Fish is a reliable source of animal protein in Malawi. They provide an estimated 28% of the country's animal protein supply and are critical for nutrition and food security.

The country is blessed with many lakes and rivers that provide fishing grounds for both local people and major industries. This makes fish readily available and affordable in most places. On top of that there are also several small scale farmers who practice fish farming mostly in wetlands of their communities to supplement available demand. This helps in provision of income and food to these farmers as there is big market for fish both in rural and urban areas.

Similar to many sectors, aquaculture in Malawi has been heavily affected by COVID-19. Due to the coming of the pandemic, the government imposed some restrictions that have affect fish business and farming in the country. Many business persons who sell fish now cannot do their businesses as usual owing to high travelling costs hence public transport owners are prohibited from carrying to full capacity.

This has led to increase in price or scarcity of fish in some areas especially those located away from lake shores thereby compromising food and nutrition security of certain population.

Farmers are also encouraged to stay at home as preventative measure and this has limited their capacity to do farming in wetlands mostly located away from their homes.
In response to this some farmers in Sululu village, Tradition Authority Chamba, Machinga district have come up with an initiative to have fish ponds at home as a way of practicing aquaculture while complying to COVID-19 preventative measures.

These farmers construct ponds at the backyards of their homes contrary to usual practice of having fish pond at dambo (wetland) where someone has to walk quite long distance to get there. This has proven to be really good option for practicing aquaculture especially for those who have access to piped water in their homes.

One farmer who is building her pond explained how she was inspired by a fellow farmer who did the same in the village. "Initially I thought it is impossible to have fish pond at home but after seeing how my fellow farmer did it I was determined to have mine."

On the other hand Mrs. Ellah Zande, another farmer who has already start keeping fish in her pond and is expected to start harvesting in few months to come said it is easy for her to practice fish farming at home than at dambo. She is hoping to be a fish supplier in her community and is optimistic that this will change her life for better during this pandemic period and beyond.

Despite being adopted initially as a way of complying with stay-at-home orders during this COVID-19 pandemic, having a fish pond at home can also be of great advantage to farmers as it is easy to provide security and care. Water from these ponds can also be used to irrigate crops at backyard gardens where farmers can grow vegetables and reduce the risk of going out in search of vegetables at the market or in the fields.