

TABLE FOR TWO

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Striving For Sustainability: School Meals in Mbola, Tanzania

The Republic of Tanzania, on the coast of the Indian Ocean in East Africa, is famous for safaris, Mount Kilimanjaro, and its coffee plantations. Tanzania may be known for its rich natural environment, but it is still categorized as an LDC (Least Developed Country). TABLE FOR TWO (TFT) launched its school meal program in September of 2011 at 17 elementary schools in Mbola, located in the Tabora Region in western Tanzania.

School meal programs have been absent in this area since 2010, but there was a high demand among locals, parents and students to restart the program. TFT's school meals consist of beans and vegetable soup served with *ugali*, a staple corn meal also known as *posho* in Uganda and Rwanda. TFT encourages participation by the local community in the school meal programs. Parents and other locals provide cabbages, tomatoes and fish from Lake Victoria. These contributions by the locals improve the nutritional value of the meals, while allowing the community to take greater responsibility of the program – a key for future sustainability.



Number of Meals Shared to Date:

12,578,612

(As of January 6th, 2012)

Ilolangulu Primary School in Mbola

Power of hygiene education



Mbenge Primary School in Mbola

Students in the upper grade levels in Mbola conduct lessons on sanitation and hygiene. In sub-Saharan Africa, food and water-borne diseases are common. Many of these diseases are preventable with basic knowledge of sanitation and hygiene practices, such as boiling water from wells and covering food for storage to keep insects away. The students use plays, pictures and stories to teach these concepts. The goal is for the students to incorporate these new habits not only in school but to also take these lessons back home.

From TABLE FOR TWO's Executive Director

I visited Mbola for the first time two and a half years ago. The region was suffering from a drought at the time, and I remember having to hydrate myself constantly, even though I was traveling by car. At



(Masa Kogure)

one point a group of junior high school students came up to me and told me in perfect English that they wanted to help Tanzania develop just like Japan. It was incredible to see these young children, who will be the future leaders of their country, speak so enthusiastically despite the harsh conditions.

Republic of Tanzania

- Capital: Dodoma
- Ethnicities: Sukuma, Makonde, Chagga, Haya, and approx. 130 other ethnicities
- Languages: Swahili (national language) and English (official language)

Agriculture (primarily commercial crops), tourism and the mining industry have led the country's economic development following the transition in 1985. The average annual rate of growth over the past decade is estimated to be roughly 6%.

