



MENTEE

Tonthoza Uganja

Founder, Sustainable Farming Solutions (SFS)



Malawi

Tonthoza Uganja is a trailblazing ecopreneur and land-use systems expert dedicated to transforming Malawi's food systems and restoring the environment. As Founder of Sustainable Farming Solutions (SFS) and a Food Systems Leader with CALA, she pioneers nature-positive solutions that empower rural communities, especially women, to adopt innovative conservation practices—enhancing biodiversity, food security, and climate resilience. With an MSc in Tropical Forestry (Bangor University) and a PhD in Forestry focused on climate-resilient landscape management. Recognized globally, she was a finalist in the 2024 UN Youth Ecopreneur Awards and won the Rising Star Regional Award (Southern Africa) from WAYA.

Through her work, she is redefining sustainable land management and championing environmentally sustainable food systems across Africa.

Sustainable Farming Solutions (SFS)

Is an award-winning social enterprise transforming agriculture, boosting food security, and restoring Malawi's landscapes. Partnering with rural communities, it implements conservation agriculture to reduce degradation and promote biodiversity. Innovative programs—agroforestry, FMNR, and data-driven farming—empower smallholder farmers with market access and technical support. SFS's holistic approach unites community conservation with economic empowerment by training and supporting women farmers in income-generating forest-based enterprises like beekeeping and mushroom production. Bridging environmental conservation and local livelihoods, SFS fosters resilient, nature-based economies and envisions regenerative land use as the cornerstone of sustainable food production and economic growth in Malawi and beyond.



MENTOR

Florence Alice Mathingau

Founder/Managing Director,
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