LEKENI IMYEBE

UKUSAMBA KU MINWE

EAT HEALTHY
EAT DIVERSE
EAT DIFFERENT
FOOD GROUPS

Contributors

Zambian Government

NFNC

Idah Chama Mulenga, Belinda Tshula, Gladys Kabaghe

GIZ

Food and Nutrition Security, Enhanced Resilience Project (FANSER) and Fish for Food Security (F4F) Project:
Dennis Lohmann, Samanta Mapfumo, Julia Kirya, Given Liswaniso and Eunice Namwizye

Sources

GIZ, NFNC, Care Groups.

Arts and Designs

Agricomm, Anthony Zaza

This comic booklet was published by

Food and Nutrition Security, Enhanced Resilience Project (FANSER) Zambia
and Fish for Food Security in Zambia (F4F)
Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH
1st Floor Evexia Office Building
Plot No. 1014 Church Road, Fairview
Private Bag RW 37X Lusaka, Zambia

On behalf of the Federal Ministry for Economic Cooperation and Development (BMZ) Germany

© Text and Pictures 2021 GIZ Any reproduction in full or in part must mention the title and credit the above-mentioned publisher as the copyright owner

Implemented by

About this comic booklet

This comic booklet was produced under the Food and Nutrition Security, Enhanced Resilience Project (FANSER) and Fish for Food Security Project (F4F) in Zambia. FANSER and F4F have been initiated and commissioned by the German Federal Ministry of Economic Cooperation and Development (BMZ) as part of the Special Initiative ONE WORLD – No Hunger. The initiative aims to address the challenges of hunger and malnutrition.

As part of the national Scaling Up Nutrition process and the 1000 Most Critical Days Programme (MCDP) II, FANSER reaches out to 110,000 women and 70,000 children in Eastern and Luapula Provinces. The following fields of interventions are being covered by the project:

1. Increase knowledge about nutrition, change attitudes positively.

2. Increase knowledge about hygiene, change attitudes positively.

3. Increasing the year-round availability of nutrient-rich foods / nutrition-sensitive agriculture.

4. Developing improved strategies for households to manage their household and productive resources.

5. Strengthening nutrition governance at the district, provincial and national level.

Furthermore, the F4F project in Zambia aims to improve access to sustainable fish products for people facing food insecurity. To achieve this the project assists artisanal fishers and fish farmers in operating sustainably and efficiently, while curbing illegal fishing. Thereby having local communities' benefit from improved and sustainable livelihoods in fishing and fish processing, as well as gaining access to a broader range of fish products.

Through these approaches and by focusing on women in the fish value chain, the project helps to combat hunger, malnutrition and poverty. Creating linkages between food and income security, environmental and resource conservation, education and women's empowerment. The F4F project intends to educate and create awareness on the nutritional value of fish and sustainable fisheries within the designated target groups.

Based on the Social and Behaviour change (SBC) concept and national communication strategies, the project together with NFNC produced an animated series called 'let me tell you". The series is available as an animated TV series, being aired on radio and as a comic booklet. This comic booklet provides an overview about the importance of washing hands for the benefit of good health.

Julia Kirya

Signature:

Project Coordinator FANSER Zambia

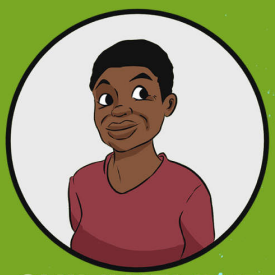
Samanta Mapfumo

Signature:

Project Coordinator F4F Zambia

german cooperation
DEUTSCHE ZUSAMMENARBEIT

Implemented by
giz Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH



CHIMWEMWE
(BA MAMA)

LIMBANI
(BA TATA)

CHISENGA
(BA MAYO)

MAPALO
(INDUME)

DALISANI
(INKASHI)

CHISOMO
(INDUME)

MALUBA
(INKASHI)

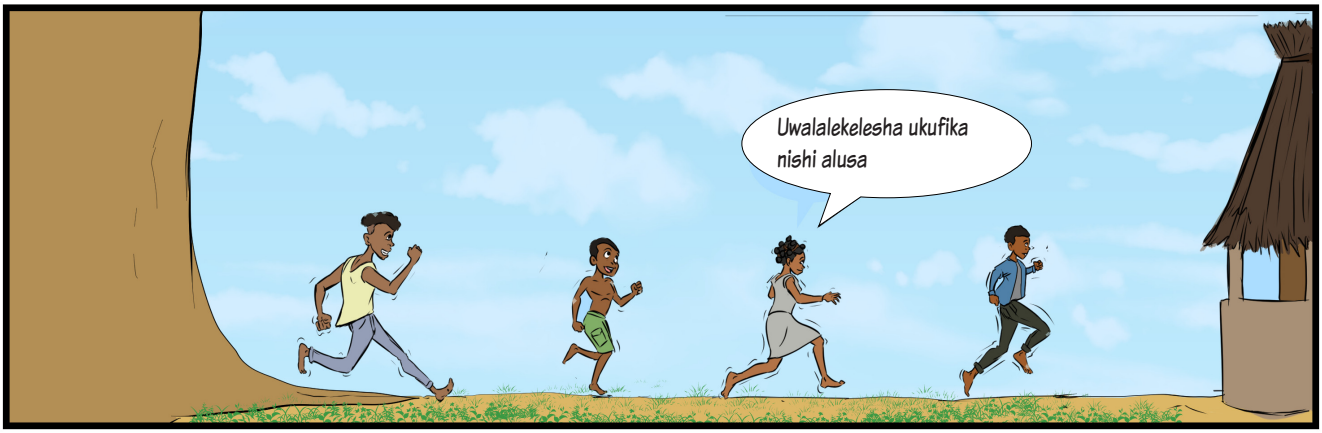
MULILO
(INDUME)

ALINAFE
(INKASHI)

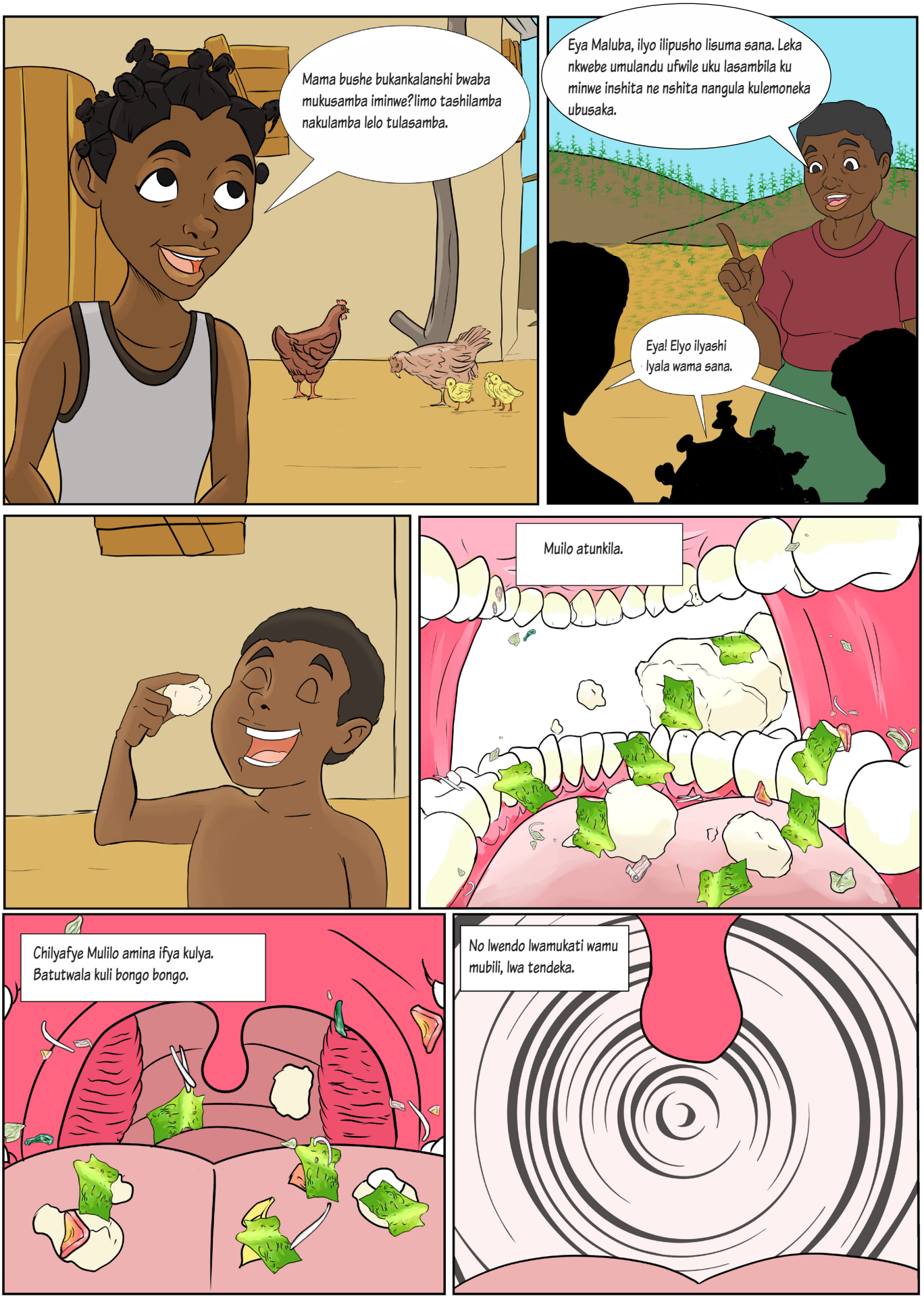
Chisomo! mpela nga Fashion Sakala tubalange.

Mwabweleni mukwai, ichito yachiba shani?
ichito yachiba fye bwino, elo nipwisha nokupwishya kalya aka mulimo nalelandapo.
Dalisani ita abanobe mwise mukulya.

Mapalo, Chisomo na Mulilo, icakulya ca kasuba capekanishiwa!
Munani nshi?
Ninama no musalu

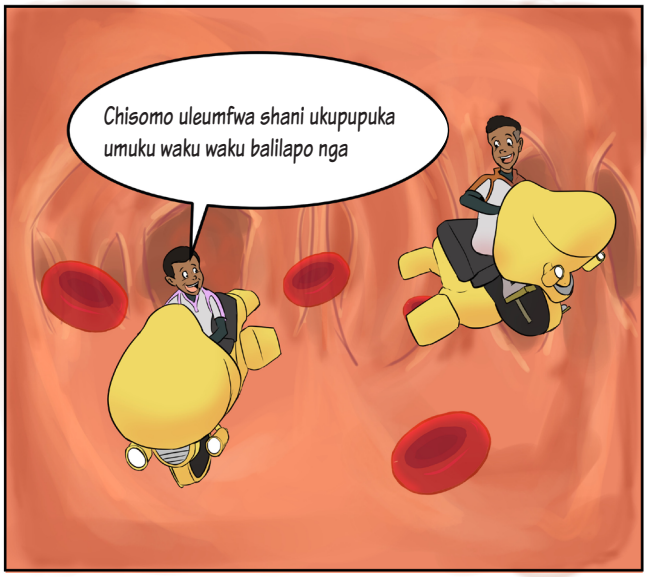

Uwalalekelesha ukufika nishi alusa

Endesheni elo musambe nakuminwe lintu tamulayamba ukulya!
Emukwai mayo. Endita mayo.
Ba mama endeshyeni, chishi chilemikokosha?
Pakusamba ku minwe ufwile nautekanya pakuti tonse utushishi twafuma utushishi ne fiko fyafuma
Iminwe shandi lyonse shaba nobusaka.
Ndesubila takuli uwalasenda umupusu ndefwaya
Mpelekesheniko umuchele.
Akulyeni fyonse ifyakulya, cilemba alikwata ba protein, umusalu wakwata ba iron na ba vitamin elo ubwali nabo bulapela amaka.


Mama bushe bukankalanshi bwaba mukusamba iminwe?limo tashilamba nakulamba lelo tulasamba.
Eya Maluba, ilyo ilipusho lisuma sana. Leka nkwebe umulandu ufwile uku lasambila ku minwe inshita ne nshita nangula kulemoneka ubusaka.
Eya! Elyo ilyashi lyala wama sana.
Muilo atunkila.
Chilyafye Mulilo amina ifya kulya. Batutwala kuli bongo bongo.
No lwendo lwamukati wamu mubili, lwa tendeka.

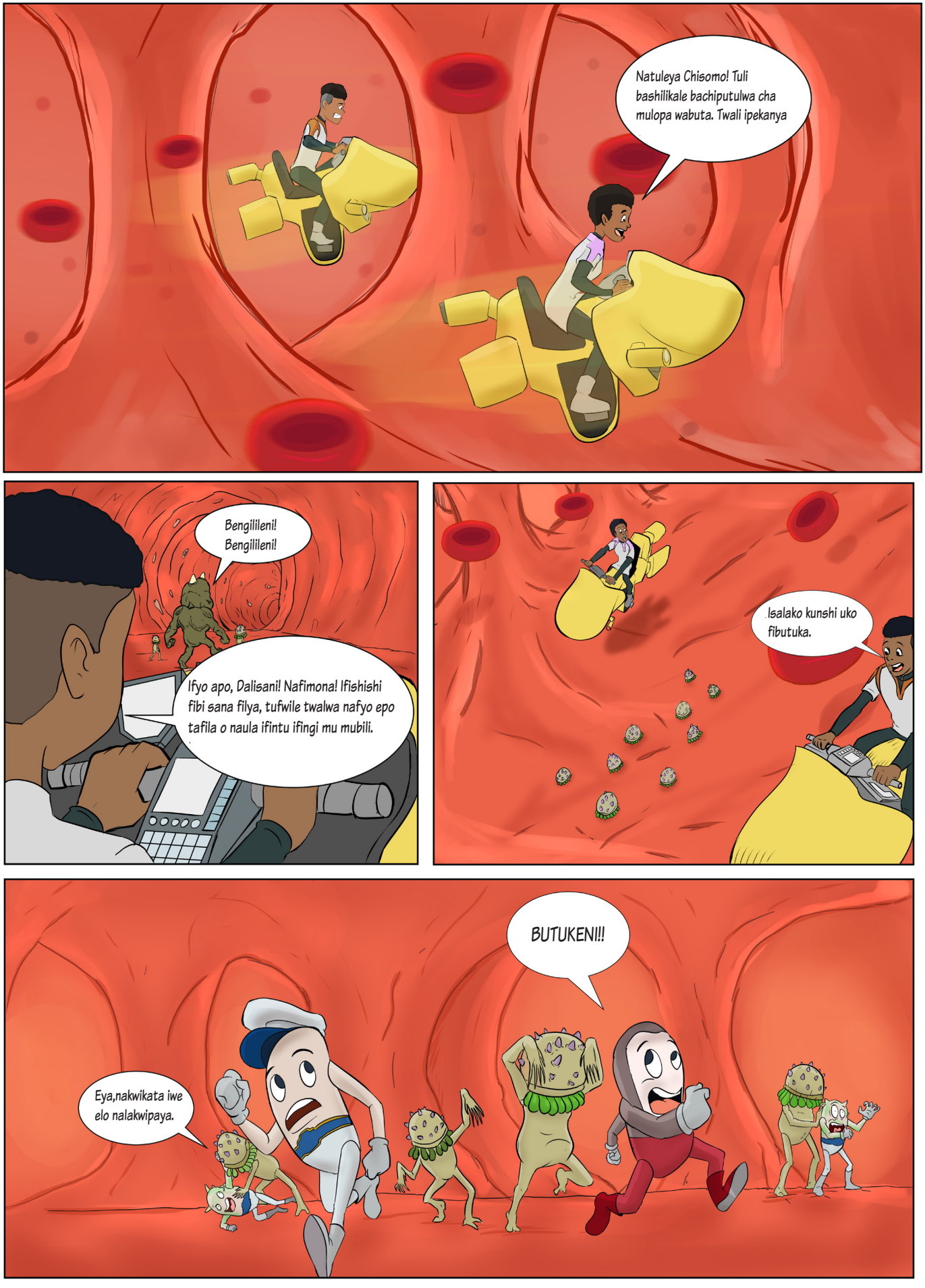
"Nakashimi katendeka kuli bongo bongo iyo yaba e chende nkalamba ya mubili onse, elo muli ba Mama, Mulilo na Maluba."

Ifi pande fyonse filishani, bushe mulishani uko?
Ukukaba kwa mubili kulifye bwino pa makumi yatatu na mutanda, imipemene ili pali ikumi limo nachine konse konse, kutunta kwa muntima nako kuli pali mineti umo.


Chisomo uleumfwa shani ukupupuka umuku waku waku balilapo nga

Ndi nesansa sana ukuti walipwisha ama sambililo yobe nokuti nomba wala njafwilishako uku chingilila
Natasha Dalisani, ndili nechimwela

Iwe, muli ba mwisa mu mubili obe Mulilo! Tufwile twachitapo fimo pantu wala lwala.!
Ifi shishi...
Iseni tupoke uno umubili tapali ichingatulesha.
Butukeni bane butukeni! bakapitao wamu lopa wabuta
Oh wee!! Fimo palya fibi!
Kutikeni kuno bonse! Paba ichaisa mukampampa. Twamonako ifishishi fimo ifi shilemoneka bwino mumala. Tulefwaya muleya muchechete ichende.
PYO
PYO
Dalisani pano...Chisomo na ine tuli mupepi, twala I checheta iyo inchende.


Natuleya Chisomo! Tuli bashilikale bachiputulwa cha mulopa wabuta. Twali ipekanya
Bengilileni! Bengilileni!
Ifyo apo, Dalisani! Nafimona! Ifishishi fibi sana filya, tufwile twalwa nafyo epo tafila o naula ifintu ifingi mu mubili.
Isalako kunshi uko fibutuka.
BUTUKENI!!
Eya,nakwikata iwe elo nalakwipaya.

Maluba, natufisanga fi mwisa. Ifi ifishishi fibi nga kashi.!!
Tulekumona pa chitunshitunshi Chisomo. Tampako ukulwisha ifishishi ifyo elo fishila lwalika umubili.
Bakapitao ba mulopa wabuta bafika, butukeni!!
Naleka ukupema bwino, nakalimo niyalya amenshi yaku chingilia umubili. Butukeni!
Eya! File bomba.
EYA!

Mama bushe ninchendenshi twingayako mukutamfya ba mwisa?

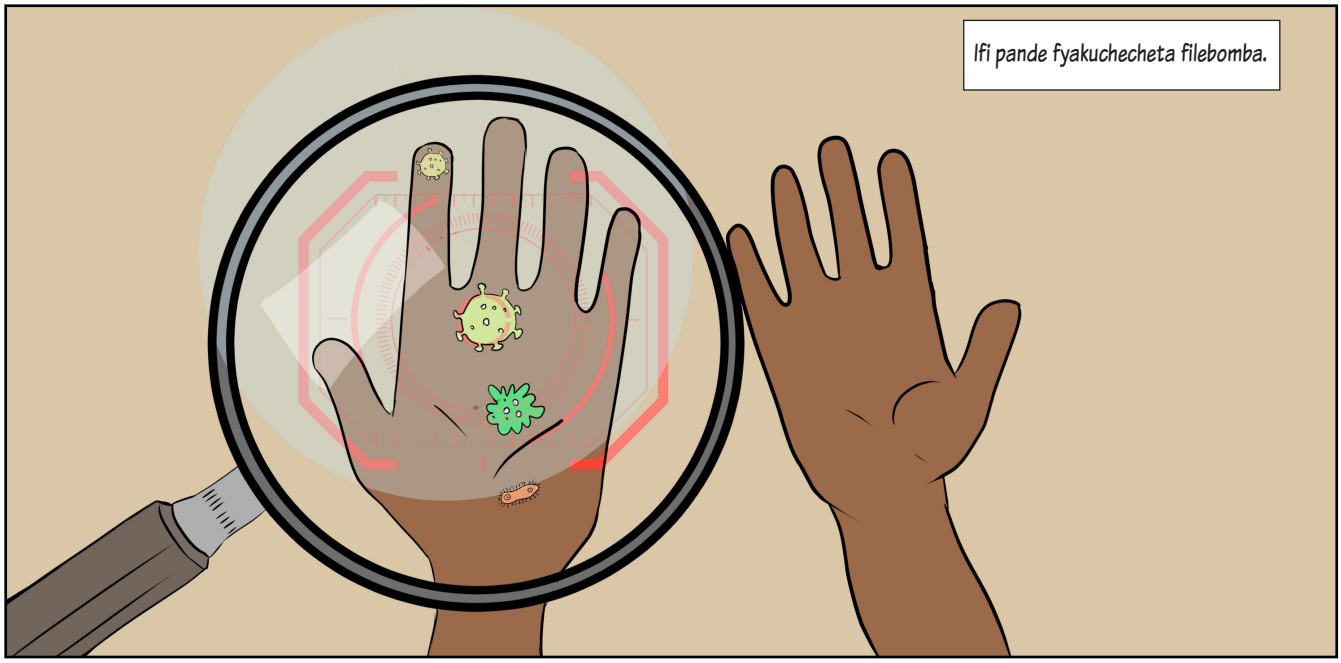
Nde chenchenta inchende shonse. Nalakweba nganasanga-waumfwa?
Emukwai ba mama

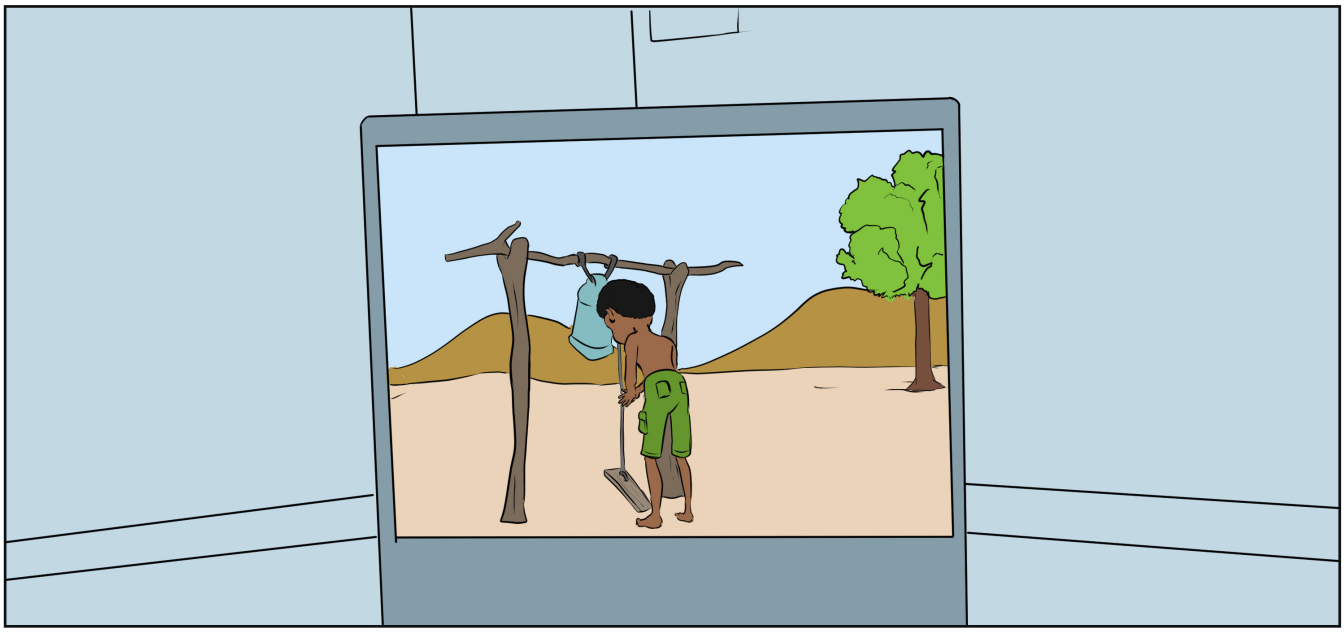
Fichili fileisa ifingi! Mama tatwa kwanishe ukufilesha. Nafifula tatwa kwanishe ukufichimfya. Bushe twalachita shani?
Maluba, tumina Mapalo ese atwafweko.
Tufwile twafilesesha pantu fileingilila.
Nalafwaya apo fileingilila.
Nshilemona ifilonda... nalakonkanyapo...

Nshilemona ifilifyonse, fyonse file monekafye bwino. Kusha ichikope njishibe ifyakuchita. Bika iminwe ne fyakulya pa chilolani ichikusha.
Ba mama, file ingilila kukanwa!
Chilemoneka kwati umuntu umo tachisamba kuminwe. Tulange kunse ya chalo! Ndesubila uyu muntu afwile aya samba kuminwe shakwe bwino
Pa chitunshi tunshi mama.
Mulilo, ufwile wa samba iminwe ne sopo na menshi elyo taulayamba ukulya! Kuti twachimfyafye ifishishi nga wa samba iminwe nomba line!

Wamona efyo chabela ichikankala uku samba ku minwe, chilaba ichayanguka ku fishishi, ama lwele nafimbi fimwisa uku sansa umubili nangula taulefimona nameso yobe.
Inshita ilingi ifi pande fichingilila umubuli filendeshya nokukosa mukulwishya ba mwisa nomba inshita shimo nga lelo, kuti fyafilwa kaili tawachisamba iminwe yobe.
Mulilo! Tawachisamba iminwe yobe?
Nachilamona kwati tashikwete ifiko.
Nafilwa ukushinikisha ati ishi iminwe shilemoneka ubusaka ifi kuti shasenda ifishishi.

Tekubomfyafye amenshi yeka yeka, kubomfya ne sopo line. Isopo lilafwilishako ukufumya ba mwisa nelyo bamo ba mwisa bakwanisha ukwingila mu mubili, ifipande fichingilila umubili filakwanisha ukuchimfya.


Ifi pande fyakuchecheta filebomba.



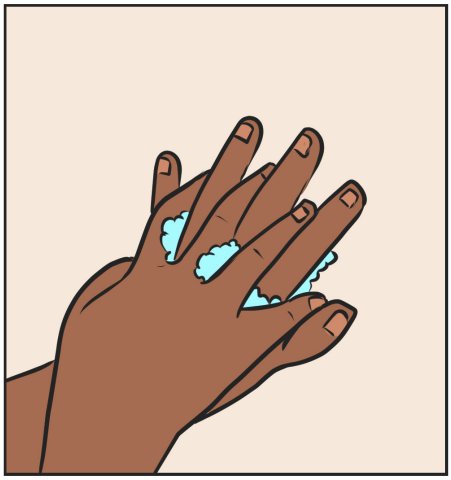
IFYA KU SAMBA IMINWE BWINO

Bomfya iminwe na menshi ayashilambile ayalefuma ku pompi (aya chifule fule nagu aya talala).

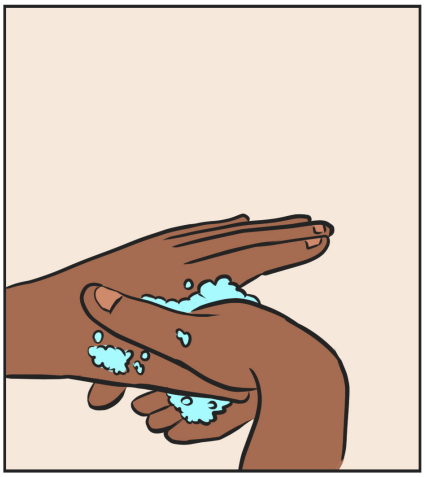
Bika isopo ilingi ku minwe shonse.

Kusa iminwe, ichisansa pa chisansa.

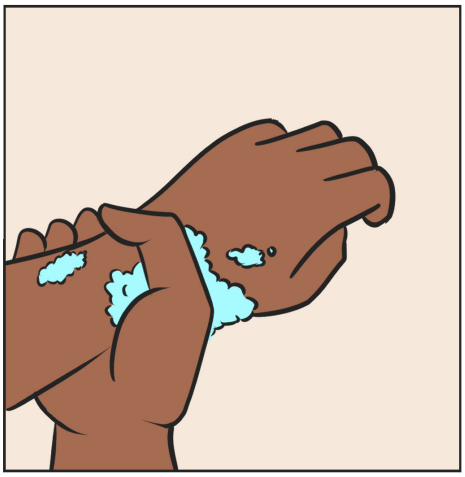
Kusa ichisansa pa chisansa ne minwe sha ikatana.



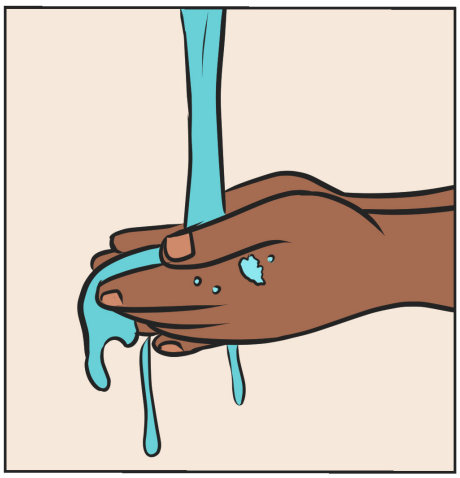
Kusa kunuma ya minwe shonse busaka busaka.



Kusa ifikumo fyose busaka busaka.



Kusa pa nkolokoso shya minwe shonse busaka busaka.

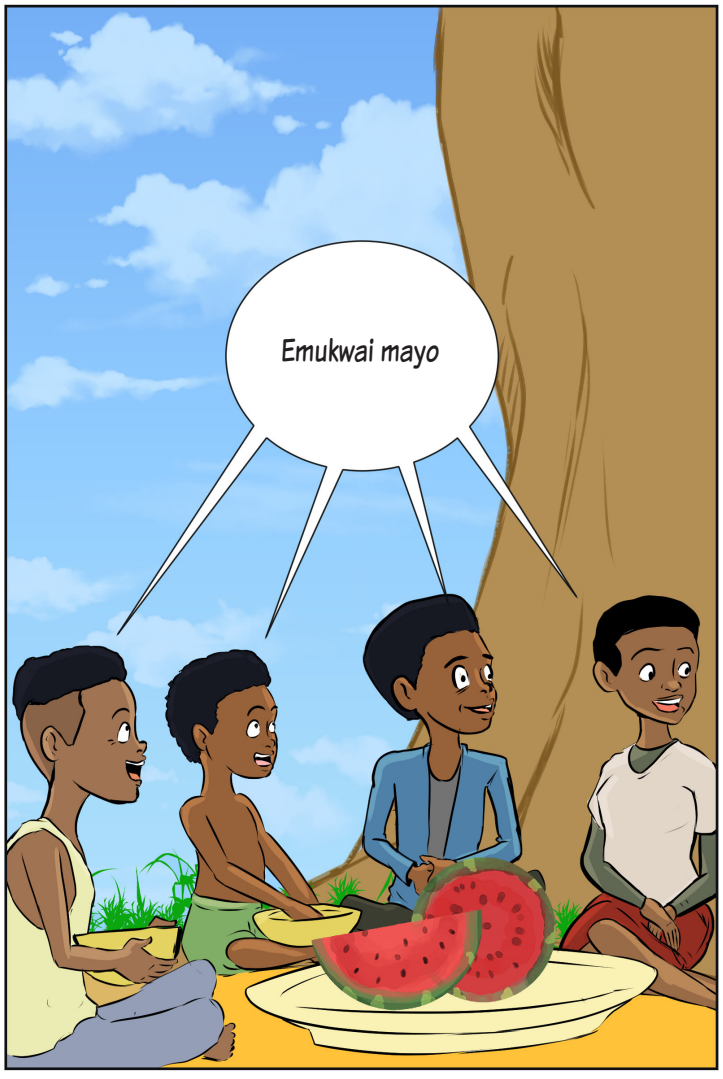


Sukulula iminwe bwino na menshi aya busaka kaili ayale pongoloka ku pompi.

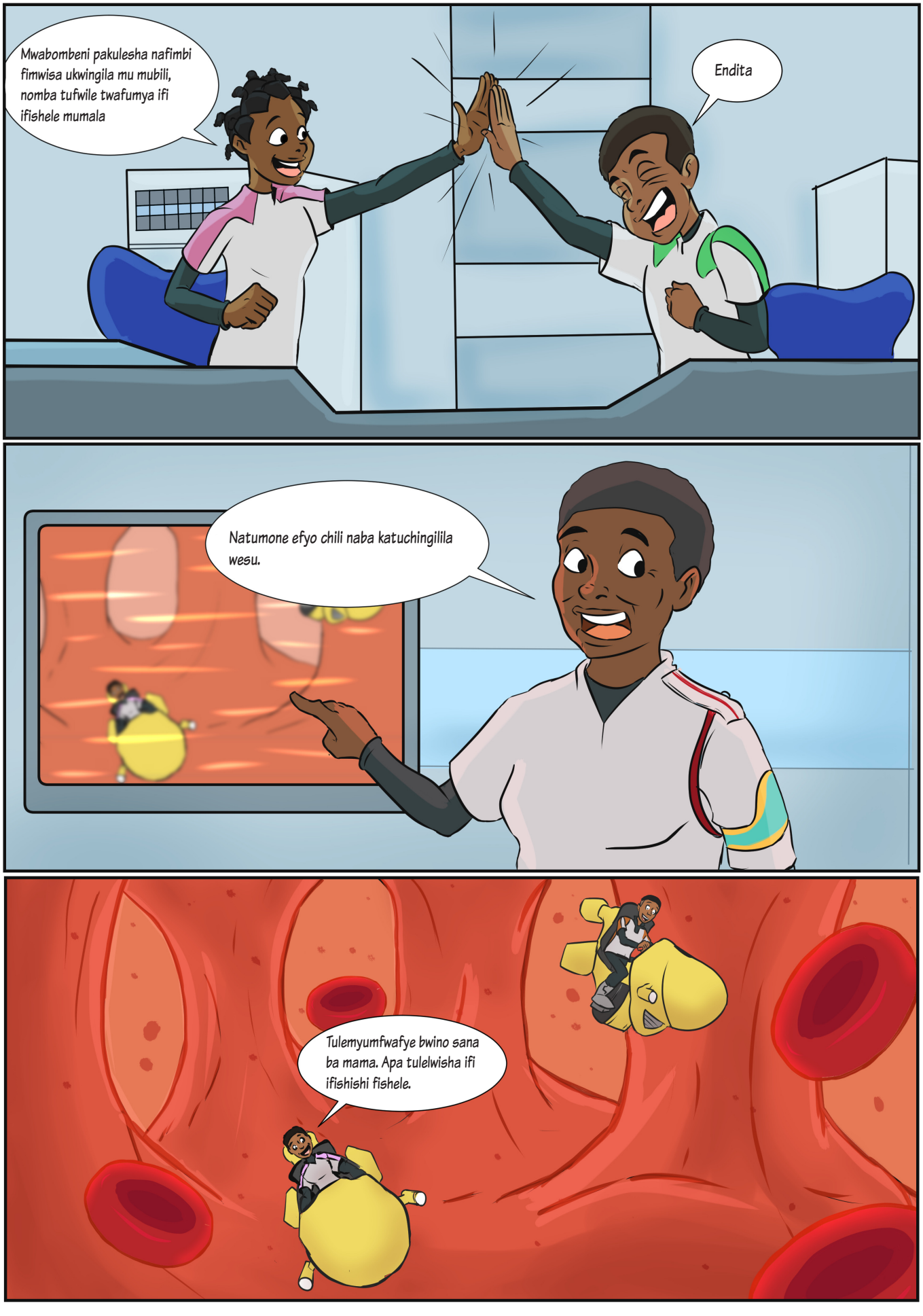
Pukuta iminwe uku bomfya aka salu aka busaka nangula umwela.

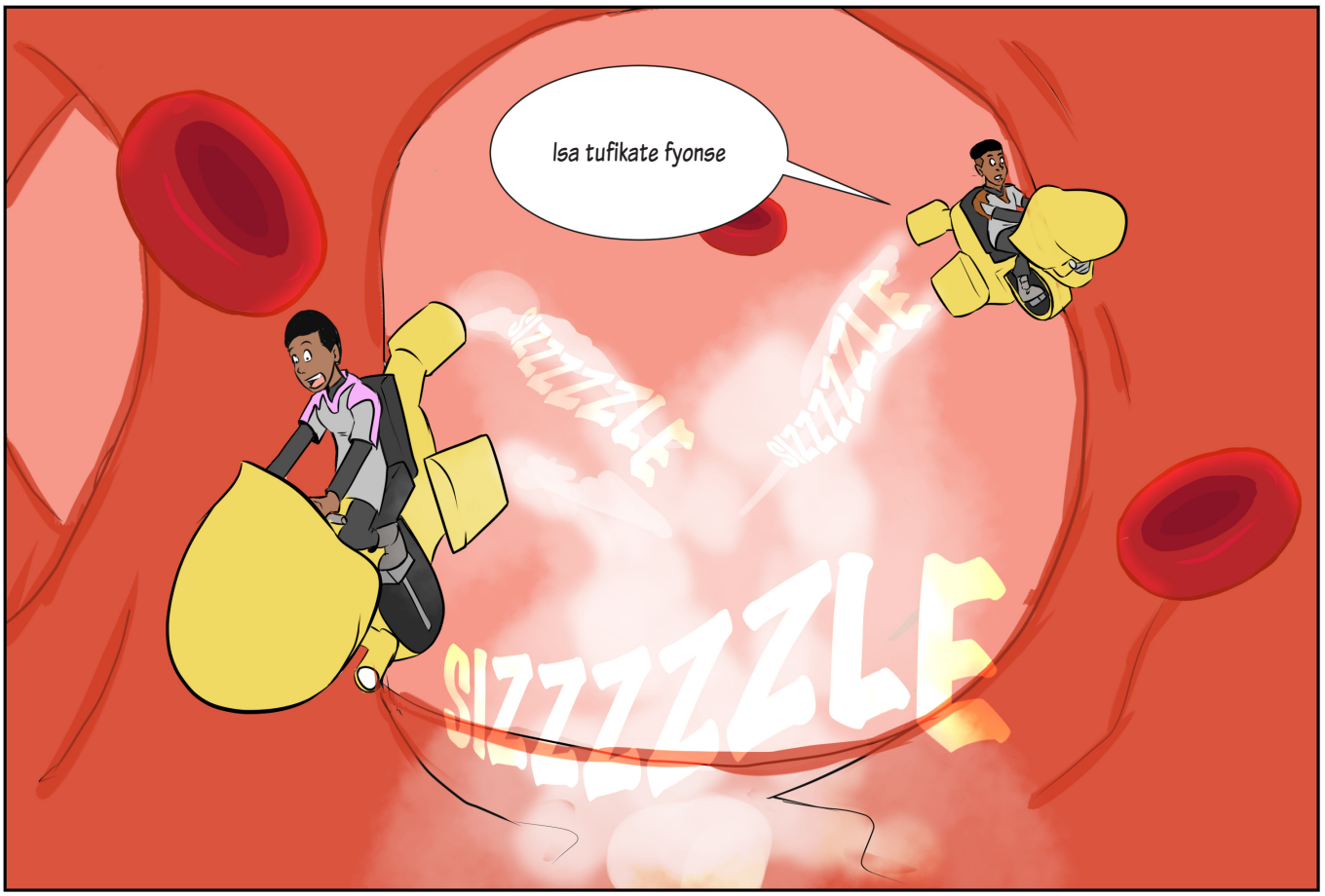
Chishinka mama. Chaliba ichikankala ukubomfya isopo. Elyo wabomfya isopo kulaba ukufumya ifiko notu shishi elo wasamba na menshi aya busaka.
Chaliba ichikankala uku sambaiminwe filya fine tu samba pamubili. Mufwile nokula sambilisha abaiche benu ubukankala bwa kusamba iminwe nokula ba chenchenta ukumona nga balesamba iminwe bwino bwino.

Nelyo mwabomfya isopo, mufwile mwakusa bwino bwino noku sukulula na menshi ayalefuma ku pompi nangu ameshi ayale pongoloka.

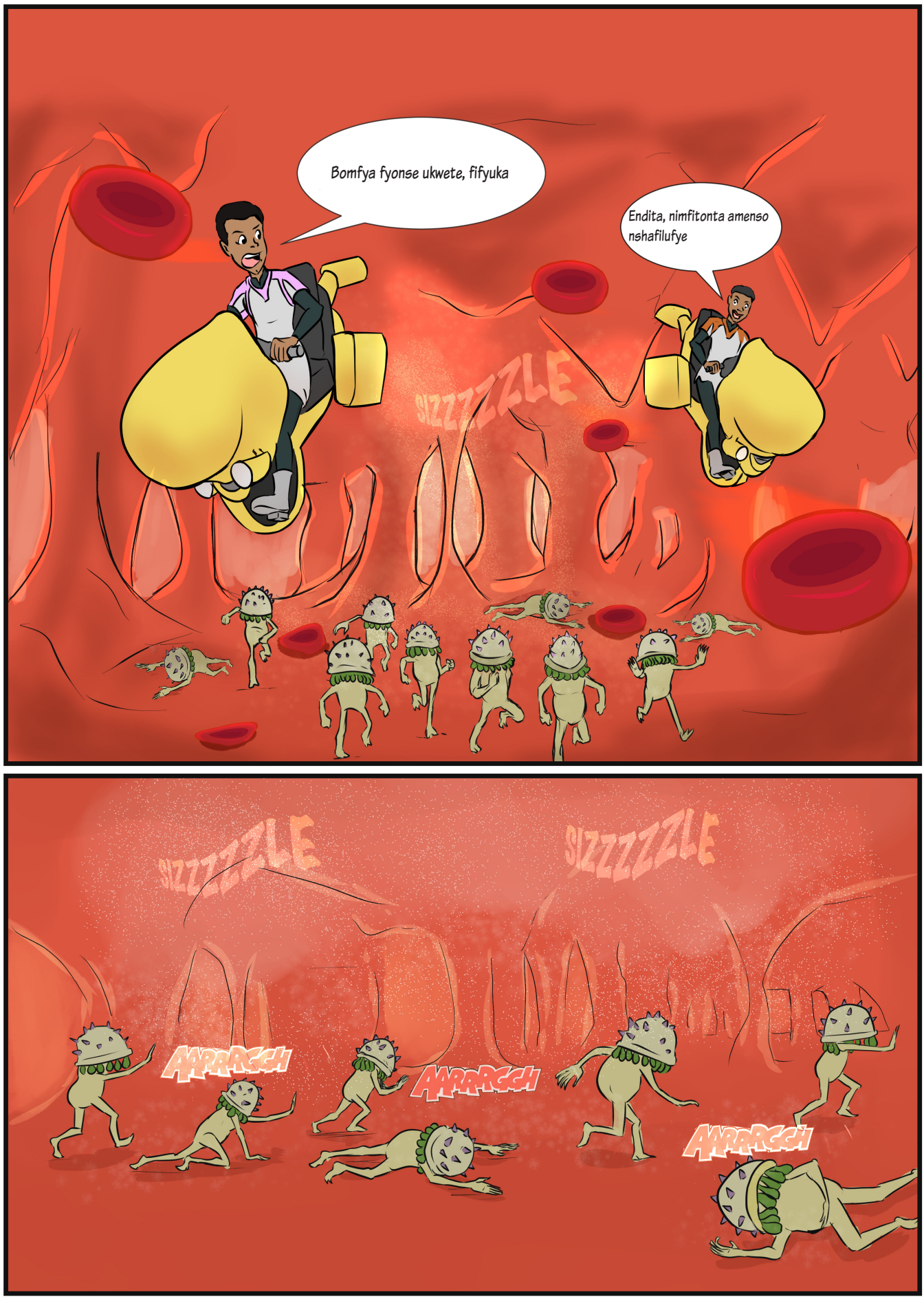

Emukwai mayo

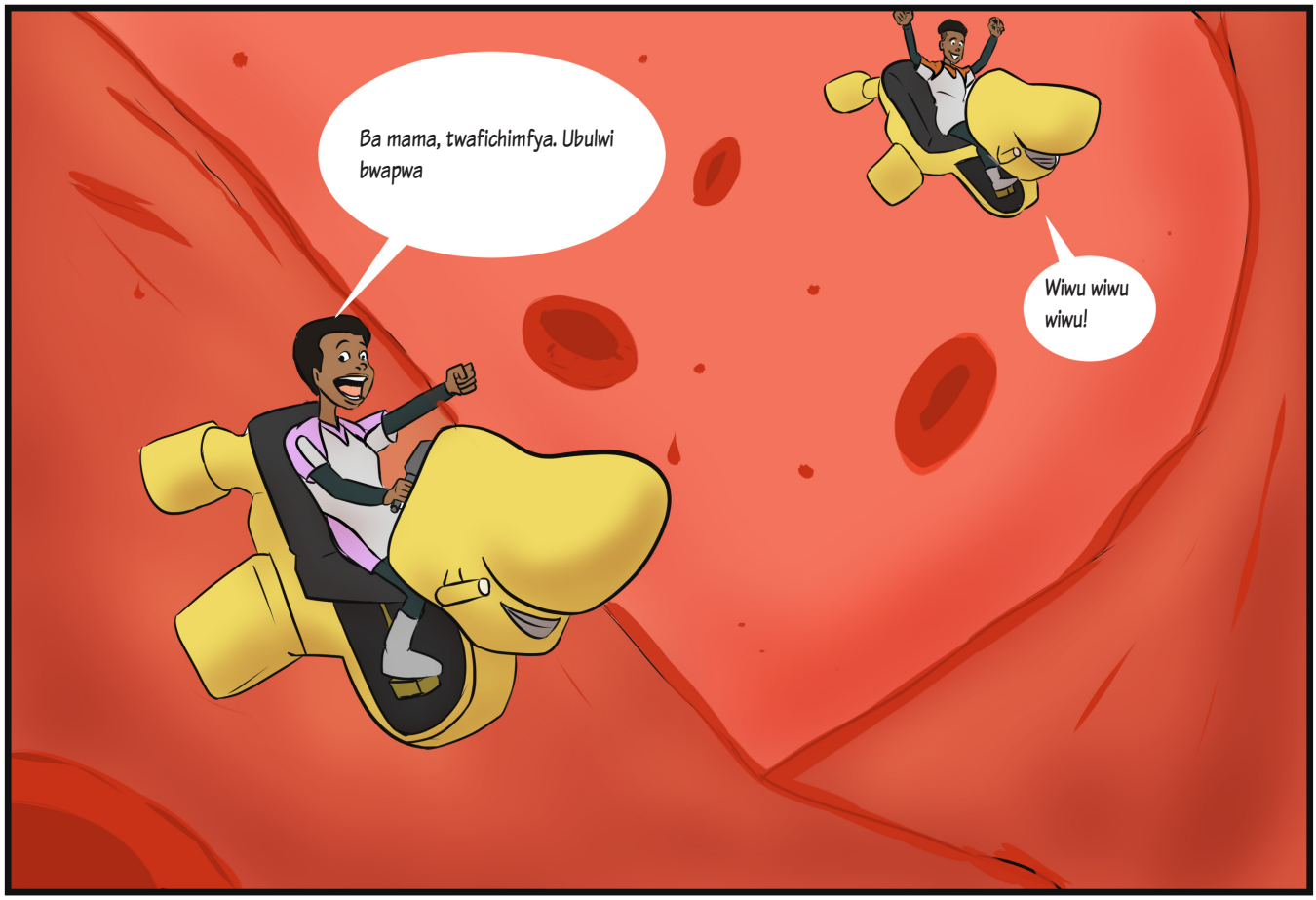
Chishinka. Mufwile uku samba ku minwe lyonse lintu tamulayamba uku pekanya ifyakulya, lintu tamulayamba ukulya, lintu tamulayamba ukulisha abana elo nelyo mwafuma ku chimbusu, teyapo peka iyo mufwile noku samba ku minwe nelyo mwachiba nabalwele.
Nangula nga mwafuma mukubomba mumabala nga ine, maka maka nga mwafuma muku bofya imiti mufwile uku samba ku minwe. Fileumfwika ifingi, nomba mukupita kwanshita chilabelela
Emukwai tata


Mwabombeni pakulesha nafimbi fimwisa ukwingila mu mubili, nomba tufwile twafumya ifi ifishele mumala
Endita
Natumone efyo chili naba katuchingilila wesu.
Tulemyumfwafye bwino sana ba mama. Apa tulelwisha ifi ifishishi fishele.


Isa tufikate fyonse
SIZZZZLE
SIZZZZLE
SIZZZZLE

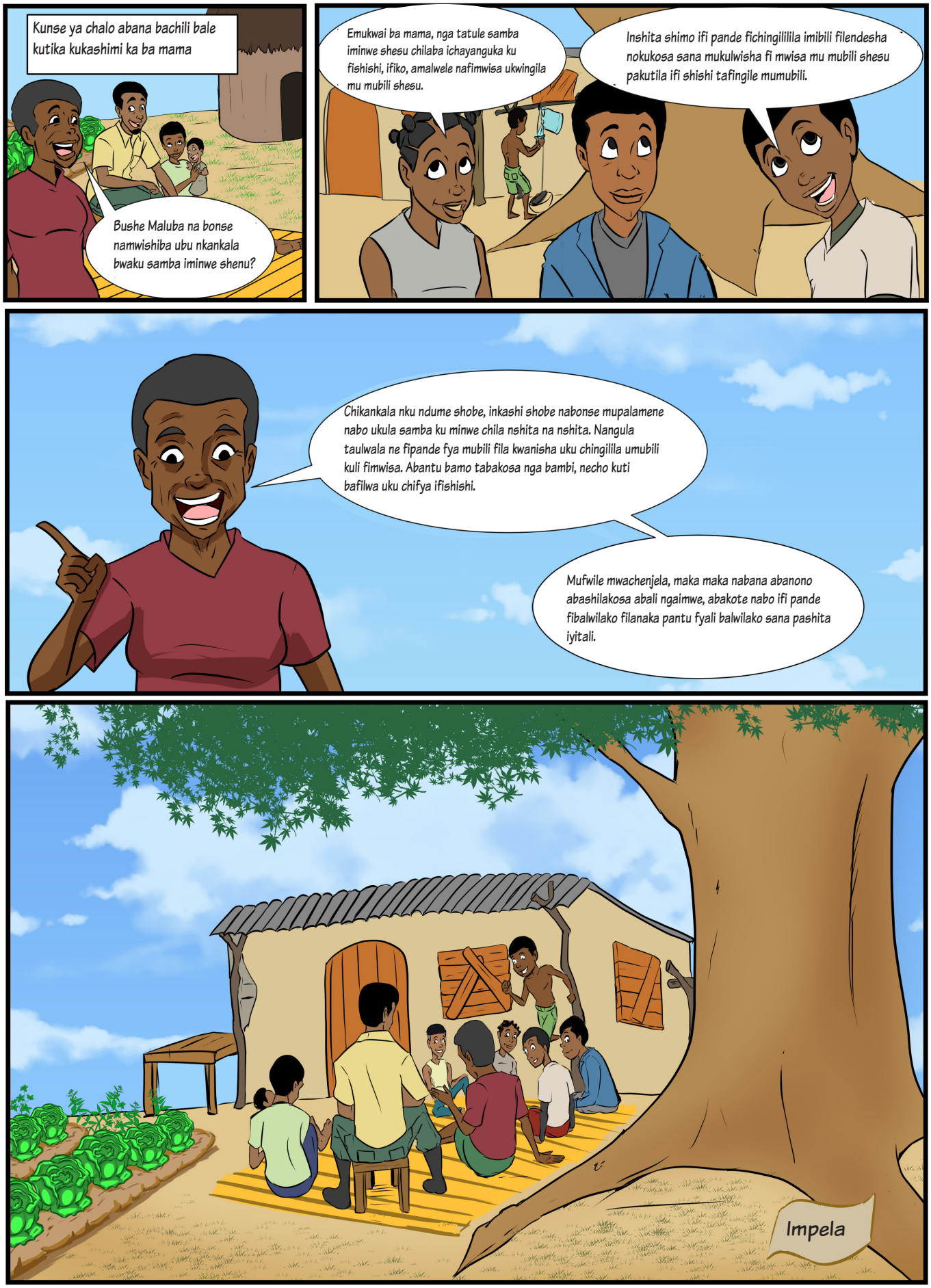
Butukeni betwipaya, butukeni!
SIZZZZLE
SIZZZZLE


Bomfya fyonse ukwete, fifyuka
Endita, nimfitonta amenso nshafilufye
SIZZZZLE
SIZZZZLE
SIZZZZLE
AARRRGGH
AARRRGGH
AARRRGGH

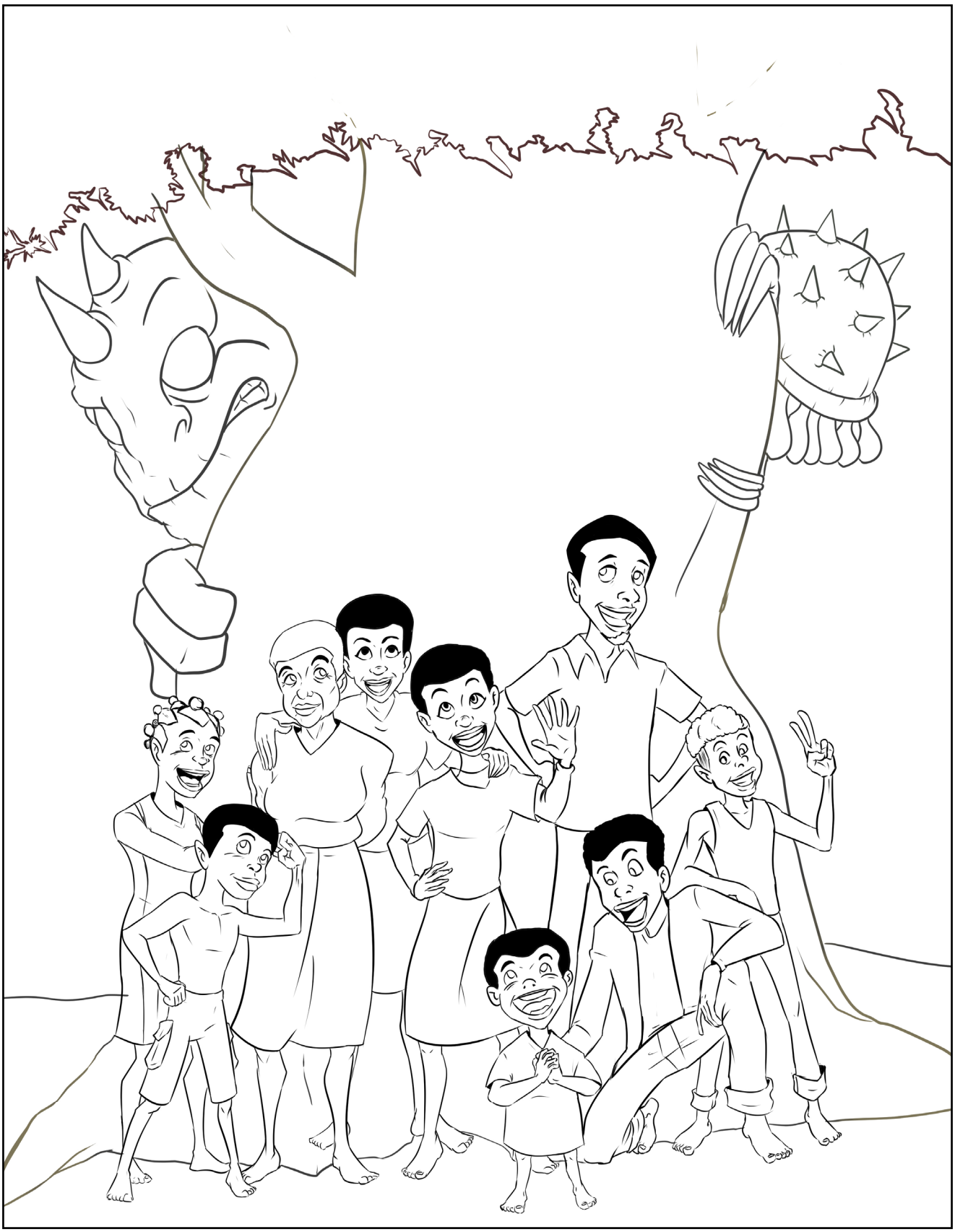
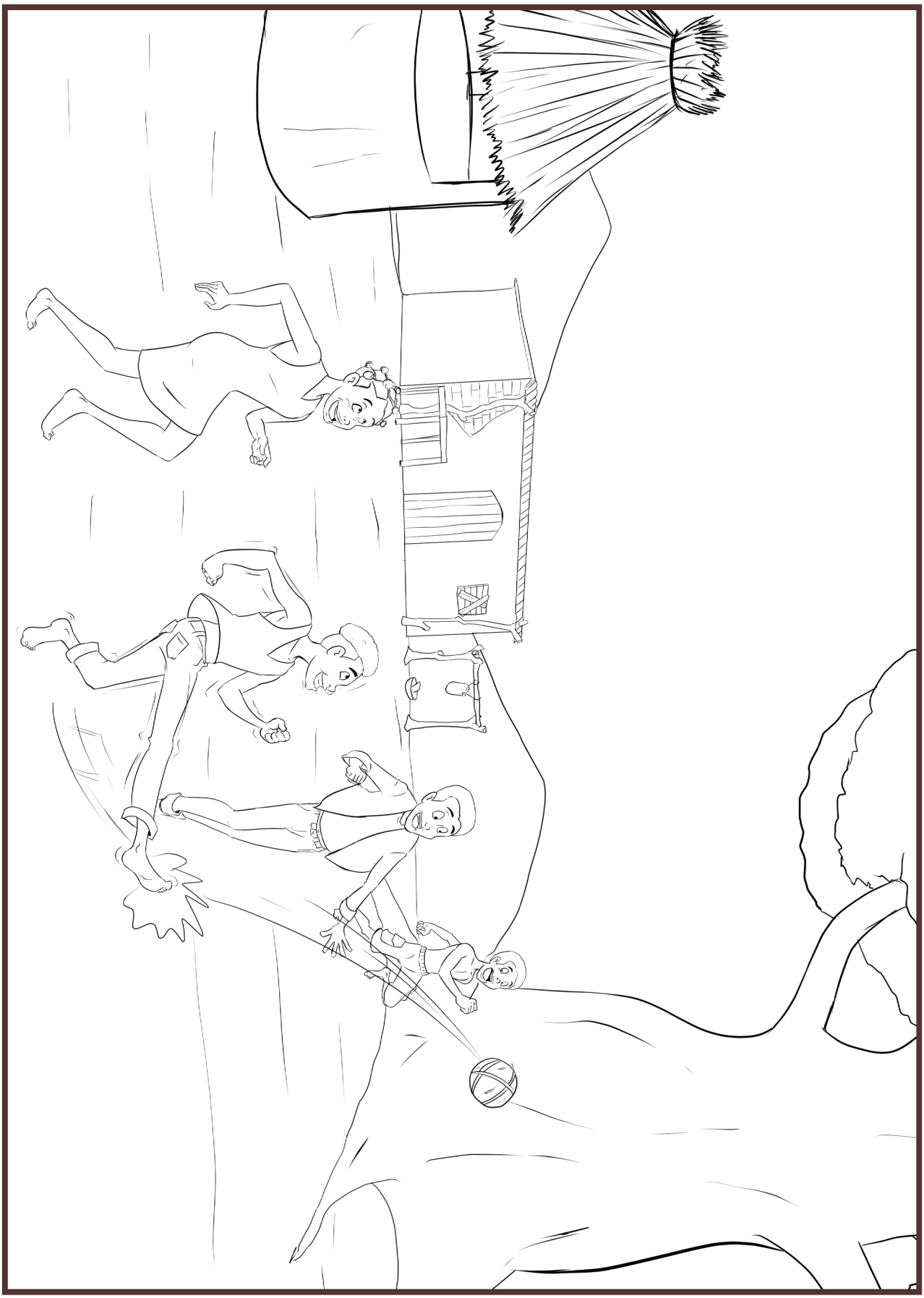

Ba mama, twafichimfya. Ubulwi bwapwa
Wiwu wiwu wiwu!

Chawama! Mwabomba umulimo uwu kalamba sana.

Eya! Kwena ilya yachiba eyo!


Kunse ya chalo abana bachili bale kutika kukashimi ka ba mama
Bushe Maluba na bonse namwishiba ubu nkankala bwaku samba iminwe shenu?
Emukwai ba mama, nga tatule samba iminwe shesu chilaba ichayanguka ku fishishi, ifiko, amalwele nafimwisa ukwingila mu mubili shesu.
Inshita shimo ifi pande fichingilililla imibili filendesha nokukosa sana mukulwisha fi mwisa mu mubili shesu pakutila ifi shishi tafingile mumubili.
Chikankala nku ndume shobe, inkashi shobe nabonse mupalamene nabo ukula samba ku minwe chila nshita na nshita. Nangula taulwala ne fipande fya mubili fila kwanisha uku chingilila umubili kuli fimwisa. Abantu bamo tabakosa nga bambi, necho kuti bafilwa uku chifya ifishishi.
Mufwile mwachenjela, maka maka nabana abanono abashilakosa abali ngaimwe, abakote nabo ifi pande fibalwilako filanaka pantu fyali balwilako sana pashita iyitali.
Impela

Penteni Mufikope



Penteni Mufikope