

Phnom Penh, Cambodia

January 2018

## WATER, SANITATION AND HYGIENE (WASH) PROJECTS

- ▲ Peace Corps Volunteers work with community partners to improve hygiene and sanitation conditions in their communities through the construction of facilities and education on topics such as handwashing, water treatment and storage, and the harmful effects of open defecation.
- ▲ Through these projects handwashing stations, latrines, and water filters are built at health centers, households and schools.
- ▲ These projects often ensure access to a reliable water source through the construction of wells and water towers.
- ▲ WASH projects aim to reduce the incidence of waterborne illness in target communities, ultimately leading to longer, healthier lives for community members.

### Accomplishments

- **Water Sources Established:** 11
- **Latrines Restored:** 26
- **New Latrines Built:** 119
- **Handwashing Stations Built:** 103
- **Water filters distributed:** 43



Volunteer's host family are happy with their garden.

## GARDENS FOR NUTRITION

- ▲ Peace Corps Volunteers work with community partners to establish gardens at health centers, households and schools to improve the dietary intake of community members. These projects always include education on nutrition and the importance of a healthy diet for both children and adults.
- ▲ Gardens at schools are created and maintained by students to provide an experiential learning opportunity that complements the content of their agriculture classes. Students and teachers learn organic farming practices and take vegetables home to integrate into their meals.
- ▲ Home gardens are created to increase the dietary diversity of families, especially those with children under five. Families are trained in organic farming practices and participate in cooking demonstrations creating nutrient dense meals for children under-five using garden outputs into meals.
- ▲ Gardens for Nutrition projects aim to improve the nutrient density of meals in target communities through increased access to fruits and vegetables.

### Accomplishments

- **Gardens established:** 21



Latrines for the community built with Peace Corps Volunteer.

## SCHOOL RESOURCE DEVELOPMENT

- ▲ Peace Corps Volunteers work with community partners to improve and refurbish resource centers at their schools, including libraries. These projects also train teachers and school staff to support effective utilization of resources.
- ▲ Resource development projects involve the acquisition of books, computers, projectors, and other learning materials. They also include renovations of classrooms and libraries to establish environments conducive to learning.
- ▲ Resource development projects focus on improving educational through access to learning resources and effective incorporation of resources into the classroom.

### Accomplishments

- **Libraries refurbished:** 5
- **Computer Labs refurbished:** 4
- **New Books:** 2,000+
- **New Computers:** 30



Primary school students wash their hands with clean water built by Peace Corps Volunteer, and the community



## My Host Family's Garden

Maddy Lapatra

Health Volunteer in Pursat Province

**Som Mao** and **Hean Soun**, the father and mother of a family hosting a Peace Corps Volunteer (PCV) in their home, wanted to build a garden, but they didn't know how. Together with the PCV, they attended a Peace Corps training on how to build vegetable gardens to improve nutrition. During the training, Mao and Soun absorbed all the information provided and Soun diligently took notes. Six months after the training, a garden has blossomed and grown.

“

*Our garden is very sustainable as we dry our own seeds from previous harvests, sell the excess vegetables and in turn do not have to purchase vegetables.*

– Maddy

”

Hean Soun and her mother both have high blood pressure and vegetables were a luxury. They had to be purchased. Since the training, the family has diligently worked in their garden, and expanded it to grow more. Soun has learned about the three food groups and how it is healthier to cook with less salt and without MSG. Mao and Soun understand the benefits of eating vegetables and why vitamins are important for good health. **Soun's blood pressure has gone down** and she is now a resource in the community teaching others how to incorporate more vegetables into their meals in a cost effective way.

Som Mao and Hean Soun share the garden with their community. Friends and neighbors come by asking to see the garden and learn about it. Mao sits them down with the



Maddy and her host dad Som Mao make organic rice husk fertilizer.

books he received during the training and teaches them about implementing a garden at their home. A few new gardens have started in the community as a result of the model home garden.

**The family sells the excess vegetables** at their Aunt's home shop. Neighbors regularly come by asking to buy vegetables straight from the garden. Mao and Soun are proud of the garden and the chemical free, natural vegetables it produces. Cambodians are very concerned about where the fruit and vegetables they purchase come from and value produce that is chemical free.

The garden is sustainable. The family dries their their own seeds from previous harvests, sells the excess vegetables and do not have to purchase vegetables. They will also be able to save more money for their daughter to go to university because of the garden.

Together the family and PCV have replanted and harvested the rows many times and eat home grown vegetables with every meal. Mao and Soun's increased confidence and leadership will support a healthy community in the future.



Maddy, host sister, and her host mom visit the garden.