

Celebrating the impact of Send a Cow Zambia

Transforming the lives of 39,500
people and protecting the planet

2004-2022*

*Send a Cow has been working in Zambia since 2004, initially through a partnership with Heifer International before independent registration in 2013



sendacow.org

Send a Cow is a charity registered in England and Wales (299717) and Scotland (SC049792) which is a company limited by guarantee (02290024).

A history of Send a Cow Zambia

Send a Cow Zambia (SACZ) has worked in the Eastern Province where 78% of people are classified as 'poor', compared to a national average of 61% (2017).

Reliant on the land for survival, families lack proper nutrition, with many experiencing more than three hunger months per year, and ratios of stunting as high as 52% among children between 3 and 59 months.

Women and girls, who shoulder the burden of household responsibility for food and income, are particularly marginalised.

Over 18 years, SACZ has transformed the lives of 39,500 people through our integrated training in sustainable agriculture, gender and social development, and business skills.



"Everything in my house is paid for by my garden."
– Wise Mwale, Hope Means Future project participant

Key Projects

Hope Means Future (HMF), Petauke

2016-2022

This three-stage project with the Ongolwe Women's Development Association (OWDA) increased land productivity and improved animal management.

As the women implemented the training in their homes and farms, the lives of their children and wider families also transformed. They passed seedlings on to other families in the community, and will continue to share their skills following project completion, with the support of Peer Farmer Trainers and local community organisations, such as the Farmer Organisation Support Programme (FOSUP).

In addition, funded by the innocent foundation, we partnered with 500 households to deliver Push Pull technology and increase maize yields for food security and income [see overleaf].



**Integrated Scaling-Up Nutrition (ISUN),
Luangwa, Rufunsa, Kafue and Shibuyunji**

2017-2021

Funded by the EU, the objective of this joint-project with Village Water Zambia was to reduce maternal and child malnutrition by promoting healthcare, increased agricultural yield, and improved water, sanitation and hygiene (WASH) for women of a child-bearing age. SACZ set out to increase food security and dietary diversity through a farm system approach.

**IDEAL Gender and Nutrition Research
project, Shibuyunji**

2020-2021

This research project assessed the effectiveness of Send a Cow's Transformative Household Methodology (THM), a gender-equality practice to facilitate changes in household decision making, plus behaviours and attitudes relating to equitable food and nutrition consumption.

THM supports families to identify the barriers to equality that they're facing, triggering change by engaging men, women, girls and boys. It was funded by a USAID IDEAL micro-grant, through Save the Children US.



The future

Send a Cow's 2030 strategy led us to re-evaluate how and where we work, highlighting the opportunities for greater partnership working. Collaboration with local organisations offers long-term sustainability, while purpose-driven partnerships add value over and above what Send a Cow could deliver alone.

The need in Zambia is great; but as Send a Cow's smallest and most remote country programme (sitting outside of east Africa), the strategic decision was taken to close our current Send a Cow Zambia programme when the current projects came to a planned end.

In order to ensure lasting change, we have formed a partnership with the Zambian Rainbow Development Foundation (ZRDF) who work with 90,000 people in rural Africa. With shared vision and values, this partnership will allow us to continue working with, and raise funding for, communities in rural Zambia.

Ireen Mwanza, Peer Farmer, said: "It is now my time to put these methods I have learnt from Send a Cow into practice. I will also continue to teach others how to go about different methods of farming. Therefore, I will continue to use the service skills that I have learnt."



1) Farming the land: Families are healthy and food secure

SACZ's agricultural trainings have helped farmers discover the variety of resources in their surroundings, despite land degradation and vast deforestation. Improvements to soil fertility and the sustainable management of natural resources has given communities confidence that their land will provide the food and nutrition they need.

At the end of the ISUN project, **82% of the women and children were able to eat two or three meals a day** for much of the year. Their diets improved, from consisting solely of maize to incorporating a variety of legumes. As their dietary diversity was increased, their families' nutritional needs were met.

In our HMF project, **the level of confidence in the land at project completion was 77%** compared to 43% at baseline. With diversified crop and animal production, smallholder

farmers have increased both food and income security. **Crop production rose from 28% to 87%** as farmers diversified, mainly into groundnuts and sunflower production.

During the evaluation interview, some farmers indicated that they still face a risk of low food intake during the months of January or February before their fresh crop is available, as food preservation is still a challenge. However, the trainings on a mixed farming approach have helped most families reduce their hunger months from an average of six to one month per year.

Climate shocks have been one of the greatest challenges to the sustainability of project participants' progress: these can quickly degenerate the growing and income potential of vulnerable families. Send a Cow has always worked with communities to build climate resilience and protect natural resources. **The use of agroforestry is highly effective and in the HMF project, 58% of participants were using this**

method compared to only 10% in 2016. Farmers, for example, have taken up the planting of trees such as grilicedia for nitrogen fixing and use as green manure.

Alice Lungu, HMF project participant, said: "I was farming just to eat with my family and it was enough, but now I have a high yield and income from sales. Now, after selling my crops I am able to pay some school fees".

Crop production has faced the challenge of pest infestation, particularly from Fall Army Worms. To counter this, Send a Cow, with funding from innocent foundation and technical support from Total Land Care, embarked on a project implementing Push Pull technology alongside an initial 500 farmers.

"This technology is working. Once the desmodium and bracharia are established, I will have no challenges of this pest," said Wise Mwale, a project participant.



Push Pull technology

In this pest-control technique, farmers intercrop their maize with desmodium and plant napier grass around the plot. The pests are repelled by desmodium and attracted to the napier grass, which is naturally sticky and traps them. The desmodium roots stop the striga weeds attaching to the cereals, causing them to die off.

It's simple, cheap, natural and effective, and means that farmers no longer have to buy expensive pesticides. Not only this, both desmodium and napier grass provide quality fodder for livestock.



2) Including everyone: women and marginalised people have a greater voice in their homes and communities

In all our projects, men and women are encouraged to work together, sharing workloads and decision-making more equally, resulting in greater collaboration, respect and harmony. We include everyone, extending our reach to people of different needs and abilities and across the generations, so the whole community has the opportunity of a better future for themselves and their families.

Key to SACZ's training was the use of the THM tool. At the start of the HMF project only 45% of women were involved in joint decision making in their household. Today 80% of women are actively involved in making decisions about land use, agricultural activities and household expenditure. The IDEAL project led to: more

families reporting equitable sharing of nutritious food and joint decision making; more families eating together; and men participating actively in household food and nutrition practices such as buying food, cooking and collaborative decision making.

Anne Tembo, the cluster level secretary for Mumbi, said: "We have seen a number of vulnerable women who have managed to build their own houses to take their children to school. They have also developed in terms of businesses such that their standard of living has improved".

3) Business skills: families are income secure and self-reliant

Fundamental to SACZ's work is that once families are food secure, we encourage and facilitate farmers to develop enterprises of their choice. By diversifying their income sources, they have improved economic resilience and greater control over

their futures.

At the start of the HMF project, 93% of the households lived below the poverty line of \$1.25 a day. Today 80% of families are confident that their farms will meet their nutrition and income needs, while 50% of the project participants are earning over \$4 a day. Apart from selling part of the farm produce, we have noted a record high in terms of people engaging in Village Savings and Loans groups, which allows farmers to invest and build their enterprises.

Ireen Mwanza, Peer Farmer HMF, said: "The change in agriculture yield translated into change of income. I opened up an Agro-Shop to supply different seeds to my community so much that I am now able to take my children to school by paying school fees and other requisites".

Thank you to donors and partners:

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Thank you to Send a Cow Zambia staff

It has been a wonderful journey working with Send a Cow. The experience reminds me of my own childhood living in the rural area struggling with all the challenges of rural livelihoods. I was attracted by Send a Cow's farm systems approach with its integrated components of gender and social inclusion and business enterprise. Send a Cow is truly a holistic transformer of rural livelihoods! – White Mwale, Country Director, Send a Cow Zambia

