2012

**APYN Brochure 2012**

African Probiotic Yoghurt Network (APYN)

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Background

We became a registered NGO in May 2012 as a result of a collaboration between Western Heads East (Canada), Kivulini/Mikono Yetu and the National Institute of Medical Research (NIMR) in an effort to create an extended probiotic yogourt community health network.

Our Vision

Improve community health for people living with HIV/AIDS and enhance economic empowerment of women and youth.

Our Mission

To improve community health, especially for people living with HIV/AIDS and to economically empower women and youth by supporting the establishment, development, and continuation of small-scale probiotic yoghurt community health micro-enterprises.

About Us

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For more information about the project or donation inquiries, please contact:

Better Health, Stronger Community
**Facts About Probiotic Yoghurt**

### What are Probiotics?
- “Live microorganisms which when administered in adequate amounts, confer a health benefit on the host”
- Form of “good” bacteria that are used to prevent and treat disease
- Probiotics have been proven to:
  - Increase immune response
  - Reduce gastrointestinal disorders
  - Slow the process of morbidity (sickness) and mortality (death) of people living with HIV/AIDS
  - Reduce urinary tract infections and Bacterial Vaginosis in women

### Why Yogurt?
- Easily ingestible and nutritionally dense—source of protein, fat, carbohydrates, calcium, magnesium, riboflavin, thymine and vitamins A, B6, B12, C, D and E
- Easily produced in Africa where a familiarity and history of fermented foods already exists
- Probiotic bacteria are added to the yoghurt to create an edible, digestible and tasty delivery medium

### What We do
- Support the establishment and sustainability of probiotic yoghurt community health projects (kitchens)
- Improve the community health of all populations, especially people living with HIV/AIDS, by supporting the production, distribution and sale of probiotic yoghurt
- Strengthen the capacity of small groups (mainly women and youth) in the area of business and entrepreneurship in order to increase their incomes
- Improve and maintain quality control of probiotic yoghurt production through the monitoring of APYN kitchens and processes
- Increase public awareness of the health benefits of probiotic yoghurt and its relationship to poverty reduction and development
- Bi-weekly feeding of probiotic yoghurt to malnourished children in rural communities
- Intern partnership with local and international universities for learning exchange experience