Kiribati IFAD
Nourishing the islands, supporting communities
IFAD
Investing in rural people

Healthy foods for chidren

INVOLVING children at a tender age to prepare pumpkin, beach cowpea, kangkong, *Pseuderanthemum wharto-nianum* (te iaamaii) *Cordia subcordata (*te kanawa*)* leaves to increase the consumption of nutritionally rich leafy vegetables derived from native plants thriving luxuriously in Kiribati.

It will also increase home-trained images of agriculture among young children.

Junior, intermediate and senior secondary schools will also benefit from the project.

The project is targeting those schools to work with where pupils and students will all receive basic training in school gardening to establish their own nurseries.

Young children are made aware of the importance of vegetables for their balaced diet.

Cooking demonstration will shortly follow where students can identify what are the best plants in terms of leaves, fruits, tubers and corms for their nutritional values.

Parents will be sensitized also on the importance of agriculture for food security, balanced diets that are expected to raise the image of agriculture among the youngest generations.

Plants on the move on motorbikes

TRANSPORT is a problem on outer islands for plant distribution.

Hiring a truck is very expensive and a slow process that Island-based project officers could not afford.

A solution is solved by using one of the three motorbikes bought by the project to run around the island distributing plants needed by communities for their respective home gardens.

Over 200 home gardens are targeted for the four-project islands of Abemama,

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Assistant Agriculture Officer and Community Field Officer at Abemama Island on their way to distributing taro plants to communities

3 native plants rich in vitamins and minerals - study found

FINDINGS from the Australian Center for International Agricultural Research (ACIAR) were shared at their workshop held in Tarawa early in April this year.

Three native plants in Kiribati have been identified to be edible with a proportion of vitamins and minerals by researchers such as *Pseude-ranthemim whatonianum* (te iaamaii ao te iaaroo) *Vigna marina* (beach cowpea), and *Cordia subcordata*(te kanawa).

Cordia sub-cordata (te kanawa tree)

Other plants thriving well in the coral atolls with high proportion of vitamins, proteins, sulphur, selenium and minerals is a drumstick tree which is also high in lutein important for eye health.

Chaya, kangkong, amaranth, bele (*Abelmoschus manihot*) kumara and cassava leaves are other plant species that the project is promoting for their nutritional values and easy to grow without adding too much compost for its survival.

...Plants on the move on motorbikes

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Nonouti, Tabiteuea North and Beru or 43 communities on the four islands.

The Kiribati Outer Island Food and Water Project implemented by the Ministry of Environment, Lands & Agriculture Division was launched in September, 2015 to provide a safe and clean drinking water through water tanks for rain harvesting and food production through home gardening to the 43 targeted communities.

Water tanks for the community

THE KOIFWP will purchase and construct 278 water tanks accessible to all households in all villages of the 4-project islands.

The objective and outcome of this component is that about 10,000 people have secure year-round access to a basic minimum quantity of clean drinking water

Water tank construction have been completed at Beru to be followed by Tabiteuea North, Nonouti and

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...Water tanks for the community

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Thousands of people in Beru will greatly benefit from fresh and clean water access through the installations of water tanks by the KOIFWP.

Abemama this year. Water tanks are distributed to the 4 project islands based on their populations respectively.

The structures that will be built under the Project will comprise a catchment roof of Zincalume roofing iron, a 10 000 ltr storage tank and associated plumbing.

Due to differences in rainfall patterns and amounts, preliminary designs for the structures on the island of Abemama provide for a catchment roof area of 12.9m2 while Tab-North, Beru and Nonouti from the South designs foresee a catchment roof area of 25.9m2.

They will meet drinking water needs for six households or about 36 persons, at two litres per day for about 5 months without any rainfall. However, in most cases occasional showers will top up and extend supplies. The roof catchment shed will be of 5 sheets of

Trees with English/Scientific names

Local Name	English Name/Botanical Name	Scientific Name
Te bero	Local Fig	*Fictus tectonius*
Te bwaukin	Pumpkin (Cucurbitaceae)	*Cucurbita spp.*
Kangkong	Water spinach or swamp cabbage Convolvulaceae)	*Ipomoea aquatic, Ipomoea reptans*
kabiti	Chinese cabbage	
Te mota	Amaranth; Amaranthaceae	*Amaranthus spp.*
Te tibiiniti	Malabar greens, Indian spinach, vine spinach; (Basellaceae) Ceylon spinach	*Basella alba*
Te kai turam	Drumstick; (Moringaceae) Moringa, horseradish tree, Mulangay	*Moringa oleifera*
Te nambere	Malvaceae	*Abelmoschus manihot*
Te iaamaii ao te iaaroo	Acanthaceae	*Pseuderranththemum-whartonianum spp*
Te biin/ te ruku	Beach cowpea	*Vigna marina*
Kumara	Sweet potato	
Te tabioka	Cassava, manioca, tapioca	
Chaya	Chaya	*Cnidoscolus aconitifolius*
Ofenga,	Ofenga	*Pseuderanthemum whartonianum spp*
Te non	morinda	*Morinda citrifolia*
Baan te nioon	(chili leaves/Birdseye and Tabasco	*Capsicum spp.* (Solanaceae)
Baan te taororo	(taro leaves)Taro (Araceae)	*Colocasis esculenta; Xanthosoma sagittifolium*

Mayor addressing Nonouti Community

A REFRESHER workshop was opened by newly-elected Mayor Rotiee Iaokiri to over 60 participants representing different communities throughout the island.

Mayor Rootiee Iaokiri (photo left) addressing workshop participants during a one-day Refresher Workshop conducted by Kiribati Outer Island Food and Water Project (KOIFWP) at the Council Maneaba, Matang.

In his speech the Mr Iaokiri encouraged his island people that the Outer Island Food & Water Project will benefit them by boosting the health of pregnant women, mothers, children and the population as a whole. He urged them in his speech to work to achieve the target of the project. He said that if the project did not achieve it's target, it would be seen as a failure of the island of Nonouti.

The one-day workshop was opened on the 21st of March, 2017. The 10-man visiting team remained on the island for a fortnight to assist in home gardening activities, conducting nutrition training workshop together with cooking demonstrations. Similar training workshops were also conducted at Beru and Abemama. Tabiteuea North will be revisited in June.

Nutrition education and training was conducted by a Nutritionist from the Ministry of Health with expenses paid for by the project.

...Water tanks for the community

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zincalume corrugated iron (ZCI) which will have a surface area of 12.9m2 for Abemama and 10 sheets (25.9m2) of ZCI for Beru, Tab-North and Nonouti for roof catchment, a concrete base of 100mm floor thickness and a concrete support post of 100mm x 100mm x 3000mm.

The top plate will be a 100mm x 50mm timber bolted on to the concrete post. The shed will house the 10,000 litres plastic water tank. (A proposed detailed drawing for the shed was prepared during project design and reviewed by GoK and IFAD. It is found for reference in Annex 7 of the Project Implementation Manual. However this will be reviewed again and finalised by MPWU prior to the preparation of procurement documents.)

After completion of construction work, the shed concrete base will be given 21 days curing process, before tanks are installed and filled. To ensure that the concrete attained its full strength before load is applied, the IWTs will monitor that downpipes are fitted to tanks after 21 days from completion of concrete base.

Testing for water quality on site will be done in order to give accurate result and will be closely monitored by the Community Water Technicians. Test to be done once in every three months and a log book will be arranged by the MWPU for the Community Water Technician (CWT). The CWT will submit the log-book to the MWPU Island Water Technician(IWT) for verification and reference.

'Feasibility study on increasing the consumption of nutritionally - rich leafy vesitable' is conducted by the Australian Centre for International Agricultural Research in partneship with the International Fund for Agricultural Development and the Kiribati Government.

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