



# Sustainable Family Farms



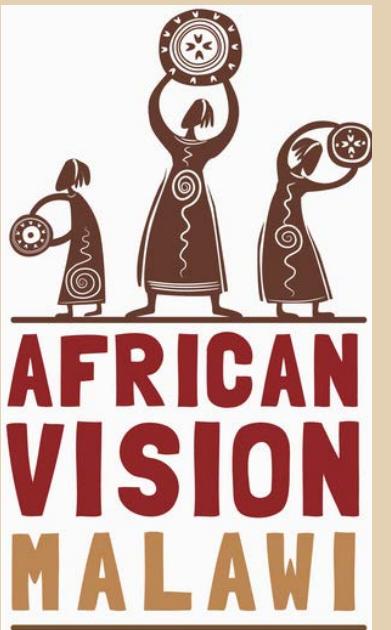
# LOVE SUPPORT UNITE



LOVE SUPPORT UNITE  
Created the Sustainable Family Farms  
Programme in 2016

## THE MALAWI PROJECTS

Fund a full time sustainable farming manager, helping identify the most vulnerable families, deliver training and monitor the programme.



## AFRICA VISION

Love Support Unite merged with Africa Vision in 2020 utilising and sharing resources. AVM deliver the programme on the ground in Malawi

## COLLABORATIONS



# WHAT IS SFF

This project provides Hybrid farming inputs to beneficiaries who live below the poverty line, with its main focus being on the elderly and orphans.

The farming inputs such as seeds and natural soil fertilisers are given to the target group as a loan with no interest.

It was a form of 'Paying it forward' as the returned loan is then passed on to a new family.

Maize prices went up 300% in 2023 and the decision was made for the farmers to pay back the loan in maize, at a fair value. This maize is then stored and used for famine relief programmes.



# WHO IT BENEFITS

It helps vulnerable families living on less than \$1 per day, who have 6 or more dependants, including orphans or the elderly.

This programme aims to help these families become food secure, provide nutrition for their family, and provide surplus to sell as an income for school fees, mosquito nets, and essentials for a healthy life.

The maize produced to the value of the no interest start up loan is distributed as famine relief to those in desperate need.

# Why is this programme essential...

Sustainability is key.



Food Security & Stability



Income generating for the family



Nutrition for all the family and  
independence

LOVE  
SUPPORT  
UNITE



# MODELS

**Sustainability is key.**



Vulnerable Individual beneficiaries  
(farming 1 acre of land)



Cooperatives of up to 5-7 people  
farming 1 acre of land



ECD community members farming  
1 acres of land, managed by a  
ECD Committee

**LOVE  
SUPPORT  
UNITE**



248

VULNERABLE FAMILIES HAVE  
BEEN HELPED SUSTAINABLY  
SINCE 2016

400

4 EARLY CHILDHOOD  
DEVELOPMENT CENTRES  
HAVE BEEN GRANTED  
SUSTAINABLE FEEDING  
PROGRAMMES HELPING  
OVER 400 CHILDREN

18

2 COOPERATIVES HAVE BEEN  
GRANTED SUSTAINABLE  
FEEDING PROGRAMMES WITH  
18 PEOPLE

39,132  
MEALS  
GROWN IN  
2024

THE CYCLE  
OF POVERTY  
IS BEING  
BROKEN





**Nutrition is  
essential for  
children's growth  
and development**

**Most families  
are now able to  
eat 2 meals a  
day and send  
their children  
to school**

Many beneficiaries would only be eating 3-5 meals a week during the 'hungry season'.



MEET THE THE  
BENEFICIARIES  
2025

# Violet Maxwell 2025

Category: cooperative

Gender: Female

Age: 39 years

Family size: 6 members

T/A: Mbang'ombe

Village: Mgwizi

Centre: Chancholo

Land size: 1 Acre

Annual harvest: 7 bags of maize

Meals per day: 3 times a day

Ways of generating income: Farming (they grow Tobacco and they do Dimba

farm) Months of hunger: December up to march

Means of survival: Casual labour

Any challenges faced: Hunger

Violet



# Stanley Happy 2025

Category;

Gender: Male

Marital Status: Married /vulnerable

Age: 25 Years

Family size: 4 members

T/A: M'bang'ombe

Village: Mgwizi

Centre: Chancholo

Land size: 1.5 Acre

Annual harvest: 21 bags of maize

Meals: 2 meals a day (Lunch and supper)

Annual income: K200,000

Ways of generating income: Dimba farming and casual labour Months of

hunger: February up to march

Means of survival: Casual labour

Any challenges faced: Lack of farming inputs and drought

Stanley



# Faison Yosofati 2025

Gender: Male

Status: Married

Age: 23

T.A: M'bang'ombe

Village: Mgwidzi

Size of the plot: 1 acre

Annual harvest: 4 bags

FAMILY SIZE: 7 (children 4)

Children's school: 4

Centre: Chancholo

Meals per day: Once per day

Annual Income: k60, 000

Support: Buying family needs e.g., soap, lotion, and a few stationery items

Ways of generating income: Doing piecework

Ways of supporting your children: Doing piecework

Months of hunger: October- February

Means of survival: Doing piecework

Any challenges faced: School fees for children

Communication: Need support to help his family

Faison



# Eveless Banda 2025

Category: cooperative

Sex: Female

Marital status: Married

Age: 45

Family size: 3 members (Both parents and 1 child)

T/A: Mbamg'ombe

Village: Chigothi

Centre: Chancholo

Plot size: 1.5 Acres

Annual harvest: Maize 10 bags of maize

Annual income: K50,000

Family support: Farming

Ways of generating income: they do sell tobacco to help with their basic needs. Months of hunger: December up to February

Means of survival: Casual labour, they do farming activities for other people in exchange for food. Any challenges faced: Sickness. She suffers from a high cough, their livestock were stolen, and it's a big challenge they are currently having.

Eveless



# Ezara Chitsamba 2025

Category: independent

Gender: Male

Marital Status: Married

Age: 45 Years

Family size: 8 members

T/A: M'bang'ombe

Village: Mgwizi

Centre: Chancholo

Land size: 2 Acre

Annual harvest: 7 bags of maize

Meals: 1 meal a day (Lunch and supper)

Annual income: K200,000

Ways of generating income: casual labor

Months of hunger: February up to march

Means of survival: Casual labour

Any challenges faced: Lack of farming inputs and drought

Ezara



# Ezara Chitsamba 2025

Category: independent

Gender: Male

Marital Status: Married

Age: 45 Years

Family size: 8 members

T/A: M'bang'ombe

Village: Mgwizi

Centre: Chancholo

Land size: 2 Acre

Annual harvest: 7 bags of maize

Meals: 1 meal a day (Lunch and supper)

Annual income: K200,000

Ways of generating income: casual labor

Months of hunger: February up to march

Means of survival: Casual labour

Any challenges faced: Lack of farming inputs and drought

Ezara



# Potifala Dundu 2025

Category; independent

Gender: Male

Marital Status: Married

Age: 44 Years

Family size: 6 members

T/A: M'bang'ombe

Village: Ngwizi

Centre: Chancholo

Land size: 2 Acre

Annual harvest: 18 bags of maize

Meals: 2 meals a day (Lunch and supper)

Annual income: K300,000

Ways of generating income: farming and casual labour Months of hunger:

February up to march

Means of survival: farming and Casual labor Any challenges faced: Lack of  
farming inputs and drought

Potifala



# Jambo Matanje 2025

Category: cooperative

Sex: Male

Marital Status: Married

Age: 49 Years

Family size: 7 members (Both parents  
and 5 children)

T/A: Mbang'ombe

Village: Mgwizi

Plot size: 2 acres

Number of meals per day: 2 meals

Annual harvest: Maize 1 and half Ox, Tobacco 2 bales due to lack of f  
inputs e.g. fertilizer

Jambo

Ways of generating income: Farming

Annual income before sff: k50,000

Months of hunger: December-March

Means of survival- casual labor in exchange for food.

Any challenges faced: lack of fertilizer, lack of basic needs to support his 5  
children.

Comments



# Tamandani Chithyola 2025

Category: cooperative

Sex: Male

Marital status: Married

Age: 36

Family size: 5 members

T/A: Mbang'ombe

Village: Mgwizi

Centre: Chancholo

Meals: 2 times per day

Annual income: K300,000

Family support: Casual labour

Annual harvest: 21 bags

Months of hunger: February and other months

Ways of generating income: Farming

Challenges faced: Sickness, lack of income, and lack of food

Tamandani



# Miness Khwanya 2025

Category; independent

Sex: Female

Age:

Family size: 6 members

T/A: Mbang'ombe

Village: Mgwizi

Plot: 1.5 Acre

Annual Harvest: Maize 3 Oxes, Soya 1 Bag, Beans 1  
bag, depending on rainfall

Centre: Chancholo

Meals: 1 meal per day

Annual income: K100,000

Family Support: Farming, Casual labour

Ways of generating income: Casual labour, business of selling produce from  
their garden e.g sweet potatoes

Months of hunger: January –March

Means of survival: When they have tobacco they do sell and buy some food.

Challenges: Sickness

Miness



# Alfred Kennedy 2025

Category: cooperative

Sex: Male

Marital status: Married

Age: 27 years (1997)

Family size: 3 members (Both parents and 1 child)

T/A: Mbang'ombe

Village: Mgwizi

Plot size: 3 acres

Annual harvest: 2 Oxcarts of maize and 4 bales of Tobacco

Centre: Chancholo

Meals: 2 per day (afternoon and evening)

Annual Income: K50,000

Family support: Farming

Income-generating activities: Selling of farm produces and Building of houses. Months of hunger: December to March

Means of survival: Casual labour and farming activities

Challenges faced: Inadequate food

Alfred



# Paul Phiri 2025

Category; independent

Sex: Male

Marital Status: Married

Age: 1964

Family size: 5 Members (Both parents and 3 children)

T/A: Mbang'ombe

Village: Mgwizi

Plot: 1 Acre

Annual harvest: Maize 2 Oxes, and Tobacco 5 bales

Centre: Chancholo

Meals per day: 2 meals, sometimes 3 meals

Annual income: K400,000

Family support: Farming

Ways of generating income: They do gardening and make sales of produce to buy some basic needs.

Months of hunger: November to February

Means of survival: They use maize from Dimba gardens for food.

Challenges: Sickness, weather changes do affect farming

Paul



# Unice Bulayimo 2025

Unice is supporting 8 dependents - including her elderly parents and children. The programme will generate food to help in the hungry months, and surplus to send her children to school.

Family size: 8 Members (Both parents and 6 Children)

Area T/A: Mbang'ombe. Village: Mgwizi

Plot: 1 Acre

Annual harvest: 1.5 boxes of maize and 50kgs of Tobacco

Centre: Chancholo

Meals: 2 per day

Annual Income: 100GBP

Family support: Farming and gardening (They do plant vegetables even maize for food and some for sales)

Months of hunger: August up to January.

Means of survival: Farming activities

UNICE



# Fyness Chadula 2025

Fyness is supporting 4 dependents - she is a single mother. The programme will generate food to help in the hungry months, and surplus to send her children to school.

Age: 1975

Family size: 4 members (Single mother and 3 children)

T/A: Mbang'ombe Village: Mgwizi

Plot: 1.5 Acre

Annual harvest: Maize 3 oxcarts and Tobacco 1 bale

Meals: 2 meals per day

Annual income: 50 GBP

Family support: Farming, casual labour.

Months of hunger: September up to February

Means of survival: They do casual labour in exchange for food, they also have a garden where they do plant vegetables, maize for sale.

Challenges: They lack basic needs school fees, soap, salt.

Fyness  
Chadula



# Mercy Nkhwanya 2025

Mercy is supporting 6 dependents - she is a single mother. The programme will generate food to help in the hungry months, and surplus to send her children to school.

Status: Vulnerable. Age: 46 years

Family size: 6 members

T/A: Mbang'ombe Village: Mgwizi

Land size: 2 Acres

Annual Harvest: 21 bags maize

Annual income: 25GBP

Months of hunger: January to March

Means of survival: Casual labour

Challenges faced: Lack of farming inputs and support for the children.

Her husband was deceased in 2019. She does everything to support her family.

Mercy  
Nkhwanya



# Charity Gomani Nowa 2025

Charity is supporting 6 dependents - she is a single mother. The programme will generate food to help in the hungry months, and surplus to send her children to school.

Gender: Female

Status: Vulnerable

Age: 35 years

T/A: Mbang'ombe. Village: Mgwizi

Land size: 2 Acres

Meals per day: 2 meals

Annual income: 60 GBP

Months of hunger: October up to march

Means of survival: Small scale business (selling tomato and Mandazi)

Challenges faced: Lack of farming inputs

Their family is extremely vulnerable

Charity  
Gomani



# Fausita Mselimo 2025

Fausita is supporting 3 dependents - she is a single mother, disabled as she is blind, she also has a disabled son. The programme will generate food to help in the hungry months.

Status: Disabled (she is blind) she also has a disabled son

Age: 51 Years

Family size: 3 members

T/A: Mbang'ombe Village: Mgwizi

Land size: 1 Acre

Meals per day: Mostly once a day

Annual income: 25GBP

Ways of generating income: she sales airtime

Months of hunger: December up to March

Means of survival: Casual labour

Due to lack of farming inputs, her house needs roofing, she lacks basic needs like food, soap, salt

Fausita  
Mselimo



# Malita Jeke 2025

Malita Jeke is supporting 7 dependents, orphans and elderly -the programme will generate food to help in the hungry months.

AGE: 59

FAMILY SIZE: 7 (5 children + 1 elder)

T.A: M'bang'ombe, VILLAGE: Ngwizi

Size of the plot: 21/2 acres

Meals per day: Once per day

Annual Income: 12GBP

Months of hunger: October - March

Means of survival: Doing some piece work

This family are extremly vunerable and need support

Malita Jeke



The Early Childhood Development (ECD) Sustainable Feeding Programme is aimed at creating self-sufficient communities who can grow and provide nutritious porridge for their children attending the

Early Childhood Development Centres in their areas, using sustainable farming techniques. The intention of using sustainable approaches to agriculture productivity is aimed at improving the fertility of their farming land overtime.

**In 2024 The Malawi Projects funded 4 centres with a donation of 12,000GBP**

**In addition to the 8 families 2023-24 and 4 families 2024-25  
The Malawi Projects funded**

Communities grow maize and soya for their ECD centre using sustainable farming practices, such as using manure and using local seeds. The communities committed to: Providing 1-acre of fertile farming land, to be used for 3 years continuously. Carrying out all farming activities by using sustainable farming methods only. The food generated will feed children in the community ECD centre

The centres this is operating in are Mseteza, Mkukhu, Mgwizi, and Chipasula

# ECD SFF





MEET THE THE  
PAST  
BENEFICIARIES

# Robert Molosi - 2021

## **HARVESTED 2300KGS OF PRODUCE**

Robert Molosi has had a successful year through the Sustainable Family Farms Programme. He has farmed 3 acres of his land for the very first time

He said "There is the greatest difference this year with more food, income and money than other years".

Robert has stored the access farm produce in the maize storage in sacks, to keep them safe. Robert will pay back the remaining part of the loan with the surplus farm produce.

He is able to sell the farm surplus to buy farming inputs for 2021-22 so that he can plant again next year without needing any more support from the programme.

Robert was supporting one child through school and is now supporting three, Robert is supporting 13 dependents with the excess farming surplus and money due to the Sustainable Family Farms Program.



Robert

# Margret Mtema 2021

## HARVESTED 2000KGS OF FARM PRODUCE

Margret has had a successful year through the Sustainable Family Farms Programme.. Before this programme they were only eating 1 meal a day and only 1 child out of 3 were attending school. They now have three meals a day and all 3 children are enrolled in school.

She said "we have had such a different year because we have food and money for our needs".

She has stored the access farm produce in the maize storage in sacks, to keep them safe. Margret will pay back the remaining part of the loan with the surplus farm produce.

She is able to sell the farm surplus to buy farming inputs for 2021-22 so that she can plant again next year without needing any more support from the programme.

Margret was supporting 11 dependents - and is now supporting 13 with the excess farming surplus and money, due to the Sustainable Family Farms Program.me.

Margret



# Grace Wiston

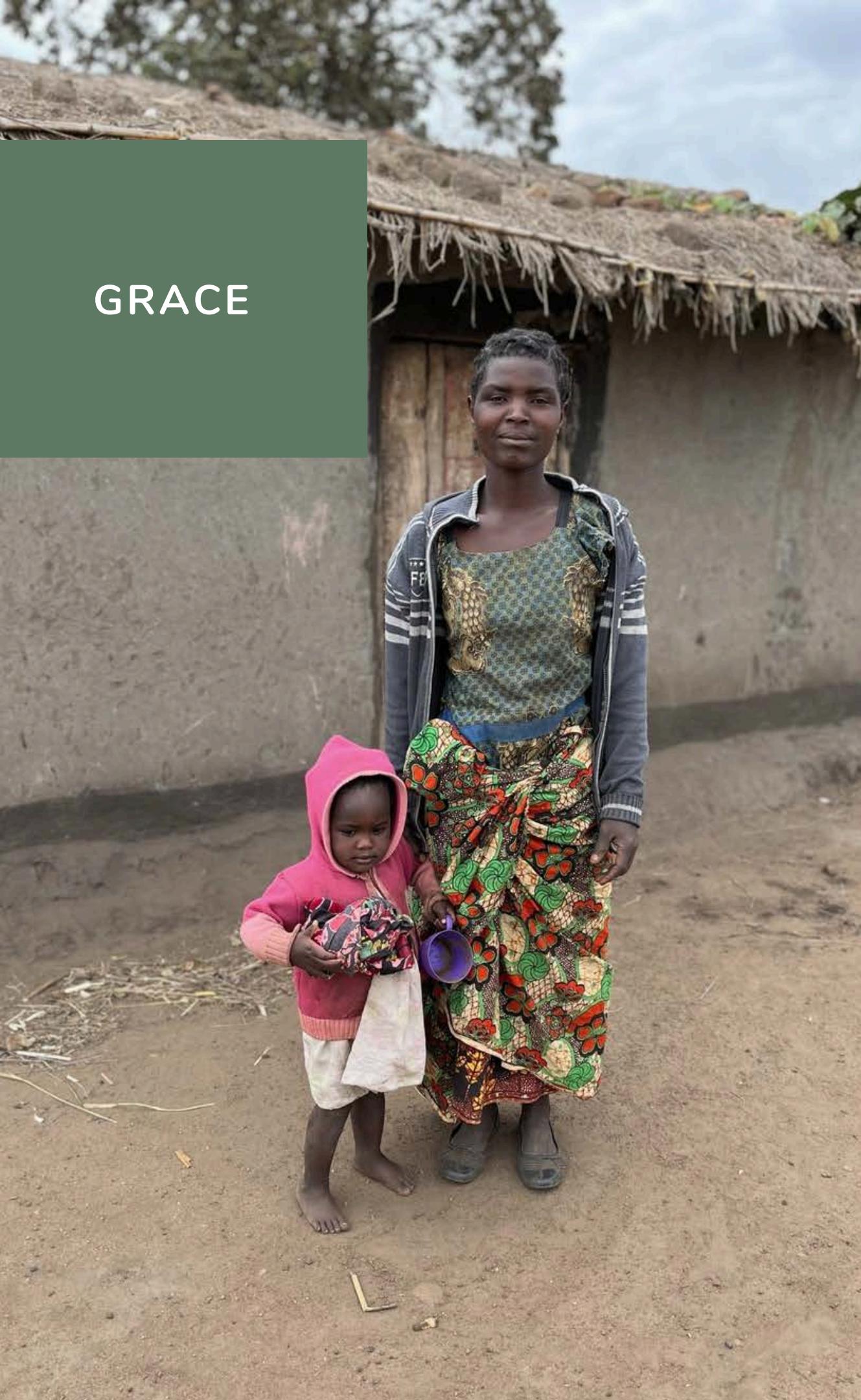
## HARVESTED 600KG OF PRODUCE

Before joining the Sustainable Family Farms Programme, two of Grace's four children were able to receive education in their local primary school.

Grace said "I am very grateful for this programme as three of my children are now in school and receiving an education."

Grace went on to tell us that many people's crops in her community had suffered this year due to the lack of rainfall.

After paying back her loan Grace has a remainder of 250kgs of maize. She will not have surplus to sell this year, however, her and her family will have food security until next year.



# Grace Wiston

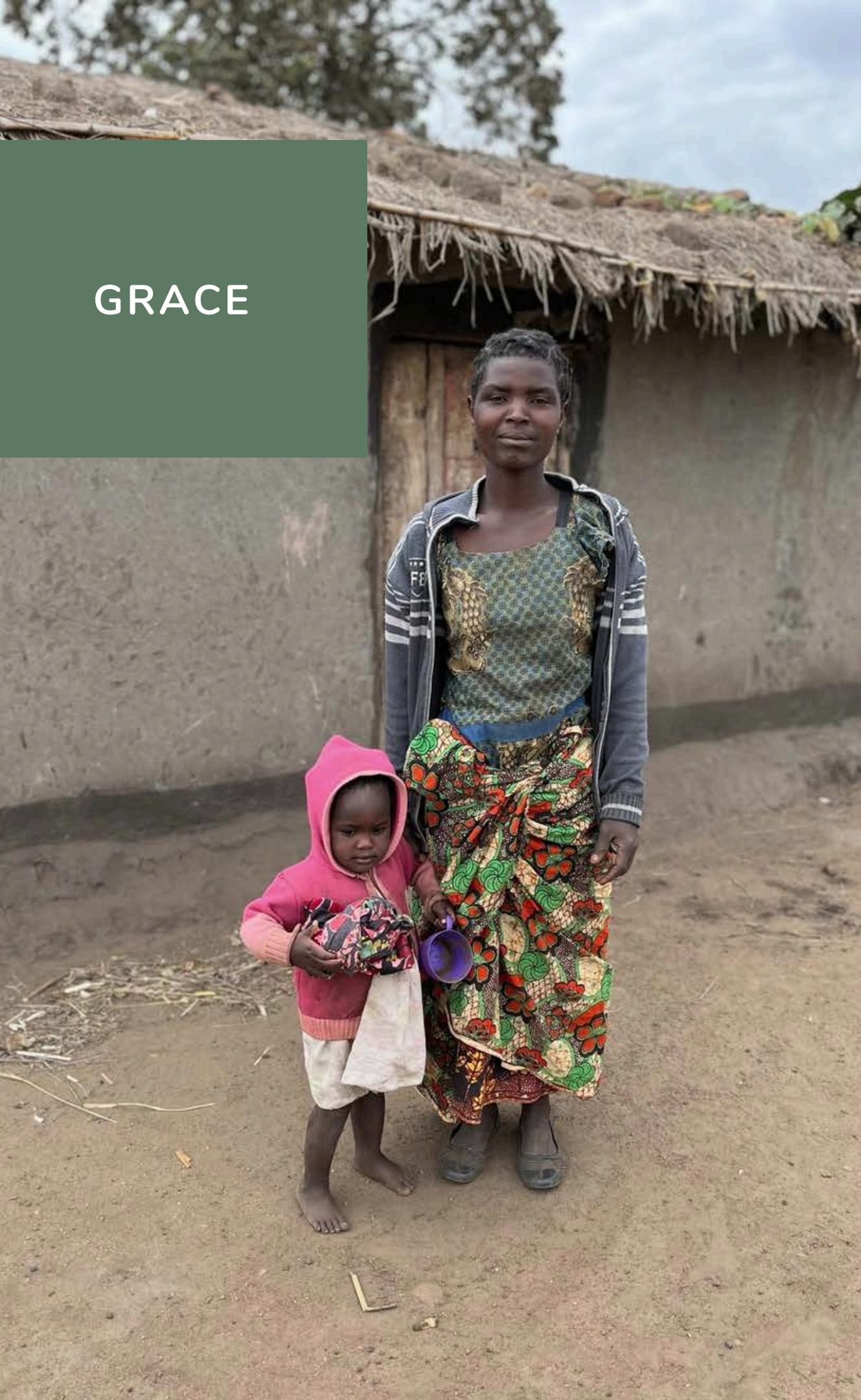
## HARVESTED 600KG OF PRODUCE

Before joining the Sustainable Family Farms Programme, two of Grace's four children were able to receive education in their local primary school.

Grace said "I am very grateful for this programme as three of my children are now in school and receiving an education."

Grace went on to tell us that many people's crops in her community had suffered this year due to the lack of rainfall.

After paying back her loan Grace has a remainder of 250kgs of maize. She will not have surplus to sell this year, however, her and her family will have food security until next year.



# Stella Jephter

## HARVESTED 500KG OF PRODUCE

Before joining the Sustainable Family Farms Programme two of Stella's children were in school. She is now delighted that all three of her children are receiving education.

This year many people including Stella did not harvest as much as we had hoped for.

She said "with lack of rain we have struggled a lot in comparison to previous years."

Stella has managed to pay back 350kg of maize towards her loan. She is remaining with 150kg surplus maize for her and her family for the rest of the year.

Despite the challenges Stella has faced during this years growing season she remains positive and hopeful that next year will be better.



STELLA

# Stella Jephter

## HARVESTED 500KG OF PRODUCE

Before joining the Sustainable Family Farms Programme two of Stella's children were in school. She is now delighted that all three of her children are receiving education.

This year many people including Stella did not harvest as much as we had hoped for.

She said "with lack of rain we have struggled a lot in comparison to previous years."

Stella has managed to pay back 350kg of maize towards her loan. She is remaining with 150kg surplus maize for her and her family for the rest of the year.

Despite the challenges Stella has faced during this years growing season she remains positive and hopeful that next year will be better.



STELLA

# Janet Kalisha

## HARVESTED 950KGS OF FARM PRODUCE

Janet has had a successful year through the Sustainable Family Farms Programme. Before this programme, she was not able to grow her own maize and her and her family were suffering from hunger.

She said: "being able to eat one or two meals per day has made such a great difference to our lives."

Janet has been able to provide basic needs and essentials for herself and her family. In the past she was not always able to do so.

Janet has 8 household dependents. Five of them are children and are all in school receiving an education.



# Janet Kalisha

## HARVESTED 950KGS OF FARM PRODUCE

Janet has had a successful year through the Sustainable Family Farms Programme. Before this programme, she was not able to grow her own maize and her and her family were suffering from hunger.

She said: "being able to eat one or two meals per day has made such a great difference to our lives."

Janet has been able to provide basic needs and essentials for herself and her family. In the past she was not always able to do so.

Janet has 8 household dependents. Five of them are children and are all in school receiving an education.



# Mateyu Sinoliyamu

HARVESTED 900KGS OF FARM PRODUCE

Mateyu said that in comparison to previous years this year has been a struggle.

He was growing on 3 acres of land but only one maize field (1 acre), was successful.

Due to heavy rain, many of the seeds failed to germinate. This meant that Mateyu had to plant again for a second time. The hard work and effort required to complete this by hand is unimaginable.

Although there will not be surplus maize to sell this year, Mateyu said: "I am happy that me and my family are able to eat three times a day."



# Avesi Labiton - 2021

## HARVESTED 2100KG OF PRODUCE

Avesi has had a successful year through the Sustainable Family Farms Programme.

She said "this year is a great difference to other years. I have food and money and we take meals three times a day".

Avesi has stored the farm produce in the maize granary for safekeeping and will pay back the remaining seed loan when she sells the surplus.

She is able to sell the farm surplus to buy farming inputs for 2021-22 so that she can plant again next year without needing any more support from the programme.

Avesi is now able to support 12 dependents - which is double what she was supporting before the Sustainable Family Farms Programme.





**THANK YOU!**

Without you none of this would be possible! You are the facilitator to these families sustainable growth.