

GOAL Learning & Review Paper (Department: Nutrition) Date: 21 November 2016

The template below has been produced to help teams generate short review papers of *individual projects* supported by GOAL at the mid-point **and** end of a project cycle. Complete separate Learning Reviews for different projects. Please fill in details under the following subheadings. This document should be a maximum of 2-3 pages, detailing information in bullet point form or short paragraphs, to ensure it's easy to read and quickly interpretable. On completion, it should be circulated to all program sectors, Dublin and the appropriate technical advisor.

IMPORTANT: A learning review should be carried out for each individual project. Do not mix findings from different projects

General Background Information:

Title of Project / Outline of Activities / Project Dates and Objectives

Title: Livelihoods and Food Security Programme-Agriculture Productivity and Nutrition
 Select Activity type: Nutrition – Extended Nutrition Impact and Positive Practices Approach (ENIPPA)
 Project Dates: June 2015 – March 2016 (eNIPPA cycle 1)
 Key Objective(s): To increase demand, production and consumption of diverse nutritious foods
 To improve food and nutrition security and incomes

Key Indicators used to monitor project (include process & impact indicators with numerical value for #/% as appropriate)

Impact Indicators (OUTCOMES)	Target # & (%)	Achievement # & (%)
Mean Household dietary diversity score	6	Not yet available
Minimum acceptable diet	37%	Not yet available
Process Indicator (OUTPUTS)	Target # & (%)	Achievement # & (%)
Number of male ENIPPA volunteers trained	216	Not yet available
Number of female ENIPPA volunteers trained	216	Not yet available
Number of standard BCC messages developed from the design behaviour change (DBC) framework and distributed to CHW (2 sets)	2	Not yet available
Number of functional male ENIPPA circles established	216	Not yet available
Number of functional female ENIPPA circles established	216	Not yet available
Proportion of ENIPPA households practicing positive behaviours (10)	80% (2592)	Not yet available

Costs (please include total budget, and brief breakdown if feasible, in either Euro or USD)

TOTAL Budget (for 3 years): USD 494 500

Materials Needed (do not detail every item, i.e. if setting up a health centre list: drugs/med' equip' x 4 sites, 2 x vehicles etc)

Height boards
 MUAC tapes
 Garden seed packs
 IEC/BCC materials

Personnel Required (include a summary list of the number of GOAL and / or partner(s) / volunteers utilised, with positions)

Nutrition Advisor-1
 District Supervisors-3
 Nutrition Officers-5
 Nutrition Interns-4

Planning & Implementation Timeframes (planning includes the inception phase, collection of data to help inform the project, piloting & refinement and development of all requisite monitoring and evaluating tools)

Planning phase: December 2014 –May 2015
 Implementation Timeframe: June 2015– July 2017

Project Specific Information:

Problems Encountered

- Some of the registered ENIPPA participants who had initially registered declined to participate when they learnt that the programme was not giving handouts, and new members were recruited to replace them, however they later wanted to join the circles when they heard that the participants were going to receive seed for micro-gardens. In addition the decline to participation

was a result of the delay between the time participants were recruited and the time the volunteers were trained and the circles roll out. They had to wait until baseline data collection was done and solely by the project nutrition field officers.

- More people were admitted into ENIPPA circles above the stipulated number of 15.
- Events in the wards beyond the volunteers control such as funerals, ward meetings and market days clashed with ENIPPA circle sessions.
- Low turnout at some circles was a major challenge during the agricultural season particularly households whose fields are close to mountains as they needed to guard them against destruction by baboons .
- Male participation was cited as a cross cutting problem in all villages despite them having male volunteers.
- Contributions to the ingredients for cooking demonstrations was also cited as being problematic in some cases.
- Height measurements required in the database were difficult to take in the field as height boards were not readily available at all health centres.
- Limited support from some frontline stakeholders from Ministry of Agriculture (MoA) and Ministry of Health (MoH) in circle support and supervision.
- Water challenges which hampered productivity in micro-gardens.

Solutions Employed

- Continuous sensitisation of the community on the use of locally available resources for sustainability was done. The ENIPPA volunteers ended up accepting new participants though the baseline data for the new participants was not collected.
- It was agreed that new participants could be accepted up to 15 during the first month but their baseline data would have to be collected.
- The ENIPPA volunteers were encouraged to reschedule the session to compensate for the missed sessions in agreement with the rest of the participants.
- Some of the circle sessions were rescheduled to weekends, when school children are available to tend the fields.
- On low male participation, it was suggested that female nutrition officers engage the male nutrition or agriculture officers to lead during community sensitisation engage with the agriculture officers to support the female nutrition officers for community sensitisation & male engagement in ENIPPA.
- It was being stressed during circle supervision that provision of ingredients for cooking demonstrations should be everyone's responsibility and provision of what is locally available and innovate in coming up with recipes.
- Height boards continued to be a challenge and no solution was found during eNIPPA cycle 1. However in future, it was suggested that height boards are procured to support the process of measuring height.
- The challenge related to the involvement of various stakeholders was difficult to address as the ward level stakeholders (MoA, MoH) wanted lunch allowances while this was beyond the government policy.
- Further reduce the size of the micro-gardens including promotion of bag-gardens and keyhole gardens as they have less water requirements.

List any Unintended Outcomes (positive or negative) from the program

- There was increased social cohesion among ENIPPA circle participants

What Lessons Have Been Learned?

- It is more appealing if open days are held at best participant's homestead. (People can visualize the adopted components and there is cross pollination of ideas especially about the quality of the adopted components.)
- In addition to household budgeting topic, recipes development and cooking demonstrations prove to be effective with mixed circles.
- Inter and intra circle exchange and look and learn visits increase confidence on the concept among ENIPPA participants and have positive influence on adoption of behaviours.
- In future, new participants could be accepted up to 15 during the first month of NIPP circle roll out but baseline data should be collected.
- Circle session timing and participation during the agricultural season: it is not recommended to run eNIPPA circles during the agricultural season as participation during this period is challenging and what is key is to manage the risk of irregular attendance by ensuring when designing the project that the targeting and activity plan take into account the agricultural calendar. But given that we have funding timeline across the agricultural season (funding may start in August and end in July of the following year), we ended up implementing ENIPPA in the agriculture season and we manage the risk of irregular attendance by encouraging the circles to meet on rest days or even weekends.
- Engagement with local stakeholders for eNIPPA/NIPP supervision activities: joint monitoring works better if the government stakeholders are motorized and mobile so that each technical officer (WASH, health, nutrition and agriculture) is able to provide technical backstopping on their areas.

What Recommendations Would You Now Make to Improve the Project with the Bonus of Hindsight?

- Only allow volunteers to integrate new participants in the circles during the first month of implementation. This would facilitate the collection of baseline data and would contribute to the improvement of the DB quality. Additionally, seeds were distributed only at the beginning of the 2nd month to those who have prepared the land for the micro-garden.
- Promote eNIPPA as a 1000 day approach and privately target those with malnutrition via Village Health Workers as this is likely to be successful in retaining malnourished HH in the eNIPPA circles without stigmatising them.
- Try to engage with the agriculture officers to support the female nutrition officers for community sensitisation & male engagement in ENIPPA.
- ENIPPA implementation process need to be updated as following: start with the selection of volunteers during the community sensitization meetings; then carry out the training of the volunteers; move on to the screening, selection and enrolment of participants with the support of the trained volunteers; and finally, proceed with the circle activities right after the volunteers training sessions.
- ENIPPA sessions guide need to include few discussion sessions on the way forward for the circle participants after their graduation (formation of community-based groups such as VSLA groups, etc.) one month before the end of circle.
- Review the training guidelines for the volunteers to better articulate some of the key behaviour messages (participants should bring and use locally available products for cooking demonstration and not necessarily the example mentioned in the training guide).
- Due to difficulties in accessing water (large amount of water needed to maintain 5*5 garden), nutrition officer should encourage the participants to build smaller plot or keyhole gardens to ensure the sustainability of a diversified diet and promote climate smart agriculture.

- In future, it is suggested that a need assessment is done at the onset of the project and if required, plastic height boards are procured from the beginning of the project to support the process of measuring height. To buy portable plastic height boards for use in the next cycle.
- Link the ENIPPA volunteer and Lead Farmer in the same programme area (it is important to emphasize why they are doing this).
- It is not recommended to run eNIPPA circles during the agricultural season as participation during this period is challenging and what is key is to manage the risk of irregular attendance by ensuring when designing the project that the targeting and activity plan take into account the agricultural calendar.

Overall Success of the Programme (be objective – has it been a good use of funds?)

- **Micro-gardens** were a resounding success because of the following:
 - Seed packs were distributed to participants who had the micro-gardens prepared for planting.
 - The participants could understand the importance of micro-gardens in contributing to dietary diversity that enhances food and nutrition security as they used produce from the microgardens for cooking demonstrations.
- **BVIPs latrines and TIPPY Taps** were a success due to the following
 - Forming of ISALs as a way of funding the constructing of BVIPs latrines.
 - Training participants to build high quality BVIPs latrines.
 - The materials for tippy tap are cheap and it uses simple mechanism.
- **FES** were a success because
 - Utilization of locally available resources for their construction.
 - Keeping of food warm for considerable time and it also cooks food well.
 - Testimonials from households indicate that respiratory infections had reduced.
- **Rubbish pits** were constructed at participant's households.
 - One of the pits was for the biodegradable waste and the other for non-biodegradable waste.
- **Cooking demonstrations** have also been very successful
 - They encouraged innovation amongst members to the extent that the circle participants are so enthusiastic to create new recipes that include at least 4 food groups.