

Nourished by Love, Strengthened by Self-Help

When 24-year-old Ernestina gave birth to her daughter, Luciana, in 2023, she welcomed her with hope and determination.

Luciana was born a healthy weight, but as she approached her second birthday, her growth faltered. She was diagnosed with Severe Acute Malnutrition (SAM), a life-threatening condition that affects millions of children worldwide.



For Ernestina, the fear was overwhelming.

Through Self-Help International's nutrition program in the Vingving community in Ghana's Upper West Region, Luciana was enrolled in a structured recovery plan at 1 year and 11 months old.

Every two weeks, Ernestina received two 800g (1.76 lbs) packs of Tombrown, a fortified nutrient-dense food supplement, and 15 fresh eggs to strengthen her daughter's diet.

The Self-Help International team also delivered hands-on nutrition education and demonstrated how to prepare affordable, nutrient-rich meals using locally available foods.

Ernestina quickly applied what she learned. She now prepares nourishing Tombrown porridge and aprapransa (a local dish) fortified with added nutrients to fuel her daughter's recovery.

By November 2025, the results were clear: Luciana was on the road to recovery.