Impact on Me

-Learned more about international development and importance of culturally acceptance and local leadership

-More aware of world issues -More clarity of career direction in medicine





Project Chalenges

-Obtaining local ethics approval for sensory evaluation

-Ensuring translator was properly explaining instruction to participants during the sensory evaluation -Contacting beneficiaries for conferences

-Determining with yoghurt mamas, transportation reimbursement amount and food to be served at lunch



vegetables

Project Activities

-Collaborated with kitchens to learn more about local food preferences -Made yoghurt with yoghurt Mamas, having them taste different samples and provide suggestions -Conducted a sensory evaluation in the community to collect data for Moringa probiotic yoghurt samples -Worked alongside APYN and yoghurt kitchen members to learn about beneficiary needs for conferences -Found a conference hall and catering company





Musical Tanzania Megan Kuikman Bs Nutrition and Dietetics Project Goals

- -Create probiotic yoghurt samples supplemented with Moringa and local fruits and
- -Collect data for sensory evaluation on the above samples -Create educational conferences for beneficiaries and yoghurt Mamas

-Contacted potential participants and hired speaker for conference

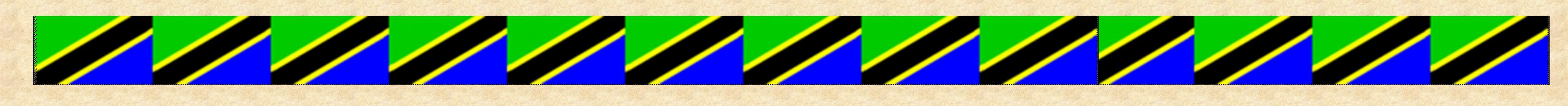
Project Outcomes

-A Moringa probiotic yoghurt sample was created that was comparable to standard probiotic yoghurt -Potential to incorporate Moringa Probiotic Yoghurt into kitchens for sale to community -Beneficiaries were able to gain useful knowledge from the conferences in the area of nutrition, HIV and entrepreneurship

-We were able to learn more about beneficiary needs

Jan-July, 2014





Project Recommendations

-Work alongside yoghurt Mamas to incorporate Moringa probiotic yoghurt product in the kitchens -Conduct further studies of health benefits of probiotic yoghurt with addition of Moringa

-Arrange future meetings with beneficiaries to hear about needs -Ensure interns go through basic Swahili lessons before placements



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-Moringa has potential to be incorporated into the probiotic yoghurt and yoghurt members are open to this idea

-Important to learn more about the needs of the beneficiaries and local community