

## SUCCESS STORY

# “My life inspires my neighbours” – the remarkable story of Hawi Tamirat

**Mothers like Hawi – who’s lives have been transformed play a big role in diffusing practices**



Hawi and her son, now three years old looking onto their swiss chard in the garden. [Gemechis Kumera- October 2020 Guto Gida Woreda, East Welega Zone

**“My husband helps me fetch water, collect fire wood and sell and buy goods”**

Hawi Tamirat – young mother of one in the Wolega Zone

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Three years ago, Hawi Tamirat was a 20 years old pregnant woman, living with her husband in a house they had rented. Owning only a small plot of land in Guto Gida Woreda, in East Welega, no livestock nor experience of planting most vegetables - Hawi and her husband resorted to working as daily laborers and yet were not able to afford even basic nutrition needs.

That was the year Hawi and her family were selected as a most vulnerable household by Growth through Nutrition. “I was selected because we were poor, I was pregnant and we had a small plot of land” explains Hawi, “the income we earned from daily wage is not enough for our food and we were unable to buy a chicken”.

Intrigued, and excited to improve the living standard of herself and her family, Hawi took advantage of the nutrition sensitive agriculture on horticulture, animal husbandry and saving training and agricultural inputs provided by the project.

“We received vegetable seeds, legumes, root crops and banana seedlings (banana). We also received three female Goats and six improved chickens” she explains.

Not only was Hawi able to expand these resources using the training she received, she was able to provide ample food for her family as she had always dreamed.

““The chickens we received laid eggs for more than a year and we have consumed and sold some amount to pay monthly saving” - she says proudly.

She has done so well in managing her livestock that she multiplied three goats into ten, and decided with her husband to sell six of them to purchase a heifer. It gave birth and provided the family with a source of milk. For the last nine months, Hawi has collected an average of two liters of milk per-day and she and her family have had an abundance of milk and butter in this time, selling the rest for additional income, saying: “I have earned three thousand two hundred - just from the sale of butter”. Currently the cow is pregnant for a second time. Hawi said “Now I have a cow, calf and four goats”

Hawi has also been producing vegetables, legumes and root crops for the past three consecutive years and she has been feeding her child from this production. She elaborated, saying “we have planted the preserved sweet potato cuttings, haricot bean and soy-bean and maize on one hectare of land that we rented for a year for 1,000 birr and have constructed our own grass roof ed house and we are working on our farm land.”



Hawi has prominently displayed SBCC posters in her home, reminding her and her guests of good dietary practices daily  
[Gemechis Kumera - October 2020  
Guto Gida Woreda, East Welega Zone

Growth through Nutrition aims to provide more than just resources and knowledge. For sustained development, Social Behavior Change Communication (SBCC) mechanisms such as use of posters, participation in Saving Groups and Enhanced Community Conversation (ECC) sessions make it possible for continued awareness creation and practicing nutrition behaviors. Combined project interventions help households to improve consumption of healthy diet, minimize women workload, improve saving, communication between spouses, sanitation and hygiene practices and more.

Hawi has become an enthusiastic saver, not only joining a village saving a loans group, but becoming secretary of the group, to which she and other members contribute 10 birr a month.

Hawi and other saving group members are also members of her local ECC and asserts that this was the biggest thing she gained from the project. “The most benefit I got from this project are awareness on child and mother feeding practices and gender equality” she clarifies, saying “When I prepare my family meal I count the food groups and try to diversify with what we can afford”. Hawi Explains “I have eggs, vegetables, cereals, milk, and butter. Always I am trying to include star foods in our meal”, referring to the ‘star foods’ menu planning game wherein nutrient rich foods are allocated stars.

The ECC sessions have also changed the way she interacts with her husband, who is supportive of his wife. “we discuss family matters,” explains Hawi “we trust each other very much and always sit and discuss our next investment” as they did when they sold the new-born goats. “My husband helps me fetch water, collect fire wood and sell and buy goods” appreciates Hawi

Eager to spread her knowledge in her community, Hawi – who graduated from the project ECC sessions in 2020, is currently teaching local mothers in Nutrition Sensitive Agricultures and facilitating ECC sessions in collaboration with Health Extension Workers”.



Hawi and her husband, who supports and empowers her  
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