

Diversifying local production and
supporting livelihoods

LESOTHO's Joined-up Approach To keyhole Gardens : Linking issues of Hunger Nutrition and Poverty

Country context:

- Mountainous country; agriculture production declined since 2004 due to droughts and floods ; food security emergency in August 2012
- 23% HIV prevalence across all ages (60% of those are women and children)
- Double burden of malnutrition: high rate of stunting together with 42% of overweight women

What is keyhole gardens & overview of the project

- Introduced in 90's; Target nutritionally vulnerable groups incl. people living with HIV
- Integrated strategy for Food Security, Nutrition, Education, Income generation, Savings and Community development
- « Improved » technology adapted to cold temperature for growing vegetables (a large diversity of crops) year round



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- **Results:**
 - Improve HH Food Security year round esp. in winter and diet diversity in the HH, esp. for people living with HIV, infant, elderly and vulnerable children
 - Support climate resilience, increase in income and savings
 - Improve social cohesion
- **Achievements:**
 - Sustainability achieved by integrated development approach incl. different ministries
 - Homestead gardens included in the Gov. strategic plans
 - Scaling up the project / extended at national level, and also spread the technology at international level
- **Challenges:**
 - Stigma associated with HIV
 - No data on project impact on nutritional indicators (stunting)

Swaziland: a holistic approach to nutrition for vulnerable households

- Objectives of the project: Improved food availability and diet diversity improve income; improve hygiene and sanitation , improved preparation and processing / cooking, increased acceptability / enhance taste; provision of water
- Targets: child-headed, elderly (able to work), families affected by HIV - about 4800 individuals / 800 households
- Activities:
 - Production: increase size of gardens; water harvesting; skills in production, processing, preparation, utilization and packaging;
 - Water and sanitation: skills on health and sanitation (how to clean the yard); supply pit latrines ;
- Impact:
 - sell produce and use income to plough big fields of maize;
 - strengthen collaboration between NGOs and home economics;
 - strengthened working relationship among MoAg officers

Swaziland: a holistic approach to nutrition for vulnerable households

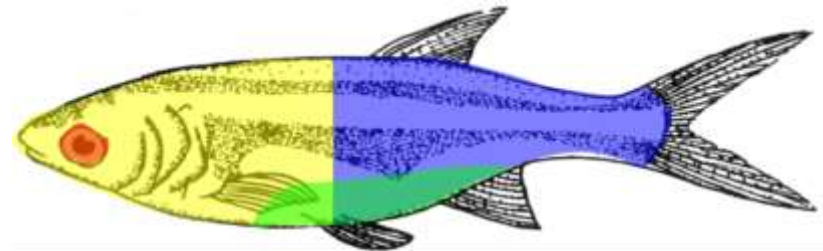
- **Lessons learnt / what worked:**
 - participatory identification of beneficiaries & participatory monitoring (e.g. transect walk) / ensure they are interested
 - Working in cluster & Create sense of competition between clusters
 - Engage other partners
- **Project sustainability:**
 - water to produce crops throughout the year
 - training on seed bed preparations + how to do seedlings
 - use locally available material to fence gardens
 - compost to fertilize soils
 - Peer-to-peer approach
- **Recommendations:** critical to empower person with skills and knowledge ; never underestimate the abilities of elderly in addressing FS in vulnerable households - they appreciate whatever they give you

Fish for improved Nutrition and Health in Africa

Fish & Nutrition : the Evidence

- Fish comes from 2 sources: fishing and aquaculture
- Fish is a « complete » nutritious food incl. a rich source of essential fats
- Global trends: increase in fish consumption (esp. in Asia (China))
- Fish provides high contribution to protein intakes in national diets in Southern Africa
- Different fish species / different parts of fish have different content in vit. A
→ eat the whole fish

- Fish enhances bioavailability of minerals but more research needed
- Fish & HIV / AIDS : Zambia research
→ positive effects of fish powder on nutritional status and treatment response for people living with HIV and AIDS



Vitamin A content in mola

Fish for improved Nutrition and Health in Africa

- **Challenges / Opportunities:**
 - Growing demand for fish
 - Dietary preferences for fish
 - Political will
 - Strong potential for aquaculture in SA: integration with other farming systems (with agriculture, provide organic manures)
 - Fast growing production in the world in aquaculture but lowest in Africa (Egypt)
- **What need to be done?**
 - Long-term fish & nutrition research, especially the role of fish in the first 1,000 days
 - Increased investment in fisheries, especially aquaculture, freshwater and coastal capture fisheries
 - Promoting the availability, accessibility and intake of micronutrient rich fish

Questions on Fish & Nutrition

- Good palatability of Sipa: case of malawi : fish production for big fish is going down because of overfishing → small fish increase
- Current efforts and initiatives for aquaculture:
 - « Fish for all » summit in 2005 with NEPAD
 - National aquaculture plans being developed (e.g. Malawi; Nigeria)
- Importance of 1,000 days and fish for complementary food: development of receipt with small fishes but need to ensure acceptance by children

Challenges

- Environmental challenges and climate change
- Acceptance of programs, change in lifestyle and eating patterns
- Inadequate resources to scaling-up projects and initiatives
- Low incentive to grow other crops than staple crops; emphasis on subsistence farming
- Poor commercialisation drive, lack of information on markets
- Lack of political will
- Lack of promotion of indigenous products

Challenges

- Lack of technology Know-how and need for better links with research
- Lack of capacities for nutrition education in extension prog.
- Lack of infrastructure to support production and marketing
- Inadequate access to agriculture « essential inputs » (e.g. lands, seeds, water)
- Lack of coordination between agriculture and nutrition stakeholders to implement food/crops diversification

Solutions

- Creating enabling agricultural policy environment → Advocacy on nutrition with decision-makers (use of champions)
- Holistic programme design across value chain / food system (e.g crop and livestock)
- Targeting to risk areas
- Ensure dialogue between project initiators and beneficiaries
- Make the case on project impact / demonstrate benefits to ensure buy-in
 - M&E and building exit strategy during project planning
- Develop and invest in appropriate technologies for different situations (including post-harvest technology and on climate change)

Solutions

- Ensure collaboration between scientists, nutritionists and programme designers
- Participatory approaches / stakeholder engagement / partnerships
- Infrastructure (for market access and processing/transport/storage)
- Access to credit for small-scale farmers
- Invest in extension
- Land reform for access to land
- Promotion of indigenous foods (research, development, marketing)