

# THE VICTORY GARDEN CAMPAIGN TO FIGHT THE FOOD CRISIS IN MALAWI



Left: Villagers facing food shortages. Right: Home gardens providing nutritious food.

## **CROSSFIT ZUG-LUZERN: 24-in-24, Oct 15, 2016** Helping One Malawi District Fight Hunger With High-Yield No-Cost Home Victory Gardens

Goal: \$12,335 # of Gardens: 1,803 # of people helped: 8,000

Malawi is facing its worst humanitarian crisis in its history due to drought and poverty. In July 2016, Face-to-Face launched an 18-month campaign to enable villagers to fight hunger with home gardens.

**CROSSFIT ZUG-LUZERN** can enable the Tsabango tribal district to fight famine by learning organic, bio-intensive, and permaculture practices to grow over 22 kinds of plants, vegetables, and small trees — besides more food, these victory gardens reduce the risk of relying only on one crop (maize), increase income, decrease costs by eliminating fertilizers and pesticides, improve soil quality, and reduce erosion.

### The Victory Garden Campaign highlights 3 Principles:

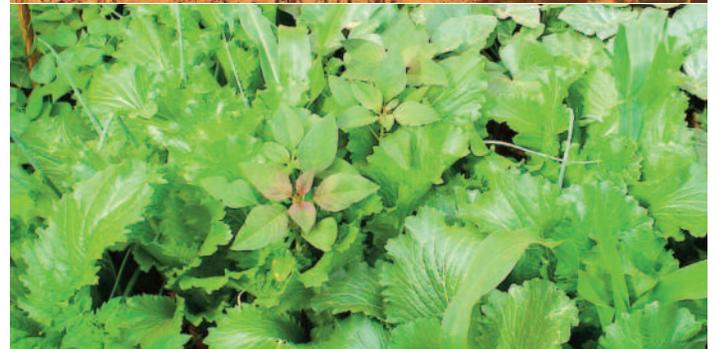
**LOCAL** Local villagers and their chiefs strengthen project ownership and responsibility by teaching each other how to create home gardens.

**NO COST** Families create their victory gardens without spending any money; even seeds are shared among each other.

**LASTING** Villagers learn to harvest and plant continuously, so there is always a constant, nutritious supply of food available to them.

### What Your Hard Work Will Accomplish

|                 |  |
|-----------------|--|
| \$3,473         | 4 public community events                    |
| \$892           | 6 trainings for garden facilitators          |
| \$4,903         | 4 trainings for groups of villagers          |
| \$133           | 3 surveys                                    |
| \$988           | 1 Tournament of Hope                         |
| \$825           | 477 days of Walk and Monitorings             |
| \$1,121         | miscellaneous and inflation adjustment (10%) |
| <b>\$12,335</b> | <b>Total</b>                                 |
| <b>57</b>       | <b>days of workshops</b>                     |
| <b>1,053</b>    | <b># of villagers attending trainings</b>    |
| <b>1,803</b>    | <b># of victory gardens created</b>          |



Above: Villagers teaching villagers is the reason why new farming practices spread quickly from house to house, and village to village.