



Five-Year Impact Report

2020 — 2025

Building Self-Reliance Through Sustainable Food
Systems in Kenya and Uganda

25,252+

Garden Towers

13,480+

Families

88,000+

Beneficiaries

21

Communities

Executive Summary

Since 2020, 100 Humanitarians International has partnered with communities across Kenya and Uganda to build sustainable food systems centered around Garden Towers — vertical growing systems designed to help families increase food security, improve nutrition, and generate income.

Over five years, the organization has expanded from a small pilot initiative into a multi-regional self-reliance movement operating across some of East Africa's most vulnerable communities.

Five-Year Snapshot

- 25,252+ Garden Towers built
- 13,480+ families reached
- 88,000+ estimated direct beneficiaries
- Operations across Kenya and Uganda
- 21 tracked communities and project locations
- 4,676+ Garden Towers in the Maasai Mara region alone
- Integrated water, women's empowerment, livestock, and public health programs

Theory of Change

Long-term vision: Families in rural Kenya achieve self-reliance, health, and economic stability while preserving cultural dignity and strengthening local leadership.

Four Pillars of Self-Reliance

- **Sustainable Food** — Garden Towers, chickens, goats, and agricultural training
- **Clean Water** — Water tanks, spring protections, boreholes
- **Education** — School fees, literacy, vocational training
- **Health** — HopeKits, HopeSaCs, dental clinics, public health education

The Garden Tower Model

A Garden Tower is a vertical growing system made from locally sourced materials and designed to maximize food production in small spaces. Each tower is approximately 4 feet tall, holds up to 120 plants when constructed correctly, produces multiple harvests per year, and can last for years with proper maintenance.

Why vertical agriculture

- Higher yield per square foot
- 30% less water than traditional in-ground gardening
- Low startup costs and easy maintenance

- Accessible for women and elderly caregivers
- Scalable across regions

Five-Year Growth Timeline

2020	Towers Built
	400
	Families Reached
	200

- Pilot year in Bomet — 400 Garden Towers built
- Community response validation and refinement of construction techniques
- Foundation for the long-term partnership model

2021	Towers Built
	1,098
	Families Reached
	567

- Regional expansion into Maasai Mara and Western Kenya
- New communities: Bomet, Nkoilale, Nkareta, Oyugis, Lugari
- USANA Foundation partnership formalized to scale the program

2022	Towers Built
	5,446
	Families Reached
	2,969

- Significant growth in Bomet and across Western Kenya
- New operations in Siaya and Meru
- Uganda refugee camp implementation begins
- Integration with water and livestock projects

2023

Towers Built

7,920

Families Reached

4,667

- Peak growth year — highest annual tower output
- Major expansion across Maasai Mara communities
- Increased integration with women-focused initiatives

2024

Towers Built

6,418

Families Reached

3,288

- Consolidation and diversification of programming
- Water tanks, boreholes, chicken and goat enterprises
- HopeKits and HopeSaCs expand household resilience

2025

Towers Built

3,970

Families Reached

1,789

- Strategic regional strengthening — Litein, Maasai Mara, Western Kenya
- Refining implementation systems and water infrastructure integration

Regional Impact

Bomet Region

5,087 Garden Towers · 2,517 families. Bomet became the organization's largest single operational hub and the foundational region for refining the Garden Tower model.

Maasai Mara Region

4,676 Garden Towers across three communities:

Community	Towers Built
Nkoilale	2,053
Sekenani	1,208
Empopongi	1,415

Western Kenya Cluster

Community	Total Towers
Oyugis	3,475
Lugari	2,763
Western	2,712
Siaya	2,452

House of Hope

1,073 Garden Towers — supporting vulnerable girls and women through sustainable food systems and long-term self-reliance programming.

Local Jobs & Economic Impact

Every Garden Tower puts money directly into local hands. In each community, the program supports a small local team — typically **2 sewers**, **4 builders**, and **1 community director** — who together earn approximately **\$20 per Garden Tower built**. Across 21 communities, that means roughly **147 ongoing local jobs**.

Based solely on construction wages — and not counting any income families earn from selling their vegetables — the program has injected approximately **\$505,040 USD into local Kenyan economies** over five years.

Jobs Per Community

Role	People per Community
Sewers (tower bags)	2
Builders	4
Community Director	1
Total per community	7
Across 21 communities	147 local jobs

Wages Paid Into Each Community (\$20 / tower)

Community	Towers Built	Wages Paid (USD)
Bomet	5,087	\$101,740
Oyugis	3,475	\$69,500
Lugari	2,763	\$55,260
Western	2,712	\$54,240
Siaya	2,452	\$49,040
Nkoilale	2,053	\$41,060
Empopongi	1,415	\$28,300
Sekenani	1,208	\$24,160
House of Hope	1,073	\$21,460
Other communities	3,014	\$60,280

Total	25,252	\$505,040
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Wage estimates reflect construction earnings only and do not include household income from vegetable sales, which families consistently report as a meaningful secondary income stream.

Estimated Food Production Impact

Internal estimates show each Garden Tower produces approximately four meal opportunities per week for an average household of five — about 20 individual meal opportunities per tower per week.

Annualized impact: more than **26.2 million meal opportunities** per year at current scale.

Six-Year Cumulative Meal Opportunities

Year Built · Towers · Years Active	Estimated Meal Opportunities
2020 · 400 · 6 yrs	2,496,000
2021 · 1,098 · 5 yrs	5,709,600
2022 · 5,446 · 4 yrs	22,655,360
2023 · 7,920 · 3 yrs	24,710,400
2024 · 6,418 · 2 yrs	13,349,440
2025 · 3,970 · 1 yr	4,129,600
Total · 25,252	73,050,400

From 2020 through 2025, the Garden Tower initiative created the potential for approximately **73 million meal opportunities** and supports an estimated **126,260 people** through sustainable household food production.

Lessons Learned

- **Local leadership is essential** — strong local leaders drive sustainability and replication.
- **Women drive long-term impact** — women-centered systems strengthen households.
- **Small systems scale rapidly** — the Garden Tower model proved highly scalable.
- **Integrated programming strengthens outcomes** — food + water + health + education compounds impact.
- **Long-term relationships matter** — sustained partnerships outperform short-term aid.

Future Vision

The organization will continue strengthening regional hubs and expanding integrated self-reliance systems — including water infrastructure, women-led agricultural cooperatives, vocational training, GIS impact mapping, and school nutrition initiatives.

Conclusion

From a 400-tower pilot in 2020 to more than 25,000 Garden Towers across East Africa, the initiative has grown into a regional movement focused on dignity, partnership, and sustainable self-reliance. The data reflects more than infrastructure — it represents families with food, women generating income, communities building resilience, and local leaders creating long-term change.