GIRL POWERED CHANGE

Ages 11+

Finished your
Girl Powered
Nutrition badge?



This pack will walk you through how to plan a bigger project – the sky's the limit!



Want to do even more to improve your community's nutrition?











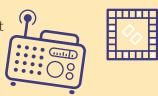
Congratulations on completing the GPN badge!

We're delighted that you'd like to make even more of an impact in your community. Whether you already know what you want to do or are just starting out, this guide will help you plan and carry out a bigger project to improve people's nutrition. Your bigger project could take a few weeks or up to six months – it's very open and flexible. All you need is passion and a pen!

Inspiration for your project...

Here are some ideas from Girl Guides & Girl Scouts in Madagascar, the Philippines, Sri Lanka and Tanzania:

- Grow a fruit/vegetable garden for your community to eat from
- Paint a mural to tell people how to wash their hands and why it's so important
- Speak on the radio or TV to raise awareness about iron deficiency anemia
- **Start** a social media campaign about questioning what we see/hear in food advertising
- Meet with your mayor to ask for free school breakfast clubs
- Launch a petition about providing WIFAs to teenage girls
- Organise a food festival with cooking demonstrations and/or a sports festival to show how to keep fit
- Create a short film about the nutrients we need and why
- Write a press release for journalists about banning unhealthy food sold in schools
- Organise a conference about the need for more data on teenage girls' nutrition
- Make and sell items such as healthy snacks, bookmarks, recipe books or a healthy food calendar to raise awareness of good nutrition













We're going to help you plan your project by sharing what we did. You can use our ready-made ideas at the back of this pack or do something completely different.

RELEASE YOUR CREATIVITY!

Hanitra from Madagascar

Hanitra helped other organisations advocating for an increase in her government's nutrition budget – it worked! The budget increased from less than 1% to 3%. She spoke to national and global decision-makers in person and through social media and targeted L'Office National de Nutrition (ONN) to ask them to prioritise adolescent girls. She used clear messages about how teenage girls can be disproportionately affected by malnutrition because of their age and gender.

Building on her work in Madagascar, Hanitra then lobbied (tried to persuade) global decision-makers at the Global Citizen Festival in Johannesburg, South Africa, where she spoke at a high-level panel discussion on SDG2 (Zero Hunger) with representatives from three UN agencies. Hanitra has also supported her advocacy work by regularly tweeting about her campaign and targeting key people on social media.



REAL EXAMPLES

Najma from Tanzania

Najma tried to prevent iron deficiency anaemia in her country in different ways. She took the initiative to contact her Regional Nutrition Officer to discuss how to improve nutrition for girls and young women – they have since met several times. Najma even presented recommendations to the Prime Minister of Tanzania as part of their National Accelerated Action and Investment Plan for Adolescent Health and Wellbeing! Naima is passionate about changing things from the ground up, so she helped to plant a vegetable garden at her school (see the garden photo - she's on the left!) and campaigning to improve school meals for all. She strongly believes that by improving the quality and quantity of green vegetables that girls eat, they're less likely to develop micronutrient deficiencies such as iron deficiency anaemia.







PLANNING YOUR PROJECT

At the back of this pack you'll find a blank **Project Plan** - it's very similar to the **Recipe for Action** you used during your badge. Filling this out will help you plan your project carefully so that it has an impact. The following four steps will take you through the planning process.

STEP 1: Decide on your goal

ASK:

- 1. What do I want to achieve? Is there a particular local nutrition problem that I want to help solve? What do I want people to know or do differently?
- **2. In 5 years' time,** what would I like to see improved with people's nutrition, health and happiness? What do they eat now? Do they do more exercise? What do they know more about that helps them stay healthy?
- 3. Who do I want to help? Who is in my community and how can they benefit from my project?
- **4.** Are there already **laws / policies** in place about nutrition? If so, how could this help my project? If not, what laws/policies does my community need?
- 5. Has anything **already been done** to try to improve people's nutrition locally? How could I build on this? Is there anything missing that I could help with?

RESEARCH

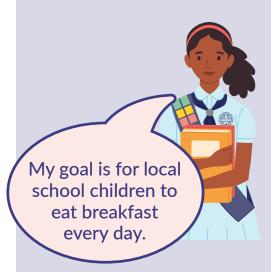
You could do some research to help you find out what your community needs most, for example:

- Carry out a survey (or use the results from the Community Questionnaire if you completed it during the badge)
- Speak to a local health or nutrition expert, or visit a local nutrition organisation
- Go to the library or use the internet.



Write your goal in the first box of your PROJECT PLAN (see page 8).





STEP 2: Decide how you will achieve your goal

Look back at the inspiration on page 3.

Would you like to do one of these projects or create your own?

Ask yourself:

- What has worked well already in my community?
- What could I do differently to make my project a success?
- Do I want to:
 - □ do something that directly impacts the people I want to help (e.g. community garden, social media campaign or Food Festival), or
 - □ do I prefer to influence decision-makers (advocacy) with the aim of impacting more people (e.g. writing to a minister or launching a petition)?

BRAINSTORM

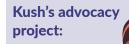
Brainstorm and decide what project you're going to do to reach your goal (from Step 1). box of your PROJECT PLAN (see page 8).

Write what you will do for your project in the second





I'm going to plant and maintain a fruit and vegetable garden in my community. We will give the foods to schools to cook with.



I'm going to persuade our mayor to start free school breakfast clubs.



For more direct action ideas, look at WAGGGS' Be the Change 2030 pack. For advocacy ideas, look at Speak Out for Her World.

STEP 3: Plan and carry out your project

Now it's time to finish your Project Plan so you're ready to take action. Before you complete it, ask yourself:

- 1. If you chose an advocacy project: Who has the power to help me achieve my goal?
- 2. What **message** do I want to tell people? If I was stood in front of the people I'm targeting, what would I say in 30 seconds?
- 3. Would I achieve my goal best in a team or individually?
 - a. What makes a good team? What skills are needed to make the project successful?
- 4. What **steps or tasks** are needed to complete the project?
 - a. You could set a final deadline and then work backwards to make sure you have enough time for preparation.

 Always allow more time than you think.
 - b. If you're in a team: Organise a team meeting to set an agreement, brainstorm ideas and delegate tasks and deadlines.
- 5. What **resources and help** are needed? What could be borrowed or donated? What needs to be bought?

Always ask your Leader/Guider older Guides and Scouts for help if you need it – they will have lots of experience and ideas to share.



Complete the relevant boxes on the PROJECT PLAN









STEP 4: Reflect, sustain and inspire

4

WELL DONE - you've completed your project! Take the time to celebrate your achievements – every small thing that you did has made an impact.

Reflecting on our achievements and challenges is really important. It helps us improve for the future, and can help others too – especially if we share our learning! Write down your thoughts in response to these questions::

- 1. What impact did I make? Did you achieve your goal?
- 2. What did I do? How closely did I follow the plan?
- 3. What went well?
- 4. What challenges did I face?
- 5. What could I do to make the project sustainable and long-lasting?

Your project can inspire others, so tell them about what you did and the impact it had! You could share your story by:

- Writing a blog for WAGGGS
- Taking pictures or videos and share them on social media
- Telling your community hold an event or make leaflets.

You have the power to change your world. Good luck!

Share your achievements using #GirlPoweredNutrition



#GirlPoweredNutrition







MY GOAL What change do you want to see in your community? MY PROJECT

What are you going to do?

MY MESSAGE

I want to say to

(person, e.g. decision maker or my community)

· that

4 ALONE OR IN A TEAM?

PROJECT IMPACT

How did you improve people's lives?

How far did you achieve your goal?

What's next?

STEPS TO COMPLETE MY PROJECT 2 3

TIMELINE DEADLINE STEP/TASK

RESOUR(E/HELP

OBJECT/MATERIAL | Cost? Total budget

HOW WILL YOU RECORD AND SHARE THE IMPACT OF YOUR PROJECT?

8

5

HOW COULD YOU MAKE YOUR PROJECT SUSTAINABLE?

Even if you can't continue doing it, who could take the lead?



My notes

Use this page to write down any ideas you have for your project.













Community Garden

PROJECT IMPACT

After four months we harvested corn, vegetables, herbs and fruits and gave them to pupils in our school. They really liked what we grew and wanted to know more – some even took seeds to grow gardens at home. More pupils want to join our team, so we are already planning for next year!

MY GOAL

My goal is for girls in my community to eat more fruit and vegetables.

The result will be that girls in my community use the foods from the garden and eat more fruit and vegetables (in schools and at events).

2 MY PROJECT

I'm going to grow a fruit and vegetable garden in my community. We will give the foods to schools to cook with.

MY MESSAGE

I will tell girls in my community:

Eating fresh fruit and vegetables is essential for a healthy and happy life!

Visit our garden – helping to maintain it is great exercise too

4 ALONE OR IN A TEAM?

I will do it with my friends and family – five of us in total.
We're all very committed to the project and have time to make it happen.

STEPS TO COMPLETE MY PROJECT

- Ask my Headteacher/local politician for **permission** to use a space for a garden (near water source and with sunlight).
- 2. Hold a **team meeting** and delegate
- Draw a plan for the garden on paper

 where to plant which seeds at what time of year.
- 4. Ask a local **farmer** to review our **plan** (what grows best and when to plant them).

- Gather the **objects/resources** we need.
- 6. Organise a planting day! Invite lots of people to help, and even journalists!
- Look after the garden write a schedule to make sure one person is in charge every week for watering, weeding etc.
- Harvest the foods! Enjoy what you have grown and share your produce with your community.

6 TIMELINE

V		DEADLINE
	-FD/TASK	1 March
	morm 155101	tas March_
•_		to March
•	~ FIII'u'	n After meeting
	Organise i anden pla	n //

- Draw the garden pian 1 April

 Contact a local farmer 15 April

 Contact a local farmer 15 April
- Gather the resources 15 April
 Organise planting day 20 April

7 RESOURCE/HELP

OBJECT/MATERIAL	Cost?
• Land/soil	/
Access to water	/
	(Donated)
• Seeds	10,000 TZS
 Pots and fencing 	7000 TZS
 Tools 	2000 TZ
 Fertiliser 	2000 12
I will need a total budget of:	19 000 TZS

HOW WILL YOU RECORD AND SHARE THE IMPACT OF YOUR PROJECT?

We will write down how we followed our plan – especially if anything changes or if we think of improvements.

We will take photos on planting day, and regularly afterwards to track the growth and harvest. We'll publish these to social media using the hashtag #EatOurGarden and #GirlPoweredNutrition

9 HOW COULD YOU MAKE YOUR PROJECT SUSTAINABLE?

Our team is committing to manage it for the rest of the school year. We need to engage local community members to help us during the school holidays. Towards the end of the school year, we will engage a small group of younger girls to start learning from us – we can then hand over to them when we're ready.

MY GOAL

My goal is for local school children to eat breakfast every day.

The result will be that the mayor approves a budget for free school breakfast clubs. School children in my community eat breakfast every day.

MY PROJECT

I'm going to persuade our mayor to start free school breakfast clubs in schools:

- Get support from Headteacher
- Present to local health officers
- Organise letter-writing to mayor

MY MESSAGE

I will tell my Headteacher, health officers

If students eat more healthily, they will be able to focus better in class and will do better in school.



KUSH'S **PROJECT PLAN**

Free School Breakfast Clubs

ALONE OR IN A TEAM?

I will speak to the Headteacher alone, but will work in a team to present to the local health officers and organise lots of classmates to write letters to the mayor.

STEPS TO COMPLETE MY PROJECT

- Find out if school feeding programmes 6. are available in other schools or districts.
- Speak to my Headteacher to get their support and request a meeting with parents about the breakfast club.
- Organise a team of passionate people.
- Invite a local health officer to attend the parents' meeting.
- Hold the meeting and present our free breakfast club idea.
- Organise a letter-writing activity where lots of our classmates write a letter or email asking the mayor to provide a budget to start a free breakfast club.
- Post the letters and share photos online.
- Contact a local radio station to share your message and talk about your project.

TIMELINE DEADLINE STEP/TASK May

3 May Do my research Arrange a meeting with the Head next week to get their support and ask for help arranging a parent meeting 12 May 15 May Hold a team meeting • Invite a local health officer 20 May Hold the parents' meeting 30 May 10 June

 Organise letter-writing day Contact local radio stations to

get their interest Deliver campaign on radio

PROJECT IMPACT

We got the support of the Headteacher and our parents and sent 40 letters to the mayor. After chasing her for a few months, she wrote to us promising to consider our idea. We are still chasing her but haven't given up as we know change takes time. Next we will organise a petition on social media to get more people to support our idea and put more pressure on the mayor.

RESOUR(E/HELP

OBJECT/MATERIAL	Cost?
Meeting room	(Donated)
Classroom for letter writing	(Donated)
 Paper and pens 	1000 LKR
× 50 Ink for printer	3000 LKR
Postage	1000 LKR
I will need a total budget of:	5000 LKR

HOW WILL YOU RECORD AND SHARE THE IMPACT OF YOUR PROJECT?

We will write down how we follow our plan especially if anything changes or if we think of

We will take photos at the meeting (with permission), and on the letter-writing/ posting day. We'll publish these to social media using the hashtag #BreakfastIsBest and #GirlPoweredNutrition.

If we're successful, we'll contact journalists to share the good news and follow the impact the clubs will have.

HOW COULD YOU MAKE YOUR PROJECT SUSTAINABLE?

Our team is committing to set up the breakfast clubs if we're successful. Having the Headteacher's support will be key to its sustainability. By sharing our success, we wil show the impact which may help secure funding for future years. We will contact a younger group of Guides to help them learn from us - we can then hand over to them when we're ready.













www.wagggs.org







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