

Nutrition-Sensitive Agriculture Training Resource Package



Coming together to
make agriculture work
for nutrition

Sarah Hogan
SPRING Project
John Snow Research & Training Institute, Inc.

What we've learned

- Everyone wants to know, what *is* nutrition-sensitive agriculture?
- Community members and program managers easily **identify nutrition challenges** in their settings
- Community members and program managers easily **identify agriculture practices** in their settings
- We can build on this understanding and work together to help agriculture work for nutrition



How this package fills a gap

- Provides foundation on nutrition *and* agriculture
- Builds toward designing a nutrition-sensitive agriculture intervention or project
- Designed for program leaders, managers, or experts
- Intentionally adaptable



What is in the package

- Presentation slide sets
- Facilitator session guides
- Participant handouts
- Activities
- SPRING reflections on lessons learned
- References for further information on session content

Lesson Learned: Agriculture is a major contributor to climate change—and severely affected by it. With current pressures on land and water use, we need new practices that address our future needs.

Slide 20 Challenge 2: Shifts in What Is Grown and Eaten—Cereals

- Globally, there has been a steady increase in production of cereal crops (FAO 2015). Cereal crops include wheat, rice, barley, maize, oats, and millet.
- In some areas, this increase has been driven by gains in yield on the land already under production, while in other areas, new land has been brought into production.
- However, throughout Latin America and sub-Saharan Africa, higher yields have resulted from an expansion of agricultural land.

Discussion: This might seem like a good news for feeding a growing population. However, this increase in cereal crops has not done much to reduce food insecurity. Why? **Take several responses!**

- Much of the harvest is used for animal feed and ethanol, which are likely to grow faster than grains for human consumption.
- Globally, diets are shifting toward those higher in protein, fats, and sugar.
- A sufficient diet for commercial to sufficient caloric also requires micronutrients and protein that must be from diverse food sources. Cereals tend to be calorie-heavy, but nutritionally weak.
- The bottom line: Cereals are an important resource, but larger issues of how cereals are used (food vs. fuel), animal feed must be addressed. In addition, an over-reliance on cereals in the poorest parts of the world cannot adequately address people's needs, as it is nutritionally weak.

Slide 21 Challenge 2: Shifts in What Is Grown and Eaten—Animal Source Foods

- Globally, there is a shift toward animal-based products such as meat, milk, and dairy—and meat is being consumed there are more.
- However, there is an extreme imbalance in animal products consumed regionally and Europe significantly over-consume, while poorer regions in Africa and South Asia have not.
- This leads to a few notable problems:
 - Livestock production is the largest user of agricultural land and a greenhouse gas emitter.
 - Environmental impact (FAO 2015), including both deforestation and greenhouse gas emissions.

Exercise 2: What Mothers and Children Need

About this Exercise

- Goal: Discuss essential care practices for a well-nourished mother and child.
- Duration: 20-30 minutes.
- Materials: Illustrations of mother, baby, and care practices, two large blank pieces of flipchart paper, tape or other material for fixing illustrations to the wall.

Preparation:

- Print copies of the illustrations and identify a clear space on the wall to stick the images and to tape a large flipchart-sized blank paper.
- Tape an illustration of a healthy, well-nourished mother on a large piece of paper in the same manner as the group leaving room to add pictures below and around the picture.
- Tape the illustration of the baby on another large sheet of blank paper, and provide group members with a list of common misconceptions to correct one another, discuss viewpoints, and provide justifications for their reasoning. Try to let participants figure it out themselves, but be sure to pay attention and address any misconceptions directly.

Facilitator Note: You can find the images for this exercise in the *Good Nutrition for the Mother and Child* folder. These images are context-specific, and there are two versions: Guinean and Indian. You may need to change the images to reflect the country, culture, and common practices of the area where they will be used.

Facilitator Note: This exercise complements the participants' understanding of the following core concepts:

- **Good Nutrition for the Mother and Child**

Exercise Instructions

- Explain that we will start by talking about the mother. Ask participants:
 - What kinds of care and support are needed to have a healthy mother who will give birth to a healthy baby?
 - What kinds of care and support are needed to have a healthy mother who will give birth to a healthy baby?
- Participants should mention things such as:
 - Good diet, including additional food and a range of diverse food groups
 - Adequate rest and counseling
 - Adequate income and women's empowerment—and how they overlap and interact
- Emphasize that the group will spend some time discussing these three pathways in more detail throughout the session, using a conceptual framework to capture how the Agriculture-to-Nutrition pathways connect.

Debrief/Group Work

- After all stories have been assembled on the wall, give each group 3-5 minutes to present the findings behind their arrangement.
- Discuss common themes across participants' work and allow participants to make observations about each diagram.
- Highlight the ways in which each group has begun to articulate the individual pathways: food production, agricultural income and women's empowerment—and how they overlap and interact.
- Emphasize that the group will spend some time discussing these three pathways in more detail throughout the session, using a conceptual framework to capture how the Agriculture-to-Nutrition pathways connect.

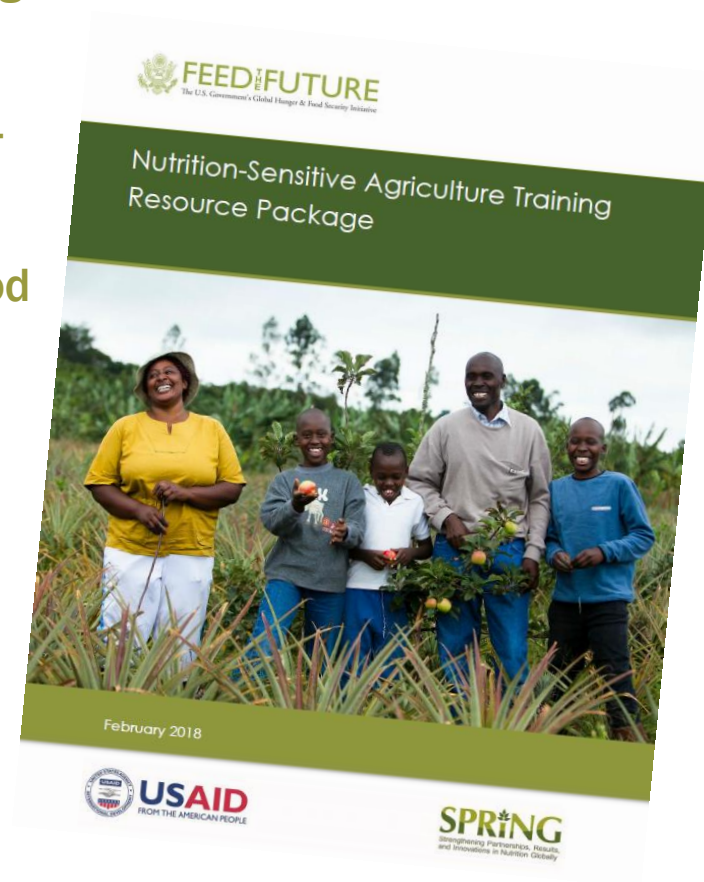
Lesson Learned: The best way to learn about the Agriculture-to-Nutrition Pathways is through interactive and participatory methods. The outcome of this session will ground the pathways in activities that participants are already doing, connecting the pathways directly to their own life or work. When the Pathways resources with participants, you can see that "Aha!" moment.

Facilitator Note: Hand out copies of the document: Agriculture-to-Nutrition Pathways. (This handout will help participants follow along as the text on the coming slides may be too small for participants seated far from the projected image to read.)

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Package sessions

- One** Strengthening Agriculture-Nutrition Linkages:
Why it Matters
- Two** Essential Nutrition Concepts for Nutrition-
Sensitive Agriculture Activities
- Three** Essential Concepts in Agriculture and Food
Systems
- Four** Agriculture-to-Nutrition Pathways
- Five** Developing a Seasonal Calendar
- Six** Behavior Change Concepts for Nutrition-
Sensitive Agriculture
- Seven** Designing Effective Nutrition-Sensitive
Agriculture Activities



How this is designed for flexibility

- We know that people learn in different ways
- We know that context matters
- Built for facilitator to adapt content and methods



Why use and share this package

- Don't you want to know *how* to make agriculture work for nutrition? And inspire others to do the same?



"We all have our own agricultural practices; we did not ever imagine that this was important for nutrition." (India, February 2017)

"I loved the methodology, the theory linked to the practice, and [that everyone could contribute to the discussion.]" (Guinea, March 2016)



Visit the SPRING table to learn more about this training resource package

Interact with the materials on the SPRING website at:
<https://www.spring-nutrition.org/publications/series/nutrition-sensitive-agriculture-training-resource-package>



www.spring-nutrition.org