

realimpact

Training courses

Spring/summer 2011



Real Impact for Sustainable Growth



Agronomy trainee managers course

This two-week course is intended for university graduates needing more time to build practical skills in order to teach others. It is also suitable for extension staff working for NGOs, government offices, and donors. This course is an essential component of an effective Kitchen Garden programme at the institutional level (schools, hospitals etc) and also for Community Based Organisations and Faith Based Organizations.

Trainees will undertake part of their management training at a relevant Institutional Kitchen Garden with one of our Network Partners in the 'Greater Thika' district. We have kitchen gardens with primary schools, hospitals, rural health facilities, prisons, women's groups, youth groups, Community- and Faith- Based Organisations.

This is an intensive practical course covering all aspects of the design, implementation and management of Institutional Nutrition Gardens. Underpinning technical knowledge is integrated with the practical aspects of the syllabus.

Course outline

- Designing a 14-day planting programme linked to a 14-day rotating canteen menu
- Biology, production use and sale of compost, vermi-compost and vermi-liquid
- Propagation, grafting and seed treatments - practical skills, management of propagation unit, hygiene and quarantine protocols
- Bed preparation, base fertiliser calculations compost trenching, planting, soil conservation management of field insectaries (biodiversity areas), supervision and manpower management. Nutrition Garden Bag technology and management
- Crop husbandry, thinning, training plants, gapping up, weeding, calculation of fertiliser top dressings, man management and supervision
- Crop protection, spraying, identification of pests, diseases, weeds, and beneficial insects
- Irrigation and harvesting of crops, prediction of yields and preparation of budgets

Course fees

KSH 30,000 per person for the two-week course. Maximum 10 trainees per course.

Advanced agronomy course

This is a five-day course, suitable for extension officers at NGOs, with some growing experience of crop production, and for practical growers who will be managing the larger institutional nutrition gardens.

Trainees will spend one day in each Agronomy Department with half a day on theory followed by half a day on the practical aspects. Trainees will have to undertake the practical tasks themselves and will also have some opportunity to learn supervisory skills.

Course outline

- Designing a 14-day planting programme to link into a 14-day rotating menu in a canteen
- Construction of kitchen garden bags and managing their planting programmes and agronomy
- Rotation planning in planting programmes
- Organizing and managing labour
- Crop agronomy and crop protection (Integrated Pest Management)
- Fertiliser programmes
- Irrigation systems (management and maintenance)
- Predictions of production volumes of fruit and vegetables
- Harvest methods
- Cleaning and storage of fresh fruit and vegetables

Course fees

KSH 15,000 per person for the five-day course. Maximum 20 trainees per course.

Agronomy apprenticeship course

This course is designed for the people who will be undertaking all the practical work in the Nutrition Garden. Theory aspects will be covered during the practical work, as instructions are given for the daily practical skills classes. Trainees will be taught how to undertake all the practical tasks covered by the more advanced agronomy courses.

Course fees

KSH 10,000 per person for the five-day course. Maximum 20 trainees per course.

Nutrition (garden bag) course

This one day practical course teaches gardeners how to build kitchen garden bag units, make normal pile compost and also use worms to make vermi-compost and vermi-liquid (fertilisers). It is suitable for domestic gardeners in rural and urban homes, and no formal education qualifications are needed. Course fee includes lunch at the farm and a booklet on how to make the bags, compost and vermi-liquid.

Course fees

KSH 2,000 per person for a one-day practical course (max 20 trainees per course).



Real Impact links its nutrition courses with a commercial canteen at Kichozi Farm, able to cater for more than 100 people. The design of the 14-day rotating menu is closely combined with the 14-day planting programme in the Nutrition Garden on the Kichozi Farm estate. This provides a unique learning opportunity and the interaction between the farm staff and the canteen provides a realistic dynamism not often part of conventional catering courses.

Applied nutrition for institutional cooks and chefs

This is a five-day course suitable for institutional cooks or chefs already working in a large kitchen. Trainees will already have considerable experience in large-scale catering for institutions such as farm canteens, schools, hospitals, prisons and orphanages.

The practical component will involve 'hands on' in a commercial kitchen environment, where the clients will practice nutritionally sound methods of cookery and the design of nutritionally balanced menus, using the produce from the Nutrition Garden. The course provides an opportunity to learn about the link between the 14 day rotational menu plan and the 14-day repeated planting programme in the kitchen garden.

The theory component will cover the basic understanding of nutrients and why/how these affect the body. The course will also cover health specific needs such as HIV/AIDS, malnutrition, diabetes, high blood pressure and other relevant health issues relating to communities within the clients specific geographical area.

Course fees

KSH 20,000 per person for a five-day practical course. Max 5 trainees per course.

Applied nutrition for community health workers

This is a five-day practical course aimed at experienced community workers with existing community responsibilities.

The practical component will involve teaching community groups, linked with Real Impact's development programme, where kitchen gardens are being developed in collaboration with partner extension services. Small domestic kitchen gardens, based primarily on 'bag gardens' will be the main source of vegetables in the home-based menus that form the Applied Nutrition teaching.

The theory component will focus on designing menus to meet specific nutritional deficits, which community workers may need to address.

A simple outdoor kitchen at Kichozi will be used to simulate a realistic rural kitchen.

Course fees

KSH 20,000 per person for a three-day practical course. Maximum 20 trainees per course.

Canteen apprenticeships

This course is suitable for employees or volunteers with current commercial cooking skills/experience, who will be doing the day-to-day work in institutional kitchens. This is a largely practical and hands-on course that takes place in the Kichozi Commercial Kitchen.

Course outline

- Menu planning to align with the PKG within the clients institution
- Ingredient adjustment/replacement alternatives
- Implementation of nutritionally sound cooking methods
- Receiving and storing of fruit and vegetables to maintain nutritional quality
- Food presentation to enhance the clients' need to eat more nutritionally sound meals
- Food hygiene – specifically for clients working within health institutions
- Implementation of food/stock ordering methods
- Stock control

Course fees

KSH 10,000 per person for a five-day practical course. Maximum five trainees per course.



methods demonstrated, role playing, simulated training exercises, participatory training skills, post course evaluation, action plans for trainees.

Course fees

KSH 16,000 per person for the three day course.
Max 12 trainees per course.

How to book

Booking for all courses please fill out a booking form, available from our website www.realimpact.or.ke, or call us at the number below.

Timetable

Courses are offered on a first come first served basis. Our timetables are updated continually, please ask at the number below for course availability.

Location



Real Impact is located at Kichozi Farm, which is near Thika, about 40km north of Nairobi. There is a downloadable map available from our website.

Accommodation

We can arrange accommodation for all lengths of courses in the Thika area, and arrange for transport to and from the training sessions if required. Additional fees apply, please ask for details.

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Kitchen garden administration course

This course is suitable for managers who will be responsible for the monitoring and evaluation of the inputs costs and output benefits of the Institutional Nutrition Gardens and any roll-out network of other Institutional and domestic Nutrition Gardens which emanate from the hub Institutional PKG in the future.

Course outline

- Simple book-keeping and ordering systems
- Weekly production reports for monitoring and evaluation
- Calculating man-power and input requirements
- Marketing excess production for profit
- Interpreting the production and usage reports to ensure optimum use, identify/prevent corruption and theft

Course fees

KSH 6,000 per person for the two-day course.
Max 12 trainees per course.

Training of trainers course

This is a three-day course designed to develop teaching skills for those responsible for training others in agronomy or nutrition.

Course outline

Organising the course delivery, resource planning, needs assessments, identifying the target audience, pre-assessment of trainees skills and understanding, choosing and arranging venue, logistics, catering, appropriateness of training aids, language, literacy, qualification of trainees, testing understanding, training