



Adrian Hejle

## TACKLING NUTRITION IN THE PACIFIC

Kiribati — formerly Tungaru — is a series of 33 coral atolls stretching along the Equator only gaining independence from the UK and the US in 1979. Taking up 811 square kilometres of land across 3.5 million square kilometres of ocean, Kiribati is one of the nations most affected by environmental factors such as king tides and rising sea-levels.

Caritas works with the Diocese of Tarawa and Nauru through Catholic Youth groups to deliver programmes focused on climate awareness and youth leadership, training for women, developing sustainable livelihoods and agricultural training for youth.

The Health Champions programme — launched in 2017 — engages and trains women and youth for sustainable futures.

While seafood remains a staple of their diet, people of Kiribati face many difficulties growing vegetables due to a lack of space, as well as sandy soils lacking nutrients. This means many people have to rely on imported food that has limited nutritional value like white rice, sugar, white flour and packet noodles.



*A member of the Teitoiningaina - Catholic Women's Association preparing breadfruit.*

**OVER 11 VILLAGES**  
trained in sustainable agriculture.

**27 GROUPS**  
participated in nutrition workshops.

*Above: Ntara Baitai (Caritas Kiribati Youth Group member) with her nephew in a garden developed to provide food and income.*

Visit us online for more information about our work in Kiribati.

[WWW.CARITAS.ORG.NZ](http://WWW.CARITAS.ORG.NZ)



Through Health Champions, Caritas focuses on promoting healthy lifestyle practices in practical ways and will share mitigation measures and hygiene practices through their health promotion activities. Communities in South Tarawa, and a number of other islands will benefit from the health and well-being programme over the coming years.

By being a One World Partner, you are helping strengthen vulnerable communities and make them more resilient.

## PLANTING MANGROVES

Frequent king tides, coastal erosion and rising sea-levels have devastated the food and water supplies of Kiribati. Many mangrove trees have been lost leading to an increased



level of salt-water where there was once fresh water. This compromises food and water security.

Changes in the environment have also meant the loss of land and ultimately homes. To combat this, the Caritas Kiribati Youth Group has undertaken the planting of mangrove trees to protect coastal lines and reduce water salination.

With the support of Caritas, the youth group is able to travel to various islands of Kiribati to share their knowledge and techniques.

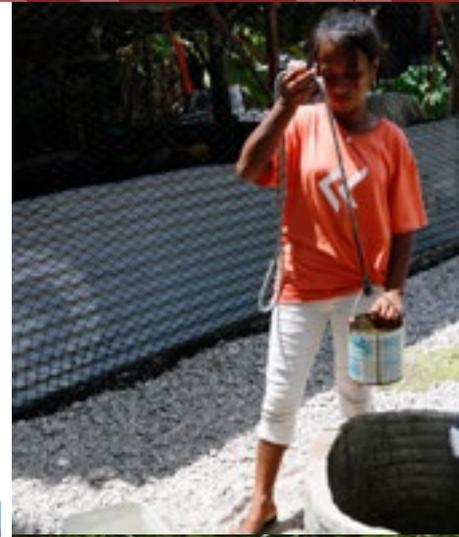
## YOUTH SECURING THE FUTURE

In addition to teaching communities about mangrove planting techniques and benefits, the Caritas Kiribati Youth group also shares lessons on agriculture, health and nutrition.

Last year, a group of young people travelled to Marakei Atoll in the Northern Gilberts. Their objective was to teach sustainable agriculture in 11 villages. The youth group supported the local community to prepare and plant vegetable gardens. In addition to training, knowledge was exchanged on various growing practices in varied soils.

**Your regular commitment as a One World Partner enables us to continue our work in communities like Kiribati.**

**Thank you for your ongoing support.**



**First:** Terita (Caritas Kiribati Youth Group member) collecting water from a salinated well to used for washing. The community in South Tarawara now relies on rainwater collected in tanks.

**Second:** Fish market in South Tarawara, Kiribati.

**Third:** Caritas Kiribati Youth Group show villagers how to compost in order to enrich the depleted soil.

**Body:** Members of the Caritas Kiribati Youth Group planting mangroves in South Tarawa.