



Increasing access to nutritious, local eggs in rural Uganda

“The International Egg Foundation is really pleased to be assisting Trustlines with their work in rural Uganda; promoting the nutritional value of the egg in developing nations is at the core of the IEF’s work.”

– Julian Madeley, Managing Director and Trustee, International Egg Foundation

Childhood malnutrition has a lasting effect on growth and development. According to the World Health Organization, millions of children suffer from stunting and wasting.¹ Recent research found that adding eggs to the diets of 6 to 8 year old children in undernourished areas of Uganda significantly increased their height and weight.²

By working alongside Trustlines Development Network, the International Egg Foundation offers children in rural Uganda the tools to produce eggs. Each child in the program is given a hen, a rooster, starter feed, training and technical support. The project provides the opportunity for the children to supplement their diet with nutritious eggs, while developing life skills and to possibly earn an income later.

Key project information

Location	Rural Uganda
Partner	Trustlines Development Network, Inc.
Current reach	23 families with a total of 80 children

About Uganda

Uganda has one of the fastest-growing economies in East Africa with agriculture counting as a core industry for this landlocked country.³ Despite the significance of the agricultural sector to the national economy, issues of poverty and food insecurity are widespread across the country, with over 30% of children suffering from chronic malnutrition.⁴

About Trustlines Development Network

Trustlines Development Network manages and promotes hands-on development projects by offering the resources and education to alleviate poverty. Through the Chicken Project, a local contact works with children aged 6 to 12 years old to develop the skills necessary to care for hens and later manage a small business. The project provides families with a sustainable source of protein and the opportunity to expand their efforts. With a single hen providing over 150–200 eggs or chicks per year, the eggs and poultry can also be sold to earn extra income.



Sources

1. World Health Organization. What is Malnutrition (2016).
2. The Effects of Consuming Eggs on the Physical Development of Students Participating in a School Feeding Program in Uganda: A pilot study by Jamie Baum and Jefferson Miller (2015).
3. Food and Agriculture Organization of the United Nations. Small family farms country fact sheet (2018).
4. United Nations. Uganda fights back against child malnutrition (2014).

“We are dedicated to seeing that the truly disadvantaged rural Ugandan children get opportunities to improve their health, nutrition and education.”

– Edith Mubanda, Vice President & COO,
Trustlines Development Network



Results

- The program currently supports **23 families** with a combined total of **80 children** with goals to **expand to 350 children**.
- The eggs produced provide the children and their families with a **steady supply of high-quality protein** found in eggs and helps families buy medicine, clothing and other necessities.
- The **children develop a strong sense of pride** and individual responsibility by caring for the hens and collecting the eggs.



About the International Egg Foundation

Founded in 2013 by the International Egg Commission, the International Egg Foundation is an independent charitable foundation established to increase egg production and consumption in developing countries to help improve nutrition, health and education. Today, the IEF operates to help implement the United Nations Sustainable Development Goals.