

We contribute to:

2 ZERO HUNGER



End hunger, achieve food security and improved nutrition and promote sustainable agriculture

8 DECENT WORK AND ECONOMIC GROWTH



Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all



## Food Security & Livelihoods

2025 was the first year, we fully focused on Food Security & Livelihoods (FSL), and did not give attention to Youth & Work anymore, a previous focus area.

Early in 2025, Help a Child finalised the Food Security & Livelihoods (FSL) policy, so that partner organisations and Help a Child staff would understand the choices we make within the framework of FSL to optimise child wellbeing within communities and families.

Our FSL interventions emphasise our commitment to nurturing children and helping parents care for and protect their offspring. The FSL components of our programmes will support parents by increasing production, diversifying income, encouraging savings for the future, and ensuring their children are well nourished so they can thrive and reach their full potential.

We chose to standardise our approaches and selected Participatory Integrated Planning (PIP) for food security and the Self-Help Group approach for economic resilience. In 2025, we explored an innovative idea to combine the parenting approach and PIP. We call this PIPPA. This innovative idea has evolved in a project pilot, which will be rolled out in 2026.

### Key statistics:



**327**

Farmer Groups supported

**7,232**

farmers supported  
44% male | 56% female

**1,527**

Self-Help Groups supported



**46,285** people reached with FSL interventions

in disaster response programmes



## KENYA IMPACT STORY:

# Men-only SHGs to improve child wellbeing

**In Kenya, a quiet transformation is taking place, led by a determined team of men. Inspired by the success of women's Self-Help Groups (SHGs), these men came together to form 16 men-only SHGs, a place where fathers could unite, save, learn, and start businesses.**

Through training on positive parenting, these men have learned to share childcare responsibilities, which was a cultural taboo before. As one member proudly noted: "We no longer see parenting as a mother's role; we are now fully part of our children's lives."



The men-only SHGs mark a powerful shift in local gender dynamics and community development. What began as a simple act of imitation, has evolved into a movement of male champions for child well-being. For Help a Child, involvement of men in child wellbeing is a huge challenge, and we are happy with these kind of stories from the field.

## SOUTH SUDAN IMPACT STORY:

# Growing food, growing hope

**Agieth is a mother of five children and a PIP participant who previously struggled to provide enough food for her family. With limited income, her children sometimes missed school due to unpaid fees and a lack of necessities.**

After receiving training and start-up support for backyard gardening, Agieth established a small vegetable garden behind her home. She began growing kale, tomatoes, and onions using simple, climate-smart techniques learned during the programme.

Within a few months, the garden significantly improved her family's food security status. The family now consumes fresh vegetables regularly, and Agieth sells surplus produce at the local market. The income has allowed her to pay school fees on time, buy school uniforms, and cover basic medical expenses.

"I no longer worry about what my children will eat. The garden gave me food, but it also gave me dignity and hope," Agieth explains.





## MALAWI IMPACT STORY:

# From low yields to lasting livelihoods: how PIP transformed Faidas household

**Before joining the PIP programme in 2022, Faidas faced significant livelihood challenges. As head of her household, she struggled to pay school fees for her two children because of low agricultural yields and few livestock. These challenges limited her ability to meet basic needs.**

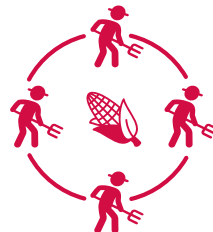
Through the PIP training programme, Faidas developed expertise in household visioning, integrated farm planning and sustainable land management. She then implemented these skills alongside her two children. She adopted a variety of climate-smart practices, such as constructing swales and contour ridges, planting vetiver grass, diversifying crops, and practising agroforestry. As a result, her farm now includes fruit trees, indigenous trees and a pine woodlot, which contribute to improved soil health and environmental conservation.

As a result, Faidas has experienced a significant improvement in farm productivity. She now produces enough food to sustain her household throughout the year, and sells surplus produce to generate income. This improved income has directly translated into better opportunities for her children. She is now able to pay her daughter's school fees of MWK 300,000 (€150) per term. In 2025, she further invested in her family's future by using the proceeds from the sale of her farm produce to help her son start his own business.

She has also purchased another plot of land on which to build houses to let.

Today, Faidas household is food secure, economically stable and resilient to climate and economic shocks. Her story demonstrates how PIP can empower female-headed households, transforming improved land management into lasting livelihoods and educational opportunities, particularly for girls, as well as providing intergenerational economic security.

**129**  
PIP groups  
supported



**1,318**  
PIP farmers  
trained/supported  
(386 male | 932 female)

In Malawi

*"PIP has benefited me a lot that I even helped my son start his own business"*

Faidas





## Self-Help Groups in Rwanda:

# Empowering parents to become self-reliant

**Within the Turakura programme in Rwanda, the Self-Help Group (SHG) approach provides a sustainable transition from the Positive Parenting Group (PPG) model by strengthening parents' economic capacity to meet the basic needs of their children and families.**

While Positive Parenting strengthens caregivers' knowledge, skills, and confidence to provide nurturing care, SHGs address the underlying economic barriers that often constrain the consistent adoption of positive parenting practices. By facilitating structured savings, improving access to financial services, and fostering peer support, alongside thematic learning on nutrition, early childhood development, child

protection, and disability inclusion, the SHG approach supports more resilient livelihoods and improved household food security. In doing so, it contributes to enhanced child well-being while promoting long-term self-reliance and stronger community resilience.

At the national level, the approach has shown strong impact within one year of implementation, with 8,415 parents transitioning

into 451 Self-Help Groups across Rwamagana, Bugesera, and Rusizi districts to save and invest in childcare and household well-being.

### **Overcoming initial fears**

The Tubarereza Gitwa Self-Help Group in Rusizi district illustrates this transformation, as members overcame initial fears related to saving, financial engagement, and public participation, particularly



among women, and established linkages with financial institutions to access loans for income-generating activities. Households diversified livelihoods through small businesses, farming, poultry, and piggery, leading to improved income and better nutrition for children.

### Catalyst for community support

As one member, Anathalie, shared: "The Self-Help Group changed my life. I am no longer afraid to save, borrow, or speak in public. My children now eat better, and I feel proud that I can meet their needs." Beyond household impact, SHGs are increasingly engaging in community initiatives such as supporting porridge provision at ECD centres, reflecting growing social responsibility and commitment to child-centered development.



## Smart dairy farming in Kenya

Stella is a dedicated member of the Arise Self-Help Group whose life has been transformed through community empowerment and practical learning. Through the group, she joined a farmers' group where she received training on diversified farming and SMART agriculture.

In 2025, the programme organised a learning exposure visit to Bomet County, focusing on dairy farming. This visit became a turning point for Stella. Before then, she owned only one traditional cow, which she grazed freely. The work was tiring, time-consuming, and yielded very little milk, barely enough for household use, with none left to sell.

During the learning tour, Stella gained practical skills on improving local breeds, constructing a proper cow shed, and adopting organised feeding using balanced feeds. She learned

that good dairy management does not depend on herd size but on proper care and feeding.

Today, Stella no longer struggles as before. Her improved dairy practices have increased milk production, allowing her to sell surplus milk while ensuring her children have enough for home consumption. The cow dung is her main source of organic compost that helps her vegetables grow well. Stella's journey highlights how exposure, skills training, and community support can sustainably improve household livelihoods.

