



NFNC NUTRITION NEWSLETTER

NATIONAL FOOD AND NUTRITION COMMISSION, JANUARY - JUNE 2022

Women key in enhancing Good nutritional practices



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EDITORIAL

EDITORIAL FOR THE NFNC NUTRITION NEWSLETTER JANUARY- JUNE 2022

Dear readers,

Welcome to the first edition of the NFNC Nutrition Newsletter in the year 2022. This is an exciting edition with a lot of articles covering the period January – June 2022. The edition shares various interesting stories from districts highlighting successes recorded in the fight against malnutrition. As a way of reaching out to households on nutrition, over 2,020 Nutrition Support Groups have been formed and 21,784 volunteers trained to

deliver lessons. In some districts, such as Chiengi, Mwinilunga and Kalabo districts, communities benefited from empowerment programs through increased access to improved village chickens, establishment of the excellency centre in Kanyama ward in Mwinilunga where households are trained in fish farming and goat keeping and encouraging the goat pass on scheme activity in Zambezi.

It's also been documented that in some other districts, lending and savings groups are providing access to capital for the vulnerable. This is also helping the vulnerable to invest their money into different forms of businesses and consequently enabling families to have extra income to buy sufficient nutritious foods. In order to reduce post harvest losses and increase access to nutritious foods, households have been introduced to use of plastic silo bins and many more families have been trained in backyard gardening.

Similarly, a lot more successes have been recorded in the fight against malnutrition, as observed in Kapiri Mposhi where it is reported that cases of children suffering from Severe Acute Malnutrition (SAM) have drastically reduced annually from 761 to 77 cases and those suffering from Moderate Acute Malnutrition (MAM) have also reduced from 2,760 to 1,011.

In some related developments, the NFNC is pleased that Government has allocated more funds towards Constituency Development Funds (CDF), to about K25.7 million. Part of it could be channeled towards implementing nutrition activities in the country. Therefore, the institution reiterates the call by Unicef Nutrition Chief Josephine Ippe to all nutrition program implementers to build capacity of beneficiaries to enable them to generate proposals aligned to nutrition specific or nutrition sensitive interventions as a way to ensure sustainability of the gains from the SUN/MCDPII.

NFNC continues to appreciate the goodwill of partners in fighting malnutrition. During this period, USAID -SUN TA approved K1.2 million for use towards implementing nutrition programs on the Copperbelt. Other important activities that have taken place in this period include; sensitization of communities in Mpika on the dangers of open defecation to health and nutrition.

Finally, NFNC wishes to thank all who supported production of the newsletter with articles.

Happy reading to all.

2,020 Nutrition Support Groups formed in 16 Districts

By Gerald Kaputo

Since relaxation of COVID 19 restrictions in August 2021, the National Food and Nutrition Commission of Zambia (NFNC) working closely with Unicef, the Ministry of Health and other partners, supported the formation and orientation of Nutrition Support Groups in the 16 of the 17 Unicef supported districts. A Nutrition Support Group is made up of 10-15 Nutrition support Volunteers who meet regularly for training and reporting purposes. By the end of July 2022, two thousand and twenty (2,020) NSGs were formed, 21, 784 volunteers trained and lessons delivered to over 255, 914 households by trained volunteers in the 16 districts. Prior to that, UNICEF sponsored a master trainer workshop where 4 groups representing national and district levels were trained. These were drawn from the Ministry of



A group of trained women volunteers in Mpika district

Health, the NFNC and partner Non-Governmental Organisations (NGOs). The main purpose of the training was to build capacity of trainers who will train Nutrition Support Volunteers so that they are able to disseminate behavior change messages on nutrition more effectively. The master trainer workshop took place in June 2021 and was conducted by Catholic Relief Services, the consultant hired to produce the training package for the NSGs.

This has delighted many communities particularly that social and behavior change messages are now being disseminated to households through the trained women volunteers. Speaking during the training of the Nutrition Support

continue on the next page

17 DISTRICT COMMUNICATION AND ADVOCACY TECHNICAL WORKING GROUPS FORMED

By: Gerald Kaputo

The National Food and Nutrition Commission with support from UNICEF formed the 17 District Communication and Advocacy Technical Working Groups in all UNICEF supported districts namely; Lusaka, Chiengi, Chinsali, Isoka, Mpika, Kaoma, Mongu, Kalabo, Shangombo, Monze, Choma, Chongwe, Chipata, Lundazi, Solwezi, Mwinilunga and Zambezi districts. The District Communication and Advocacy Technical Working Groups are a sub-committee under the District Nutrition Coordination Committee (DNCC). These sub-committees are vital to providing technical oversight to Social and Behaviour Change Communication programs and other communication interventions at district levels. The team will comprise of membership from line

ministries, radio stations, community action groups and religious bodies. They will collaborate with the Nutrition Support Groups, a vibrant care group model at community level by documenting success stories and also support radio listening groups in their localities. During formation and orientation of the District Communication and Advocacy Technical Working Group meetings, the NFNC Acting Deputy Executive Director, Mr. Freddie Mubanga, emphasized that the function of the district communication and advocacy technical working groups hinges on providing technical support to SBCC programming in all thematic areas of the First 1000 Most Critical Days Program (MCDP II). The diverse membership is significant because it will help to collectively put to use the communication skills available in members so that they communicate and influence behaviours on nutrition.

2,020 Nutrition Support Groups formed in 16 Districts

from previous page

group volunteers in Mpika, the District Administrative Officer, Ms. Kaniki Bwalya expressed happiness that the training of volunteers had finally taken place in Mpika. She also encouraged women volunteers to be proud of themselves for the fact they were selected by their peers in communities and that they should be exemplary in what they do.

"chosen volunteers should lead by example by maintaining excellent hygiene standards in your

homes and providing better nutrition to your children to prevent stunting" she said. Although, the concept of Nutrition Support Groups is relatively new, it has already started bearing fruit in several communities across the country as evidenced in Mpika where some trained women volunteers have already started giving their first social and behavior change lessons on nutrition to mothers. Eventually, this is going to increase consumption of behavior change messages on nutrition and help to reduce stunting levels in the country.

Malnutrition reduces in Kapiri Mposhi

By - ZANIS

Kapiri Mposhi district has recorded a reduction in the prevalence rate of acute malnutrition in children under the age of two years. District Nutritionist, Edgar Yambayamba has disclosed that the number of health facility admissions of children suffering from Severe Acute Malnutrition (SAM) has reduced from 761 to 77 annually while those suffering from Moderate Acute Malnutrition (MAM) has reduced from 2,760 to 1,011. Mr. Yambayamba says the district has not recorded any death from SAM since 2021 to date.

He has attributed the reduction in cases of malnutrition in children to robust Scaling Up Nutrition (SUN) interventions being implemented in the district by the Ministry of Health and various partners through the 1st 1000 Most Critical Days II (MCDP II) program which has seen establishment of Mother Support Groups (MSG) in all health facilities and intensified health education.

"through these Mother Support Groups, women of reproductive age are being empowered with health information, skills on production, preparation and consumption of nutritious foods for themselves and their children before conception, during pregnancy and after pregnancy," Mr Yambayamba said.

During the District Nutrition Coordinating Committee (DNCC) planning meeting Mr. Yambayamba added that in 2022 the District Health Office with support from Scaling Up Nutrition Technical Assistance (SUN-TA) project will establish demonstration vegetable gardens in health facilities across the district to be used as learning sites for communities.

UTILISE PART OF CDF TO SUPPORT NUTRITION PROGRAMMES - UNICEF

By ZANIS

A delegation of cooperating partners is in Solwezi district of North-Western Province to check on the 1,000 Most Critical Days Nutrition Programmes in the area.

The cooperating partners led by the National Food and Nutrition Commission (NFNC) included the Commonwealth Development Office (FCDO), United Nations International Children Education Fund (UNICEF) and other UN agencies.

Speaking during a courtesy call on Deputy Provincial Permanent Secretary, Naomi Tetamashimba, UNICEF Nutrition Section Chief, Josephine Ippe called on North-western provincial administration to support the 1,000 most critical days nutrition programme by considering channelling part of the K25.7 million constituency development funds (CDF) towards supporting the programme. Ms. Ippe said donor funds should be supplemented by local funds in fighting malnutrition.

"This is a government programme, it shouldn't be left to the focal point ministry...it needs a multi-sectoral approach where all the ministries are involved in the implementation of the programme.

"Now with the CDF funds the districts are developing plans. The donor funds are only a fraction of it. Our appeal to you is how can we use this programme as a backbone to really access government funds because that is the only time we

continue on the next page

UTILISE PART OF CDF TO SUPPORT NUTRITION PROGRAMMES - UNICEF

from previous page

can look at sustainability of SUN (Scale Up Nutrition) and ownership," she said.

Ms. Ippe said instead of struggling with the little funds coming from the donors, CDF funds can supplement it.

She said UNICEF's role is to receive the funds from the donors such as the United Kingdom, the Germany governments and CIDA and to raise the proposals.

And UK government consultant on nutrition, Nikhil Wilmink said nutrition is about eradicating hunger.

"We are very strong in the nutrition sector because we understand what we need to do...we have very strong technical specialists but to get services to the last mile is complicated," Mr Wilmink said.

He said it is this reason that there is need for accountability and follow ups from all levels to continue working multisectorally.

Meanwhile, Ms. Tetamashimba said the government is interested to see results on the ground.

"We would like to see results on the grounds. In as much as we have donors. It is very important that intended targets and their goals are actually reached on the ground. And accountability is cardinal," she said.

She said there was so much work that is coming in the province but it is not being felt on the ground.

Ms. Tetamushimba said it is not good to just end on paper but programmes must benefit the grassroots.

She said the provincial administration will ensure that all the committees for the First 1,000 most critical days nutrition programme are put in place in order to enhance accountability and transparency in the handling of donor funds.

The 1,000 most critical days programme in North-western province is implemented in three districts that include Solwezi, Mwinilunga and Zambezi.

USAID-SUN TA approves K1.2 million for Copperbelt nutritional activities

By - ZANIS

USAID Scaling Up Nutrition Technical Assistance (SUN-TA) has approved the Copperbelt Provincial Nutrition Coordinating Committee (PNCC) operational budget of 1.2 million Kwacha for the 2022 activities.

Welcoming participants at the PNCC operational activity planning meeting for 2022 in Ndola, SUN TA Regional Sanitation Manager, Lawrence Mwewa said the door is open to other cooperating partners to pump in more resources in order to achieve the target.

According to acting PNCC Coordinator, Jane Mbebeta, statistics indicate that Zambia has 35 percent stunted mothers and children below the age of five.

Ms. Mbebeta disclosed that stunting on the Copperbelt stands at 30 percent adding that more should be done to reduce it further.

Government through the National Food and Nutrition Commission and SUN TA has been implementing a four-year term program aimed at improving nutrition at community level across the country.

Kapiri Mposhi communities enjoy benefits of saving groups

By Carlos Bunda

The USAID Scaling Up Nutrition Technical Assistance (SUN-TA) project has facilitated formation of 197 Community Loans and Savings Groups (CLSGS) to improve incomes and access to nutritious foods for households to reduce stunting in the rural parts of Kapiri Mposhi district.

The initiative which is aimed at enhancing financial inclusion will also provide financial literacy lessons to help members of the savings groups make better use

continue on the next page

Kapiri Mposhi communities enjoy benefits of saving groups

from previous page

of their savings to fight malnutrition and improve their livelihoods within their communities.

Kapiri Mposhi district SUN-TA project, Livelihoods Officer, Kalondwe Sakala disclosed to ZANIS that the saving groups consist of diversified membership ranging from women of reproductive age and lead farmers.

Mr Sakala explained that the group will help in the fight against stunting among children below the age of two years in the district.

And witnessing the savings share-out which involved K 85,700 by Luanshimba Buyantanshi savings group, Mr. Sakala noted that the initiative has so far shown positive results across the district towards reduction of stunting as most households now have easy access to income which they are using to supplement on household nutritional needs and to venture into various micro, small and medium businesses enterprises (MSMEs) using savings.

“We have Promoted 197 CLSGs manned by women in the district. Basically, the women put the money together and give each other soft loans which they re-invest in small businesses to generate more

incomes to support their household's nutrition needs and livelihoods and because certain foods cannot be accessed so through savings they are able to get money and buy such foods and this is going a long way to fight stunting in the district,” Mr. Sakala said.

The Community Loans and Savings Groups is among the various nutrition specific and sensitive interventions being implemented under the 1st 1000 Most Critical Days Program II (MCDP II) by line Ministries with support from USAID SUN-TA project in Kapiri Mposhi district to reduce stunting among children below two years.

And Luanshimba Buyantanshi savings group Chairperson, Phoebe Musutula said most members from the group have become entrepreneurs.

He said from the savings, he has started rearing village chicken from which she managed to buy a 320 egg incubator.

“Before this savings group came I never thought I could have enough money to easily start this chicken rearing business and to buy an incubator because it was so difficult to find money to start and sustain any business, we usually used to borrow “Kaloba” and it gave us challenges in paying back because of high interest,” Ms. Musutula said.

Women key in enhancing Good nutritional practices

By Kasweka Sakaimbo

Shangombo - Women play a vital role towards enhancing nutrition in a home or community. They are the custodians of a home in most rural areas, entrusted with the kitchen and what should be prepared from there. In other words the health of a family is usually in the hands of women in most rural areas.

Therefore, equipping them with nutritional messages is important not only for their well-being but also for the



Trained women volunteers in shangombo district

entire community given that in most cultures of Shangombo district, women oversee a variety of activities including farming.

With the foregoing, the Government of Zambia through the Scaling up Nutrition program has embarked on identifying, orienting and forming nutrition groups of women in Shangombo district called Nutrition Support Groups NSGs. Volunteer group leaders have since been

Women key in enhancing Good nutritional practices

from previous page



Trained women volunteers in Shangombo district

identified to be trained and equipped with nutritional knowledge and best ways of delivering nutritional messages to their groups as well as the community.

In order to roll out the NSG model, training and orientation of the NSG model to volunteers has commenced in the district.

Speaking after a training session in Make village David Bunonge, a nutrition support group supervisor disclosed that the lessons are going on well so far in the district.

“We are certain that the volunteers will go out in their



A woman volunteer giving her lesson to mothers on nutrition in Shangombo

villages and bring about the needed change,” he said.

One of the volunteers, in Liyuwayuwa Mwiya Kafulo said she's happy with the program as it has enlightened her in different ways of growing as well as preparing food that she never knew existed.

With the myths that pregnant women cannot eat eggs she said she will ensure that women eat healthy foods and are aware of nutritional benefits of foods for both mother and child.

Without good nutrition, children tend to have impaired growth leading to stunted growth. When it happens this way, it means the child is lacking the right amounts of nutrients needed in the body. In order to curb the scourge, it is important that the scaling up nutrition II through the NSG's disseminate appropriate nutritional messages to all parts of the district.

Shangombo District Commissioner, Mubita Siyamana said women are the backbone of the family and that most of the fields under agriculture that perform well are fields that are managed by women.

He said through the multi-sectoral approach of promoting good nutritional practices, it is evidently seen on the ground that there has been some improvement in terms of good nutrition practices in the communities.

The scaling up nutrition 1st 1000 Most Critical Days is a government programme coordinated by the National Food and Nutrition Commission with the aim of improving the health and nutrition status of pregnant and lactating women and children under five (5) years old. The programme is being implemented in the 10 wards of the district through various government ministries.

The program, which is now in its Second Phase, was launched in 2015 to address the malnutrition levels observed in the district. It has been implemented with various degrees of success in the wards.

Open defecation harmful to human health – DAO

By - ZANIS

Mpika District Administrative Officer (DAO), Bwalya Kanika says open defecation poses a great danger to human health and promotes the spread of diseases such as cholera, dysentery and typhoid.

Mrs. Kaniki said this in her speech during the official opening of a three days Community Led Total Sanitation (CLTS) workshop held at CRB Hall in Mukungule village of Mpika district.

The DAO said 20 community pioneers drawn from various areas in Mukungule Chiefdom will be trained to spearhead sanitation activities aimed at discouraging open defecation in their respective areas.

She further said that the 20 community champions will be given bicycles immediately after the training in order to ease their movement as they conduct sensitizations on the dangers of open defecation.

Mrs. Kaniki explained that open defecation contributes to malnutrition in children, in that diarrhea diseases caused by open defecation reduces on the uptake of food which can eventually lead to stunting in children.

"It gives sad readings that recent research indicates that Mpika has a very bad record of under five children who have been found stunted," said Mrs. Kaniki.

Mrs. Kaniki added that there is need to conduct more sensitization meetings so that more people can understand the dangers of open defecation.

She said Community Led Total Sanitation (CLTS)

program is a good approach to help address the problem of open defecation in Zambia, because it triggers the community's desired change and enables them develop local solutions to improve sanitation.

Meanwhile Chief Mukungule of the Bisa people of Mpika district of Muchinga Province has given Mukungule main market traders and some houses a one week ultimatum to begin constructing toilets at the their premises.

Chief Mukungule stressed out that it is unacceptable for a house as well as a market to start operating without a toilet.

The traditional leader has also warned Total Led Sanitation champions, that he will not hesitate to retrieve the bicycles from any champion found using the bicycle for their personal gain.

Meanwhile Chipembela Ward Nutrition Coordinating Committee (WNCC) vice chairperson Chewe Mwila has thanked Government for the gesture and expressed happiness that chief Mukungule is in the forefront supporting hygiene and sanitation programs in the Chiefdom

"Hygiene and good sanitation is not an option because it brings about a healthy and better nation," said Mr. Mwila.

The training of community total led sanitation champions has been conducted with the help and support of Scaling Up Nutrition SUN 2 project in Mpika District.

Increased CDF to eradicate development Challenges

Eastern Province Minister, Peter Phiri says the increase in the Constituency Development Fund (CDF) to K25.7 million is intended to eradicate development challenges that have persisted in communities from time immemorial in most parts of the country.

ZANIS reports that Mr. Phiri said that the increased

CDF will help to address issues of food insecurity, water and sanitation and related social protection programs that are important in reducing the problem of malnutrition.

He was speaking when a team from United Nations Children Fund (UNICEF) and National Food and

cont. on the next page

Increased CDF to eradicate development Challenges *from previous page*

Nutrition Commission (NFNC), in the province, called on him to give a brief on the Scaling Up Nutrition (SUN) Phase II programme.

The Minister told the UNICEF and NFNC team that the Eastern provincial administration will support the goals of the First 1000 Most Critical Days Programme aimed at eradicating malnutrition in the province.

National Food and Nutrition Commission Acting Deputy Executive Director Freddie Mubanga told the Minister that the SUN Phase II project is implementing interventions that are aimed at eradicating malnutrition.

Mr. Mubanga said the desire of the organisations financing the SUN Phase II project is to ensure that implementation of the interventions is sustained using domestic financing, which the CDF longs to support.

"We are grateful that the new dawn government has actually increased support of funding to the CDF to which we believe most of these interventions that we are doing in MCDP Phase II can be accommodated.

"CDF will go a long way in improving food security, water and sanitation and social protection—all of which are important to deal with the problem of malnutrition through the MCDP," Mr. Mubanga added.

And UNICEF Chief Nutrition Section, Josephine Ippe told the Minister that UNICEF has raised money to accelerate interventions aimed at reducing malnutrition and stunting in the country.

Ms. Ippe said the financing from the European Union and German Development Cooperation (GIZ), among others, will be used to implement nutrition activities in 23 of 42 districts, of which three are in the Eastern Province.

And speaking at the same occasion, Eastern Province Deputy Permanent Secretary Beauty Undi said it is uncalled for children to continue suffering and dying from malnutrition when the province is known to produce highly nutritious foods like groundnuts and soya beans.

"The President is very keen on issues of nutrition, he says every Zambian has a duty and has a right to have good nutrition. The purpose of bringing CDF closer to the people is to ensure that at household level we are so much equipped," she said.

Escalate SUN project activities – PS By - ZANIS

Central Province Permanent Secretary (PS), Milner Mwanakampwe, has directed civil servants to escalate the Scaling Up Nutrition Technical Assistance (SUN TA) Project activities.

Mr. Mwanakampwe says SUNII is a government programme but regretted that the province had serious challenges in implementing the 2021 annual work plan. He observes that most of the planned activities were not implemented despite being funded by the partner.

The PS said this in a speech read for him by his deputy, Godfrey Chitambala, during the opening of the Provincial Nutrition Coordinating Committee (PNCC) 2022 Review and Validation Meeting that took place at Peniel Executive Lodge in Kapiri-Mposhi.

He said government greatly appreciated the support by the American people describing it a sign of the long standing friendship between the two countries.

"As Central Province Administration we are delighted to be part of the First 1,000 Most Critical Days Programme (MCDP II) which is a flagship government nutrition programme, being coordinated by the National Food and Nutrition Commission (NFNC)," Mr. Mwanampwe said.

The PS said social and economic development could only be possible if children are given a strong and healthy start in the First 1,000 Most Critical Days - the period from when a woman conceives to the child's second birthday.

"It is for this reason that the First 1,000 Most Critical Days programme targets women of reproductive age which is 15 - 49 years and children below the age of two," he said.

He stated that the main goal of the programme is to reduce stunting among children under two years of age.

He said this could be achieved through implementation of high priority interventions in a multi sectoral way by the key line ministries.

He noted that the programme in Central Province has managed to improve the dietary diversity of households through community and household gardens.

Mr Mwanakampwe disclosed that the project in 2021 reached a total of 58,000 mothers in support groups bringing the cumulative total to 108,000 from inception.

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Escalate SUN project activities – PS

from previous page

He said the project also drilled 151 new boreholes and rehabilitated 306 boreholes during the same year in the quest to provide clean and safe drinking water.

He also noted that the project generated over two million kwacha as a share out from community savings and loans groups.

He added that an additional K517 Million was generated from agriculture value chain.

Meanwhile, SUN TA Senior Regional Manager, McDonald

Mulongwe, said the programme is aimed at reducing stunting in the implementing districts and the province as a whole.

Mr. Mulongwe said the government of Zambia in collaboration with the American government and other partners is desirous to spread to all the districts.

He said the project has a target of reducing stunting by 2% in all the implementing districts.

SUNTA is supporting various activities aimed at reducing stunting in Kabwe, Mumbwa, Chibombo and Kapiri Mposhi Districts of Central Province.

SUN II BENEFICIARIES TRAINED IN LENDING AND SAVINGS IN MWINILUNGA *By Gerald Kaputo*

The high levels of malnutrition in Mwinilunga district is a source of concern among many stakeholders. Identified causes of malnutrition, include inadequate disposable income in households which hinders them from accessing nutritious foods. As a way to mitigate the situation, a combined team from the National Food and Nutrition Commission, the Ministry of Community Development and Social Services, the Ministry of Agriculture and the International Development Agency were in Mwinilunga to build the capacity of the Nutrition Support Group volunteers in savings and lending. After the training, volunteers rolled out similar lending and savings trainings to other SUN II beneficiary households. Since then, the saving groups have been formed in many areas and are giving out loans to their group members.

It is expected that through the saving and lending groups, the poverty cycle will be broken and that families will have enough disposable income to access nutritious safe foods necessary to reduce stunting and other forms of malnutrition.

Queen Fulwaswa a volunteer from Kawiku ward, who belongs to Kapindi Savings Group, said that she was trained on lending and savings with other 3 volunteers who later rolled out the trainings to other SUN II beneficiary households. She also indicated that from the training she learned more on how lending and savings works.



Mr Chabinga Davies a Block Extension Officer from Ministry of Agriculture training Nutrition Support Group Volunteers in lending and savings in Ntambu ward in Mwinilunga district North Western province



Mr. Assan Mwiinga from Ministry of Community Development and Social Services training Nutrition Support Group Volunteers on lending and Savings in Sailunga ward of Mwinilunga district North Western province.

"Before the training, the women did not know how to save money and others could not use the funds in the right way" she said. Her saving group has only met once in February 2022, but she managed to save up to k750 from a group of 15 members. When asked about her saving group future plans, she mentioned that they will consider poultry and fish farming.

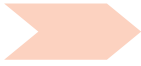
K2,500 after meeting for the first time after the training on savings in February 2022. She added that some members got loans and are engaging in different businesses such as selling eggs and other items. As a group, they intend to invest their money into fish and poultry production to boost their income in order to reduce stunting and other forms of malnutrition

In Kanyama ward, similar trainings on lending and savings were also rolled out to volunteers and currently there are seven (7) saving groups. They too have started saving and borrowing in their group. Referring to the same innovation, Comfort Mukenda from Chalaleli saving group said that her group managed to save about



Queen Fulwansa with other NSG volunteers, the Nutrition Officer from UNICEF, the supervisor from World Vision International and a health facility focal point person from Kwaiku ward.

In the picture is Queen Fulwansa and her saving group members showcasing a saving box they use for their saving group in Kawiku ward



Mpika DC Applaud Fight Against Child Stunted Growth

By Dierre Sakala,

Mpika District Commissioner David Siame applauded the concerted effort made by the stakeholder in the fight against stunted growth in children under the First 1000 Most Critical Days Program (MCDP II).

Speaking when a monitoring delegation of the Muchinga Provincial Coordinating Committee paid a courtesy call on him early last month, Mr Siame said that the efforts being made by the nutrition sub-sector in arresting the scourge are commendable. Mr Siame said that his office is happy with the multi Sectoral approach which the committee has taken in the fight against stunted growth which is currently

standing at 31 percent in the district. The District Commissioner further thanked the fund agencies for supplementing governments efforts in the fight against child stunted growth under the scaling up nutrition program

And speaking earlier, Scaling Up Nutrition Support Program Muchinga Provincial Coordinator Alexander Mwape said that the scaling up nutrition program working with other nutrition supporting line ministries have taken a multi Sectoral approach to reduce child stuntedness in the district. Mr. Mwape said that a number of activities such as trainings in the utilization of protein rich crops, construction of fish ponds, health support groups, rehabilitation of boreholes, training and provision of small livestock are some of the activities lined up. The Provincial Nutrition Support Coordinator stated that they were able to implement these programs due to the conducive environment created by government.

Goat pass on scheme in Mukandankunda ward reducing stunting - Zambezi

FRANK LUYA
DNSC- ZAMBEZI

Story on the next page



from previous page

Goat pass on scheme in Mukandankunda ward reducing stunting - Zambezi

During the 1st 1000 Most Critical Days Program I (MCDP I) the Ministry of Livestock distributed goats in Mukandankunda ward in Zambezi East constituency in Zambezi District. The ward received a total of 24 goats for a pass on scheme program in which pregnant and lactating mothers as well as care givers of under 2 children were given goats. Each beneficiary got 2 goats, a male and female goat. There were few mortalities in the first few months. As it stands there about 40 goats in mukandankunda from the pass on scheme. These goats are scattered across the ward and the target beneficiaries are pregnant women, lactating mothers and caregivers of under 2 children. When the goats gave birth the beneficiaries were supposed to pass on the offspring to new beneficiaries. One of the beneficiaries is

Josephine Chikunyi from chimbunda village who managed to give 4 other SUN II beneficiaries from the two goats she goat. She has given a total of 4 goats to other beneficiaries within the ward. One of the beneficiaries who got from Josephine Chinkunyi is Angela Mataya of the same village. The benefit she got from the goats was that it has improved her life as she is able to get goat manure to put in the vegetable gardens. She was also able to sell the goats to buy some essential goods required in the house hold. The new beneficiary also promised to take care of the goat she was given and give other beneficiaries so that the pass on scheme should not stop. The new beneficiary is also looking forward to the possible benefits of the goat meat, manure and milk to be derived from the goats. This has improved the family's social economic status as they are able to sell. The continued monitoring by the line ministries and the Ward Nutrition Coordinating Committee has made the program to be a success.

Women benefiting from Savings Groups in Mwinilunga District

Shaderick Kaluba



In pictures is showing Uselewa savings group and a member of the group Gertrude Namukonda selling some Carrots in Mwinilunga district

Improved access to money help families to buy a variety of food stuffs necessary to reduce on stunting and other forms of malnutrition. Families can buy food stuffs that contain proteins, carbohydrates, vitamins and minerals that can help to keep one healthy. They can also help protect against some diseases. It is for this reason that through the 1st 1000 Most Critical Days Programme II

(MCDP II), the implementing districts are rolling out some trainings among Nutrition Support Group Volunteers on lending and savings.

Gertrude Namukonda is a member of Uselewa savings group in Mulumbi ward of Mwinilunga district. She is married and has 3 children and all are boys. Gertrude sells

vegetables and fruits in the streets. The husband is a teacher awaiting deployment. She started her business with a capital of k200. She has been into business for a while and it is through her business she feeds her family from. Things have not been easy for her as her business was not improving because of limited capital. In February 2022, Gertrude was introduced to join a savings as a Scaling Up II beneficiary. After her first saving of k50, she borrowed a k100, payed back until she managed to save about k600.

Gertrude said that the savings group have helped to grow her business because she can borrow and pay back at a very low interest rate. She further explained that, the savings also help to keep money safe. Through group savings, she is able to put food on the table for her children, pay for her son's school fees and house rentals. Gertrude said "my family is able to have 3 main meals per day with a variety of fruits."

PLASTIC SILO BINS IMPROVE GRAIN STORAGE

By: Inonge Nosiku



Grain storage loss, particularly maize, is a major post-harvest setback and causes food insecurity among households. The **SUN LE 2019 baseline survey established 2.4 percent as the prevalence rate of households practicing safe food preparation and improved storage practices in Kalabo district.** The situation inhibits the fight against malnutrition in the district, particularly stunting which stands at 29.1 percent among children below 2 years of age. In the Agricultural Sector, food security has encompassed improved storage. This practice augurs well with the *2030 Agenda for Sustainable Development Goal* number 2 which seeks to "end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women..."

Efforts are thus being dedicated to adoption of best practices which can evade the seasonality of harvests, crop losses and household food insecurity. In Kalabo district of Western province, the barn has for several decades been a traditional and widespread method of storing maize produce despite the grain being susceptible to pests and diseases. Good enough, the Ministry of Agriculture, with technical support from UNICEF, is changing the tide. The plastic silo bin is being promoted as an improved storage method.

Linyandi Nangula is a 40-year old mother of Sitewe

village in Mapungu ward of Kalabo district. Ms Nangula is one of the 1,253 follower farmers comprising of 304 pregnant and 949 lactating mothers who have been trained in post harvest management. She now explores her newly acquired storage technique.

"Plastic silo bins present an improved, effective storage method. This new technique can store maize produce so that the grain last beyond the time of harvest. The bin is both airtight and waterproof. It also protects the grain from mould (caused by moisture) and spores. Unlike the barn, the sealed silo bin cannot be invaded by pests particularly rats, termites and weevils.

"As a lead farmer and mother, our household had received and planted orange maize which is high in nutrients and gifted us with a good harvest. Unlike in the past, the introduction of this modern storage facility guarantees household food security of this staple food (maize)," she narrates.

Plastic silo bins have, thus, set the turning point towards minimizing crop losses and secure maize grain between harvest and consumption. The impact has potential to address malnutrition among SUN II beneficiaries such as children under-2-years of age, adolescent girls and women of reproductive age.

120 women trained in backyard gardening

By Winnie Mwelwa

The Ministry of Agriculture has trained over 120 women in Kanyama township of Lusaka in sack gardening of various nutritious vegetables as part of its interventions to fight malnutrition in the area.

Lusaka District Agriculture Coordinator, Aswell Chewe says the beneficiaries are being empowered with knowledge, skills and inputs to produce vegetables in their back gardens.

Mr. Chewe said the fight against malnutrition is targeting the most vulnerable households to promote the growing of vegetables such as pumpkin leaves, spinach, mustard, beetroots and carrots.

He said backyard gardens have played an important role for many years in contributing to food and nutrition security.

“Food production even on small plots or even in sacks adjacent to houses is the oldest and most enduring form of cultivation,” he said.

Mr. Chewe said the department is reaching out to over 1,000 vulnerable homes out of the 30,000 targeted households this quarter.

And Provincial Nutrition Support Coordinator, Fanwell Kabbila said the Scaling Up Nutrition Project, has brought various stakeholders and line

ministries together to get involved in the fight against malnutrition.

Mr. Kabbila disclosed that the district is targeting 314,914 beneficiaries who are intended to be reached with several interventions to fight, prevent, and reduce malnutrition.

He said the over 120 empowered women in vegetable gardening in Kanyama are part of the most vulnerable households who are being targeted with interventions to do with agriculture, fisheries, and livestock.

And Lusaka District Commissioner (DC), Rosa Zulu said government remains committed to fighting malnutrition in the area.

Mrs Zulu said this is why various cooperating partners and government line ministries are working tirelessly to implement various interventions and initiatives such as backyard gardening and others.

She implored beneficiaries to take the opportunity availed to them seriously in order to support the efforts government and partners are making to reduce malnutrition in the district.

ZANIS/ENDS

District Commissioner Hands over 798 improved village chickens to SUN II beneficiaries in Chiengwe .

By: Veron Mutale



Chiengwe District Commissioner, Mr. Dennyson Chishimba handed over 798 Chickens to SUN-II beneficiaries on a pass on Scheme in Lurchinda, Chibamba, Kalungwishi and Mununga wards. During the flagging off ceremony at Lurchinda Secondary School, he urged the beneficiaries to take care of the chickens so that other members of their respective nutrition support groups (NSGs) benefit. At the same function the District Livestock Technician Mr. Mike Mooya advised the SUN-II beneficiaries who had received chickens through the pass on chicken program to report any chicken disease outbreak that might occur, so that treatment and prevention is administered in good time to help reduce on mortalities. One of the beneficiaries thanked the Government and the United Nations systems and other donors supporting the SUN program for extending the support to the district to help address the problem of reducing stunting in children under 2 years. She said the chickens will improve the nutrition status and livelihood of the families in the District as they are going to have supply of fresh eggs and meat from the chickens once the chickens increase in numbers.



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Our Core Values

Creativity
Empowerment
Teamwork
Trust

Mission Statement

To provide efficient and effective leadership for coordinated
food and nutrition action in Zambia