

# Nutrition Mainstreaming in East and Southern Africa (ESA)

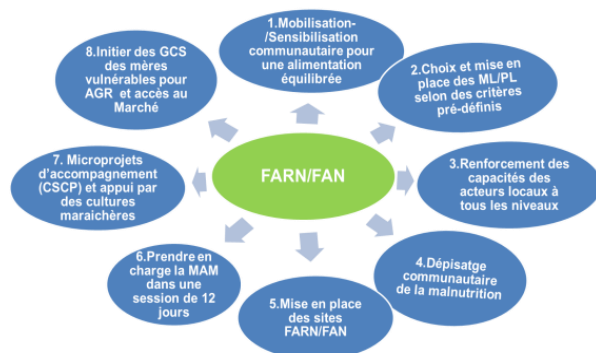
## Operational Approaches



## Burundi - Value Chain Development Programme Phase II – PRODEFI II

### Nutrition Activities

- Community mobilisation and sensitization on balanced diets
- Lead-mothers/lead-fathers (FARN/FAN<sup>1</sup>)
- Management of acute and moderate malnutrition at FARN using local products
- Micro-projects on livestock, vegetable cultivation to support dietary diversity
- Linking vulnerable mothers from FARN/FAN to saving-lending schemes (GCS<sup>2</sup>).



### Drivers of Performance

- Improving dietary intake as well as income growth
- Tracking progress on nutrition activities with indicators

### Constraints

- The FARN / FAN approach requires a contribution from parents, the poor-vulnerable ones who could not comply often drop-out. This worsens the nutritional status of their children.
- Poor motivation of Lead-Mothers/Lead-Fathers in carrying out these activities on a volunteer basis. The duration of 12 consecutive days involved in this approach is challenging considering other family activities/engagements.

### Good Practices

- Access to microcredit through women groups
- Adoption of local food products in the management of malnutrition
- Promotion of diversified food production and consumption



**Project Goal:** To reduce poverty and improve food security in rural areas by developing agricultural value chains in which small farmers in the targeted areas play a central role and achieve maximum value-added in their production and, thus improve their incomes

**Operational approach:** Women groups & saving-lending schemes



<sup>1</sup> FARN/FAN=Foyers d'Apprentissage et de Réhabilitation Nutritionnelle/ Foyer d'Apprentissage Nutritionnel (Home Nutritional learning and Rehabilitation/ Home Nutritional learning)

<sup>2</sup> GCS=Groupes de Caution Solidaire (Solidarity Groups)

## Malawi - Rural Livelihood and Economic Enhancement Programme (RLEEP)

### Nutrition Activities

- Nutrition retrofitting in project interventions
- Survey on food knowledge, attitude and practices to understand current situation
- Workshop and Radio programmes on nutrition-sensitive agriculture
- Training of district Food & Nutrition Officers and agricultural extension staff on food processing, storage and consumption



**Project Goal:** To sustainably improve the incomes of economically active poor rural households and individuals engaged in the production, processing and marketing of selected agricultural commodities

**Operational approach:** Awareness campaign

### Drivers of Performance

- Dissemination of nutrition information through mass media

### Constraints

- Limited financial resources to build capacity & support activities
- Poor hygiene & sanitation hindering certification of locally processed foods
- Resistance to diversify traditional staple food (maize based)

### Good Practices

- New recipes preparation, distribution of leaflets and posters
- Radio messages, songs and farmers hotline on Good Nutrition from Groundnuts & Soya



"there is money  
and also good  
health in  
groundnuts and  
soya value  
chain...."

A grandmother's testimony in the radio programme



Training on food recipes preparation



# Mozambique - PRONEA Support Project (PSP)

## Nutrition Activities

- Training of extensionists and farmers on nutrition-sensitive processing for market and family diet
- Training of trainers and lead farmers

## Drivers of Performance

- Trained extensionionists at central, provincial, distrital Levels
- Involvement of community leaders and women
- Radio messages and production of training manual in local language

## Constraints

- Limited financial resources to cover target locations
- Limited knowledge products on nutrition sensitive agriculture in the country context

## Good Practices

- Production and consumption of diversified & nutritious foods
- Improved family diet along with income generation of small producers



**Project Goal:** To contribute to poverty reduction, improving quality of life, increased incomes and improved food security of farmers

**Operational approach:** Capacity of extension workers/Farmer field school



Groups of Producers Trained in "Nutrition-Sensitive agriculture" processing food for family consumption



## Zambia - Smallholder Productivity Promotion Programme (S3P)

### Nutrition Activities

- Nutrition retrofitting in project interventions
- Training of Food & Nutrition Officers; agricultural extension staff; and farmers (mostly women)
- Nutrition dissemination
- Use of efficient energy saving stoves
- Promotion of nutrient-rich varieties of sweet potato vine i.e. vitamin A biofortified sweet potato



**Project Goal:** To improve the income levels and food and nutrition security of those poor rural households in the target areas which depend on agriculture and/or agricultural related activities.

**Operational approach:** Capacity of local actors

### Drivers of Performance

- Nutrition information dissemination, sensitization and awareness through radio, meetings and pamphlets/print media
- Involvement of nutrition officers in project implementation

### Constraints

- Limited human resources
- Limited awareness on the nutritional values in traditional foods
- Poor hygiene and food handling
- Lack of dedicated nutrition focal point at project level

### Good Practices

- Training Nutrition Groups on new improved recipes-175 nutrition groups already formed
- Radio messages, songs and farmers hotline on Good Nutrition from Groundnuts & Soya
- Distribution of leaflets and posters
- Food preparation demos with active participation of the beneficiaries



Farmers showcasing nutrition activities at Nkole Mfumu agricultural camp, Kasama district, Northern Province Zambia

# Madagascar - Support to Farmers' Professional Organizations and Agricultural Services Project - AROPA

## Nutrition Activities

- Trainings on dietary diversity
- Scaling up experiences and tools with other partners on integrated nutrition in agriculture and rural development (AINA<sup>3</sup>)

## Drivers of Performance

- Leveraging synergy & collaborative activities

## Constraints

- Short implementation time
- Remoteness of project areas
- Complex and lengthy transactions to access funds

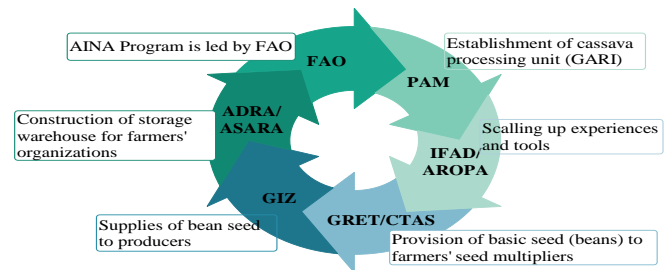
## Good Practices

- Improving dietary intake in addition to income growth and social change
- School attendance- affordability of private school

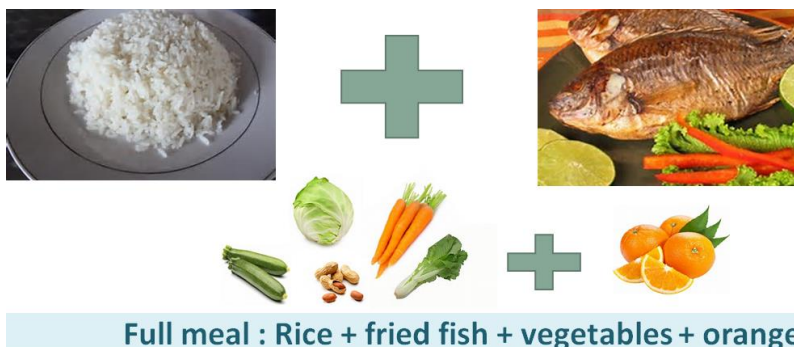


**Project Goal:** To strengthen existing farmers' organizations, with the aim of improving agricultural production and increasing the incomes of rural households; and [AINA Programme] to improve food and nutrition security of vulnerable families in targeted areas

**Operational approach:** RBA collaboration through AINA program



Synergy with other projects/partners in AINA programme, Madagascar



<sup>3</sup> AINA: Actions Intégrées en Nutrition et Alimentation (Integrating nutrition in agriculture and rural development investments)

## Mozambique - Reducing hunger in Mozambique - MDG 1c<sup>4</sup> (IFAD sub-programme)

### Nutrition Activities

- Garden demonstration; cooking demonstration
- Nutrition awareness to leaders and CBO's
- Nutrition campaigns at school; nutrition messages via community radios
- Food conservation & transformation
- Peer women groups; fairs and cultural groups

### Drivers of Performance

- Sensitization of community leaders and youths
- Nutrition awareness through radio messages & peer women groups (women of reproductive age)
- Nutrition awareness in schools

### Constraints

- Partner alignment and harmonised approaches are concentrated at central level
- Limited awareness on the contribution of Fisheries, Agriculture and Rural Development sectors to nutrition beyond food security
- Limited technical capacity to deliver programmes and inadequate sectoral leadership at the technical programming level

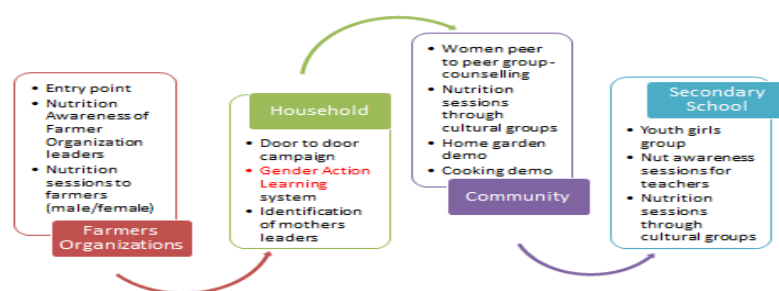
### Good Practices

- Use of knowledge management tools in promoting learning and effective results i.e. Nutrition Community of Practice among IFAD co-funded projects; technical workshops; Field exchange visits
- Regular implementation support to projects and service providers and technical backstopping to Project Coordination Unit.



**Grant Goal:** To reduce hunger in Mozambique through an enhanced agricultural and fisheries production enhanced, improved access to food and improved nutritional status of vulnerable people

**Operational approach:** RBA collaboration through MDG1c grant



<sup>4</sup> The MDG1c grant is an initiative of the Government of Mozambique funded by European Union and implemented by IFAD, FAO and WFP



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