Action Against Hunger USA
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September 30, 2026

FIDINAM INTERNATIONAL CHARITY FOUNDATION: FINAL REPORT

PROJECT:	From Farms to Families: Strengthening Nutrition, Incomes and Resilience in Kenya
Goal	1. Improve the production and availability of nutrient-rich foods among MTMSGs through the adoption of climate-smart kitchen gardens. 2. Promote the utilization of nutrient-dense diets using locally available foods. 3. Strengthen Mother-to-Mother Support Groups (MTMSGs) for economic resilience and Improved Livelihoods. 4. Coordination and monitoring, Evaluation, Accountability and Learning.
Location	West Pokot and Isiolo, Kenya
Project Period	April 2026 to September 2026
Total Cost	$100,000

OVERVIEW

The Farm to Families Project, backed by the gracious support of the Fidinam International Charity Foundation, has addressed interconnected challenges of household food and nutrition insecurity, limited dietary diversity, and inadequate knowledge of nutritious food preparation and utilization, particularly among women and children. It promotes household food production through kitchen gardens and access to planting materials, while strengthening climate-smart agriculture practices to improve resilience to climate-related shocks.

The project served to empower the livelihoods of those vulnerable individuals and households. This enrichment of livelihood diversification and income generation was done through seed grants and apiculture, while strengthening linkages between agriculture, nutrition, and community-based support structures. The project supported five Mother-to-Mother Support Groups in West Pokot and three in Isiolo, reaching 177 participants (161F, 16M). Support in these groups focused on improving household nutrition, income, and resilience among vulnerable agro-pastoral households.

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County	Sub county	Supported mother to mother support groups	Reach (F/M)
West Pokot	Kacheliba	Safina	30 (27F,3M)
		Apirakwang	24 (21F,3M)
		Kaigeny	20(16F,4M)
	West Pokot	Katukumuwok	24(20F,4M)
	Kipkomo	Lomuk	20(18F,2M)
		West Pokot Total	118(102F,16M)
Isiolo	Oldonyiro	Naisula	23 F
		Nanapu ngai	24 F
	Merti	Mulatta	12 F
		Isiolo Total	59F
		Overall Project Reach	177(161F, 16M)

Throughout the reporting period:

- Strengthened climate-resilient agriculture by supporting 8 groups with fencing, seeds, fruit trees, tools, irrigation equipment, and training on climate-smart farming practices. The groups established 7 acres of demonstration plots, improving access to diverse and nutritious foods.
- Supported livelihood diversification by providing two Isiolo groups with beekeeping equipment, including 20 beehives, to strengthen apiculture-based income generation.
- Strengthened financial inclusion and group capacity by training 8 groups on governance, conflict resolution, and Village Savings and Loan Assistance (VSLA) practices, and providing savings and recordkeeping materials to 118 members.
- Strengthened institutional capacity by registering and certifying five West Pokot groups as self-help groups, positioning them to access planned seed capital for climate-adaptive livelihoods.
- Expanded community-based nutrition support by training 12 community health promoters on the PD Hearth approach and linking 11 mothers to nutrition and cooking sessions using locally available foods.

These results reinforce the tangible impact of Fidinam's partnership, as well as the effectiveness of community-focused, integrated responses to humanitarian challenges.

OUTCOME PROGRESS

1. Objective: Improve production and availability of nutrient-rich foods among MTMSGs Through Adoption of Climate Smart Kitchen Garden

Activity 1.1: Climate-Smart Agriculture and Good Agronomic Practices

- The project strengthened climate-smart kitchen gardening among eight Mother-to-Mother Support Groups (MTMSGs) across Isiolo and West Pokot, helping households improve year-round access to diverse, nutritious foods.

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- 177 MTMSG members (161F, 16M) received certified vegetable seeds, seedlings, fruit trees, and farm inputs, alongside training on kitchen gardening, crop establishment, pest management, manure application, and post-harvest handling.
- Promoted drought-tolerant and nutrient-rich crops, including kales, spinach, leafy cowpeas, orange-fleshed sweet potatoes, butternut, groundnuts, and African nightshade.
- Established approximately one-acre demonstration gardens per group to provide hands-on learning and promote replication of climate-smart techniques, including sunken beds, zai pits, half-moons, mandalas, vertical multi-storey gardens, raised gardens, and double digging.
- Ongoing technical follow-up supported adoption and household replication, strengthening food production, dietary diversity, and resilience to climate-related challenges.

Activity 1.2: Small-Scale Irrigation for Nutritious Crop Production

- Unreliable rainfall and prolonged dry periods continue to limit vegetable production and year-round access to nutritious foods. To help households maintain production during dry periods, the project supported seven MTMSGs with irrigation and water infrastructure, enabling continued cultivation of diverse, nutritious crops.

2. Objective: Promote Utilization of nutrient dense diets using locally Available Foods.

Activity 2.1: Nutrition Education and Maternal, Infant and Young Child Nutrition (MIYCN) Practices

The project complemented increased food production with nutrition education to help households translate greater food availability into improved dietary practices.

- Trained 118 MTMSG members (102F, 16M) across five groups on Maternal, Infant and Young Child Nutrition (MIYCN), including dietary diversity, appropriate complementary feeding, and use of locally available nutritious foods.
- Strengthened caregivers' knowledge and adoption of healthier feeding practices, with particular attention to pregnant and lactating women and children aged 6–23 months.

Activity 2.2: Nutrient-Dense Diets, Value Addition and Cooking Demonstrations

The project strengthened community-based prevention and management of child undernutrition through practical nutrition education and the promotion of locally available foods.

- Trained 12 Community Health Promoters (CHPs) in West Pokot on the PD Hearth approach, enabling them to identify and support children who were undernourished or at risk of malnutrition.
- CHPs identified 11 households requiring additional nutrition support and linked caregivers to PD Hearth sessions, MTMSGs, and practical cooking demonstrations.
- In West Pokot, 118 MTMSG members (102F, 16M) received practical training on food preparation, dietary diversity, food utilization, and the nutritional needs of young children and pregnant and lactating women.

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- In Isiolo, cooking demonstrations reached 47 women, promoting nutritious food preparation, safe food handling, value addition, and dietary diversification using locally available foods.
- Demonstrations featured nutrient-rich recipes such as butternut chapati, yellow sweet potato mandazi, groundnut-fortified porridge, and vegetable-enriched rice.
- Participants were also encouraged to establish kitchen gardens, linking food production, nutrition, and household resilience.

3. Objective: Strengthen MTMSGs for economic resilience and Improved Livelihood

Activity 3.1: Income Generation, VSLAs, Agribusiness and Market Linkages

The project strengthened the financial and livelihood resilience of MTMSGs in West Pokot and Isiolo through savings, access to credit, enterprise development, and market linkages.

- In West Pokot, five MTMSGs mobilized KES 230,550 in savings and disbursed KES 173,000 in loans. All five groups were registered as self-help groups and opened bank accounts, strengthening access to formal financial services.
- Groups prioritized goat rearing, fattening, and marketing as climate-adaptive income-generating activities, with seed-capital disbursement underway.
- In Isiolo, two VSLAs mobilized KES 197,900 in savings and disbursed KES 206,700 in loans to support small businesses, education, and household needs.
- The groups were linked to Kipsing Market to sell surplus vegetables and received farm tools and 20 beehives, supporting income diversification through vegetable and honey production.

4. Objective: Coordination and monitoring, Evaluation, Accountability and Learning.

Activity 4.2: Baseline/Endline (Food Consumption Score Household Survey and Household Economic Vulnerability Assessment)

Action Against Hunger conducted community mapping and baseline assessments to identify priority needs and guide the design of agri-nutrition activities across West Pokot and Isiolo.

- Identified and selected eight MTMSGs for project support through household surveys, Focus Group Discussions, and Key Informant Interviews.
- In West Pokot, 42% of households had borderline or poor Food Consumption Scores. Dietary diversity was particularly limited among children aged 6–23 months (94.4% did not meet minimum dietary diversity) and women of reproductive age (98%).
- In Isiolo, 45.69% of households had an acceptable Food Consumption Score, while 62.93% experienced moderate hunger. Households commonly relied on cheaper foods, borrowed food, or reduced portion sizes.
- Findings provided an evidence base for strengthening climate-smart food production, dietary diversity, and household livelihood resilience through targeted interventions.

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CHALLENGES AND MITIGATION MEASURES

Gaps & Challenges	Mitigation Measures	Risk
Pest and disease infestations affected high-value crops and vegetables.	On-farm training sessions and coaching, followed by identification, prevention and adoption of IPM practices.	Continued infestation may reduce crop yields and household income.
Limited availability of agricultural extension staff affecting timely implementation and technical follow-up among groups	Established structured follow-up to ensure MTMSG with gaps are given priority.	Delayed technical support may affect the adoption of recommended practices.
Depressed rainfall experience in the County affected the availability of water for farming activities	Promotion and adoption of climate smart agricultre.	Prolonged dry spells may reduce production and affect vigetable garden sustainability.
Need to consolidate livelihood gains	Complete planned seed-capital support, strengthen apiculture capacity and market linkages, and continue coaching on enterprise management	Groups may require continued technical and financial support to convert production into sustainable income
Anticipated El Niño	Disrupt established farms and affect crop production.	Early sensitizing of group members on early land preparation and promoting sustainable land management practices, including the establishment of retention ditches

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IMAGES



Cooking session during a PD Hearth demonstration with CHPs



GROUP MEMBERS SITTED PRACTICING VSLA



An example of a diversified farm –Katukmuwok MTMSG demonstration plot



A CHP feeding her child a nutrient-dense meal prepared using the PD Hearth approach.



PD Hearth ToT training for the CHPs



Portable Money Maker pump to support irrigation of the farm

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THANK YOU

We extend our sincere gratitude to The Fidinam Foundation, as the Farm to Families project comes to a close, for your continued partnership and commitment to strengthening the resilience and well-being of vulnerable communities in West Pokot and Isiolo.

With your support, we have aided communities in strengthening climate-smart food production, improving dietary diversity, expanding livelihood opportunities, and building greater financial resilience. Through women-led groups, community health promoters, and strong collaboration with County Departments of Health and Agriculture, communities are increasingly equipped to draw on local knowledge and resources to address nutrition and livelihood challenges.

Thank you for your generosity, continued trust, and commitment to building healthier, more resilient communities. We look forward to building this progress together and reaching even more families in the future.

For more information, please contact Tori Sayanlar at tsayanlar@actionagainsthunger.org.