

Fighting HIV with food gardens ... : healthy food will help people living with HIV to keep strong and help fight sickness / Khomanani.

Contributors

Khomanani Campaign (South Africa)

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Fighting HIV with food gardens

Everyone needs fresh food. Work together to grow food gardens in your home, community, clinic or church garden. You could also start your own feeding scheme.

How to make a food garden

- 1** Dig a planting bed knee-deep.



- 2** Half-fill with a mix of vegetable peelings, paper and tins.



- 3** Wet this rubbish and cover with soil.



- 4** Plant vegetable seeds in rows – 20 cm apart. For example: spinach, carrots, cabbage, beans, tomatoes. Change the kind of food you grow every year.



- 5** Cover with dry grass or leaves. This will help to stop the weeds.



- 6** Water your food garden regularly.
The soil must always be slightly wet.



Water plants with used water from home.
Collect rain water in a large container or drum.

Healthy food will help people living with HIV to keep strong and help fight sickness.



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Khomanani
Caring together



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