



Breakfast Club Tanzania

Newsletter Spring 2008

Registered Charity Number: 1122034



A Second School!

Thanks to the continuing success of our first school-feeding programme at Mangamba Primary School, as well as to the generosity of our donors, we are delighted to announce that Breakfast Club Tanzania has now been able to establish a second school-feeding programme at Mkangala Primary. Mkangala is a rural school with around 550 students and is, therefore, twice the size of our pilot project at Mangamba. Our decision to work with Mkangala is based on research conducted last year, which not only indicated that Mkangala was a practical choice logistically, but also that the initiation of a feeding



programme would be endorsed warmly and enthusiastically by staff, parents, guardians and students alike.

The school has a well-organised committee who meet on a weekly basis and well-established links with students' parents and guardians. For example, a recent PTA meeting, at which Breakfast Club announced the school-feeding programme, was attended by over 200 parents and guardians. The decision to collaborate with this school was taken at the end of last year, and the summer holiday in December was used as an opportunity to begin working through the administrative and logistical issues of starting a feeding programme.



Photo 1: Queuing for uji

January 21st 2008 saw porridge being served for the first time at Mkangala, with Cook Asha from Mangamba, as ever, lending a much-needed helping hand. Despite a few teething problems, everything went according to plan due, in no small part, to the involvement of the proactive Head Teacher, Juma Selemani. Since beginning the programme, we have witnessed an appreciable increase in school attendance levels thanks to the guarantee of receiving breakfast at school. Children are now fully aware that they will be fed during the day and parents and guardians are encouraging attendance for the same reasons. The overall response from the children, parents, guardians and teachers has been fantastic, as the regular chants of 'Uji! Uji! Uji!' emanating from classrooms seem to suggest.

The New Project:

Through our continuing work at Mangamba, we have learnt (and continue to learn) much about how to establish and run effectively school feeding programmes in the Mtwara region. For the most part, we have followed and applied the same principles that



were implemented at Mangamba in Mkangala with the same aims of benefiting the local community. This has included sourcing the raw materials required to make the porridge from the market, purchasing fruit and milk from sources close to the school and employing cooks and a delivery driver.

Working with a selected group of students, the cognitive tests have now been completed and the pupils' height and weight has been measured. In a year's time we will be able to assess whether or not receiving a regular school breakfast has positively impacted upon the children's cognitive and physical development; in other words, on their ability to learn and grow.

Despite their similarities, there are, nevertheless, some small differences between the two projects. At Mangamba, nominal parental contributions are used to pay for firewood; whereas at Mkangala, where the school already benefits from a firewood collection service, the contributions have been used to provide a shaded area for the cooks that protects them from the seasonal rain and sunshine.

We plan to use our experience from Mangamba to drive the success of the second project at Mkangala. In particular, we will use lessons learnt from implementing the School Enterprise Project in order to set up similar income-generating activities at Mkangala. This may well involve purchasing cows to provide milk for the porridge and planting fruit trees to provide a sustainable source of vitamins for the pupils.

Photo 2: Preparing fresh pineapple for breakfast



The set up at Mkangala has meant long hours for volunteer programme manager, Romy Campbell. However, with her dedication and experience from managing the first school feeding programme, we are delighted to have the second project now up and running. A



big 'Thank You!' to Romy and to all those from Mangamba who have helped with setting up the second programme at Mkangala!

Progress at Mangamba:

A key element within our strategy at Breakfast Club Tanzania is long-term sustainability. Short-term projects can often have a negative impact on communities and therefore we have tried to avoid such problems by preparing for the future in the following ways:

Fruit Trees



In the latter part of last year, with the 'big rains' imminent, we were able to commence the planting of 90 fruit trees at Mangamba Primary. We planted orange, mango and papaya trees, with the potential for growing banana and pineapple trees in between. Under the watchful eye of our current fruit deliveryman (see picture), Bwana Machungwa (Mr Oranges), who also happens to be an expert in agricultural matters, the trees are growing well. Originally, he was involved in sowing the seeds and, since we have both male and female trees, he plans to produce saplings from the seeds. This means that, in the future, the initial costs of purchasing saplings will be vastly reduced. In addition, by producing our own fruit on site at Mangamba, we can greatly

decrease one of the largest daily project costs. Furthermore, the school children will gain skills through learning how to water and care for the different fruit trees. Breakfast Club Tanzania employs an agricultural and environmental expert who has helped to cultivate the land before planting the fruit trees. This has also given students the opportunity to plant their own 'kunde' (beans) in the Breakfast Club garden.

Cows:

In order to provide a nutritious breakfast, we buy milk on a daily basis to supplement the nutritional value of the porridge. Like fruit, however, milk is one of our biggest daily expenses. In conjunction with staff at the school and in collaboration with our project advisors, we have



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decided that cows should be purchased so that milk can be produced at the source, saving funds and increasing the long-term sustainability of the project.

In preparation for the arrival of the cows at the school, we have employed a 'fundi' (builder) to construct a 'banda' (small building) for two pregnant cows. Next, we plan to purchase the cows and employ a keeper who will be trained by the Government Livestock and Agricultural Branch. The cow keeper will also demonstrate to the students at Mangamba how to look after the animals.

Ongoing support:

As illustrated, we have been extremely busy since the last newsletter sent out in winter and we trust that, as our donors, you are satisfied with how the money is being spent. Your continued support for Breakfast Club Tanzania is constantly valued and continuously needed. Our recent growth means that we are now catering for over 500 children every school day and we plan to increase this number to 750 children over the next few months. The increase in start-up costs of the projects (cows, fruit trees, local cooks, rising fuel and maize costs) incurred over the course of our expansion has resulted in a need for more donor funds. Due to the size of our team, our zero overheads and the support of volunteers, 100% of your donation is used to fund the school-feeding programmes where it is most needed for the students.

For first time donors, please take time to fill in the **standing order form** and **gift aid declaration** attached. For existing donors, please fill in the gift aid declaration form attached and send to **Breakfast Club Tanzania, PO Box 81, Holyhead, Gwynedd, LL65 9AG**. This will ensure that the government tops up an extra 28% on every donation if you are a UK tax payer!



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Do you have a spare laptop lying around which you would like to donate to the Breakfast Club Tanzania team? Our project manager is reliant on the generosity of friends in nearby towns, but as the project expands this is difficult logistically to manage. Please send emails to support@breakfast-club.org.uk if you can help. Many thanks!

Fundraising events:

Fundraising events are ongoing. Two members of our team, John Childs and Rob Ahearne, will be running the Ambleside Marathon in May in the Lake District (all 26.2 miles!). Sponsorship details will be distributed in the next week. We will also be advertising other forthcoming fundraising events in the next Summer Newsletter. As a brief taster, we will be selling Tanzanian art at Africa Oye Festival in Liverpool and, following the success of last year's event, we will be holding another pub quiz in Cheltenham. Please get in touch if you have anymore ideas!

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**Breakfast Club Tanzania
New Standing Order Instruction**



To: _____ **Bank:** _____

Account Details

Account Name _____ Account Number

Account holding branch _____ Sort Code

Payee Details

Name of Organisation you are paying

Payment Reference—this will appear on the Breakfast Club Bank Statement

Breakfast Club Sort Code

Breakfast Club Account number

About the payment

How often are the payments to be made?

Weekly

Monthly

Half Yearly

Yearly

Amount details

Date and amount of first payment £

Date and amount of ongoing payment (if different from the first) £

Choose one of the following:

Payments made until the instruction is cancelled

Date and amount of final payment £

4. Confirmation

Your signature(s)

Date

