

“Child protection and their nourishment in fighting against malnutrition should be essential in our every communities” this was reminded about to family couples and participants in celebration of a family day at Bungwe Catholic parish where they conducted community sensitization about infant feeding practices.

In partnership with Caritas Byumba and World Vision International/Rwanda in its Positive Deviance Hearth Model Project, Caritas Byumba as one commissions of Diocese Catholic of Byumba collaborated with Family commission at Byumba Diocese level to join and meet many families on their celebration day and sensitize about Infant feeding practices and fighting against malnutrition every where in communities.

The ceremony was introduced by the holy mass and attended by His Lordship Papias MUSENGAMANA The Bishop of Byumba Catholic Diocese and Mayor of Burera district where more than 3000 people attended and after the mass they made dialogues about nutrition in general.

How were dialogues after the holy mass?

The dialogues was done by the intervention of different leaders including from the church and the Rwandan government. This is to mean the Caritas Byumba/Implementing partner of WVR, Burera district and other local leaders where they all talked about caring children, their nourishment and strategies that will be taken to implement these activities of malnutrition fighting. It was good chance to meet many families and in charges of families because they had more time of dialogues and being reminded about responsibilities of good nutrition teachings and practices in community, fighting against alcohol abuse.... **“ we always think about the family development and we struggle for its development as leaders. We thank God who help us in all. Our families is essential in all and we are based on it. Fighting against malnutrition is started from the first minute when a woman is pregnant. Nutrition of child is started by there until the child become old. We have to fight against alcohol and have good nourishment in a family and a family become safe.”** Madam Mayor of Burera district, Northern province.

His His Lordship Papias MUSENGAMANA The Bishop of Byumba Catholic Diocese in his speech at the family day celebration and community sensitization about infant feeding practices event, he insisted more on the children protection, respect of life and its protection and fearing sins: **“Be based on values of evengile and conrtuct a family that are interested in their good values without being addicted by sins. Let your chidren growth in christian values and you become their exemplars. Family is where life is protected. You have to care for that life and become safe. This is why Caritas Byumba, WVR, Diocese Byumba family commission are ready to contribute to fighting against malnutrition among families, among childre. Lets join hand and have target of eradicating malnutrition by thinking about the hygiene, balanced diet and their values. We need good changes in our children’s nutrition”** His His Lordship Papias MUSENGAMANA The Bishop of Byumba Catholic Diocese

What is the triangle of nutrition?

NYIRANEZA Sandrine, a nutritionist at Caritas BYUMBA took more time to explain about triangle of nutrition. Food has to be well organized, kept with hygiene and well prepared to fit the balanced diet. During the dialogue, there was a triangle containing salt, oil, vegetables, fruits, milk, eggs, cereals, irish and sweet potatoes.... Sandrine taught how to prepare balanced died without expensive/high costed food. Instead, every body use food that they can get easily and make sure that balanced diet is full.

In this dialogue, there were children, parents, leaders from the government and local leaders in Rwanda and they appreciated this partnership in fighting against malnutrition to 0 malnutrition in community.