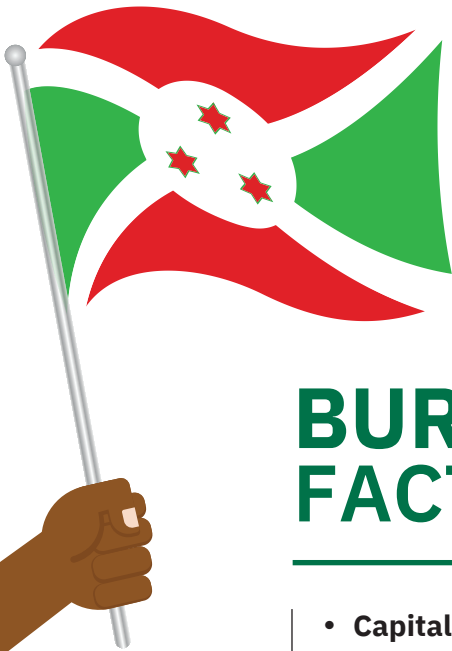




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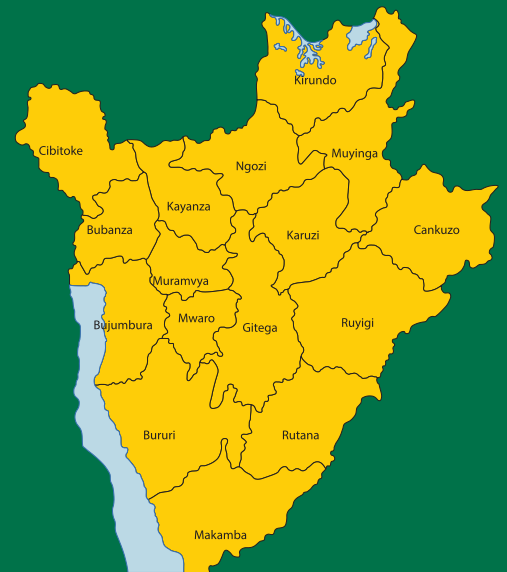


BURUNDI FACT FILE

- **Capital:** Bujumbura
- **Population:** 11.2 Million¹
- **Total Land Area:** 27,834 km², making it one of the smallest countries in Africa.
- **Main exports:** Coffee, tea, hides, tin ore

- **Human Development Index Rank:** 185 (out of 189)²
- **Borders:** Rwanda, Tanzania, DRC.
- **Official Languages:** Kirundi (official), French (official), Swahili
- **Wildlife:** lions, antelopes, hares, buffaloes, crocodiles, hippopotamus and various species of birds
- **Natural Resources:** Gold, copper, uranium, tungsten, nickel, tin, peat, platinum, limestone, vanadium, tantalum, niobium, kaolin, cobalt
- **National Day:** 1st July (Independence Day)
- **National Motto:** “Ubumwe, Ibikorwa, Iterambere” (Unity, Work, Progress)
- **National Anthem:** “Burundi Bwacu”
- **Key Landmarks:** Mugara Hot Springs, Kayove Cave, Karera Falls

- **Stunting is a sign of malnutrition.**
- **Malnourished children do not grow and develop at a normal rate and are often stunted or ‘too short for their age’.**
- **The rate of stunting in Burundi is 56%.³**



What is Concern Worldwide doing in Burundi?

Concern Worldwide has been working in Burundi since 1997. Our focus is on livelihoods, health, education and nutrition.

¹ <https://data.worldbank.org/country/burundi?view=chart>

² Human Development Index 2018: <http://hdr.undp.org/en/2018-update>

³ Global Hunger Index 2018 <https://www.globalhungerindex.org/burundi.html>



Photo: Abbie Trayler-Smith/Panos for Concern

INES' STORY

Five-year-old Ines, her mother Clothilde and her family live in a two room home in rural **Burundi**. Clothilde and her husband earn a living by growing **cassava** and corn. Ines loves to be involved in preparing food and cooking food at home. Her family has received support and advice from Concern Worldwide to learn about nutrition, hygiene and staying healthy. They now have help if they get sick and all the children have been treated for **malaria**.

Ines knows how important it is to have a **balanced diet** and now eats twice a day with her family. Meals consist mostly of beans, corn, rice, cassava paste, sweet potatoes and vegetables. Ines is energetic and loves to play with her friends in the village.

Concern are working to improve the lives of more than 58,000 children like Ines at risk of **malnutrition** in Burundi. Ines' family is one of more than 55,000 families to benefit from health and nutrition support in Cibitoke, Burundi since July 2018.

WHAT IS CASSAVA?



Cassava is a starchy root vegetable that looks very similar to sweet potato. Unlike white potatoes, the leaves are edible. It is the main staple in the diets of more than 800 million people around the world!

Cassava can thrive in poor soil and has a good tolerance to drought.

Tapioca starch comes from cassava root and is used as a thickener in a variety of products found in our supermarkets.

In some countries, cassava is also grown for its leaves which contain up to 25% protein. Cassava root is high in carbohydrate and low in protein and fat.

Other names for cassava include yuca and manioc.



Cassava is grown by SMALLHOLDER FARMERS in more than 100 tropical and subtropical countries.



Jeanne with the cassava she has grown to sell at a local market in Burundi. Photo: Abbie Trayler-Smith/Panos for Concern