

## Intervention Zones:

Bamenda, Maroua and Yaounde

## Technical and Financial Partner:

Finnish Home Economics Association (Martat)

## Contacts:

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**CAMEROON ASSOCIATION OF COUNSELLORS IN  
HOME ECONOMICS  
CACHE (ACESF-CA)**

## **PROJECT: Poor women's right to income and food security in Cameroon**

### **At your service**

### **Resource and Entrepreneurship Centre (CRE-ACESFCA)**

- Counselling on nutrition
- Counselling on daily and home management
- Discover and reinforce your entrepreneur spirit
- Training on entrepreneurial culture in school
- Training on the start-up and management of an enterprise
- Support in drafting business plans
- Availability of:
  - ✓ List of microfinance institutions
  - ✓ List of references
  - ✓ Documentation centre



**Martat**

## The issue:

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In Cameroon, 40% of the population live below the poverty limit which stands at 738 CFAF/day. Women are the most concerned with this phenomenon of poverty. Often, underprivileged women have little or no knowledge on nutrition and nutritional value of local food items. Thus, they cannot improve upon the health standards and living conditions of their families.

## The goal:

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Contribute to the well-being of underprivileged women and their families.

## The objectives:

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- Improve health standards of underprivileged women and their families through reinforcing the knowledge and competences in good nutritional habits;
- Help underprivileged women to proactively handle their own destiny and improve upon their income through self-employment.

## The expected results:

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From 2012 to 2014:

- 360 underprivileged women from Maroua, Bamenda and Yaounde shall acquire good nutritional practices by using and valorising local food items;
- 100 poor women shall improve upon their income through Income-Generating Activities (IGA).

## The activities:

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- Preparing pedagogic material;
- Training of trainers;
- Identification and selection of local beneficiaries;
- Search food items which are available and have considerable prices and good nutritional value in the three regions concerned with the project;
- Organisation of training workshops on nutrition for 360 people in the three regions;
- Communication activities (press conferences, open days ...);
- Organisation of workshops on entrepreneurship for 100 women;
- Support the beneficiaries during the setting up and implementation of their business plans;
- Midway and Final assessments.



*Training session in Maroua*