



Every voice. Data you own and trust. Change you lead.



**What is Colmeal?**

Colmeal is a principle-based, scalable methodology that strengthens locally led development, building on what is already there, by guiding communities to define, measure, and lead their own change — and engage with the wider systems in which they operate.

Co-creation ● Reflection & Adaptation ● Shared Accountability

**Principles**

**Shared Future**  
Community Ownership

**Ever-Learning**  
Adaptability

**All Insights**  
Data-Driven

**All Voices**  
Inclusion

**All Minds**  
Collaboration

**Collective Commitment**  
Accountability

**Impact Snapshot**

120+  
Communities

9  
Countries

5,300+  
people engaged

## What Colmeal looks like in practice:

In Loreng, a rural community in Turkana West, Kenya, early and forced marriage had long gone unchallenged.

The introduction of Colmeal created space for critical reflection and dialogue. Community members identified many challenges, but together chose early and forced marriage as the most urgent; recognizing its wide impact on girls' education, health, and well-being — and on the whole community. Guided dialogue and data-driven reflection gradually shifted social norms, leading to a locally owned plan for change.

Early indications suggest that these shifts are producing tangible results. Girls who might otherwise have been withdrawn from school are now continuing their education. Cases of forced marriage are increasingly reported and addressed through community mechanisms.

Community ownership of change has generated sustainable shifts in harmful practices.



## How we support organizations & projects integrating Colmeal

We start with what is already there

Build shared foundation of what is possible

Co-create + experience your Colmeal pathway

What's next: Shaped by the co-creation workshop

Coaching, ongoing access to resources + additional learning

*"I really like the aspect where we try — not really to create a new system — but to strengthen what is there, see the gaps, and work together as a community."*

**Metrine Nabwire, Colmeal Officer, ADRA Kenya**



### Stay Connected!

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