

Project Challenges

- Kitchen space not having requirements (water, electricity, etc.)
- Working with two organizations to budget, work out action plans, implement goals
- No suitable lab space within a workable distance



Project Recommendations

- More business training for Yoghurt Mama's
- Refresher course on lab training
- Training more Yoghurt Mama's in making probiotic

Kiritu, Kenya

Project Goal

- To train the women in lab technique and culturing
- To set up kitchen space in the community
- To teach Yoghurt Mama's how to make yogurt
- To teach Yoghurt Mama's some business skills
- To leave a self-sustaining kitchen



Project Activities

- Set up kitchen space with the basic requirements (water, electricity, etc.)
- Painted/ furnished kitchen with necessities
- Set up lab space in kitchen
- Trained Yoghurt Mama's on how to make yogurt
- Trained local women on how to culture bacteria
- Taught Yoghurt Mama's how to use the ID card system and track yogurt sales
- Started setting up connections with APYN



Project Outcomes



- Lab space set up in kitchen
- All necessities for kitchen space implemented
- Women trained in lab technique and yoghurt making
- Kitchen selling yoghurt
- Few business skills taught
- Set up with APYN still ongoing

Gillian Haig

4th year Physiology and Pharmacology Student
May-August 2012

Project Impact

- Large HIV/AIDS population
- Yoghurt Mama's able to take part in bettering their community
- Community members with HIV/AIDS were able to purchase yogurt, help in the kitchen and support the kitchen in other ways (milk supply etc.)
- Reduction of stigma regarding HIV/AIDS
- Provides a more positive outlook on the Muungano Special Needs School
- Disabled children at the school receiving better nutrition
- Added income for mama's



Impact on Me

- Amazing learning experience regarding lab work and training Yoghurt Mama's
- Gained self confidence and leadership abilities
- Furthered understanding of other cultures and issues around the world
- Furthered my want to participate in other global experiences

