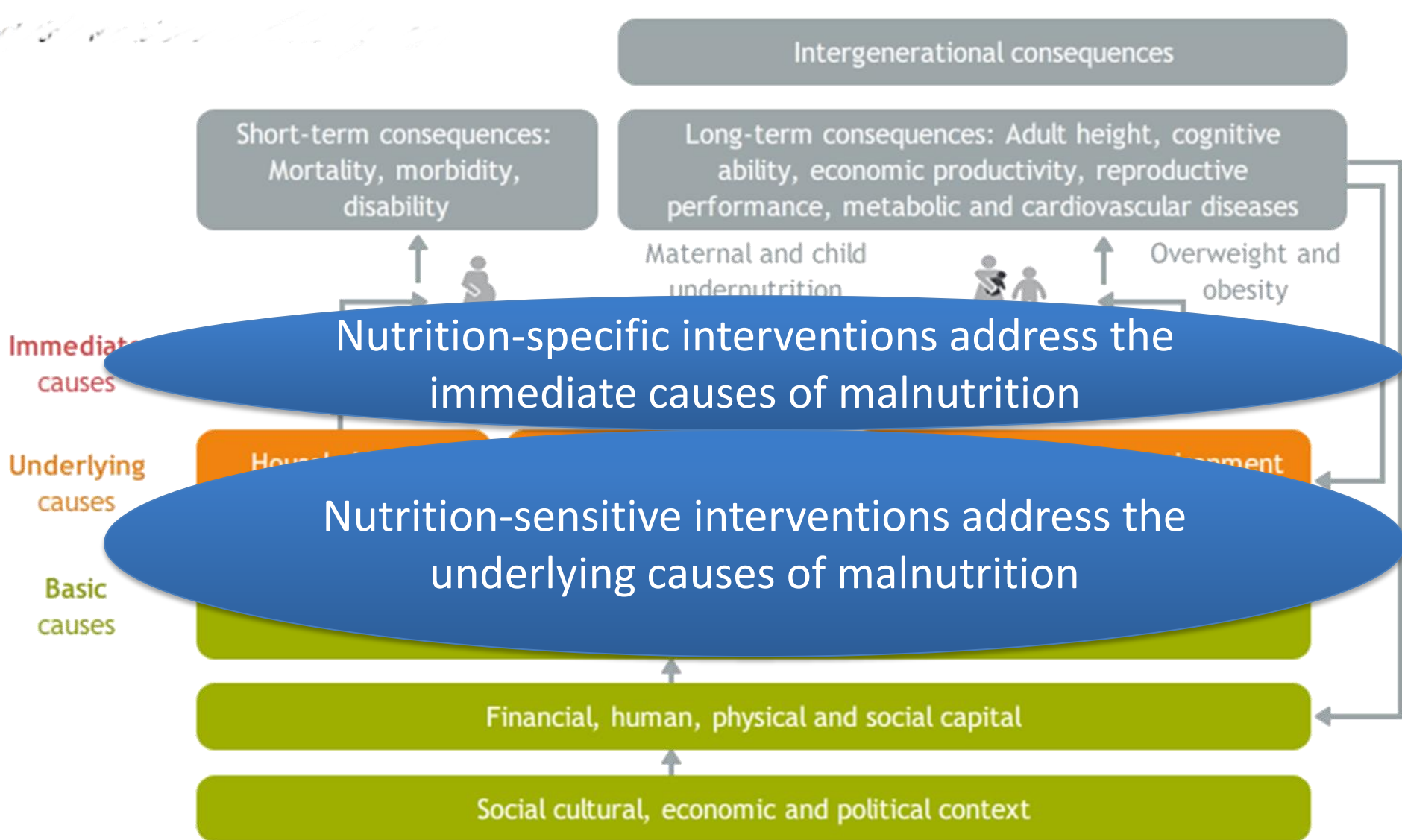


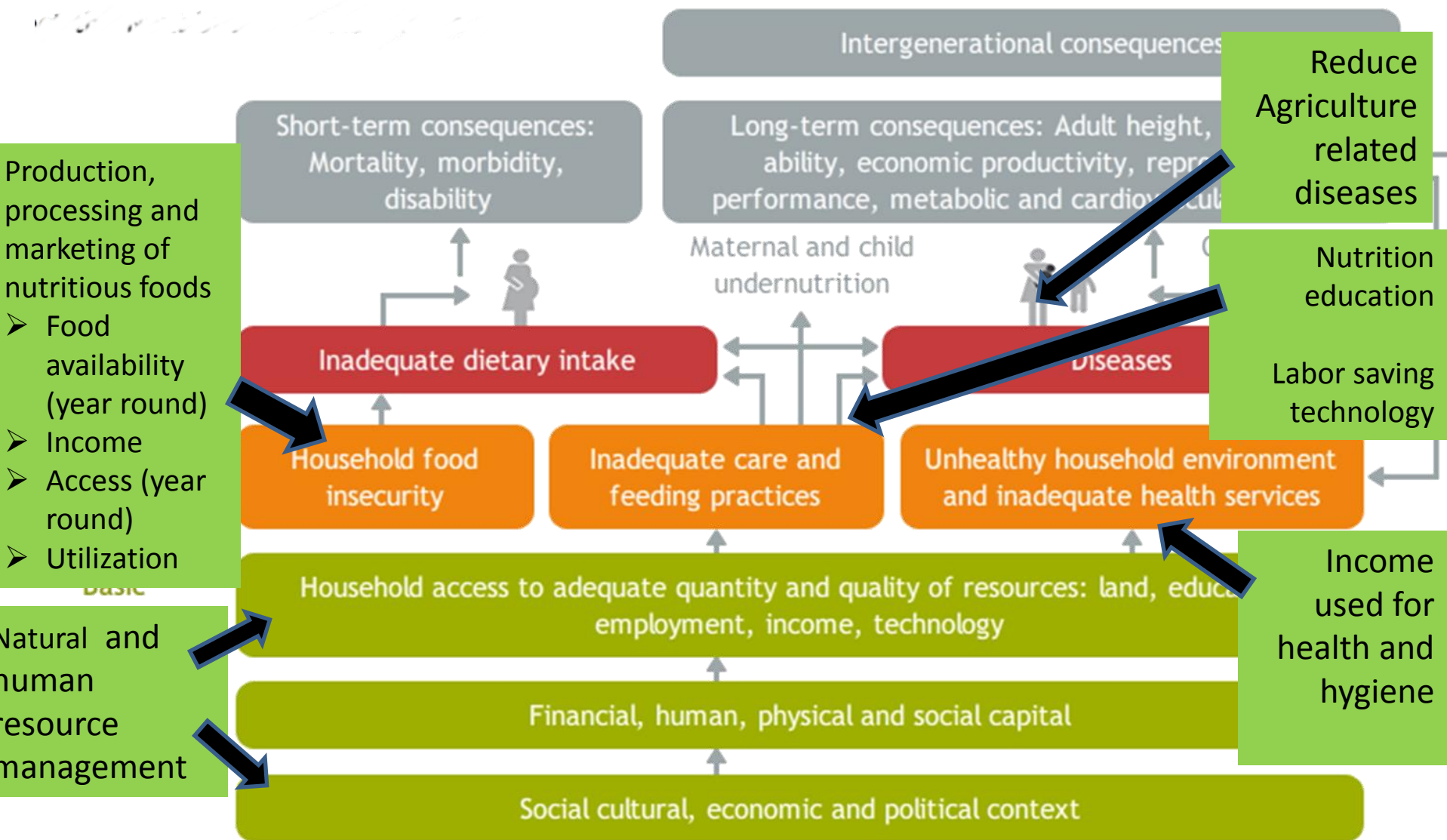


# Key concepts and main issues for improving nutrition through Food Security and agriculture

# Nutrition-sensitive interventions



# How can agriculture contribute?



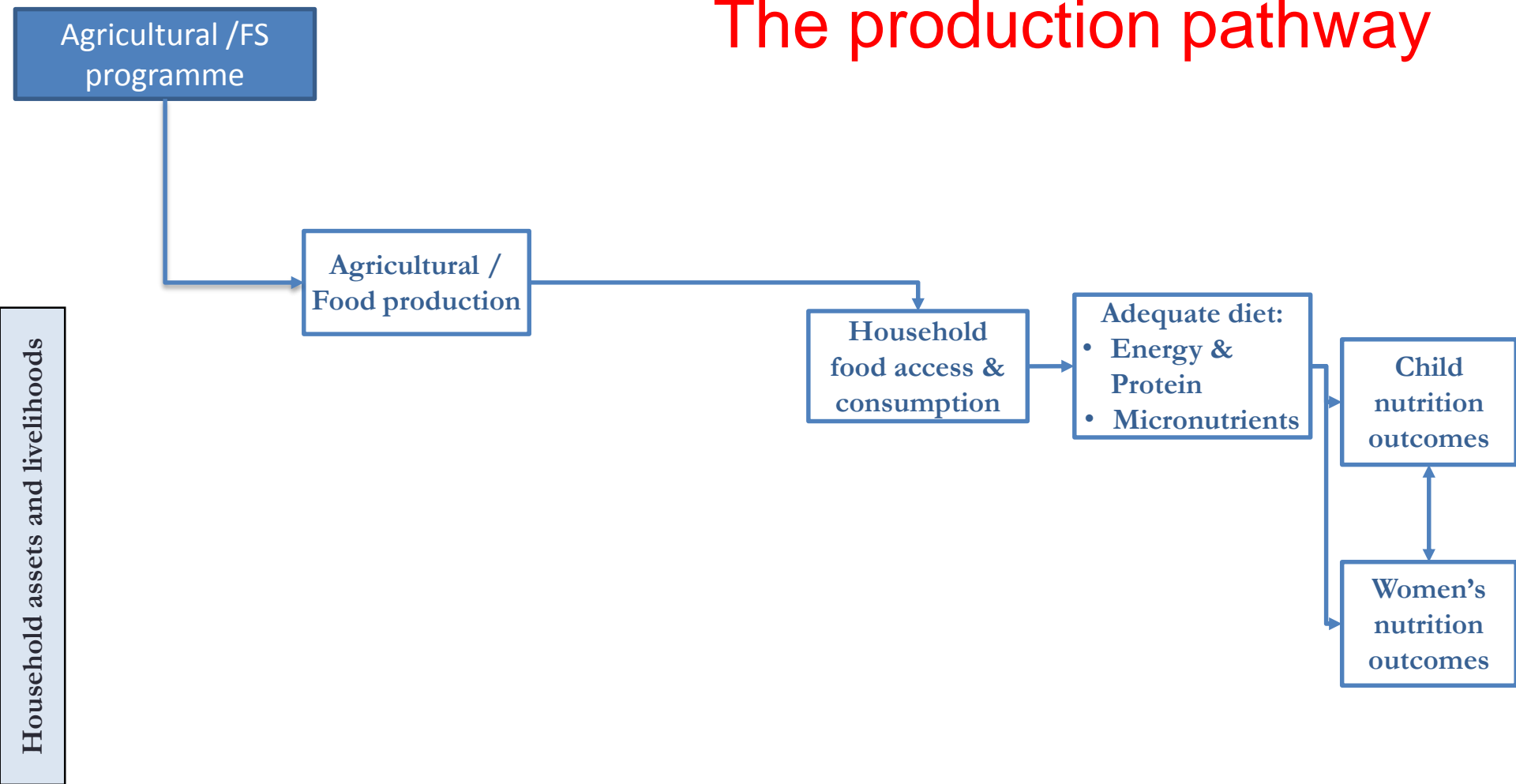


# How does it work?

Pathways from agriculture to  
nutrition

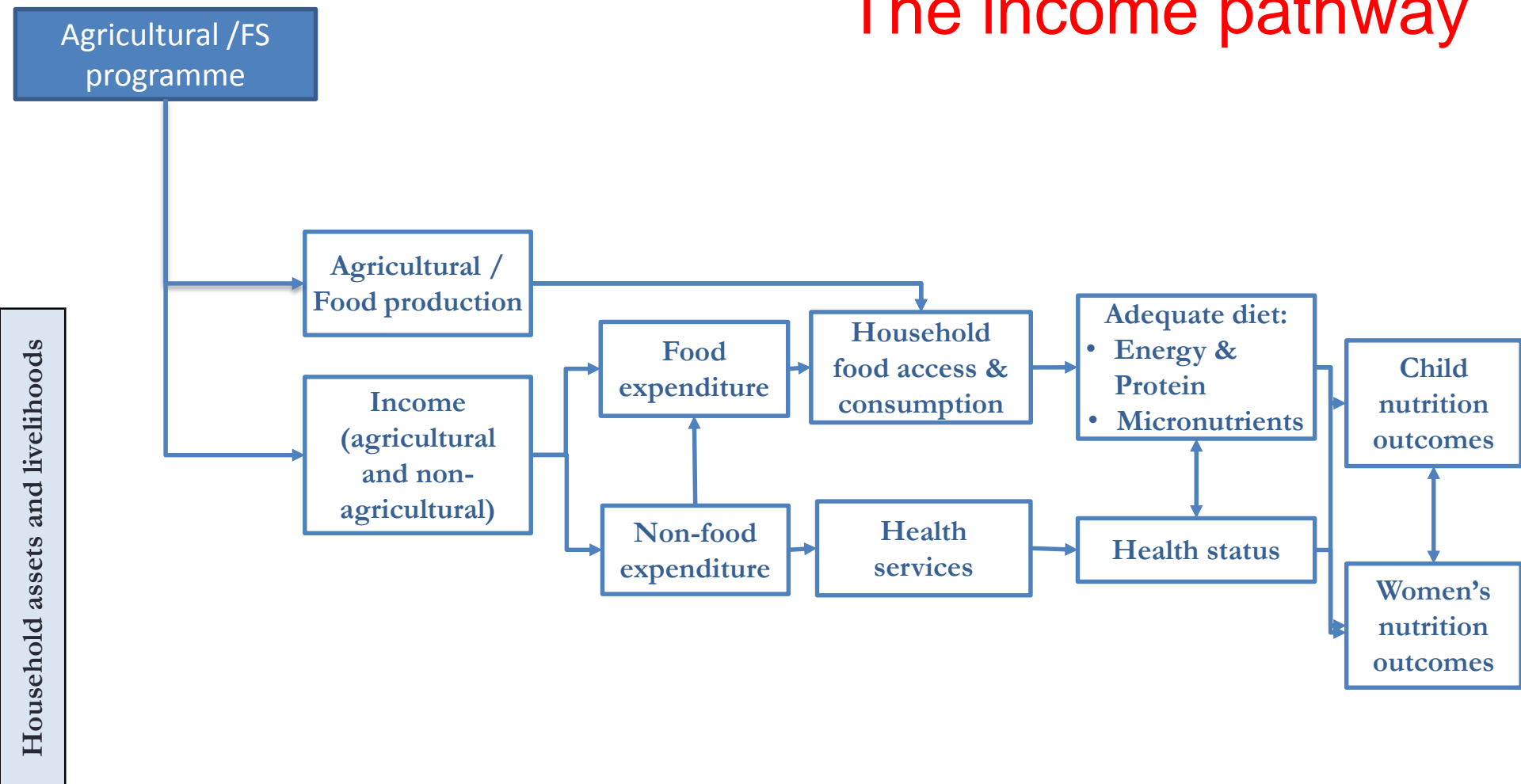
# Pathways from agriculture to nutrition

## The production pathway



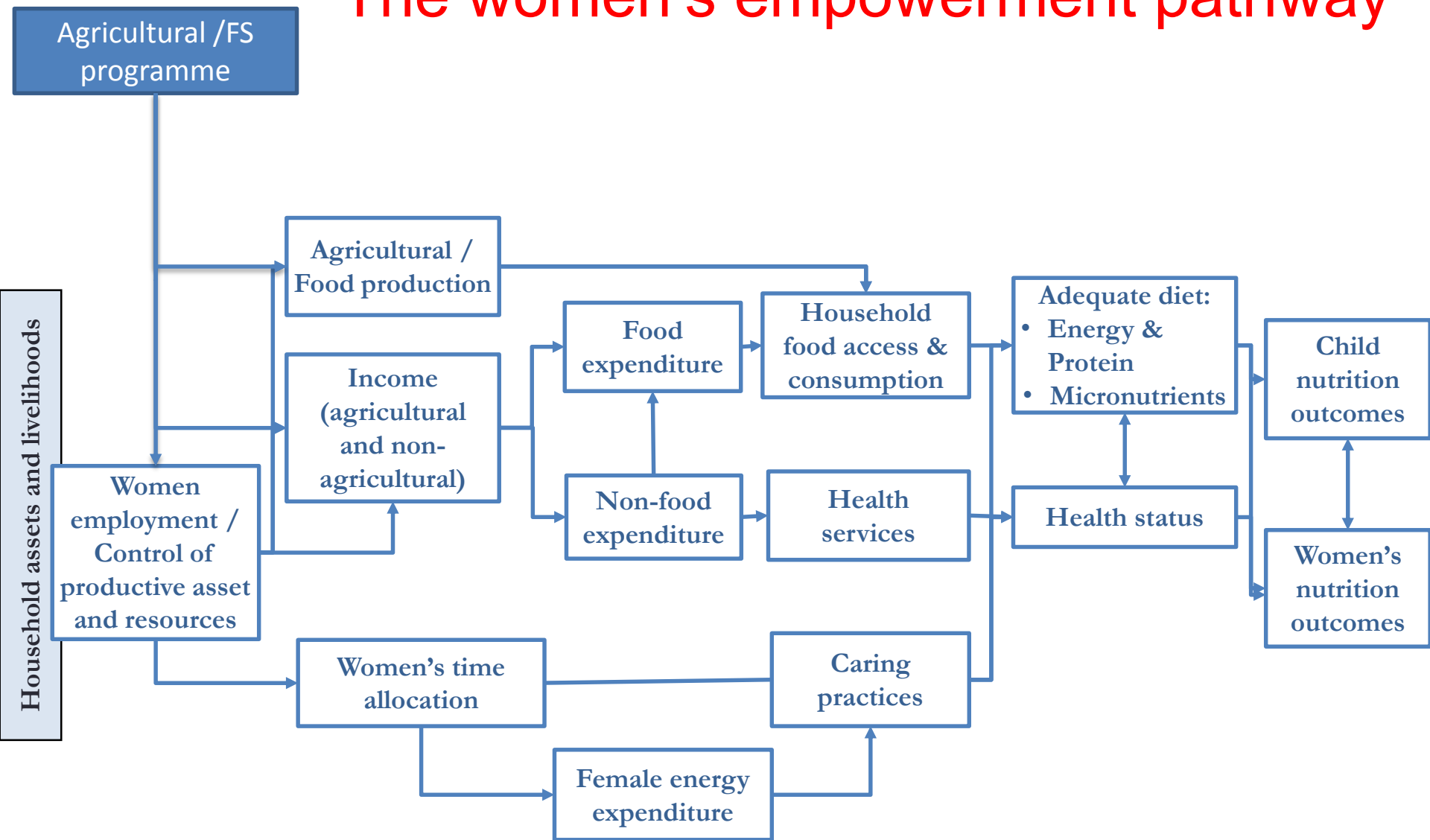
# Pathways from agriculture to nutrition

## The income pathway



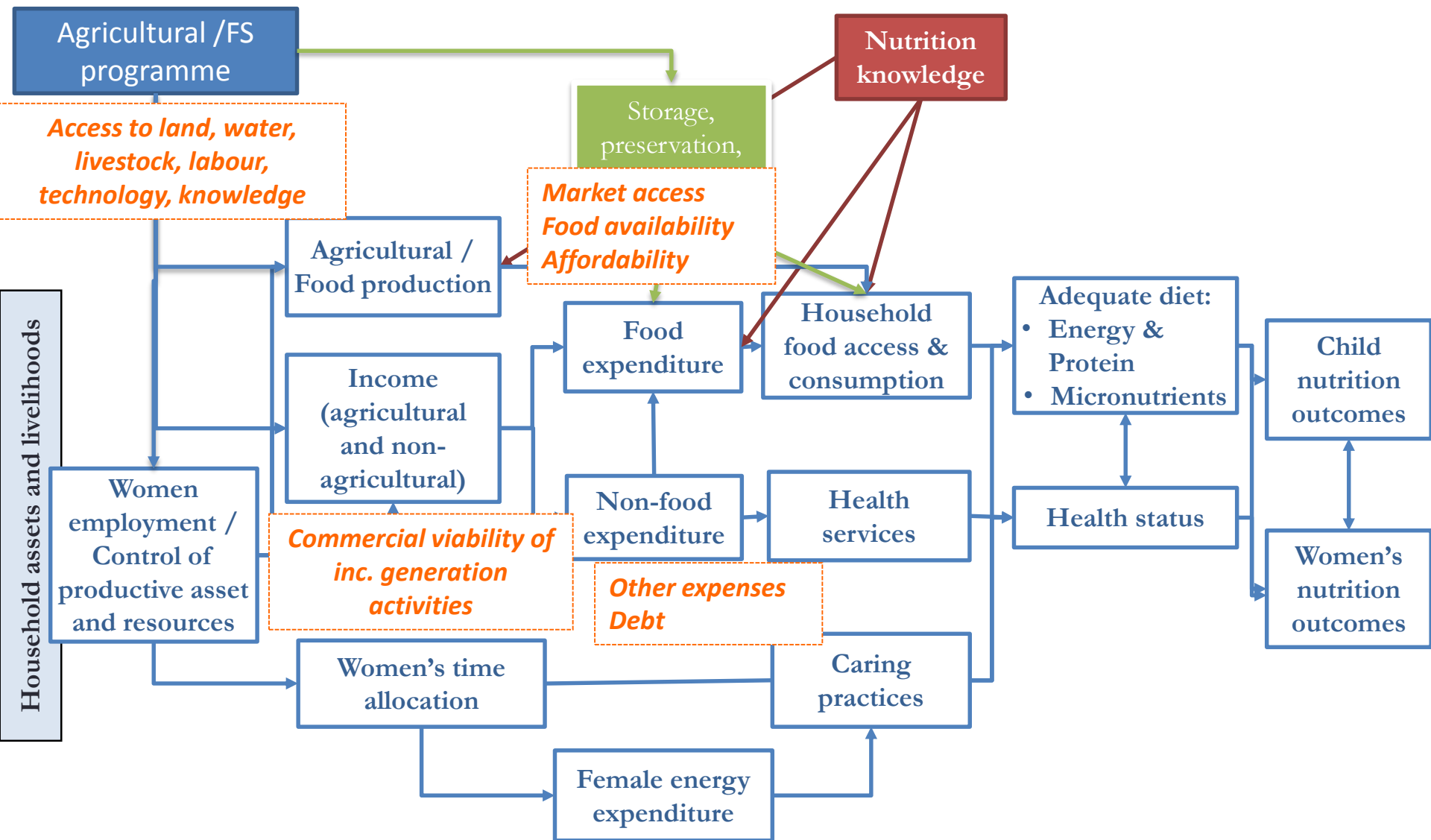
# Pathways from agriculture to nutrition

## The women's empowerment pathway



# Pathways from agriculture to nutrition

## Other factors





# Key recommendations for improving nutrition through agriculture and food systems



Food and Agriculture  
Organization of the  
United Nations



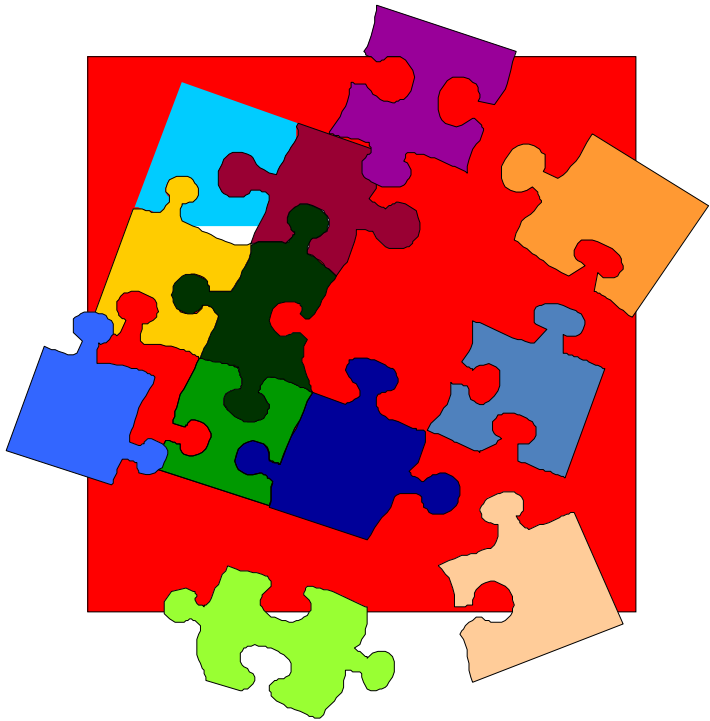
## KEY RECOMMENDATIONS FOR IMPROVING NUTRITION THROUGH AGRICULTURE AND FOOD SYSTEMS

Food systems provide for all people's nutritional needs, while at the same time contributing to economic growth. The food and agriculture sector has the primary role in feeding people well by **increasing availability, affordability, and consumption of diverse, safe, nutritious foods and diets** aligned with dietary recommendations and environmental sustainability. Applying these principles helps strengthen resilience and contributes to sustainable development.

**Agricultural programmes and investments can strengthen impact on nutrition if they:**

- 1 Incorporate explicit nutrition objectives and indicators into their design**, and track and mitigate potential harms, while seeking synergies with economic, social and environmental objectives.
- 2 Assess the context at the local level, to design appropriate activities to address the types and causes of malnutrition**, including chronic or acute undernutrition, vitamin and mineral deficiencies, and obesity and chronic disease. Context assessment can include potential food resources, agro-ecology, seasonality of production and income, access to productive resources such as land, market opportunities and infrastructure, gender dynamics and roles, opportunities for collaboration with other sectors or programmes, and local priorities.
- 3 Target the vulnerable and improve equity** through participation, access to resources, and decent employment. Vulnerable groups include smallholders, women, youth, the landless, urban dwellers, the unemployed.
- 4 Collaborate and coordinate with other sectors** (health, environment, social protection, labour, water and sanitation, education, energy) and programmes, through joint strategies with common goals, to address concurrently the multiple underlying causes of malnutrition.
- 5 Maintain or improve the natural resource base** (water, soil, air, climate, biodiversity), critical to the livelihoods and resilience of vulnerable farmers and to sustainable food and nutrition security for all. Manage water resources in particular to reduce vector-borne illness and to ensure sustainable, safe household water sources.
- 6 Empower women** by ensuring access to productive resources, income opportunities, extension services and information, credit, labour and time-saving technologies (including energy and water services), and supporting their voice in household and farming decisions. Equitable opportunities to earn and learn should be compatible with safe pregnancy and young child feeding.
- 7 Facilitate production diversification, and increase production of nutrient-dense crops and small-scale livestock** (for example, horticultural products, legumes, livestock and fish at a small scale, underutilized crops, and biofortified crops). Diversified production systems are important to vulnerable producers to enable resilience to climate and price shocks, more diverse food consumption, reduction of seasonal food and income fluctuations, and greater and more gender-equitable income generation.
- 8 Improve processing, storage and preservation** to retain nutritional value, shelf-life, and food safety, to reduce seasonality of food insecurity and post-harvest losses, and to make healthy foods convenient to prepare.
- 9 Expand markets and market access for vulnerable groups, particularly for marketing nutritious foods** or products vulnerable groups have a comparative advantage in producing. This can include innovative promotion (such as marketing based on nutrient content), value addition, access to price information, and farmer associations.
- 10 Incorporate nutrition promotion and education** around food and sustainable food systems that builds on existing local knowledge, attitudes and practices. Nutrition knowledge can enhance the impact of production and income in rural households, especially important for women and young children, and can increase demand for nutritious foods in the general population.

# Agriculture programmes can strengthen impact on nutrition if they:



1. Incorporate **explicit nutrition objectives and indicators** in agricultural programmes and investments, and track and mitigate potential **harms**

## 2. Assess the **context** and **causes** of **malnutrition** at the local level





3. Target the **vulnerable** and improve equity



## 4. Collaborate and coordinate with other sectors and programmes





5. Improve / maintain the **natural resource base**



## 6. Empower women

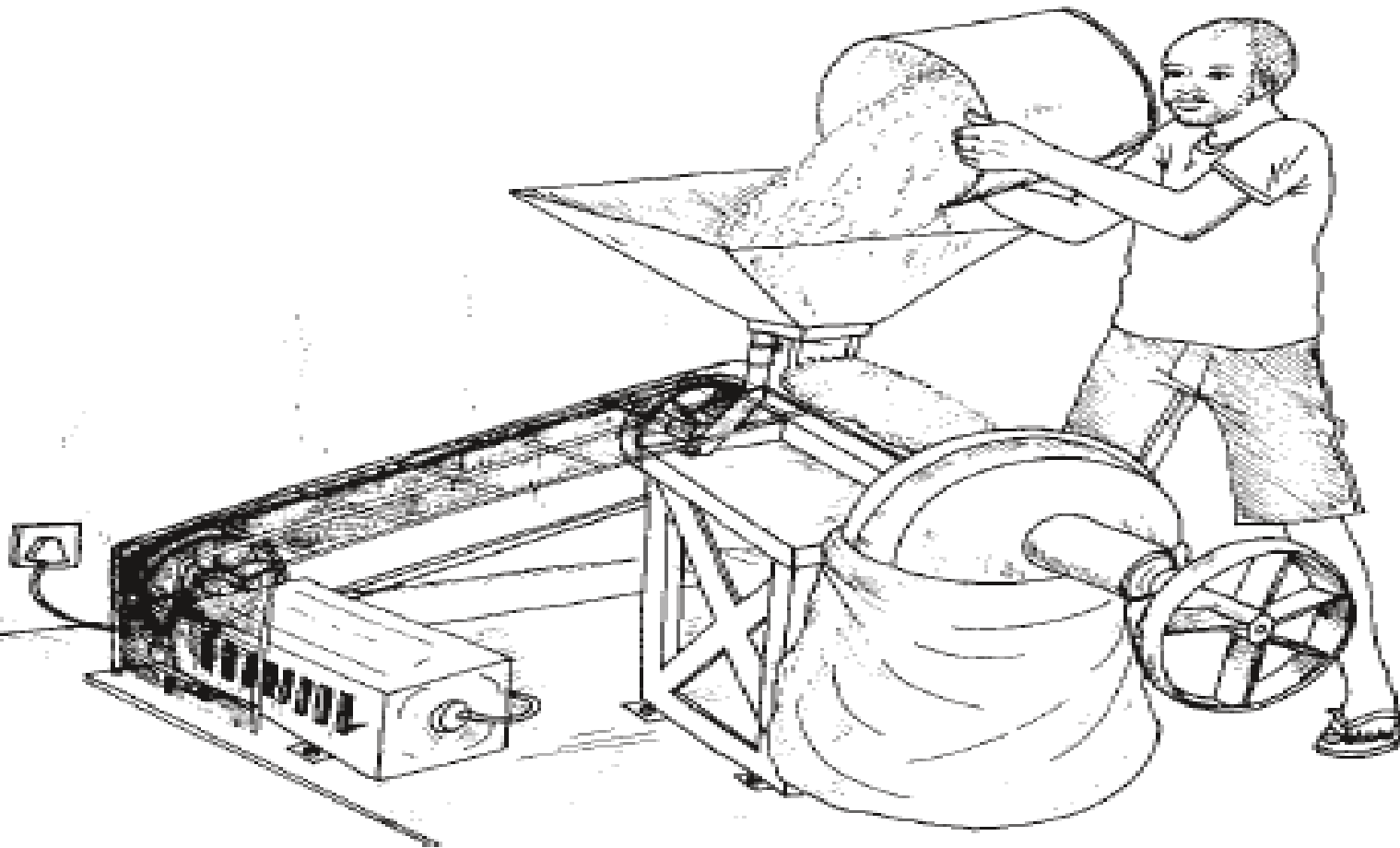






**7. Facilitate  
production  
diversification,  
and increase  
production of  
nutrient dense  
crops and small  
scale livestock**





**8. Improve processing, storage and preservation.**



**9. Expand markets and market access for vulnerable groups, particularly for marketing nutritious foods**



# 10. Incorporate nutrition promotion and education around food and sustainable food systems

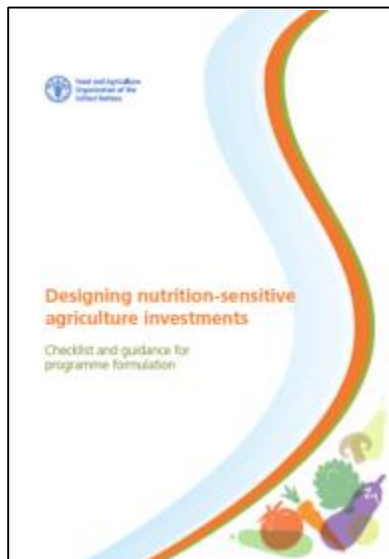
# **AVAILABLE TOOLS AND MATERIALS**

# NUTRITION-SENSITIVE AGRICULTURE AND FOOD SYSTEMS (1/3)



## Key recommendations for improving nutrition through agriculture and food systems

[www.fao.org/3/a-i4922e.pdf](http://www.fao.org/3/a-i4922e.pdf)



## Designing nutrition-sensitive agriculture Investments : Checklist and guidance for programme formulation

This document is designed to serve as a tool to guide programme planners who are aiming to apply the Key recommendations for improving Nutrition through Agriculture and Food Systems in the design of agricultural investments. It is structured around the programming cycle (situation appraisal, programme design, and programme review) and includes key questions, accompanied by tips and references

# NUTRITION-SENSITIVE AGRICULTURE AND FOOD SYSTEMS (2/3)

**COMING  
SOON**

## **Compendium of Nutrition-relevant Indicators for Agriculture Investments**

This document describes a range of indicators, which can be used to monitor and evaluate the nutrition-related impacts of investments in agriculture and rural development. It provides guidance on what each indicator measures and key features of data collection, as well as references to relevant manuals.

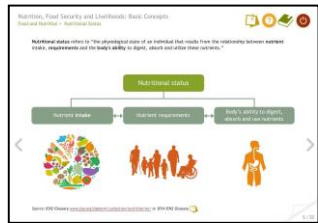
**COMING  
SOON**

## **Compendium of Food and Agriculture Actions for Nutrition**

This compendium provides a list of interventions related to crop production, horticulture, livestock, fisheries, food processing, forestry and nutrition promotion, which can contribute to improving nutrition as part of a multi-sectoral strategy.

# NUTRITION-SENSITIVE AGRICULTURE AND FOOD SYSTEMS (3/3)

## A set of 5 online Modules on Nutrition and Food Systems:



### Module 1: Nutrition, Food Security and Livelihoods: Basic concepts

[www.fao.org/elearning/#/elc/en/course/NFSLBC](http://www.fao.org/elearning/#/elc/en/course/NFSLBC)

Introduces basic concepts of food, nutrition, malnutrition, food security and livelihoods which are prerequisites for the subsequent modules.

**Coming in  
early 2016**

### Module 2: Improving Nutrition through agriculture and food systems

Introduces basic concepts on and linkages between nutrition and food Systems, including the key recommendations for making agriculture and food systems more nutrition-sensitive.

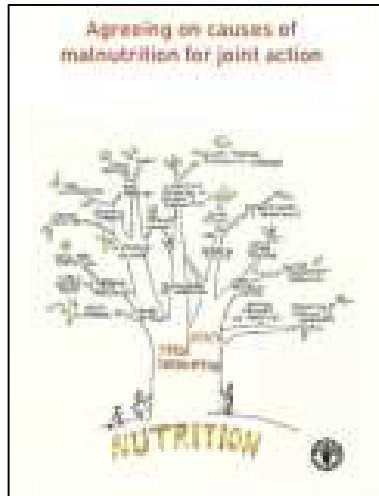
**Released  
gradually  
in 2016**

Using a scenario-based learning approach, the **modules 3, 4 and 5** will guide the user through a nutrition-sensitive programming cycle:

- **Modules 3 and 4** will provide guidance for situation and institutional analysis
- **Module 5** will address key features of design, implementation, monitoring of nutrition-sensitive policies and programmes.



# INTEGRATED PLANNING ACROSS SECTORS FOR NUTRITION



## **Guidelines: Agreeing on causes of malnutrition for joint action**

[www.fao.org/3/a-i3516e.pdf](http://www.fao.org/3/a-i3516e.pdf)

These guidelines are designed to assist professionals involved in development, emergency, and resilience building programmes who seek to promote integrated planning across sectors for sustainable improvements in nutrition.



## **E-learning module: Agreeing on causes of malnutrition for joint action**

[www.fao.org/elearning/#/elc/en/course/ACMJA](http://www.fao.org/elearning/#/elc/en/course/ACMJA)

This interactive online course guides you through the simulation of a workshop process in the fictional country of Namambar. You will learn how to use a methodology based on malnutrition problem-and-solution trees to support joint planning for combating food insecurity and malnutrition.



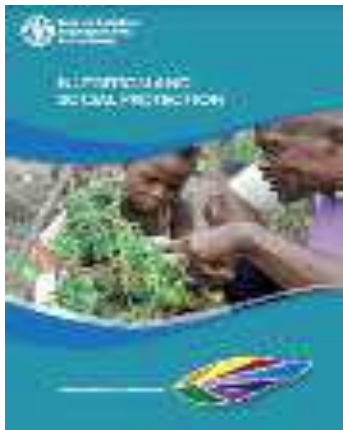
# DISCUSSION PAPER ON NUTRITION AND .....



## **Strengthening the links between resilience and nutrition in food and agriculture (Discussion paper and brochure)**

[www.fao.org/3/a-i3777e.pdf](http://www.fao.org/3/a-i3777e.pdf)

These documents summarize the thinking on nutrition and resilience from a food and agriculture perspective, discuss the linkages between the two agendas and draw recommendations from a conceptual, strategic and operational point of view.



## **Social Protection and Nutrition in the Food and Agriculture Sector (Discussion paper and brochure)**

[www.fao.org/3/a-i5021e.pdf](http://www.fao.org/3/a-i5021e.pdf)

This document presents how various social protection instruments can address the underlying causes of malnutrition, together with recommendations for maximizing the nutritional impact of social protection policies and programmes.

# For more information

[www.fao.org/nutrition/policies-programmes/](http://www.fao.org/nutrition/policies-programmes/)