

Telling Our Stories:

**LEVERAGING  
FOOD ASSISTANCE  
FOR A  
HUNGER-FREE  
WORLD**

“How does food assistance contribute to creating the assets and environment necessary for long-term food security?”

## Summary

This report presents successful cases of Food For Work/Assets projects from six countries where food assistance contributed to creating livelihood assets or a productive environment for farmers, individual households and communities.

## Foreword

I am pleased to introduce “Telling Our Stories: Leveraging food assistance for a hunger-free world” which documents World Vision’s experience in six countries (Uganda, Lesotho, Niger, Zimbabwe, Myanmar, and Kenya). In 2013, 30% of World Vision’s food assistance (Food and Cash for Assets) programmes incorporated resilience-building elements to address the root causes of hunger and reduce the need for emergency relief in the future. Participants’ immediate food needs are met so that they are able to devote their time to long-term activities that help them grow more nutritious food, improve their incomes, recover from shocks and become food secure in the future.

In embarking on this work, World Vision’s main intent was to share the stories of transformation we have witnessed in our work, but also to challenge donors and humanitarian players to be intentional in leveraging food assistance. I hope you will be inspired to take action and expand some of these best practices.



Thabani Maphosa,  
Partnership Leader: Food Assistance, WVI

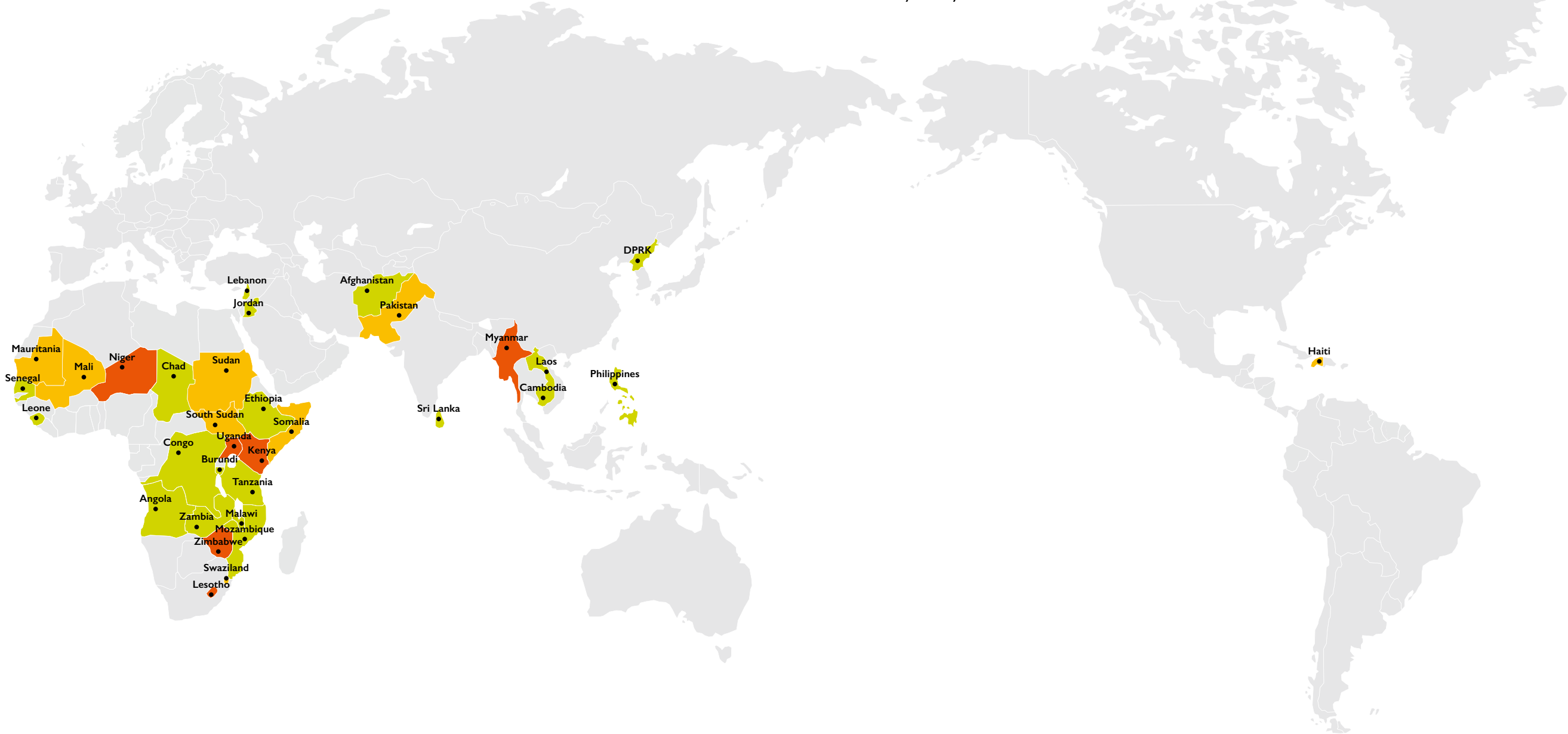
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# Overview

FY13 World Vision Food Programmes **Total: 33 Countries (14 with FFW/A)**

Afghanistan	Laos	DPRK	● Sudan	● Food For Work/Assets
Angola	Lebanon	Jordan	● Swaziland	● Covered in this report
Burundi	● Lesotho	● Pakistan	Tanzania	
Cambodia	● Mali	Philippines	● Uganda	
Chad	Malawi	Senegal	Zambia	
DRC	● Mauritania	Leone	● Zimbabwe	
Ethiopia	Mozambique	● South Sudan		
● Haiti	● Myanmar	● Somalia		
● Kenya	● Niger	Sri Lanka		



## The Means: Food For Work/Assets

Food For Work/Assets projects provide food assistance to vulnerable, moderately food insecure individuals and households on condition that they work on public work/asset building projects the community have identified themselves. It addresses the immediate nutritional needs of the target group while engaging them in a form of employment aimed at building productive assets. It is a multi-layered solution to a multi-layered problem of food insecurity, and intends to build resilience of the community for any future shocks.

## The Goal: Food Security

All people, at all times, have physical, social and economic access to sufficient safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. (1996 World Food Summit)

# Types of Assets



**Wood Lot: Uganda**

Planting drought-resistant trees to stop desertification and improve soil quality and water retention



**Rock Catchment: Uganda**

Building water harvesting structures utilizing existing rocks to collect rainwater during the rainy season for use during the dry season



**Donga Reclamation: Lesotho**

Stopping land degradation and soil erosion that damages arable or grazing land



**Keyhole Garden: Lesotho**

Growing nutritious vegetables in keyhole gardens for individual households' consumption and income generation



**Irrigation Scheme: Zimbabwe**

Helping smallholder farmers to irrigate their land via water channels and to organise farmers' groups for market access



**Dip Tank: Zimbabwe**

To protect livestock as a primary livelihood asset from diseases



**Moringa Trees: Niger**

Growing highly nutritious, indigenous, drought-resistant and fast-growing moringa tree leaves



**Community Garden: Niger**

Lactating mothers learning to plant and grow nutritious vegetables for themselves and their children



**Water Pond: Myanmar**

Collecting rainwater during the rainy season to utilize it for the dry season in the dry zone

## Telling Our Stories : Countries

8	Uganda
12	Lesotho
16	Kenya
20	Niger
24	Zimbabwe
28	Myanmar

## Children and Hunger in Uganda



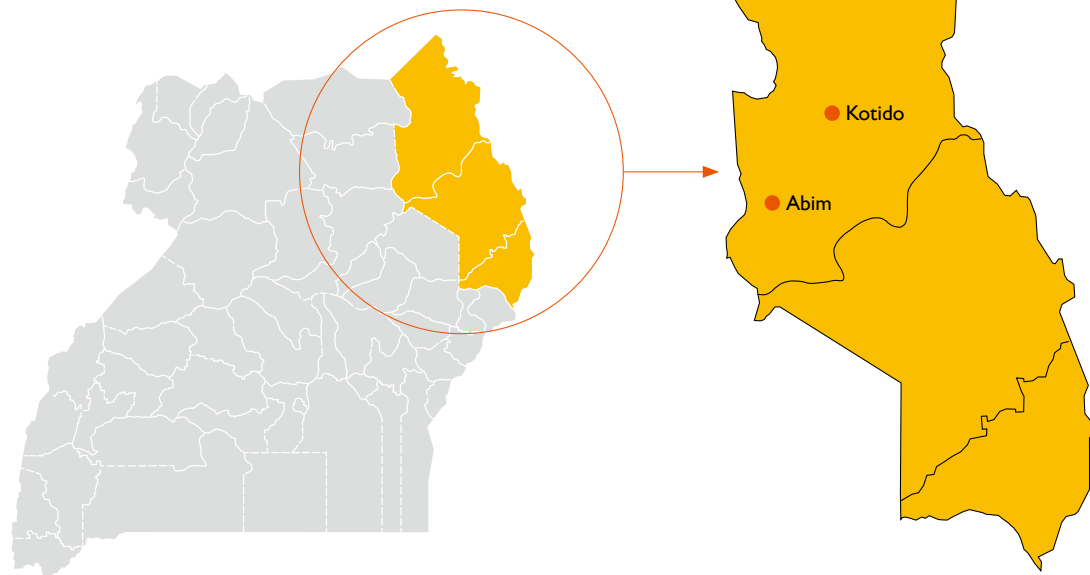
Under-5 Mortality: **69** out of 1000 (MDG, 2012)  
 Under-5 Underweight: **14.1%** (MDG, 2011)  
 Population Undernourished: **30.1%**, 10.7 million (MDG, 2012)  
 Global Hunger Index: **19.2** 'Serious' (IFPRI, 2013)

## World Vision Uganda

Started in **1986**, as a Guerrilla War Response. In 2013, working in **four districts**  
 (53 Area Development Programmes, 30+ Grants)

Strategic Objective on Food (2013–2015): **“Improved food security and community resilience among the most vulnerable populations”**

## Map of Uganda: Karamoja



### Karamoja Overview

**Population Below the Poverty Line**  
 +80% (Highest in Uganda)

**Livelihood**  
 90% of the population subsists through agro-pastoral or pure pastoral livelihoods. Job opportunities are very limited (approx 90% of the population is not employed formally).

**Nutrition**  
 Global Acute Malnutrition (GAM) rate of 9.1%

**Food Insecurity Factors**  
 Erratic rains and frequent dry spells; farmers with limited access to markets for agricultural/livestock inputs; recent food price increases; persistent cattle raiding and inter-communal conflicts.

### Northern Uganda Social Action Fund (NUSAF)

Working with the United Nations World Food Programme and the Government of Uganda in support of its Karamoja Action Plan for Food Security 2010–2014, WV is implementing NUSAF in Kotido, Kaabong and Abim districts in Karamoja. It includes both General Food Distribution which provides extremely food insecure households with free food rations, and Food For Work/Assets projects targeting moderately food insecure households with conditional food transfers.

WV works through the ‘developmental relief approach’ where community members engage in designing activities to address the issues in their community. With WV’s facilitation, the communities identified the following public work projects: Charco Dam, Rock Catchments Construction (p.11), Tree Planting (p.10), and Farmer-Managed Natural Regeneration.

The following pages describe some of these assets and how the communities are working on and benefiting from them.

## Wood Lots

Case 1



1



2

In dry Karamoja, caring for trees is hard work, not quite a pleasant gardening exercise one might imagine in a water-rich context. To water the trees, participants walk 3–4 kms (a 5 hour round trip) a day, three times a week, to the nearest water source. Clearing and preparing the land, adding manure, establishing fences and planting also takes a lot of effort. Despite the workload, however, the community is diligent and joyful in taking care of these trees. One such joy is to have work in an area where over 90% of the population is without a formal job. “Before, I used to just sit in the shade,” says Madalena, a participant of the project. Community members also recognise the benefits of these trees: providing shade, attracting and storing water, and improving the land. They also use the leaves as medicine and utilise grown trees to add bee hives to generate income. Each participant takes care of five trees and receives 40.5kgs of maize for 13 days of this work. Since they are food insecure, receiving food assistance is not only crucial to alleviate their immediate hunger for themselves and their children (93.8% of the participants consumed the food they received), but also **encourages and enables them to keep working, providing them with daily meals to have the energy for productive work.**

During the first phase of the project in 2012, four types of trees (Markhamia, Indian Neem, Sudanese Teak

and Gravellea) were planted according to the guidance from the Natural Resources Department of the Government. At the end of the first cycle, an evaluation found that the Sudanese Teak did not do well, while the Indian Neem thrived<sup>1</sup>. Additional **water-harvesting land preparation** techniques were introduced to maximize rainwater usage<sup>2</sup> and these lessons were reflected as the community expanded the lot during the next phase. The participants also agreed to water the trees daily, irrespective of the allocated rations, so the trees can grow well, which shows the **sense of ownership** the participants have developed for these trees.

WV mobilises the community, providing the necessary input such as seeds, tree seedlings, watering cans and tools, and training the participants. The trees, the land and the benefits belong to the community. With strong support from the government and local leaders, some 240 community members in Nakongmutu village are working together for **food, a better environment, and better land** for themselves and their children. (Visited in Jan. 2014)

## Rain harvesting

Case 2



1



2

In Karamoja, rain is a precious source of water, the most important factor for food production and cattle herding. As rain is concentrated in a 2–2.5 month period, **harvesting rain** during these months is crucial for the community **to have access to water** throughout the year.

**To improve nutritional diversity** in the households, WV supported creating kitchen gardens where families can grow local vegetables such as eboo, malakwang, sukumawiki, akewo, cabages, amaranths, and tomatoes. At the same time, the community identified public work activities that they most needed to support their efforts at home. “WV came and asked us what to do. We chose tree planting and a dam for water.” Ruth, a participant, explained. The government district officials joined in to provide technical training and guidance for the mapping, clearing, pegging, excavation and levelling required for the dams.

In Nakongmatu village, some 150 beneficiaries are finalising a **rock catchment** and waiting for the rainy season so they can start using this structure. Built amongst already existing rocks, it is expected to hold 5000m<sup>3</sup> of water. As an open dam, it also allows harvested water to be solar-sterilised, providing a rare source of drinking-quality water for the community.

In the nearby Longelep village, a **charco dam** is being excavated, starting from July 2013. Once completed, it will be able to hold rainwater for daily

usage by the community. “Currently, there is only one borehole, two to three hours away from this village. They share it with other communities for animals, watering home gardens, and their own domestic usage, so water has been insufficient,” Lenukol J. Bosco (WV Field Monitor) explained. Beneficiaries receive 40.5kgs of maize after completing the allocated work for the month.

Ruth Kiyonga<sup>2</sup> (in photo 2, wearing blue), a FFW participant and a widow, shared that she is now able to plan for the future: “When this dam is completed, we will have water for the cows to drink, for making bricks to sell and for watering my vegetables and trees.” Her friend Lomadike Rose<sup>2</sup> (in photo 2, wearing yellow) went through unimaginably tough times with seven of her children dying of malnutrition and disease in the recent past, but she is now hopeful that the future will be different. “WV provided seeds for my home garden. I am growing onions, tomatoes, eggplants and carrots and I will now water them from this dam. When I have excess I can sell them, making money for clothes, soap and school fees!” (Visited in Jan. 2014)



3

## Children and Hunger in Lesotho



Under-5 Mortality: **100** out of 1000 (MDG, 2012)  
 Under-5 Underweight: **13.5%** (MDG, 2011)  
 Population Undernourished: **15.7%**, 0.3 million (MDG, 2012)  
 Global Hunger Index: **12.9** 'Serious' (IFPRI, 2013)

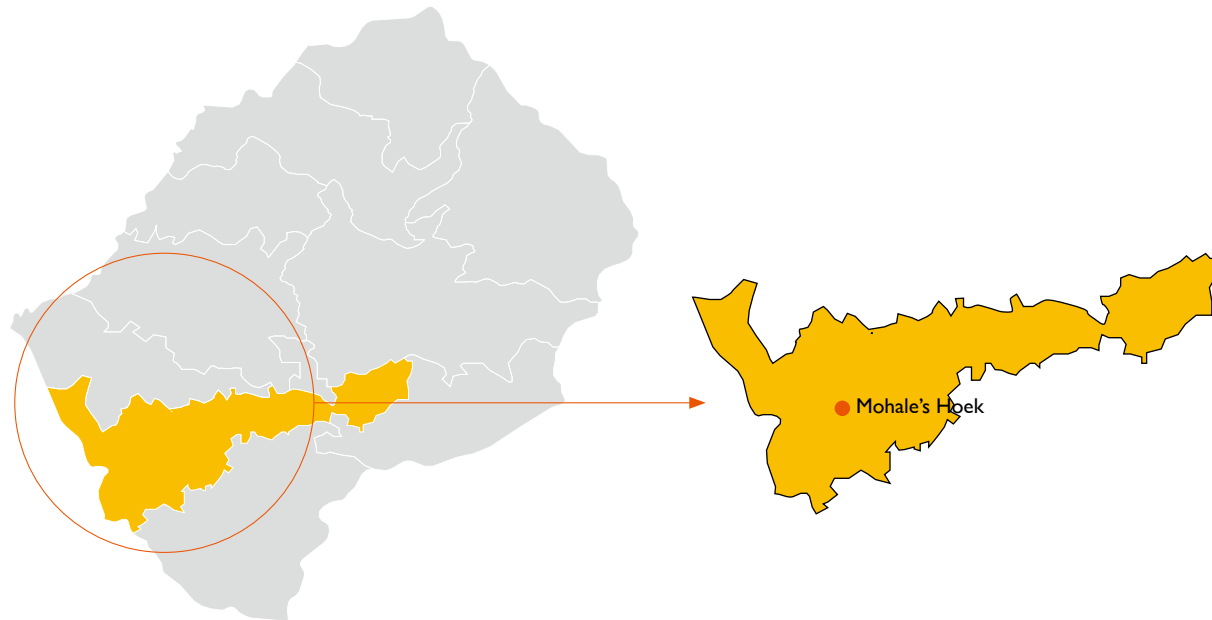
## World Vision Lesotho

Started in **1987** with Child Sponsorship Programmes.  
 In 2013, working in **8 districts** (out of 10) with 17 ADPs.  
 One of the largest NGOs in Lesotho.

Strategic Objective on Food (2013-2015):

“Improved food security, resilience and livelihoods”

## Map of Lesotho: Mohale's Hoek



### Lesotho Overview

**Population Below the Poverty Line**  
56%

**Livelihood**  
76% of the population's livelihood depends on agricultural production

**Food Insecurity Factors**  
Severe soil erosion that hinders cattle grazing and agriculture (arable area declined from 13% in 1980 to 9% in mid 1990s due to land degradation); land access; erratic rainfall and weather extremes; high import-dependency of staple crops (over 70%)

## Consortium for Southern Africa Food Security Emergency (C-SAFE)

C-SAFE was a multi-year programme funded by USAID's Food for Peace and implemented by a consortium of CARE, Catholic Relief Services (CRS) and World Vision. It adopted a developmental relief approach where the “immediate nutritional needs of vulnerable communities were addressed simultaneously with the support of developmental programs that focused on building productive assets and increasing community resilience to future food security shocks.” **Keyhole Gardens** (p. 15) were a part of C-SAFE that aimed to integrate support for food security, nutrition, education, income generation, savings and community development for households affected by HIV and AIDS.

## Emergency Operations (EMOP) with FFW/A

In August 2012, the Lesotho Government declared a food security emergency. WV responded with a WFP-funded EMOP project in partnership with Government ministries (Forestry and Land declamation, Agriculture, Disaster Management Authority). The project aimed at “improving the food security of vulnerable/at risk persons through the use of food assistance to create and rehabilitate assets that enhance productivity.” FFW/A with asset-creating activities such as tree planting, **donga reconstruction** (p. 14), keyhole gardens, range management for livestock pasture, and gravity irrigation was a key strategy used in responding to the food security emergency.

The following pages describe these assets and how they are achieving the project goals and benefiting the communities.

## Donga Reclamation

Case 1



### What is a "donga"?

The words 'gully', 'donga', 'sluit' and 'sloot' are synonyms, describing a deeply carved erosion channel created due to severe land degradation/soil erosion.



1

One of the biggest threats for the mountainous Kingdom of Lesotho's food security is **land degradation**. During the rainy season, Dongas carry away the fertile soil, ruining the grazing land, and spoiling roads and farmlands. While the population is still largely dependent on agricultural production for their livelihoods (76%), Lesotho's already insufficient arable area is estimated to have declined (from 13% in 1980 to 9% in the mid-1990s) due to this issue. Recognising how reversing this trend requires consistent and long-term attention, the Lesotho Government established the Department of Forestry and Land Reclamation (DFLR) in 2003, with the vision of "25% of severely degraded area reclaimed and brought back to productive use by 2020."

WV has been **collaborating with the government to complement their efforts** in addressing this issue, **while meeting more immediate food needs by providing food assistance to the most vulnerable**. In 2012, in collaboration with WFP and the government, WV implemented Food For Work/Assets activities under the EMOP, which included building stone structures to rehabilitate the Dongas in the most severely hit Mohale's Hoek district. Some 50 participants from the targeted households received food assistance and built stone structures<sup>2</sup>. These stone structures stop the soil from being carried away and collect it gradually, so that

**vegetation can grow again** to stabilise the soil. Despite the resource challenges that delayed the promised food assistance, as well as erratic weather conditions hindering daily work, the activities were successfully completed, promising **a better land** for the years to come. (Visited in Jan. 2014)



2

### Soil: Global Priority

In July 2014, the Global Soil Partnership assembled in Rome with government representatives and experts meeting at FAO endorsed a series of action plans to improve the health of the world's limited soil resources and stop land degradation. The goal is to ensure that future generations have enough supplies of food, water, energy and raw materials.

## Keyhole Garden

Case 2

"I have a family of nine: my niece who is 18 and helps me, and then 7 children," Masemakaleng Kabane (59) said looking at her keyhole garden. Two of the seven children are under 5, and four of them are orphans. Masemakaleng first started her keyhole gardens in 2006 under C-SAFE. As many of the post-C-SAFE studies found, keyhole gardens proved to be highly successful and sustainable. From 2013, WV followed up with the Lesotho Food Security Relief & Resilience Project (LFSRP), supporting her by providing training, as well as upgrading and replenishing her gardens.

She is now growing spinach, green beans, carrots and maize, **producing vegetables year-round that improve her family's nutritional diversity**. She wakes up at 4am every day and starts tending the garden, pausing at 8am to help the children prepare for school, and then returning to work until about 5pm. It is **work she can do while caring for the children**. "Worms and insects are the challenge, and sometimes drought," she says, shaking her head, but with a smile.

Since she is HIV-positive, the nutritious vegetables from the garden **help her stay healthy**: "I can take medication properly now because I have enough to eat. When fruits and vegetables are ripe, my family can eat fresh without having to buy at the market," she explained. When she has excess produce, she **sells to the community to earn additional income**. Neighbours come not only to buy the vegetables but also to learn from her how to manage a the garden. "I sold many carrots in December for Christmas!" she shared. In Dec. 2013, she had a good harvest and made about R200 (approx US\$20), which she used for various household needs, food and school supplies for her children.

She is also a member of a **savings group** with 9 other ladies in the community. They each contribute R10 (US\$1) every month. In times of need, a member can borrow up to R100 (US\$10) with a 20% interest.

She's a diligent, proud farmer in the community, working for her and her children's well-being. (Visited in Jan. 2014)



### What is a 'Keyhole Garden'?

A Keyhole Garden is a raised-bed garden that uses recycled materials, less water and maintenance, and is a technology designed specifically for labour-constrained households to grow nutritious vegetables under poor soil and moisture conditions. It retains moisture and nourishes the soil, making it more productive than a conventional garden, even during dry or cold months. The raised structure also makes access easier for the chronically ill or elderly. Once built, the garden requires little maintenance and can produce food for up to five years before the garden's organic layer needs replenishing.



1



2



## Children and Hunger in Kenya



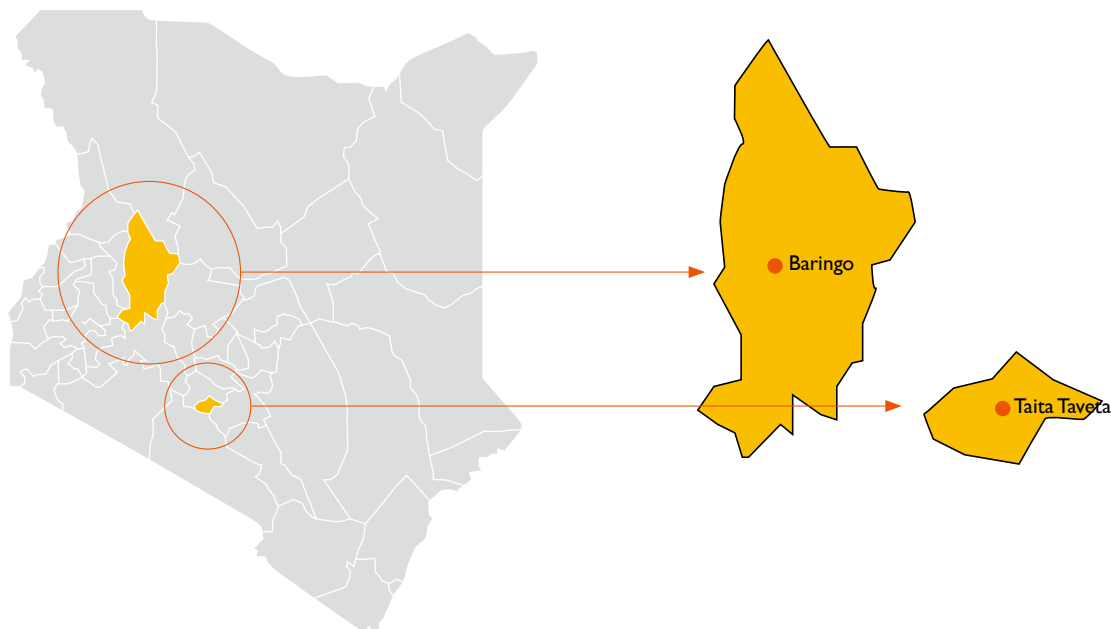
Under-5 Mortality: **73** out of 1000 (MDG, 2012)  
 Under-5 Underweight: **16.1%** (MDG, 2009)  
 Population Undernourished: **25.8%**, 11 million (MDG, 2012)  
 Global Hunger Index: **18.0** 'Serious' (IFPRI, 2013)

## World Vision Kenya

Started in **1975**. Now in 2014, WV Kenya is working in 36 countries out of 47.

Strategic Objective on Food: **"Improved HH food security and resilience by 2015."**;  
**"Improved health and nutrition status of children under 5, as well as pregnant and lactating mothers within communities"**

## Map of Kenya: Baringo and Taita Taveta



### Baringo and Taita Taveta Overview

**Population Below the Poverty Line**  
 45.9% (National Average)

#### Livelihood

Both pastoralist and agro-pastoralist communities live in these counties, with few alternative livelihood opportunities available. Overall, Kenya's agricultural sector employs over 40% of the total population (70% of the rural population) and is mainly rain dependent. (OCHA, 2014)

#### Nutrition

Over 25% of Baringo's children under 5 are underweight, one of the most severe in the country. Global Acute Malnutrition (GAM) rate stands at around 20% (East Pokot in Baringo, mini SMART Survey, 2014) and only 20% of children have acceptable dietary diversity (four counties including Baringo and Taita Taveta, WFP, 2013)

#### Food Insecurity Factors

Droughts in arid/semi-arid areas (80% of the land) including the 2011 Horn of Africa drought, worst in 60 years; floods affecting riparian communities; changing climatic conditions; degradation of natural resources; resource-based conflicts and civil unrest.

### Protracted Relief and Recovery Operations (PRRO): Cash and Food for Assets (C/FFA)

WV, in partnership with the World Food Program (WFP), the Government of Kenya (GoK) and the National Drought Management Authority (NDMA) introduced a C/FFA approach in 2009 for PRRO. The goal was to restore livelihoods and build resilience as a long-term measure through the creation of innovative, long-lasting and sustainable community and household assets to improve food security. Involving about 700,000 people, it is one of the flagship programmes for WFP and WV in building resilience against drought and in the face of climate change. The assets established through this project include **irrigation schemes** (17 in Baringo and 3 in Taita Taveta), earth pans (over 170 excavated), tree planting (approximately 190,000 trees planted), and various rain water harvesting structures. Expansion of irrigated land (a total of 1,424 Ha) in Taita Taveta and Baringo resulted in **communities no longer requiring food assistance**.

## School Gardens

Case 1



Sabor community is located in the sparsely populated and mountainous Marigat Sub-County in Baringo, where 167 students between the ages of 6 and 13 attend Kimoigut Primary School. Half of them are boys, and the other half girls, taught and cared for by 9 dedicated teachers.

Based on consultations with the community, WFP Kenya, in partnership with the GoK and WFP, supported a FFA project in this school during 2010-2011. Participants selected from food insecure households within the community were provided with food assistance for their work of planting trees, maintaining fences to keep the animals out, and constructing water tanks, stone beds and nurseries for the garden. Years have passed since the project, but 64 mango trees, 750 papaya (a.k.a. pawpaw) trees and 10 orange trees still stand tall, producing delicious, nutritious fruits today. "We also added sorghum and peas," says Japeth Kimuge, the head teacher for the school. "(Since the garden started), the attendance has increased from 118 to 167."

These fruits are mostly consumed at the school by the school children, **providing them with additional nutrition which complements** the basic, cereal-based meals the government provides through their school feeding initiative. When they have a surplus of fruits, the school sells them to nearby communities, providing the community members with an additional food source to

supplement their otherwise simple diet and improving the school's income. Upon seeing the success of the school garden, neighbours learned from those who worked on the project and replicated fruit gardens in areas near the school and in their homesteads. Fruit trees have become a common sight in the community. (Visited in May, 2013)



### Teaching the Children How To Garden

Having a fruit garden at school allows children to have fruits rich in vitamins so they grow well and learn better at school. It also provides an opportunity to teach them about hands-on gardening and producing food. As the community built the school garden through the FFW project, they also included nurseries to start a little gardening school for the little gardeners. The students learn to plant, grow and take care of fruit trees. Many of them take this knowledge home and start their own home garden, sharing the fruits of their knowledge with their families, as Evans Kipchumba (13, Standard 8 student at Kimoigut Primary) explains: "We get vitamins from paw paws which protect our bodies from diseases!"



2

## Water Canals

Case 2

The Kenyan Government's Vision 2030 identifies agriculture as a key sector in achieving the envisaged annual economic growth rate by transforming **smallholder agriculture from subsistence to an innovative, commercially-oriented modern agricultural sector**. Supporting this vision, WFP and WFP worked with the communities to build **water canals and community assets that are difficult for individual farmers to establish** on their own. This helped innovative farmers move up and out of a vulnerable, food insecure situation to a thriving farming business.

Twalib Omar (56, with a wife and 5 children) is a farmer who used to rely on rainwater and water pumps for his 2 acre maize farm. When a section of water canal built through the CFA project reached his farm, he seized the opportunity to switch to commercial banana planting. He procured the cuttings for Grey 9 Bananas (higher quality and in greater demand than the locally found type) from the nearby Jomo Kenyatta University of Agriculture and Technology. From the sales of the bananas, his **annual income from farming spiked** from 15,000-20,000 Kenyan Shilling (approximately US\$170-220), to 100,000-200,000 Kenyan Shilling (US\$1100-2200) in a few years. "Something I never even dreamt of," he says. He now saves enough to put his children through school, he proudly notes. No longer vulnerable and food insecure, he graduated from the project. Wanting others in the community to benefit as well, he organises and mentors neighbouring farmers in planting bananas and marketing them. Twalib is one of many farmers benefiting from the water canal as Lukunda Canal reached some 1,000 farmers and Kamleza Canal some 800. In some areas these canals also enabled the creation of **fish ponds** to raise fish for home consumption and for sale. (Excerpt from WFP Kenya's Publication in May 2014)



### Cash/Vouchers as Food Assistance

Food Assistance has traditionally taken the form of in-kind commodities such as cereal (maize or rice), oil, salt and beans. However, projects in Taita Taveta employed cash as a modality for food assistance with highly positive feedback from the communities. When appropriately implemented, cash/vouchers help food get to the hungry quickly with almost no transportation or storage costs, give the beneficiaries a choice of food, and contribute to the local economy.



1



2

## Children and Hunger in Niger



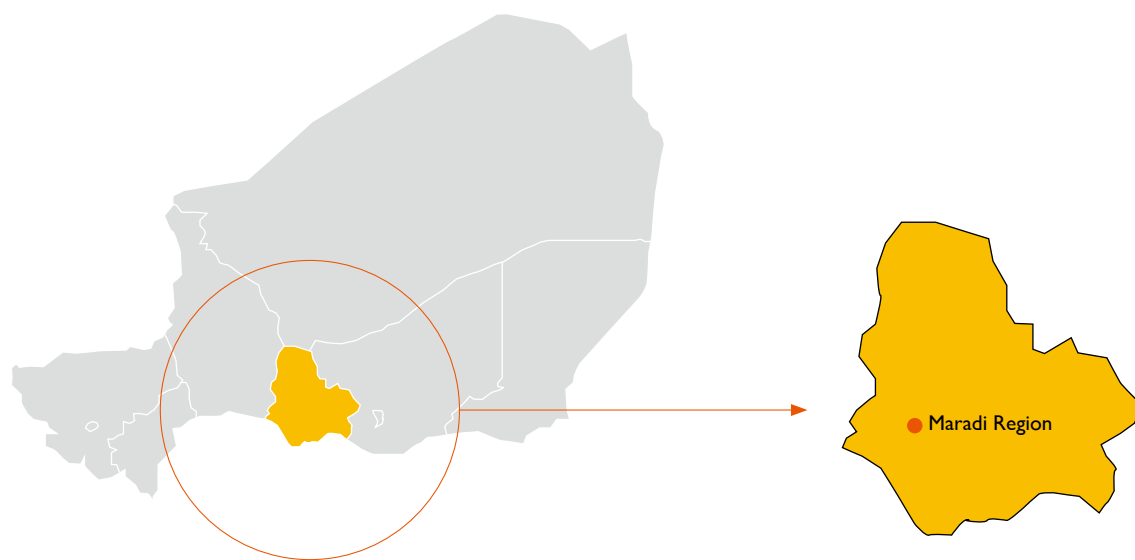
Under-5 Mortality: **134** out of 1000 (MDG, 2012)  
 Under-5 Underweight: **36.4%** (MDG, 2012)  
 Population Undernourished: **13.9%**, 2.3 million (MDG, 2012)  
 Global Hunger Index: **20.3** 'Alarming' (IFPRI, 2013)

## World Vision Niger

Started first in **1973** with a drought relief intervention. Ceased operations during the 1980s, but resumed in **1995** with development, advocacy and relief projects. Now in 2013, working in 6 out of 8 regions in Niger, through 20 ADPs.

Strategic Objective on Food: "Reduce the rate of global acute malnutrition among children, less than 5 years of age, from **16.7%** to lower than **10%**. And the rate of chronic malnutrition among under 5 year olds from **48.1%** to lower than **35%**."

## Map of Niger: Maradi Region



Niger Maradi

### Maradi Region Overview

**Population Below the Poverty Line**  
 66% (National Average)

**Livelihood**  
 Agriculture and remittances are the key livelihoods strategies in Niger's agro-pastoralist zone including Maradi. 78% of the rural population relies on agriculture and herding. While Maradi represents only 3.3% of Niger's land area, of which only 12% is arable, it is one of the most densely populated regions (20% of the total population) and produces a large portion of the country's food.

**Nutrition**  
 Global Acute Malnutrition (GAM) rates stands at 14.8% nationally, with Maradi region at 16.2%. The child chronic malnutrition rate is also high, with the national average at 51% and Maradi at 63%.

**Food Insecurity Factors**  
 Soil depletion; desertification; hot and dry climate; water scarcity and recurrent drought resulting in food production shocks (esp. in 2004-5 and 2009-10); unpredictable weather; high food prices controlled by a few powerful traders (e.g. food price crisis in 2008).

### Cash and Food For Assets (CaFFA)

CaFFA is a WFP-funded programme implemented in Dan Goulbi and Maitara Communes in Maradi Region with the goal "to strengthen the resilience of communities living in fragile ecosystems." Activities include **land clearing (clearing of Sida cordifolia)**, road construction and water conservation (demi-lunes) (p. 22). As the name suggests, CaFFA employs both food-in-kind (cereal, oil and beans) as well as food assistance in the form of cash, based on the context.

### Livelihoods, Agriculture and Health Interventions in Action (LAHIA)

Funded by USAID Food for Peace, Save the Children and World Vision are partnering to implement LAHIA, a Hausa word for "good health", with the goal of "reducing food insecurity and malnutrition among poor rural households in the Aguié and Guidan Roundji Districts of Maradi Region, Niger." It is a five year program (2012–2017) with a highly integrated approach to address nutrition, income generation, resilience, environmental rehabilitation, agriculture and microfinance holistically with various activities such as **community gardening, planting trees for improving nutrition and the natural environment, farmers' field school, savings groups, and improving post-harvest storage facilities (page 23).**

The following case studies describe how these projects are contributing to food security and the well-being of the children and communities in Maradi, Niger.

## Land Clearing and Rehabilitation

Case 1



1



2

To a visitor's eye, the farms and forests in the pictures may not look as green as expected, but the difference between a sandy land filled with harmful bushes and a sandy land growing fodder for animals is significant. It's a different shade of sandy.

This community in a small village hours away from the town in Maradi lacked the means to produce or purchase enough food to sustain itself. Occasional and irregular casual labour in town was the only way they could hope to buy millet. It was difficult to even manage one meal a day. They used to eat whatever bush that grew on the land even though it had little nutritional value and was often even harmful to their health, because they lacked alternatives. "The land was so bad that we could not use it for anything. We could not even pass through all the bushes," a participant named Delou Djige (50, supporting five children of her own as well as three under-5 grandchildren) explained. With the FFW/A project, the community is receiving not only enough food for two meals a day, but also the training and tools necessary to work at rehabilitating their land for a better future. 25 participants are assigned 15 days work to clear one hectare of land of the harmful bush called *Sida cordifolia* in exchange for one month's ration of food – 22kg of cereal, 12kg of beans and 2L of vegetable oil. Once the clearing is complete  **demi-lunes**  are created which will help with the growth of trees and food in this climate. Parts of the land will also be used for  **grazing** . "We used to have animals, but we sold them during the recent famine. We will work hard to restore our livestock in the future," Delou shared.

The project has also helped  **reunite families** , as it provided a complimentary employment opportunity

at home. Previously, 95% of adult males would be away looking for work. "To provide the basic food for my family, I was obliged to go find something. I was away for months at a time," said Saidou Dan Nomaou (47, male, with 8 children). Women and children were left behind, often resorting to negative coping strategies to feed themselves, often insufficiently. "I am happy I can now work in the community. This work helps us men not be absent," Saidou noted. While the project in itself cannot solve the lack of employment opportunities in the area, it provides a  **safety-net for the destitute families, enabling them to seek more sustainable solutions, while caring for their children** . (Visited in March, 2014)



### Demi Lunes (Half Moons)

Demi-lunes refer to large, crescent-shaped, raised or dug-out beds designed to catch and hold rainwater. Normally, hundreds of demi-lunes are dug at a time and grass or shrubs are planted within them to improve a large area of land. It is a simple, low-tech, low-cost water harvesting method to grow fodder or crops in a hostile and dry climate, making the most out of limited rainfall. Demi-lunes were introduced in West Africa in the 1980s and are still used widely in the region.

## Community Garden

Case 2



1



2

In the midst of a dry, grey land where you least expect it, a green community garden is thriving. A group of female farmers are busy in the garden,  **learning together about gardening and cooking nutritious meals with vegetables** . They come for an hour or two every morning. Many of them have  **replicated**  what they learned and planted smaller gardens in their own yards, along with  **moringa trees** . WV supplied the seeds and facilitates the training.

In addition to this, 25 members of the community, including 6 women, organised 'warrantage', a  **post-harvest management measure to store some of the harvest so that it could be sold at a more profitable price during the lean season** . Working with Asusu, a local microfinance institution, the farmers check in their harvest to receive a loan of 70% of the value of their crop at that time. With this loan they are able to start small businesses or purchase animals and agricultural inputs. Then, when the lean season comes, they repay the loan and receive the harvest back to sell at a better price. They reinvest the profit into their farming and animal herding for an increased production for the next year.

The community is in the 2nd year of the 5 year programme, but the women have already noticed a change. The most immediate and noticeable change came with child-focused food and nutrition assistance. Rezina Ila (35, 6 children) shares her experience. "Before the project, the children were sick. I used to travel to the far away hospital, some 3.5 km away from the village. This project  **helped us provide our children with better food like moringa leaves, cabbage and vegetables** . Children are not falling sick anymore. I breastfeed the young ones." (Visited in March, 2014)



3



### Moringa: The Miracle Trees

Moringa trees are indigenous, drought-resistant and fast growing. Even with minimal watering, they can grow over 10 feet within a year and produce leaves within three months of planting. What gives Moringa trees the glorious nickname of 'miracle trees' is their potential contribution to food security. The leaves are directly edible by people (including children) and farm animals, and are highly nutritious, particularly rich in protein, amino acids, vitamins (A, B) and minerals (calcium, iron). Families can supplement their food stocks year-round and rely on it during the lean season. (Ho, 2013)

## Children and Hunger in Zimbabwe



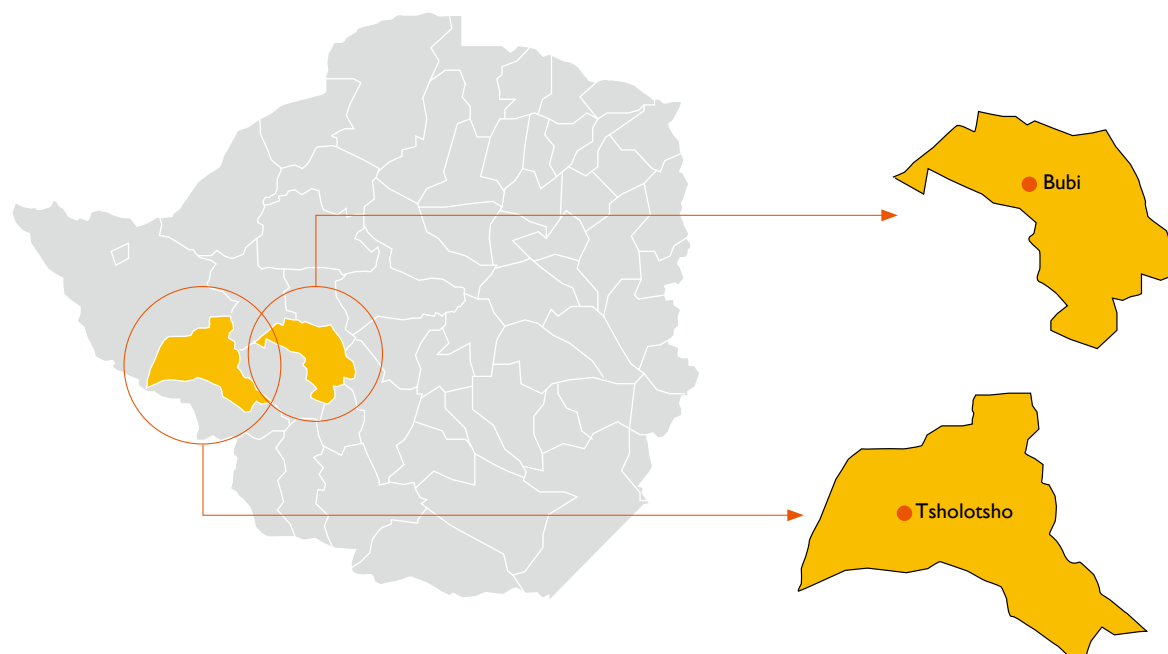
Under-5 Mortality: **90** out of 1000 (MDG, 2012)  
 Under-5 Underweight: **10.1%** (MDG, 2010)  
 Population Undernourished: **30.5%**, 4 million (MDG, 2012)  
 Global Hunger Index: **16.5** 'Serious' (IFPRI, 2013)

## World Vision Zimbabwe

Started in **1972**, adopting its approach to the changing context of the nation. In 2014, WVZ is working in 30+ districts.

Current Strategic Objective on Food: **"To contribute to the food security and self-sufficiency of 70,000 vulnerable households"**

## Map of Zimbabwe: Matabeleland (Bubi, Tsholotsho)



### Matabeleland (Bubi, Tsholotsho) Overview

**Population Below the Poverty Line**  
 72.3% (National Average; World Bank, 2011)

**Livelihood**  
 There is lack of economic opportunities and high emigration of young people in search of employment. Farmers are mostly dependent on rain.

**Nutrition**  
 Under-5 stunting stands at 32% (National Average; Zim Health Information Services 2013)

**Food Insecurity Factors**  
 Recurrent droughts; Matabeleland is characterised by erratic and insufficient rainfall (<450mm). Harvest lasts only for 3-5 months on average. The most common type of soil is Kalahari sand, which is poor in nutrition and water retention.

### Productive Asset Creation (PAC)

WV, in partnership with WFP and the Government of Zimbabwe (GoZ) ministries, implemented PAC, a FFW/A project for multiple cycles. PAC was implemented in Matabeleland South, Matabeleland North and Mashonaland province during the off farm season. PAC aimed at promoting asset creation to increase resilience to food security shocks and improve access of food for non-labour constrained food insecure households.

Through a participatory collaborative effort of the community and local stakeholders, key productive assets were identified: dams, irrigation schemes, water harvesting systems, feeder roads and dip tanks. Participants were selected based on household's vulnerability status and received 50kgs of cereals, 3kgs of cooking oil and 9 to 10kgs of beans after working 60 hours (4 hours a day, 5 days a week) per month in rehabilitating-creating assets.

The following pages describe how this project is contributing to a sustainable improvement in food security and livelihoods for the communities.

## Irrigation Schemes

Case 1



In Bubi District, Hauke irrigation scheme was completed in 2012. The community engaged WV to build on the work originally initiated by the European Commission and the Government of Zimbabwe, to complete the irrigation of the land and the building of canals. In the most recent cycle (July-December, 2012), 150 workers including 66 plot holders were involved in the 4 months of labour for site clearing, stumping and canal rehabilitation.

Upon participating in the project, farmers organised themselves into a cooperative with a constitution and meetings every month. They purchase agricultural inputs together, share a tractor, and put away some of the harvest for the orphans and elderly in need. They also work for opportunities to sell their produce as a group to receive better value.

The farmers used to depend on rain before they built the irrigation canals, which only allowed them one crop cycle per year. With the irrigation canals in place, they can now do 3 cycles per year, rotating different kinds of crops. This has led to increased production and a more diverse range of food crops for the community. In 2013, the farmers planted maize during January to May and harvested 250kgs each. They then planted maize again in July, as the community still did not have enough staple crops for their yearly consumption. After

they harvested in November, some of the farmers were able to sell excess to the neighbouring communities who also lacked daily food, realising some income. Now they no longer receive food assistance and have enough cereal for the year, the farmers are planning to plant sugar beans in February to sell it to clinics and schools nearby. "After that, we will plant frost-resistant crops, perhaps cabbage, now that the cold season is approaching," the lead farmer explained. "We now have access to diversified food crops that nourish our bodies. The cash from sales is used to pay for our children's school fees and cover other financial needs." David Khabo, one of plot-holders in the scheme, smiles.

A few hours drive from Bubi, Dhlamini is another small community benefiting from the project, located in Tsholotsho District in Matabeleland North. The majority of community members are widowed women and children. Here, WV, in close collaboration with the Zimbabwe Government's Agricultural Extension Service (a.k.a. Agritex), supported farmers to cultivate drought-resistant pearl millets using Conservation Farming (CF) methods. The farmers were organised into groups of 8 members and were provided tools and technical training. Food assistance provided by the project carried the farmers through the lean season to sustain their work.

## Dip Tanks

Case 2



## Small Holder Farmers:

50% of the world's hungry are smallholder farmers. 80% of the developing world's food is a product of a small farm (FAO, 2013). Supporting smallholder farmers to produce enough for their consumption and excess for sales is, therefore, a critical part of food security.

Even after the food distribution stopped in Dec. 2013, the farmers continued working with CF, as they could clearly see the benefits. Previously, the farmers were forced to harvest and consume their produce even before than crops were mature, not leaving anything for the lean season or as seed reserve. They used to have only one meal a day. Now, they produce enough to have 2-3 meals a day regularly, and can reserve some harvest for the next cycle.

"The project helped us to be united, working as a group. Others come and join us to learn from our success," Savy Ntutha (58, widowed, supporting 9 children) mentioned. She recalled how tough it was to pay the school fees before. She used to do odd jobs at school for the missed fees, leaving young children alone at home. When the food was short despite her best efforts, she went begging, lacking an alternative. "CF helped us get high yields. We saw increased yield per hectare. My children are happy now that they can go to school!" she exclaimed. She can now spend time tending the children, working at her farm and gardens. Edith Ncube (63, widowed, supporting 8 children) was not a project participant, but she learned from Savy, her sister-in-law. "We are taking a break from hand-outs for once!" Edith proudly declared. "I used to receive assistance from social services." She smiled at the Social Service worker who joined in the visit. "Thank you, but now I can kiss you good-bye." (Visited in March 2014)

In Nkwizhu village, Tsholotsho District, some 70% of the land is covered with Kalahari sands, making it suitable for cattle rearing. In this environment, livestock plays an important role in food security, providing food rich in protein, essential vitamins and minerals. Meat, eggs and milk are not seasonal and can be produced year round, generating a regular food source and income. In addition, manure helps increase soil fertility. "Cattle is the major livelihood for us; we get milk and meat that we consume or sell for other types of food," a community member noted. So, rehabilitating a dip-tank was a priority for the communities.

Upon receiving food assistance, participants were able to come and reupholster the poles, build the roofs and improve the structure. The participants also worked to organise a committee to oversee the construction and maintenance of the dip tanks and to liaise with the government veterinary services to obtain dipping chemicals. According to the Tsholotsho District Officer, WV and Plan worked with the communities to rehabilitate 11 dip tanks out of 56 in the district, significantly reducing cattle diseases. (Visited in March 2014)

## What is a "Dip Tank"?



A dip tank is a concrete-lined structure deep enough for large cattle to walk in, plunge, and walk out, so as to remove parasites from their skin and be protected from infection.

## Children and Hunger in Myanmar



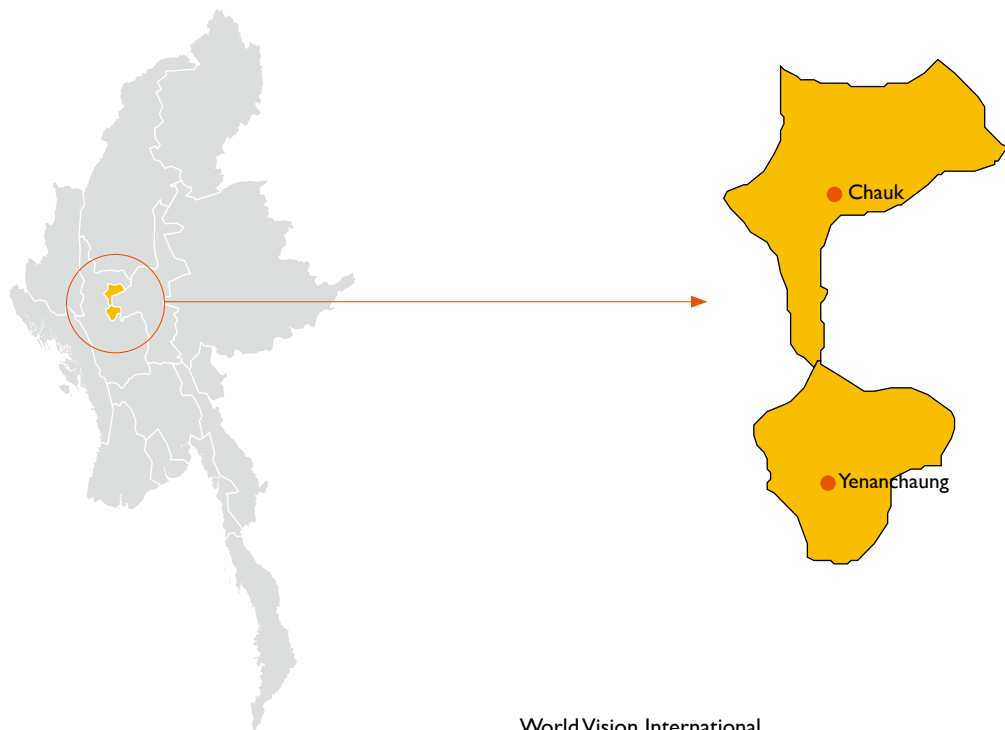
Under-5 Mortality: **52** out of 1000 (MDG, 2012)  
 Under-5 Underweight: **22.6%** (MDG, 2009)  
 Population Undernourished: Data N/A  
 Global Hunger Index: Data N/A

## World Vision Myanmar

Started in **1991**. In 2013, working across **11** of the seven states and seven regions, through 37 Area Development Programmes (ADP). As one of the largest INGOs operating in the country.

Strategic Objective on Food: **Improved nutrition and management of disease for mothers and children (under Health); increased income through agriculture systems and the development of small and medium enterprises (under Economic Development)**

## Map of Myanmar: Dry Zone



### Dry Zone Overview

**Population Below the Poverty Line**  
 32.7% (US CIA, 2007 est.)

**Livelihood**  
 50.2% of Myanmar's 54 million population derive their main livelihoods from agricultural activities (rain-fed crop production, hunting, fishing and forestry). In Chauk and Yenanchang Townships, most households live on farming (groundnut, pigeon peas, sesame and green gram) and casual labour.

**Nutrition**  
 National prevalence of wasting in children under 5 stands at 7.9%; stunting at 35.1%, underweight at 22.6%. (MICS 2010)

**Food Insecurity Factors**  
 Rain-fed agriculture; lack of irrigation system; drought; low productivity of land leading to migration (both seasonal and long-term); water scarcity.

### Food For Work/Assets (FFW/A) in Area Development Programmes (ADPs)

WV's ADPs, such as Chauk and Yenanchaung ADPs in the Dry Zone of Myanmar, commit to work in a community for 10 years. WV Myanmar combines this long and intimate community presence with year-long FFW/A grants from WFP to implement community-led development programmes, while addressing immediate food insecurity still affecting the most vulnerable within the communities. WV and WFP have been partnering in Chauk and Yenanchaung since 2005, with multiple cycles of FFW/A projects. With the support, the community was able to build forests, roads to markets and water sources, and **water ponds** and gully dams, which have significantly improved their daily lives. Alongside, WV facilitates **training and education on nutrition**, sanitation and economic practices, walking with the community on holistic, sustainable and gradual steps out of poverty towards the well-being of their children.

## Water Ponds

Case 1



2

Nyaung Pin Wun village is located east of Yenanchaung, where 108 households (450 people) live on farming (61%) or casual labour (39%). Most of the people in this small rural village grow peanuts, sesame, and pigeon peas if rain permits. WV and WFP have been partnering closely with this village, implementing a series of development activities using food as a resource to improve their food security, livelihoods and resilience.

The community took leadership in selecting the assets they built and in targeting the recipients of food assistance among them: “We prioritised assets that will support the community for a long time, to help us produce more food. We categorised our villagers into three: the poorest (landless), average (some land), and the well-off, and made sure the poorest received benefits from these projects, while all participate,” the chairperson explained. For the work, a participant received 0.25kgs of rice, 0.3kgs of beans, 0.1L of oil, and 0.025kgs of salt per day. Having reasonably stable food supplies freed the most vulnerable from having to devote time and energy on securing the most basic components of their diet, so they could actually engage in productive activities.

For assets, the community selected a reforestation project in 2011, planting indigenous acacia trees and drought-resistant eucalyptus trees in partnership with the Forestry Department of the government. “It will take some 10 years for us to see the full benefits. In the meantime, we need to watch out for a wild fire or animals destroying the nursery, and keep replacing the trees that didn’t do well!” the village chairman noted. Subsequently, the community selected soil conversation

and pond renovation for 2013. Once completed, these assets will improve the community’s resilience against erratic rain falls, droughts and floods that frequently diminish their agricultural yield. The community will have access to water through the dry season for their domestic, agricultural and animal rearing needs. (Visited in May 2014)



### Community Ownership and Participation

Community ownership and participation is the most critical element to ensure the sustainability and impact of the assets created through FFW/A projects. Instead of simply instructing or consulting the communities, WV Myanmar empowers them to take leadership in the planning of the activities that speak to their needs and aspirations. Communities also take charge of engaging with partners or monitoring progress. Organised committees and regular meetings continuously unite the communities for a common purpose: the well-being of their children.

## Schools and Gardens

Case 2



1



2

Kine Htauk Kan is a Buddhist Village in Chauk Township with 120 households (530 people). The main livelihood is rain-fed farming (47.5%) of groundnut, sesame, green gram and peas for smallholder farmers, as well as casual labour (52%) for the landless. WV and WFP have been partnering closely with this village since 2005, implementing a series of development activities, using food as a resource. This community prioritised pond renovation, soil conservation, and education, tackling the root causes of their food and livelihood insecurity. The village has limited infrastructure, one of which is a primary school. Before 2005, the meagre structure that served as school housed 75 students (45 boys & 30 girls) up to Grade 5. Most struggled to attend classes regularly. Vulnerable families lack resources for school fees and found it difficult to spare the children from the daily work for survival. Children often worked on the farm or around the house.

In 2012, with the support of WFP and WV, the community invested in rebuilding and expanding the school through FFW. The vulnerable families received food assistance for the work, and WV provided building materials. Daw Yin Kyaing (39, a mother of 5 children), a participant of the FFW project, says she dreams for her children to be educated and have a good job. Receiving food assistance (rice, pulse, oil and salt) freed the children from daily work for food so they can attend school. The families spent less on purchasing the most basic staple, so they could afford to pay for school fees. Not just the project participants but the whole community joined in the effort to educate the next

generation. The less vulnerable in the community raised some \$4,700 for the project, adding to the support from WFP and WV.

After rebuilding the school, two more school years have been added, so the students can attend school locally up to Grade 7. Last year, 126 students (56 boys and 70 girls) successfully completed their grades, and all 18 Grade 7 students continued onto middle school some 4 miles away, the headmaster noted. School attendance went up to 90%. At the school, students now learn Myanmar, English, Maths, Geography, History, Science, Art, Music, and Life skills. The teachers are also adding ‘agriculture’ to the curriculum from 2013, for which the community self-initiated a school garden in the school yard. With the proceeds from this garden, the village is planning on starting a scholarship for children from more vulnerable households among them. In the garden, children will learn about basic plantation, land preparation, natural fertilizers, seed selection and weeding. The teachers have also noticed the difference in the way their students learn, how they follow the curriculum better. “The students enjoy school so much that they want to come even on the weekends!” said a teacher at the school. “I am married to educating these children,” Mr. Thein Naing (47, single) the headmaster, shyly smiles. (Visited in May 2014)



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