

## Services Success: Reports from the Front Lines of WISHH

Planet Aid Food for Progress Uses Value-Added Soy Protein Products in Mozambique

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The Presidente for a village that utilized the Gorongosa area soy restaurants stood with an apron around his waist with examples of baked, boiled, and beverage products in his hands as he addressed the WISHH-Planet Aid survey team in March to extol the virtues of the soy distribution program funded through USDA's Food for Progress. He said that he was thankful for both the distribution and the learning that Planet Aid's Total Control of the epidemic (TCE) HIV/AIDS program brought to the area that is in the poorest region of



Mozambique. This village leader suggested that the most profound benefit was, "As mulheres grávidas tiveram bebês saudáveis e maiores" or that pregnant women who consumed the soyfoods had larger and healthier babies.

While there were many speeches and testimonials on the benefits of the Food for Progress soyfoods distribution, a more systematic collection of information was underway for March 2007. WISHH-TCE team members in the Sofala Province of Mozambique completed their final survey and measures activities for the distribution of VASPs.



The team was determined to get as much feedback as possible on how well a sampling of beneficiaries understood the program, used the soy products, and liked the products. Field Officers for the Total Control of the Epidemic program interviewed 245 of the beneficiary households from the total of 2900 households receiving the soy products. The results showed that 98.4% of the beneficiary households knew

how to prepare and incorporate the soyfoods in their meals. Most gave examples of rehydrating the textured soy protein (TSP) for use in stews and with vegetables and maize or rice. Some offered recipes for the addition of soy flour in their porridge. The number of people in the household who consumed the soy ranged from 1-19 with a mean of 6.6 people. The VASPs generally lasted between 2 and 3 weeks, depending on how many people in the household consumed it. TSP was a clear winner with beneficiaries saying that they liked it the most.

All of the respondents said that they thought the food was healthy for them and examples they gave included an improvement in their health and wellness, improved energy and strength, and improvement in the growth of their children. More than 90% knew why they were enrolled in the program and 83%

knew how long they would be receiving the VASPs. In additional comments, beneficiaries thanked the program for the food assistance and wanted to see a continuation of soyfood distribution.

The delivery of high-quality protein in VASPs was able to complement the local starch-based diet and it was well-accepted as a versatile way to improve the food supply in the Sofala Province of Mozambique.

