IMPROVING NUTRITION OUTCOMES THROUGH OPTIMIZING AGRICULTURAL INVESTMENT
FARMERS GUIDE
<table>
<thead>
<tr>
<th>THEME 1: FAMILY NUTRITION</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session #1:</td>
<td>What happens when families do not eat well?</td>
</tr>
<tr>
<td>Session #2:</td>
<td>Why we need to eat well</td>
</tr>
<tr>
<td>Session #3:</td>
<td>Hygiene and sanitation in handling and storing food</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THEME 2: DIET DIVERSITY</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session #4:</td>
<td>The food groups: animal source food</td>
</tr>
<tr>
<td>Session #5:</td>
<td>The food groups: Oils and fats</td>
</tr>
<tr>
<td>Session #6:</td>
<td>The food groups: Fruits and vegetables</td>
</tr>
<tr>
<td>Session #7:</td>
<td>The food groups: Staples and legumes</td>
</tr>
<tr>
<td>Session #8:</td>
<td>Chicken and eggs in family nutrition</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THEME 3: MATERNAL, INFANT AND YOUNG CHILD FEEDING</th>
<th>22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session #9:</td>
<td>Maternal nutrition: nutrition before, during and after pregnancy</td>
</tr>
<tr>
<td>Session #10:</td>
<td>Infant and young child feeding</td>
</tr>
</tbody>
</table>

| THEME 4: WOMEN EMPOWERMENT AND MALE ENGAGEMENT | 32 |
The four children are of the same age but with different nutritional status. Child C is the only healthy child.

<table>
<thead>
<tr>
<th>Child</th>
<th>Wasted</th>
<th>Stunted</th>
<th>Underweight</th>
<th>Obese</th>
<th>Normal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child A</td>
<td>yes</td>
<td>no</td>
<td>no</td>
<td>no</td>
<td>no</td>
</tr>
<tr>
<td>Child B</td>
<td>no</td>
<td>yes</td>
<td>no</td>
<td>no</td>
<td>no</td>
</tr>
<tr>
<td>Child C</td>
<td>yes</td>
<td>yes</td>
<td>no</td>
<td>no</td>
<td>yes</td>
</tr>
<tr>
<td>Child D</td>
<td>no</td>
<td>no</td>
<td>yes</td>
<td>yes</td>
<td>no</td>
</tr>
</tbody>
</table>

NOTE: All these children may also be micronutrient deficient.
A poorly nourished pregnant woman is likely to give birth to an underweight baby who grows up as a weaker adolescent and likely to give birth to an underweight baby in future.

A well-nourished pregnant woman will give birth to a healthy baby who grows up as a healthy adolescent and likely to give birth to a health baby in the future.
SESSION #1: WHAT HAPPENS WHEN FAMILIES DO NOT EAT WELL?

THEME 1: FAMILY NUTRITION

INADEQUATE FOOD AVAILABILITY

ADEQUATE FOOD AVAILABILITY
SESSION #1: WHAT HAPPENS WHEN FAMILIES DO NOT EAT WELL?

A plate with 2 food groups:
Injera (staple) and lentils (legume)
can be improved if more food groups are included

A plate with 5 food groups:
Injera (staple) chicken (animal source food), vegetables, lentils and fruits
SESSION #1: WHAT HAPPENS WHEN FAMILIES DO NOT EAT WELL?

- **Staples**
- **Oils and fat**
- **Animal source foods**
- **Legumes and nuts**
- **Fruits**
- **Vegetables**
Good nutrition means well-nourished children who are active in class and are not absent because of sicknesses that result from poor nutrition.

Each day eat from the six food groups. If you did not grow or have some food, buy nutritious food from the market.
Food provides energy to farm
Use the toilet at all time and wash hands after using the toilet.

Cover the food at all times to keep away vectors which are disease carries like rats and flies.
Wash hands after changing baby nappy, disposing baby feces and after using the toilet

Wash hands before preparing food, feeding the baby and eating food

WHEN TO WASH HANDS
Always use the toilet and NOT the bush. Open defecation will spread disease causing germs.

Ways through which germs are carried include the hands if not washed, the flies, through farm crops and open water spaces.

The germs will get into food. To avoid this, wash your hands always, cover the food and treat drinking water.

Ensure that the child’s food and play area is protected to avoid diarrhea and other diseases.
Do not leave the water uncovered, germs may get into the water.

Always cover your water to avoid contamination.

Treat your drinking water if from unprotected sources.
STEPS TO THOROUGH HAND WASHING

Rinse your hands with warm water suitable for drinking.
Dry your hands in the air or on a clean, hygienic cloth.
SESSION #4: THE FOOD GROUPS: ANIMAL SOURCE FOOD

- Fruits
- Vegetables
- Staples
- Legumes and nuts
- Animal source foods
- Oils and fat
- Staples
Animal source food builds bodies and are responsible for growth.

Animal source food supply the body with protein for growth and development. This is the example of how we move from one stage of growth to the next.
SESSION #5: THE FOOD GROUPS: OILS AND FATS

THEME 2: DIET DIVERSITY

- Coconut
- Cooking oil
- Avocado
- Groundnuts
- Sunflower seeds
- Pumpkin seeds
- Fat from meat
- Coconut
- Cooking oil
- Avocado
- Groundnuts
- Sunflower seeds
- Pumpkin seeds
- Fat from meat
SESSION #4: THE FOOD GROUPS: FRUITS AND VEGETABLES

**Fruits**
- Grapes
- Banana
- Guava
- Mango
- Pawpaw
- Avocado
- Watermelon

**Vegetables**
- Sweet potato
- Green leafy vegetables
- Broccoli
- Cabbage
- Okra
- Kale
- Chinese cabbage
- Pumpkin
- Carrots
- Tomato
- Peas
- Squash
SESSION #7: THE FOOD GROUPS: STAPLES AND LEGUMES

**Staples**
- Maize
- Rice
- Potatoes
- Wheat
- Barley
- Millet
- Teff

**Legumes**
- Beans
- Lentils
- Chickpeas
- Beans
- Pulses
- Peas
- Groundnuts
THEME 2
DIET DIVERSITY

SESSION #8:
CHICKEN AND EGGS
IN FAMILY
NUTRITION
Health counselling during pregnancy

Pregnant woman being supported by husband to eat a well balance meal. The husband has a role to play in ensuring that his pregnant wife is well nourished and healthy.
Lactating woman should eat right amount of diverse and nutritious food to meet her own nutritional needs as well as the breastfeeding baby.
SESSION #9: MATERNAL INFANT AND YOUNG CHILD FEEDING

THEME 3
MATERNAL INFANT AND YOUNG CHILD FEEDING

Vegetables
Staples
Animal source foods
Legumes and nuts
Oils and fat
Fruits
Exclusively breastfeed your baby

Introducing food before completion of 6 months will lead to illness and other complications
AFTER 6 MONTHS TO 11 MONTHS

Message 1:
Start feeding your child complementary food when he or she is finished six months.
FROM 6 MONTHS TO 11 MONTHS

Message 2:
Fathers, support your wife by providing eggs, milk, vegetables, or fruits for your baby's food.

Message 3:
Add a variety of foods to your child's porridge to ensure it is nutritious.
FROM 6 MONTHS TO 11 MONTHS

Message 4: Wash your hands with soap and water before preparing food and feeding the baby.
FROM 6 MONTHS TO 11 MONTHS

Message 5:
Between meals and breastfeeding, also give the child one or two snacks such as pieces of fruit, soft cooked vegetables, or fried bread.

FROM 6 MONTHS TO 11 MONTHS

Message 6:
Continue breastfeeding your child.
FROM 12 TO 23 MONTHS

Message 3:
Feed your child with love, patience and happiness so that your child finishes their meal and can grow properly.
THEME 4
WOMEN EMPOWERMENT AND MALE ENGAGEMENT
ACKNOWLEDGEMENT
This document is prepared as part of the Agriculture to Nutrition (ATONU): Improving Nutrition Outcomes through Optimizing Agriculture Investment Project materials to guide community level engagement. The content and illustrations are adopted from various existing materials. Adapted from various existing materials like the Federal Democratic Republic of Ethiopia ministry of health and Agriculture SURE programme Job Aids.
<table>
<thead>
<tr>
<th>Focus Area</th>
<th>Behaviours to Influence</th>
<th>Delivery Mechanism</th>
<th>Frequency of Delivery</th>
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</thead>
<tbody>
<tr>
<td><strong>Women Empowerment and Male Engagement</strong></td>
<td></td>
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<tr>
<td>Joint Financial planning and budgeting</td>
<td>Address gender disparities at HH level.</td>
<td><strong>Training</strong></td>
<td>1 day training of</td>
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<tr>
<td></td>
<td>Influence diet diversity through influencing men’s understanding of diet diversity.</td>
<td>• Training session for participating households on gender, financial planning and</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>budgeting</td>
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<td></td>
<td></td>
<td>• Organise a one day or two day training session for the farmers and using a gender</td>
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<tr>
<td></td>
<td></td>
<td>manual, engage the household on how they can do joint financial planning and</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>budgeting at household level.</td>
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<tr>
<td>Men sensitisation on maternal and infant feeding</td>
<td>Income and resource utilisation for nutritious diets</td>
<td><strong>Sensitisation Meeting</strong></td>
<td>4 sessions happening in every quarter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Mobilisation and sensitisation of men on maternal and child nutrition which will</td>
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<tr>
<td></td>
<td></td>
<td>involve special sessions targeting men. In the special session for the men, refer</td>
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<tr>
<td></td>
<td></td>
<td>to content on why good nutrition</td>
<td></td>
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<tr>
<td>Influencing women decision making around income and other resource utilisation for food and men involvement in planning for diverse and balanced diets</td>
<td></td>
<td><strong>Participatory Exercise</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Market assessment of food prices(participating households and field staff will</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>gather information about prices of different foods in their local market and use</td>
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<td></td>
<td></td>
<td>the information to learn to do simple plans for food budgeting</td>
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<td></td>
<td></td>
<td>• As part of the learning exercise, use the Income and Meal planning tool to help</td>
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<tr>
<td></td>
<td></td>
<td>farmers learn about budgeting for nutritious food</td>
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<tr>
<td>Managing multiple tasks in the home</td>
<td></td>
<td>• Chores analysis exercise- the men and women will be engaged in sessions to</td>
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<tr>
<td></td>
<td></td>
<td>understand the typical working day for households, who does what and how to</td>
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<td></td>
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<td>manage competing tasks</td>
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<tr>
<td>Women energy and time Management</td>
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<tr>
<td>FOCUS AREA</td>
<td>BEHAVIOURS TO INFLUENCE</td>
<td>DELIVERY MECHANISM</td>
<td>FREQUENCY OF DELIVERY</td>
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<tr>
<td>VEGETABLE PRODUCTION, PROCESSING AND CONSUMPTION AT HOUSEHOLD LEVEL</td>
<td></td>
<td>• On the farm training demonstration of vegetable production. The group session meeting centres will have a demo plot that will serve as vegetable production learning fields. • Individual farmers will set up own home vegetable gardens for dry season.</td>
<td></td>
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<tr>
<td>Vegetable production</td>
<td>Influence vegetable production and consumption at Household level.</td>
<td></td>
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<td></td>
<td>Influence year round access to nutritious vegetables</td>
<td></td>
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<tr>
<td>Vegetable harvesting handling and processing/preparation</td>
<td></td>
<td>CARE GROUP MODEL SESSIONS- PRACTICAL</td>
<td></td>
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<tr>
<td>Vegetable storage</td>
<td></td>
<td>• Using vegetables from the demo plots, the group members will learn the appropriate ways of harvesting, handling and processing vegetables from the farm that would enhance nutrient retention and food safety. • Session of food safety issues in vegetable processing and storage, using counselling cards and posters. • Demonstration sessions on dried vegetable packing and safety using local methods</td>
<td></td>
</tr>
<tr>
<td>Food safety and hygiene in vegetable production</td>
<td></td>
<td></td>
<td>This subtopic will be for 2 sessions of 60 minutes each.</td>
</tr>
<tr>
<td>Vegetables in family nutrition- diverse nutritious vegetables, amount to consume, preparation, hygiene</td>
<td></td>
<td>CARE GROUP MODEL SESSIONS- PRACTICAL</td>
<td>60 minutes session done in a 3 session.</td>
</tr>
<tr>
<td></td>
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<td>• Session one will cover discussions on importance of vegetables, what vegetables are available in the area. • Different vegetables promoted on the demo garden will be used to teach participating farmer groups on how these can be used in the diet considering nutrient retention as a key factor of importance. • Several recipes will be developed for infant meals using vegetables from the demo farm and other sources</td>
<td></td>
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