EU/AgriProFocus Innovation Community on Nutrition sensitive agriculture

Workshop on “Homegardens for better nutrition”

EU Delegation, Addis Ababa
31 May 2017
# Agenda

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Welcome and introduction from EU Delegation – Pierre Luc Vanhaeverbeke

Pierre-Luc Vanhaeverbeke from the EU welcomed the participants and introduced the idea of the Innovation Platform on Nutrition sensitive agriculture. As part of this platform, four workshops have been organized in 2016. The first one this year will discuss the issue of Homegardens for better nutrition.

This platform is part of the wider EU+ Joint Programming on nutrition initiative that brings together all EU Member States to achieve a harmonized approach towards nutrition. The aim of this platform is to get a better understanding of ongoing activities in the areas of nutrition sensitive agriculture, which will help the EU+ group to better position themselves and apply good practice examples in their programme development.

However this platform is not limited to EU+, but to all implementing partners with experience in the respective topics. These workshops are meant as an exchange platform and can only provide an insight into some topics. Extending the exchange beyond the workshops should have happened through the online platform, but was not as active as anticipated, which would need to be addressed in a potential continuation of this platform.

The topic of homegardens is very key for nutrition and also on the agenda of national strategies and programmes. The MoANR/MoLF National Nutrition sensitive agriculture Strategy as well as the Agriculture Growth Programme (AGP) and the Productive Safety Net Programme (PSNP) make reference to homegardens as part of their nutrition sensitive interventions.

“Homegardens Contribution to a better Nutrition and the overview of Homegardens Network” - Mestawet Gebru, AKLDP/Tufts University

Definition of homegardens is: “A home garden is an area, usually around or adjacent to, the home where diverse vegetables and fruit can be grown seasonally or throughout the year to meet family nutritional requirements.”

There are different types of homegardens:
- Traditional simple type of gardening: scattered, not in a fixed maintained plot, fruits and vegetables are few and it is seasonal
- Improved garden: better than traditional: usually located in fixed plot, it is seasonal and variety of fruit and vegetables is much better
- Developed garden: in a fixed plot throughout the year, contains different variety of fruits and vegetables

The Homegarden Network is encouraging community and households to do developed garden.

There are three main strategies that are used to improve nutrition:
- Supplementation: nutrients prepared in capsules, expensive
- Food fortification: fortification of flour, oil or salt, done centrally and needs to be distributed
Dietary diversity is defined as the number of food groups consumed over a period of time. The WHO indicator for Dietary diversity in children, measures the number of food groups consumed by children in the last 24 hours and recommends a minimum of four or more food groups out of 7. For women, dietary diversity can be measured using the FANTA/FAO methodology, assessing the number of women consuming five or more food groups out of ten. Improving dietary diversity is the most sustainable strategy for combatting malnutrition and can be achieved through agriculture interventions, like implementation of homegardens.

A lot of studies have been conducted on the impact of homegardens on nutrition. Home garden interventions have been related with improved fruit and vegetable consumption and vitamin A intake (Faber et al., 2001); improved dietary diversity, child health and nutritional status (Cabalda et al., 2011); improved household food security and income (Bushamuka et al., 2005); as well as women’s empowerment (Bloem et al., 1996; Faber et al., 2001).

Introduction to Homegarden network
The Homegardens Network was launched on 13th January 2015 by two USAID-funded implementing partners: AKLDP/Tufts University and TOPS/Mercy Corps and is hosted by the AKLDP. The objective of the network is to promote household level vegetable production and consumption for improved nutrition outcomes and has more than 150 representing government, private and civil society organizations.

The network has three major activities:
- Organize regular experience sharing meeting
- Organize field visit
- Provide technical training:
  
Training was given for PSNP federal and regional staff on permagardening, aiming to reach more than 7.5 million beneficiaries through the PSNP Public work activities that could include permagardening.

Trainings have also been conducted on school gardening, aiming to children at the school level. In Addis at Bole Addis school the Homegarden Network provided training to teachers so that they can grow vegetables and can teach the students and improve consumption.

Permagarden training is given to residents of condos, teaching methods to use communal space of condos for growing vegetables.

Conclusions
- Gardening should be integrated with household animal production since homegardens by themselves will not bring the change in nutritional status. The Homegarden network works together with MoLF to promote small ruminant production, which should help to have stronger impact on dietary diversity by increasing the animal source food consumption.
- Interventions should be institutionalized: for sustainability project based activities have to be aligned with regular government and public institutions development programs since projects by NGOs have a limited timeframe and therefore might not be sustainable.
Different institutions should have a clear division of task at grass root level. While Health extension workers are already working on improving the nutrition situation of the population, also agriculture extension workers can play an important role in improving nutrition, particularly dietary diversity.

Grass root level activities should be recorded and properly planned. Community participation is key in all stages of programme development and implementation.

“Improving Household Nutrition Using Permagardening” – Medhanit Wube, FHI 360

Yekokeb Berhan is a five-year (2011-2016), USAID- funded program designed to reduce vulnerability among highly vulnerable children (HVC) and their households in Ethiopia, targeting 500,000 children and their families annually in five regions (Amhara, SNNPR, Oromia, Tigray, Addis Ababa). 264 woredas have been selected based on HIV prevalence.

The key objectives of the programme are to increase household level vegetable consumption as well as frequency and diversity of vegetable consumption. Increasing household income and enhancing community and household practices are also objectives of the programme. The ultimate goal of the projects is to increase vegetable consumption in the household.

The key strategies are:
- Master garden training following significant practice at their own homes and offices.
- Roll out of trainings and provide closer support to households and caregivers
- Ongoing technical guidance and supportive supervision
- Support between neighbors and establishment of a “Neighbourhood network”

Definition of Permagardens:
• Permagardens are small-scale, high-yield, home gardens that anyone can create.
• They use only locally available materials, tools, seeds and plants to provide the family with a diverse supply of fresh, nutrient-dense vegetables, and fruits on a daily basis.
• The gardens or the containers using the same principles, are close to the home and therefore easy to manage even for children and the elderly.
• Permanent Gardens do not always produce the same vegetables but are designed and managed in such a way that like a house, once built, it will continue to provide both protection from the elements and production for the family table for many years to come.

The training on permagardening has different components:
- Weeding and natural pest control
- Seedbed preparation
- Household water management: using waste water for the garden.
- Nurturing soil
- Identifying and developing space for complementary gardens
- Household nutrition

The whole trainings aims to promote the use of locally available materials for compost as well as for pest control and soil management and nourishment, such as charcoal, ash, egg shells etc.
The training is cascaded in four steps:
1. Training of master garden trainers
2. The master garden had to demonstrate on their own gardens at home or office as a demonstration site
3. Caregivers training learning by doing at their own gardens
4. Ongoing technical guidance and supportive supervision by FHI360 staff

Impact on diet, nutrition and income:
- 70% consume permagardening produce regularly
- 40% are able to earn income and cover necessary provisions to improve their living condition as well as keep their children at school.
- A quasi experimental study found a significant difference in the frequency of vegetable consumption between the intervention and the control groups, in which 83% in the intervention group reported consuming vegetables twice or more in a week, compared to 59% in the control group.
- Also the diversity of vegetables consumed by a household increased in the intervention group.
- Malnutrition (measured as wasting, stunting, underweight) as well as incidence of diarrhea was lower in the intervention group.

Challenges and recommendations:
- Despite the positive effects of the permagardening intervention, the results also revealed challenges with productivity and sustainability, particularly in urban settings. Access to suitable and sufficient land as well as lack of user rights for households living in rented houses were identified to be the major challenges by most of the participants. Scarcity of water during the summer season, shortage of gardening tools and lack of access to markets were additional challenges reported.
- The permagardening intervention needs to be strengthened and scaled up, building on the existing promising evidence. Long-term training and support are required for households and community based organizations to bring sustainable behavior changes in the consumption of micronutrient-rich vegetable to improve their health and nutrition status.

Impact of homegardening on household nutrition - Mesfin Zenebe, Send a cow

Send a Cow is an international NGO, operating in seven countries across Africa, including Ethiopia. The focus of the NGO is on sustainable agriculture, improved animal management, value addition, integrated with gender and social development activities, operating in 11 woredas.

Current problems related to nutrition in the project areas include:
- Lack of awareness on production & consumption of nutritious food items
- Low income and food insecurity for some months of the year, hence low intake of nutritious food items
- Limited dietary diversity due to:
  a. Lacking culture of vegetable and fruit production & consumption
  b. Limited consumption of animal products
- High levels of malnutrition

The programme is trying to address these issues through capacity building for farmers and community members on awareness raising on nutrition, dietary diversity and cooking of nutritious foods; Home gardening techniques; Soil fertility management & pest control choices; and Preserving farm produce through processing: meal diversification.

The project also provides low cost inputs, such as starter vegetable seeds, fruit varieties and management techniques and small scale irrigation interventions, assisting farmers with construction of hand dug wells, spring development and water harvesting in schools and backyards.

The project has introduced homegardens, kitchengardens and school gardens, which are managed by school clubs. The school clubs are not only responsible for the gardens, but also for managing the income, which should be used on scholastic materials. The produce of the gardens is also taken home by students, reaching their families and the community as a whole.

In addition to homegardening the project also works on animal management on how to feed, what type of feed, how to improve shelter, management and health practice. The project uses an integrated approach: using leftovers from the homegarden for feed and income from homegardens for animal management.

Impact on diets and nutrition

Following the intervention, the project found that consumption in Vitamin A rich vegetables, even during months of food shortage, increased from 13% to 76% between 2012 and 2015. Consumption of Vitamin A rich fruits increased from 5% to 37% in the same time period. Consumption of other food groups, such as diary, eggs, meat, legumes and cereals also increased within three years, implying that increased income from on and off-farm sources might have contributed to those increases.

Conclusions:
- Awareness plays an important role in changing the attitude and practice of households towards nutrition
- Using an integrated approach of crop production, animal husbandry and natural resource management enables households to improve their nutritional status

**Homegardens for better nutrition - Mekonnen Tesfamariam, Catholic Relief Service (CRS)**

Ethiopia is affected by repeated shortages of food, resulting in undernutrition in children and pregnant and lactating women. Furthermore diet quality is poor given that only 7% of children between 6 and 24 months are receiving a minimum acceptable diet. The goal of Homestead Gardening in CRS is therefore to improve consumption of micronutrient rich foods, focusing on the 1000 days window. Since CRS is working in harsh environments, mostly in woredas with hotspot 1 priority, keyhole garden (KHG) approaches were adopted since KHG can withstand harsh climates.
Keyhole gardens have a diameter of 2 meters and look like a keyhole from the top and have different layers (see Fig 1 below).

**Fig 1: Shape and design of a keyhole garden**

Advantages of Keyhole gardens include:
- Easy to manage, little land area
- Soil enrichment
- Moisture retention
- Year round vegetable production: since there are different layers: you can put clay different materials that can be easily deposed. All these layers will help the enrichment of the soil.
- Low cost design
- Requires little land area/space
- Great in arid areas
- Uses gray water: in areas where water is scares we can use laundry water
- Can be grown on a rock
- Produce under harsh environments
- Ideal for disabled & chronically sick as well as pregnant and lactating women

The project has different components:
- support through training of agriculture and health extension workers, model farmers and teachers
- inputs such as seeds and farm tools
- Training on solar drying & other community based preservation technologies
- Linking to government to ensure substantiality: combined with food preparation and processing
- Learning sessions and cooking demonstrations
- Links to social protection through the Productive Safety Net Program
- Community based preservation and storage methods
- Infant and young child feeding interventions including Social Behavior Change Communication
- Links to Saving Internal Lending Committees (SILC)

Impact on diet and nutrition
The programme evaluation showed an increase in children having a minimum acceptable diet from 0.6% in 2012 to 11% in 2014. Also infant feeding indicators (early initiation of breastfeeding, exclusive breastfeeding, giving colostrum and introduction of complementary feeding) have improved in the course of the project.

Lessons learnt:
- Techniques promoted are affordable as they use readily available natural resources
- Gardening improved nutrition status of family members
- Investment costs are very small
- Increased participation of men, women, disabled, sick in gardening
- Sustainable: people acquired skills to maintain their gardens
- Year round production under harsh environment

Challenges
- Limited access to agricultural inputs like vegetable seeds
- Maintenance of keyhole gardens
- Climate change and its impact on water shortage
- Pest management
- Commitment of agriculture extension workers

Discussion session

1. What is the classification of homegarden types (simple, improved, developed) based on?

Helen Keller International (HKI) published guidelines on homegardens, where this classification is mentioned. However it is outdated. This document as well as more information on homegardens can be found on the AgriProFocus website with documents on the Homegarden Network: [http://agriprofocus.com/ethiopian-home-gardens-network](http://agriprofocus.com/ethiopian-home-gardens-network)

2. Why is there so much more focus on highland areas and how can we better address lowlands?

In lowlands, permagardening should be promoted since they work well in areas where water is scarce. Permagardens are more sustainable than other type of gardens. The Homegarden Network offers trainings on permagardens.
Also, keyhole gardens can be promoted in lowlands because they work well in areas with limited water access. There are also methodologies that can be applied to protect the vegetable bed with sade and keep the moisture by planting trees or bushes along the bed. Some types of grass also can help preserve the soil, so that the main bed can be protected.

One of the reasons a lot of projects focus on highlands is the population density and the higher impact of interventions.

There is a lot of experience and indigenous knowledge that should be used. For instance in some lowland areas farmers plaster the soil after the rainy season to keep the moisture.

Furthermore, pest prevalence is a lot higher in lowlands and most costly to control.

3. What gender issues have you observed in your interventions?

Homegardens are usually the responsibility of the women, but men can be involved in the preparation and construction of the gardens. It is important to link women to saving systems and seed suppliers. Having regular gatherings among women or in the community can also be an opportunity to discuss, exchange and empower women.

There are tools that can help to include all family members and identify the roles they take in the homegarden activity. There should also be gender sensitive trainings on decision-making processes, e.g. on what to sell and how to manage the income earned.

Men should also be involved in the trainings on nutrition and cooking demonstrations. It will help get them more involved.

4. How can we improve access to seeds for homegarden interventions?

The Homegarden Network identified different sources of seeds and set up a seed supplier directory which should help implementing partners to access seeds.

5. How can we better address urban areas and influence policies such as the still not finalized Urban Agriculture Policy?

Since land is limited in urban setting, vertical gardening is promoted. There are different techniques can be applied in urban settings. Land is not an issue anymore. The Homegarden Network has a lot of experience to share on different techniques. The Homegarden Network also aims to influence policies, such as the Urban agriculture policy and is preparing a document with evidence around homgeardening that should help shape government policies.

6. Which indicators can we use to measure impact of homegardens?

Homegardens have an impact on dietary diversity, nutritional status and Vitamin A status, which are therefore the most important indicators to consider. For dietary diversity, there are globally
agreed methodologies available. For the dietary diversity of children, WHO has developed
guidelines, which can be accessed here:
For women, the FANTA project has recently developed a methodology. More information
(sample questionnaires etc) can be obtained here:
https://www.fantaproject.org/monitoring-and-evaluation/minimum-dietary-diversity-women-
indicator-mddw

Nutritional status can also be assessed, but impact cannot be seen in a short period of time for
chronic malnutrition. Impacts could be seen in acute malnutrition in a short period of time. In
order to have an impact on stunting, the programme should be more long-term and gardens
should be there for the whole year. Interventions should further be combined with animal food
production to increase the currently low consumption of animal source foods.

**Working group discussions**

In this session, participants were split into small groups to discuss different questions around
challenges and success stories of their homegarden interventions.

1. **What have been your major challenges in implementing homegarden interventions?**
   - Limited access to water
   - Households far from markets do not see the benefit since there is often no awareness of
     the importance to consume the produce from the homegarden instead of selling it all
   - Availability of seeds and quality of seeds
   - Market price for vegetables is set by big merchants, not by farmers
   - Pests and diseases particularly in drier areas, homegardens and the increased humidity
     can attract pests etc.
   - Limited link between urban and rural agriculture extension workers as well as between
     implementing partners there needs to be better knowledge exchange
   - Lack of consumption of homegarden products
   - Produce from homegardens is perishable and if there is no technology for storage of
     surpluses and postharvest handling is poor, a lot of the harvest can be lost
   - There is also an attitude that smaller field size are not favored and considered
   - In urban areas, there are challenges related to access to land, but awareness for new
     technologies could help solve this problem: e.g. through vertical gardens, condogardens
     etc
   - Food habits/cultures: vegetables are considered as foods for low economic groups

2. **Success stories/what works well**
   - Creating awareness: once people experience the benefits of homegardenning, they will
     also find a way to address potential challenges.
   - Contributions to livelihoods: while homegardens are small spaces, even small amounts
     of oversupply can help households create additional income and contribute money to
     saving groups
- Effective use of resources: when gardens are close to home, water can be recycled, household waste can be used for composting etc.
- Participation of family members: every family member participates in homegarden activities; while homegardens are traditionally the responsibility of women, husbands can be encouraged to help build and prepare the homegardens, which contributes to sharing workloads between men and women.
- Diversification of production is possible within a small plot of land: up to 70 different types in some projects.
- Income generation for kitchen gardens: creating a women cooperative helped to bring a group of kitchengardens together to give them input, also have them exchange experience on improving market access and pest control etc.
- Scaling up the kitchen garden: using different types of social behavior change methods and channels, like religious leaders. This helped getting buy-in also from men.
- Creating an enabling environment: integrating homegarden projects with other initiatives like infant and young child feeding interventions, cooking demonstrations etc helps sustainability and multiplying positive effects of the intervention.
- Reducing postharvest losses: organizations used local recipes and processing methods, adapting them to ensure dietary diversity.
- Integration with livestock: which can increase households’ access to more micronutrients and achieve better nutrition.
- Urban homegarden: there are many novel approaches on participatory training approaches and technologies to work with limited space, eg. Recycling materials for growing vegetables.
- Using cluster approaches: instead of working on a whole kebele, it is better to group people for instance based on watershed, or favor areas that have more natural conditions to start with.

3. Gender issues observed in homegarden projects

- The preparation the garden (digging, soil preparation etc) is done by men, but then the caring, the selling of produce is done by women.
- Educating women on the importance of homegardens and healthy diets, will help the whole family to have better knowledge and nutrition; using the women as an entry point to the whole household.
- It is important to provide awareness on how to utilize household income on better nutrition and involve men in this discussion.
- Homegarden projects often target women, which could have a negative impact and overburden the women; it is therefore also important to involve men not only in the hard work that comes with setting up the garden but also in the maintenance.
- Organizing women in cooperatives will help give them better access to markets, savings interventions, seeds etc.

4. How can we improve the consumption?

- All participants agreed that creating awareness is key and working through different channels and methods of behavior change is necessary. A lot of organizations work with religious leaders which helped making change.
- Other organizations used bazars, where they introduced new foods, technologies and cooking demonstrations.
- Practical demonstration at family level are also very important to test what is feasible.
- Also using general public platforms can be helpful, not necessarily platforms that have a nutrition focus, but youth groups or women’s groups.

**Action Points**

- Share information on Homegarden network and relevant contacts with participants
- Share link and information on AgriProFocus innovation communities and Homegarden Network platform
- The next workshop of the innovation platform might be on fortification and the EU will inform participants on dates
- Information on workshop on Nutrition in Pastoralist areas will be shared with participants
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