

Impact on Me

- Learned more about international development and importance of culturally acceptance and local leadership
- More aware of world issues
- More clarity of career direction in medicine



Project Challenges

- Obtaining local ethics approval for sensory evaluation
- Ensuring translator was properly explaining instruction to participants during the sensory evaluation
- Contacting beneficiaries for conferences
- Determining with yoghurt mamas, transportation reimbursement amount and food to be served at lunch

Mwanza, Tanzania

Project Goals

- Create probiotic yoghurt samples supplemented with Moringa and local fruits and vegetables
- Collect data for sensory evaluation on the above samples
- Create educational conferences for beneficiaries and yoghurt Mamas

Project Activities

- Collaborated with kitchens to learn more about local food preferences
- Made yoghurt with yoghurt Mamas, having them taste different samples and provide suggestions
- Conducted a sensory evaluation in the community to collect data for Moringa probiotic yoghurt samples
- Worked alongside APYN and yoghurt kitchen members to learn about beneficiary needs for conferences
- Found a conference hall and catering company
- Contacted potential participants and hired speaker for conference



Project Outcomes

- A Moringa probiotic yoghurt sample was created that was comparable to standard probiotic yoghurt
- Potential to incorporate Moringa Probiotic Yoghurt into kitchens for sale to community
- Beneficiaries were able to gain useful knowledge from the conferences in the area of nutrition, HIV and entrepreneurship
- We were able to learn more about beneficiary needs



Megan Kuikman

Bs Nutrition and Dietetics

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Project Recommendations

- Work alongside yoghurt Mamas to incorporate Moringa probiotic yoghurt product in the kitchens
- Conduct further studies of health benefits of probiotic yoghurt with addition of Moringa
- Arrange future meetings with beneficiaries to hear about needs
- Ensure interns go through basic Swahili lessons before placements



Conclusion

- Moringa has potential to be incorporated into the probiotic yoghurt and yoghurt members are open to this idea
- Important to learn more about the needs of the beneficiaries and local community