



Sack Gardens

The Laudara Foundation is working on one of the most pressing health challenges facing Ndegeya and its surrounding villages: beating malnutrition.

Currently, Child stunting rates above 25%

People do not have land to grow greens and have to spend money to buy food.

Daily labour wages forces people to make unhealthy choices to feed their children.

Elderly often have to look after their grandchildren as parents have left to the city to find work. They often have health issues and can not provide enough food.

Laudara Foundation

We believe that strong, thriving communities are built on the pillars of health, education, and income.

Our mission is to support projects that weave these three elements together, creating a foundation for lasting, holistic growth. We work hand-in-hand with local leaders and community members to ensure each initiative is tailored to their unique needs, building a sense of ownership and long-term sustainability.

Laudara is driven by the belief that everyone deserves the opportunity to reach their full potential.



Community-Powered Sack Gardens for a Health Change



Sack Gardening Impact

Fundraising Goal

€5,000



Healthier families

- Iron/vitamin-rich greens fight stunting and boost immunity for all ages
- 50% daily veggie needs from doorstep harvests
- Complements posho diets with essential micronutrients.



Economic Empowerment

- Income from market sales
- Variety of food by bartering different food
- Reinvest earnings for sustainability



Community Benefits

- Peer learning spreads via cooperation
- Young can help Older with maintenance
- Interaction through bartering and little markets

Sack Gardens

are simple vertical gardens made from large recycled sacks filled with soil. Holes are cut along the sides and plants like kale and nakati grow out from all directions.

A central gravel column spreads water evenly when poured from the top. They fit anywhere—doorsteps, slums, tiny yards—and produce 2kg+ of fresh greens monthly.

Join us in making this transformative community project a reality.



info@laudara.org
laudarafoundation
laudara-foundation
www.laudara.org

