



**INMED South Africa**  
**Partnerships for Children**  
*Healthy Children, Bright Futures*

## **CREATING OPPORTUNITIES FOR SUCCESS**

*for*  
women  
youth  
individuals with disabilities





“ *Farmers are not the cause of Africa's poverty; they are a potential solution. They are key to creating the future envisioned by the SDGs.* ”

Kofi Annan, former UN Secretary General

Of all the attempts to reduce poverty, improving agricultural productivity is the most effective, but climate change makes poverty reduction—and food security—more challenging. Roughly one-third of South Africa's population lives in poverty. Women, children and individuals with disabilities face the greatest risk.

Since 2010, INMED South Africa has been harnessing the power of climate-smart agriculture to help South Africa's most vulnerable citizens develop marketable skills to strengthen food security, income generation and climate-change adaptation.

The core of INMED's programme is aquaponics, an innovative food production technique combining aquaculture (fish farming) and hydroponics (soilless crop production) in a closed symbiotic system. Advantages include year-round crop production 5-10 times greater than traditionally farmed plots of equivalent size, 85-90% less water consumption, and flood and drought resilience. INMED's system also requires no pesticides or fertilizers, is not affected by poor soil conditions and can be easily scaled to fit any space in rural and urban environments.

### ***Empowering Women***

In Pella, Northern Cape, INMED South Africa helped an all-female farm cooperative struggling to survive a devastating drought increase its income by more than 1,000% in just one year by adding aquaponics. The Pella Food Garden Cooperative also received the top prize in the **2018 Provincial Female Entrepreneur Awards** by the Department of Agriculture in the Northern Cape for their business acumen in creating food security and income generation for their distressed community.



## *Independence for the Disabled*

INMED South Africa has worked in the disability sector since 2012, delivering direct training and technical assistance in sustainable agriculture and aquaponics to help disabled persons' cooperative groups launch new income-generating enterprises. At a school serving children with disabilities in Johannesburg, INMED aquaponics is used for the school's feeding scheme, pedagogy, skills development and behaviour therapy.



## *Cultivating a Healthier Generation*

Via school-based health and nutrition programmes, INMED South Africa has installed commercial aquaponics systems to provide fresh produce and fish protein for feeding schemes at disadvantaged schools and to serve as a training tool to attract more youth into the agricultural field. As one student aptly stated: "I like aquaponics because it's technology, not a shovel and hoe."

In partnership with Nelson Mandela Metropolitan University and Wits University, INMED South Africa trains unemployed youth over age 18 to tend its school gardens, assist with food handler training and lead participatory exercises during recess time to encourage children, teachers and parents to adopt healthier lifestyles at school and home. This training also has created career opportunities for disadvantaged youth.

# Become an Opportunity Maker!



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Registered with the Department of Social Development,  
NPO 094936 | Section 21 Registration no. 2009/008197/08  
NPC (PBO) Registration 930039125



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