

## **FARM STEW AHSRA Abstract**

Meeting Physical Needs of Vulnerable Communities to Intersect with Spiritual Needs

### **Mini-abstract**

This presentation will describe the FARM STEW Certified Home study and participants current health practices. The majority of the participants reported that they had a tippy tap (sink with soap or ash). Many had a garden growing fresh vegetables and were participating in the savings account/ VSLA.

### **Abstract**

#### **Background:**

There is a great need to provide healthy lifestyle education to vulnerable and impoverished populations. Food deserts are very prevalent and there are health programs that can be implemented to help empower them to join in the recipe for an abundant life. Connecting with individuals and families to empower them to make healthy lifestyle choices can have lasting effects physically and spiritually. Joy Kauffman wanted to provide help and education to vulnerable people and created an NPO FARM STEW which stands for Farming, Attitude, Rest, Meals, Sanitation, Temperance, Enterprise, and Water to provide a recipe for an abundant life. Over the years, Joy and her team at FARM STEW have created a Certified Home program which will have the following elements: a garden with at least three different vegetables growing in it; all children in the household between six months and five years of age have a normal mid-upper arm circumference (MUAC) score; a rubbish pit and a rubbish-free domestic environment; a latrine that the family uses and keeps clean; and a handwashing station (tippy tap) with water and soap or ash (Kauffman, 2015). Homes and communities with water and sanitation have been found to be beneficial (Wolf et al., 2018; Weststate, 2019). Fresh vegetables can be grown most anywhere (Bartholomew, 2018; Saha, 2017). This study explored sanitation and nutritional practices of vulnerable communities in Sudan.

#### **Methods:**

This quantitative study utilized an online platform to collect data about families in impoverished communities in Sudan. Adults 18 years or older who lived in food deserts or experienced poor nutrition were asked to share their perspectives and experiences. Descriptive statistics were conducted.

#### **Results:**

When asked about water / sanitation, 855 of the FAM STEW Certified Homes in Sudan have a Tippy tap (sink) with soap and water. When asked if their home had a garden with three different kinds of vegetables, 1400 (100%) homes did meet the criteria. When asked about enterprise,

there were 16 groups which comprised 439 members who participated in the savings club or VSLA. Those members had collectively saved a total of 10,857, 500 South Sudanese pounds or \$27, 143.75 USD.

### **Implications:**

There are tangible benefits to this program in that 855 homes have benefited from water/sanitation. There are 1400 homes that now have a kitchen garden with 3 vegetables. There are 439 people who now have Financial benefits of earning and saving money. These healthy lifestyle choices can have a ripple effect from the Certified Homes and onto their communities. If we give a person a fish, we've fed them one meal, but if we teach them how to fish we can feed them for a lifetime. If we can empower people to improve their physical environment, then we can eventually invite them into a lasting loving relationship with our Lord and Savior to meet their Spiritual needs.

### **References**

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### **Objectives**

At the end of this presentation the learner will be able to:

- Articulate the benefits of implementing the FARM STEW Certified Home project in their community.
- Analyze a community partner who could benefit from collaborating on a health improvement project