



WAGA

39, LIVES IN THE AMHARA REGION OF ETHIOPIA.

INSPIRE selected her to lead a local self-help group to improve children's dietary diversity and family feeding.

She has helped create nutritious feeding recipes for children transitioning from breastfeeding to solid foods, using locally sourced ingredients. The self-help group works together to mix and grind ingredients and sell the enriched complementary feeding flour in the community. This is a unique and sustainable approach to food diversity, which helps create jobs. Now, 10 villages and hundreds of mothers are following Waga's lead in creating complementary feeding recipes using local ingredients.

Thanks to Waga and the self-help group, children's diets have improved.

Photo: Gebeyaw Aragié / Save the Children

INSPIRE



IMPROVING NUTRITIONAL STATUS OF PREGNANT & LACTATING WOMEN AND CHILDREN IN RURAL ETHIOPIA

Project Purpose

To help **children under age 5** and **pregnant and lactating women** (PLW) survive and thrive by reducing malnutrition through improved nutrition interventions.



Designed to Achieve

Build capacity of health facilities to deliver high quality, gender-sensitive nutrition services.
Enhance knowledge of agricultural practices and accessibility of nutritious, diverse and safe food.
Provide accessible water and sanitation (WASH) infrastructure.



Children are healthier and stronger according to caregiver self-assessments because of improved feeding practices.



Women have increased access to clean water, which has reduced their workload, and enabled them to engage in new activities.



Self-help groups (female-only) have been able to double their income as a collective and empower individuals to start profitable businesses.

Visit [SaveTheChildren.ca](https://www.savethechildren.ca) to learn more.



A CanWaCH Impact Story: for more stories visit CanWaCH.ca/ImpactStories