Levelling the field SUPPORTING AFRICA'S WOMEN FARMERS

In sub-Saharan Africa, the hand that rocks the cradle also tills the field.

Women are the engine of agriculture, working on small-scale farms that support more than three-quarters of the continent's people.

Women till the soil, plant the crops, weed the fields, harvest the produce, transport the goods and prepare the food.

But although Africa's women carry out up to 70% of the manual labour on small-farms, they receive only a fraction of the available support.

They are **denied access** to land, training, seed, knowledge and markets. As a result, yields for women farmers are 20–30% lower than men.

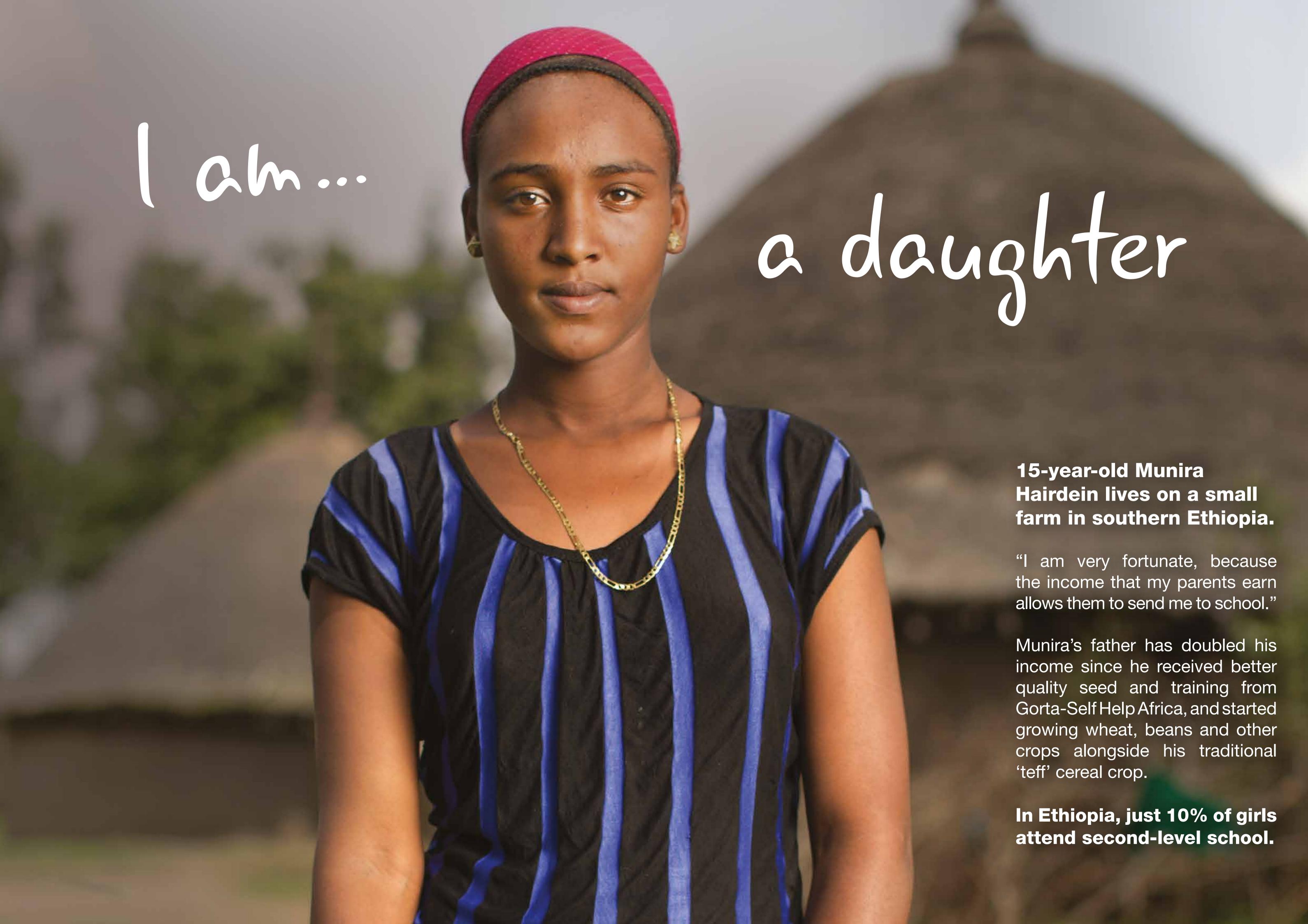
In many African communities, malnourishment amongst women is substantially higher than amongst men. In many societies "food discrimination" means that women and girls eat last, and least, as tradition dictates that they receive the food remaining after the male family members have eaten.

"I am ..." is an exhibition that illustrates the importance, and positive benefits of supporting Africa's women farmers.

It seeks to highlight the issues, and illustrate what is being done to level the field for Africa's women farmers.

For more information visit: www.selfhelpafrica.org







a business wohah

Sanwogou Lalle is a member of a processing group in Tonte village, Northern Togo.

"We are stronger because we work together," she says.

Support to this group has allowed 100 local women to increase their income from the production, processing and sale of rice.

Most African women farmers don't get paid for their work, including weeding, planting and harvesting crops. Creating producer groups and sourcing markets enables them to earn an income.















