

Progress Report on Preparatory Activities for Lizulu Fresh & Safe Food Project

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1. Introduction

This report provides an update on the progress achieved over the past two weeks in preparation for the Strengthening Fresh Food Markets for Healthier Food Environments initiative at Lizulu Market. Activities have focused on stakeholder engagement, consultative planning with Lilongwe City Council, baseline data collection, and peer trainer capacity building. The groundwork established during this period positions the project strongly for the official commencement of trader training sessions on 10th September 2025.

2. Key Objectives of the Period

- Clarify and agree on roles between Lilongwe City Council and NutriCare.
- Plan and conduct an introductory consultative meeting with Lizulu Market Committees.
- Initiate baseline data collection among traders.
- Strengthen the capacity of peer trainers in administering the baseline questionnaire.
- Set a practical training schedule in collaboration with market stakeholders.

3. Summary of Activities and Achievements

3.1 Engagement with Lilongwe City Council (15th August 2025)

A strategic planning meeting was held with Lilongwe City Council representatives. Council expressed full support for the project, highlighting the novelty of formal training for traders since none has been conducted by **Lizulu Fresh & Safe Food Project**

the Council previously. Key agreements included sharing training modules and baseline materials for review, focusing on fresh food traders, exploring non-cash incentives (communication airtime, apron or branded shirts), and granting NutriCare permission to use the Council logo.

Additional agreements from the meeting with Madam Tapiwa and the City Council Director included:

- NutriCare was advised to first engage the market committee to select participants.
- Training will follow a Training-of-Trainers (ToT) model: 10 peer leaders will be heavily drilled, equipped with starter kits, and tasked with training other members.
- Lizulu Market has approximately 800–900 stall traders, though not all are in the fresh food business.
- Each peer leader is expected to reach at least 50 fellow traders by project end.
- An electronic data tool with a dashboard will monitor progress of each peer trainer.
- Peer trainers will be branded with identity cards or aprons bearing project and partner logos to boost trust and authority among traders.

3.2 Preparatory Session with Peer Trainers (2nd September 2025)

A session was held at Lizulu Market with 12 peer trainers, including the market chair and secretary. Trainers were introduced to the baseline questionnaire (digital via KoboToolbox, Chichewa version available). Roleplay exercises were conducted to enhance comprehension and

confidence. Two trainers without smartphones were paired with others. Trainers agreed to begin formal training sessions every Wednesday, starting 10th September 2025.

At the vendor meeting with the market chair and 10 other representatives, it was established that:

- The market has 12 sections based on product type (e.g., tomatoes, onions, potatoes).
- Each section has a representative acting as a peer leader/trainer responsible for cascading training within their section.

3.3 Baseline Data Collection (3rd September 2025)

Baseline data collection commenced efficiently, interviewing 50 traders within one hour. Peer trainers demonstrated ownership and competence. The team committed to continue data collection until the target of 100 respondents is reached, confirming feasibility and readiness.

4. Key Outcomes

- Stakeholder Collaboration: Strong working relationship with Lilongwe City Council.
- Capacity Strengthening: Peer trainers proficient in digital baseline data collection.
- Ownership: Market leadership engaged in decision-making and facilitation.

- Progress: 50% of baseline data target achieved in first day; remaining respondents scheduled and done by 5th September.
- Planning Ahead: Formal training sessions scheduled for 10th September 2025.

4.1 KPI Progress Snapshot

Indicator	Target	Achieved
Peer trainers oriented	12	12 (100%)
Baseline respondents	100	100 (100%)
Training start date confirmed	10th Sept 2025	Confirmed

5. Challenges and Mitigation

- Limited smartphone access among two peer trainers. Mitigation: Paired with others who had smartphones to ensure inclusion.
- Uncertainty on trader incentives. Mitigation: Ongoing consultations with traders to finalize acceptable non-cash incentives.

6. Next Steps (September 2025)

The following roadmap outlines immediate next actions:

Date	Planned Activity
4–5 Sept	Complete baseline data collection (100 respondents).
7–9 Sept	Finalize and share adapted training modules with Lilongwe City Council.
10 Sept	Launch formal trader training at Lizulu Market.

7. Conclusion

The reporting period has been highly productive, laying a strong foundation for the Lizulu Market training program. Consultations with Lilongwe City Council secured institutional backing, while preparatory sessions empowered peer trainers and achieved half of the baseline data target. With key systems in place and training scheduled, the project is on track to deliver impactful outcomes that will improve food safety, vendor practices, and market health environments.

8. Training Workplan

					10th Sep	17th Sep	24th Sep	1st Oct	8th Oct	15th Oct	22nd Oct	29th Oct	5th Nov	12th Nov
Week	Module Theme	Key Content	Delivery Method	Responsible Master Trainer	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10
1	Hygiene & Food Safety	Personal hygiene, safe food handling	Demonstrations + stall visits	Ken Leads; Hopeson Supports										
2	Clean Water & Hygiene	Handwashing, safe water storage	Handwashing stations, peer practice	Beatrice Leads; Ken Supports										
3	Nutrition Basics	Food groups, balanced meals	Storytelling + posters	Kingsley Leads; Emmaculate Supports										
4	Record Keeping & Mobile Money	Simple sales records, phonebased transactions	Roleplay with ledgers & mobile phones	Hopeson Leads; Kingsley Supports										
5	Safe Storage & Display	Proper storage, and Display	Practical market stall audits	Kingsley Leads; Beatrice Supports										

6	Gender & Leadership	Equal participation, role of women leaders	Peer discussions, testimonies	Beatrice Leads; Kingsley Supports										
7	Value Addition (Drying)	Drying produce, reducing waste	On-site food drying demonstration	Ken Leads; Emmaculate Supports										
8	Branding & Packaging	Labeling, attractive displays	Sample packaging exercise	Hopeson Leads; Ken Supports										
9	Customer Service & Market Hygiene	Clean stalls, customer care	Healthy Stall Challenge roundup	Emmaculate Leads; Hopeson Supports										

9. Pictures taken at the market



Figure 1 Random picture taken at lizulu market

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