



Islamic Relief – Palestine

Milk for Preschoolers Project

Islamic Relief Worldwide

1. Summary

Location	Gaza Strip, Palestine
Project Title	Milk for Preschoolers (MfP)
Project Summary	<p>Islamic Relief intends to implement this project to alleviate the problems of malnutrition the children of Gaza Strip suffer. The main component will be the provision of fortified milk and high energy biscuits to preschool children on a daily basis. The preschools targeted are those in the marginalized and vulnerable areas of the Gaza Strip, particularly those near border areas prone to vulnerability from Israeli incursions and attack.</p> <p>In 2003, IRPAL succeeded in developing a formula for producing fortified milk and high energy biscuits which enable preschool children to get their daily nutritional requirements. Five nutrients were added; vitamin A, vitamin D, folic acid, zinc and iron. The milk and biscuits cover about 35 per cent of a child's daily requirement of these and other nutrients.</p> <p>Islamic Relief has implemented this project since 2003 and plans to reach more vulnerable children. The daily snacks ensure that Palestinian preschoolers are provided with at least one source of nutritious food each day.</p>
Project Goals	<p>Goal: To participate in improving the food intake of preschool children in order to combat malnutrition and incident of anaemia.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Provide 5,650 preschoolers in Gaza Strip with their minimal requirements of vitamins and minerals on a daily basis for 180 days (one school year)
Project Duration	4 months
Budget	Euro 510,226

2. Agency Background

Islamic Relief Worldwide (IRW) is a charitable organization established in the UK in 1984 and was registered with the UK Charity Commission in 1989. IRW addresses the needs of poor and disadvantaged people regardless of race, creed or colour in order to help in alleviating their poverty and suffering. Several Islamic Relief partners in Europe and in the United States succeed in attracting funds from different sources including private donors as well as institutional donors such as EC and DfID. Islamic Relief has more than thirty field offices around the world working on the implementation of numerous development and relief projects.

Islamic Relief Palestine (IRPAL) which is regarded as one of the most active field offices was established in 1998 and has implemented many development and emergency programs since then. The Palestine field office consists of the Development Projects Department, the Emergency Projects Department and the Child Welfare Program. IRPAL has successfully conducted several projects and activities attending to the educational needs in Palestine either solely or in partnership with other local institutions.

3. Project Background

This project was designed based on a study carried out by Johns Hopkins University and other researchers back in 2003. The study concluded that the children of Gaza Strip suffer from blood anaemia and serious malnutrition problems. These findings led Islamic Relief to develop a project which supplies fortified milk and high energy biscuits to enable the children of the Gaza Strip to receive one source of their daily requirement of vitamins and minerals. The ingredients of the product are tested in laboratories at local universities to ensure high quality and safety.

This project first targeted 830 children in 13 preschools. Besides this, awareness sessions and training courses were held to improve the knowledge of parents and preschool teachers in nutritional aspects. This proposed project aims to reach 5,650 children for 180 days in different areas of the Gaza Strip.

4. Problem Statement

In the Gaza Strip, 61 per cent of the population is food insecure, 16 per cent vulnerable to food insecurity, 6 per cent marginally food secure and 17 per cent food secure.

This project will target children of preschools in marginalized areas of the Gaza Strip where children are more likely to be food insecure. Based on a study conducted by Islamic Relief Palestine, the findings indicate most children in the Gaza Strip attend school without any breakfast and are highly likely to finish the school day without eating any food. The same study demonstrated that most school children experience headaches and drowsiness during the school day. This is very likely due to lower blood sugar where they spend most of their day without having any snacks.

This project will operate in 50 preschools in the five governorates of the Gaza Strip. These preschools have been targeted by Islamic Relief for many years in full cooperation with other stakeholders and selects children not currently assisted by any other school feeding program.

5. Needs Assessment

- Islamic Relief staff conducted meetings with relevant officials of the Ministry of Education to identify preschools to be covered through this project
- From past experience (since 2003) Islamic Relief has its own database of information from which quantities to be distributed can be easily identified

- Islamic Relief field monitors visited all nominated preschools to update their data and carry out individual assessments
- Some focus groups were carried out with preschool /teachers and parents. It was concluded that this project is very important and has many positive effects on the children

6. Proposed Intervention

Islamic Relief intends to continue this project in order to reach more children supplying them with these fortified milk and high energy biscuits ensuring children get their minimum requirements of vitamins and minerals.

Every single child will receive a packet of 200 ml fortified milk and 25gm of a high energy biscuit on a daily basis under their teacher's supervision. This ensures that the same children receive their daily nutritional intake and thus results will be accumulated at the end of the project. There is more than one natural flavour to encourage children who aren't familiar with drinking milk to take it easily. The fortified milk has three different flavours; chocolate, strawberry and banana.

All food items distributed through this project are locally produced, boosting the local economy. Farmers from the south of West Bank deliver fresh milk on a daily basis to the dairy where the milk is produced. The more beneficiaries we cover, the more milk they sell. Also, biscuits are produced in a local factory in Gaza generating more jobs for unemployed workers.

7. Logical Framework

Goal:

To participate in improving the food intake of preschool children in order to combat malnutrition and incident of anaemia.

Objectives:

Provide 5,650 preschoolers in Gaza Strip with their minimal requirements of vitamins and minerals on a daily basis for 180 days (one school year)

8. Target Area and Beneficiaries

Target Area:

The project will cover different areas of the five governorates of Gaza Strip, North, Gaza City, Middle Area, Khan Younis and Rafah – focusing mainly on poor and vulnerable communities.

Direct Beneficiaries:

The total number of children to be covered within this project is 5,650 children for 180 working days. Fifty per cent will be male and fifty per cent will be female distributed all over the Gaza Strip based on population percentages as follows:

Governorate	%
North Gaza	19
Gaza	35
Middle Area	15
Khan Younis	19
Rafah	12

Indirect Beneficiaries

- Palestinian farmers in the south of West Bank who will sell more milk. For this project in particular, they will sell about 203,400 litres of fresh milk
- Preschools since it is a pre-requisite for them to improve their internal environment to be eligible for this project

9. Methodology

Activities:

- **Coordination:** Islamic Relief is a good networker and is an active member in all clusters led by UN agencies. This will help in filling gaps without any duplication. Different stakeholders, particularly the Ministry of Education, are involved in coordination for nominating preschools or for complementary work purposes.
- **Project deliverables:** Bids will be announced in local newspapers after preparing all bidding documents. Local companies will be selected to produce milk and biscuits based on quality and prices. No quantities will be delivered to preschools without testing. A random sample will be sent to a laboratory in one of universities to be tested for ingredients and safety. Once approved, goods will be delivered to preschools and consumed by children. If there is any problem in the testing stages, goods will be withdrawn by the relevant company and procedure of procurement in such cases will be followed based on IRPAL policies.
- **Monitoring:** Three field monitors will visit all targeted preschools at least once a week ensuring that goods are stored safely and children receive milk and biscuits appropriately. Children have to consume the milk first and at least two hours later take the biscuits to prevent any food-on-food interactions.
- **Reporting:** Daily reporting will be undertaken by field monitors and submitted to the project officer as well as a weekly meeting between all of them. The program manager is invited to attend this meeting too. A final comprehensive narrative and financial report submitted from the program manger to the donor via IRW.
- **Media Coverage:** A banner including the donor name will be available in all places where the project is carried out. Also, documentation of all processes will be ensured including; photos, case studies etc.

10. Sustainability

To ensure sustainability, Islamic Relief will:

- Enhance the concepts of nutritious food intake among children through regular emphasis from their teachers

- Encourage parents, particularly mothers, to improve their knowledge regarding concepts of nutrition through attending awareness sessions where it is possible

11. Gender Analysis

- Beneficiaries will be as much as possible 50 per cent male and 50 per cent female.
- All selected preschools are managed by female heads
- Most of our field monitors are female (2 versus 1)

12. Risk Analysis

- **Siege and Closure:** Closure will affect negatively the progress of the project. However, IRPAL has enough space in its warehouse to store as many milk quantities under suitable conditions. There shouldn't be a problem with the supply of biscuits since they are produced locally in Gaza.
- **Commitment from Children:** Some children are unfamiliar with drinking milk particularly in poor communities since milk is very costly in Gaza. Teachers supervise children while they drink milk and will encourage them to do that.
- **Commitment of Preschools:** The relation with preschools in terms of conditions of storage and distribution to children will be organized through signing an agreement between IRPAL and preschools explaining all these issues. Also, regular visits by the project team to preschools will solve any problems raised.

13. Budget

Attached excel sheet shows details of budget.

Annex I: Log Frame

Project Summary	Indicators	Means of Verification	Assumptions
Goal: To participate in improving the food intake of preschool children in order to combat malnutrition and incident of anaemia	The nutritional intake of 5,650 preschool children improved	Pre and post-assessment	Political situation remains stable during the period of project implementation.
Purpose: Provide 5,650 preschoolers in Gaza Strip with their minimal requirements of vitamins	5,650 children in 50 preschools receive their daily minimal requirement of vitamins	- Testing documents - Delivery notices - Attendance sheets	Full cooperation among all stakeholders.

and minerals on a daily basis for 180 days (one school semester)	and minerals for 180 days		
Outputs: <ol style="list-style-type: none"> Distribute 200ml of fortified milk to 5,650 preschool children on a daily basis Distribute 25g of a high energy biscuit to 5,650 preschool children on a daily basis Creation of jobs for unemployed workers at the biscuit factory 	<p>5,650 preschool children are consuming 200ml of fortified milk and 25g of high energy biscuits on a daily basis for 180 days</p> <p>Reduction on household expenditure</p> <p>The malnutrition and anaemia symptoms of 5,650 preschool children are reduced</p> <p>200 farmers selling milk daily</p> <p>203,400 litres of milk sold</p> <p>1,017,000, pieces of biscuits sold</p>	<ul style="list-style-type: none"> - Contracts - Minutes of meetings - Attendance sheets - Documentation materials - Import documents - Focus groups minutes and analysis 	
		Inputs: <ul style="list-style-type: none"> - 510,226 euros - 3 field monitors - Project coordinator 	

Annex II: Action plan

Month/ Activity	1	2	3	4	5	6	7	8	9	10
Updating files and data of all preschools in IRPAL database										
Calculating quantities for each preschool										
Visiting all nominated preschools for assessment										
Bidding, procurement and testing										
Delivering milk and biscuits to preschools and distribution to children										
Monitoring and evaluation										
Final report and project closure										

