



Plant. Eat. Live. Moringa for Improved Nutrition

Through public service announcements, songs, local radio talk shows, strategically placed billboards and a Moringa festival, this project hopes that the heart of its information campaign will become a reality in Togo by the end of 2009: “Plantez. Mangez. Vivez” (Plant, Eat, Live).

Plant: Moringa is a fast growing, resilient tree that can provide an affordable, accessible and sustainable year-round source of leafy greens for local families.

Eat: Gram for gram, Moringa leaves contain 7 times the Vitamin C of oranges, 4 times the Vitamin A of carrots, 4 times the Calcium of milk, 3 times the potassium of bananas and 2 times the protein of yogurt. In addition, Moringa leaves contain all the essential amino acids and, if incorporated into the local diet, could respond to many nutritional deficits.

Live: A cornerstone of health, adequate nutrition is essential for a good quality of life. Moringa not only has the potential to improve the lives of people, but it is a renewable resource that could help provide food security in upcoming times of global food crisis.

Members of the community and their needs are the driving force behind this project and they will participate in every aspect of the design and implementation. In an impressive show of support, community members ranging from hospital staff, radio producers, musicians, traditional leaders, elected authorities, and motivated individuals are donating their time, talent and services, covering 38% of the overall budget, leaving the Peace Corps Partnership request for donations at an achievable \$3,531. If only 100 people contribute about \$35.00, the knowledge of Moringa's impressive nutritional benefits will be disseminated throughout this entire village in Togo.

The Peace Corps Partnership Program connects interested groups or individuals to the pressing needs in developing communities where Peace Corps Volunteers serve.

Since its inception in 1964, the Partnership Program has helped thousands of Peace Corps Volunteers implement community initiated projects which have had significant and positive impacts on communities and thousands of individuals.