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## Nutrition Education Lessons from Improving Food Security & Nutrition (IFSN) Policy & Programme Outreach Malawi, Africa

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Policies against Hunger XII Sowing the seeds for nutrition: What food systems do we need?

Berlin, 22-24 June 2016



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## Success for Nutrition Education

- 1. Agriculture and Food Systems must go hand in hand in Nutrition Education.** If Agriculture and Food Systems aren't providing our Nutrition, we are doing it right.
- 2. Participatory** - connecting with each participant, building from where they are to improve, hands on, learning together, learning by doing, always learning.
- 3. Nutrition Education for ALL.** Meals and Snacks match what we teach.





**Malawians eat more maize per capita than any  
other country on earth!**

***Over half of calories from one food***

85 % of land is used to grow maize

75 % of calories consumed is from maize

**Maize brought to Southern Africa from Central America about 300 years ago**

**Staple food security is NOT food security**

**Yet, this is the focus for most  
Agriculture, Food security & Food aid programmes.**



## Unbalanced Agriculture & Diet

- Producing & Eating  
only 1 staple food creates:
- low nutrient food systems
  - low nutrient diets

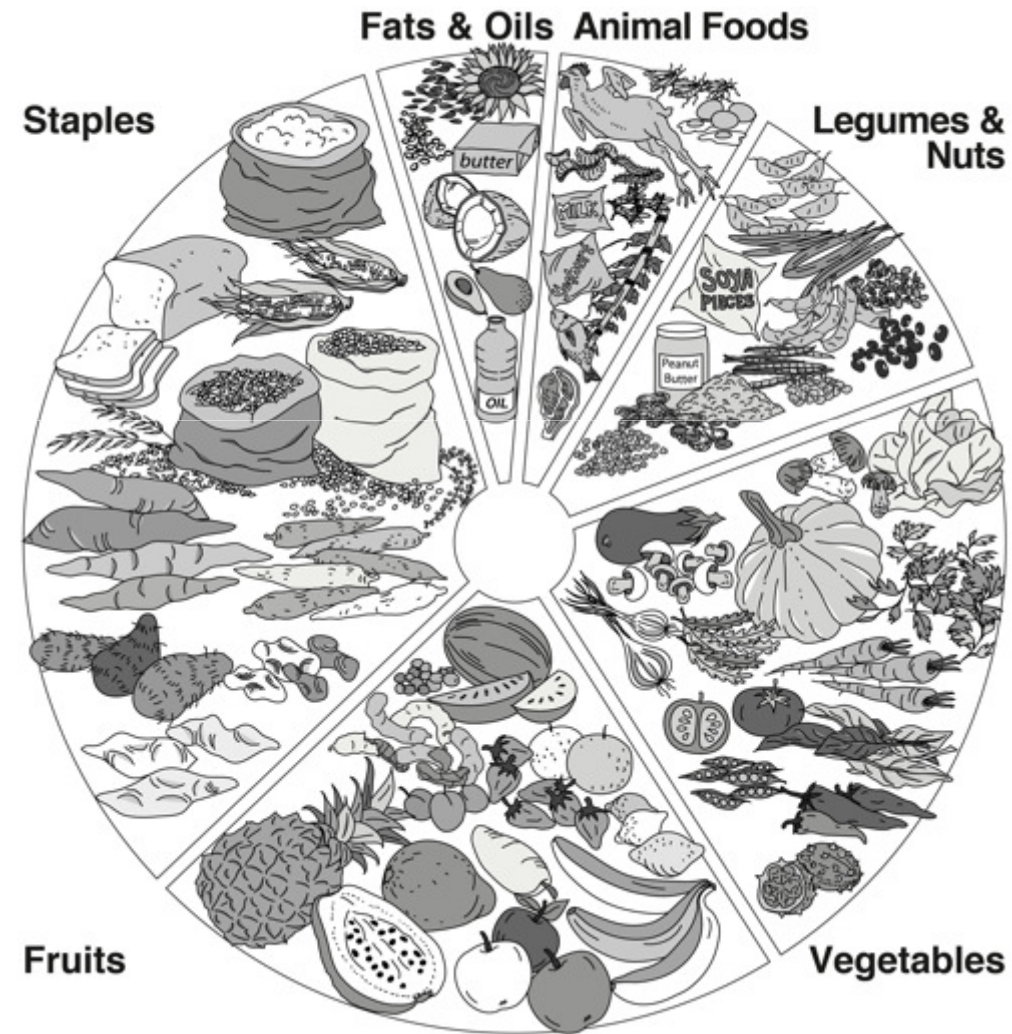
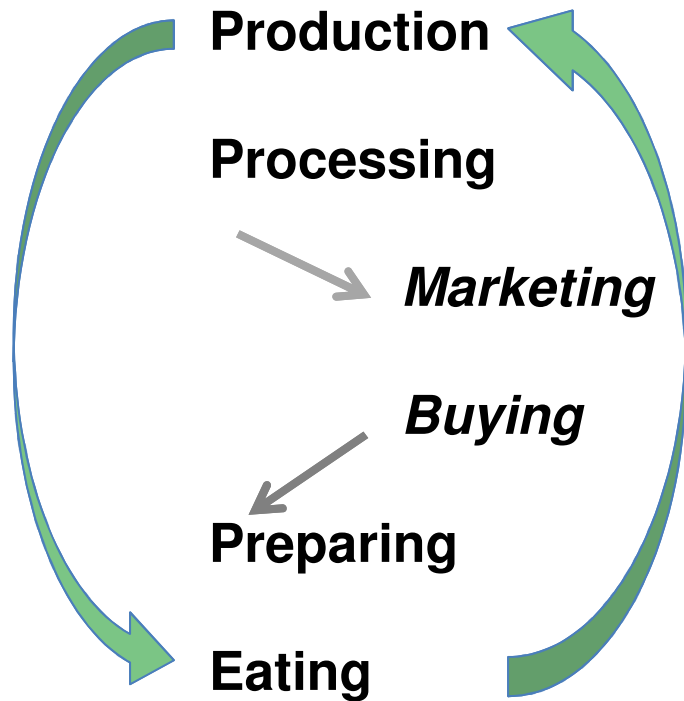


## Balanced Agriculture & Diet

- Producing & Eating  
a diverse healthy diet  
is fundamental to  
good nutrition at all ages



# ALL Food Groups




**Global FOOD Supply**  
**7,000 plant foods available**  
**3 crops = 50 % plant energy**  
**30 crops = 95 % calories & protein**




FAO 1997



# Biodiverse Food Cards & Food Availability Calendar



2015 June Common Foods in Malawi


With support from:  
  

## Kabaifa, Chimbamba, Kamumpanda, Lima Bean

*Phaseolus lunatus*







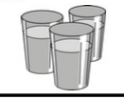
Edible Parts:  
Seeds, leaves

2015 June

2015 June Common Foods in Malawi



Food Groups	FOODS Available:	Dec-Mar Hot/Wet	Apr-Jul Cool/Moist	Aug-Nov Hot/Dry
<b>1. Staples</b> 	Green Banana, Plantain	✓	✓	
	Maize, Chimanga		✓	
	Millet, Mawere		✓	✓
	Cassava, Chinangwa		✓	✓
	Yams, Chilazi Mpama			✓
<b>2. Fruits</b> 	Mango	✓		
	Papaya		✓	
	Banana		✓	
	Masuku			✓
	Chisale			✓
<b>3. Vegetables</b> 	Mushrooms, Bowa	✓		
	Amaranth, Bonongwe	✓		
	Hibiscus leaves, Limanda	✓	✓	
	Cassava leaves, Chigwada	✓	✓	✓
	Chipwete		✓	
<b>4. Legumes &amp; Nuts</b> 	Beans, Nyemba	✓	✓	
	Cowpeas, Klobwe	✓	✓	
	Groundnuts, Mtedza		✓	
	Pigeon Peas, Nandolo		✓	✓
	Lima Beans, Chimbamba, Kamumpanda		✓	✓
<b>5. Animal Foods</b> 	Termites, Ngumbi	✓		
	Eggs (chicken, ducks, etc.)	✓	✓	✓
	Rabbits	✓	✓	✓
	Milk	✓	✓	✓
	Goat	✓	✓	✓
	Fish	✓	✓	
<b>6. Fats and Oils</b> 	Avocado, Mapeyala	✓		
	Coconut		✓	
	Sunflower seeds		✓	✓
	Pumpkin seeds		✓	✓
	Sesame Seeds		✓	
<b>Water</b> 		✓	✓	problem

# IYCF Recipe Books: with flexible, diverse ingredients



**B.4. Mbatata ya kholowa kapena kachewere ndi ufa wa nsomba**

*Kufyedwe mwana m' modzi*

ZOFUNKIRA:	MIYEZI 6-8	MIYEZI 9-11	MIYEZI 12-23
1. Mbatata ya kholowa kapena kachewere	1 Imodzi yaing'ono ½ c Kapena yochepera theka la kapu ya mbatata yoduladula 50 g Kapena magalamu makumi asanu	1 yokulirapo pang'ono imodzi Kapena yoduladula yopyolera kapu theka 90 g kapena 90 gm	2 ziwiri za zing'ono 1 c kapena zokulirapo Kapu imodzi yoduladula 120 g kapena yokwanira 120 gm
2. Ufa wa nsomba zowuma	½ T Theka la theka la sipuni yaikulu	½ T Kupyolera pang'ono sipuni yaikulu	1 T Sipuni yaikulu imodzi
3. Ufa wa Masamba osinjasinja	1 t Sipuni yaing'ono imodzi	1½ t Sipuni yaing'ono imodzi ndi theka	1 T Sipuni yaikulu imodzi
4. Mafuta Ophikira	1 t Sipuni yaing'ono imodzi	1 t Sipuni yaing'ono imodzi kapena kuhepera theka	1-2 t Sipuni yaing'ono imodzi kapena iwiri
5. Madzi	Kapu yaing'ono (250 ml) imodzi 1 c (mazana awiri ndi mphambu makumi asanu)	1½ c Kapu yaing'ono (250 ml) imodzi kapena kupitirira apo	1½ - Kapu yaing'ono (250 ml) imodzi 2 c ndi theka kapena kupitirira apo
6. Mchere wa lodine	Mchere pang'oro	Mchere pang'ono	Mchere pang'ono

**KAPHIKIDWE KAKE:**

- Sendani mbatata yanu yakholowa kapena yakachewere ndikuidula pang'onopang'ono.
- Thirani mbatata ya kholowa kapena yakachewere ndikuidula pan'onopang'ono.
- Phikani kwa mphindi makumi awiri kapena makumi zitatu kapena mpakara pang'ono.
- Takasani mbatata yakholowa kapena yakachewere mpaka zitasakanikira bwini ndi kuseri kwa sipuni.
- Ngati ndi yolimba kwambiri, thirani madzi pang'ono kuti lirimbhe moyenera mwana.
- Thirani mafuta ophikira komanso masamba osinjasinja ndikuphika kwa mphindi ziwiri kapena zitatu.
- Thirani mchere wa ayodini.





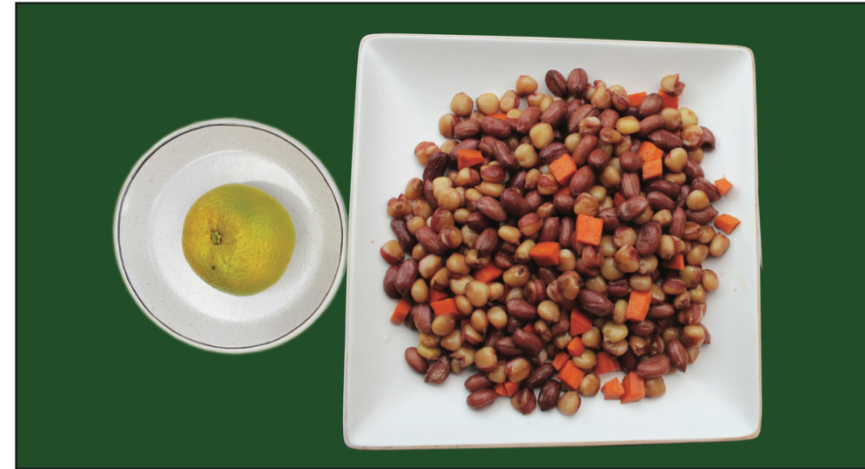
# Pictures & Recipes - healthy diverse family meals

## SERVING PORTIONS FOR AN ADULT



Millet nsima served with roast beef, beans, green vegetables and guava juice

## SERVING PORTIONS FOR AN ADULT



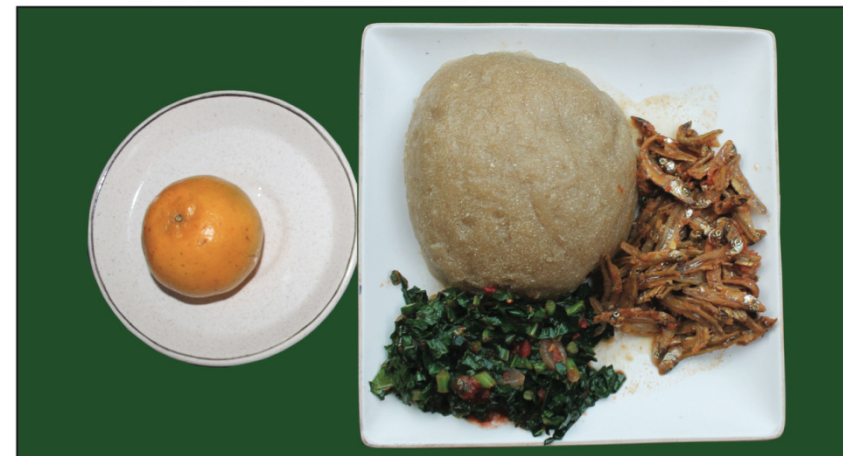
Ntakula (one pot dish of boiled maize, groundnuts, carrots) and an orange

## SERVING PORTIONS FOR AN ADULT



Mbalagha (one pot dish of plantains, goat meat, green vegetables (chisoso)) and an orange

## SERVING PORTIONS FOR AN ADULT



Cassava flour (kondole) nsima served with small fish (kapenta), green vegetables and a tangerine



# Materials:

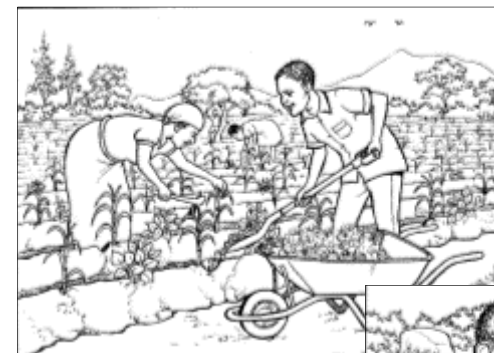
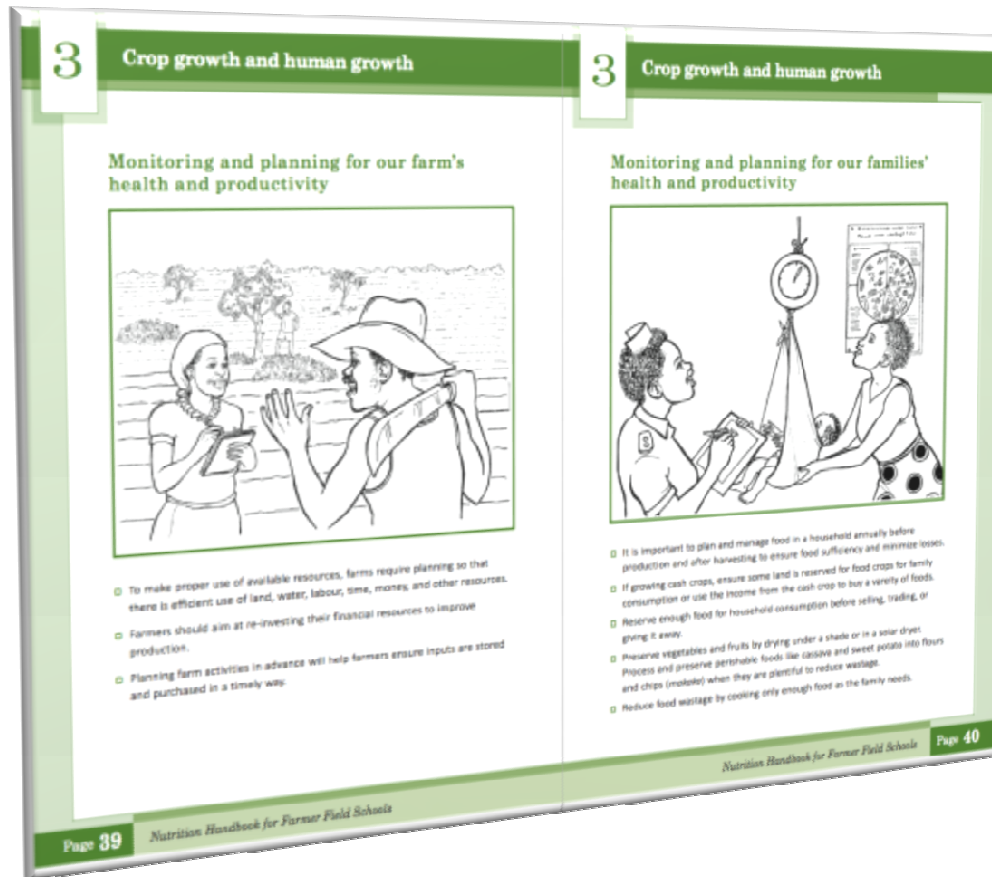
## Farmer Field School

### Nutrition Handbook

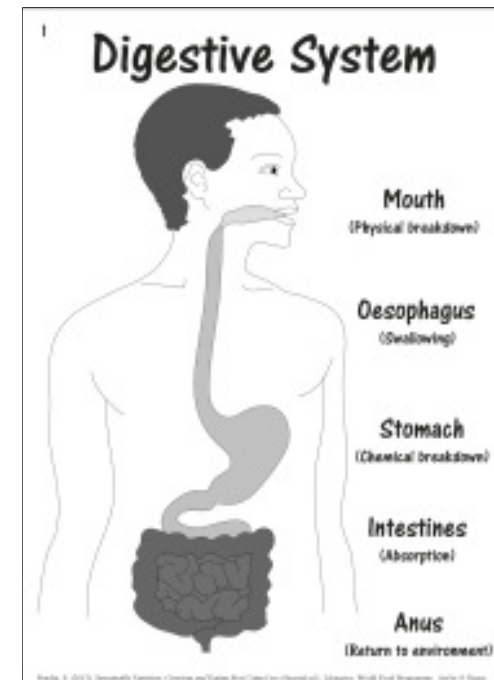
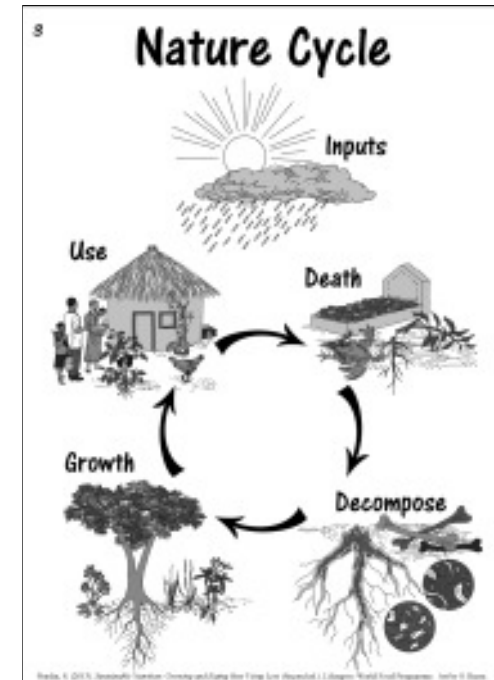
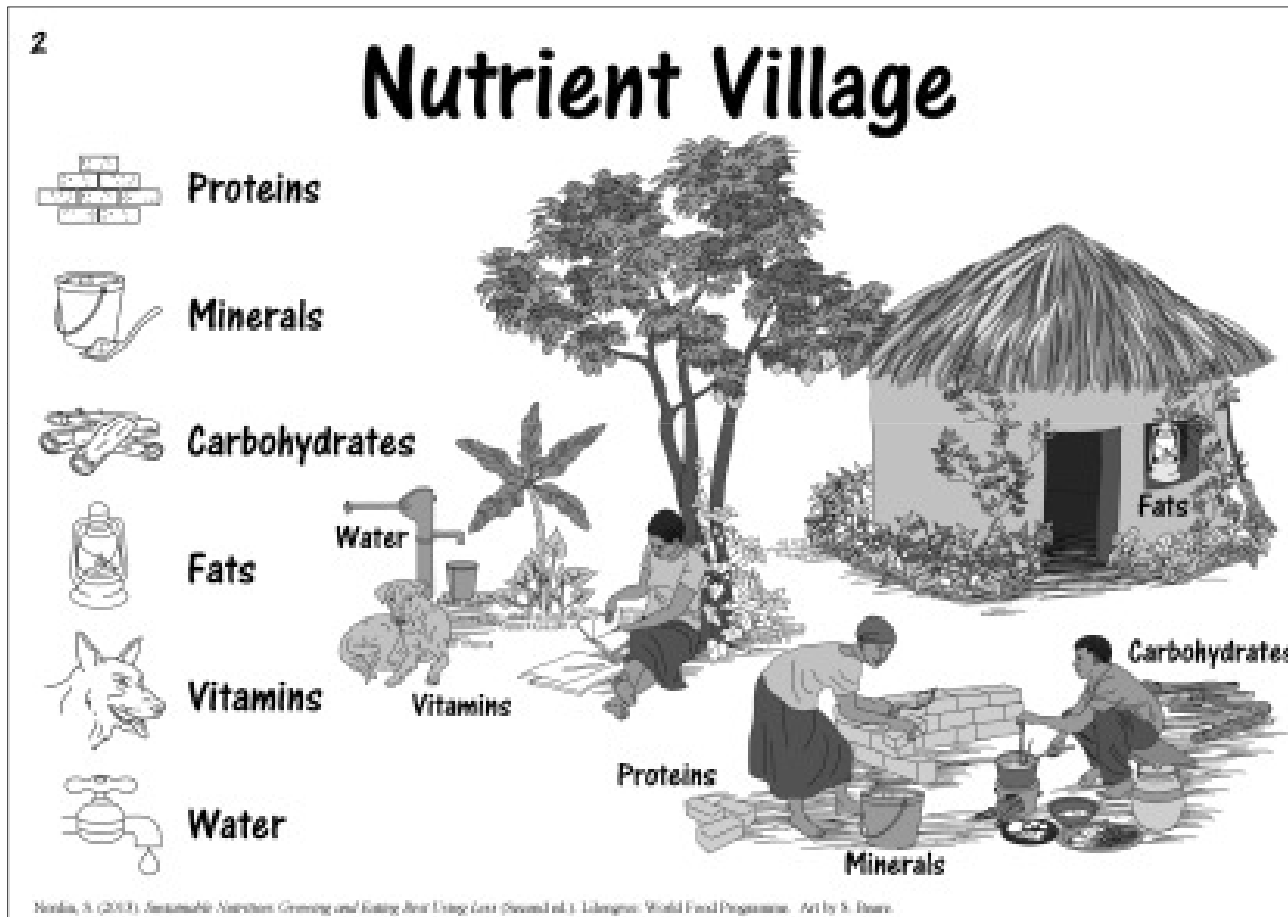
**Section 1:** Integrating nutrition into farmer field schools ..... 2

**Section 2:** Food and nutrition issues and solutions.....6

**Section 3:** Crop growth and human growth..... 22



# Integrated Agriculture Nutrition Materials: Sustainable Nutrition (WFP)





## 10 IYCF nutrition education sessions over 4-5 months, ideally with Agriculture Education

Health sessions

Food sessions with 5 Participatory cooking & eating sessions

Mixed Review

1	<b>Overview, Continuation of breastfeeding, hand washing and Food Safety</b>
2	<b>Complementary feeding for different age groups, consistency of porridge</b>
3	<b>Malawi 6 food groups, Seasonal Food Availability Calendar</b>
4	<b>Family meals and how they affect child nutrition</b>
5	<b>Vegetables, Fruits and other healthy snacks</b>
6	<b>Legumes /pulses</b>
7	<b>Animal source food</b>
8	<b>Feeding the sick child and prevention, Danger signs of illness</b>
9	<b>Review of key messages and what was learned and adopted by families</b>
10	<b>Graduation – Caregiver certificates – Community Open Day – Displays</b>



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# IFSN IYCF Support

## 1. Formative Research

Trials of Improved Practices

Best success where people liked the recipes

## 2. Research 1st phase of roll out (3 phases in total)

Dietary Diversity improved: increased proteins, fruits, vegetables

Best improvements in families who had both Agriculture & Nutrition Ed.

## 3. Improving all levels of Nutrition capacity

National, District, Extension Services

Agriculture – Health – Education – Gender

## 4. Engaging Society Ownership

Committees, Volunteers, Whole Families & Communities

Best results in supportive communities, families & high participation





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## Agriculture & Nutrition for ALL

