

PHASE 1: TOOLKIT



**Linking Agriculture and Natural Resource Management
towards Nutrition Security plus WASH (LANN+) and
Participatory Learning and Action (PLA)**



For a world without hunger



PHASE 1: Toolkit

This Toolkit on LANN+ PLA (phase 1) has been developed by Welthungerhilfe as reference material for facilitators and resource persons. The objective of the first module is to create conceptual clarity on multisector approach in reduction of malnutrition and introduction to phase 1 meeting cycle under the “linking of agriculture and natural resource management towards nutrition security”- PLA.

Overview

Often there exists a critical gap between livelihood or agriculture interventions and actual nutrition outcomes among the target communities and families of such intervention. Much has been debated about the “missing link” for instance in the Lancet Series of 2013. Under the heading “unlocking the potential of nutrition-sensitive programs”, it is noted that: “Evidence suggests that targeted agricultural programmes are more successful when they incorporate strong behaviour change communications strategies and a gender-equity focus.



Training topics:

- Linkages between food consumption & nutrition
- Linkages between agriculture & nutrition
- Linkages between natural resource management & nutrition – particularly with regard to forests as a direct source for uncultivated food for communities
- Linkages between income generation, markets and nutrition

LANN+ Linking of agriculture and natural resource management towards nutrition security is a multisectoral approach centered around family nutrition and has an explicit focus on integrating nutrition-sensitive sectoral elements that address underlying and basic causes of malnutrition. Mindful of the rural context of communities and their dependence on local natural resources for a variety of essential materials – e.g. food and water, livelihoods, fuel – LANN+ gives precedence to the interaction between communities, the local natural environment and local food systems to improve nutritional outcomes.

PLA Participatory Learning and Action (PLA) is a type of qualitative research used to gain an in-depth understanding of a community or situation and is always conducted with full and active participation of community members. PLA is applied through a range of participatory tools and approaches. It uses adult learning methods that community members can easily relate to, particularly in areas with low literacy. These methods include games, storytelling, pictorial display, practical demonstrations, participatory discussions etc. for facilitating the discussions. Duration of the meetings are approximately 1.5 to 2 hours, and the group members decide the time and venue of the next meeting.

Meeting Cycles

The meeting cycles are designed in four phases:

PHASE 1: ASSESSING SITUATION

This phase, comprising of six meetings, will enable assessment of problem status related to nutrition, agriculture and natural resource management in the community and identification and prioritization of common problems.

PHASE 2: DECIDING ACTION

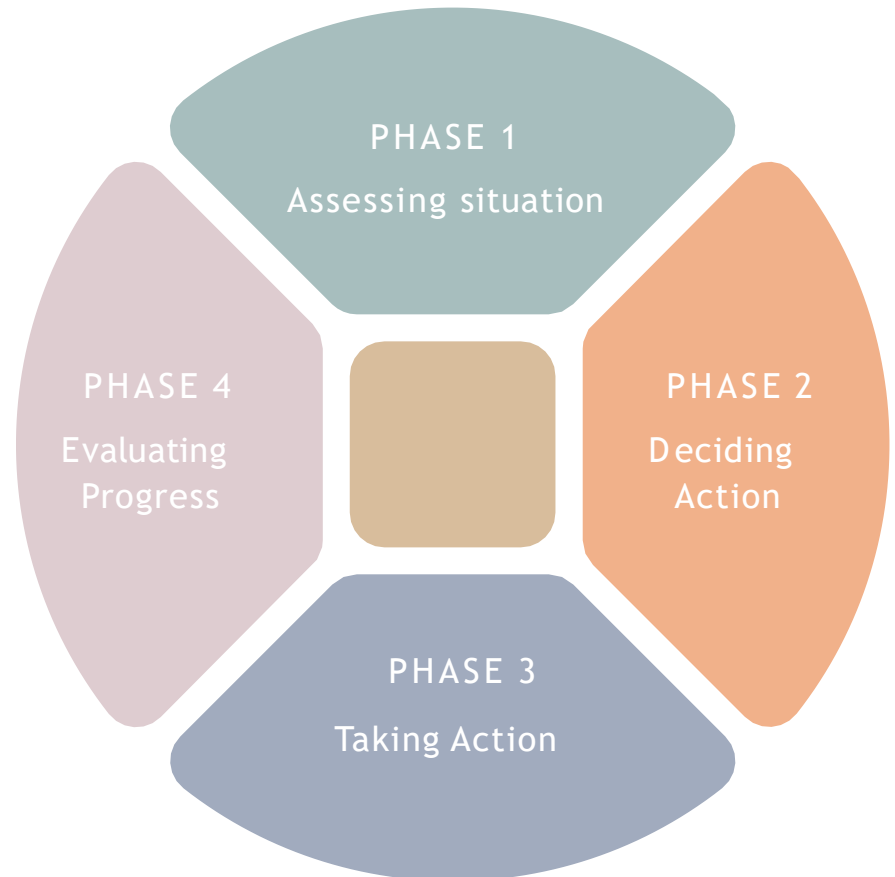
In this phase, the community will decide which strategies to adopt for each of the prioritized problems.

PHASE 3: TAKING ACTION

This phase has specific meetings focusing on actions to be taken to support good nutritional, agricultural and NRM practices.

PHASE 4: EVALUATING PROGRESS

This phase is marked by one final meeting where group members evaluate their progress regarding the strategies they have chosen.



PHASE 1: ASSESSING SITUATION

1 Multisector approach for addressing Malnutrition

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, incl. undernutrition as well as overnutrition and obesity, often combined with micronutrient deficiency. The complex interrelationships between food and nutrition security must be thoroughly understood by decision-makers, planners, and field staff, if malnutrition resulting from food insecurity, inadequate nutrition or health is to be significantly reduced in the world.



[Multisector Approach to address malnutrition](#)



[UNICEF Causal Framework of Malnutrition](#)



[Nutrition Smart Village](#)



[Manjari's Story](#)



[Intergenerational Cycle & consequences of malnutrition](#)

2 WHO CAN BE A FACILITATOR?

Facilitating these meetings needs an understanding of the local dialect and context. It is therefore recommended that the facilitator be chosen from the same area where this PLA will be implemented. A facilitator should have

- Good communication skills
- Minimum literacy for record keeping (12 years of schooling)
- Mobility to be able to move in the area, so cycling or driving would be an additional skill requirement.
- Acceptability with a pleasant demeanor and willingness to learn new things.

Such persons can be identified through organizing village meetings and/or through personal interviews.

3 ROLES OF A FACILITATOR

A facilitator is expected to:

- Map and select existing community groups for the programme
- Where no groups exist, s/he will form small community groups
- S/he will identify the most marginalized communities within the village and encourage their participation in the meetings
- S/he will encourage other family members (including male members) to join the meetings
- S/he will conduct regular meetings of the community groups, and help them identify and prioritize problems related to their crop diversity, growing toxic-free nutritious food throughout the year and accessing food from the common resources; and, develop strategies on how to address these issues and guide them for implementing the strategies.

4 COMMUNITY GROUPS

Both men and women members have a role to play in improving nutritional outcomes in a family. Community group therefore means a group of both, men and women members of the families residing in the area. Generally, a PLA community group covers a population of about 500-700 for best results. A facilitator must ensure members of marginalized and vulnerable families are included in the meetings.

5 ROLES OF COMMUNITY GROUPS

The community groups will be the focal point for galvanizing any action on under-nutrition. It is expected that members attend the meetings regularly and encourage other members of the community as well to join the meetings. Since the entire process is based on community decisions, the members need to take responsibility for planning, implementing, and evaluating the strategies in their area. This will also include liaising with other stakeholders, bringing in non-members and mobilize all available resources for implementation of the plans.

A total of 5 meetings are to be conducted at an interval of 10-15 days

1

UNDERSTANDING UNDERLYING CAUSES OF UNDERNUTRITION



Meeting
Intergenerational
cycle poster

2

LOCALLY AVAILABLE FOOD AND BALANCED DIET



Meeting

3

MAPPING AVAILABLE RESOURCES IN THE COMMUNITY



Meeting
Mapping available natural
resources in a community through
transect walk

4

UNDERSTANDING THE EFFECTS OF OPEN DEFECAATION ON COMMUNITY HEALTH AND NUTRITION



Meeting
Understanding the affects
of open defecation on
communities

Personal hygiene cards

5

IDENTIFYING AND PRIORITIZING NUTRITION RELATED PROBLEM



Meeting
IEC- Problem cards

PHASE 2: DECIDING ACTION

A total of 3 meetings are to be conducted. In this phase, the community will decide which strategies to adopt for each of the prioritized problems.

1. Finding causes and solution to the Problems

To find the immediate and underlying causes of food insecurity & malnutrition in the community. To arrive at solutions to deal with these problems



2. Finding causes and solution to the Problems related to WASH practices

Find the links between current WASH practice and its relation to Nutrition



3. Choosing Feasible Strategies

To identify strategies arising out of the solutions from the previous meeting



REVIEW MEETING:

Taking Over Responsibilities



PHASE 3: TAKING ACTION

This phase has specific meetings focusing on actions to be taken to support good nutritional, agricultural and NRM practices.

1. Timely initiation of complementary feeding and improved IYCF practices



2. Strategies to prevent under nutrition in the community



Video links

[How to make tippy taps](#)

3. Crop planning to improve net yield (quantity & diversity) of a unit of agricultural land based on local conditions



4. Growing Nutrition Garden



5. Safe water for drinking, cooking and bathing



Video links

[Matka Filter assembling process](#)

[Personal hygiene & solid and liquid waste management](#)

6. Importance of Uncultivated foods



PHASE 4: EVALUATING PROGRESS

This phase is marked by one final meeting where group members evaluate their progress regarding the strategies they have chosen.

Taking Over Responsibilities _____ Meeting

Session 1: Discussing Strategy Implementation Process and Taking over Responsibility there after

Session 2: Planning for the Interface Meeting

Village Interface Meeting 1

Evaluation of LANN _____ Meeting

Session 1: Recapitulating the Meeting Sequence

Session 2: Experience Sharing

Session 3: Phase-wise Evaluation of the Cycle

Session 4: Evaluation of the Activities by the Groups and the Impact of Intervention

Session 5: Planning for Interface Meeting

REFERENCE LINKS



[FOOD GROUPS AND
BALANCED DIET](#)



[DIETARY DIVERSITY
SCORING](#)



[MINIMUM DIETARY
DIVERSITY FOR
WOMEN](#)



[LANN+ PLAMEETING
DOCUMENTATION](#)

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