

# Project Challenges

- Structuring of the group and the support network surrounding them
- Difficulty in solidifying /agreeing on a location for the kitchen site
- Delayed use of start-up funding due to a lengthy process of solidifying group structure and kitchen location
- Ensuring that a lab technician at KIST would regularly be culturing probiotic for the group, without receiving payment



# Project Recommendations

- Seek Approval from Rwanda Bureau of Standards (RBS) and Food & Drug Administration (FDA) in order to meet local standards of hygiene/ sanitation
- Quality Control of the yoghurt for consistency and probiotic content
- Seek grants and funding for continuation of subsidized yoghurt
- Ensure marketing through media (TV programs, Newspapers, Radio, Newsletters, Billboards, Presentations etc.)
- Increase probiotic yoghurt distribution by ensuring a wider market for the yoghurt
- Seek a Packaging/Transport Solution if it becomes necessary/ feasible option
- Starting up a probiotics research project that collaborates with KIST's food science department to solidify this relationship

# Kigali, Rwanda

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BSc in Medical Sciences and Anthropology  
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## Project Goal

To work with a Youth Group by initiating a project and complete an Anthropology Summer Research Credit.

## Project Activities

- Worked with KIST's Food Science Department to find lab space for culturing probiotic, transferring probiotic and other necessary lab supplies
- Provided clear instructions/protocol for probiotic production
- Ensured weekly preparation and quality control of probiotic culture
- Assisted with the purchasing of all necessary Kitchen equipment and materials with Start-up funds
- Ensured that a high-quality smooth yoghurt was being produced and sold by group
- Assisted with the establishment of financial reporting and record keeping for accountability
- Assisted to establish registration process for 55 PLWA as members in beneficiary program for subsidized yoghurt
- Facilitated the relationship between the inaugural Kigali kitchen (the Girubuzima Yoghurt Family), local project coordinator, KIST (Dr. Hilda), APYN in Mwanza and Canada's Steering Committee



## Project Outcomes

- The Girubuzima Yoghurt Family moved into their kitchen space mid-July and began producing their probiotic yoghurt at the end of July
- The yoghurt that was produced was very smooth, high-quality product—Great accomplishment for us!
- Working together, we created the FITI Marketing Campaign with posters, t-shirts, and a sign to create awareness about the new kitchen!

# Impact on Me

- I continued exploring barriers to global public health, specifically in 'developing' countries.
- I reflected on deeper issues surrounding HIV/AIDS, poverty, unemployment, street-youth, etc.
- This time, I was more critical and aware of the power relations and privilege that I brought with me.
- I wrote a paper focused on my experiences with tourism and development for my Anthropology credit.



# Conclusion

- I have now had experience in working with yoghurt groups after they have been established long-term; have done a short exploratory visit to see potential for start-up of a new yoghurt group; and have supported the actual start-up of a new yoghurt group.
- I think they all offer very different internship experiences with very different goals, challenges, and outcomes for student interns from a wide variety of academic backgrounds.

