



**FOOD FOR HEALTH
IMPLEMENTATION PROGRAM, 2025**

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Message from Dr. Chhim Sarath, AHF Asia Bureau Chief

Food for Health Program in AHF Asia

On behalf of AHF Asia Bureau, I would like to express my sincere appreciation to all AHF country teams for their dedication to implementing the Food for Health (FFH) program in support of our clients. Your commitment has transformed this initiative into a powerful tool that promotes clients to stay on treatment adherence, improves food security, and strengthens livelihoods for people living with HIV and offers skill-building opportunities across the region.

Launched in Cambodia in 2019 through a pig farming project with a local NGO, the FFH program has since evolved and expanded. In 2020, AHF Cambodia established its own farm, focusing on fish farming, and inspired similar efforts in other countries. Vietnam scaled its initiative from a small pilot in 2020 to a full farm by 2023. Nepal launched its FFH project in 2024, followed by others adapting the model based on local needs. By 2025, most of the AHF country program in Asia is implementing FFH where we hope to see future growth.

The program addresses the link between nutrition and HIV care by providing food support to people living with HIV and their families. Many patients struggle with food insecurity, which weakens the immune system and makes it harder to tolerate or adhere to antiretroviral treatment. By supplying nutritious food packages and sometimes nutrition education, the project helps improve treatment outcomes, reduces vulnerability to opportunistic infections, and eases the financial burden on households. Beyond individual health, the initiative contributes to public health by strengthening adherence to HIV treatment, reducing the risk of transmission, and promoting community well-being in regions where poverty and malnutrition are closely tied to disease.

The program operates under two main models: direct farm management by AHF teams and community-led micro-projects supported through seed funding. Besides providing nutritious food, income-generating opportunities, and practical training in agriculture, the program also reinforces HIV education and care.

Your efforts have helped FFH become more than a food program, it is a holistic support system that empowers individuals and strengthens communities. Thank you for your continued leadership and innovation.

Dr. Chhim Sarath

AHF Asia Bureau Chief

1. Introduction:

The main objective of the **Food for Health (FFH)** program in Asia is to help clients stay on treatment while providing participants with opportunities to gain practical skills through AHF-supported activities. These skills support daily living and help participants earn an income. The program also addresses food insecurity by helping patients alleviate hunger.

The *FFH* program first launched in Cambodia in 2019 with a pig farming project managed in partnership with a local NGO. Building on the experience gained from this collaboration, and under the leadership of Dr. Chhim Sarath, AHF Asia Bureau Chief, AHF Cambodia established its own farm in 2020, focusing initially on fish farming as its main activity. The program was then scaled to other countries. It began as a small FFH initiative in Vietnam in 2020, which later developed into a full FFH farm by 2023. In 2024, Nepal also launched its own FFH initiative and followed by other countries in the region.

A dramatic turning point in the history of FFH program in Asia came with the launch of AHF's own farm in Cambodia in 2020. This move is a significant ***strategic shift from partnership-based support to direct AHF-led program***, demonstrating a strong commitment to support for people living with HIV (PLHIV) and its community beneficiaries.

Another significant evolution was the ***transition from a farm-based model to a family-based income generation approach***. Instead of relying solely on centralized farms, the program began providing in-kind seed funding such as baby goats, fish, and snails, directly to individual households. This shift empowered families to develop their own micro-enterprises, strengthening both household resilience and community-level sustainability.

By 2025, all AHF country programs in Asia are implementing the *FFH* program based on the specific needs of their beneficiaries.

2. The Asia Models

The FFH program in Asia is implementing two models. The first model involves the establishment of ***FFH farms managed directly by AHF country teams***, as seen in Cambodia and Vietnam. The second model provides ***seed funding from AHF country teams to beneficiaries or partners in the community***, enabling them to start small businesses such as animal husbandry, vegetable cultivation, and business skills training which is seen in many other countries in Asia. The products from both models are distributed free of charge to clients and the community.

This initiative supports access to healthy food for patients, promotes knowledge of food cultivation and HIV prevention and treatment, and helps empower patients by improving their confidence and treatment adherence. It also helps to support the branding of AHF as an institution that provides healthy food for patients and generates income that supports and sustains the program.

What makes this model unique is its integrated approach that addresses both health and socio-economic challenges faced by people living with HIV and vulnerable groups in the community. Through the FFH program, HIV treatment adherence support is paired with food security initiatives and income-generating opportunities. FFH adopts both an **emergency and long-term strategy**, offering immediate food assistance to the most vulnerable while also investing in sustainable agricultural training that fosters long-term self-sufficiency for families.

Additionally, **community-based knowledge sharing** is central to the model, with AHF farms serving as hands-on learning centers where clients and residents gain practical agricultural skills alongside HIV education. To ensure sustainability and community ownership, the program also includes an **in-kind seed funding mechanism**, encouraging supported families to pass on starter resources, such as baby goats, fish, or snails, to new beneficiaries, creating a ripple effect of empowerment and replication across communities.

3. The main strategies of this Food for Health program

3.1: Emergency Response

During emergencies, the food products generated by our AHF farms and managed by AHF staff in Cambodia and Vietnam, serve as both *direct support and a role model for clients and communities*. All food products from the farms, such as fish and duck eggs, are distributed to underserved clients and vulnerable community members. Additionally, the AHF farms function as *learning centers where community members* can gain practical knowledge about raising fish, poultry, or snails, especially during the harvesting season. Alongside agricultural training, participants also receive HIV/AIDS health education during their time at the farm.

This model is adapted to each country based on local needs, community demands, and geographical conditions. For example, some countries focus on raising fish, cows, pigs, goats or poultry husbandry, while others grow mushrooms and various vegetables to diversify and strengthen their farm-based support systems.

3.2: Long Term Response

In the long run, we aim to *train poor families and beneficiaries in agricultural techniques*. With some *seed funding provided*, they will be empowered to *replicate the model* within their own communities and households. For instance, through this initiative, we plan to distribute in-kind seed funding such as baby cows, baby goats, snails, or baby fish, from families supported under our FFH project to other families in need. This will help improve their daily livelihoods and support agricultural activities. We also provide technical training to beneficiaries and community members to ensure they can successfully raise and manage these resources. For instance, in 2024–2025, we extended our support to:

- 41 families in Cambodia received snails for raising at their homes, eight families received fingerling fish for raising at their homes, four families received Poultry babies for raising at their home and eight families received Fingerling Fish for raising at home.
- 22 families each received a calf, 42 families received a total of 60 breeding pigs in Vietnam.
- In Nepal, 4 families were supported with goats, chickens, and vegetable farming.
- In Laos, 11 PLHIVs families received orientation on fish feeding and 17 PLHIVs families on mushroom cultivation.

4. The uniqueness of the models

- **Integrated Health and Livelihood Support:** FFH combines HIV treatment adherence support with food security and income-generating opportunities, addressing both the health and socio-economic needs of clients in a single program.
- **Emergency and Long-Term Strategy:** FFH provides immediate food assistance to most in-needed clients immediately and invests in long-term agricultural training and self-sufficiency for families.
- **Community-Based Knowledge Sharing:** AHF farms serve as learning centers where clients and community members receive hands-on training in agriculture alongside HIV education, promoting sustainable skills and health awareness.
- **In-Kind Seed Funding for Replication:** The program promotes a cycle of giving by distributing livestock or starter resources (e.g., baby goats, fish, snails) from supported families to new beneficiaries, empowering communities to expand the impact independently.

5. Summary Outcomes and Benefits of Program in Asia: January - December 2025

- **Cambodia:** 1,576 kg of dried fish produced in 2025, with 1,531 kg distributed to PLHIV at ART sites, communities, and orphan centers. In addition, 159 community members were trained in catfish raising, livelihoods skills, and preventive health. More than 1635 beneficiaries received fish distribution from AHF Cambodia farm.
- **China (Tianjin):** 3 patient families, 5 volunteers, and medical workers trained in organic vegetable production. The project generated RMB 18,000 in 2025, supplies vegetables to 3 patient families, created jobs for 3 families, and reached over 1,500 people through sales and donations.
- **Indonesia:** From January to December 2025, the office distributed a total of 3,000 kg of rice, 3,533 eggs, 1,899 packs of biscuits, 3,078 boxes of milk, 701 litres of cooking oil, 279 bottles of honey, 558 kg of sugar, 155 kg of mung beans, and 573 packs of noodles, reaching 1,665 clients across partner health facilities in multiple provinces in Indonesia.

- **Laos:** For mushrooms project, 253 kg of mushrooms produced, with 165 kg distributed to PLHIV and 88 kg sold to support a revolving fund. The dried fish farm delivered 4,315 packs (1,470 kg), reaching about 1,970 PLHIV clients. For Fish Farm Project: 11 PLHIV families trained on fish farming, with 2 families able to continue production.
- **Myanmar:** 1,800 rice bags (6 kg each) and 60 nutrition packs delivered to PLHIV girls through the Girls Act program. The Rice Bags supporting program is serving 280 households per month in poor clients both Yangon and Bago Regions from partner sites and 6 PLHIV girls per month for CWCD (Twantae) from Myanmar Girls Act Program.
- **Nepal:** Poultry farm earned USD 1,725 and goat farm generated USD 884, now maintaining 33 goats. Additional income came from vegetable farming and pharmacy studies, strengthening household livelihoods.
- **Philippines:** Livelihood projects in Cebu City Jail and GABAY provided regular meals, psychosocial support, and improved nutrition for pediatric HIV clients and their mothers.
- **Thailand:** 1,859.60 kg of mushrooms were harvested, with 756.80 kg distributed free to 2,510 people, 367.50 kg sold to support the FFH fund, and 735.30 kg given to a participating farmer. Free distributions reached 732 ARV clinic patients, 1,490 hospital inpatients, and 288 vulnerable community members, including elderly, low-income, and disabled individuals, in both fresh and cooked forms.
- **Vietnam:** The farm received 2 baby cows, 6 breeding pigs, 200 reproductive ducks, and produced 20 piglets. Collecting 1.5 tons of dry cassava and 700 kg of fish for animal feed. By the end of December, 50,120 duck eggs were distributed to 5,250 poor patients across 13 provinces and to the National Institute of Hematology and Blood Transfusion in Hanoi, while 10 piglets were given to vulnerable households in northern Vietnam.

6. Food for Health Program Implementation by Country in Asia in 2025

CAMBODIA

The Food for Health (FFH) program in Cambodia, operated by AHF Cambodia with support from PLHIV at ART sites and partners, focuses on improving food security and supporting treatment adherence for people living with HIV. In 2025, the program focuses on fish farming, particularly catfish, which is harvested twice a year, processed into dried and salted fish, and distributed free of charge to PLHIV households and vulnerable families. Additional activities include poultry raising, vegetable and fruit plantation, and snail farming in Kandal and Svay Rieng Province. The program also provides community training in farming techniques and health education, using natural fish feed to promote sustainability. Involving clients, AHF staff, Girls Act members, and affiliate IMPULSE, FFH functions as a community-driven initiative to enhance nutrition, livelihoods, and overall well-being.

Key Activities

The Cambodia project produces three main products including fishing raising, Chicken raising and snail raising. Additionally, fruits, and other vegetable types also grow along in farm areas such as coconut, papaya, and jack fruits.

- Ongoing/ cycle for Raising: Catfish raising- two times per year.
- Community beneficiary training with skills for raising catfish, vegetables gardening training and other health related knowledge
- Produce natural food for fish raising. The fish is salted and dried, which is considered a delicacy, then given to clients free of charge.
- Package dried fish to donate to target group/beneficiaries PLHIV households and poor families in community.
- Clients and representatives from AHF, affiliate IMPULSE, and Girls Act members all participate, making FFH a truly community-based initiative.

Key Outcomes: January – December 2025

- 1,576 kg of dried fish the country harvest annually in 2025
- 1,531 kg distributed to PLHIV at ART sites and those in community and OVC centers.
- 159 community beneficiaries trained on raising catfish/other skills and other preventive health knowledge updates.
- 41 families received snails for raising at their homes, eight families received fingerling fish for raising at their homes, four families received Poultry babies for raising at their home and eight families received Fingerling Fish for raising at home.
- Egg chicken farm is ongoing the process starting in Nov 2025. Initially, about a 100 chicken are planned to place in the farm for egg production.





Model of implementation: Raising Catfish



Harvesting and food processing with support from community and clients, Cambodia

CHINA

There are two Food for Health Program in China. One in Changsha Renyi Red Ribbon Health Promotion Center in Hunan and another one in Tianjin, implemented at the Red Ribbon Home of Love.

For Changsha Renyi Red Ribbon Health Promotion Center in Hunan, China

Project implemented the *Food for Health* initiative through a Public Welfare Handicraft Workshop and Charitable WeChat E-Store. The project aimed to empower people living with HIV/AIDS (PLWHA) by improving their livelihoods and addressing food insecurity through income-generating activities.

In 2025, Food for Health in Hunan carried out a series of practical activities and achieved significant results. This initiative effectively combined health support with economic empowerment, contributing to the broader goals of the Food for Health program in Asia. The project in Hunan aimed to enhance the handicraft production and e-commerce operational skills of vulnerable PLWHA, improve their economic capacity to access healthy food, thereby promoting immune function recovery and treatment adherence. Key initiatives in 2025 included:

- **Recruitment and Training:** Through offline clinics/wards and online platforms such as WeChat official accounts, a total of 32 volunteers were recruited to participate in the project.
- **Skill Training Workshops:** Three hybrid (online and offline) handicraft skill training sessions were conducted to systematically improve participants' practical and innovative abilities.
- **Charitable E-Store Development and Operation:** A professional team was commissioned to develop and maintain the WeChat e-store platform, with interface enhancements and functional upgrades completed.
- **Offline Exhibitions and Promotions:** Four thematic sales exhibitions were organized throughout the year, complemented by handicraft teaching and product promotion activities during major festivals.
- **Operational Management and Support System:** A monthly budgeting and logistics mechanism was established to ensure stable material supply. A dedicated team and volunteers were engaged for daily operations and coordination.

Key Activities

- Equip 10 patients and their families, along with a number of volunteers and health workers, with the knowledge and skills to cultivate healthy organic vegetables through training.
- Empower at least 3 patients and their families with the land and essential production materials to nurture their own healthy organic vegetables.
- Meet the ongoing needs of at least 3 patients and their families for healthy organic vegetables.
- Generate employment opportunities for at least 3 patients and their families.

- Provide access to healthy vegetables for at least 1,000 person-times through purchase or donation, with an estimated value of $1,000 \times 200 = 200,000$ RMB (approximately 28,000\$).
- Empower at least 3 patients and their families to achieve economic independence by selling healthy organic vegetables, generating income to cover their daily living expenses and treatment costs.

Key Outcomes: January – December 2025

1. Training and Activities

- Handicraft teaching sessions were organized in hospital wards during festivals such as the Lantern Festival and Mid-Autumn Festival, boosting volunteers' sense of accomplishment and enhancing participants' physical and emotional well-being.
- On December 5, a live-streaming training session on "Twisted Yarn Flower Making" was conducted via Douyin, attracting 445 views and active interaction, which increased project visibility.
- On September 2, the project team participated in the "Integration of Culture and Technology" themed exchange meeting organized by the Changsha Cultural and Creative Products Association, gaining inspiration for integrating intangible cultural heritage handicrafts with technology.

2. Sales and Financial Overview

- Four offline sales exhibitions were held throughout the year, generating approximately 8,000 RMB in revenue.
- Cumulative revenue from the online e-store and offline channels exceeded 12,800 RMB.
- Over 9,000 RMB was paid to handicraft volunteers as service fees, and 6,000 RMB was spent on e-store operational labor costs.

3. Care and Support Initiatives

- During the Mid-Autumn Festival, over 100 hospitalized patients and their families were visited, with living supplies worth approximately 3,000 RMB distributed.
- Nearly 400 RMB worth of living supplies were provided to two economically disadvantaged hospitalized patients.

4. Project Impact and Significance

Food for Health not only provided PLWHA with a sustainable source of income but also enhanced their psychological support and social belonging through handicraft creation, skill training, and group activities. The project gradually established a virtuous cycle of "public welfare sales, income feedback, sustainable empowerment," achieving comprehensive outcomes in economic assistance, emotional connection, and capacity building.

5. Future Outlook

In 2026, the project will continue to optimize e-store operations and the product system, expand promotional channels on new media platforms such as Xiaohongshu, and has recruited media-

specialized volunteers to assist with content creation and promotion. We look forward to supporting more PLWHA in achieving self-reliance and mutual aid, fostering a healthier life through diverse collaborations and innovations.

6. Conclusion

We extend our sincere gratitude to all volunteers, partners, and supporting organizations for their collective efforts. We remain committed to exploring innovative approaches that integrate public welfare with livelihood improvement, creating a warmer and more hopeful future for people living with HIV/AIDS.



For the Food for Health program in Tianjin, China

The project implemented at the Red Ribbon Home of Love, aims to improve nutrition and economic stability for people living with HIV through organic farming. The project trains 10 patients, their families, and volunteers in cultivating healthy organic vegetables. It supports at least three patient families by providing land and essential materials to grow their own produce, helping them meet their nutritional needs and generate income. The initiative also creates employment opportunities and enables these families to achieve economic independence by selling vegetables to cover daily living and treatment costs. Additionally, the program benefits the wider community by providing access to organic vegetables to over 1,000 people through donations or sales.

Key Activities

- Equip 10 patients and their families, along with a number of volunteers and health workers, with the knowledge and skills to cultivate healthy organic vegetables through training.

- Empower at least 3 patients and their families with the land and essential production materials to nurture their own healthy organic vegetables.
- Meet the ongoing needs of at least 3 patients and their families for healthy organic vegetables.
- Generate employment opportunities for at least 3 patients and their families.
- Provide access to healthy vegetables for at least 1,000 person-times through purchase or donation, with an estimated value of $1,000 \times 200 = 200,000$ RMB (approx. of 28,000 USD).
- Empower at least 3 patients and their families to achieve economic independence by selling healthy organic vegetables, generating income to cover their daily living expenses and treatment costs.

Key Outcomes: January – December 2025

- Trained 3 patient families and 5 volunteers and medical workers in organic vegetable production.
- Provided basic farming materials to 1 patient family and engaged 1 professional agricultural technician to support planting and cultivation.
- Planted and harvested multiple crops with the following outputs:

○ Eggplants: 200 kg	○ Chives: 200 kg
○ Tomatoes: 220 kg	○ Loofah: 200 kg
○ Cucumbers: 180 kg	○ Potatoes: 500 kg
○ Scallions: 200 kg	○ Cabbage: 500 kg
○ Shawo radish: 200 kg	

- Trial planting of sand fruit as a new economic crop yielded about 100 kg in the first year, generating approximately 500 RMB in profit.
- Mugwort leaves harvested in the first half of the year were used as raw materials to produce mugwort bags for college student activities.
- Overwintering crops such as Shawo radish and cabbage have been planted and are currently being harvested successively.
- As of December, the total project revenue has reached 18,000 RMB in 2025.
- Ongoing production meets the regular demand for healthy organic vegetables for 3 patient families.
- Created employment opportunities for 3 patient families.
- Through sales and donations, healthy organic vegetables are provided to more than 1,500 people.



**China: Food for Health:
Healthy Organic Vegetable
Cultivation: The Joy of
Harvest, Vegetables Convey
Love**



INDONESIA

In 2025, AHF Indonesia has been providing nutritional support to people living with HIV through its partner healthcare facilities. This initiative focuses on vulnerable clients—including adults, the elderly, children, and pregnant women—who experience financial hardship and require additional assistance to maintain their health. The support is designed to strengthen clients' immune systems and enhance the effectiveness of antiretroviral (ARV) treatment.

Key Activities

- More than just food assistance and distribution to its clients by AHF Indonesia, the program plays a vital role in **supporting treatment adherence**. Many clients reported higher energy levels, better motivation, and improved consistency in taking their medication. Health staff also observed **increased treatment retention** and stronger engagement during follow-ups, clear signs that good nutrition strengthens not only the body but also the will to stay healthy.
- This initiative is part of AHF's broader commitment to delivering comprehensive, client-centred HIV care, while addressing social and economic barriers such as food insecurity that may hinder treatment adherence and health outcomes.

Key Outcomes: January – December 2025

- From **January and June 2025**: AHF distributed a total of 1,190 kg of rice, 1,433 eggs, 1,029 packs of biscuits, 1,470 boxes of milk, 221 litres of cooking oil, 63 bottles of honey, 108 kg of sugar, 60 kg of mung beans, and 123 packs of noodles.

- This support reached 423 clients across 7 partner health facilities in Bali, Makassar, and East Java, and was distributed directly to clients during their visits for HIV testing, treatment, or consultation.
- From **July - December 2025**: AHF Indonesia, together with **14 partner health facilities**, continued its commitment to improving the well-being of clients living with HIV through the Food for Health Program. The initiative provides nutritional support for clients who are economically vulnerable and at risk of malnutrition, including children and pregnant women living with HIV.
- Food distributions took place during **clinic appointments** and **home visits**, ensuring that every package reached clients directly and consistently. In total, **1242 clients** across **Jakarta, North Sumatra, Central Java, East Java, South Sulawesi and Bali** received monthly nutrition packages containing a mix of staple and supplemental food items designed to maintain their health, energy, and quality of life. Additionally, special distributions were carried out for HIV-affected clients impacted by the recent flooding in the Bali & Medan area, ensuring continued access to essential nutrition support during emergency conditions.
- During this period, the program distributed 1,810 kg of rice, 870 packs of biscuits, 1,608 boxes of milk, 2,100 eggs, 480 liters of cooking oil, 216 bottles of honey, 450 kg of sugar, 95 kg of mung beans, 450 boxes of noodles, 85 bottles of syrup, 135 boxes of cereal, and 45 boxes of tea.



INDIA

No program implemented in 2025.

LAOS

The Food for Health (FFH) Program in Laos is implementing by the Association of People Living with HIV (APL+) and Supchaleun Catfish Farm, ***the Mushroom Farming Initiative*** focused on improving infrastructure by renovating the Mushroom Farming Learning Center to enhance production quality and training efficiency. As a result, 30 participants were trained in mushroom cultivation, a water system was installed, and 1,000 mushroom spawns (400 kg) were introduced into the greenhouse. To address food insecurity, the program distributed 200 kg of food to 50 households in Vientiane Capital using products grown through the project. Furthermore, five households received 500 mushroom spawns (100 per household) and training to promote mushroom cultivation as a viable profession. Follow-up support was provided to these households to ensure continued success.

In parallel, ***Supchaleun Catfish Farm*** led the catfish farming component by constructing five large fish tanks (each 4.5 meters in diameter and 0.8 meters high), each housing 2,000 baby fish. Additionally, ten smaller tanks (2x2 meters, 0.8 meters high) were built for ten selected families, each stocked with 1,000 baby fish. These families were trained in catfish farming and received technical support, including fish feed, throughout the production cycle. As part of its nutritional support efforts, the program distributed 100 kg of dried fish to PLHIV at ART sites. To enhance visibility and identity, a logo for farm products was also created. Together, these efforts contribute to improved nutrition, skill development, and sustainable income generation for PLHIV and their families in Laos.

Key Activities for Mushroom Farm

- Mushroom Farming Learning Center: Improve infrastructure to meet standards and renovate mushroom farming facilities to enhance learning efficiency and production quality. Indicator: 30 participants trained in mushroom cultivation; Water system improved: installation of pipes, storage tanks, and sprinklers; 1,000 mushroom spawns (400 kg) introduced into the greenhouse.
- Support for the Promotion of Nutrition: Indicators: A total of 50 households in Vientiane Capital received support from the products produced by the factory; 200 kg of food was distributed to the target group; The distribution took place in Vientiane Capital.
- Promotion of the profession of mushroom cultivation: Indicators: A total of 5 households received a supply of mushroom spawn; 500 pieces of spawn were distributed, with 100 pieces per household.
- Follow up and provide support for the profession. Indicators: A total of 5 households received knowledge in the profession of mushroom cultivation

Key Outcomes: January – December 2025

- In October 2024, the association provided training for 17 PLHIVs and 5 of them decided to grow while others do not have space for setting up mushroom houses. PLHIVs who started mushroom growing could have its products, and some were for family food, and some sold for small income.
- In early 2025, there are three PLHIVs' family got support from APLplus association for mushroom growing from December 2024. These three families harvested product since December 2024 up to April 2025 with about 77 kg, about 52 kg was families' food, and about 20 kg was sold and got income 715,000 LAK.
- APL Plus, grows mushrooms with 1,000 mushroom spawn during second session from June to September and gained 253 kg. 165 kgs were distributed to clients during PLHIVs' home visits and while some clients visit CSO office as well as distribute to peers at HFs and CSO staff themselves. For 88 kg were sold for income generation using for revolving fund to contribute the AHF support to regrow in next season. Next season, APL Plus plans to provide 100 mushroom spawns for each 5 clients for growing, and APL Plus also plans to grow with 1,500 spawns in January 2026.



Key Activities for Supchaleun Catfish Farm

- Construction of new 05 fish tank: Design and build a dedicated structure for fish tank in the farm. Indicators: Completed 05 tanks of catfish, Diameter: 4.5 m, high 0.8m. 1 tank contains 2,000 baby fish
- Construction of 10 new fish tanks (2mx2m, high 0.8m metal and cement-based tank): Design and build a dedicated structure for fish tank. Indicators: Completed 10 tanks of catfish Diameter: 2mx2m, high 0.8m. 1 tank contains 1,000 baby fish for each affected families who will identified by AHF Laos with a total of 10 families to participate in the training and fish raising. The Supchaleun farm will provide technical support to build these tanks for the 10 identified families and supply the baby fish with 1000 baby fish per tank to each family and supply the food for baby fish to these families till harvest time.
- Community engagement: Providing access to nutritious food options and supplements can help improve their overall health and well-being. Indicators: Providing dried fish product to people living with HIV (PLHIV) is a crucial aspect of comprehensive care and support from Supchaleun Farm. 100 kg of dried fish will be distributed to patients at ART sites. 10 affected families will be trained on fish raising.
- Produce farm product Logo.

Key Outcomes: January – December 2025

- Constructed 10 fish tanks on the farm, each 5 meters in diameter, currently stocking around 5,000 baby fish.
- Established a mushroom cultivation area with over 35,000 mushroom spawns, producing approximately 100 to 150 kg of mushrooms per cycle.
- Set up a learning center to provide agricultural training for community members, including people living with HIV (PLHIV), to support skills development and sustainable livelihoods.
- As part of the agreement, the farm provides both dried fish and agricultural vocational training to interested PLHIV.
- Training aims to build practical farming skills for PLHIV to support food security, income generation, and self-sufficiency. The training program starts in November 2025, depending on the readiness of selected PLHIV participants. After training, 2 families confirmed to raise fish. The remaining 8 families were unable to continue due to limited space and time and will be replaced by AHF Laos.
- 11 PLHIVs received orientation on fish feeding; however, implementation is limited as technical assessments of farm space and water supply are pending, and participant readiness as well as labor availability remain constraints.

- The first batch of dried fish was delivered to AHF Laos in late June and distributed to ART sites in Vientiane, Champasak, and Luang Prabang. Monthly deliveries have continued to these ART sites.
- To date, the farm has delivered 4,315 packs (1,470 kg) of dried fish, reaching approximately 1,970 PLHIV clients through hospitals, and peer-led home visits distribution.



LAOS:

Food for Health: Nutritional support to PLHIV through raising Catfish.
As part of its nutritional support efforts, the program distributed 100 kg of dried fish to PLHIV at ART sites.

MYANMAR

The Food for Health program in Myanmar, focuses on improving the nutritional status and overall well-being of poor clients receiving ART in Yangon and Bago regions. The program operates through partner hospitals and ART sites in locations including Insein, Kyimyindine, Latha, Thanlyin, Bago, and Mingalardon Specialist Hospital. Its key activities involve the monthly distribution of nutritious food packs, specifically 6 kg rice bags, to vulnerable households, especially those with children under five, pregnant or lactating women, and elderly members. Community volunteers and health workers conduct regular home visits to monitor beneficiaries' health and food utilization, while emergency food aid is provided in cases of health crises or natural disasters.

Currently, the program serves around 280 households monthly and has distributed over 1,120 rice bags as of June 2025. Beneficiary and partner feedback has been very positive. Beyond its humanitarian goals, the program aims to improve health outcomes by reducing malnutrition-related illnesses, which can decrease healthcare costs, and to leverage these results to attract further donor support. Impact is measured through health indicators such as BMI, anemia rates, and child growth, as well as reductions in loss to follow-up visits related to malnutrition.

The program primarily targets:

- Poor client (especially those with children under 5, pregnant/lactating mothers, and elderly members)
- Currently, the Rice Bags supporting program is serving 280 households per month in poor clients both Yangon and Bago Regions from partner sites and 6 PLHIV girls per month to support the nutrition packs for CWCD (Twantae) from Myanmar Girls Act Program.

Return on Investment (ROI) Plan

- While the primary goal is humanitarian, the program also aims to generate long-term social and economic value:
- Improved Health Outcomes: Reduction in malnutrition-related illnesses reduces healthcare costs.
- Partnerships & Funding Leverage: Results from the program are used to attract further donors.

Key Activities

- Monthly Food Distribution: Distributing nutritious food packs (rice) and nutrition packs to selected low-income families and PLHIV girls from Myanmar Girls Act Program.
- Home Visits: Regular monitoring of beneficiaries' health and food usage by community volunteers or health workers.
- Emergency Food Aid: Offering additional support in cases of health emergencies or natural disasters.

Key Outcomes: January – December 2025

- As of October 2025, the program has delivered over 1800 Nos of rice bags (6 kg) and 60 packages of nutrition packs (1 pack includes the following items: Cereal-10 pcs, Soy Milk-6 bot., Cracker-2 pkgs, Ferrovit-30 Tablets).
- Rice Bags deliver to Partner hospitals and ART sites as follow:
 - Insein (270 Bags)
 - Kyimyindine (300 Bags)
 - Latha (560 Bags)
 - Thanlyin (270 Bags)
 - Bago (240 Bags)
 - Mingalardon Specialist Hospital (160 Bags)
- 60 Nutrition Packs deliver to 07 PLHIV Girls at CWCD (TwanTae) from Myanmar Girls Act Program.
- Feedback from beneficiaries and partner teams showed very positive.



Myanmar:

Food for Health: Its key activities involve the monthly distribution of nutritious food packs, specifically 6 kg rice bags, to vulnerable households, especially those with children under five, pregnant or lactating women, and elderly members.

NEPAL

In Nepal, the *Food for Health* program supports People Living with HIV (PLHIV) in Sudurpaschim Province by assisting those who have already initiated small-scale agriculture or animal husbandry. The program provides financial support to help sustain their livelihoods, increase household income, and improve food security.

Implemented in collaboration with PLHIV networks and local government, the initiative aims to create a self-sustaining model. Beneficiaries are expected to eventually share their skills by training other farmers. As the program progresses, successful recipients will also help new farmers by providing livestock such as calves, goats, or chickens, reducing startup costs and promoting long-term replication and sustainability of the model across districts.

Key Activities

To sustain the individual and their family, to increase their income and later the support recipient will contribute to providing training to other farmers within the district and nearby district. Moreover, upon success in the initiative some calf, goat, and chicken will be provided to new farmers who will initiate similar activities, this will lower the investment in years to come, and the activity can be replicated and sustained. These activities included:

- Poultry farm
- Goat farm
- Educational support
- Vegetables farming

Key Outcomes: January – December 2025

- **The poultry farm** has been operating successfully, generating income through the sale of eggs and chickens. The farm has significantly improved the family's food security and financial stability. With an estimated total expenditure of USD 2,475 on feed, chicks, and maintenance, the farm earned an estimated profit of USD 1,725 by the end of this season. Currently, there are 30 egg-laying chickens, and the client plans to purchase over 150 local chickens soon. The client and family members are actively engaged in daily operations, including feeding, cleaning, and caring for the chickens. With continuous technical guidance and support, they have strengthened their poultry management skills and gained better knowledge of disease prevention and business practices. The success of farming has increased the client's confidence to expand the business further and make it a reliable, sustainable source of income in the future.
- **The Goat Farm** has earned a total of USD 884 from goat sales, which has greatly supported the family's daily needs and improved their food security. This income has motivated the client to continue expanding his livestock business. Recently, 11 goats died due to illness, posing a challenge for the family. However, with regular care and timely treatment, the remaining 33 goats are now healthy and well-managed in the shed. The client and family members are actively involved in feeding, cleaning, and protecting the goats. With improved knowledge of disease prevention and farm management, they are now more confident and determined to strengthen their business and ensure a stable source of income in the future. In the near future he will initiate integrated farming activities to improve income and stability.
- **Educational Support:** Under the Food for Health (FfH) project, a client has been supported to pursue vocational education and is currently enrolled in the Diploma in Pharmacy program at Mangalsen Polytechnic Institute, Achham. He is now in his second year of study.
- **Vegetable Farming:** Under the FfH project, the client has been actively involved in vegetable farming, earning a total of USD 142 over the past 10 months. Her family of five benefits from this income, which helps cover daily household expenses. She sells her produce in easily accessible local markets and plans to expand her seasonal vegetable farming in the near future to increase productivity and income.





PHILIPPINES

The Food for Health (FFH) Program, supported by AIDS Healthcare Foundation (AHF), aims to integrate nutrition and livelihood support into HIV treatment adherence strategies. Implemented across multiple sites in the Philippines, the program addresses food insecurity, promotes sustainable livelihood, and enhances psychosocial support for people living with HIV (PLHIV), their families, and other vulnerable populations. The program has two models, one is a livelihood with sustainability feature from return of investment to further provide service. This is being implemented by Cebu City Jail and GABAY a PLHIV support group. And the other model is direct support to pediatric clients and their family.

Program Highlights

- **Nutrition Support: Integration of nutrition + livelihood:** Programs not only provide food but also create sustainable income streams (e.g., retail store, sausage production).
 - Distribution meat products (chorizo, longganisa), bread, hot meals & food packs.
 - Provision of hygiene kits and vitamins to PDLs.
 - Drinking water stations during consultations.
- **Livelihood & Sustainability: Sustainability focus:** Livelihood initiatives reinvest profits into health-related needs (hygiene kits, water).
 - Jail program: Meat processing unit is self-sustaining; bakery project proposed.
 - GABAY: Established three livelihood lines (BBQ, preserved goods, sari-sari store).
 - Income reinvested to sustain hot meals and expand services

- Community & Psycho-Social Support: Holistic support: Addressed psycho-social issues (abuse, depression) alongside nutrition. Community engagement: Cultural practices (kuwentuhan) used to strengthen client relationships and prevent loss to follow-up.
 - “Kuwentuhan” therapy during food distribution at Tala Hub.
 - Pediatric Christmas Party at San Lazaro Hospital.
 - Inclusive activities for PLHIV, TB patients, and caregivers.

Project Description	Partner Institution	Target Beneficiaries	Key Activities
Meal planning & retail store and cooked food for newly diagnosed PLHIV	GABAY (PLHIV Support Group, AHF testing partner)	Newly diagnosed PLHIV clients in North Caloocan	Develop low-cost meal plans, establish retail store, seed fund support
Honesty food stall (water, warm food, biscuits)	San Lazaro Hospital (HACT 4 – DOH Hospital for Infectious Disease)	Pediatric PLHIV clients, mothers, families	Nutritional meals, supplements, caregiver education, water supply
Soup kitchen for PLHIV (Cebu & nearby provinces)	Vicente Sotto Memorial Medical Center (DOH Regional Hospital Region 7)	Adult & pediatric PLHIV, mothers, exposed infants	Soup kitchen meals, drinking water, hot meals during consultations
Food & water for PLHIV, TB & elderly prisoners	Cebu City Jail	PLHIV, TB patients, elderly, at-risk prisoners	Food & water provision, meat processing livelihood (chorizo, sausages), hygiene kits

Key Outcomes: January – December 2025

Program overall Reached in 2025: More than 3,500 direct and indirect beneficiaries across all sites. Below are the key summary by project.

Site / Group	Key Beneficiaries	Count / Details
Cebu City Jail FFH Program	PLHIV (184), PTB patients (237), NCD patients (183), Senior Citizens (42), Psyche patients (21), PWDs (19), General population (358)	Total: 1,044 beneficiaries
Visente Sotto Memorial Medical	PLHIV mothers (128), PLHIV children (34), HIV-exposed children (18), ART census (1,426)	Total: 1,606 beneficiaries

Center (VSMHC) Treatment Hub		
San Lazaro Hospital	Pediatric PLHIV (95), Adult PLHIV admitted (39)	Total: 134 beneficiaries
GABAY (Tala Hub)	Targeted nutritional support (58 PLHIV), Hot meals (500+ served), TB patients (239), seniors (14), mentally challenged (4), minors (2), families (3)	Total: 800+ beneficiaries

GABAY: Provision of Food Packs and cooked food for newly diagnosed PLHIV



Cebu City Jail: Provision of drinking water for medicine and meat products



San Lazaro Hospital: Provision of food for Pedia PLHIV and also PLHIV ward patients



Philippines:

The FFH program in the Philippines focuses on supporting people living with HIV (PLHIV) through affordable meal planning, food provision, and sustaining food support initiatives with four partners in different locations. The program is starting from July to December 2025.

Preparation and coordination activities are established at each sites of the commencement of the program. No major progress is made yet.

Photos Illustrates on planning meeting food for health implementation San Lazaro hospital with team of HIV clinic head and AHF staff and doctors, planning meeting with jail on supply of safe water for PLHIV as part food for health for drinking medicine, and GABAY purchasing of refrigerator food that will be sold.

THAILAND

In 2024, the FFH program in Thailand focused on raising layer chickens and distributing eggs to underprivileged ART clients, but challenges with chicken mortality and short egg production limited sustainability. In 2025, AHF Thailand is shifting to mushroom cultivation using an EVAP greenhouse system to improve ROI and benefit more clients. The program aims to provide nutritious food to HIV clients, generate income through mushroom sales, and reduce reliance on AHF support. Activities began with orientation for mushroom farmers and local partners, followed by greenhouse construction, cultivation, and distribution. Harvested mushrooms will be provided to clients and sold to support project sustainability, promoting nutrition, income, and adherence to treatment.

Key activities:

- Project orientation for the project participants: AHF Thailand will conduct an orientation for a mushroom farmer and key representatives of Peuan Samphan Ban Rom Yen Group, providing an overview of the activity plan, budget, and reporting process.

- Building two mushroom cultivation greenhouses with an evaporative system: After approval, the project participant will begin constructing the EVAP greenhouses.
- Start cultivating mushrooms: After the EVAP greenhouses are constructed, mushroom farming will start according to the mushroom cultivation plan.
- Share mushrooms to poor patients and sell them to create seed funding and program report

Key Outcomes: January – December 2025

- The construction of the two mushroom cultivation facilities has been successfully completed. mushroom cultivation began in June, with a total of 3,000 mushroom bags. The second one was completed in August and has a capacity of 3,000 mushroom bags. In total, the two houses enable the cultivation of up to 6,000 mushroom bags.
- From June to December, a total of 1,859.60 kilograms of mushroom were harvested. Of this amount, 756.80 kilograms were shared with patients and people in need free of charge, 367.50 kilograms were sold to generate income for the FFH fund, and 735.30 kilograms were distributed to a mushroom farmer (project participant).
- Out of 756.80 kilograms of mushrooms distributed free of charge, a total of 2,510 individuals received support. The mushrooms distributed to the community provided both in fresh form and as cooked or processed dishes.
- This included 732 vulnerable patients who visited the ARV clinic and 1,490 inpatients in the IPD ward at Mahasarakham hospital.
- A total of 288 individuals' vulnerable situations within the community received mushrooms through outreach efforts led by community peer leaders. This group included elderly people, low-income individuals, persons with disabilities, and others in need.
- The sale of mushrooms to generate income for the FFH funds has raised a total of 22,089 baht since the beginning of the initiative.



VIETNAM

From 2022 to 2025, the program introduced various farm-based activities such as cow, pig, chicken, and mushroom farming to support poor patients and enhance their quality of life while encouraging adherence to ARV treatment. Since 2024, AHF Vietnam has developed its own farm focusing on pig farming, chicken and fish raising, mushroom cultivation, cow and duck farming, alongside growing fruits, vegetables, and cassava to feed the animals. Despite some difficulty, the program continues to progress and provides support by supplying eggs at ART sites and distributing piglet, chicken and ducklings to families for raising. This integrated farm model serves as a livelihood support system aimed at improving patients' wellbeing and economic stability.

Key Activities

- From 2020 to 2024, Food for Health program (FFH) started to provide livelihood models for patient 's households such as cow farm, pig farm, chicken farm and mushroom farm to help the poor HIV infected patients and their families to improve their health situation and increase their income, their quality life and inherence ARV care and treatment.
- In 2024 till now, AHF Vietnam create its farm with focus on livelihood and income generation improvement for patients and their family members with focus on Pig farming, Chicken raising, fish raising, mushroom, cow, and duck. AHF Vietnam also planting other type of fruit, vegetable and casava that the root and leaf will use to feed the pig, duck, chicken and fish.
- However, the project still needs to get approval from the local government. Although waiting the project still on progress and implement as the FFH project tin Vietnam also aim to use these multiple activities in the farm as a model to support the livelihood of the client and their family. AHF Vietnam is providing egg to clients at the ART sites and providing piglet chicken and duckling to raise in the family.
- Return of Investment: Reproductive ducks (100 ducks about 2.5kg/duck = 200 kg)

Key Outcomes: January – December 2025

- Repaired the garden fence, ponds, pig houses and duck houses after it was damaged by Yagi storm. The program received two baby cows to raise on the farm.
- Repaired the water system, bridge, and pig house after the Bualoi and Matmo typhoons.
- Renovated and built a new lane along the farm to improve internal access.
- Purchased a new generation of duck breeds, including 200 reproductive ducks.
- Reinvested in 1,750 mushroom embryos and harvested 500 kilograms of mushrooms.
- Planted 3,000 meters of cassava to cover the land at AHF Farm.
- Reinvested in six pigs for breeding. By the end of October, the mother pigs at the Food for Health Farm had produced 20 piglets, which will be given to poor patients.

FOOD

— *for* —

HEALTH