Wesbank Masilimeni ToT Session 1: Outline 2016-05-29

# SESSION 1: KZN: Nutrition, processing, Village levels savings and credit groups

CONTENTS OF SESSION 1:

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| **THEME** | **TOPICS** | **PRACTICALS** | **MONITORING** |
| Nutrition and value adding/ processing  2-2,5days  **KITCHEN** | \*Go, grow, glow food  \* Vitamins linked to traditional foods  \*Malnutrition and symptoms  \*What’s on my plate  \* Recipes and ingredients  \*Drying (drying frame, blanching)  \* Food preservation; sugar, salt, vinegar  \*Interesting foods; traditional recipes | -Nutrition gap analysis  -What’s on my plate  -Gardening diversification including legumes and fruit  -Cropping calendars  -Monitoring exercises  -Preparation of nutritious snacks  -Blanching and drying  -Ibece jam  -Sweet potato bites  -Piccalilli or atjar *Orange fleshed sweet potato course, ibece, different seeds for diversification*  -Workshop agenda | Weekly diet and meals charts  Gardening monitoring forms  Dietary diversity score (DDS)  Local facilitators  *Nutrition (WRC)*  *Value adding manual (EFSP)*  *Traditional food prep (EFSP)*  *Trad Food DVD (EFSP)* |
| Marketing and small business development  2,5 days  **INSIDE VENUE** | \*Small enterprise development  \*Start up and budgeting  \*Marketing  \*Savings and credit groups (VLS groups)  \*Case studies | -Develop a process of setting up a VLS group  - Analysis of savings and expenditure on household level  -Budgeting and pricing exercises  -Workshop agenda | Resilience index  Cost- benefit analysis  Business plans, budgets  Small business training and VLS groups *Information from: Mahlathini, StratAct, VLS* |

# Outline

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| **Time** | **Theme** | **Materials** | **Prep and comments** |
| **Day 0: Arrival in PMB: Sunday pm** | | | |
| **DAY 1: Monday am-pm** | | | |
| **8.30-10.30am** | Programming: Outline of Masilimeni programme design; farmer registration, baselines, local facilitator JD’s, learning groups, areas, villages, DDS and Resilience index…**INPUT VELELO**  **-**Exercise in choice of areas, villages, per site | -farmer registration forms  -baseline interviews  - Local facilitator JDs  -DDS and RI | -Velelo; prepare forms for all participants- p copy –  -Velelo; files for all documentation for ea participant |
| **11:00am- 1pm** | Dietary diversity …..**INPUT VELELO** | -Do practice run of interviewing |  |
| **2-3pm** | Training frame work-Outline and a list of modules |  |  |
| **2-4pm** | - Introduction to Nutrition; Go, grow, glow food, Food based dietary guidelines, Vitamins linked, Malnutrition and symptoms, What’s on my plate…**INPUT ERNA** | - Nutrition colour plate  -What’s on my plate  -Nutrition monitoring forms (meals in household)  -Vitamin tables- | -Erna: P copy section of Homestead manual, visual aids, sections of trad foods. Also farmer handouts |
| **DAY 2: Tuesday** | | | |
| **8.30am-10.30am**  **11:00am-1pm** | - Nutrition gap analysis exercise Gardening for nutrition – continuity and diversity ppt on nutrition, gardening – continuity, diversity (Planting seed in trays- prep of growing medium)…  **INPUT ERNA**  - Exercise on potential new crops to introduce | - Cropping calendars  - Gardening monitoring forms  Dietary diversity score (DDS)  Local facilitators | - Erna; Examples of seeds, foods etc (tree tomato, fennel, legumes, millet, OFS  -seedling trays, growing mediums… |
| **2-4pm** | -Traditional foods; Exercise- list per area most common ones grown , where seed or planting stock is obtained, local storage, processing sales…..**INPUT ERNA (ppt)**  -Trad food DVD  - Basic processing, and value adding. | -Trad food visual aids, plates,  -examples of seed, planting stock | -Erna: Drying frame – vegies for blanching and drying, visual aids  -Erna: P copy facilitator handouts and farmer handouts |
| **DAY 3: Wednesday** | | | |
| **8.30am-10.30am** | Welcome and introduction, expectations  Matching grants, loans, savings groups -**INPUT VELELO**  Review knowledge about stokvels/savings groups. Group establishment. PowerPoint Presentation: Overview of the financial services….**INPUT NQE** | -handouts for setting up groups, rules and roles |  |
| **10.30am- 1pm** | Overview of different approaches to savings. PowerPoint Presentation: The recommended approach…**INPUT NQE**  Plenary discussion. Introduction of tools (kit and form 1 to 4) | - Different forms- exercise in how to fill out forms and related facilitation processes | Forms 1 to 4  10 samples of a transaction books  A5 minute book   * Stamp pad   Blue ink for stamp pad, Star-shaped stamp  Money box  Samples of completed bank deposit slips for the big four banks |
| **2pm-4.00pm** | Discussion: The constitution and rules of the groups (hand-outs). Evaluation and next steps |  |  |
| **DAY 4: Thursday** | | | |
| **8.30am-10.30am** | Introduction of analysis of savings and expenditure on household level. Sustainable micro enterprise development processes.….**INPUT NQE** |  |  |
| **10.30am- 1pm** | Small business development training- Outline of a process and implementation techniques…**INPUT NQE** | Small business development training manual |  |
| **2pm-4.00pm** | Small business development training continuation- Outline of a process and implementation techniques…**INPUT NQE** | Small business development training manual |  |
| **Day 5: Friday** | | | |
| **8.30am-10.30am** | Recap and finalisation of training week  Planning for next session | Date and venue for next training |  |
| **11.00am-12.30pm** | Action plants: Community engagement and choices, scoping exercises, baselines and registration of participants, selection of local facilitators, detailed training plans | Small groups work n plans, including what materials and inputs are required for each training session |  |
| **1pm** | Departure |  |  |