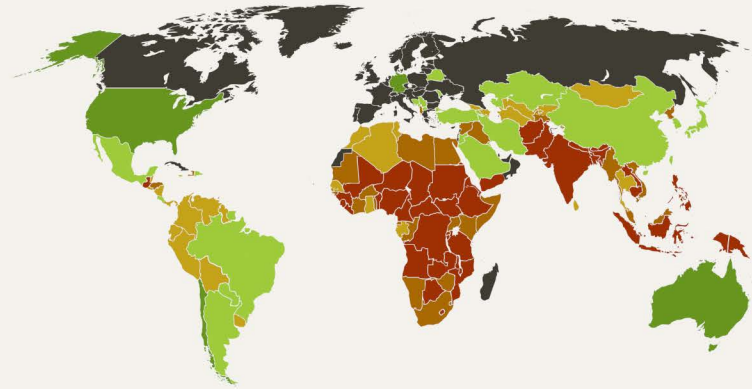


McGovern-Dole International Food for Education and Child Nutrition Program 2015-2018

Worldwide, undernutrition during pregnancy, and in the first 1,000 days of life is a leading cause of stunted physical and mental development. Undernutrition in school-age children is a significant obstacle to education in Cameroon.

Poverty, poor agricultural practices and lack of nutrition education contribute to poor learning outcomes in Cameroon.



Percentage of children under 5 who are stunted, 2017
Source: UNICEF, WHO, World Bank Joint Child Malnutrition dataset, May 2018

Percentage of Cameroonians living below the poverty level. 2017 data, targetmap.com



Life is hard for us and an opportunity for a meal in the school everyday for the children is heaven-sent.

-Lidwina Fanka, MGD volunteer cook, mom of 3.





LIDWINA'S STORY: COUNTING COLORS

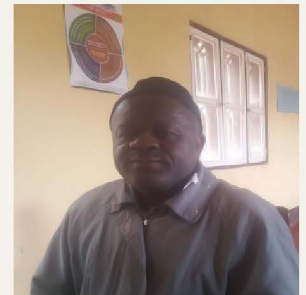
Lidwina Fanka, a 40 year old mother of three children, is a volunteer cook at CBC Romkong and a recipient of USDA-funded McGovern-Dole program training on safe food preparation and storage practices. She learned color counting from her daughter, who attends CBC Romkong which utilizes color counting in its implementation of the McGovern-Dole Food For Education Program.

“**...one day, my 9 years old daughter came back home from school and when I gave her food, she started doing something strange – she began counting the colours of food in her plate. I thought she was crazy or not hungry, so I asked her to stop playing with her food and eat. However, she told me it is her teacher that taught them to be counting the different colours of food in their plate. That it was good to have at least 4 different colours – that it helps balance the diet.**”



GENESIS NSALAI

Mr. Genesis Nsalai, the Pedagogic Advisor for primary education in Bui, who benefitted from the workshop on best nutrition practices, is a community advocate for having at least 4 colours on the plate.



“**In all of my life, I had never paid much attention to what I ate except too much salt. Counting food colours during a meal has made eating exciting even at my old age...I now eat every meal with a fruit... I feel my system renewed and my stamina improved.**”