



# CULTIVATING A BRIGHTER FUTURE



**FOR CHILDREN & FAMILIES**  
*in South Africa*

Cultivating opportunities for better health, income generation, food security, climate-change resilience and inclusion



## THE CHALLENGE

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.

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. Without pioneering solutions, 122 million more people worldwide will live in extreme poverty by 2030, according to The World Bank.

## INMED's SOLUTION

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, as well as their families, communities and the next generation.

INMED South Africa's core competencies include:

- Training/education in health, nutrition and adaptive agriculture
- Developing, implementing and validating innovative solutions for poverty reduction
- Aggregating diverse partners to scale sustainable solutions

**INMED South Africa: Cultivating Opportunities for Success**

## *Adaptive Agriculture/Aquaponics*

An AgriSETA-accredited training provider, INMED South Africa has been improving the livelihoods and food security of small-scale farmers, schools and communities for nearly a decade. The core technology of our program is aquaponics, an innovative farming technique that combines aquaculture (fish farming) with hydroponics (soilless crop production) into a closed system that is resilient to erratic and destructive climate change events. Benefits of aquaponics include:

- Crop production at least 5 times higher (often more) than equivalently sized plots traditionally cultivated.
- 90% less water consumption than traditional irrigation.
- No chemical fertilizers or pesticides.
- Adaptable for solar energy.
- Year-round crop production.
- Significantly less labour than traditional farming, making it accessible to individuals with disabilities, women and youth.

## *Community Development*

**New Aquaponics Training Centre:** In partnership with the Mondelēz International Foundation (MIF), INMED has built an aquaponics system and training centre next to the Elias Motswaledi health clinic in Soweto. The crops and fish harvested will be donated to disadvantaged families and schools in the surrounding community.

INMED South Africa also is partnering with the clinic to provide community education workshops in healthy eating, cooking and lifestyles. The centre is modeled after a similar project with MIF at Nelson Mandela Metropolitan University in Port Elizabeth. INMED's training centres are designed to host a variety of workshops for community members and agri-professionals alike.

### **Food Security for Schools**

INMED has pioneered the use of school-based aquaponics to improve the nutrition, health and food security of children in disadvantaged communities in South Africa for nearly 10 years.

In partnership with Air Products South Africa, INMED South Africa has installed three aquaponics systems at schools in Gauteng. Air Products was INMED's first—and has been our most consistent—partner to expand aquaponics to primary and secondary schools.

### **Skills for People with Disabilities**

INMED has worked in the disability sector in South Africa since 2012, delivering direct training and technical assistance in sustainable, climate-change adaptive agriculture and aquaponics to enable members of disabled persons' cooperative groups in the Free State and Limpopo provinces to launch new income-generating agri-enterprises. Combined with fundamental business skills, budgeting, planning and record keeping training, INMED's adaptive agriculture development model has improved the organizational capacity of Disabled People South Africa (DPSA) members.

With a grant from USAID, INMED South Africa recently installed two new aquaponics systems in Free State for DPSA member cooperatives in Kroonstadt and Itchakolele and upgraded an earlier aquaponics system it installed several years ago in Wesselbron for the Monyakeng DPSA cooperative.

In addition to providing technical assistance to install the aquaponics systems, INMED South Africa provides business training, access to financing, links to markets and community outreach events to ensure the sustainability and inclusion of these new agri-enterprises and entrepreneurs in their communities.

The latest installation is at Laerskool Kempton Park, a full-service primary school in Johannesburg that also accommodates the needs of children with disabilities. Teachers report that the system has been a highly effective tool for teaching children who do not integrate well in traditional classroom environments. It also provides fresh produce and fish for the school's meals, with enough to share with disadvantaged families whose children attend the school. The two other schools with INMED aquaponics systems are selling excess produce for income.

As part of its Health in Action programme partnership with Mondelēz International Foundation, INMED has established nearly 100 gardens at disadvantaged primary schools in Gauteng and Eastern Cape. The fresh produce is improving the nutritional content of school feeding schemes.

### **Health and Nutrition Education**

Providing tools and skills to foster food security and income generation are only as effective as they are sustainable. INMED's Health in Action programme is designed to ensure

### **Income Generation for Women**

In partnership with Old Mutual, INMED South Africa has transformed the lives of five women and their families, struggling to survive in the drought-ravaged town of Pella in Northern Cape. With training in adaptive agriculture techniques and the addition of a commercial-scale aquaponics system, the Pella Food Garden Cooperative increased its revenue 60-fold within one year. INMED South Africa and Old Mutual also provided training in computer skills, accounting, business planning, marketing and sales. The co-op has become such a boon to its community that it was named Best Subsistence Producer by the Department of Agriculture, Forestry and Fisheries at the 2018 Female Entrepreneur Awards and Overall Winner of the provincial Female Entrepreneur Awards by the Department of Agriculture in Northern Cape.



lasting behaviour change among school communities through integration of health and nutrition education topics as part of the schools' curricula. In this way, children become agents of change with great influence on their families and communities.

This school-based programme teaches children the importance of nutrition, physical activity and healthy choices through engaging hands-on, skills-based activities. Launched in 2015, Health in Action is reaching more than 100,000 primary school children in 116 schools in 13 disadvantaged communities with traditional school

gardens, health and nutrition training and education, as well as Break Time Buddies, an initiative that trains unemployed youth to lead fun participatory education and activities on nutrition, physical activity and healthy lifestyles during daily recess time.

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 private-sector entities as partners in the development, implementation and ongoing support of the programme and the healthy lifestyles it promotes.

## OUR STORY



INMED Partnerships for Children is a nonprofit international development organization that has worked in more than 100 countries since 1986 to transform the lives of disadvantaged children by improving access to health, education and opportunities for success and self-reliance. INMED's flagship programs focus on maternal/child health, nutrition and healthy lifestyles, child and youth development and adaptive agriculture/aquaponics.

INMED South Africa is a registered non-profit organization (NPC/PBO) recognized by the Department of Social Development and registered with SARS. This allows any contribution to INMED South Africa to be allocated an 18A certificate and form part of your companies CSI programme.

## OUR IMPACT

***"Since we started working with INMED, a lot of children have benefited, especially in changing their behaviour and mindset as well as learning new skills."***

– Agnes Moletsane, Environmental Ed Teacher  
Epholositwe Secondary School

***"Through INMED and Old Mutual, aquaponics has made a significant difference in our lives. We will continue to grow our business and provide jobs in our community."***

—Ester Nell, Leader  
Pella Food Garden Cooperative

***"We're very proud of our Break Time Buddies initiative with INMED South Africa, which has not only benefited youth living in communities with high unemployment rates, but also the teachers and students who catch their enthusiasm for making healthy choices in life."***

–Navisha Sewkuran, Manager, Corporate & Government Affairs  
Mondelēz South Africa

***"Our partnership strengthens the agricultural production system and brings people with disabilities into the modern economy."***

—John Groarke, Mission Director  
USAID/South Africa

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INMED Partnerships for Children is ranked a Four-Star Charity (the highest rating) by Charity Navigator

