

# IMPACT BRIEF



## REstoring Dietary - divErsity, rEducing Malnutrition (REDEEM) Project

*December 2024 - November 2025*



Funded by

**Latter-day Saint  
Charities Australia**



## Project Overview

The humanitarian crisis continues to strain limited resources, weaken essential social systems, and deepen food and nutrition insecurity—especially for children under five and Pregnant and Lactating Women (PLW). Yobe and Jigawa remain among Nigeria’s most affected states. In Jigawa, 64% of children are stunted, 9.6% are wasted, and 81.9% are anemic. In Yobe, children aged 6–23 months face a Global Acute Malnutrition (GAM) rate of 56.2% and a Severe Acute Malnutrition (SAM) rate of 27.3%.

To address this, CARE Nigeria, with support from Latter-Day Saints Charities (LDS), is implementing the REstoring Dietary divErsity, rEducing Malnutrition (REDEEM) project to improve maternal and child nutrition in high-burden areas of Northern Nigeria. The project aims to increase access to nutrient-dense foods and strengthen nutrition knowledge and practices among households with pregnant and lactating women and children under two across four targeted LGAs in Jigawa and Yobe States.



## Project Goal

Ensure that the malnutrition-affected population has access to nutrient-dense food and possesses knowledge of nutrition best practices in a more dignified manner.



## KEY OBJECTIVES



Increase equitable access to nutrient-dense food to minimize the rising incidence of acute malnutrition.



Enhance nutritional literacy and improve dietary awareness.



Promote the integration of gender equality, protection measures, and disaster risk reduction strategies across all project activities.

## Project Locations



Karasuwa and Nguru LGAs, Yobe State



Jahun and Kiyawa LGAs, Jigawa State

## Targeted population



Pregnant and breastfeeding mothers /moderately anemic women



SAM/MAM under 5 children



Aged parent/People Living with Disability



Female-headed household

# KEY PROJECT ACHIEVEMENTS

A **98%** recovery rate among the **515** anemic women surveyed.



Significant increased knowledge on nutrition best practices, including, use of MUAC tapes, and Maternal, Infant, and Young Child Feeding (MIYCF).



Targeted households now consume at least one iron-rich vegetable daily through the adoption of home garden practices.



**7,300** project participants benefited from the nutritious food distribution through Cash Voucher Assistance modality, which improved their dietary diversity and intake.



Out of **1,139** malnutrition cases referred for treatment, **68%** successfully recovered from malnutrition, while **32%** are still receiving treatment.



**729** pregnant women received Iron-Folic Acid (IFA) and other supplements for anemia.



## IMPACT & HOPE

## Impact Stories



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Hauwa feeding Sani the Ready-to-Use Therapeutic Food (RUTF)

Hauwa Isa Lawan, a 37-year-old mother from Zango in Karasuwa Local Government Area, had no idea her son, Sani Mohammed, was malnourished. It was during one of the LDS-REDEEM community sessions that CARE staff members used Mid-Upper Arm Circumference (MUAC) tapes to identify Sani as malnourished.

"Honestly, I didn't know anything about malnutrition until CARE staff came," Hauwa recalls. "When they measured Sani, they told me he had Severe Acute Malnutrition (SAM). They gave me a white card (Referral Slip) and asked me to go to Gasma Health Facility."

At the health facility, Hauwa received Ready-to-Use Therapeutic Food (RUTF) for Sani and began giving it to him immediately. Slowly but steadily, she began to notice remarkable changes in his health.

"Since I started giving him the RUTF, he began to improve. Before, he was 11 cm, but he moved to 12 cm and is now 12.5 cm. The women were even praising me; they said that I took proper care of my son because he's better than when he came."

Through the Maternal, Infant and Young Child Feeding (MIYCF) group meetings and cooking demonstration sessions, Hauwa learned how to prepare nutritious meals like Tombrown and use iron-rich ingredients to improve her family's diet. She also received a MUAC tape, which she now uses daily to monitor Sani's recovery, and even helps other mothers do the same.

With knowledge, tools, and life-saving support, Hauwa has gained confidence and hope.



Photo: © 2025 Johnpeters Anyanwu/CARE

Hauwa and her son, Sani

# Impact Stories

## FOR THE FIRST TIME, WE WERE SEEN

Sabiu Suleiman, 45 years old, and his wife, Khadija, 25 years old, have four children. Sabiu and Khadija are physically challenged and struggle to find food for their family. Sabiu says,

“There were times we would go two to three days without cooking anything at home. Before the LDS-REDEEM project found us, no organization had ever supported us. Whenever food items were shared in the community, people like us, living with disabilities, were never included. Only those who were strong enough to go to the centers received support”.

“Through CARE’s Cash Voucher Assistance support, we received nutritious food items such as rice, beans, eggs, milk, fish, plantain, oil, spaghetti, and many others, worth over ₦95,000. My wife also received dignity kits and other essential items that have been very helpful to our family.



“What touched us the most was the dignity with which CARE and partners treated us. They received us with kindness and respect. We didn’t have to struggle or join long queues. When it was time, they simply called us forward, attended to us without any problem, and ensured we received everything meant for us. Now we feel dignified, and other community members also see us differently”.

## Moments in motion



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