

# Orange-fleshed Sweet Potato

*Improved variety of sweet potatoes are more nutritious and give higher yields*

## PROBLEM

- Malnutrition is a major problem
- The staple diet is nsima, made from maize or cassava flour, which has little protein and few vitamins
- Locally grown white sweet potato contains fewer vitamins than orange fleshed varieties
- Farmers cannot afford to purchase the vines needed to plant improved varieties



## SOLUTION



- We support farmers to grow improved orange-fleshed sweet potatoes
- These potatoes are higher yielding and contain higher levels of Vitamin A
- Farmers are able to share additional vines they grow with their neighbours at no extra cost
- Pre-school teachers provide a sweet potato meal for every child attending pre-school