

# No Time To Waste

This project works with over 33,800 vulnerable people in Burundi to tackle the causes of malnutrition by combining nutrition services, behaviour change education, climate-resilient agriculture and livelihood support for improved incomes.



Donathile, No Time To Waste project participant, with her daughter

**RIPPLE  
EFFECT**

It starts on an African farm



**Location:** Mwaro and Muramvya provinces, Burundi

**Duration:** January 2023 - January 2027

**Funding partner:** UNICEF

**Other partners:** Government of Burundi and Government of the Netherlands

## THE CHALLENGE

Families in rural Burundi continue to face high levels of malnutrition, particularly among young children, adolescent girls and pregnant and breastfeeding women. While more food is being produced, many households still struggle to access diverse diets and the nutrition services needed to support healthy growth and development.

## OUR APPROACH

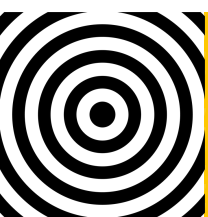
The No Time to Waste programme identifies vulnerable families through malnutrition screening and supports them to improve nutrition and food security by combining sustainable farming with nutrition education and community-led support.

## KEY ACTIVITIES

- Nutrition services & education
- Sustainable agriculture
- Livestock management
- Youth engagement
- Income development



Women of the No Time To Waste project at the nutrition centre with their young children.







## NUTRITION SERVICES & EDUCATION

The project improves child and maternal nutrition by strengthening both access to essential nutrition services and the knowledge families need to keep children healthy. The project works with Mamans Lumières ("Light Mothers"), who are respected volunteer mothers who mentor and support other families in their communities.

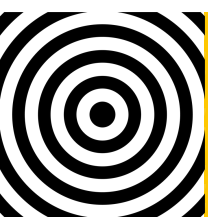
We also engage local health authorities to support community-based malnutrition screening, identify children who need help early, refer severely malnourished children for specialist treatment, and deliver vitamin A supplementation and deworming campaigns for young children.



Young child being examined for malnutrition as part of the No Time To Waste project

Alongside these services, parents and caregivers gain the skills and confidence to provide nutritious diets using locally available foods. Through community training sessions and practical cooking demonstrations, families learn about infant and young child feeding, healthy diets, water, sanitation and hygiene (WASH) practices, positive parenting and early childhood development.

By combining quality nutrition services with practical education, the project helps families improve children's health today while reducing the risk of malnutrition in the future.



Read about child and mother health at:

[rippleeffect.org/healthy-beginnings](http://rippleeffect.org/healthy-beginnings)





## SUSTAINABLE AGRICULTURE

Through No Time to Waste, participants are building productive and resilient farms using sustainable agricultural practices that improve both nutrition and household incomes.

Families receive biofortified bean seeds, as they are rich in iron and other essential micronutrients, helping to improve diets while providing a climate-resilient crop that families can eat or sell for additional income. They then take part in agroecology training to learn how best to grow these beans alongside other crops for greater food diversity. Local agricultural extension workers provide ongoing support to ensure families feel confident in their farming skills as they build them up.

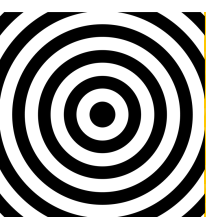
They learn specific techniques such as composting, soil fertility management, sustainable crop cultivation and other practices that protect natural resources.

Regular field visits provide tailored advice throughout the growing season, helping farmers address challenges and adopt practices that strengthen long-term productivity.

As families harvest more nutritious food, they are able to reduce food insecurity and improve nutrition, while building different income streams through farming.



Cabbages grown by a project participant in Burundi







## LIVESTOCK MANAGEMENT

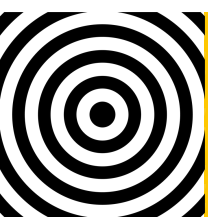
The project helps families improve nutrition and increase household income through sustainable livestock management, with a particular focus on poultry production.

Working with Village Savings and Loan Associations (VSLAs), we provide groups with laying hens, starter feed and practical training on poultry husbandry, including housing, feeding, disease prevention and flock management. Project staff and government veterinary officers carry out regular monitoring visits to provide technical advice and support.

The eggs produced provide an important source of protein for children and families, while any surplus can be sold to generate income that households can reinvest in food, healthcare and education.



Donathile, a No Time to Waste project participant, gifts some eggs her chickens have produced to her friend







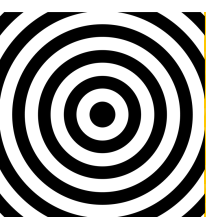
## YOUTH ENGAGEMENT

The project empowers young people to become champions for good nutrition and healthy lifestyles within their families and communities. Working through school nutrition clubs and community youth groups, we provide adolescents with engaging sessions on healthy diets, nutrition, hygiene, positive behaviours and child protection.



Zoe has learned about nutrition and sustainable farming through her school club, and has been able to grow healthy crops. She says: **"I didn't know how to cook vegetables, it seemed like a waste of time to me. After the training by Ripple Effect, today I always have to eat food with vegetables. I realise that I am much more healthy"**.

Young people are encouraged to share what they learn with their peers and families, helping to spread positive messages throughout their communities. By equipping adolescents with knowledge and leadership skills, the project not only improves their own health and wellbeing but also helps create lasting behaviour change that supports healthier families and reduces the risk of malnutrition for future generations.







## INCOME DEVELOPMENT

Through No Time to Waste, participants are building more secure and sustainable livelihoods by strengthening their ability to generate income, and save and invest.

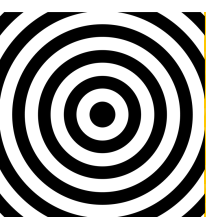
By joining Village Savings and Loan Associations (VSLAs), farmers save money in groups and access small loans to invest in farming or businesses, while developing financial skills that help them better manage household finances.

Participants also take part in entrepreneurship training, and receive agricultural inputs to improve crop production, and diversify both their diets and incomes.

As families grow stronger businesses and more productive farms, they are better able to cope with financial shocks, invest in their futures and afford essentials such as nutritious food, healthcare and education, laying the foundations for long-term wellbeing.

**"Families shouldn't have to choose between earning an income and feeding their children well. Through No Time to Waste, participants are increasing their incomes through farming, poultry and savings groups while improving access to nutritious foods. That's how we create lasting improvements in child nutrition."**

- Deogratious Egeru, Enterprise Development Coordinator







**Donathile, a Maman Lumière from the project reflects:**

*"After training families to prepare more nutritious porridge and include eggs in children's diets, we have reduced cases of child malnutrition. Everyone who has come here for support has recovered, and we continue to screen children every three months to monitor their progress."*

## ACHIEVEMENTS SO FAR



### YEAR 1 PROGRESS

**7,614 kg**

of maize harvested from project participants through improved farming practices

**45,761**

children under five screened for malnutrition, and referrals provided where needed

**12,565**

adolescents reached with nutrition and behaviour change education through school clubs

**Thank you to all supporters, partners, and staff who make this and other projects possible. Change starts with your support.**

Discover more at:  
**[rippleeffect.org](http://rippleeffect.org)**

