

SWAZILAND

**A HOLISTIC APPROACH TO NUTRITION
FOR VULNERABLE HOUSEHOLDS:**
A CASE STUDY FOR SWAZILAND AT HOUSE HOLD LEVEL
9-13 SEPTEMBER 2013



IMPLEMENTING INSTITUTION

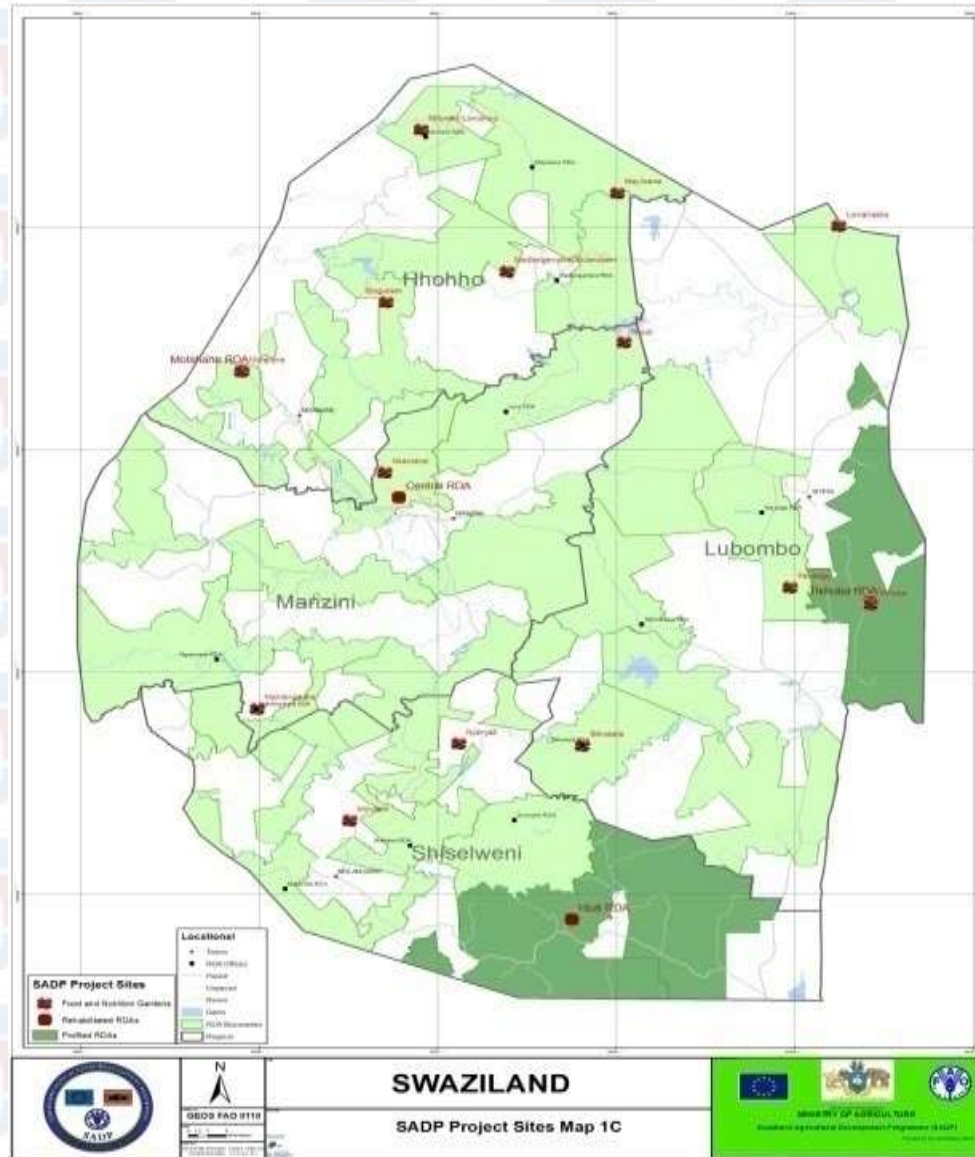
MINISTRY OF AGRICULTURE

HOME ECONOMICS SECTION

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COVERAGE



PROJECT GEOGRAPHIC COVERAGE

PROJECT IS A NATIONWIDE INITIATIVE

- Manzini region
- Lubombo region
- Shiselweni region
- Lubombo region

Project duration: 2009 to 2013



PROJECT OVERVIEW

- The project was undertaken as a holistic approach towards home improvement for vulnerable families
- The approach practically impact skills and knowledge on:
 - Vegetable / crop farming
 - Food preparation
 - Food utilization
 - Food preservation
 - Proper hygiene
 - Proper sanitation (construction of pit latrines)
 - HIV/AIDS Education



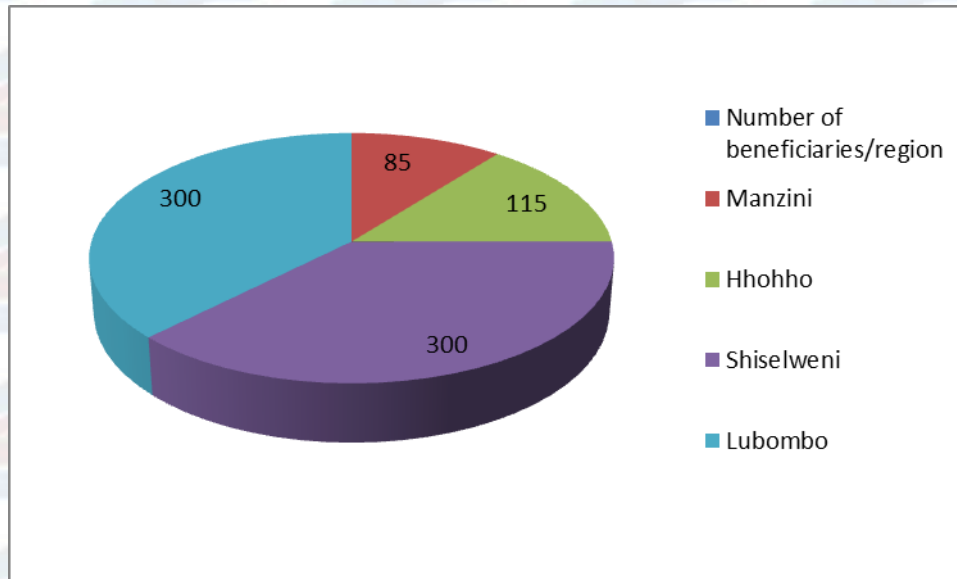
PROJECT AIMS

The project aims at:

- Ensuring that vulnerable households are able to produce sufficient and appropriate food resources to meet short term and long term nutrition needs
- Enabling vulnerable families to attain food security status (shift from being food insecure to being food secured)
- Promoting hygiene and sanitation standards for the households to ensure the well-being of family members



PROJECT BENEFICIARIES



The total number of direct beneficiaries is 800 with about 4,800 indirect beneficiaries

NB: Shiselweni and Lubombo regions were purposely targeted due to their high vulnerability status hence the high representation



PROJECT EXPECTATIONS

It is anticipated that at the end of the project, there shall be improved:

- Food availability throughout the year especially during the dry months
- Diets and nutritional status of household members
- Income from the sale of fresh vegetables and preserved vegetables
- Hygienic and sanitation status of households and their members
- Skills and knowledge base on vegetable farming, food preparation, food preservation and food processing



PROJECT EXPECTATIONS CONT..

- Cooking skills to maximize food usage and minimize the loss of important nutrients.
- Increased acceptability and consumption of a variety of foods to enhance the taste especially for families infected by HIV and AIDS
- Provision of clean water for domestic use and crop irrigation



TARGET GROUP

- Child headed household
- Old aged men and women with grand children (but still able to work)
- Families with infected and affected by HIV/AIDS



SITUATIONAL ANALYSIS: CONDITIONS OF COOKING AREA FOR SOME BENEFICIARIES



CONDITION OF A PIT LATRINES



CAUSES OF FOOD INSECURITY AND MALNUTRITION

- 1. Low levels of crop production due to low soil fertility, knowledge and farming skills, water availability, high cost of agricultural inputs**
- 2. Lack of nutritional knowledge, food preparation skills resulting in loss of nutrients, poor taste and monotonous meals leading to low consumption of food**
- 3. Lack of knowledge on food preservation leading to unavailability of nutritious foods throughout the year**
- 4. High burden of HIV/AIDS on households therefore limiting their capacity to produce food**
- 5. High food prices thereby limiting the buying power of vulnerable families**

PROJECT OBJECTIVES

- Provide crop production skills in vegetable production, food processing, food preparation, utilization and packaging
- Provide skills on health and sanitation concerns through practical trainings
- Provide agricultural inputs, tools and resource materials for the households to engage on food and nutrition gardens, water harvesting, sanitation and hygiene, food preparation and processing



OBJECTIVES CONT.

- Provide technical support to the project beneficiaries on the various key project areas including on-going monitoring of the project activities
- Liaise with relevant partners and stakeholders in the planning and implementation of the project activities



ACTIVITIES IMPLEMENTED

- 800 households with nutrition gardens measuring 7 metres x 7 metres



ACTIVITIES IMPLEMENTED CONT..

- 800 beneficiaries with water harvesting facilities (5000litre tanks and gutters)



ACTIVITIES IMPLEMENTED CONT..

- 40 training workshops on sanitation and hygiene for household members



ACTIVITIES IMPLEMENTED CONT..

- 32 demonstrations on food preparation and processing for beneficiaries



ACTIVITIES IMPLEMENTED CONT..



ACTIVITIES IMPLEMENTED CONT

- 350 households with pit latrines



PROCESS UNDERTAKEN

- Identification and selection of beneficiaries using the set criteria
 - conduct transit walks or home visits as part of the verification exercise



ACTIVITIES IMPLEMENTED CONT..

- Setting up of nutrition gardens through a participatory and practical demonstration



PROCESS UNDERTAKEN CONT..

- Training on vegetable production, compost making, seedbed preparation
- Provision of inputs for setting up the gardens



PROCESS UNDERTAKEN CONT...

- Nutrition education trainings on disorders that result to inappropriate eating habits including food preparation, processing and utilization
- Provision of home improvement information and sanitation and hygiene
- General monitoring on beneficiary households



PROCESS UNDERTAKEN CONT..

- Provision of home improvement information and sanitation and hygiene



STAKEHOLDERS

The Ministry of Agriculture is the lead institution in the project. Other supporting partners include:

- FAO
- Baphalali Swaziland Red Cross (BSRC)
- Swaziland National Network of People Living with HIV and AIDS (SWANNEPA)



IMPACT

- Empowered and motivated beneficiaries
 - Testimony :sell produce to hire tractor to plough their field
- Improved skills in vegetable production and food preparation
- Strengthened collaboration of Home Economics and Non Governmental Organizations
- Strengthened working relationship among Ministry of Agriculture Officers



WHAT HAS WORKED

- Selection criteria needs to be developed: ensure deserving beneficiaries are selected and benefit from the project
- Engage a participatory approach when selecting project beneficiaries
- Ask beneficiaries if they are interested in the project before engaging them
- Working in cluster makes it easier to engage community members and makes monitoring much easier
- Engage other locally based partners within the community
- Encourage farmers to produce their own seedlings within the cluster group



LESSON LEARNED

- Do not assume that all vulnerable individuals that are selected shall be interested in taking up such supporting initiatives
- Ask beneficiaries if they are interested in the project before engaging them
- Allow beneficiaries to plant crops of their preference especially in summer (otherwise gardens will lie idle if you enforce planting of vegetables during this period)
- Creating a sense of competition amongst the cluster members encourages positive outlook



PROJECT SUSTAINABILITY

- With the support of water harvesting facilities, beneficiaries are able to produce crops throughout the year
- The training support on seedbed preparation has enabled beneficiaries to produce their own seedlings instead of purchasing them
- Beneficiaries have been trained and encouraged to use locally available resources such as krall manure, composts to fertilize their soils
- There is on going continuous training on the different project aspects
- Other locally based partners (NGOs) have been engaged to provide support to the beneficiaries



PROJECT SUSTAINABILITY CONT...

- The peer to peer training approach has allowed beneficiaries to learn from each other through individual visits thus monitoring each other



RECOMMENDATIONS

- To ensure sustainable livelihoods, it is critical to empower a person with skills and knowledge
- Never underestimate the abilities of the elderly folks in addressing food security concerns in vulnerable households

