

## Capricorn Foundation | Final Report

**Organisation:** Nutrition and Food Security Alliance of Namibia (NAFSAN)

**Project Name:** Nutrition for Health

**Reporting Period:** November 2023 – November 2024

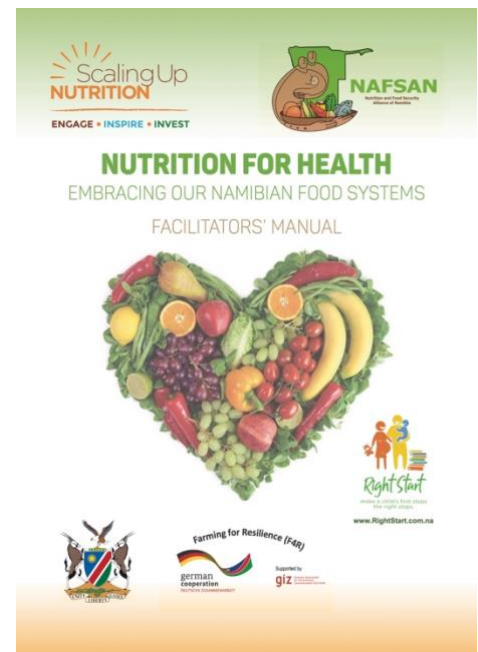
**Author of the Report:** Ben Schernick, NAFSAN Director

### Contact details:

1. Street Address: **161 Mandume Ndemufayo Avenue**
2. Postal Address: **PO Box 40723**
3. Phone Number: **+264 – 85 – 77 11 229**
4. Cell Number: **+264 – 81 – 229 48 03**
5. Email Address: **director@nafsan.org**



Project logo:



## 1. Executive summary: Scope of the project funded by the Capricorn Foundation

NAFSAN's "Nutrition for Health (N4H) - Embracing our Namibian Food Systems" project aims to address malnutrition in Namibia through scaled-up nutrition education, awareness and positive behaviour change, see: [www.nafsan.org/N4H](http://www.nafsan.org/N4H) & [www.nafsan.org/n4h-materials](http://www.nafsan.org/n4h-materials)

N4H was developed collaboratively since 2021, with GIZ Namibia's Farming-for-Resilience (F4R) project, government ministries, universities, and UN organizations. It is a comprehensive and highly interactive training approach that includes all relevant aspects of nutrition and food security in Namibia in very engaging and practical ways.

The ultimate goal is to reach over one million Namibians over the next five years (by 2030) through various implementing organisations, i.e. NAFSAN's members and partners, who will integrate it into their respective projects and programmes.

Besides developing materials and keeping its content up to date in line with global and national guidelines, **NAFSAN's role** is to:

- ✓ Secure pooled funding to print N4H-training materials efficiently (= economies of scale),
- ✓ Provide Training-for-Facilitators on N4H to relevant civil society, government and private sector organisations, who are able to scale it up in their respective contexts and sectors,
- ✓ Ensure trained N4H-Facilitators have access to ongoing mentoring and support through a well-maintained 'Nutrition Hotline', which also helps to avoid accidental misinformation,
- ✓ Monitor and evaluate the roll-out of N4H across Namibia through trained N4H-facilitators from various implementing organisations, share lessons learned, and identify additional needs for support or interventions around food and nutrition security in Namibia.

In 2023, NAFSAN applied for the printing of materials and the facilitation of training (total: N\$ 389,480.00). In November 2023, **Capricorn Foundation** partially approved this application through a grant of **N\$ 220,000.00** for the printing of materials only.



After securing an additional N\$ 712,522.95 from other donors (EU, WHO, Japan) for printing over the next six months and successfully managing to find additional funding for conducting several N4H Trainings-for-Facilitators, we like to hereby provide this **final report** on our initial grant agreement.



## 2. Summary of project beneficiaries (age, gender, geographic location, etc.)

The project has direct and indirect beneficiaries:

- **Direct Beneficiaries: 282 different professionals** were trained as N4H-Facilitators:  
**138 Community Healthcare Workers** – trained between August and September 2024, funded by the WHO Namibia (Japanese Government) in collaboration with MoHSS.

Town	Sex		MOHSS	CSOs	Sub Total
	Male	Female			
<b>Opuwo</b>	14	13	25	2	27
<b>Gobabis</b>	2	19	17	4	21
<b>Otjinene</b>	12	11	21	2	23
<b>Windhoek 1</b>	5	17	14	8	22
<b>Windhoek 2</b>	9	15	16	8	24
<b>Windhoek 3</b>	4	17	16	5	21
<b>TOTAL</b>	<b>46</b>	<b>92</b>	<b>109</b>	<b>29</b>	<b>138</b>

→ See Report attached.

**66 staff from 24 different CSOs** working with and in communities – trained in September and October 2024, funded by the Commonwealth Foundation and partially by the EU.

Region	Sex		Total No. of Staff trained	Total No. of CSOs
	Male	Female		
<b>Hardap</b>	7	15	22	10
<b>Omaheke</b>	3	16	19	10
<b>Otjondjupa</b>	6	19	25	13
<b>TOTAL</b>	<b>16</b>	<b>50</b>	<b>66</b>	<b>24<sup>1</sup></b>

→ Report in progress

**21 ECD teachers, gardeners, and project officers** (12 female, 9 male) at DAPP Centre in Outapi, Omusati region, self-funded by DAPP, with facilitation and materials by NAFSAN.

**30 staff/volunteers** (27 female, 3 male) from eight **ECD Centres and Soup Kitchens** in **Gobabis** – trained in Sept. & Oct. 2024, to develop a more comprehensive community response to malnutrition, as part of future Post-Discharge Strategy (developed by NAFSAN for MoHSS), funded by FirstRand Namibia Foundation. → See Report attached.

**27 farmers** (all female) from the **Namibia Rural Women's Assembly** (all Regions) – trained in November 2024, funded and facilitated by GIZ's Farming-for-Resilience project.

In addition, all **254 previously trained N4H Facilitators** (= 45 in Mar.'23 by NAFSAN and 209 from Jun.'23 until Mar.'24 by GIZ's F4R project) will receive Facilitator Manuals and their organisations will receive the N4H slides in bags and the food group exercise cards.

<sup>1</sup> Duplications are hereby accounted for, as some of the CSOs are actively working in more than one region.

- **Indirect Beneficiaries:**

Through our WHO/Japan, project [“Increasing Access to Quality Nutrition and Protection Services for Vulnerable Populations”](#) (May-November 2024) in collaboration with MoHSS and local CSOs, we were able to reach 7,471 community members through 554 engagement sessions and 6,100 children under five years through Community Healthcare Workers visiting 3,363 households in the three target regions Kunene, Khomas and Omaheke, within three months, between September and November.

We strive to receive similar data and feedback also from all the CSOs and N4H Facilitators we have trained so far and will be training in the future. Yet, collecting and analysing data as well as providing ongoing mentoring and support through our ‘Nutrition Hotline’ requires additional capacity around Nutrition and M&E, for which NAFSAN currently has neither staff nor funds. Hence, we continue engaging with potential donors in this regard.

### 3. Highlights/achievements of the project during the reporting period

The **first** major achievement was to secure an additional N\$ 700,000 for the printing of N4H materials within half a year<sup>2</sup> on top of the initial N\$ 220,000 from Capricorn Foundation.

While printing at scale is clearly more efficient and enables us to reach many more Namibians with this information, several hurdles around branding and visibility of different donors had to be overcome. The final amount that was pooled by the end of June 2024, was **N\$ 932,522.95**, which enabled us to print the following essential materials:

1,000	N4H Manuals for Facilitators
300	Sets of Cards for Food Group Exercise, including cover/box
200	Sets of N4H A2-Slides (3 x each = 600 in total) on portable stands
600	Durable carry-bags for N4H-Slides (420 of which with Capricorn Foundation logo)
20,000	Food Safety & Nutrition Brochures (updated from initial Covid-19 brochures)
45,000	Pregnancy/Breastfeeding Brochures by MoHSS, in English & Otjiherero
20,000	Food Group & Healthy Diets Brochures (Author: GIZ-F4R)
15,000	Nutrition-for-Health Handouts (A5)
20,000	Composting Posters (A5)
100,000	Permaculture Gardening Brochures (A1, folded)

→ For more detailed information on these materials: [www.nafsan.org/n4h-materials](http://www.nafsan.org/n4h-materials)

The **second** major achievement was to enter funding agreements and partnerships with MoHSS, WHO/Japan, EU, and the Commonwealth Foundation to conduct N4H Trainings-for-Facilitators. This helped us show the applicability of this approach in various contexts and generate interest from the private sector to integrate N4H into their wellness approaches.

<sup>2</sup> Since 2023, NAFSAN has developed and submitted more than eight different proposals related to N4H.

A **highlight** was on 23 October 2024, when [Ms. Carmen Letlhagoje](#), one of Namibia's first [home-grown Nutritionist Graduates](#), presented [Nutrition for Health](#) in Rome (Italy) at the Food and Agricultural Organisation's [Committee on World Food Security's](#) Side Event, titled: *'Nourish to Flourish'* after having been selected by the global [SUN Civil Society Network](#).

→ See the [Social Media reporting here](#) and/or [watch the Panel Discussion on YouTube](#).

In addition, our **Nutrition for Health** approach was selected by the Office of the Prime Minister and the Ministry of Health and Social Services as Namibia's **"Success Story"** to be presented at the [SUN Global Gathering](#) in Rwanda, scheduled for Nov.'24, yet postponed to 2025 - <https://scalingupnutrition.org/news/sun-global-gathering-new-dates-announced>

This demonstrates that N4H is a very innovative and comprehensive approach that attracts global interest to learn from and possibly adapt it for other countries and contexts.

**4. Monitoring and evaluation:** briefly explain how you monitor and evaluate the success of the project funded by the Foundation

While pooling funds to print N4H materials most efficiently (= at scale), NAFSAN keeps track of each donor's contribution and expenditures. The distribution of materials is monitored per region, per organisation and per individual who is trained as N4H-Facilitator.

As mentioned under *No. 2 - 'Indirect Beneficiaries'*, we seek to maintain the capacity we had under the WHO-funded project to comprehensively track the impact 'on the ground', for which we need to secure the position of a nutritionist for at least one year. Such a nutritionist would also provide additional Trainings-for-Facilitators to further increase the current pool of 500+ trained N4H-Facilitators and help reach regions that are not yet covered.

**5. Budget Allocation:** Of the funds received from the Capricorn Foundation for your current project, how much has been spent since the project commenced? Please share a budget breakdown outlining total expenses and activities and; a budget forecast for the remainder of the funds. Where possible, please submit a feedback report together with receipts of activities and attendance registries of trainings/workshops held in this quarter.

**Overview of Expenditures** (N\$ 220,000 received from Capricorn Foundation on 23/11/2023)

Graphic Design <sup>3</sup> (slides & manual)	June & July 2024	N\$ 17,735.00
Carry Bags: A2-slides (480 w/ CF-logo)	August 2024	N\$ 132,298.54
Storage Space (12m Container)	June-Sept. 2024	N\$ 11,100.00
Printing of N4H-Materials	Aug./Sept. 2024	N\$ 60,447.45
<b>Total Expenditure:</b>		<b>N\$ 221,580.99</b>

<sup>3</sup> This was required to incorporate necessary final changes to the manual prior to printing, partially to ensure alignment with recently updated global nutrition and complementary feeding guidelines by UNICEF and WHO.

**6. Project timeline:** Please provide a high-level timeline of the project's key activities.

Nov.'23 - Funds received from Capricorn Foundation (N\$ 220,000) + Pooled funding starts. Writing proposals and engaging several additional potential partners/donors

Feb.'24 - Final changes on N4H manual and slides, integrating feedback and ensure 100% alignment with international guidelines from UNICEF and WHO.

April.'24 - WHO funding confirmed, incl. Nutritionist to train ± 140 Community Healthcare Workers (CHWs) in Kunene, Khomas, and Omaheke regions + "Nutrition Hotline".

May.'24 - EU co-funding for printing confirmed + WHO project begins + FirstRand Foundation funding for Omaheke confirmed + Commonwealth Foundation funding confirmed.

June.'24 - All the different N4H materials are being finalised and made print-ready. Visibility aspects (around the various logos) are being clarified with all donors.

July.'24 - Test-printing and full print-runs begin + Logistics for N4H-trainings are finalised.

Aug.'24 – Training for DAPP in Outapi + CHWs Trainings begin, N4H materials in container.

Sept.'24 - Training of CHWs concluded, while trainings for ECDs (FirstRand Foundation) in Omaheke and CSO staff under Commonwealth Foundation begins.

Oct.'24 - Commonwealth trainings continue + CHWs apply N4H-approach in communities.

Nov.24 - All trainings successfully concluded.

Additional funds are needed to secure the continuation of the 'Nutrition Hotline' for M&E and to provide ongoing mentoring and support, as well as for training of more N4H-Facilitators, and to conduct a 2<sup>nd</sup> print-run of necessary materials.

**7. Challenges experienced during this reporting period**

The partial approval of our initial proposal was a challenge, as funding was only provided for printing materials with no funds for actual training or other operational costs.

Developing and writing proposals to different donors, as well as engaging potential in-country partners and stakeholders through meetings costs a significant amount of time and effort, with less than half of all submitted proposals being successful.

Donors at times need to be convinced of the benefits of pooling funds to reach significantly more beneficiaries through such joint approaches, hereby having collaborate and compromise around branding and visibility within their respective legal and operational frameworks.

This collaborative 'patchwork' approach, although necessary, naturally comes with delays and different timelines, expectations and reporting formats by various donors. Moving forward, NAFSAN will continue investing its own time and efforts in getting various donors and partners to collaborate, as per its role and mandate, although this is at times a very exhausting process.

## 8. Comments and conclusion

We are sincerely grateful to the Capricorn Foundation for its initial commitment of N\$ 220,000 to the pooled funds for the first major print-run of Nutrition-for-Health (N4H) materials.

In late 2023, Capricorn Foundation was the first organisation to commit significant funding to this project which is of national importance, especially amidst increasing food insecurity, drought, rising poverty and lack of nutritional awareness. Based on feedback received, the training is greatly welcomed by communities and those who work with them. Over the last few months, it also began to gain increasing international attention.

Here in Namibia, it is so far supported by the Office of the Prime Minister, two Government Ministries (MAWLR + MoHSS) and two UN agencies (UNICEF + WHO), with the European Union, the Commonwealth Foundation and the FirstRand Namibia Foundation also being 'on board' as additional partners supporting this highly collaborative multi-sectoral approach.

The **next steps** that we are currently working on is to integrate N4H (= nutrition education and awareness) into the drought response through the Red Cross Society Namibia, Palms for Life Trust, Catholic Aids Action (supported through the World Food Programme), as well as into Early Childhood Development (ECD) through the Ministries of Gender Equality, Poverty Eradication and Social Welfare (MGEPEWS) and Education, Arts and Culture (MEAC) in close collaboration with various Civil Society Organisations working in ECD. Our aim is to also anchor this approach within the [RightStart Namibia](#) platform that is currently being revived. This will help provide intergenerational solutions for intergenerational problems, such as malnutrition (both under- and overnutrition), inequalities and poverty, as well as addictions and violence.

In this regard, we continue to seek support from **committed partners** to maintain the momentum created. Three possible areas in which the Foundation's ongoing **support to Nutrition-for-Health** could have the biggest impact are:

1. Contribute to additional printing of various N4H Handouts required to **reach over 50,000 Namibians** across the country at a cost of about **N\$ 259,000**.
2. Ensure that NAFSAN is able to oversee **M&E**, provide **mentoring support** to the already trained 536 N4H-Facilitators and **continue training more facilitators**.  
For the period from December 2024 to December 2025 this would come at a cost of **N\$ 286,000** (Nutritionist: 13 months' salary, cost-to-company, incl. admin costs).
3. Enable the **Training-for-Facilitators** from **Civil Society Organisations** and **ECD Centres in different regions across Namibia**, by contributing **± N\$ 350,000** to cover expenses for conducting such training workshops, e.g. for transport, venue and refreshments.

We'd highly appreciate if the Foundation can consider funding one or more of these options as part of our ongoing partnership towards lasting solutions to Namibia's malnutrition crisis.