



# PROBIOTIC YOGHURT AT PRE-PRIMARY INSTITUTIONS

## BACKGROUND AND PROJECT APPROACH

The Southwestern part of Uganda has with 33% the highest rate of stunting among children below the age of 5 in Uganda. This age group is highly vulnerable to infection diseases like cough, flue, skin rashes and diarrhoea, with sometimes serious consequences. Good nutrition and healthy intestinal flora are essential to improve their poor health status and boost the immune system.

The health and nutrition status of these children can be improved by introducing probiotic yoghurt, called Yoba. Probiotic yogurt is a tasty and affordable product made from milk with extra health benefits. Pre-primary institutions and the pupils' parents will be encouraged to buy small portions for the children to take two to five times per week. The yoghurt is produced by certified local producers, thereby supporting the local economy.

## HEALTH BENEFITS

- Probiotic means good bacteria, they **fight against bad bacteria** that can enter the intestine due to poor hygiene or contaminated food and water.
- Yoba helps to get healthier intestinal flora and decreases the frequency and duration of **diarrhoea** in young children.
- The consumption of Yoba boosts the immunity and prevents the occurrence of **flue, pneumonia** and **skin rashes**.
- Yoba bacteria suppress the bad bacteria that play a role in **stomach and duodenal ulcers**. It helps to heal the ulcer wounds faster.
- Yoba breaks down **aflatoxins**, a toxin produced by molds that can be present in g-nuts and maize and can cause stunted growth and cancer.
- Fermented dairy products like yoghurt provide more of the **essential nutrients** required for growth and development of young children

**55 out of  
1000**  
children die before  
their 5<sup>th</sup> birthday

**33 %**  
of the children  
in SouthWest  
Uganda is  
stunted

**20 %**  
of all under-five  
mortality cases  
is due to  
diarrhoea

## ABOUT TIDE PROJECT AND SNV

The Probiotic Yoghurt for Pre-Primary Institutions program is part of The Inclusive Dairy Enterprise (TIDE) project implemented by the Dutch development organisation SNV. The program operates in seven districts in Southwestern Uganda, namely Mbarara, Sheema, Bushenyi, Isingiro, Ntungamu, Lyantonde and Kiruhura. The overall goal of the TIDE project is poverty reduction through improved dairy farm incomes, household nutrition and employment opportunities for 20,000 farmers. This will be done by improving for instance the farm productivity and the quality of the milk. TIDE is already successfully implementing a School Milk Program at primary schools, aiming to reduce the high malnutrition rates in the region of school going children. As December 2018, most schools in South-Western Uganda have embraced the school milk programme, giving more than 200,000 children the much needed nutritious breakfast.



Keeping your children  
happy and healthy? Try  
probiotic yoghurt!



## ABOUT YOBA FOR LIFE

The Yoba for Life Foundation aims at improving health and wealth by supporting people in resource-poor countries with the local production of a probiotic yoghurt with proven health benefits, called Yoba. Currently, there are 120 producers of the Yoba yoghurt in Uganda and worldwide more than 200.000 consumers. The products of those producers are for sale at supermarkets and local shops and are recognized by the 'Yoba for life' stamp. Yoba is partnering with SNV under the TIDE project on different programs to support the small scale Yoba yoghurt producers in the region, and to increase awareness and demand for the product especially among children attending pre-primary schools.



For more information, contact the Yoba for Life Country Coordinator Nieke Westerik



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