

class sessions in which they use text books prescribed for use in the field. These radio and television broadcasting lessons target the beginners and semi-literates and are delivered by Translators based at National Headquarters through the use of National and local radio and television programmes.



Integrating Nutrition In Functional Literacy Programmes

As part of the 1000 Most Critical Days Programme, deliberate efforts are being made to ensure that vulnerable women enroll for functional literacy programmes. This is because there are many benefits that come as a result of a woman having some level of education.

- ✓ it has been proven that a woman who has some level of education is better able to make better food choices for her family.
- ✓ Functional literacy improves nutrition in the home as it allows the woman to engage into profitable business ventures which in turn increases household income.

- ✓ With improved skills, the woman is better able to plan for her family meals, using the little resources available in the home.
- ✓ A woman with skills from functional literacy class is better able to look after her family to avoid some common childhood preventable infections.



FOR FURTHER INFORMATION PLEASE CONTACT:
 The Permanent Secretary
 Private Bag W 252, Community House
 LUSAKA, Or
 The District Community Development
 Officer in your District

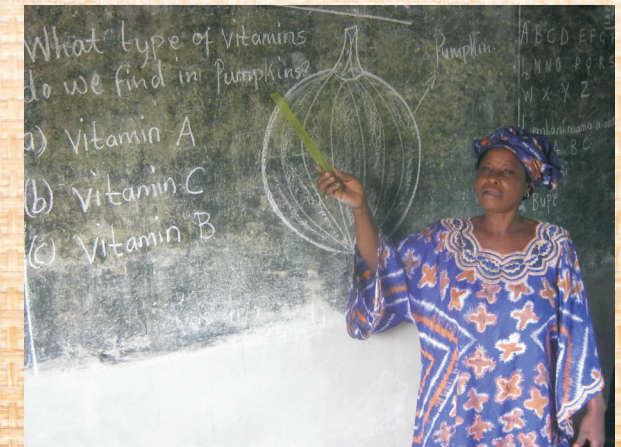


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 Ministry of Community Development
 and Social Welfare

Department of Community Development



INTERGRATING NUTRITION INTO FUNCTIONAL LITERACY PROGRAMMES

Introduction

According to the Living Conditions Monitoring Survey (2010), 60.5% of the total Zambian population is living in poverty. This situation has resulted in a lot of socio-economic problems such as failure by individuals and households to meet their basic needs like food, shelter, and clothing, failure to support school children and to meet medical costs in our society.

Government has also expressed concern at the high levels of illiteracy and unemployment among women and men in both peri-urban and rural areas. There is a serious relationship between illiteracy and poverty. It is also common to find a lot of malnutrition in such households.

The Zambia Demographic and Health Survey 2014 states that 40% of Zambian children under the age of 5 are stunted owing to poor nutrition. Thus the collaboration between the Ministry of Community Development and Social Welfare with the National Food and Nutrition Commission is timely in addressing malnutrition related issues through the first 1,000 critical days programmes.

The programme aims to encourage expectant mothers to support the unborn child from the time the woman gets pregnant until the child reaches two years. This programme promotes the consumption of a variety of foods in homes both for the pregnant mother and child under two years.

Government has come up with programmes such as functional literacy programme to lead in developing skills that are useful and functional to

ensure excellent nutrition at individual and household level.

What is Functional Literacy?

Functional literacy involves teaching how to read, write, do simple arithmetic and providing functioning skills in areas of Civic education, Management skills, Entrepreneurship, Income generating activities, Technology, health and environmental education and promotion of good Nutrition especially to vulnerable women.

Objectives

The specific objectives of the programme include the following:

- Increase and expand quality literacy programmes·
- Recruit and train instructors including those for the visually impaired·
- Provide appropriate skills to literacy participants·
- Link functional literacy graduates to micro credit institutions·
- Establishing a Data Bank for improved flow of information·



Targeting for Functional literacy

Functional literacy programme mainly targets youths and adults, with special focus on girls and women who have never been to school, school drop- outs or those who have lapsed. Others include persons with disabilities and malnourished women.

Class Sessions

Classes are held within the communities in the afternoons and are conducted in the local languages spoken in the area.



Supplementary Lessons

Radio and Television broadcasting lessons supplements the lessons conducted during the