

From Relief to Self-Reliance



Integrated Agriculture and Nutrition Programming

Zimbabwe

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Amalima Program

- 5-year USAID Title II Development Food Assistance Program
- SO1-Household access to, and availability of food improved
 - agriculture and nutrition training for agricultural extension agents
 - community and home gardens
 - improved livestock management
- SO2-Community resilience to shocks improved
 - hermetically sealed bags for grain storage
 - communal land rehabilitation
- SO3-Nutrition & health among pregnant and lactating women and boys & girls under 2 improved
 - PM2A food rations
 - Care Groups (nutrition education)
 - Cooking Classes

Consortium

- CNFA- overall program management, leadership of agricultural/livestock and livelihoods interventions
- The Manoff Group- social and behavior change activities
- IMC- health and nutrition activities
- Africare- NRM, DRR, and support commodity distribution
- ZimAhead- Participatory Health & Hygiene Education (CHC)
- ORAP- community mobilization, field-level implementation (field agents, commodities)
- Dabane Trust- NRM and WASH activities

Healthy Harvest Approach

- Multi-sectoral strategy for addressing food insecurity and malnutrition (Matabeleland North & South)
- Good nutrition and the growing, preparing, and processing of healthy food
- District Food & Nutrition Security Committees (Ag, Health, Social Services, Gender)
- VHWs and Agriculture Extension Agents – community nutrition gardens
 - sell their produce
 - maize production

Adapting the Approach

Potential questions to be answered:

- What are the key nutritious & locally available foods which need to be promoted?
- What foods can be promoted that would suit the agro-ecological regions we are working in?
- Which techniques need to be promoted to ensure seasonal availability of vegetables?
- How can the production of crops & income from crops have an impact on nutrition?

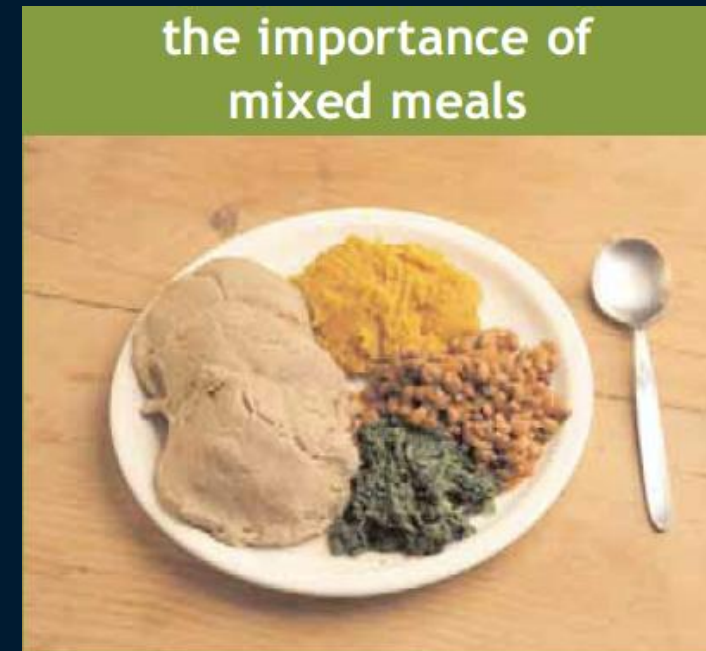
Healthy Harvest Training Modules

Four Themes:

1. the principles of nutrition
2. growing nutritious foods
3. nutritious family meals
4. harvesting, preparing and preserving food

Module 1 - basic principles of nutrition

- Explore foods and nutrients needed for maintaining health
- Develop combinations of local foods for a healthy balanced meal
 - locally available foods that are rich in protein, carbohydrate, fats, vitamins and minerals (**vitamin A, vitamin C, iron, zinc, iodine, calcium**)
 - **traditional** vegetables and herbs that are good sources of vitamins and minerals
 - nutrient rich dishes using the **least costly** foods



Module 1 - basic principles of nutrition

- Identify ways to grow foods in confined spaces (**fences, walls, containers**)
- Discuss nutritional needs of different family members and age groups
- Discuss signs and causes of common forms of malnutrition (**VAD, IDD, IDA**) along with solutions for preventing these forms (dietary and health)



Module 2- growing nutritious foods

- Discuss benefits and process for setting up nutrition gardens in homes and communities
- Identify problems and solutions to food production (**soil erosion, soil infertility, lack of water, pests, lack of land**)
- Develop a list of nutrient-rich crops and animal source foods (**energy, protein, fat, vitamins and minerals**) by growing area (**fields, wetlands, gardens, on fences or walls**) and the time of year they can be grown

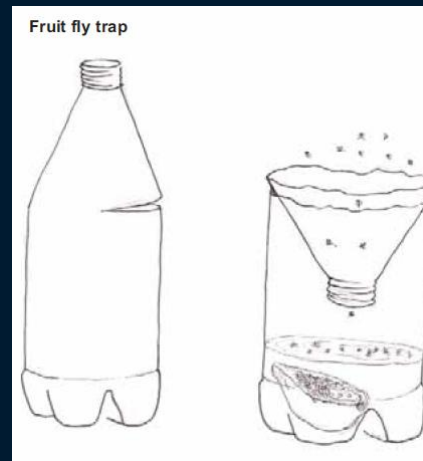
Module 2- growing nutritious foods

- Discuss ensuring healthy fields by:
 - selecting perennial crops (**moringa**, **pigeon pea**, **cassava**) and integrating a range of crops into fields;
 - demonstrating conservation farming techniques and intercropping techniques using vegetables, herbs and fruit trees
- Discuss techniques to improve the soil (**liquid manure**, **compost**, **intercropping**, **soil improving trees**)



Module 2- growing nutritious foods

- Discuss water saving techniques (**container gardens and bottle watering**)
- Develop techniques for controlling pests and diseases (**insect traps, chili and garlic sprays**)



Module 3- nutritious family meals

- Discuss IYCF practices
 - benefits of breastfeeding (HIV context)
 - nutrient-rich complementary foods according to the age of the child
- Prepare food for school children and healthy snacks, breads and biscuits using locally available foods
- Discuss the **increased nutrient needs** during childhood, pregnancy and lactation
- Discuss supporting people who suffering from **illness** with eating (HIV, TB, diarrhea, vomiting) and using herbs to ease symptoms of illnesses
- Discuss the importance of **hygiene** when preparing food



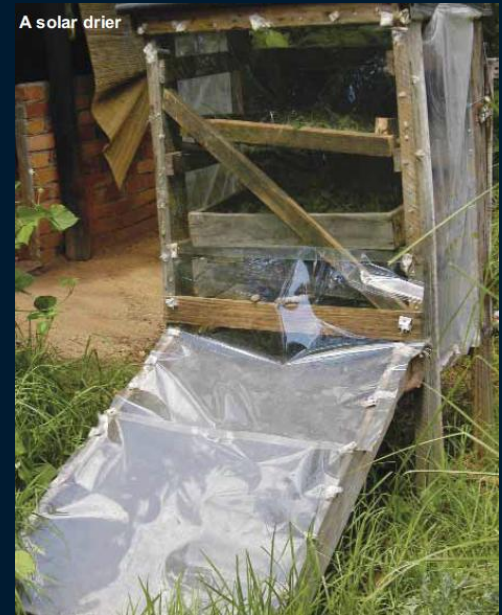
Module 4 - harvesting, preparing, preserving foods

- Practice optimal food hygiene practices
- Demonstrate ways to cook food to preserve nutrients
 - preparing green leaves,
 - leaving skins on vegetables,
 - soaking beans
- Construct approaches to reduce cooking time and save fuel
 - hot box
 - fuel efficient stoves

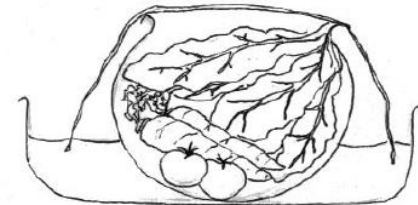


Module 4 - harvesting, preparing, preserving foods

- Demonstrate ways to process and preserve food
- Harvesting and storing food
 - by crop: **ideal time to harvest**
 - storage: **banana or yam leaves, clay pot fridge, storage pits lined with grass or sacks**
- Food preservation practices (**blanching, fermenting, drying (shade, solar)** and curing (root crops))



making a clay pot fridge



Implementation of Healthy Harvest

- Care Groups:
 - Optimal food preparation (preparation methods, cooking times, clean water and clean utensils, food storage)
 - Preservation of nutrients through **drying and storage techniques** (fermentation practices, drying practices (seeds, tomatoes, nuts, DGLV)); seasonal calendar
 - Preparation of meals using locally grown and raised nutrient rich foods (**goat's milk, sorghum**)
 - Using “**Big 5**” plants to increase dietary diversity and intake of vitamin A, folic acid, iron, protein, and required fats.

Implementation of Healthy Harvest

- Linkages with agricultural team and local partners - **preservation and cultivation techniques** (diversifying garden produce, Conservation Agriculture)
- Linkages with **village lending and savings groups** and **livestock vouchers**
- Locally available protein rich foods (groundnuts, caterpillars and other edible insects, dairy and meat)
- Provision of seeds to promote the BIG FIVE:
 - Butternut / pumpkin
 - Carrots
 - DGLV
 - Sugar beans
 - Tomatoes
- SBC strategy - campaign linked with the “Big 5” gardens
- **Cooking classes** - targeting youth promoting nutritious foods that can be grown or produced locally (sorghum, goat milk, products in “Big 5” gardens)