



For a world without hunger

NUTRITION SMART VILLAGE

A multisectoral approach to
strengthen nutrition and
food security in rural areas

WELTHUNGERHILFE



Malnutrition accrues from deficiencies, excesses, or imbalances in an individual's intake nutritious food that provide one's body with energy and/or nutrients. Combating malnutrition in all its forms is a global health challenges as every country is affected by one or more forms of malnutrition. Malnutrition manifests itself in three forms: **undernutrition, micronutrient-related malnutrition and diet-related non-communicable diseases** mainly due to a person being overweight or obese.

Women, infants, children, and adolescents are at particular risk of malnutrition. Good nutrition, mainly during the first 1000 days of a child's life (in common parlance from the time of a child's conception to his/her second birthday) ensures the best possible start in life and long-term benefits. Malnutrition is amplified by poverty and the lack of access to resources (including land and the commons) and often affects the poor disproportionately. Indeed, malnutrition is a prominent pathway transmitting poverty from one generation to the next as it fits into a cycle by increasing health care costs, reducing productivity, and slowing economic growth, all of which, in turn, perpetuate a cycle of poverty and ill-health.

Sustainable Food and Nutrition Security (SFNS) is a multi-dimensional concept which includes dimensions such as the availability of food through agricultural production, physical and economic access to food, as well as adequate use and utilization of available food by individuals, throughout the year (stability). Any dysfunction within this system can lead to malnutrition, including undernutrition as well as over-nutrition and obesity, often combined with micronutrient deficiency.

Reducing chronic undernutrition is a complex challenge because it is caused by a variety of factors such as poverty, mono-cropping, inadequate diets, gender inequality, low education, poor health, and sub-optimal caregiving practices. In the long run focusing only on agriculture or only on child care and feeding practices is not enough to address malnutrition effectively and sustainably, but interventions like WASH, livelihoods and preservation of natural resources must be brought together with farming and child care practices and integrated into a multisector approach. Thus, to address the multiple factors that cause chronic undernutrition, inputs from many sectors and convergence of government services and programmes are required. This underlines the need for a multi-sectoral response, which includes both direct (nutrition-specific) and indirect (nutrition-sensitive) interventions.

This set of manuals developed by Welthungerhilfe and its partners over the past few years are meant to help create and advocate for a systematic and uniform messaging on food and nutrition security. These include good practices that demonstrate the multisector approach concept by building capacities and knowledge of the families and community as a whole.

The five manuals include:

- **LANN+ Facilitation Guide:** This is a user manual for the community volunteers/facilitators. It also serves as training module for the master trainers and the volunteer/community facilitator.
- **Flip Chart for Farmer Field School – Nutrition Sensitive Integrated Farming System:** This manual in the shape of a flip book on integrated farming is meant to be a reference document for lead farmers who implement some of the Integrated Farming Systems in their own farms.
- **Nutrition Camp Field Guide:** The Nutrition Camp Manual serves as a standard Operating Procedures (SOP) for the community service providers.
- **Nutrition garden manual:** This document is a compilation of the good practices adopted by Welthungerhilfe's partner NGOs working in food and nutrition security in Bangladesh, India and Nepal.
- **Community Based Nutrition Sensitive Microplanning:** This is a toolkit for bare-foot planners and local government.

INTRODUCTION

The **multisectoral approach** to address 'hunger and under-nutrition' focuses on empowering communities to be able to demand for entitlements and influence government development plans and budget at local level. To sustain the efforts of community empowerment; capacity building of service providers, demonstration of good practices, networking with civil society and advocacy with government departments is the strategic approach.

The multisectoral approach started as the Fight Hunger First Initiative, a rights-based, long-term program with specific focus on improving income, food and nutrition security of deprived communities. The initiative was introduced through a consultative process with 10 Indian partners in early 2011 with a vision that good programming will also attract funds.

Today, **15 partners across 3 countries** have tried and tested the approach. Currently, 10 partners are implementing the initiative, now known as the Nutrition Smart Villages approach, in Bangladesh, India and Nepal



The **Fight Hunger First Initiative** is designed on the premise that, in the longer term, poor people can only break out of this cycle if adequate welfare systems are in place and basic rights such as access to proper education, sufficient and adequate access to food and income, better health services and all people are treated like equal citizens by the state are fulfilled. Only, then, can the new generation of marginalized groups look forward to a new and better future. And only then, can growth benefit the entire society.

The '**5 Good Practices**' have been tried and tested, and are essential for ensuring community participation in the development of the village. However, if some of the activities already exists at the grassroots they should be linked to the “Multisectoral Approach” without creating parallels. Social Accountability process may be conducted in the community depending on the socio-political conditions of a country such as India as there are a large number of Government entitlements under the Right to Food act.

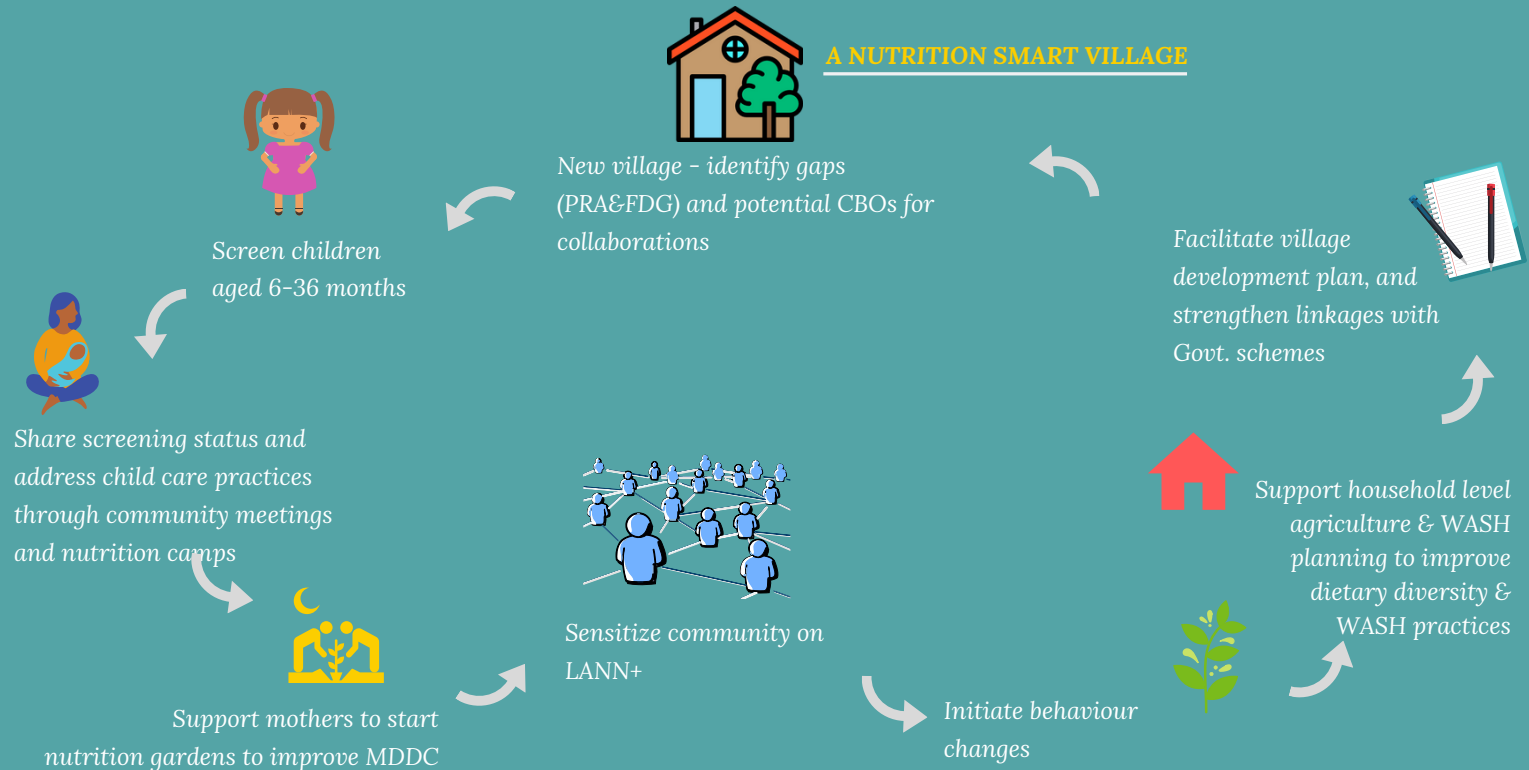
This approach is a long-term approach and one village needs 4-5 years to metamorphose to a self-sufficient hunger free community. This initiative has been supported by BMZ since 2011.

WHAT IS A NUTRITION SMART VILLAGE?

An informed village that understands 'nutrition' in its practical terms and takes appropriate steps to address them. It is a village where -

- There is **no hunger and food insecurity**.
- All families are aware about the importance of '**First 1000 days**- window of opportunities', for healthy children and healthy mothers.
- Community is **aware of the linkages** between agriculture, natural resources, WASH, income and nutrition education with nutrition.
- Every woman in the reproductive age group and adolescent children **consume at least 5 food groups out of 10** on a regular basis.
- Every child receives **home cooked balanced diet** in appropriate frequency and consistency.
- An active village committee which promotes **interconnections between agriculture, natural resources, WASH, nutrition, and protection of natural habitats**.
- Families **grow and buy safe, seasonal and locally produced food**. Communities control the local 'haat' or market by creating the demand for safe and environment friendly products.
- The community value **uncultivated foods and traditional recipes**.
- Every family has access to **safe drinking water**.
- Every family maintains safe **sanitation and hand washing** practices.
- Communities are **aware of the government schemes and entitlements** and can demand for their rights and entitlements.

THE PROCESS



5

GOOD

PRACTICES

THE CHECKLIST



SUSTAINABLE EVIDENCE BASED NUTRITION SENSITIVE INTERVENTIONS

NUTRITION CAMPS

15-day Nutrition Camp

Screening for undernutrition in children (6-36 months), followed by capacity building of mothers of the malnourished children on infant feeding, hygiene and care practices.

Sustainable Integrated Farming System (SIFS)

Developing home-based nutrition gardens focusing on integrating crops-trees-aquatic system-bird-livestock so that all the resources are optimally used to increase dietary diversity, reduce cost in food production, consume safe food, and increase income through marketable surplus. The approach ensures improving natural resources, like forest etc., around the village to include uncultivated food in the diet.

NUTRITION GARDEN & SIFS

LANN+

Linking Agriculture and Natural Resource Management towards Nutrition Security (LANN)

Facilitating PLA based meeting cycles to sensitize communities on the immediate, underlying and basic causes of malnutrition. The knowledge and skills acquired through the meetings support the community to plan, take actions, and evaluate the status of food security in the village in terms of availability, access, utilization, and stability.

NSMP

Nutrition Sensitive Micro Planning (NSMP)

Supporting communities to prepare village development plans that are inclusive, especially catering to the needs of the families with undernourished women and children. Sensitized families then plan the use of their resources to maximize food production, maintain personal and environmental hygiene and demand legal entitlements.

STRENGTHENING INSTITUTION

Strengthening institutions

Support village institutions, SHGs and local committees to be informed, skilled and able to monitor the good practices, make service providers accountable and help people access their rights.

01

NUTRITION CAMPS

The 15-day camp also known as the 'positive deviance' camp is attended by all moderately acute malnourished (MAM) and severely acute malnourished (SAM) children (aged 6-36 months) accompanied by their mothers or guardians. Nutrition volunteers from the community are trained on infant feeding, hygiene, child care practices and facilitation skills to enable mothers/care givers adopt positive child care behaviours.

PRE-NUTRITION CAMP

- Every child in the village is screened and MAM and SAM children are enlisted.
- Every SAM child is referred to the nearby government Nutrition Rehabilitation Center (NRC) or OPD.
- Community is informed about the health status of the children and the upcoming nutrition camp through a local meeting.
- An easily accessible venue is chosen for the camp, most preferably the local Anganwadi center or community centers/schools or at a community member's house.

DURING THE CAMP

- Daily attendance of the children accompanied by their mothers is maintained. 100% attendance of the identified MAM and SAM along with their mothers is to be ensured.
- The day-wise scheduled activities, discussion topics and local low-cost local recipes are displayed at the camp venue.
- IEC materials on nutrition education, child feeding and child care practices are available and used at the camp.
- The mothers are oriented on the importance of 'First 1000 days' including healthy and adequate food for pregnant women, care and rest during pregnancy, safe delivery at institution level, exclusive breast feeding up to 6 months, timely initiation of appropriate complementary feeding (quality, consistency, frequency and quantity), timely immunization, micro nutrient supplementation and hygiene.
- All measuring equipment such as weighing machine, height/length boards, MUAC tapes are kept available at the camp venue.

- Cooking utensils necessary for recipe demonstration are available at the camp. The community also contributes ingredients for cooking local and low cost traditional healthy recipes.
- Hand washing and sanitation sessions are conducted daily.
- The camp is conducted in collaboration with government grassroots service providers such as the AWWs, health and nutrition workers and others.
- Mothers of positively deviant children are invited to the camp to share their practices.
- Feedback, learnings and suggestions are taken from the participants at the end of the camp.

POST NUTRITION CAMPS

- Nutrition volunteers undertake regular home visit and maintain a child health tracking register.
- Mother track child growth at the nearest health centre.

Outcomes

- Adopting appropriate complementary feeding practices by mothers of malnourished children.
- Understanding linkages between hand washing, safe disposal of feces, environmental hygiene, safe food handling and infections with nutrition by mothers.
- Immediate action taken by mothers to ensure safely managed drinking water at household level.
- Mother and family understand the importance of dietary diversity and use of locally available low-cost foods for preparation of daily meals.
- Family starts a small integrated nutrition garden to be able to access diverse foods throughout the year.



02

NUTRITION GARDENS & SUSTAINABLE INTEGRATED FARMING SYSTEM (SIFS)

All families who attended the nutrition camps receive training on nutrition garden on homestead land or any space adjacent to the house.

Interested farmers from the village are trained on sustainable integrated farming system (SIFS) as demonstration farmers under the Farmer Field School concept. These farmers demonstrate on their own farms and train any other person/farmer interested in replicating the farm design.

NUTRITION GARDEN THROUGH INTEGRATED FARMING SYSTEM

- The garden includes fruit trees, variety of vegetables including green leafy vegetables, legumes, tuber crops, spices and some medicinal herbs.
- Families use available seeds or traditional variety of seeds.
- Crops of different varieties/food groups are grown together through intercrops, relay crops, mixed crops for optimum utilization of space time and nutrients.
- Trees and creepers are introduced in the fence to get more output and protect the garden.
- Fruit trees such as papaya, moringa, banana, guava and lemon that are grown also serve as a good source of income.
- Plants are arranged, shortest towards east and tallest towards western end, to optimally use sunlight.
- Organic compost; vermi composting, liquid manure with locally available weeds, chicken shit, goat shit is used to improve soil health. This also leads to reduction in cost of production and availability of chemical free food.
- Bio pesticides like pest repellent with locally available materials such as ginger, chili, wood ash and neem leaves are used.
- Recycling of waste water like rainwater harvesting and improving irrigation through pitcher irrigation and improving moisture retention through mulching (key hole) for gardens in dry area are promoted.

- Families are oriented on recycling of household waste, composting of kitchen and farm waste and/or vermi compost preparation.
- Integration of duck, hen, goat, cow, pigeon or other animals with the garden for improving nutrition, income and manure are promoted.
- Nitrogen fixing trees are used for green manuring with leaves.
- Addition of fodder like Azolla, close to the garden or within the homestead is promoted.

Outcomes

- Produce from the garden and farm increases consumption of food groups in the daily diet.
- Dependence on market for green leafy vegetables and fruits decreases; savings are used to buy other food from the 10 food groups.
- Average food availability from nutrition garden and farms increases by 3-4 months.
- Families received increased income from excess production.
- Purchase of unsafe food and fast food from the market by communities reduces considerably.
- Strengthens linkage of resource poor families with Government schemes- agriculture, horticulture, fisheries, animal husbandry permaculture, Krishi Vigyan Kendra, agriculture farms/university, etc.



LANN+ is a multi-sectoral approach centered around family nutrition and has an explicit focus on integrating nutrition-sensitive sectoral elements that address underlying and basic causes of malnutrition to achieve nutrition security at the household level.

5 KEY ELEMENTS AND ITS LINKAGES:



Linkage between agriculture and nutrition



Linkage between natural resources and nutrition



Linkage between WASH and nutrition



Linkage between nutrition education and practice



Linkage between income generation, market and nutrition

The Participatory Learning for Action (PLA) methodology has been adopted for conducting LANN+ meeting cycles in the community to ensure knowledge and behaviour change through actions at the village level. The LANN+ process also helps the community to plan resources both at family level and commons.

The LANN+ PLAs are facilitated by representatives from the community, ideally members from the SHGs, grassroots service providers or village committee members. The facilitators are systematically trained on technical, communication and leadership skills, and are familiarized with the local dynamics, and causes of hunger and food insecurity.

MONITORING CHECKLIST

- Facilitator's training are completed in a phased manner to ensure that they understand the PLA processes well, and are able to follow the methodology described in the manual.
- Manual and picture cards are made available to the facilitator.
- IEC and stationary materials are available with the facilitator.
- The facilitator is able to conduct PLA meeting as per the manual, ensure active participation, and has the necessary leadership and knowledge.
- Community based organizations and groups actively participate, and support in organizing meetings, follow-ups and evaluate the changes.
- Both men and women of different ages participate in the meetings.
- The grassroots service providers from govt. organisations and NGOs also participate in the meetings.
- Collective action plans are prepared after every meeting. These plans are then followed up by CBOs/SHGs.
- The facilitator maintains a LANN+ register throughout the process.

Outcomes

- Community can link the relationship between agriculture, natural resources management, WASH, income and education with nutrition.
- Community can identify probable underlying and basic causes of malnutrition and take actions to resolve them.
- Community is able to identify families with malnourished children and encourages them to participate in the village planning and budgeting.



04

NSMP

NUTRITION SENSITIVE MICRO PLANNING

- NSMP address the growing need of bringing nutrition agenda at the center of planning to make the village level development planning process more nutrition sensitive. Emphasis is laid on resource planning of individual families where they are able to maximize the available resources for food production, safe water, and sanitation.
- Families with undernourishment and lesser resources participate in the village development planning for common and shared resources, linking plans with government schemes, and budgeting sessions to ensure equity and food security.
- Volunteers from the community are trained in coordination with the Block Development officials and Panchayat on the planning process which includes PRA processes, existing government schemes, the Gram Sabha/village planning formalities and budget templates. These volunteers facilitate the preparation of the village development plans, ensure the plans are incorporated in the village assembly plans and also follow-up with the fund sanctions. They are also trained on social accountability tools like social audit and public hearings where ever applicable.

INDIVIDUAL FAMILY RESOURCE PLANNING

- Individual families of undernourished children have household plans for improving food and nutrition security, and prioritize their demands from the government schemes.
- Crop planning is done to ensure Minimum Dietary Diversity (as per FAO) in women throughout the year.
- Plans for inclusion of animal products and fruits throughout the year are made.
- Hand washing structures are installed inside the household, and families construct working household toilets.
- Households ensure easily available safe drinking water throughout the year, and safe storage systems are maintained.
- Low-cost water filters are used by the households.
- Wastes are segregated and compost pit are created inside the house.
- Waste water is diverted to garden/farm, and land is not left unused/ fallow.
- Preservation techniques are used during season of excess production to be used during lean periods.
- Family receives grants/funds under government schemes for various important issues such as sanitation, water harvesting, agriculture, animal husbandry, drinking water, electricity, housing, repair of animal sheds, land leveling, farm bunding, and irrigation.

- Family accesses the government entitlements for health care, family planning, subsidized food rations, supplementary nutrition, mid-day meals, food for work, cash for work, and schooling.

VILLAGE LEVEL RESOURCE PLANNING

- Participatory – all families with malnourished children are aware about the date, time and venue of the meeting and contributes to the plan.
- Individual family Needs of majority of the families are incorporated in the plan.
- Planning meeting minutes are available in the village.
- Plans are submitted at the village assembly in the specified format/template.
- Plans are incorporated in the Gram Panchayat/wards/Union/Rural municipality/others.
- Village representative follows-up the plans at the respective offices.
- Community attends relevant hearings and meetings on issues such as social audits, budget sessions, and public hearings.

Outcomes

- Equitable development plans and budget focus on the needs of the families with malnourished children are developed in the village.
- The resource poor families plan their own resources and identify the support required from the government schemes to improve sustainable food security at household level.
- All families are informed and empowered to access entitlements under the government safety net programs.



STRENGTHENING INSTITUTIONS

COMMUNITY NUTRITION VOLUNTEERS

- **Representatives from existing village level institutions that are inclusive and accepted by majority are selected as the Community Nutrition Volunteer, who are trained on different components of Nutrition, WASH, agriculture and planning. These volunteers form clusters called the Community Nutrition Support Groups. Monthly meetings with the Community Nutrition Support Groups are organized to plan awareness campaigns, monitoring of nutrition and WASH behaviours, and training on LANN+.**
- **The Community Nutrition Volunteer shares the learnings with their respective groups during group meetings.**

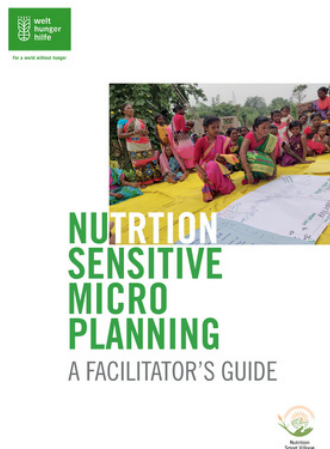
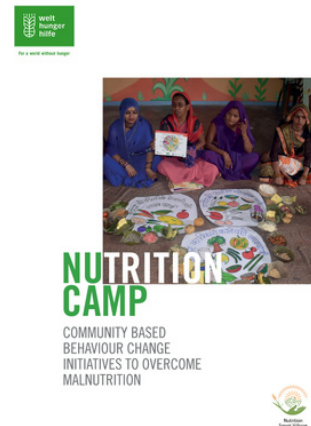
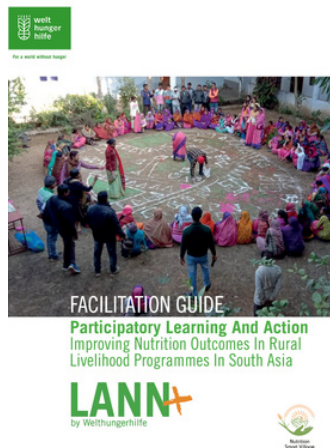
MONITORING CHECKLIST

- Community volunteers are associated/member of another group.
- Community volunteers receive regular training and hand holding support.
- Community volunteers can conduct sessions independently.
- Community Nutrition Support Group conducts monthly meetings ; and meeting minutes register is maintained.
- Community volunteers attend own group/CBO/SHG meetings and share learnings
- The group members/CBO/SHG attend the LANN+ meeting sessions and village evaluation meetings.
- Group members/CBO/SHG attend the village nutrition sensitive micro planning sessions.
- Need based capacity building trainings of the CBO/SHG are regularly done.

Outcomes

- The village institutions are aware about the entitlements under the human rights provisions declared in the constitution of the country, esp, RTF, RTI, RTE.
- Strong leadership qualities among the group members are created.
- Community leaders are empowered to ask questions, make applications, access government offices and make service providers accountable.
- Village committees can monitor the village activities planned for protection of natural resources, safe agriculture practices, environmental hygiene and government services provisioning.

MANUALS AND TOOL KITS



शिशु एवं छोटे बच्चाके खाওয়ानो | नवजात शिशु और छोटे बच्चों का पोशाहार



काउन्सेलिंग कार्ड एवं समाजकर्म
 परामर्श कार्ड और सामुदायिक कार्यकर्ता

Flip Chart - Infant and Young Child Feeding

CONCEPTUALIZATION AND CAPACITY BUILDING BY WELTHUNGERHILFE INDIA OFFICE

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