



community agriculture and environmental protection association – **cameroon**

nutrition and health environments for women & girls

Issues affecting women in their child-bearing years have a direct impact on the nutrition and food security of the entire household, and collecting baseline data will help inform CAEPA's interventions in these areas. CAEPA will monitor undernutrition through a gender-specific lens. Understanding dietary patterns, such as who eats what and when, is vital to uncovering differences between members of the household.

Other issues that have a detrimental impact on the nutrition and health of women and their families are food and water-borne illnesses, and vitamin deficiencies during pregnancy and among children under the age of 5.

CAEPA will support 50 women or more in establishing their own home gardens, supported with improved seeds; as well with workshops on integrating household waste management, including compost production to increase garden output; and repurposing materials such as tires in home gardens.

CAEPA will also plant 6 school gardens in boarding schools and orphanage-run schools with nutrient-dense food crops to increase school-going children's access to diverse food sources.

Additionally, women will be trained not only on how to use improved clay stoves (dramatically reducing the amount of wood fuel required to cook), but also how to build, market, sell and distribute them at a household level. This is expected to reduce the fuel-collection burden of women and promote sustainable business development among women. Building on CAEPA's ecological profile, CAEPA will also work with 2 or more community groups to salvage and recycle plastic, paper, glass and metals (aluminum and steel), to be further processed as local construction materials. This activity is expected to reduce the adverse environmental impact of non-renewables on the ecosystem.

In July of 2013, CAEPA conducted a climate change survey in Mbelewa, Mbesi and Menda. These communities identified many sustainable development challenges, one of which was water scarcity. CAEPA seeks to address water scarcity in these communities through increasing women and girl's access to water.

This is because the access that women and girls have to water has an impact on their daily life and the wellbeing of their families (owing to their water-gathering responsibilities; their engagement in domestic activities involving water, such as bathing children, washing clothes, and cooking and cleaning; their contributions to growing crops and taking care of livestock; as well as taking care of oneself during menstruation and the post-natal period). It is also a compounding factor to girl's access to education.

CAEPA will engage these communities in water and sanitation resource mapping to identify a total of five schools for borehole construction and sanitation improvement. This is expected to lessen the water-gathering burden of school-going girls.

Water management committees will be established to report to and work with local government ministries, and to maintain and monitor the borehole construction.

A network for water catchment protectors' and local water governance committees in Balkumbat, Bali Gashu and Bali Gansin will continue to engage in behaviour change communication to improve the management of select catchments in the North-West and South-West regions. Moreover, CAEPA will support household rain water harvesting in Mbelewa to supplement water provided by the **Mile 4** water catchment, which provides water to some residents and not others.

CAEPA's has successfully engaged women in micro-credit schemes, and will continue to engaging women as well as girls in income generation activities through girl's eco-innovator school clubs where girls will learn how to run their own eco-businesses.

Each club will be paired with local mentors, and will be engaged in business development learning that contributes to eco-innovation, such as solar energy; bicycle repair; soap making; making and selling/ distributing sanitary napkins; used clothing sales, etc.

helping families thrive in sustainable communities

