



HOME ECONOMICS SECTION NEWSLETTER

Issue No: 4 of 4

Prepared by: PS Msweli



Happy New year everyone.

With four months down, it's still a New Year and hope it's indeed a happy year so far. Yes it's tough, we have a lot of adjustments in our day to day life that need to be done for us to survive in this crumbling economy. Life is not easy, there is a lot we need to cut of, luxury life even the basic needs need to be cut down. It's a need now for everyone to have two or three sources of income in order to maintain and cushion one's life and to at least remain a middle class citizen. Food is expensive, electricity is high, fuel is up, transport money is also up, bread, Almost everything is on a hike. As families we have to find ways of helping each other at home on saving and minimizing unnecessary costs of living. No one individual should carry the burden but everyone should help where possible.

Birthday Stokvel

We have a birthday stokvel and which is doing well. All officers agreed to it. We agreed to celebrate each officer's birthday on their date of birth. We wanted to do something good for each other, add value and meaning to each other. We are not only colleagues but also a family or rather a small community and there is a lot to be shared that can bind us together and bring us closer besides work. We are hoping that this will also bring a sense of trust and confidence among us and obviously looking forward to doing even bigger thing together.



On this Issue:

- ⇒ Editors' comments
- ⇒ Back to school Tips
- ⇒ Taiwan Africa Vegetable Initiative
- ⇒ Food Expo and Food Display
- ⇒ Ngwempisi RDA Food Display
- ⇒ Cake baking training
- ⇒ Pulses day at KaLanga RDA
- ⇒ Sweet Potato tour at Nhlejeni
- ⇒ WASH Workshop

Home economics section calendar!

This year the Home Economics session was able to publish their very own calendar for the year 2022. It's quite an achievement for the session and obviously moving to the right direction. It's a beautiful calendar with all the home economics officers in it. Hoping to get a sponsor to help us print the calendar out. Also looking forward to having a calendar published every year going forward.

Box 162, Mbabane
Tel: 2404 6364

2022 HOME ECONOMICS SECTION

JANUARY							FEBRUARY							MARCH							
SU	MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	SU	MO	TU	WE	TH	FR	SA	
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30	31																				

APRIL							MAY							JUNE						
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JULY							AUGUST							SEPTEMBER							
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OCTOBER							NOVEMBER							DECEMBER								
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VISION

Responsible For Enhancing Improved Household Economic's And Livelihoods Through Promotion Of Improved Nutrition, Home Management, Child Care & Development, Consumer Education & Income Generating Activities

PUBLIC HOLIDAYS

NEW YEAR'S DAY	01 JANUARY
GOOD FRIDAY	15 APRIL
EASTER MONDAY	17 APRIL
KING'S BIRTHDAY	19 APRIL
NATIONAL FLAG DAY	25 APRIL
WORKER'S DAY	01 MAY
ASCENSION DAY	26 MAY
PUBLIC HOLIDAY	22 JULY
UMHLANGA REED DANCE	T.B.A.
SOMKLOLO DAY	06 SEPTEMBER
CHRISTMAS DAY	25 DECEMBER
BOSHIQI DAY	26 DECEMBER
INCHALA DAY	T.B.A.

MISSION

To Ensure Improvement And Enhance The Quality Of Life Of The Educative Population.

SITEKI
Box 42
Tel: 2343 32667

NHLANGANO
Box 14
Tel: 2207 8322

MANZINI
Box 30
Tel: 2505 6151

PIGGO'S PEAK
Box 54
Tel: 2437 1928

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Home Economics collaborates with TAVI Project

The WorldVeg Team, through the Taiwan-Africa Vegetable Initiative (TAVI) collaborated with the Ministry of Agriculture, Department of Agricultural Research and Specialist Services (DARSS) to conduct a four-day training course to school nutritionists, food technologists and non-governmental organizations on how to prepare and cook traditional African vegetables (including amaranth, African Eggplant, African nightshade, jute mallow and okra). There were 35 participants and most of them were women. A total of twenty-four different dishes were prepared, demonstrated and tasted. The local WorldVeg office will continue to collect data on food recipes and provide the participants with some start-up seeds for their gardens.



Ms Nozizwe Tsabedze



Dr Monica Morata



Ms Inviolante Dominick



Ms. Sofia Jeng

(Different speakers, making their remarks during the first day of the four day training at the Food Science Conference, Malkerns Research Station)

Objectives

The objectives of TAVI are TAVIS Objectives to ; Upgrade GeneBank infrastructure; Rescue genetic resources of traditional vegetable; Improve nutritional content of school and home meals; Address the neglected production and consumption of vegetables; Support increased farm productivity and to facilitating consumers .



Mandwandwe



Egg plant



Ligusha



Umsobo



Imbuya



Tintsanga



21/12/2014 04:10



21/12/2014 04:09



21/12/2014 04:39

Implementation Approach

The project will ; Reach out to primary schools; Work with farmers to produce and sell indigenous vegetables for school feeding programs; Promote well established and well managed school gardens as an educational tool for school children ; Stimulate establishment of home gardens to ensure children and families will all benefit from nutritious and diverse meals at home and strengthen capacity of local farmers to produce safe and nutritious vegetables for school feeding programs and eventually for other vegetable consumers.

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ITS BACK TO SCHOOL

Preparing home made lunch for yourself or for your child, can save your family money while also ensuring a healthy lunch meal for yourself or children. Preparing lunch tins can be bit difficult, especially because there are a few important points to consider when preparing it. Lets remind ourselves about some few points to always consider:



- ◇ Plan meals and rotate the meals
- ◇ Keep everything clean
- ◇ Remember to wash your hands
- ◇ Use clean surfaces, clean lunch tins and utensils
- ◇ Pack light healthy meals especially for the kids
- ◇ You can prepare the evening before to save on time
- ◇ Make sure you refrigerate the food to give it extended shelf life.

Ntfontjeni RDA hold a FOOD EXPO

by Hlengiwe Shongwe

Ntfontjeni RDA hosted an indigenous food expo on the 29th of March 2022. The food expo was organized by the area Home Economics Officer, collaboration with the local farmers. A variety of indigenous food dishes were prepared and displayed on the day. The area officer explained how the different dishes were prepared emphasizing the various ingredients used and their nutritional value.

The purpose of the food expo was to encourage people to prepare and consume such readily available indigenous food at their homes. Many people graced the event, making the day a huge success and the most cherished part was the food tasting where there was always a mini scramble.



Part of the farmers that attended the food expo. Pic Cred: Hlengiwe

During the event attendees were also encouraged and advised to grow a wide diversity of vegetables than just the common ones like lettuce, cabbage and spinach which are often the only vegetables readily available in stores.

Speaking on the day, guest speaker, Njabulo Matsebula from the local World Vegetable Center officer said locals should start growing indigenous vegetables such as ligusha, imbuya, inkakha and many others. Matsebula during his address said "Currently these herbs were not grown but harvested from the wild and many people were not consuming them at their homes yet they are very nutritious" He further revealed that the World Vegetable Centre was focused on research and that there were now wild vegetables that were being grown locally but originally from other parts of the world.



Pic



Above: Different indigenous food on display during the day



Left pic: The Ntfontjeni RDA Assistant Home Economic Officer, Hlengiwe Shongwe explaining some of the food on display during the day.

Cake baking at Mphophoma

by Manzini Officers

The Mahlangatja RDA Home Economics officer in collaboration with world vision conducted a baking training at Mphophoma processing unit Malkerns Research with the aim to improve and enhance the quality of life of households in the communities through income generating projects like bakery facility that can enable easy access to confectionary products needed by households.

World Vision sponsored 33 farmers from Mahlangatja constituency (Nsangwini, Mpolonjeni, Mambatfweni, Mgomfolweni, Bhahwini, Sigcineni, Nciniseleni and Ntfontjula) to attend a training in baking and cake icing. This workshop was conducted over 6 days where farmers were grouped into three groups, each trained for two days. Strategies used to accomplish this activity were: lectures, demonstrations and baking trials. Products which were baked are: muffins, scones, swazi buns and cakes.

All clients actively participated during the training and were able to identify a few mistakes on their own products as well as some from their peers. They were also proactive and asked questions in relation to baking other products that were not part of the training plan.



Farmers preparing to ice the different cakes Pic cred: PS Msweli



Different cakes that were baked on the day. Pic cred: PS Msweli.



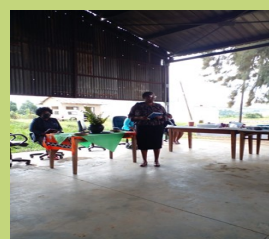
Group photo of the farmers carrying their cakes. Pic cred: PS Msweli.

Ngwempisi RDA Indigenous Food Display

by Lindokuhle Shabangu

Ngwempisani RDA hosted an indigenous food display. The purpose of the food display was to promote the consumption of indigenous foods and healthy eating. Health eating plays a major role in curbing None Communicable Diseases. The event was graced by representatives from Eswatini Nutrition Council and the None Communicable Diseases unit under the Ministry of Health.

The food on display was prepared and brought by farmers. Speaking on the day, representative from the Nutrition Council emphasized on the importance of eating healthy, using readily available indigenous fruits and vegetables. Dishes that were prepared included lifutfo, tinkhobe, umbhonyo wemantongomane, bhatata, sinkhwa sembila, mash yeliphuti, sidvudvu, inkhukhu yasemakhaya, inshubaba, umbhidvo wetintsanga, chuchuzza, tincheke.



Cake baking at Ka Langa RDA by Celiwe Shongwe

KaLanga RDA Home Economics section conducted cake taking workshop for some selected active farmers. The workshop was supported by World Vision, who provided funds to buy the different ingredients and refreshment for the participants. A total of 8 farmers participated.

The venue for the training was Mpolomjeni processing centre.



Left Pic 1: Group photo of the participants



Left Pic 2: Different cakes product prepared during the workshop

KaLanga RDA celebrate Pulses Day by Celiwe Shongwe

On the 24th of February 2022 there was a legume field day at Lubonjeni region at Langa RDA. Celiwe Shongwe an officer based at Langa RDA prepared and show cased a number dishes prepared from or with legumes just to let people appreciate value addition of legumes and just to try out different things with legumes. The guests got a privilege to taste the dishes prepared and they appreciated.



Pic Above:



Sweet Potato Field tour at Nhletjeni by Precious Msweli.

Shiselweni region Home Economics officers collaborated with ESWADE and IFAD in the Sweet Potato Field Tour. The event was held at Nhletjeni, under the Southern RDA. The Home Economics officers prepared various sweet potato dishes that were displayed on the day.



WASH Workshop at Bethel Court

The Ministry of Health, through the department of Environmental Health collaborated with the Home Economics section to validate the sanitation and hygiene manual. The validation was held at Bethel Court. Hand hygiene is a no-regret investment and cost effective infection prevention and control measure that inhibits the transmission of infectious diseases. It is practiced through handwashing with clean running water and soap as well as the use of alcohol based hand rubs. If done appropriately, regular handwashing saves lives through the prevention of the spread of transmittable infectious diseases.



Shiselweni Womens Group: Cayenne Pepper Sauce

Shiselweni womens group of farmers had a three weeks training of cayenne pepper sauce making at NFTC. It started from the 31st January 2022 to the 18th February 2022. The workshop was sponsored by UNDP through the AccLab. In total the farmers were 20 and their consultant was Sifiso Vilakati. On the day of opening the workshop, welcoming remarks were done by Sibongile Maseko Nhlango (SHEO) and Nozizwe Tsabedze acting (PHEO).



Nozizwe Tsabedze

Act.PHEO



Sibongile Maseko

Shiselweni SHEO



Sifiso Vilakati

Consultant

UNDP through the AccLab sought services of an expert to provide the Shiselweni Women's Group with technical knowledge. This group processes chili sauce and they trade informally. Therefore, under this campaign the AccLab wanted to improve the product quality whilst also empowering the group with prerequisite requirements of the FMCG (Fast Moving Consumer Goods) industry thus qualifying them to trade formally.

ACHIEVEMENTS AND PROBLEMS ENCOUNTERED

A brand was created, selected packaging and the end result was rather satisfactory. The brand will be able to compete with the renowned brands on the shelves. The new spicy flavor is flavorful with herbs which gives it a distinctive taste. The product color on both flavors blends well with the labels. The seals are in two different colors meant to distinguish the flavor and well as the colors of the labels. Of the active youthful member's one who is the Production Controller, mastered the process flow, the costing which means she can be relied upon and she can also train the others on the job. All the members seem to be committed, after creating the constitution they increased the cost of shares and joining fee to help boost their finances. It was advised that it would be wise to buy the packing in SA because the mark-up with local distributors is too high One of the members knows the location so they will be able to source the packaging, hopefully quarterly as advised to cut transport costs. In as much as the group members are motivated there are too many elderly persons who tire easily, the English language is also a huge barrier which would compromise the Quality Management System. However, to counter that I encouraged the youthful members to be part of the Management structure. They are motivated and there is at least one person who has computer literacy. Some of the youthful members were skeptical of taking a lead which is disturbing since they are the ones that will recall more of what was taught and they are the ones expected to take a lead in sourcing markets for their product.

Home Economics is all about!

The section has come a long way with the assistance of staff members sharing knowledge and skills to all clients in both rural and urban areas. Our mission profusely is the provision of quality services that meet the needs of the population at any given time. Most officers carry out their work through field work, targeting grass root levels to improve livelihoods thus helping them contribute to the economy of the country. Other work channels include meetings, seminars, practical demonstrations and workshops, field days and campaigns which are free of charge with gender balanced activities, encouraging all people to acquire sustainable skills especially during this covid 19 pandemic.

Familiarize yourself with our programme areas:

Food Security and Nutrition Education

Food Preparation and Preservation

Business Management and Leadership Skills

Child Care and Development Section

Home Management, Sanitation and Hygiene



Group of farmers who attended the training



Some of the farmers posing with their cayenne pepper sauce



Spicy flavoured cayenne sauce



The normal cayenne sauce.

MEDIA OUTLETS

1. Eswatini Television program – watch **Etiko cooking show** hosted by Ayanda Hlophe, Simphiwe Msweli and Bongekile Magongo
2. Eswatini Radio broadcasting– listen to **Kudli-wani** on EBIS 1 and **Nutrition at Home** EBIS 2 produced by Simphiwe Msweli.
3. Eswatini Weekend Observer Articles– written by Xolisiwe Simelane
4. WhastApp– <https://chat.whatsapp.com/CjMg-gRysJwB2QVcaOASyeg>
5. Telegram– **Food an Nutrition Eswatini** (<https://t.me/joinchat/M7UIvhs71Wbwr86CHVBaAg>)

Ministry of Agriculture

P.O. Box 162

Mbabane