

Colmeal

Led from within

WHAT IS COLMEAL?


Community-Led, Inclusive, Data-Driven Development.

Colmeal is a principles-driven, methodology co-created by Salanga that systematically positions communities to define, measure, and lead their own development journey.

Building on foundations and principles from feminist and participatory MEAL, and drawing on experience with community-led development, Salanga co-created Colmeal and has piloted the approach in partnership with ADRA Canada and its implementing partners in these Global Affairs Canada Funded projects:

TOGETHER PROJECT

2021-2027

 Cambodia, Kenya, Phillipines, Uganda

Uniting Towards Gender Equality for the enjoyment of women's and girls' Total Health and Rights project, implemented in Cambodia, Kenya, the Philippines and Uganda.

The **TOGETHER** project is aimed at promoting equitable access to health services by addressing the social and structural barriers that limit access for adolescent girls, women, and young children. Through community engagement, gender-responsive education, and capacity building, while fostering inclusive support systems that empower the most vulnerable. The initiative includes champion groups, targeted training, and community-driven planning methods such as the innovative **Colmeal** approach, while also strengthening the role of grassroots women's organizations.

Salanga is the technical partner for MEAL and Colmeal, supporting MEAL planning and capacity building and guiding teams through each step of the Colmeal process - from integration in project and program design, localization and contextualization, and capacity building for stakeholders and training of trainers for project teams.



The ultimate outcome of **The TOGETHER Project** is to increase the enjoyment of health-related human rights by the most marginalized adolescent girls, women (AGW) and U5 children, especially those with intersecting vulnerabilities in indigenous, remote or resettlement settings in target areas of Cambodia, Kenya, Phillipines and Uganda.

STRONGER PROJECT

2025-2031



Cambodia, Kenya, Phillipines

STRONGER (Stronger, Resilient Health Systems for SRHR) is a 7-year multi-sector initiative aimed at advancing the sexual and reproductive health and rights (SRHR) of adolescent girls and women.



The **STRONGER** project is focused on preventing and responding to gender-based violence (GBV), including child, early and forced marriage (CEFM). It will strengthen protections, foster local empowerment & environmental stewardship and advocate for a future where all can thrive - free from violence and full of opportunity. The **STRONGER** project targets those most at risk, especially individuals affected by GBV or living with disabilities, in marginalized areas across Kenya, Cambodia and the Philippines. Through collaborative efforts led by ADRA Canada, in partnership with **Salanga**, HealthBridge, and local ADRA offices, **STRONGER** aims to build resilient, inclusive health systems that ensure equitable access to essential SRHR services and support.

Salanga is the technical partner for Colmeal, building the structure for community-led learning, evidencing, capacity building and facilitation. Through STRONGER, Colmeal is scaling beyond project teams into dedicated Colmeal Hubs and Institutions, strengthening local systems to lead, sustain and use learning over time.

The Ultimate Outcome of **The STRONGER Project** is enhanced equal enjoyment of the rights of adolescent girls and women (AGW) to be free from gender-based violence (GBV), including child, early and forced marriage (CEFM), in Cambodia, Kenya and the Phillipines.