

NEWSLETTER

The Thanzi265's Digest



in your own backyard.

Health is a valuable asset and a basic necessity, and consuming healthy food benefits our well-being and economic activities. However, many people in Malawi struggle with misconceptions about healthy living, believing it requires expensive foods and luxury fitness activities. Thanzi265 challenges this notion by revealing affordable paths to healthier lifestyles.

Recently, Thanzi265 hosted a gathering at Chivilila Village, Traditional Authority Kabudula, where we shared a meaningful cooking demonstration

Participants were intrigued by the cooking utensils, expecting an elaborate dish, but the ingredients shared were simple and locally available: red pepper, onion, cooking oil, spinach, salt, rice, yellow pepper, and chili. The question, "How would you prepare a meal using these ingredients?" sparked an engaging discussion about cooking methods.

The session emphasized the importance of washing vegetables and personal hygiene while handling food. We explained the nutritional value of each ingredient and demonstrated how to cook a delicious dish, filling the air with a delightful aroma. Participants were amazed by the flavors and realized the potential of the often-overlooked treasures in their own gardens. The event was both educational and meaningful, transforming initial skepticism into a newfound appreciation for simple, healthy cooking.

NEWS UPDATE



Thanzi265's Kitchen

Food education is a central part of our Nourishing Minds program. The kitchen will allow children to cook together, learn hygiene, and prepare balanced meals using vegetables from their gardens. This will be their first chance to practice cooking in a clean, well-organized space.



EmpowerHer Malawi

Our mothers are introduced to practical, environmentally friendly farming methods such as composting, mulching, water management, and growing diverse crops to improve household nutrition.



Story of Hope

Across Malawi, thousands of children face conditions of hunger, unstable harvests, school dropout, and long-term health risks. Without access to farming skills, nutrition knowledge, and basic financial tools, families remain stuck in a cycle of poverty and food insecurity.

Rachael, an 11-year-old girl, and her mother are one of the identifiable victims of the same. She used to go to school hungry and tired because her mother could not afford regular meals. After joining the Nourishing Minds project last year, Rachael learned how to grow vegetables and prepare balanced meals.

Her family now eats three times a day, and they even sell extra produce for income. Rachael's story shows the potential that lies in simple, practical support.

At thanzi265 thrive to restore the lost hope in the hearts of communities in rural Lilongwe.

Thanzi265, Creating Hope for rural Malawi

At Thanzi265, we promote the use of various irrigation techniques in a straightforward and economical manner to satisfy the financial needs of all local farmers.

Prior to sending our project beneficiaries, "Children and Women," to start their own home gardens, we first give them the theoretical and practical skills they need to grow and properly care for their crops on the actual field until harvest time.

With irrigation farming, farmers can grow all year round without having to rely entirely on rainfall, which can occasionally be unpredictable. Many discernible changes in crop production have begun to emerge since we established the irrigation model farm in Dyuku village. Women and children are content with the abilities and information we have given them..



Poverty, malnutrition, hunger, and school dropouts affect every community, particularly in Malawi's rural areas. This is influenced by food myths, poor harvests, reliance on chemical fertilizers (which are prohibitively expensive), and poor and unsustainable agricultural practices.

On our second circle, we engaged Katiyi Village, a community in the same traditional authority of Kabudula in Lilongwe Rural, where we had previously engaged Chiwilira Village. Katiyi Village is one of the recorded communities suffering from malnutrition, poor crop harvests, and hunger.

Protecting Our Ecosystem: A Lesson in Interdependence



Environmental protection was covered in one of the first lessons. We covered the relationship between microorganisms and humans in this lesson, including how humans benefit from them and how they depend on us for the ecosystem.

We used an activity where each team was given an egg and told to protect it with any degradable materials they could find nearby. They also had to toss the egg up a high hill in order to make this more entertaining and clear to our participants. The environment was symbolized by the egg, which we can only safeguard it with the appropriate resources.



In order to force multiplier for impact we also educate the mothers. They are essential change agents because they are the primary caregivers, resource managers, and educators for the next generation. They are better equipped to make decisions about water, sanitation, composting, and sustainable farming when they are aware of the connection between a healthy environment, microbial balance,

and the welfare of their children, who are our direct beneficiaries. With this knowledge, they become proactive stewards, ensuring that the lessons of sustainability are applied on a daily basis and transmitted, protecting the long-term well-being of their families and the local ecosystem.

Essentially, these lessons help us put our vision into action.

It establishes a clear link between soil microbes, nutritious food, healthy children, empowered mothers, resilient households, and a sustainable, healthy community. Thanzi265 does more than just treat symptoms; we nurture the entire system that supports long-term health. Investing in children's and mothers' understanding ensures the long-term vitality of both our beneficiaries and the environment that must sustain them.

Thanzi265 Model Farm: The Living Field



Due to Malawi's excessive reliance on chemical fertilizers, pesticides, and herbicides, many fields have deteriorated to the point where most subsistence farmers produce nearly nothing annually. They now view the possibility of implementing regenerative farming techniques as a myth and an impossibility.

We decided to set up a model farm in the heart of rural Lilongwe North. We grow all types of crops all year round without using any chemicals

This has served as an example for the nearby communities, and now the villagers are gradually beginning to see and believe that it is very much possible, one step at a time and one mindset shift at a time.

The excitement arises when local members occasionally stop by to inquire about our approach and the methodology.

Respecting the soil by feeding it with the required natural manures and good farming practices,

provides it with sustainable fertility that benefits farmers by reducing the cost of farming than using fertilizers, and chemical which puts soil health at risk.

Highlights



Instilling knowledge and skills in a child's life is similar to planting seeds in soil that has never been exposed to sour fertilizer or chemicals, and the results are always positive.

Ndipe, an 8-year-old boy from Chivilila village in rural Lilongwe, has benefited from our Nourishing Minds project, which is supported by the Kanthari Foundation in Switzerland. After completing our program, he is now able to grow his own fresh and healthy vegetables right in their backyard gardens (kitchen garden.).

Many people in Lilongwe believe that farming is only for the elderly, but at Thanzi265, we challenge the status quo and place kids at the forefront of farming activities. As a result, kids can now support their families both financially and healthily by selling the surpluses..

