

DATE: 22/1/2026 PLACE: AP KAGEYO OF GICUMBI DISTRICT ACTIVITY: After the partnership meeting, the team visited one of Hearth sessions of Kageyo AP, located in Gicumbi District. Following the conclusion of the meeting, participants conducted a field visit to a Hearth Session, where community members demonstrated practical approaches used to rehabilitate children affected by malnutrition through the 12-day Hearth model. During the session, caregivers clearly explained how this approach supports families to improve child nutrition using locally available foods, practical learning, and peer-to-peer support. The Hearth process was highlighted as an effective method for empowering parents with knowledge and skills that lead to sustainable nutrition behavior change. Caregivers demonstrated key practices emphasized throughout the dialogue, including proper handwashing before feeding children, maintaining household hygiene, and ensuring clean food preparation areas. Strong attention was given to food safety and sanitation, recognizing their critical role in preventing illness and improving nutrient absorption in young children. Participants also showcased the preparation of balanced meals containing all essential nutrients, combining carbohydrates, proteins, vitamins, and minerals appropriate for children under five. The visit further illustrated how the 12-day Hearth sessions help caregivers monitor child progress, encourage consistent feeding practices, and strengthen family involvement in child care. Community members shared testimonies of how children previously affected by malnutrition showed visible improvement in weight, health, and activity levels after completing the Hearth process. Representatives from AEE, who participated in the visit, expressed great appreciation and satisfaction with the level of commitment demonstrated by the community, Caritas Byumba, and local leaders. They highlighted the strong collaboration and ownership observed at community level as a key success factor in sustaining nutrition gains. Overall, the Hearth Session visit reinforced the importance of community-led, practical, and behavior-focused nutrition interventions as an effective pathway toward reducing malnutrition and promoting healthy growth among children under five.