

## Three Day Permaculture Nutrition Training

### Objectives:

- To give a participatory understanding of Permaculture Nutrition, its implementation, and its impact on community health and sustainable development in Malawi, especially in the areas of child health and HIV/AIDS.
- To give the participants an overview of the current food/nutrition security situation, barriers to change, solutions to current problems, and strategies for improving community health

### Competencies:

By the end of the session, the participants will be able to:

- Describe the basic principles of Permaculture
- Identify 3 reasons that nutrition is an important part of living healthy
- Describe how Permaculture principles can address issues of HIV/AIDS
- Name the six food groups that Malawi currently uses and explain why it was changed from three groups
- Understand the role that indigenous plants can play in improving human nutrition
- Identify the importance of using local resources and their importance to sustainability
- Describe at least two challenges/barriers to using local resources
- List the seven components of a guild and how they can be used to improve food security
- Demonstrate practical ideas for implementing Permaculture Nutrition activities in Malawi

## Day One

**8:30am-10:00am**

Introductions and logistics/schedule

- I. Sustainability (15 minutes)
  - A. Sustainability is...(activity w/group discussion)
- II. Hungry Season Factors
- III. Current situation in Malawi
  - A. Cycle of Dependency (25 min)
    - a. historical perspective
    - b. current food/nutrition insecurity situation
  - B. Cycle of Better Living (25 min)
    - a. solutions for breaking cycle of dependency
    - b. tapping into Malawi's potential
  - C. Current Meal Vs. Better Meal (25 minutes)
    - a. nutritional differences
    - b. six food groups vs. three

**10:00am-10:30am** Natural Tea Break

### **10:30am-Noon**

- I. Importance of using local resources (25 minutes)
  - A. tie-in to sustainability exercise
  - B. low-to-no input
  - C. adaptability, resistance, food/nutrition security, and yields
  
- II. Barriers to use of local resources (25 minutes)
  - A. Stigma on local foods
  - B. Loss of indigenous knowledge
  - C. Mixed messages from leaders, NGOs, donors, etc.
    - a. maize aid vs. food aid
    - b. subsidies and starter packs
    - c. hybrids and GMOs
  
- III. Local Food Display (40 minutes)
  - A. Local food resources
  - B. Six food groups
  - C. Income generating ideas
  - D. Preservation/Storage
  - E. Seed Collection

### **12:00-1:30pm Lunch**

### **1:30pm-3:00pm**

- I. Introduction to Permaculture (30 min)
  - A. What is it?
  - B. Where did it come from?
  - C. How can it help Malawi?
  
- II. Nature cycle (30 min)
  - A. What comprises the nature cycle?
  - B. What's happening here?
  
- III. Nature Cycle Activities (30 min)
  - A. Cycles of nature activity sheet
  - B. Circle of Life activity

### **3:00pm-3:30pm Natural Tea Break**

### **3:30-4:30 Nature walk (one hour)**

- A. Introduction to natural systems

## **Day Two**

### **8:30am-10:00am**

- I. Introduction to nutrition (30 min)
  - A. Why we eat the way we do
    - a. knowledge of healthy eating

- b. nutrition myths – double bananas, lemons dry blood, sobo builds blood, etc
    - c. agriculture / environment
    - d. culture – father first & best, children last & worst
    - e. diseases – cycle of malnutrition, especially with HIV
  - B. Nutrient Village
  - C. Protecting & improving nutrient value
- II. Planning Ahead (30 min)
  - A. Year-round availability activity
- III. Permaculture for disease prevention & care—HIV/AIDS (30 min)
  - A. Nutrition for disease
  - B. Modern agriculture vs. Permaculture (chemicals, labor, nutrients, etc.)

**10:00am-10:30am** Natural Tea Break

**10:30am-Noon**

- I. Soil (45min)
  - A. What is it?
  - B. How can we protect and care for it?
  - C. Composting and mulching
- II. Water (45 min)
  - A. The four “S’s”
  - B. Harvesting and managing

**12:00-1:30pm** Lunch

**1:30pm-3:00pm**

- I. Trees and perennials
  - A. Importance and uses
  - B. Food/Nutrition security (droughts, year-round etc.)
  - C. 6 food groups
- II. Seeds
  - A. Importance and uses
  - B. Harvesting and storage
  - C. Planting

**3:00pm-3:30pm** Natural Tea Break

**3:30pm-4:30pm**

- I. Tour of Never Ending Food Continued

**Day Three**

**8:30am-10:00am**

- I. Introduction to Guilds (45 min)
  - a. What are they? (food, groundcover, nitrogen fixers, climbers/supporters, protectors, diggers/miners)

- b. What are their benefits?
  - c. How are they implemented?
  - d. Guild activity
- II. Guild Activity (45 min)

**10:00am-10:30am** Natural Tea Break

**10:30am-Noon**

Field Visit to Chitedze Permaculture Demonstration Site

**12:00-1:30pm** Lunch

**1:30pm-4:30pm**

- I. Practical Application Ideas and Hands-on
- II. Wrap-up and Taking It Home