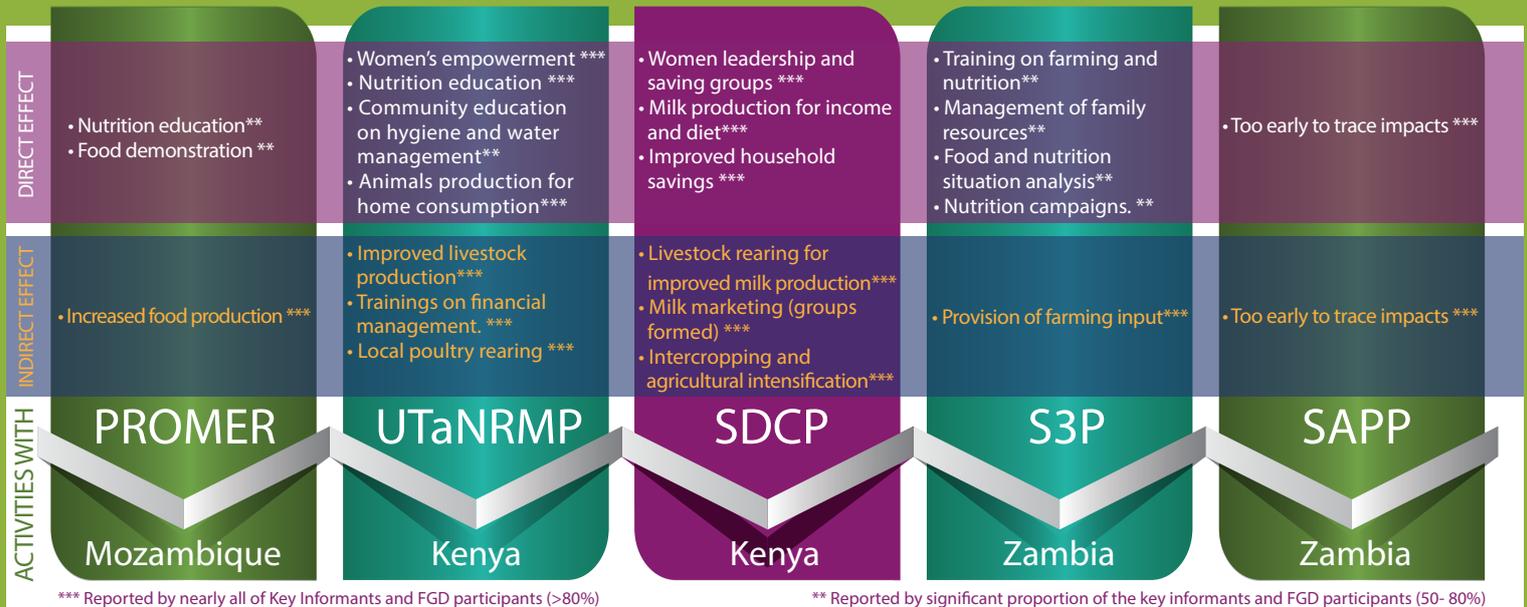


IFAD Investments have opportunities for improving food security and nutrition outcomes

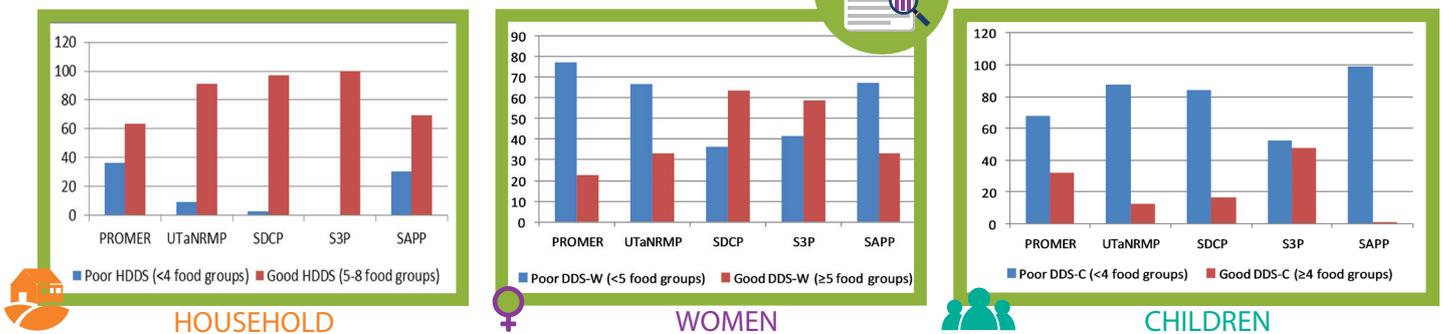
In 2016 ESA conducted a mapping exercise on nutrition sensitive interventions to provide insight for an effective nutrition mainstreaming and operations at project level.



Perception of project interventions on nutrition outcomes



Dietary profile of project beneficiaries



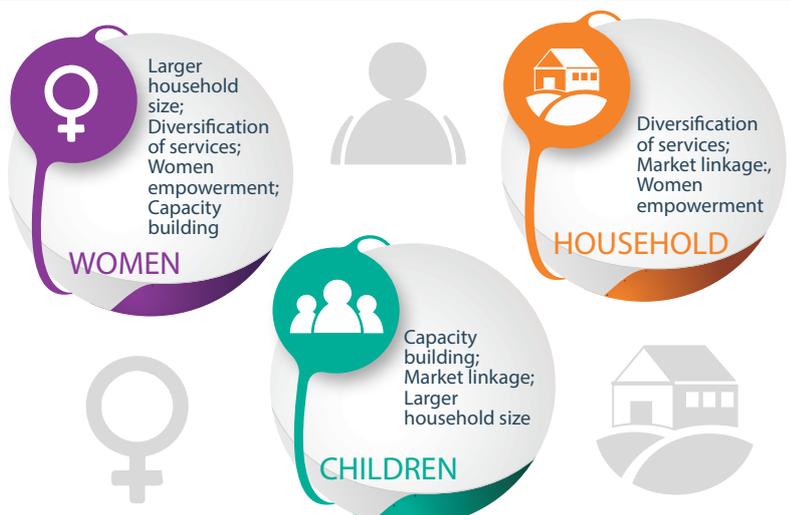
Testimonial from project beneficiary

Need for the integrated pathways in project interventions

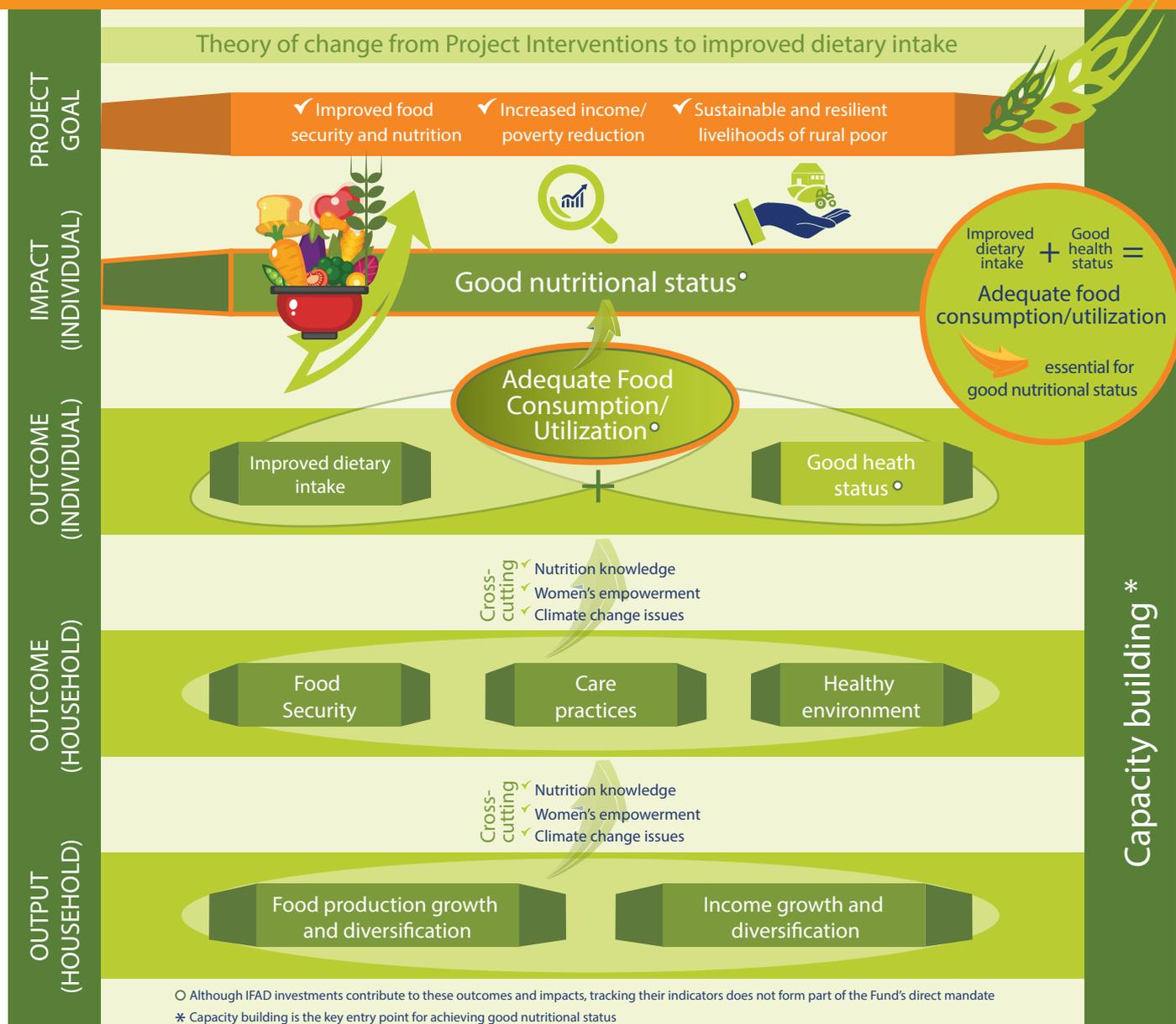
Mrs Rose Ondieki, member of a self-help group supported by SDCP, Kenya has benefitted from the following activities; farmers exchange tours, trainings and capacity building for improved dairy production

- Profits from her dairy enterprise has risen from Ksh1,200 to 6,000 on monthly basis.
- She used her income to purchase more dairy cows, dairy goats, motorized chaff cutter, construction of water harvesting, zero-grazing units and biogas adoption.
- Water harvesting structure ensures availability of water and reduced distance to water points.
- Motorized chaff cutter is a labour and time-saving device for cattle feeding.
- Biogas adoption reduces expenditure on cooking fuel, less cooking time, readily available fuel for meal preparation, improvement on kitchen pollution (smoke) and reduction in firewood usage.
- Probing dietary intake, she had regular and increased milk consumption but poor diversity in dietary intake.

Determinant factors of dietary diversity



Integrated pathways to nutrition outcomes in IFAD investments



Key recommendations for nutrition operations at project level

Integrate clear nutrition objectives and activities guided by the nutrition gaps identified in project locations and prioritize diet quality indicator (i.e. dietary diversity). The theory of change for the dietary intake is based on the assumption that the project will influence access to, and the consumption of, diverse, nutritious and quality food. The indicator should go beyond household level to reach individuals (i.e. women and children).

Adopt the integrated impact pathways approach in project design and implementation, to help sharpen the focus of nutrition-sensitive interventions and to maximize gender, climate and nutrition education, as critical influencers on underlying causes of malnutrition: food insecurity, inadequate care practices and an unhealthy environment.

Customize and optimize the use of available and relevant tools for integrated pathways, operating in a context-specific manner. For instance, the customization of FAO Toolkits for nutrition-sensitive agriculture with a step-by-step guide for a thematically focused investment context at the project level.

Ensure regular monitoring and consistent tracking of progress on nutrition mainstreaming, for evidence-based impact on nutrition, contribution to nutrition policy and nutrition governance. The supervision and implementation mission should endeavour to document feedback from beneficiaries on nutrition-sensitive actions.

Recruit a nutrition facilitator at the project level. This could be a nutrition expert or nutrition focal point depending on the project context, skills and capacity requirement. Project staff who are designated as nutrition focal points should have at least 50 per cent of their time dedicated on nutrition.

Identify and engage with the private sector in the food and nutrition market, with a particular focus on relevant partners in the SUN-Business Network. Business initiatives for ensuring food safety, quality of products, technology and practices that meet the nutritional needs of vulnerable populations should be linked to value-chain development for improved nutrition.

Provide space for nutrition in the design and implementation of core income-focused investments such as the Rural Finance and Value Chain projects. This study has revealed the substantial promise of IFAD investments in influencing food systems, food market and dietary intake. For example, in the UTaNRMP and SDCP, very few or no nutrition-focused activities were reported at the output level; but over 80 per cent of respondents reported a positive influence at the household level.

