Three Day Permaculture Nutrition Training

Objectives:
- To give a participatory understanding of Permaculture Nutrition, its implementation, and its impact on community health and sustainable development in Malawi, especially in the areas of child health and HIV/AIDS.
- To give the participants an overview of the current food/nutrition security situation, barriers to change, solutions to current problems, and strategies for improving community health.

Competencies:

By the end of the session, the participants will be able to:
- Describe the basic principles of Permaculture
- Identify 3 reasons that nutrition is an important part of living healthy
- Describe how Permaculture principles can address issues of HIV/AIDS
- Name the six food groups that Malawi currently uses and explain why it was changed from three groups
- Understand the role that indigenous plants can play in improving human nutrition
- Identify the importance of using local resources and their importance to sustainability
- Describe at least two challenges/barriers to using local resources
- List the seven components of a guild and how they can be used to improve food security
- Demonstrate practical ideas for implementing Permaculture Nutrition activities in Malawi.

Day One
8:30am-10:00am
Introductions and logistics/schedule
I. Sustainability (15 minutes)
   A. Sustainability is…(activity w/group discussion)
II. Hungry Season Factors
III. Current situation in Malawi
   A. Cycle of Dependency (25 min)
      a. historical perspective
      b. current food/nutrition insecurity situation
   B. Cycle of Better Living (25 min)
      a. solutions for breaking cycle of dependency
      b. tapping into Malawi’s potential
   C. Current Meal Vs. Better Meal (25 minutes)
      a. nutritional differences
      b. six food groups vs. three

10:00am-10:30am Natural Tea Break
10:30am-Noon

I. Importance of using local resources (25 minutes)
   A. tie-in to sustainability exercise
   B. low-to-no input
   C. adaptability, resistance, food/nutrition security, and yields

II. Barriers to use of local resources (25 minutes)
   A. Stigma on local foods
   B. Loss of indigenous knowledge
   C. Mixed messages from leaders, NGOs, donors, etc.
      a. maize aid vs. food aid
      b. subsidies and starter packs
      c. hybrids and GMOs

III. Local Food Display (40 minutes)
   A. Local food resources
   B. Six food groups
   C. Income generating ideas
   D. Preservation/Storage
   E. Seed Collection

12:00-1:30pm Lunch

1:30pm-3:00pm

I. Introduction to Permaculture (30 min)
   A. What is it?
   B. Where did it come from?
   C. How can it help Malawi?

II. Nature cycle (30 min)
   A. What comprises the nature cycle?
   B. What’s happening here?

III. Nature Cycle Activities (30 min)
   A. Cycles of nature activity sheet
   B. Circle of Life activity

3:00pm-3:30pm Natural Tea Break

3:30-4:30 Nature walk (one hour)
   A. Introduction to natural systems

Day Two

8:30am-10:00am

I. Introduction to nutrition (30 min)
   A. Why we eat the way we do
      a. knowledge of healthy eating
b. nutrition myths – double bananas, lemons dry blood, sobo builds blood, etc

c. agriculture / environment

d. culture – father first & best, children last & worst

e. diseases – cycle of malnutrition, especially with HIV

B. Nutrient Village

C. Protecting & improving nutrient value

II. Planning Ahead (30 min)

A. Year-round availability activity

III. Permaculture for disease prevention & care—HIV/AIDS (30 min)

A. Nutrition for disease

B. Modern agriculture vs. Permaculture (chemicals, labor, nutrients, etc.)

10:00am-10:30am Natural Tea Break

10:30am-Noon

I. Soil (45 min)

A. What is it?

B. How can we protect and care for it?

C. Composting and mulching

II. Water (45 min)

A. The four “S’s”

B. Harvesting and managing

12:00-1:30pm Lunch

1:30pm-3:00pm

I. Trees and perennials

A. Importance and uses

B. Food/Nutrition security (droughts, year-round etc.)

C. 6 food groups

II Seeds

A. Importance and uses

B. Harvesting and storage

C. Planting

3:00pm-3:30pm Natural Tea Break

3:30pm-4:30pm

I. Tour of Never Ending Food Continued

Day Three

8:30am-10:00am

I. Introduction to Guilds (45 min)

a. What are they? (food, groundcover, nitrogen fixers, climbers/supporters, protectors, diggers/miners)
b. What are their benefits?
c. How are they implemented?
d. Guild activity

II. Guild Activity (45 min)

10:00am-10:30am Natural Tea Break

10:30am-Noon
Field Visit to Chitedze Permaculture Demonstration Site

12:00-1:30pm Lunch

1:30pm-4:30pm
I. Practical Application Ideas and Hands-on
II. Wrap-up and Taking It Home