



# Quarterly NEWSLETTER



What your child eats affects not only their physical health; it's a feast for the mind too. Good nutritious foods contribute to good cognitive function, sharpens memory, and also sets the mood for learning. A well-nourished brain helps children to think clearly and stay alert in school, ready to conquer the world. Food literacy is a cornerstone of children's growth and development. When we plant these seeds early, when children are taught about food literacy and learn to appreciate the earth's bounty, they will be empowered to make the right choices. Armed with knowledge, they'll choose wisely, nourishing not only their bodies but also their future.

## “Our Remarkable Journey in Kuchata Village, Lilongwe Malawi”

Our remarkable initiative has taken shape, In the heart of Kuchata Village Lilongwe, Malawi as we are cultivating a brighter future for our beneficiaries by creating a powerful ripple of positive change through food literacy and sustainable agriculture. Our mission begins with the children. We're their guides, teaching them the art of sustainable farming practices and the beauty of composting. These skills aren't just about tilling soil; they're about nurturing the young minds of our beneficiaries to become stewards of their environment. Imagine a healthier future, where each child holds the key to a thriving planet.

Food literacy is our secret weapon to empower every child. Teaching our children about nutrition it's not just about what's on their plates; it's about empowering them to make informed choices for their well-being. Introducing nutrition to kids at an early age can prevent future health problems. Imagine a child who understands nutrition—their bodies fueled by wholesome goodness.





## “Empowering Mothers”

Our Pilot project is also providing training sessions to mothers of the children (Beneficiaries) who are learning about crop cultivation, organic farming, and composting through the Agriculture Cooperatives. These cooperatives will give them skills that will empower them to grow nutritious food for their families and generate income.

At Thanzi265 we understand and value women's inclusion carving out a more equitable world where every woman thrives. When women are inspired to be included, there will be a sense of belonging, relevance, and empowerment. We recognize the important role of mothers in shaping the future of children and communities. When mothers thrive, the entire community flourishes.

### Why Mothers?

- 1. Agents of Change-** When mothers are equipped with knowledge of nutrition and sustainable farming practices, they will become our powerful agents of change and great influencers beyond their own families but to the entire community.
- 2. Gatekeeper of Nutrition** - Mothers are gatekeepers of nutrition, ensuring that every plate holds health and vitality., training them will empower them to make informed choices for their families' well-being.
- 3. Pillars of Family** - Mothers are the heart of families, they nurture, and guide, their love and resilience ripple through households, binding families together, and making them important partners in our mission to alleviate malnutrition and poverty.

Together, we give hope, resilience, and nature a brighter future— a future where every mother stands tall, and every child thrives.

## Sowing Seeds of Knowledge

We have an inspiring milestone in our Nourishing Minds project as we dived deeper into our cooperative training and table Banking workshops with the dedicated mothers of our beneficiaries in Kuchata Village, Lilongwe. Their commitment, unwavering spirit, resilience, and curiosity are remarkable, they are the heart of our efforts and their courage always fuels our project journey.



We aim to give out knowledge that will yield a sustainable, bountiful harvest - not just of crops, but of good health (Zero Malnutrition) and Livelihoods (Zero Poverty) to the entire community.

As we continue with this project journey, we are kindly inviting you to take part in this transformative journey by Donating, collaborate/partnering or volunteering with us , your involvement matters and will carry weight.

[www.thanzi265.org](http://www.thanzi265.org)

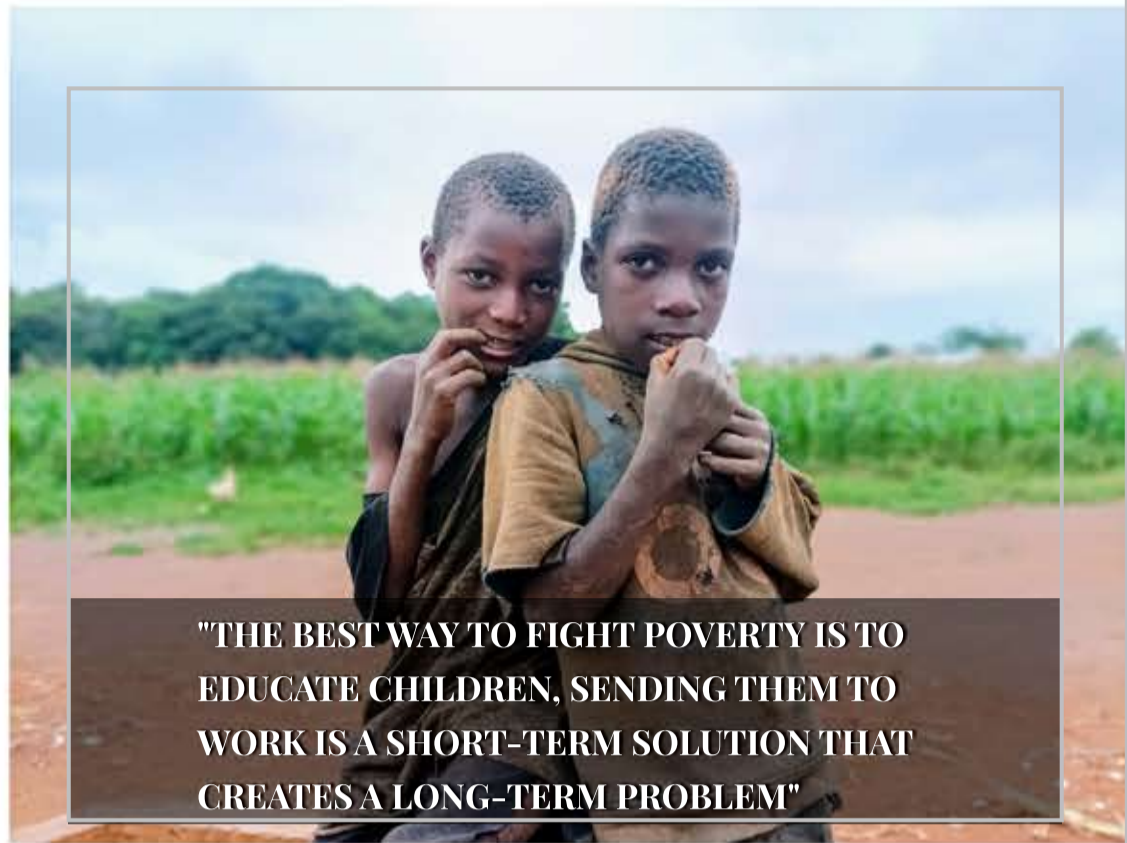
# From Heart to Hand: Ms Faezeh's Generosity Ignites Hope and Change.

A stirring display of Philanthropy, we have received a donation of \$800 from Ms Faezeh Henriksen, this donation has just brought great hope to our beneficiaries of the Nourishing Minds in Kuchata Village, Lilongwe Malawi. The generous donation comes at a critical time when many of the beneficiaries and community members face severe hardships due to poverty.

She witnessed the first-hand experience of the harsh conditions Under which the people in rural Malawi live in. The struggle to get the basic needs, and meals. Her donation will go a long way in supporting Thanzi265's mission to reduce poverty, and malnutrition and improve the quality of life for communities.

This Act of giving will not only provide immediate relief to our beneficiaries but also will inspire others.

Thanzi265 will ensure that every dollar is put to good use and hope to those who need it most. We are extending the invitation to others to follow Ms Faezeh's footsteps and contribute to this cause of fighting hunger, poverty, and malnutrition.



"THE BEST WAY TO FIGHT POVERTY IS TO EDUCATE CHILDREN, SENDING THEM TO WORK IS A SHORT-TERM SOLUTION THAT CREATES A LONG-TERM PROBLEM"

Every child living in poverty represents a deferred dream and an unfulfilled potential. This silent emergency is one of the gravest forms of violence against our future world. In Kuchata Village, where a vibrant culture is overshadowed by child poverty, the challenges are not merely financial. According to UNICEF, child poverty in Malawi is a multidimensional issue encompassing inadequate nutrition, health, education, and shelter. There is an urgent call to action to address these deprivations and improve children's well-being. Millions of children in Malawi, particularly in rural areas, are affected by persistent poverty.

At Thanzi265, we have been committed to combating this complex issue of malnutrition and poverty that is affecting children and the most vulnerable communities. Our focus is on fostering sustainable development and empowering women, providing children with resources tailored to the specific needs of Kuchata Village, such as food literacy education and sustainable farming practices, which are crucial in breaking the cycle of poverty.

*Join us in our mission to create a world where no child goes hungry and every child can eat healthily.*

## Upcoming Events

### - African Child Day (DAC)

The DAC is a momentous day to celebrate and advocate for the rights and well being of African children. This year DAC Theme we are promoting the importance of education to every child.

**How you can Take Part:** Donate to support our initiative Your contribution will impact childrens lives providing school resources, Scholarships and safe learning Spaces

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GIVE FOR  
GOOD