



Healthy living at Ubuntu Learning Centre

A case for reconnecting with nature, culture and integrating nutrition into our lives.

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WHY THIS WORK?

My life story in brief





- Traditional African philosophy
- A way of building social capital
- It defines what it means to be in community
- I am because we are
- I am only human in conjunction with others
- Eroded by colonialism, neo colonialism and globalisation

Ubuntu



- Colonial and neo colonial destruction of traditional food system
- Corporate capture of the food system
- Simplification of the agricultural system
- Treating symptoms and not addressing the root causes

Background

- Deforestation and degradation of the land
- Siltation of river systems
- Chemical poisoning of the soil
- Introduction and promotion of foreign crops – e.g. maize and cash crops
- Introduction and promotion of mechanical tillage
- Introduction and promotion of monocropping

Background continued



Maize is now the staple food and its eaten in refined form

- One in three children under five stunted

- Lifestyles diseases now the main cause of mortality

IMPACTS ON THE COMMUNITIES

HOW CAN WE TURN THIS AROUND AND RE-CREATE ABUNDANCE?



Its all about mindsets

We need to revive earth-centred world views by reconnecting the people to their culture, history and the nature around them.



Ubuntu Learning Centre – a space for life
changing experiences

- Mother nature: nurture it and let it nurture us
- Nurture diversity and celebrate diversity
- Integrate, coexist with other life forms, think win win, work for synergies & interdependency
- Long term ecological sustainability the guiding principle

Our intervention: Grounding

Living the experience

Participants live with us and learn together growing organic food, preparing healthy meals and living in community



Good food, healthy food is

- ❖ **Organic or produced 100% naturally**
- ❖ **Traditional**
- ❖ **Wholesome /not refined**
- ❖ **Local – you know what is in it**
- **Diverse – a wide variety of foods**



Pillars of healthy food

- ✓ *Eat what your great, great granny used to eat*
- ✓ *Eat breakfast like a King, lunch like a labourer and dinner like a person with little food*
- ✓ *Eat lots of fruits, vegetables, nuts, seeds and stay hydrated*
- ✓ *Eat some of your food raw making sure it is properly washed*
- ✓ *Eat for nourishment and not to feel full*
- ✓ *Eat small portions more often rather than one or two heavy meals in a day*
- *Eat what is in season*



Our nutrition messaging

**Spiritual
wellness**

**Emotional
wellness**

**Social
wellness**

Mental
wellness

***Holistic
Wellness
-
Healthy
Living
wheel***

Political
wellness

Nutritional
wellness

Physical
wellness

Economic
wellness



Grow
some of
your
own,
cook and
eat your
own food

A variety of foods some of them eaten
raw



We participate in food and seed fairs



Thank you

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