

ABOUT HEALTHY FOODS FOR HEALTHY AGING

Gerald Nkusi (<https://www.adventure-afrika.com>) is a longtime friend of the Kisoro Elders Project. Besides being a travel ecopreneur with Adventure Afrika and founding the Home of Kigezi Museum of Living Culture and Natural History, he is the founder of the Food Forest Africa movement. Food Forest Africa is revolutionizing the use of small unused spaces to plant food and thereby combat food insecurity, malnutrition, and the degradation of natural resources. He has become an international leader in the Global Landscape Forum.

In 2024, the Kisoro Elders Project combined forces with Gerald to launch Healthy Foods for Healthy Aging. Gerald and 40 VHWs planted 2 demonstration gardens in the two sub-counties where VHWs live and work in their villages. The goal is to have VHWs teach older adults in their villages, along with younger family members, to plant small family garden plots that will improve their intake of healthy vegetables while improving the soil and helping to capture carbon from the environment. A win-win for our older adults and the planet!