

Eat Healthily, Stay Home, Sanitize and Generate Income

Home Economics Section's Newsletter

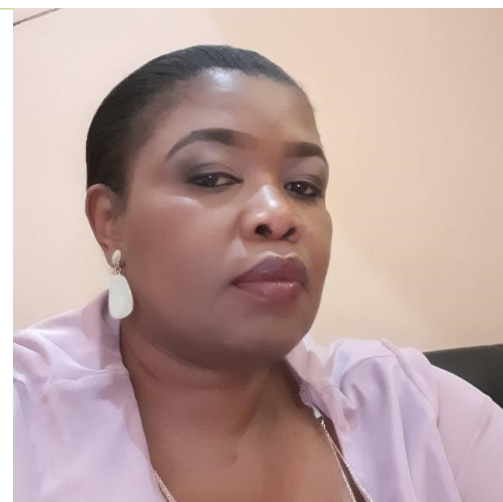
“WhatsApp” new engine for information dissemination during the Covid 19 pandemic lockdown period

The fright of Covid 19 steered officers to work from home as per instruction given to them. However this meant communicating with people would be a hindrance. But how would we be able to share information?

“I then realized that most people are on whatsapp, broadened my thinking capacity, through the wisdom of God given, and create the **Food and Nutrition Groups** which are currently functional with over **3567 participants**.” “Another reason was the **use of technology**, why not, we are moving towards 2022. This social media platform can be used in the comfort of your home. People no longer have to travel far for services, as we can talk to them via chats, demonstrate things, record videos and audios. These groups have been very effective, showing positive outcomes in improving the lives of Swazi nation”, stated by the Principal Home Economics Officer.

As a section, we have limited resources, transportation being the prevalent barrier in reaching out to people. We have worked tremendously in rural areas, however, through realization when calling for group meetings and seminars, people would not show up. The assumption could be that some are more familiar and have learnt a lot from our services.

This social media platform has transformed extension services, motivated staff and participants more over its exciting and very creative.



Principal Home Economics Officer
Mrs. Nikiwe Dlamini



Highlights

- **Digital media coverage** through WhatsApp and Telegram reaching a total of 3567 participants in 5 months (April 18, 2020 to August 19, 2020).
- Increase in the **establishment of backyard gardens** from baseline 666 (April-May) to 8008 (August).
- **Electronic Google Form needs assessment questionnaire** on our program areas and taught lessons in the groups as our baseline for monitoring and evaluation.
- On going **practical demonstrations** from the WhatsApp regional group participants on detergent making for income generation purposes.

Cake Baking Buzz for whatsapp groups

Baking was the most intriguing lessons for social media groups, particularly **Cake Decoration** which was a huge competitor ladder for new and great bakers. Participants wanted to acquire this skill, though it requires one to have a lot of patience, time and practice which they were up for during lockdown.

The cake decorating sessions involved different kinds of icing such as **butter icing**, **royal icing**, **cream cheese icing** and ready to roll **plastic icing** commonly known as **fondant** which markets your product and sets you apart from amateur bakers.

With excitement, participants were also given tips on using **bought decorations** such as edible ones like sweets, chocolates, fresh fruits and non edible items such as flowers, ribbons, toys.

Red Velvet Cake Recipe

Ingredients

- 1 1/2 cups castor sugar
- 3 extra large eggs
- 2 1/2 cups cake flour
- 1/2 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon cocoa powder
- 1 1/2 cups sour milk
- 1 1/2 tablespoon red & crimson pink food colors
- 1 1/2 teaspoon vinegar
- 1 1/2 teaspoon vanilla

Method

Cream butter, add sugar gradually until cream white.

Add eggs one at a time and continue creaming.

Mix sour milk, food colors, vinegar and vanilla.

Add to creamed mixture alternately with dry ingredients. Mix well. Pour in to 2 x 20cm cake pans and bake at 180°.



“I like using toys for children’s cakes because the child will have something to play with when the cake is finished”

Ms. Bongekile Magongo



Home Made Cake Success tips to remember;

- Follow the recipe closely
- Use room temperature ingredients
- Line your pans with parchment paper
- Cool cake layers completely
- Refrigerate decorated cakes



Make your own detergents, sanitize and stay safe

Detergents can be costly in shops, and people always assume they can only be made in big manufacturing factories, yet that's not so true.

You can make your own detergents at home and generate income from them. Make sure you wear safety clothes which include a mask, gloves and dustcoat.

Detergents fight grease stains better and they are gentle on clothes, thereby preserving colors better.

Home Detergents include **pine gel, bleach, miracle mom, multi purpose cleaner, liquid soap, fabric softener, handy andy** to name a few. All these detergents are being taught regionally to the group participants in the ongoing practical demonstrations in regional rural development areas (RDAs).

One Household One Business

"One Household One Business, that's what we encourage each household to gain and establish from these social media pages from WhatsApp to radio and television media.

Running a business of your own will bring a sense of independence and a sense of accomplishment. You will be the boss, and you can not be fired, though there may be days when you would welcome it. With a business, you experience a sense of pride and derive great satisfaction from offering a product or service which is valued in the market place.

When running a business, you must accept sole responsibility for all final decisions. Wrong judgment on your part can result in losses not only to yourself but possibly, to your employer, creditors and customers as well.

Tips to remember as you establish a business ; Perform the management task well, practice record keeping, analyzing account records and budgeting, give customers what they want, be reliable, meet all safety and hygiene measures for customer satisfaction.

Success story

I have started packaging my fabric softener, all thanks to the skills attained from the Home Economics WhatsApp group. I've also stalked up on liquid soap material and ingredients, as I speak I'm on my way to purchase stickers for labelling my products at Dixies, being a slay queen can wait for today.

LaGinindza

Group participants baking and making detergents in the lubombo and Shiselweni region practicals



Chicken Pizza



Ingredients

2 boneless skinless chicken breasts, cut in to 1 inch pieces

1 tablespoon olive oil

1 prebaked 12 inch pizza crust

1/4 cup prepared pesto

1 large tomato , chopped,

1/2 cup shredded mozzarella cheese

1/2 cup shredded parmesan cheese

Method

- In a large pot, season and cook chicken in oil over medium heat for 10-15 minutes or until no longer pink.

- Place the crust on a lightly greased 12 inch pizza pan.

- Spread with pesto, top with the chicken, tomatoes, beans and cheese.

- Bake at 180° for 10-12 minutes or until cheese is melted.



Food Safety and Hygiene

- Wash your hands very thoroughly before and after handling food
- Clean cooking utensils and surfaces
- Wash cutting boards thoroughly as they carry harmful germs
- Use ceramic knives as they are known for their hygienic qualities

Home Made Pasta Recipe

Ingredients

4 large eggs

2 1/2 cup flour (all purpose or cake flour)

1 tablespoon oil

1 teaspoon salt

Method

- Mix eggs, flour, oil and salt in a bowl or a clean surface.

- Mix with your hands and knead until dough is soft and elastic.

-Then cover your dough with a plastic wrap and rest in the refrigerator for 30 minutes.

- Once dough is well rested roll it out in a surface sprinkled with flour.

-Make sure you roll the pasta dough in to thin sheets then use a knife or pizza cutter to cut in to your desired shape.

- Sprinkle flour on it generously to make sure it does not stick together.



Fruit and Vegetable Business



Open a roadside farm stand

Pre-chopped fresh or frozen fruit and vegetables packages

Fruit chutney and sauces



Jam making, Smoothies, Fruits Rolls, Juices and Nectars, Citrus Peel Candies and Salad businesses

Fruit arrangement business

Fresh dried raw vegetable powders

Packaging material for fruits and vegetables

Vegetable shredding



Your vegetable dishes should be **EXCITING, APPERTISING** and **DELICIOUS**

Wash your vegetables before chopping them, maintain nutrients by cooking your vegetables for a short period of time by either blanching, boiling, steaming or roasting them. Lastly use seasoning and drizzle your freshly made salad dressing on your vegetables.

Increased establishment of Food and Nutrition gardens during lockdown

What a great way to close the gap of **inadequate nutrient intake** by establishing food and nutrition gardens, all thanks to the lockdown, high fruit and vegetable prices in shops and a shortage supply of imported products from neighboring countries which has triggered the movement. Our **baseline** is from six hundred and sixty six (666) from April 18, 2020, with a rise of eight thousand and eight (8008) in 20 August 2020.

The Home Economics Section created awareness in the social page for all participants to establish these new gardens and harvest rain and grey water for their plants. These participants were encouraged to at least have a 7m by 7m garden with 5 different kinds of vegetables and herbs such as spinach, lettuce, tomatoes, cabbage, onions, mint, parsley to name few. All these vegetables will allow the participants to incorporate a variety of vegetables in their meals or diets, which includes salads, smoothies, dried leafy products for stews and storage for later use when out of season.

These gardens have had an huge impact on owners as they have provided nutrients vital for health, reducing some chronic diseases, managing weight as they are naturally low in fats and calories, high in fiber therefore maintaining healthy digestion.

Success Stories

I don't regret loading data daily, all thanks to this WhatsApp platform. I have learned a lot seriously and thanks a million times for such information teachers.

Rose

Thanks a lot teachers, I now know how to bake fish in the oven and make melon squash (Lijoti). It was my first time cooking it.

Kholiwe

Hello family, I have learned a lot here in our free education wonderful school. I can now bake, my meals are healthy and appetizing, even my Bae has stepped up in buying me groceries.

Dudu

This is superb, what a platform, we really appreciate and have learned a lot. If you had reached to us like this earlier we would be far, I thought you were non functional. We enjoy food with my family and my daughter in form 2 is learning too.

Theo



Practice keeping edible small stock such as rabbits, poultry, goats, fish, pork

Small stock farming plays an important role for all households and it is interrelated with crop production. These small stock can boost the household's economy, contributes to the family 's nutrition as animal protein , as fertilizer , generate income from local sale of the skins and hides of the animal.

Hay brooder

During winter in cold areas an infra red lamp or 100% watts lamps can be used to warm chicks. Cover the brooder with a blanket if you do not have electricity. You can even keep the hay brooder in the house and move it outside during the day and place it on grass for chicks to graze.

Mr. Selby Nyawo, Poultry Specialist

Fish

When preparing your pond, water and manure are important as it makes it look green which is crucial for fish nutrition. Be cautious on buying fish on the road side because you are not totally aware where those fish were caught. Some are fetched from contaminated areas with toxic chemicals such as iron, zinc or cadmium which are not suitable for fish farming.

Mrs. Phumzile Mhlanga, Fisheries Specialist

Rabbits

One can be rich from rabbit production, but if you do not have markets, then you can breed in smaller numbers for household food security. A single rabbit can have 1-14 kits per litter and easily live seven years and beyond. Meat rabbit breeds in Eswatini include New Zealand White, New Zealand Red, Californian, Flemish Giant and American Silver Fox.

Mr. Khaya, Rabbit Specialist

Home Economics on the Move



One **major risk** to the Eswatini population is the rising crisis of **non communicable diseases** (NCDs), causing **deaths** every year of which many of those fatal cases are premature and affecting the lives of many more. **Food choices** determine your health but **poor eating habits** hinder your body from fighting infections and other chronic diseases. **Good nutrition** combined with **physical activity** can help you reach and maintain **body weight**, **reduce your risk of chronic diseases** and **promotes overall health**.

WEAR YOUR MASK, SANITIZE, KEEP SOCIAL DISTANCE ,STAY HOME, STAY SAFE

MEDIA OUTLETS

1. Eswatini Television program –watch **Etiko cooking show** hosted by Ayanda Hlophe, Simphiwe Msweli and Bongekile Mangongo

2. Eswatini Radio broadcasting– listen to **Kudlwani** on EBIS 1 and **Nutrition at Home** EBIS 2 produced by Ayanda Hlophe

3. Eswatini Weekend Observer Articles– written by Xolisiwe Simelane

4. WhastApp– <https://chat.whatsapp.com/CjMg-gRysJwB2QVcaOASyeg>

5. Telegram– **Food and Nutrition Eswatini** (<https://t.me/joinchat/M7Ulvhs71Wbwr86CHVBaAg>)

The Ministry of Agriculture

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Mbabane

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