



Backyard Gardening Changing Lives

The backyard gardening project to encourage communities to eat healthier is showing pleasing results. The project was started last year after surveys revealed that most families in our target communities were heavily reliant on highly processed supermarket foods that along with weighing heavily on already stretched finances, was also damaging their health. While most of the gardens had suffered substantial damages during Cyclone Mick late last year, January saw people back tending to their gardens in efforts to make them grow again. FRIEND is hopeful of extending its Backyard gardening project in the coming months.



Responses from individuals involved in the Backyard Gardening Projects

"...I've become healthier, when I woke up this morning, I folded everyone's blankets, made beds, then I started working in the garden ...that's even before breakfast and that is a big change for me. I am thankful for that and I always visit my garden in the morning and afternoon."



"Even with just small backyard gardens we now get most of the vegetables, like cabbage and lettuce. We also help each other in the gardens. We have formed a group and every Wednesday we get together and work in each others gardens. There are 13 women in the group. Every week we decide whose garden to work in and if somebody does not come then they have to pay five cents."



"... we have seen lots of changes in our family. What we learnt at the workshop, we have put into practice and are now benefiting from it. We have planted eggplant, cabbage and pandanus leaves in our backyard garden. Money from pandanus leaves contributes towards school fees and other family needs. We eat what we now grow in the garden; we don't sell what we plant. We are thankful for FRIEND, for the training. We are really happy. From the first time we moved here in 1997 till now, this is the first training ever. We thank FRIEND for recognizing us, for bringing the training to our community."



"When my husband was working, we really never liked to plant anything. And when we did some gardening, it was just certain things that we planted. When FRIEND came for the training, it really empowered us as a family to continue with our gardening. Now It's our garden that is now feeding us"



"Before FRIEND came, everyone in this community have the same thinking. When FRIEND came, they have opened up our way of thinking. This has caused a lot changes like healthy living and cleanliness. They have taught the community about composting and how to do backyard gardening so we could support our livelihood."



"We were always wasting our time, as if we are living in the village. Do what we want to do, until they (FRIEND) came and we were empowered. We started doing backyard gardening and handicraft for women."



*"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden."
Thomas Jefferson,,Third President of USA*

♥♥♥VALENTINES DAY 2010 *Love is in the air.* ♥♥♥

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We can arrange for made to order cards on request.

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♥“Attention is the most basic form of love, through it we bless and are blessed.”

John Tarrant

♥Every year Valentines day falls on February 14. It doesn't matter whether 14 February is on a weekday or weekend, Valentines day is officially celebrated on that day. It is a day to express your love, emotions and to glorify the spirit of love. This day also admires the martyrdom of a Christian saint, St. Valentine, who is supposed to be the originator of the festival marked with religious influence.

♥*Friend's Fiji Style®* Handmade Valentines Day are available from *Friend's Fiji Style®* Shop at Garden City in Suva, and selected MH Supermarkets selected Post Fiji, Jacks, Prouds and Tappoos outlets.

BEWARE OF IMITATIONS Look for *Friend's Fiji Style®* brandname

Youth Profile Tashia Nabi

Tashia Nabi is a 21 year who participated in YEN 2009. She served her attachment at Nestle and then Sigma Securities, where her position as a CareMarketing Officer was confirmed at the end of the program.

FRIEND I heard about FRIEND through one of my neighbor who was part of YEN program. Since, I was unemployed and experiencing great difficulties finding a job at that time I decided to try out that program.



YOUTH CHALLENGE TODAY The employers in Fiji today are looking for people with greater experiences and do not take fresh graduates or people with minimum experiences. Also due to recent economic recession worldwide, not much investment came into Fiji. This means that not many jobs were created to cater for the increasing employment demands.

YEN This network helped me gain all necessary skills in finding a successful employment. FRIEND also through its YEN program found me a company to do On Job Training. After doing training the company hired me for the job. This program can help young youths who find it really hard to find jobs. There are special skills in attaining a successful employment which this program helps us gain.

Youth Employment Network YEN is an award winning initiative of FRIEND

Youth Development Program recognises the challenge faced by youths from low income families and utilises music, art and theatre to engage and rebuild their self esteem. YDP also up skills them to meet the demands of the labour market through work attachment opportunities. Youth Development Program works closely with the corporate sector in efforts to provide the participants with maximum exposure to enable them to compete in the job markets. Our corporate partners also provide sponsorship of youth events and activities along with providing mentorship to these youth. These corporate partners include companies like Apco Paints, Coca Cola, Fiji Water, Nestle, Punjas, Motibhai, Blue Lagoon Cruises and many more.

Meeting the Services Gap



Subhashni Raj

A mother who uses her hobby and skill of cooking to support her family

She comes to our office everyday. She wakes up early so that the food is ready to be delivered in time. She was asked to share her story at DESJ II to serve as a motivation to fellow stakeholders.

"In 2006 when my daughter went to USP, I realized that we were struggling with finances and needed more money. I understood then that if I let myself feel that I can't do anything about the situation then I will not be able to do anything. We had never had to ask anyone for any money and I did not see that happening now.

One of our church members suggested that I start a small business with cooking since she knew that I like cooking and it is a hobby of mine. It is very important that when you do something, you do it with happiness. People around you will sense that feeling. I prayed and was given the opportunity to extend my venture that I initially started by selling my food parcels from office to office.

I wake up at 4am to start my day. I cook from my heart. Since I started my business I feel I have achieved so much. My loneliness has also gone away. I am from Labasa and I didn't know many people here. Now I have so many friends, and people respect me too. They are like my family members.

There won't be any poverty if we can get rid of dependency. And we can get rid of that if we all work together. We shouldn't just wait around. And I thank the lord for his blessings. I want to encourage everybody that we can work for our dreams. And no work is small one shouldn't feel shame in doing work. If we work God will help us."

Cassava Flour—Let your imagination flow



Friend's Fiji Style® Cassava flour is one of our new trial products towards import substitution in the country. Cassava is abundant and available locally. And use of Cassava flour would ensure that people are eating a healthier local option. Carefully selected cassava is prepared and sundried before being ground into a flour. This high fiber flour is then hygienically packed and sealed for your consumption. This



tasty treat can be mixed with normal flour for baking treats, substitute it as the main ingredient for a healthy breakfast pancake, or use it in your batter mix for your fritters. Cassava flour 'bhajia' also makes for a tasty nutritious snack. Cassava Porridge can also be made with Friend's Fiji Style® cassava flour. And cooks would agree, cooking is all about imagination and letting it go wild in the kitchen. Friend's Fiji Style Cassava Flour is available at Friend's Fiji Style® Shop, Garden City, Raiwai for \$4.00 for a 300g pack.

Recipe Corner: Cassava Flour Honey Bread

Ingredients:

- 1 full mug, Friend's Fiji Style® cassava flour
- 3 level Friend's Fiji Style® tablespoons honey
- 60 drops vanilla essence, 1 egg,
- 1 level teaspoon bicarbonate of soda
- 1 mug water 2 tablespoons sugar, Juice from two lemons

Preparation:






- a) Mix the sugar, lemon juice in 1/3 mug water. Heat over a medium hot flame until the sugar dissolves. Boil for 5 minutes. Stir continuously whilst heating. Allow to cool.
- b) Heat some water in the wok.
- c) Mix the honey and sugar mixture together. Boil for 3 minutes until the honey has blended well with the sugar mixture.
- d) Place a basin containing the honey and sugar mixture in the wok of hot water. Gradually add the sifted flour and stir to mix well.
- e) Add the vanilla essence, egg, bicarbonate of soda and the remaining water.
- f) Pour the mixture into a bread tin.
- g) Bake in a hot oven (210°C) for 30 minutes.



MDG Progress by Goal - FIJI

Current status in accordance with National Government reporting

ICON Legend

-  Achieved
-  Off track
-  Very likely to be achieved, On track
-  Possible to achieve if some changes are made
-  Insufficient information



1 Eradicate extreme poverty and hunger



2 Achieve universal primary education



3 Promote gender equality and empower women



4 Reduce child mortality



5 Improve maternal health



6 Combat HIV/AIDS, malaria and other diseases



7 Ensure environmental sustainability



8 Develop a global partnership for development



www.mdgmonitor.org

5 years to Millennium Development Goals deadline

The 2015 deadline set by the United Nations Millennium Declaration to improve human development is fast approaching. Goals that 189 countries signed onto include eradicating extreme poverty and hunger, achieving universal primary education, promoting gender equality, reducing child mortality, improving maternal health, combating HIV/Aids, malaria and other diseases, and ensuring environmental sustainability by developing a global partnership. The commitments make up the Millennium Development Goals (MDGs). There have been positive developments in the last nine years, but as the 2009 UN Millennium Report admits, the world is "moving too slowly to meet the goals".

FRIEND Labasa looks forward to the New Year

There is a new team at Labasa office. Roland Koroi and Mili Tikoi have been in Lautoka office undergoing training and are now reaching out to communities in the North. Rahim Samji is a Peace Corp volunteer and is developing youth development programs.



Roland Koroi



Mili Tikoi



Rahim Samji

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