



“Eating Healthily” – Health Project Egypt, Cairo

The aim of the project is to improve the living conditions of ten women in the Beaulac district of Cairo, through an income-generating activity. The women prepare healthy dishes full of fruit and vegetables for 1000 pupils and 50 teachers at the “Collège Saint Vincent de Paul” secondary school. These dishes allow pupils and teachers to eat in a healthier way, and the profits generated give the women beneficiaries an income to support their families.

Context

The Daughters of Charity of the Saint Vincent de Paul school provide a spiritual and social service to the women of a parish in Beaulac, one of Cairo’s disadvantaged districts. Some of the women live in extreme poverty due to difficult circumstances: an unemployed husband, a large family, widows with young children, etc.

The members of the AIC Cairo group, most of whom are secondary school teachers, have set up the mini project “Eating Healthily” in order to provide these women with an income. The aim is to prepare healthy meals: mini-pizzas, fruit salads, Greek salads, etc., which are then sold to students. The women prepare vegetables (clean them, peel them, cut them into pieces, etc.) and sell them to the teaching staff of the school.



Project activities

- Teaching the women to prepare certain dishes that can be sold in the school canteen, while respecting hygiene rules
- Preparing these meals twice a week
- Producing sanitary packaging
- Selling the products to students
- Sharing profits fairly among the women

Local partners

- The Daughters of Charity
- Some employees of the Collège Saint Vincent de Paul secondary school



Key figures

- 10 women
- 1000 students
- 300-500 meals a day
- 50 teachers
- 30-40 kg of vegetables prepared each week

Impacts

- Women learn the value of work and become independent. They earn an income that helps them provide for their children and family
- Students eat healthier meals: fruit, vegetables, cheese, among others, instead of chips, chocolate, etc.
- The prepped vegetables are helpful for teachers, as they are easy to cook when getting home at the end of the day