



INMED South Africa

Partnerships for Children

Healthy Children, Bright Futures

Together We Can Build a Better Future

For Our Children



**How INMED is Creating Opportunities for Food Security,
Healthy Lifestyles and Sustainable Livelihoods
in South Africa**



For too many youth in South Africa, their hope for the future is not matched by opportunity. Facing poverty, poor health, malnutrition and lack of education, a generation of children is at risk.

Since 2006, INMED South Africa has been working in collaboration with a wide range of corporate, foundation and government partners to transform the health, lives and opportunities of tens of thousands of South Africa's most vulnerable children. Our programmes are built on similar programmes INMED Partnerships for Children has delivered in more than 100 countries (including 15 sub-Saharan African nations) over the past 30 years. Our collaborative approach to rescuing children from the immediate and irreversible harm of disease,

hunger, abuse, neglect or violence has led to brighter futures for not only these children but for their families, communities and the next generation. INMED's primary goals are:

- Securing children's health, development and safety
- Developing skills, knowledge and opportunities for children and youth
- Building family and community capacity to support and sustain positive change

Health in Action

South Africa is facing a public health crisis as obesity rates rise even as hunger and malnutrition persist. INMED's **Health in Action** programme is tackling this complex problem via a school-based programme that teaches children about the importance of nutri-



tion, physical activity and healthy lifestyles through engaging hands-on, skills-based activities.

Launched in 2015 with the support of Mondelez International Foundation, INMED's Health in Action programme is reaching more than 100,000 primary school children in 116 schools in 13 at-risk communities in Johannesburg and Port Elizabeth. Key initiatives include:

Break Time Buddies: Unemployed youth selected by school governing boards are trained to lead fun participatory education and activities on nutrition, physical activity and healthy lifestyles during daily recess time.

School Gardens and Aquaponics: This initiative is designed to improve nutrition and reduce hunger

by increasing access to fresh produce via traditional gardening as well as the installation of large aquaponic systems to serve as a learning tool and source of abundant fresh produce and nutritious fish protein to supplement meals in targeted schools.

Food Handler Training: Designed to promote positive changes in the school food environment, this initiative emphasizes compliance with government feeding scheme mandates, as well as training school food handlers in food hygiene and preparation of nutritious meals incorporating garden produce. INMED

also works with tuck shops and snack vendors outside the schools to offer healthy food options.

Family and Community Outreach: INMED builds the foundation for long-term sustainability by actively involving parents and community members, local and state government, academic institutions, other non-governmental and community-based organizations, and private-sector entities as partners in the development, implementation and ongoing support of the programme and the healthy lifestyles messages it promotes.

Adaptive Agriculture

INMED's Adaptive Agriculture Programme focuses on achieving food security and sustainable income generation by strengthening local capacity to understand and address climate change, while resolving interrelated issues of environmental degradation, water scarcity and poverty.

A key component of this programme is aquaponics, an innovative and highly intensive food production technique that combines aquaculture (fish farming) with hydroponics (soilless crop growing) in a closed system that is easily scalable to meet the needs of smallholder farmers, schools and commercial enterprises.

Benefits of aquaponics include:

- Crop production at least 10 times higher than equivalently sized plots traditionally cultivated
- No chemical fertilizers or pesticides

- Water consumption 85-90% less than traditional irrigation techniques
- Energy consumption 75% less than mechanized agriculture
- Significantly less labour than traditional farming, making it accessible to individuals with disabilities
- Year-round crop production

In addition, INMED offers business planning, links to markets and assistance with applications for development grants and loans to expand growing enterprises. Our goal is to empower farmers—and the youth who represent the next generation of producers—for viable, sustainable career paths in agriculture.

Contact our office for more information about INMED's exciting new initiatives for expanding aquaponics in South Africa.





About INMED Partnerships for Children

INMED Partnerships for Children is an international humanitarian organization working to rescue children from the immediate and irreversible harm of disease, hunger, abuse, neglect, violence and instability. Our programmes harness the power of private- and public-sector partnerships to foster sustainable success for children, families and communities as well as generations to come. INMED has improved health, lives and opportunities in more than 100 countries since 1986.



INMED South Africa is incorporated under Section 21 and is a registered non-profit organization (NPC/PBO) recognized by the Department of Social Development. Our work is made possible by these generous partners:



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