



Komunidade Nia Asaun Hamenus Malnutrisaun Inan no Oan (KAMAAN) Project

About CARE

CARE is an international development and humanitarian organisation that has been working in Timor-Leste since 1994. With programmes that extend across all parts of the country, CARE works with partners to save lives, defeat poverty, and achieve social justice.

CARE works with remote, rural communities and civil society partners to combat gender inequality, as this has been shown to be one of the most effective ways to create sustainable development outcomes.

Ensuring well-being and a voice for women and girls in rural, disadvantaged areas is at the heart of CARE's work. This is achieved in four priority areas of Education, Women's Economic Empowerment, Health, and promoting Women's Voice in society through development and humanitarian programmes.

A nutrition and food security project, funded by the European Union, improving the nutrition status of women, children and adolescents today, for a stronger futures tomorrow.

About the project

The KAMAAN project aims to reduce malnutrition and improve food security, by focusing on sustainable agricultural practices, improving local governance and enhancing nutritional outcomes.

Key target groups for the project include women of reproductive age, children under five, adolescents, and persons with disabilities who are severely impacted by high rates of stunting, in the Atsabe Administrative Post in Ermera Municipality.

Operating from August 2025 – July 2028, the project is implemented through a consortium led by CARE, together with local Civil Society Organisations Movimentu Feto Foinsae (MOFFE), Mane Ho Vizaun Foun and Ra'es Hadomi Timor Oan (RHTO).

This project aims to address critical indicators of child malnutrition and food insecurity through a comprehensive, multi-sectoral approach that targets both immediate and underlying causes of malnutrition. By promoting culturally sensitive education on optimal feeding practices, including breastfeeding and complementary feeding, the KAMAAN Project is set to improve child nutrition and tackle stunting with locally tailored nutrition programs.

Key project activities

This Project comprises a series of targeted activities designed to address critical nutrition, health, and economic needs among the affected communities. Key activities include:

- Conducting the “First 1,000 Days” Program to promote exclusive breastfeeding and young child feeding
- Engaging community and traditional leaders as nutrition behaviour change champions
- Facilitating community dialogues on nutrition and gender-based violence, using CARE’s Social Analysis and Action (SAA) tool
- Hosting *Café Lokraik* (talks over coffee) sessions to encourage peer learning and motivation around breastfeeding and nutrition
- Disseminating health and nutrition messages in social and religious gatherings
- Producing multimedia campaign outreach to affected communities
- Organising night-time social events for community dialogues, using video and discussion formats to engage community members
- Conducting cooking demonstrations and contests, promoting local, nutritious meals, including sessions to challenge gender norms through interactive demonstrations and contests.

Another key component of the project includes ensuring the availability of high-nutritional-value foods through women's economic empowerment and sustainable food production. Key activities include:

- Establishing 24 women-led Village Savings and Loans Associations (VSLA) to strengthen financial literacy, inclusion, and decision-making power
- Provide training and resources to women-led groups to support sustainable, market-oriented food production
- Promote kitchen gardens using climate-smart agricultural practices
- Link women-led food production groups to local buyers.

KEY PROJECT INFORMATION



BUDGET

€700,000



DONOR

The European Union



GOVERNMENT PARTNERS

Ministry of Health and Ministry of Agriculture, Agroforestry, Fisheries and Livestock



Improved nutrition and health for women, children, and adolescents



Enhanced economic empowerment and food security for women



Strengthened the capacity of local partners