



Delivering science-based solutions to close the nutrition gap

2024 ANNUAL REPORT

On the cover: Young African mother and her baby
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Message from the Board Chair

In its journey of almost four decades, Sight and Life has been changing and adapting itself to serve the mission it was set up for.

As an independent Swiss charitable foundation, Sight and Life's mission to close the nutrition gap is more relevant than ever. The food security crisis, war in Europe and climate crisis are further affecting the health and nutrition of the communities we want to serve.

As you read this annual report you will realise how Sight and Life is playing an active role in countries to impact lives and livelihood. I am grateful to the donor partners for their trust and commitment. It is their continuous, long-term, sustained support that enables our work towards our mission. My sincere appreciation to the entire team of Sight and Life for their sense of purpose and dedication and executing projects with high quality.

I believe the strength of the organization does not lie just in numbers but in the right capabilities. I'm happy that Sight and Life leadership is investing in the right capabilities in the places that require them. The world is in a very different place from when we started almost 40 years ago. The small steps the team has been taking in the right direction are yielding good results.

We are well poised to achieve the next level of impact and is actively seeking investment to increase organizational impact. It has the right management in place, strong and transparent policies, and the organization is leaner and stronger than ever before. This makes me happy. It has always been my ambition for Sight and Life to be a team that is motivated, efficient, and strong on ethics and transparency.

Christoph Goppelsroeder
Chair of the Board

Message from the Managing Director



In 2022, we adopted a new strategy recognizing the changing world and the need to adapt to serve the mission of the organization. And, as I reflect in early 2025, our strategy is more relevant than ever. When we were discussing the strategy in 2022, the words we focussed on were “future ready”. We decided to keep the organization lean so that we could be agile and quick to adapt and pivot, if needed, to deliver on our goals. I think it was the right thinking. Today, our local staff are guiding our work, and we adapt according to the changing local contexts. This is the way to the sustainable impact we want to deliver. I am grateful for the Sight and Life board for giving me the opportunity to lead a team that is strong on skills and values, and most importantly, local – placed in the countries we work in.

We have focused on select areas of work, and we are also focussing our efforts in select geographies in Africa and Asia. This deliberate decision is due to our continued impetus on discovery, science and research. We focus on the science of implementation; on learning how to apply evidence-based solutions in different contexts. This “science of delivery” in a sustainable and cost-effective way is so important. What sets Sight and Life apart is achieving high impact while maintaining a lean structure, constantly innovating next generation solutions on discovery and delivery. We try and bring lives and livelihood together so there is sustainable change for the communities we want to serve.

We continue to build on nearly four decades of expertise to remain ahead of the curve on innovation. Our projects on food value chains in Rwanda and Tanzania, decarbonization of coffee plantations in Rwanda, have already put us ahead of the curve when it comes to working in the intersection of climate and nutrition.

We are expanding our work on Multiple Micronutrient Supplements (MMS) and Calcium. We are grateful to our partners for their support. These lifesaving innovations must be taken to scale with high adherence. We will continue our work on implementation science on nutrition commodities. Having started as a task force for Vitamin A expansion, this is a proven expertise of Sight and Life.

Sight and Life is ready to take on the next big challenge: adolescent nutrition. This space needs new innovations, and we have completed our landscaping and ready to take on this area of immense gap. I am hoping to collaborate with partners and donors who are ready to work on bold plans for adolescent nutrition.

Sufia Askari

Sufia Askari
Managing Director

Our Vision

A malnutrition-free world where innovative, science-led solutions and sustainable social business models are amplified to uplift vulnerable populations, helping them help themselves.

Rwanda

Nutrition in City Ecosystems (NICE): A climate-smart intervention to improve smallholder farmer incomes and hidden hunger in cities



Mothers and children in Rwanda take part in a nutrition awareness program.

Updates from Africa

Sight and Life set up an office in Rwanda in 2018. Ever since, this office has become the hub of our expanding work in Africa. From food systems efficiency to training small holder farmers to bolster earning capacities, our projects keep the focus on our aim of bringing lives and livelihoods together.

Sixty-eight percent of the world will live in urban areas by 2050. Around 90% of this increase will occur in small, secondary cities in Africa and Asia, where hidden hunger prevalence is on the rise as diets change from traditional staples to more processed foods. We must build resilient food systems by improving urban farming practices, linking them to the city markets, and reaching consumers through social and behavior change communication (SBCC).

The Nutrition in City Ecosystems (NICE) program aims to support the articulation of nutrition outcomes in relevant urban policies, coordination among stakeholders of the urban food systems. It aims to strengthen their monitoring systems to sustainably and collaboratively increase dietary quality, access, availability, and demand of nutritious food in Kenya, Bangladesh, and Rwanda. Sight and Life is trying to increase the demand of nutritious foods that are produced using agroecological practices using

“Our work in Rwanda has impacted the lives of more than 3 million people. We will continue our work in Rwanda and expand to other countries in Africa, to improve food systems and nutrition for the communities.”

Elvis Gakuba,
Director - Africa, Sight and Life

behaviour science principles in Rubavu and Rusizi. Part of the portfolio of the Swiss Agency for Development and Cooperation (SDC)'s Food Systems Section since August 2021, the implementation of the NICE project involves four organizations: Swiss Tropical and Public Health Institute, Sight and Life, ETH Zürich, Sustainable Agriculture Foundation.

Key highlights

Governance & systems

- Food systems platforms (FSPs) were active in both cities and fully institutionalized and registered in Rusizi city.
- Women and youth majority groups were supported with small grants for upscaling their agribusinesses for improving livelihoods and nutrition.
- Mainstreamed nutrition in the public procurement in two schools, Group Scolaire Amahoro, Rubavu and Groupe Scolaire St. Esprit Mushaka, Rusizi.

Availability, production & value chains

- Nutrition-sensitive value chains supported: eggs, fish, cabbages, carrots, onions, passion fruits and tomatoes.
- NICE project beneficiaries supplying up to 3,000 eggs per day on local markets.
- Socioeconomic business models: Farmers' hubs (FHs) supporting smallholder farmers on access to inputs, equipment, advisory services and market linkages.
- Function and technical capacity building in agroecological practices.
- Support in the transition from traditional to advanced composting was provided.

Knowledge and demand

Community members benefited from the demand generation and behaviour change activities.

Nutritional behaviour change interventions included:

- Motivational interviewing.
- Building capacity and confidence in health workers in nutritional counselling.

- Recurring sessions of cooking demonstrations, [Smart Food Tips](#) and farmers' markets.
- Play-based learning.



Radio campaign kick-off

New Launch

We started work on a community radio campaign with champion mothers discussing the preparation of NICE recipes and their benefits. This campaign will be broadcast over 11 weeks on the community radios in Rubavu and Rusizi.



Behind the scenes of the NEEZA radio campaign.

Stories from the ground...

Suddenly a woman shouted from the crowd of people, “I want to thank this NICE lady for what they did for us, they have really changed our lives”! shares Sight and Life’s Innocente Turinimigisha, working on the NICE project in Rubavu, Rwanda



Stunting rates dropped from 40% and 31% (2019/20) to 25% and 19% in Rubavu and Rusizi (2023)

“TURI IBYO TURYA” (We Are What We Eat) awareness campaign events were held at Farmers’ Hubs, markets, and health clinics.

Three years ago, I joined Sight and Life Rwanda as city coordinator of the Nutrition in City Ecosystems (NICE) project in the Rubavu district of Western Province in Rwanda. While reading the organizational mission as well as the NICE project goals, I felt overwhelmed. I am always enthusiastic about working for my community, especially the vulnerable population. When I revisited different reports on the nutritional situation in Rubavu, I was shocked to read the stunting rate of 43.6% which was terrible! And a question popped into my mind: “Can I contribute anything to alleviate this?”

In May 2023, the NICE project initiated a nutritional campaign branded “TURI IBYO TURYA” (WE ARE WHAT WE EAT). Conducted in different places including Farmers’ Hub sites, public markets and clinics, the key messages of the campaign was to farm well, eat well, and grow well. On

one field visit to a market, surprisingly, a woman shouted from the crowd of people: “Please, I want to thank this NICE lady for what the NICE campaign did for us; it has really changed our lives, and we are no longer having children with malnutrition in our village!” The moderator of our campaign asked her, “Do you know the name of the lady?” No, she said, what I know is that she belongs to the NICE project, she replied. From that day, I got the nickname of “Mama NICE”!

Most people don’t call me by my name anymore, and I am proud of my nickname! I am even prouder of the fact that stunting rates dropped from 40% and 31% (2019/20) to 25% and 19% in Rubavu and Rusizi (2023) respectively (DHS 2019/20 & NCDA, 2023). This is the result of collective efforts of all partners and stakeholders, and I am proud of NICE project’s contribution to this.

Supporting the Government of Rwanda in multiple micronutrient supplements (MMS) rollout

The evidence on MMS is overwhelming, hence more and more countries are making a shift from Iron and Folic Acid to MMS that has 15 essential micronutrients. In partnership with UNICEF and Rwanda Biomedical Center (RBC), Sight and Life is supporting the Government of Rwanda in transitioning from IFA to MMS as part of antenatal care (ANC) services.

Sight and Life is assessing the pilot rollout of MMS in 7 districts of Rwanda– to understand the factors that affect ANC attendance, MMS coverage, adherence and acceptability to feed into the roadmap. 5000 pregnant women from 50 health centers will be part of the survey and the learning from this independent assessment will inform the country's roadmap for MMS scale up. This work is funded by CRI Foundation and ECF.

The MMS TAG in Rwanda is chaired by RBC and co-chaired by UNICEF. Sight and Life has been an active member since August 2024 and along with partners is supporting the transition to MMS in Rwanda. Other participating organizations include CHAI, NCDA, and World Vision. The TAG serves as a platform for partner co-ordination under the leadership of the government.



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A health worker explains the benefits of MMS at a clinic in Rwanda.

Strengthening Rwanda's food security as co-convener of the SUN Business Network (SBN)

The Scaling Up Nutrition Business Network (SBN) Rwanda, of which Sight and Life Rwanda is a co-convener together with WFP, works to address malnutrition by enhancing food security and promoting sustainable agricultural practices. From March to May 2024, SBN Rwanda made several field visits to evaluate conditions and identify challenges and solutions. The visits were across the country, including Rubavu, Rusizi, Nyagatare, Nyanza districts, focusing on different food value chains, such as poultry, maize, fish farming and horticulture.

The SBN Rwanda initiative aims to align private sector efforts with national nutrition strategies, ensuring access to nutritious food, improving agricultural practices, and fostering economic empowerment, particularly for youth and women.

Key Achievements:

- Successful meetings with diverse companies, showcasing advancements in nutrition initiatives, such as innovative product development and sustainable practices.
- Engagement with new stakeholders, including startups and cooperatives, expanding the SBN network and fostering collaboration with emerging players in the private food sector.
- Strengthened collaboration with District Managers and other key partners, improving coordination and alignment with national nutrition strategies.



Stakeholders and partners meet to strengthen coordination for food security.

A colorful calendar of NICE project activities in Rubavu and Rusizi keeps school children, teachers, mothers and smallholder farmers engaged and informed

January

The NICE project launched the E-Hub digital platform in Rusizi and Rubavu, distributing smartphones and training beneficiaries for agricultural monitoring.

February

TWIYUBAKE women in Rubavu used NICE project grants and farming profits to give each member two chickens for nutrition.

March

Poultry farmers from Rwanda built up their communities with their cooperatives.

April

Women from the Tubehoneza group gathered in Rubavu district's Byahi municipality to harvest crops.

May

NICE joined Rubavu's Nutrition Month, providing balanced meals and eggs, and showcasing community-approved recipes, earning official recognition for its impact.

June

NICE-supported farmers sell most of their produce at the market.

July

In the Rubavu district at Nyundo Health Center, mothers and children learnt the essentials of a balanced diet.

August

World Youth Day celebrations

September

At a government-led nutrition campaign at the Nyundo Health Center, Rubavu District, NICE provided healthy meals to around 400 children and their mothers.

October

Celebrating World Food Day with flavor and fun.

November

Mudene Farmers' Market is a vibrant market facilitated by NICE.

December

The NICE project distributed avocados, mangoes, and orange trees to households, promoting nutrition, agroecology and income generation.

Stories from the ground...

Mutuyimana Enock, a Senior Two student at Groupe Scolaire Amahoro in Rubavu district, Rwanda, has benefitted from the school meals interventions supported by the NICE project.

“When someone eats well, they work well and grow faster. Now, my fellow students and I enjoy healthy meals, which help us stay focused and succeed in our studies. As members of the NICE Club, we learn how to prepare balanced meals and apply this knowledge at home with our families. We ensure the food is well-prepared, clean and nutritious. We also strive to teach others who haven’t attended the training to prepare meals for their families, bringing happiness to their parents.”

SUN Business Network and NICE Project

In May-June 2024, SBN Rwanda evaluated the progress and impact of the Nutrition in City Ecosystems (NICE) project activities and engaged with key stakeholders, including small grant beneficiaries, farmers’ hubs, cooperatives, and SMEs. The aim was to strengthen collaboration between SBN Rwanda and the NICE project to enhance nutrition-sensitive initiatives in Rusizi and Rubavu districts.



NICE Team engages with women’s groups to identify ongoing challenges.

Key Achievements:

- Successful engagement with various stakeholders, including youth and women-led initiatives, showcasing innovative approaches to agriculture and nutrition.
- Promising results in fish farming and horticulture projects, with cooperatives and group unions demonstrating improved business skills and financial literacy.
- Integration of street vendors into market vendor projects in Rusizi, formalizing their activities and improving market access.

Other Key SBN activities

Visit to Chicken Rearing Projects (July)

Key Achievements:

- Increased participation of youth and women in poultry farming, demonstrating strong business models and innovative approaches.
- Rollout of Egg Kiosks across the country, improving market access for poultry farmers and increasing awareness about the importance of animal-sourced protein.
- Integration of poultry with other farming activities, such as using chicken manure for organic farming, improving soil fertility and reducing dependence on chemical fertilizers.

Follow-Up Visit to NICE Beneficiaries in Rubavu and Rusizi Districts (September)

Key Achievements:

- Provision of selling stands at Gisigara Market for the women’s group in Rubavu, addressing one of their major challenges.
- Continued nutrition and health education at Byahi Health Center, emphasizing the integration of food security and health awareness.

Visit to Maize Value Chain Actors and Commercial Strategic Reserves (October-November)

Key Achievements:

- Strong farmer interest in expanding maize production, recognizing its importance in both human food and animal feed supply chains.
- ABUSOL and Greenrev Gr mobilizing funds for strategic reserves, contributing to food security and market stabilization.

The SBN Rwanda activities in 2024 have highlighted significant progress in various sectors, including poultry, maize, fish farming, and horticulture. However, persistent challenges such as financial constraints, capacity building needs, infrastructure deficiencies, and regulatory hurdles need to be addressed to ensure the sustainability and scalability of these initiatives.

Making food safer for people and the planet

Aflatoxins are carcinogenic byproducts produced by common fungi that grow on grains and other crops, especially maize and groundnuts. They present a serious public health risks in many tropical developing regions and hinder the development of both domestic and international food and feed markets.

Since 2022, we have, through our local office in Kigali, enhanced pre- and post-harvest practices of maize by promoting regular testing, proper drying techniques, and training for key actors in the value chain, including farmers and regulators.



Maize cobs in a drying shed.

Key Achievements:

Deployment of Moisture and Rapid Aflatoxin Testing Kits

- Distributed moisture meters and rapid quantitative aflatoxin testing kits to farmer cooperatives, aggregators, and regulatory agencies.
- Conducted training sessions on proper use and interpretation of results for more than 5000 farmers and cooperatives.
- Strengthened FDA and RICA's surveillance system by providing rapid diagnostic tools leading to improved early detection and response.
- Increased testing of aflatoxin frequency by food processors and cooperatives in major maize production provinces and districts.

Implementation of Awareness Programs

- Organized awareness campaigns across 5 districts, reaching over 25000 farmers, traders, and consumers.
- Conducted hands-on training on Good Agricultural Practices (GAP) and post-harvest management to minimize aflatoxin contamination.
- Engaged with policymakers and stakeholders to strengthen regulatory enforcement and aflatoxin mitigation strategies.
- Developed and distributed informational materials, including posters, social media messages, and community outreach activities.



Meeting with policymakers and partners to improve food safety and strengthen aflatoxin prevention strategies.

Support for Rwanda FDA and RICA

- Risk-based inspection for food companies. A total of 140 Food Business Operators (FBOs) located in Musanze, Rubavu, Huye and Kayanza districts committed to complying with Rwanda's food safety regulations.
- Post-market surveillance inspections took place within 28 districts to check for conformance.

Decarbonizing coffee production residues in Rwanda

In Rusizi, Sight and Life Rwanda is driving innovation in sustainable agriculture by enhancing the utilization of coffee processing residues through biochar-enhanced composting. Our pilot project on decarbonization of coffee production residues, DECARB-CO, is funded by REPIC (CH), and implemented by Sight and Life Rwanda in collaboration with Origin for Sustainability (CH). It aims

to achieve carbon neutrality in coffee waste management through the implementation of various strategies to offset and minimize the carbon footprint, such as the use of biochar and other technologies.

In 2024, we had a new student from ETH Zurich conducting her master's research on laboratory analysis of compost. Our approach focuses on achieving climate neutrality by minimizing the carbon footprint of Coffee Washing Stations (CWS) while improving soil health and productivity. By introducing biochar-based composting techniques, we aim to transform coffee waste into a valuable resource that supports regenerative farming practices.



During the training conducted by the NICE project, farmers received advice on Agroecology and Good Agricultural Practices (GAP).

Key objectives:

- Establishing an efficient composting unit for coffee waste.
- Conducting participatory action research and economic analysis to validate the model.
- Developing a technical guide and business model for scalable adoption. Through capacity-building initiatives and collaboration with local stakeholders, we are ensuring long-term sustainability and knowledge transfer within the coffee sector. By integrating these interventions, we are fostering a circular economy approach that reduces environmental impact and enhances the livelihoods of coffee producers in Rwanda.

Reducing postharvest losses and making food safer with the SDGP partnership

The Sustainable Development Goals Partnership facility (SDGP) project entitled “Increased Maize Value Chain Efficiency in Rwanda” started in July 2019 with the objective of significantly reducing post-harvest losses, eradicate aflatoxin contamination from the maize value chain, improve market access for maize cooperatives and make beneficial cooperatives bankable. The project partners include Africa Improved Foods (AIF), Agriterra, Sight and Life and the Rwandan Ministry of Agriculture and Animal Resources.

Sight and Life Rwanda coordinated the evaluations of the project, including the baseline, midterm evaluation, and endline assessment.

Farmers income increased by 81% from €59 in 2020 to €123 in 2024

How can we prevent aflatoxins? Our infographic spells out good agricultural practices that farmers can do on their land. From drying, shelling, threshing, to storing crops – their hard work is preserved, and the community’s health is protected.



Key highlights:

- By June 2024, the number of women on the cooperatives board increased from 15% to 43%.
- Farmers are more aware of the cob model and are using it more. Among farmers, cob model awareness rose from 76% at baseline to 98% at endline.
- All the farmers who use the cob model say it reduces time from harvest to sale. The time taken by farmers between harvest and sale fell from 39 days at baseline to 22 days at endline.
- The cob model has reached 89,100 farmers surpassing the project target of 61,154.
- Farmers income increased by 81% from €59 in 2020 to €123 in 2024. However, there was a reduction in 2022 due to several market factors, including the reduction in production/harvest. The increase in farmers’ incomes can be attributed to several factors, one of which is access to better or new improved markets.

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Nigeria

Working with multi-sector stakeholders to accelerate MMS adoption

There has been significant progress in MMS policy and adoption in Nigeria in 2024. As part of the Product Innovations in Nutrition (PIN) project, Sight and Life has

been working to accelerate MMS adoption in Nigeria since 2022.

Key highlights:

- In 2024, small-batch production trials of MMS were conducted with two local manufacturers, and one was finalized for product development in 2025.
- We regularly engaged with federal and state-level stakeholders and development partners to work on local production of MMS in Nigeria.
- We have a partnership with D-F, NAHI and UNICEF for MNP and MMS implementation research in Nigeria

for under which multiple federal- and state-level dissemination workshops were conducted.

- A supplement of manuscripts from the implementation research work was identified to be published soon.

Phytase-addition as a tool to enhance nutrient absorption

Sight and Life is collaborating with phytase manufacturers and local food processing companies to bring nutritious and affordable phytase-enriched food products, made from locally sourced cereals and legumes, are rich in essential minerals like iron, zinc, and calcium.



Sight and Life team members Daniel and Lynda at the Distri-foods company site in Jos, Nigeria, where they studied the processing conditions of multigrain pap/porridge.

Key highlights:

- Phytase dosage optimization and efficacy pilot trial was done with a local lab.
- Validation for content homogeneity of phytase addition to multigrain pap and whole wheat bread in progress.
- Experiment design for the first round of trials in multigrain pap completed.
- Training of local lab in enzymatic method to test phytic acid and phytase activity in progress.

Stories from the ground...

Nadine Naomie, a member of the Abahujubumwe Youth Poultry Cooperative from Rubavu district in Rwanda, has been able to strengthen and improve her poultry farming venture thanks to support from the NICE project.

“The guidance from the NICE team has been crucial for us and has enabled us to make remarkable progress. The advice we have received, especially on improving egg production, has been invaluable. We learnt the importance of maintaining cleanliness in the feed and water, ensuring our hens always have access to water, protecting them from stress, keeping the coop clean and adding essential supplements like vitamins and calcium. By following these recommendations, we are confident that our egg production will increase significantly.”

- Prototype testing with consumers (Phase 1): Process for consumer research agency selection begun.



Sight and Life's Lynda Ugwoke oversees the method verification process of phytic acid at a local Nigerian laboratory.

Malawi

The future of the next generation is in the hands of adolescents, but in terms of investments, data shows that only 2% of global health funding is dedicated to adolescent health



Bridging the nutrition gap for the forgotten generation

The world is home to 1.2 billion adolescents. Ninety percent of them live in low- and middle-income countries (LMICs) and, according to the World Economic Forum, by 2030 Africa will have 42% of the world's youth.

The future of the next generation is in the hands of adolescents, but in the last 50 years, their health and well-being has seen far less improvement as compared to that of younger children. In terms of investments, data shows that only 2% of global health funding is dedicated to adolescent health and development. This lack of attention and investment in adolescent health has led to them being referred to as the “forgotten generation”.

According to the WHO, anemia is one of the leading causes of why girls aged 10-14 are losing healthy years of their lives. Menstruation is a key contributing factor for anemia and research has shown that 40% of adolescent girls suffer from heavy menstrual blood loss, which in turn often leads to these girls dropping out of school. Out of 133 countries, only two are on track to reach the global target of a 50% reduction of anemia by 2025. Today, no research is being done to reduce menstrual-related physical and psycho-social suffering in low and middle-income countries (LMIC). Our organization has developed an innovative research proposal based on scientific evidence that suggests the drug ibuprofen can reduce up to 50% of pain and 35% of menstrual blood flow. In May 2022,

the Swiss National Science Foundation (Schweizerischer Nationalfonds) has granted our organization funding for a study in Malawi, awarding it the highest grade and recognizing it as a top research project. We are conducting a Randomized Controlled Trial (RCT) to test ibuprofen and measure its impact on iron stores and anemia and school attendance. This will be an innovation for adolescent anemia and has the potential to revolutionize this field, including influencing the policies of the WHO.

Key highlights:

- We met the girls who could enrol in our clinical trial on heavy periods and low iron stores last week.
- We held sensitization sessions at the Masongola Boarding school in Zomba, St Mary's secondary school, Police Secondary School, Mulunguzi secondary school and Masongola secondary school, explaining the study in detail and answering questions from the 15 to 20 year-old students.
- We kicked-off community sensitization work. Seven schools provided their input along with the Education Division Manager for South East Education Division.
- Regulatory authorities approved the study.
- The site initiation visit was successful.

According to the
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Increasing the evidence base for multiple micronutrient supplementation (MMS) among adolescents

The SPIRIT trial aims to evaluate the effects of ibuprofen and iron-containing micronutrient supplementation on menstrual blood loss and iron stores in Malawian adolescent girls of 15-20 years of age in boarding schools in Zomba.



Key Milestones:

PMRA Approval: After a year-long wait, we received approval from Pharmacy and Medicines Regulatory Authority (PMRA), Malawi's regulatory authority for drugs, to modify ibuprofen dosages for the trial. This approval is crucial, allowing us to introduce our own standardized capsules, tailor the test dosages for our trial objectives, and ensure blinding of the participants during the trial.

Progress in Logistics: Two Lab stomachers have successfully been Shipped and delivered 15th for laboratory use, including two tons (approx. seven pallets) of materials, including menstrual pads and stomacher bags for blood extraction from the pads. Additionally, in partnership with an NGO, participants will each be provided three reusable menstrual pads after the trial, both to support a sustainable approach to managing the participant's long-term menstrual health and as a response to the menstrual pad waste generated during the study.

Laboratory Work and Training: This year, a new multi-pad extraction method for menstrual pads was validated to streamline data collection for our large-scale study (450 participants, 8 menstrual cycles). This method, developed in the Netherlands and further validated in the local lab in Malawi, allows multiple pads to be processed at once, greatly reducing measurement time while maintaining a high accuracy.

Community Sensitization: Full-scale community engagement is ongoing since early September 2024, focusing on parents, teachers, and students. Head teachers, district and government officials have already been sensitized in June 2024 and are fully supportive of the study.

Finalized Participant Questionnaires: The questionnaires for collecting data on the participants' general well-being, including physical health, their experiences during menstruation, and school absenteeism, have been finalized.

Dietary Assessment Completion: The dietary assessment tools, including developing methods to assess iron intake from meals and snacks, have also been finalized. A specialized dietary assessment method was created for the trial, combining weighted food records, 24-hour recalls for food intake in-between meals, and a food frequency questionnaire focused on iron. These methods were successfully piloted in June 2024.

Egg Hub Malawi – Navigating Challenges & Strengthening Zonse Momo



Improving access to quality eggs in Malawi.

To succeed in rural Malawi, we need to transform an inefficient and ineffective poultry infrastructure and model. Egg Hub Malawi, operated by our partner Andrew Stewart of Lenziemill, shifts farmers to professional poultry, increasing egg access and affordability.

Key highlights:

- The Egg Hub initiative in Malawi transitioned into an independent social enterprise, now operating as Zonse Momo intended to grow further.
- Regional economic challenges—including inflation and

market fluctuations—have led to challenges for the current number of participating farmers.

- To address these challenges, Sight and Life is actively advising Zonse Momo, drawing from our extensive experience and network in Ethiopia, Rwanda, and Brazil.
- Our focus is to keep the enterprise stable and reposition it for growth by leveraging proven strategies, market insights, and industry best practices.
- Sight and Life continued facilitating strategic partnerships and providing technical support to strengthen operations.
- By applying insights from our global experience and fostering connections within the poultry and agribusiness ecosystem, we aim to help Zonse Momo overcome to reestablish its trajectory towards sustainable expansion across Malawi.



Growing future flocks for better eggs.

Our project in Malawi increased daily income of farmers by 3x, availability of eggs 3x, and reduces price by 30%. Our project in Malawi increased daily income of farmers by 3x, availability of eggs 3x, and reduces price by 30%

South Africa



More than 15 countries in Africa are exploring the transition from Iron Folic Acid to Multiple Micronutrient Supplements (MMS). It is estimated that this will impact 30-40 million pregnant women annually by 2030. To increase the supply of MMS, Sight and Life started working in South Africa by setting up the first MMS manufacturing hub on the continent. This is the first of the three D-F supported hubs as part of the Product Innovations in Nutrition project funded by CIFF and Eleanor Crook Foundation.

Key highlights:

- The manufacturer successfully completed 36 months of successful stability studies by mid-2024.
- They are undertaking local product registration.
- MMS product got successfully registered for import into Nigeria.

Tanzania

New
Project

With chronic malnutrition affecting a significant portion of the population in Tanzania, there is an urgent need for sustainable solutions to enhance food security. We secured new funding in partnership with SUSTAIN for “Native Species Aquaculture for Food Security, Livelihood, and Conservation: A Holistic Approach Towards Sustainable Aquaculture Development in Lake Tanganyika” (2024–2026).

Key highlights:

- The project addresses the pressing issue of food insecurity in Tanzania, particularly in regions surrounding Lake Tanganyika.
- The project focuses on establishing a Native Species Aquaculture sector, leveraging the vast water resources of Lake Tanganyika.
- By promoting the cultivation of native fish species, the project aims to bridge the gap between dwindling wild fish stocks and increasing demand, thereby improving food availability and accessibility while also protecting the lake’s pristine biodiversity.
- Sight and Life leads two work packages: Improved cold-chain fish distribution channels and Balanced diet with sustainable fish protein. By improving cold-chain fish distribution channels in markets and institutions, we intend to encourage locals to consume a balanced diet with sustainable fish protein.



Sustaining fish stocks, securing food, and protecting biodiversity in Lake Tanganyika.

Ethiopia

Piloting Egg Hub in Ethiopia

Eggs are an affordable, high-quality protein and an excellent pathway to improving child and maternal diets with significant potential to bend the malnutrition curve. Research studies have established that eggs contribute significantly to reducing stunting and improving dietary diversity. In partnership with Children’s Investment Fund Foundation (CIFF) and SNV, Sight and Life launched the Market-based Innovation Nutrition in Ethiopia (MINE) project, deploying the Egg Hub model to improve poultry production, farmer livelihoods, and nutrition outcomes.

Key highlights:

- In 2024, the project expanded farm groups across Ada’a and Lume woredas (districts), achieving a remarkable milestone of 4.5 million eggs produced within 18 months.
- Productivity levels averaged 70%, with some farms reaching an impressive 92% efficiency. Despite economic and market challenges, the project has maintained an 80% revolving fund repayment rate, demonstrating strong financial sustainability.
- Farmer incomes have steadily grown, with 95 participating farmers earning an annual net income of \$907.
- The ongoing nutrition and community engagement focussed on dietary diversity among children and increased egg consumption among pregnant and lactating women (PLW) and young children.
- The project has also played a crucial role in policy advocacy and stakeholder engagement, strengthening collaborations with federal and regional government bodies to integrate poultry value chain development into national strategies.

Sight and Life-ALEMA Research Center

Sight and Life coordinated research activities, provided funding and technical and operational support, developed study designs, and facilitated access to laboratory facilities at the Sight and Life-ALEMA Poultry Research Center in Bishoftu. At our research center, calibration of the FOSS machine was successfully conducted online, and the assigned laboratory expert received virtual training to perform the required feed analysis tests. The next step is to conduct in-person training to enhance practical skills and ensure accurate testing procedures on machinery that is yet to be delivered. This hands-on training will be crucial for optimizing the feed analysis process and ensuring the laboratory operates at full capacity. In the meantime, the required research is being conducted in collaboration with ALEMA Koudijs Lab and Salalema Poultry Research as needed.

We developed a dashboard that shared data with all project stakeholders, enabling transparent monitoring of egg production, farmer income, and other critical metrics

To share insights and deliberate on actionable strategies, a round table conference was organized in Sidama, bringing together stakeholders such as Ethiopia's Ministry of Agriculture, regional government officials, the Ethiopian Poultry Producers and Processors Association (EPPPA), and Alema Farms. The collaborative discussions informed the development of a comprehensive report with recommendations for improving egg supply and consumption, which was submitted to FAO



A group photo of farmers, Sight and Life team, SNV representatives, Egg Hub Operator staff, and woreda officials, demonstrating collaborative efforts in Ethiopia.

Updates from Asia

Indonesia

As part of the Product Innovations in Nutrition project funded by CIFF and ECF, we are working on MMS adoption in Indonesia.

Key highlights:

- The government of Indonesia officially launched MMS in 2024.
- An 18-month stability study was successfully completed at the local facility.
- Local product registration has been initiated.
- The product was successfully registered for import into the Philippines.

The Philippines

In the D-F x WVI x Sight and Life partnership for the public sector distribution of MMS in the Philippines, baseline study was conducted in the pilot municipalities.



Nepal

In collaboration with the Government of Nepal, we are supporting the transition from IFA to MMS.

Sight and Life is working with the Government of Nepal for transitioning from IFA to MMS. We partnered with Helen Keller International and with the support of Eleanor Crook Foundation to assess supply readiness for MMS in the country.



Over 40 stakeholders united for Nepal's MMS transition workshop.

Key highlights:

- We kicked off the project early in 2024 in Nepal. Over 40 stakeholders from federal and provincial levels of the government participated in the workshop.
- We identified various policy documents that would need to be revised to support MMS transition.
- Conducted a situation analysis of the current IFA, procurement, supply chain, distribution and monitoring
- Conducted a local MMS production capability, assessment and landed costing estimates from global MMS suppliers.
- Developed a budget gap analysis tool for aiding government planning & budgeting for MMS.
- We concluded this assessment in December 2024.
- In mid-December we conducted a virtual stakeholder meeting for officials in Nepal, primarily from the Family Welfare Division (FWD) and shared our findings on the situation analysis of Nepal's IFA program as well as potential routes for procuring MMS in the country.

- The director of FWD was positive and appreciative of the level of granularity we were able to provide the government to aid a smooth transition to MMS.

Bangladesh

Scaling Up MMS in Bangladesh.

Supported by the Children's Investment Fund Foundation (CIFF), the Government of Bangladesh (GoB), Social Marketing Company (SMC), the Global Alliance for Improved Nutrition (GAIN) and Sight and Life the Bangladesh market-based MMS model has been an exemplar model for MMS adoption.



Key highlights:

- FullCare, the MMS product, crossed the 50 million tablets sold milestone across Bangladesh within three years of launch.
- The project has secured an extension of four years with funding from CIFF.

“In 2024, we achieved significant milestones in strengthening the regional supply of MMS in Asia and Africa. In Nepal, we informed the government’s procurement roadmap using our supply readiness assessment framework, while in Bangladesh, we provided technical support to the market-based scale-up of MMS.”

Anirudh Poddar,
Sr. Manager - Nutrition Commodities
Sight and Life

50 million tablets
of MMS sold
across Bangladesh
within three years
of launch

Stories from the ground...

Rohima Khatun, the “Ducter Apa” from Bangladesh

In the rural heart of Bangladesh, one woman is making a significant impact on maternal health. Rohima Khatun, fondly known as Ducter Apa (translated as “doctor elder sister”) in her society, counsels pregnant women on antenatal care (ANC) services, nutrition awareness and the importance of institutional delivery.

Once a housewife and teacher, Rohima’s life transformed in 2019, when she became a Gold Star Member (GSM) with Social Marketing Company (SMC) at the Sachetan Society in Lalpur, Natore. Her mission? To promote the benefits of FullCare, the MMS brand in Bangladesh. Through training and orientation on FullCare, she gained a deeper understanding of the challenges faced by pregnant women. With the support of Community Mobilizers and a graduate doctor, she organized somabesh or group meetings where women were made aware of the dos and don’ts during pregnancy and introduced to FullCare with increasing social acceptance.

In Bangladeshi villages, women need permission to leave their homes, making participation in such gatherings difficult. Acknowledging this challenge, Rohima built strong, trusted relationships with their families, reassuring them of the benefits of these sessions.

To date, Rohima has sold about 5,550 tablets of FullCare in her catchment area, with many women taking the recommended course of 180 doses. We like to call the babies born to these mothers, ‘FullCare babies’!

Rohima’s dedication has transformed the lives of numerous mothers while empowering her to achieve financial independence. She runs a small poultry farm and aspires to grow her business steadily on her own.

We salute people like her across LMICs who are working towards closing the nutrition gap.

“I feel proud when someone calls me ‘Ducter Apa’ (doctor elder sister) and I feel honored when I see a healthy baby born after taking FullCare.”

Rohima Khatun, Gold Star Member



India

Making everyday food more nutritious

The addition of phytase, an enzyme that breaks down anti-nutrient phytate in food, significantly boosts mineral bioavailability and protein digestibility, especially in legume-based foods like soybeans and cowpeas.

Progress on our work on phytase-addition progressed in its third year with the completion of validation for content homogeneity of phytase addition to millet cookies and whole wheat flour.

Key highlights:

- Experiment design for the first round of trials in millet cookies and whole wheat flour completed.
- First round of trial in millet cookies in progress.
- Training of local lab in enzymatic method to test phytic acid and phytase activity in progress.
- Prototype testing with consumers (Phase 1): Process for consumer research agency selection in progress.



Sight and Life's Pankaj Nemade oversees phytase dosage testing for millet cookies at the Millet Processing & Incubation Centre, Hyderabad.



Identifying opportunities to implement the Egg Hub model in India



A smallholder farmer with her flock of birds in Gaya, Bihar.

Following a detailed state selection evaluation, Bihar was chosen based on its high malnutrition rates, growing demand for eggs, supportive government policies encouraging layer farming, and the presence of public delivery channels. A comprehensive value chain analysis of the poultry sector in Bihar identified gaps, opportunities, and localized needs, which informed the development of a contextualized Egg Hub model. Sight and Life proceeded to identify potential partners in the region, evaluating their strengths and offerings, and developed two business cases to highlight the financial feasibility, sustainability, and impact of the model. These findings and recommendations were shared at a round table conference in New Delhi with key stakeholders, including FAO, PCI India, TechnoServe India, FSSAI, and PanIITAlumniFoundation. The discussions at the conference provided valuable insights that were incorporated into a final comprehensive report submitted to FAO.

Driving Public-Private Partnerships with IMPAct4Nutrition (I4N)



I4N secretariat and the Advisory Board discussing the importance of pub-pvt partnership with Niti Aayog.

I4N convened by UNICEF, Sight and Life, Tata Trusts, CSRBOX, CII, UN Global Compact, United Way Mumbai, PATH and NASSCOM Foundation was launched on March 13th, 2019. Supported by dsm-firmenich, the platform incubated by UNICEF India, is a brand agnostic, non-financial commitment-based platform for the public and private sector in India to collectively contribute to improving the nutritional status of every Indian.

Key highlights:

- In 2024, I4N marked a transformative year, achieving significant milestones in its mission to advance good nutrition through robust collaboration with the public and private sectors.
- The platform onboarded 102 new Pledged Partners, increasing its network to a total of 617 Pledged Partners.
- Collectively, these partners reached over 12 million employees and their families while promoting nutrition literacy to an impressive 300 million citizens across India.
- This success was driven by a multi-pronged approach that included advocacy via print, electronic, and social media, as well as knowledge-sharing sessions to actively engage employees and communities.



Reiterating the impact of the private sector's CSR funding on nutrition.

In 2024, the platform onboarded 102 new Pledged Partners, increasing its network to a total of 617 Pledged Partners

Events, Multimedia and More...

Webinars



Harnessing Diverse Proteins to Sustainably Nourish LMICs, virtual

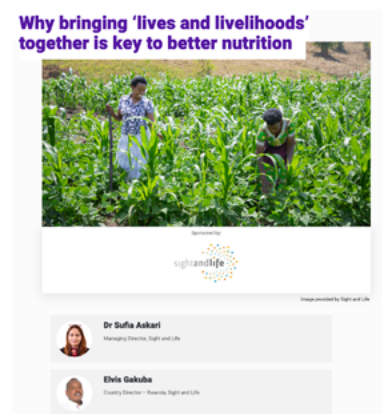
Sight and Life and the SDG2 Advocacy Hub organized an engaging virtual event on April 19 to mark the UNGA Sustainability Week. This event focused on the role of diverse proteins in mitigating the dual challenges of climate change and malnutrition, especially in LMICs. It highlighted the opportunities and challenges associated with diversifying protein sources, including nutritional benefits, sustainability and sourcing, and impact on livelihoods and showcased innovative pitches. It was a successful event with 70-75 participants and positive feedback received from the co-hosts.



Unpacking the Power of Phytase: Building healthier futures, virtual

In this one-hour webinar held on December 4 with over 200 attendees, Sight and Life, in collaboration with the Bill & Melinda Gates Foundation, brought together stakeholders from the food sector to deepen understanding of phytase, its enzymatic function, role in breaking down phytic acid, and potential benefits for

Mainstream Media



Climate Action Report, New Scientist, December 5, 2024

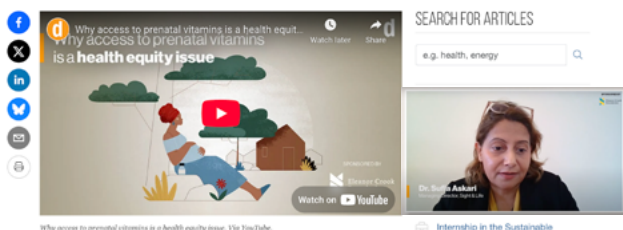
Sight and Life's Climate Action report published within the New Scientist magazine and on globalcause.co.uk,

emphasizes how bringing better nutrition to people in low-income communities involves a mix of science-driven research and local engagement.

Why access to prenatal vitamins is a health equity issue

In this video explainer, Devex explores the consequences of lack of access to prenatal multivitamins and the powerful health benefits of this cost-effective intervention for a mother and her baby.

By Devex Partnerships // 07 March 2024



Featured Video | International Women's Day, March 8, 2024

"Mothers Eat Last" — in a video by Devex, Sight and Life's Dr. Sufia Askari and Dr. Mairo Mandara discuss why access to prenatal vitamins is a health equity issue. Published on International Women's Day, Sight and Life was proud to join the Eleanor Crook Foundation in advocating for greater global access to MMS for all mothers.

The Nutrition Post Newsletter

The Nutrition Post, the new-look and completely revamped Sight and Life newsletter completed its second year becoming a regular comms channel, keeping stakeholders updated and engaged in our work. In 2024, we featured our programs that integrate climate action with nutrition action, the only sustainable way to end malnutrition and improve smallholder farmer livelihoods.



The Nutrition Post



Dear reader,

It's been a rough year with conflict in Europe and multiple humanitarian crises in the Middle East and Africa causing food price inflation and supply disruptions. 733 million people were already suffering from hunger in 2023. There is a need for new interventions. While we work for wider coverage of proven solutions like MMS for maternal and child health, research work in neglected areas such as adolescent health is necessary. We need the critical knowledge and evidence to power solutions that are disruptive. We are working on this at Sight and Life, and we will be sharing more on our research work on adolescent nutrition in 2025.

Business as usual might not work but business efficiency will, especially when combined with evidence-backed innovations and locally contextualized interventions. Let us hope for a less conflicted, less unequal world in the coming year.

Until next time,
SAL Comms

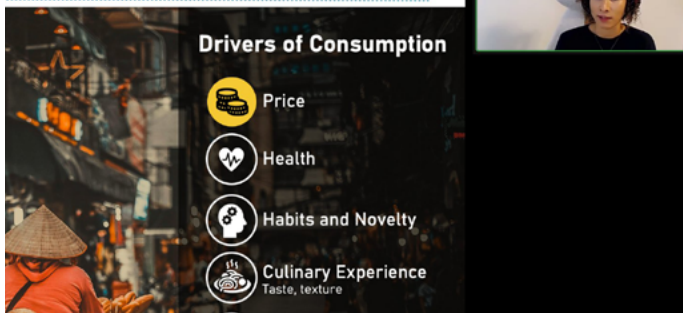
BrainFood Podcast



To demystify the Egg Hub model and to spread awareness on the importance of egg consumption for improved lives and livelihoods, our BrainFood Podcast in 2024 focused on Extraordinary Eggs! We explored how our Egg Hub model in Malawi and Ethiopia can be a sustainable and innovative solution for egg production and consumption in LMICs and how Sight and Life, along with partners, is working on both the demand and supply side of this energy-packed food.

Coming Together for Greater Impact

Iterations and market acceptance



country's food systems a reality—drawing insights from Switzerland, Bangladesh, Kenya, and Rwanda. Discussions emphasized the importance of data-backed policies, state leadership, and a strong commitment to the Right to Food.

Sustainable Protein Solutions for LMICs, virtual

Kesso Gabrielle van Zutphen-Küffer, Sight and Life's Director-Science, spoke at the Swiss Food and Nutrition Valley (SFNV) event on- Sustainable Protein: Driving Impact at Scale, joining global experts to discuss sustainable proteins in LMICs. She emphasized nutrition affordability, context, and addressed the challenges and opportunities in scaling up, including policy innovations, cultural heritage, and the need for a multi-phased



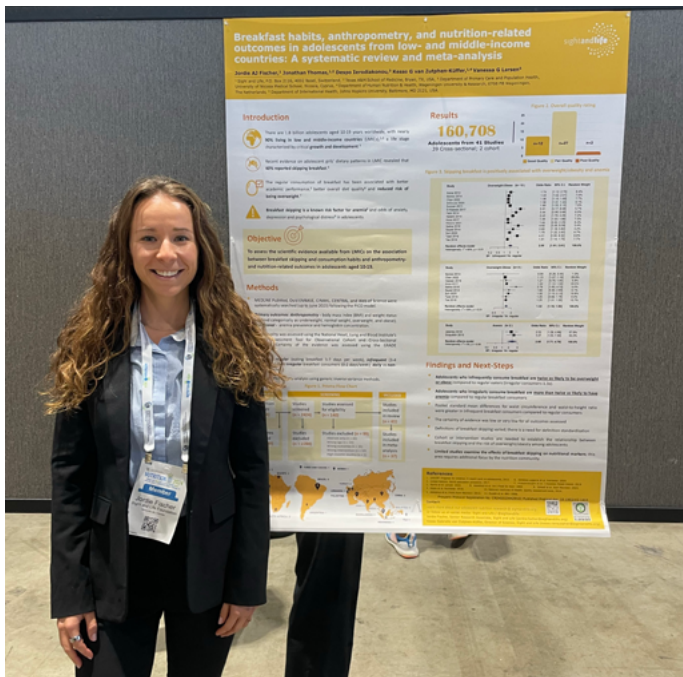
Periodic Table of Food Initiative, New York City

We were invited to the launch of the Periodic Table of Food Initiative (PTFI), which introduced a publicly available database that analyzes thousands of unidentified biomolecular components in food, focusing on traditional, indigenous, and underutilized foods.



Peer Learning and Urban Food Systems, Basel

NICE team organized a peer learning week to reflect on the innovative and deliberate efforts that make a country's



accountability and financing in transforming food systems across Africa, with a key takeaway that long-lasting solutions come out of strong and transparent policies.



American Society for Nutrition, Chicago

The American Society for Nutrition is an annual flagship meeting in the USA. We engaged with partners at the 4-day event in Chicago, where we presented our work on breakfast habits, anthropometry, and nutrition-related outcomes in adolescents from LMICs. The event offered valuable inspiration through engaging discussions and the latest evidence and science on nutrition.

World Without Hunger Conference, Addis Ababa

Sight and Life's work is rooted in bringing lives and livelihoods together, and we participated in the World Without Hunger Conference in Addis Ababa, contributing to discussions on accelerating progress toward Zero Hunger. The 3-day event featured solution-focused technical sessions, an investment forum, and a high-level political forum, with over 1,500 high-level stakeholders in attendance, including Heads of State, Ministers, and UN agencies.



AFS Forum 2024, Kigali

We attended the AFS Forum 2024 in Kigali, joining meaningful discussions on improving and scaling solutions for a sustainable food future. The day focused on

Peer Learning Visit, Geneva

Our NICE group went on a peer-learning field trip to discover different initiatives in Geneva, exploring local initiatives on nutrition education, sustainable food systems, and the Right to Food. Highlights included school-based programs promoting healthy eating, Geneva's Food Action Plan, and a visit to MATER Fondazione's Refettorio,

which repurposes surplus meals to fight food waste. The visit reinforced the importance of policies and systems that ensure universal access to nutritious food.



Cost-Benefit Analysis Tool Development, Rome

We took part in a 2-day workshop hosted by FAO, which served as a platform to introduce and demonstrate the methodology of FAO's newly developed cost-benefit analysis (CBA) tool, designed to be used ex-ante—helping decision-makers evaluate the financial feasibility, impact, and sustainability of projects before they are implemented. Using the Egghub case study as a practical example, the workshop highlighted the tool's ability to support evidence-based decision-making in nutrition-focused interventions.



Agroecology Day for All, Basel

We reconnected with global colleagues of NICE* and learnt from other similar initiatives at the Agroecology Science

Days in Switzerland. Our workshop on local sourcing of healthy food in urban and peri-urban food systems explored how cities in Africa and Asia are harnessing the power of agroecology. Key highlights included enhancing community engagement, promoting gender-inclusive practices, and developing intersectorial collaborations.

Regional HMHB conference, Nairobi

We were at the 2nd Africa Maternal Nutrition and MMS meeting in Nairobi, along with over 130 nutrition leaders and experts from 17 countries for a three-day meeting to share experiences and lessons and pave the way for the adoption and scale-up of MMS in the continent.



Egg Hub Model for Bihar, New Delhi

We were a part of a Round Table Conference in New Delhi to share findings from the Bihar value chain analysis and deliberate on the Egg Hub model's implementation. The conference brought together stakeholders to validate findings and shape actionable next steps.



Round Table Conference, Bishoftu

We were part of a Round Table Conference in Bishoftu, Ethiopia to share findings and discuss strategies for improving egg supply and consumption through the Egg Hub model. The meeting brought together key stakeholders to align on approaches that address nutritional challenges in the region. This dual-country initiative reflects Sight and Life's commitment to tackling malnutrition and improving livelihoods through sustainable and scalable solutions.



Publications & blogs

- Guide: Making nutritious cooking easy, attractive and social: the [Smart Food Tips booklet](#)
- Blog: [The Egg Hub: Addressing Food Security and Livelihoods](#)
- Blog: Success Story Sight and Life: [For the health of Malawi's girls. App supports study on heavy menstrual bleeding](#)
- Blog: [Revolutionizing Protein Consumption: Embracing Diverse Sources for a Sustainable Future](#)

Research papers

A comprehensive review on breakfast consumption, anthropometry, and nutrition-related outcomes in adolescents from low- and middle-income countries: Protocol for a systematic review and meta-analysis.
<https://pubmed.ncbi.nlm.nih.gov/38808167/>



Exploring the role of phytase in enhancing nutrient absorptions

Co-authored MDPI article explores the advantages and challenges of plant-based alternatives, with a special focus on the role of phytase in enhancing nutrient absorption. Discover how this enzyme can reduce anti-nutrients and improve iron and zinc bioavailability, all without compromising texture.

<https://doi.org/10.3390/app14104154>

Publication: [A Comparative Analysis of Maternal Nutrition Decision-Making Autonomy During Pregnancy – An Application of the Food Choice Process Model in Burkina Faso and Madagascar](#)

Shaping sustainable and affordable dietary solutions


Our latest supplement with Current Developments in Nutrition (CDN) and Johns Hopkins Bloomberg School of Public Health: Current and Future Market Opportunities for Alternative Proteins in Low- and Middle-Income Countries.

<https://www.sciencedirect.com/science/article/pii/S2475299123266196>

Nourishing 9 Billion People by 2050: The Role of Diverse Proteins in Low- and Middle-Income Countries.

DOI: [https://cdn.nutrition.org/issue/S2475-2991\(24\)X0003-7](https://cdn.nutrition.org/issue/S2475-2991(24)X0003-7)

The introduction article, [An Introduction to Traditional and Novel Alternative Proteins for Low- and Middle-Income Countries](#), was written by the Sight and Life team.



Our evidence-based programs can be scaled up to deliver measurable improvements, addressing malnutrition and its consequences, helping people to live healthier and better lives

Delivering science-based solutions to close the nutrition gap.

sightandlife.org

