

# CIFORD Kenya

Community initiative for rural Development

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Women contribute to food security and Environment conservation

## Preamble

Water, food insecurity and environmental degradation continue to be some of the key problems affecting women in the rural Kenya. In Meru North Region of Meru County, These problems have persisted and this has led to lack of food and income, malnourishment of families, unreliable and erratic rainfall patterns, and water borne diseases. This has left the residents impoverished.

CIFORD Kenya with encouragement and support from friends and partners had embarked on working with the community in Tigania East and West sub counties to improve the above situation. The organization has mainly targeted working with the poor people in the community who have formed working groups which are avenues for empowerment process. CIFORD works with the community to uplift the food situation in the region as the conserve environment and provide clean and readily available water for families. The programs are integrated in Sustainable Agriculture and environment, Water harvesting, community health care and women empowerment where women are made to appreciate their role and potential in the society.

## Sustainable Agriculture : Growing food through low cost inputs and skills





The training of farmers to grow nutritious foods like Amaranth to boost family immunity

**Bag Gardens** : The continued scarcity of water women are trained on how to grow food in gunny bags. This helps the family have food and also use little water for the crops. This is the pride of the families.



### Environmental Conservation :

The continued environmental degradation has left the community feel the impact of climate change. This is because of the erratic and unreliable rainfall patterns in the area. This has had a continued crop failure thus leaving the families with no food and income. CIFORD has embarked on training the farmers on tree nursery establishment and also planting trees. The women have been introduced to the energy efficient stoves and other methods of renewable energy like fireless cookers.

These methods reduce the cutting down of trees as it is using less or no firewood.



Women showing their energy efficient liners



### Water harvesting

Rain Water harvesting is important to the community. The provision of water tanks enables the women to collect rain water and store it in the tank to use for the domestic chore and the gardening. This provides the family with clean water which is for drinking to reduce the water borne diseases.



### Women empowerment.

Women have over been marginalized and discriminated in Meru Community. We have worked to empower and build self-esteem for women to appreciate their potential and be able to take responsibility in the community. The communities also are sensitized on the importance and role of women in leadership and responsibility.



We believe we have achieved what we have through your support and encouragement. Thank you for all the support. With your support we will reach more families to provide food for the families through

training, conserve our environment and reduce incidences of water borne diseases. Support our Women water and environment project.

For more information visit [www.cifordkenya.org](http://www.cifordkenya.org)