

NFNC NUTRITION NEWSLETTER

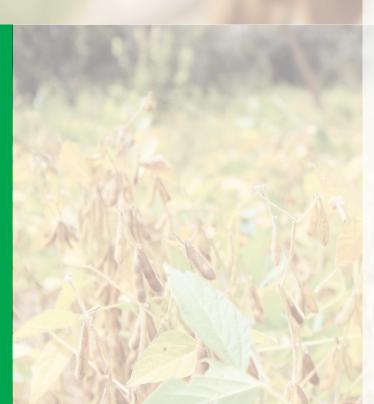
NATIONAL FOOD AND NUTRITION COMMISSION JUNE - DECEMBER 2021



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EDITORIAL

Dear readers,

The year 2021 had its own challenges and opportunities. On the sad note, it's a year when we lost many people due to an increase in cases of the violent COVID 19 Delta variant. As a way of contributing to dealing with the situation, NFNC seized the opportunity to inform people on the need to ensure that they had access to good nutrition to improve their health. However, inspite going through such as a difficult year, the year 2022 is loaded with renewed hope as we strive to bring you better information and updates on nutrition.

This edition contains information on the different nutrition activities that were implemented under the First 1000 Most Critical Days Programme (MCDP II) from June to December 2021. It's exciting to learn that convergence of the nutrition interventions is feasible as demonstrated through the Mumbwa Nutrition Convergence Centre Project. This could be replicated in many other areas to improve household nutrition. Additionally, the National food and Nutrition Commission and the different stakeholders participated in the food systems dialogues at both district, provincial and national levels in preparation for the United Nations Food Systems Summit. The country is now in the process of generating food systems pathways that will transform the systems such that by 2030, household food and nutrition security is achieved as well as the 17 SDGs. The food systems dialogues culminated in the development of recommendations on nutrition on which high level speeches were based. His Excellency Mr. Hakainde Hichilema in September delivered one of the speeches during the UN General Assembly in 2021 in New York, USA. In addition Her Honour the Vice President Mrs. W.K. Mutale Nalumango also delivered a speech during the Tokyo Nutrition for Growth (N4G) Summit- in December 2021.

During 2021, some of the beneficiaries under the 1st 1000 MCDP harvested and sampled fish they had grown, and the 1000 Days SCT Nutrition Cash plus program was piloted in some districts. Orientations and planning meetings including Beneficiary Registration were undertaken despite the challenges of operating under the cloud of Covid-19.

This shows the strong commitment the nutrition sector have to reducing stunting and all forms of malnutrition in the country.

NFNC PILOTS NUTRITION CONVERGENCE CENTER PROJECT IN MUMBWA

By Betty Siakwale Kalaluka

The National Food and Nutrition Commission has for the first time established a pilot Nutrition Convergence center in Mumbwa.

The 14 months Nutrition Convergence Center project idea sprung up from the many lessons learnt during the implementation of the Scaling Up Nutrition through the First 1000 Most Critical Days Programme which started in 2015-2017 (phase I) with 2018 as a transitional phase.

Acting Deputy Executive Director and Head of Research and Planning Unit Mr. Freddie Mubanga said one of the key lessons learnt was the possibility of different sectors putting their efforts together and bringing interventions in a the same household and /or community in order to deal with the problem of malnutrition holistically.



Acting Deputy Executive Director and Head of Research and Planning Unit Mr. Freddie Mubanga-NFNC

He said the major setback in the first phase of MCDP was that the interventions were converging at community level but not at the household level.

Mr. Mubanga indicated that the NFNC requested the United Nations Office Project services (UNOPs), who have been working with the global Scaling Up Nutrition movement, to support to the pilot project on Nutrition Convergence. A center was to be used as an innovation to roll out nutrition interventions at household level in Mumbwa district in Central Province.

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FAITH MUCHENDA RECEIVES 20 CHICKENS FROM THE NUTRITION CONVERGENCE CENTER.



By Betty Siakwale Kalaluka

Faith Muchenda, a 31-year-old mother of four from Mukwesa village says her life has drastically changed for the better after receiving 20 chickens from the Nutrition convergence center.

The mother of four said she became one of the beneficiaries under the convergence center immediately the project started because she had an under two-year-old at home.

Faith said her responsibility was to look after the

chickens very well and that the chickens were meant to be a pass on gift to other families immediately they started to reproduce.

She said that the benefits of having chickens were so many. She cited that "if there is no relish at home you can collect some eggs from the chicken nest and feed your children, this would in turn improve their nutritional status".

She also said that chickens could be sold in order to buy other foods to complement what the family had and also solve other problems they might be having as a family.

She however said she was looking forward to giving the



next family in line 5 chickens so that the pass on gift could continue across the community and benefit everybody.

NFNC PILOTS NUTRITION CONVERGENCE CENTER PROJECT IN MUMBWA

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The idea was to have a package of nutrition sensitive interventions which included infant and young child feeding, maternal nutrition, Adolescent nutrition growth monitoring and promotion, Vitamin A Supplementation, deworming. To these the nutrition sensitive interventions such as clean water, good sanitary facilities and sufficient food the whole year round were added. "This package of interventions has been proved to be very effective in reducing malnutrition especially if they are focused and, in the household," he said

Mr. Mubanga also indicated that there was need to ensure that the households were involved in some form of social protection or empowerment to sustain the livelihood of the household. He informed the team that Mumbwa was chosen for the piloting of the Nutrition Convergence Center project to complement the other government programs that were running there.

Mr. Mubanga said the project would roll out most of the nutrition sensitive and nutrition specific interventions to reach as many households as possible for the greater impact to be realised.

EGGS, THE PERFECT PARTNER FOR A SUSTAINABLE DIET



By Gerald Kaputo

Eggs contain the majority of the vitamins, minerals and antioxidants required by the body and offer a sustainable source of nutrition.

Eggs are environmental friendly

More eggs are now being produced on less feed. This has reduced the greenhouse gas emissions.

Eggs are of economic and societal benefits

Eggs are nutritious, a source of high-quality protein, available all year round and are generally affordable to the majority of the general population.

He said Government had been advocating for integration and this concept of the convergence center was actually building on what government desired. This was to see that the services were reaching the people who needed the services in a collective manner.

Mr. Mubanga said the Nutrition Convergence center was going to be a demonstration site. Households were to see different things like a garden, an orchard, some place for rearing livestock, water supply which was clean, a sanitary facility which was ideal and also facilities they could use to produce other crops which were required other than vegetables.

He finally said the package of interventions were all being provided by government through the line ministries.

GETRUDE CHALLA ATTRIBUTES IMPROVED NUTRITION STATUS TO NUTRITION CONVERGENCE CENTER.

By Betty Siakwale Kalaluka



Silishebo Brenda was one of the many beneficiaries under the Nutrition convergence center, the mother of 2 has had a lot of malnutrition cases in her community as well as within her own family.

"My children no longer have malnutrition "she said.

She narrated how bad the situation was before the establishment of the nutrition convergence center. Brenda says from the time the center was established the issues of malnutrition were now things of the past.

She said the beneficiaries at the center were taught how to look after themselves during pregnancy, how to prepare baby foods from 6 months to 24 months through food demonstrations and how to plant different types of crops. She called on all women of reproductive age to be part of the project to reduce the high levels of malnutrition in their community.

CHIEF MOONO OF MUMBWA DISTRICT ALLOCATES NFNC 11 HECTARES OF VIRGIN LAND.

By Betty Siakwale Kalaluka

Chief Moono, one of the seven Chiefs of Mumbwa district has allocated the National Food and Nutrition Commission (NFNC) Eleven Hectors of Virgin Land. The land was be used for establishing a Nutrition Convergence center, this came to light during an interview with the NFNC Media team at his Palace in Mumbwa recently.

Chief Moono who was visibly excited with the coming of the Convergence center said the Nutrition convergence center had added to the many developments in his chiefdom. "I was very happy because this is one of the greatest developments in my Chiefdom". He said.

He said the coming of the Nutrition Convergence Center meant the people in his chiefdom would learn how to grow certain foods, how to prepare them, how to feed their children and take care of themselves. This would result in the reduction of the high levels on malnutrition in the district.

Chief Moono who is presiding over 15,000 subjects, over 100 villages and 15 senior Headmen said his subjects were mainly farmers who kept animals like cattle, goats and sheep who also grew maize as their main staple, cotton, cash crop like sorghum as well as reared chickens.

He said he was working hand in hand with the people in his chiefdom by encouraging them on the importance of good nutrition, rearing of animals for own consumption and improving the diet in order to reduce malnutrition.

He also encouraged his subjects to grow a lot of different crops and to sell the surplus so that they





Chief Moona-Mumbwa district.

could buy some other foods that they did not produce so as to balance their diets and feed their families.

"I am happy that the community will be taught a lot of things at the center, information on livestock, fisheries, Agriculture and so on" he said.



Chief Moono said it was important for him as a traditional leader to be in the forefront to promote nutrition as a development agenda. This was because nutrition was the foundation of life and the people in the chiefdom would emulate him as their leader.

He said the coming of the Nutrition Convergence center would not only improve the people's lives in terms of nutrition but it would also bring employment for the locals.

He however advised all his subjects in his chiefdom to work extremely hard and improve the outlook of the center and called on everyone to guard the center jealously, not to vandalize nor steal what was theirs.

Nutrition programme yields positive results in Mwinilunga

By Brian Siwisha

Mwinilunga ---- Initiatives aimed at improving nutrition among women and children under the 1000 Most Critical Days Program (MCDP) through Scaling up Nutrition phase two (SUN II) project in Mwinilunga district has begun yielding positive results.

This came to light when women beneficiaries of Fish fingerlings under SUN II project in Kanyama chiefdom sampled fish grown in their fish ponds.

Speaking during the event District Fisheries and Livestock Coordinator, Chifuwe Chimuka said fish farming is key in addressing malnutrition in children due to its high protein content.

"Fish is good for children because it has high protein value," he said.

A beneficiary who is also a breastfeeding mother applauded SUN for the empowerment initiative.

Racheal Chimwasu said the fish which is almost ready for harvest will improve nutrition levels in her home while earning an income from the excess which she will sell.

"We praise SUN for the good initiative which will help us avoid malnutrition," she said.

Another beneficiary Rosa Mbashi who owns 12 fish ponds thanked SUN for helping her to restock her ponds with fish which she said will be ready for harvest soon.

Working with various departments, Scaling up

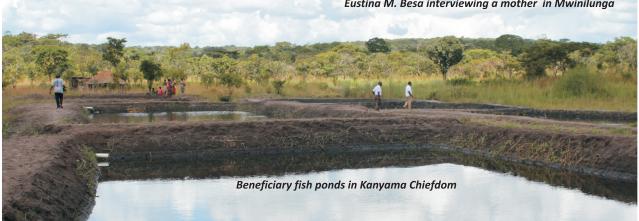


UNICEF Country Representative, Noala Skinner confers with Chief Kanyama of the Lunda people in Mwinilunga

Nutrition phase two project is targeting to reach out to 17,000 beneficiaries in the district with interventions such as fish farming, fertilizer support, agriculture capacity building and value addition initiatives to improve household nutrition intake.



Former NFNC Head of Communications Unit, Eustina M. Besa interviewing a mother in Mwinilunga



Nutrition cash plus program to benefit 12,500 households in Kalabo

By Brian Siwisha

Kalabo --- A total of 12,500 households in four districts of Zambia will benefit from the 1000 Days Social Cash Transfer (SCT) Nutrition Cash Plus pilot program government is implementing.

This came to light when a team from National Food and Nutrition Commission of Zambia, Ministry of Community Development and Social Services (MCDSS), Ministry of Health, UNICEF, Save the Children, and Scaling Up Nutrition (SUN) paid a courtesy call on Acting Kalabo District Commissioner Siyupwa Kabisa during the 1000 Days SCT Nutrition Cash Plus inception mission.

Team leader Morris Moono said the three-year program was being implemented in Kalabo in Western province, Chipata in Eastern province, Mpika in Muchinga province and Mwinilunga in North-Western province.

Mr Moono who is also MCDSS Chief Social Welfare Officer said government was implementing the program because the Social Cash Transfer program on its own was not sufficient hence the need to link it to other interventions such as nutrition.

He said the main objective of the 1000 Days SCT Nutrition Cash plus was to increase the intake of meals among vulnerable households falling within the 1000 Most Critical Days Program (MCDP) being implemented by Scaling up Nutrition (SUN) in a bid to reduce stunting in the country whose current level stands at 35 percent.

He disclosed that the 1000 Days SCT Nutrition Cash Plus beneficiaries comprise pregnant and lactating mothers, adolescent girls between 10–19 years of age and children between 0–23 months old.

The team was in Kalabo district to orient the District Development Coordinating Committee (DNCC), Ward Nutrition Coordinating Committees (WNCCs) and other stakeholders on the 1000 Days SCT Nutrition Cash Plus program.

Meanwhile, Acting Kalabo District Commissioner Siyupwa Kabisa thanked government and its cooperating partners for implementing the 1000 Days SCT Nutrition Cash plus program adding that the United Party for National Development (UPND) manifesto has adequately envisioned for good nutrition.

Mr Kabisa observed that the program was aimed at addressing malnutrition especially among vulnerable households whose adverse effects he said cannot be reversed especially among children below two years of age.

He said the program has the potential to better the outlook of Kalabo district whose poverty level stands at 80 percent while stunting stands at 29.1 percent.

He said the 1000 Days SCT Nutrition Cash plus program was in line with the World Health Assembly 2030 ambitious nutrition vision which seeks to reduce stunting to less than 20 percent by the year 2030.

And speaking during orientation of Kalabo DDCC, MCDSS Nutrition-Sensitive Social Protection Consultant Mwaka Mukwiza said the 1000 Days SCT Nutrition Cash plus beneficiaries already enrolled onto the Social Cash Transfer program would receive bi-monthly payments of K150 while those not enrolled in the program would be receiving an additional K300 in order to improve their nutrition.

The Social Cash Transfer 1000 Days Nutrition Cash Plus project is one of the components of Zambia's social protection interventions through which bimonthly grants are given to vulnerable households who meet the required benchmarks in a bid to improve the nutritional intake among Zambians in a bid to reduce stunting through improved nutrition.



Former Muchinga PS calls for improved nutrition

By Brian Siwisha

Chinsali --- Former Muchinga Province Permanent Secretary Davison Mulenga has called for stakeholder intervention in enhancing good nutritional levels in the region.

Captain Mulenga said it was only through intensified stakeholder interventions that the poor nutritional levels currently being observed in Muchinga can be improved.

In a speech read on his behalf by the Provincial Assistant Secretary, Chiwele Nkondomone during the closure of a six-day workshop on food systems in Chinsali, Capt. Mulenga said the input from the technical team and stakeholders will greatly help in improving the situation.

Mr. Nkondomone said the food systems programme is aimed at ending hunger in the country as a whole, as well as improving food security by the year 2030.

"Zambia has put in place a technical team with the support of stakeholders to steer preparations, part of which was the launch of the road map for the United Nations Food Systems dialogue by the Vice President early this year in Kafue district," he added.

He stated that in order to ensure that the process

includes proposals from stakeholders especially at provincial and district levels, the opportunity for further consultations has been effected.

And Capt. Mulenga has commended the technical team from the Provincial Nutrition Coordinating Committee (PNCC) for conducting stakeholder consultations together with the media team.

Meanwhile, Assistant Director in the Department of Fisheries and Livestock Mbamwai Mbewe, thanked the technical team for participating in the gathering of data, consolidation and validation exercise in Chinsali district.

Mr. Mbewe said the contributions from the provincial technical team will help the national technical team to give a comprehensive report.

"The information that we have gathered here through quick surveys will give us a clear picture of what is on the ground here in Muchinga," he added.

United Nations Secretary-General, Antonio Gutierrez will convene the United Nations Food Systems summit dialogue in the United States of America on the 23rd of September 2021.

NFNC CONDUCTS THE FOOD CONSUMPTION AND MICRONUTRIENT STATUS SURVEY

By Gerald Kaputo

The National Food and Nutrition Commission has been conducting the National Food Consumption and Micronutrient Status Survey since 2019. The survey is made up of pre survey activities (conducted to prepare for and facilitate the data collection) and the actual data collection. The overall objective of the national survey is to measure the micronutrient status, micronutrient intakes levels and the coverage of current nutrition interventions amongst targeted populations in Zambia. The survey will inform the design of the optimal combination of food and

nutrition interventions to achieve adequate dietary and micronutrient status at the Provincial and National levels. Data has since been collected from all the 10 provinces and data processing commenced in readiness for analysis.



Mwansabombwe nutrition committee urged to address stunting

By Brian Siwisha

The members of the Mwansabombwe district nutrition coordination committee have been called upon to come up with activities aimed at improving the nutrition status of the local people.

Mwansabombwe District Administrative Officer Godfrey Nkandu, who is also District Nutrition Coordination Committee chairperson, made the call when he officially opened the third quarter planning meeting.

Mr. Nkandu said the German Corporation (GIZ) extended the Food and Nutrition Security-Enhanced Resilience (FANSER) project to Mwansabombwe so as to help reduce stunting levels in the district.

He said the FANSER project is aimed at improving the food and nutrition situation among women of reproductive age and children under two years.

He said the programmes aimed at improving the livelihood of the people should continue now that the elections are over.

"Activities slowed down prior to the elections but now that the elections are over and we have ushered in a new government, activities aimed at improving the livelihood of our people should continue," Mr. Nkandu said.

Meanwhile, Mr. Nkandu has implored the committee members and government workers in the district to embrace the new dawn government and implement activities in line with the United Party for National Development (UPND) manifesto.

"Pay attention when President Hakainde Hichilema is talking. From the way he talks, it is clear that we are in the new dawn government. As civil servants, we should embrace the new government and align activities in line with the UPND manifesto," he advised.

He said it is the duty of the civil servants to implement the activities of the government of the day hence the need to be conversant with the manifesto.

Government confident of reducing malnutrition

By Brian Siwisha

Government is hopeful that the First 1000 Most Critical Days Programme (MCDP) Phase II will deliver high impact interventions aimed at reducing severe malnutrition among children.

Chipata District Administrative Officer (DAO) Kapembwa Sikazwe noted that the 35 percent stunting prevalence levels in the country is still high and a source of concern.

Mr Sikazwe however expressed optimism that the second phase of the programme which has support from donors will reduce the burden of malnutrition through the implementation of an integrated package of high priority nutrition interventions.

Speaking in a speech read on his behalf by National Food and Nutrition Commission (NFNC) Eastern Province Nutrition Support Coordinator, Felisters Simpasa, Mr Sikazwe noted that government is building a national momentum around stunting reduction with donor support.

"To deliver an integrated package of highpriority nutrition interventions including supplementary support around WASH, health and early childhood development is being done in partnership with the United Nations Children's Emergency Fund (UNICEF)," he said.

The MCDP Phase II is a jointly funded initiative from cooperating partners including Foreign, Commonwealth and Development Office (FCDO), Swedish International Development Agency (SIDA), KFW German Government, and the European Union (EU).

The orientation meeting for health facility incharges and members of the District Nutrition Coordinating Committee (DNCC) held at Nyamfinzi Hotel in Chipata was organized by the Catholic Relief Services (CRS).

Mr Sikazwe also commended the United Nations agencies such as the Food and Agriculture Organisation (FAO), World Health

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Maweleya successful banana harvest attributed to Scaling up Nutrition knowledge in Shangombo.

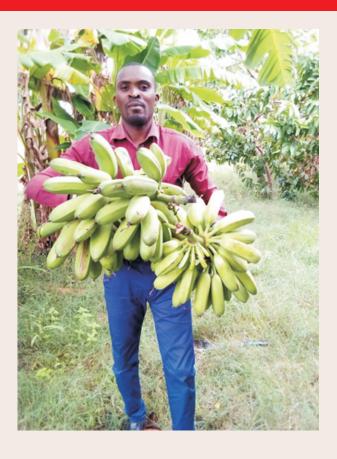
By Kasweka Sakaimbo

Collin's Binole, a School Health and Nutrition Coordinator (SHN) at Maweleya Primary School in Shangombo district of Western province has attributed the school successful harvest to the Scaling up Nutrition (SUN) program influence in health and nutritional practices in the area.

He said the school has managed to harvest bananas, plant citrus fruits, carrots and a variety of vegetables in the area due to SUN and its implementing partners.

Mr Binole, has since thanked government line ministries and it's implementing partners such as Self Help Africa (SHA) and Save the children (SCI) saying the school has managed to maintain a well groomed orchard because of their support in seedlings.

"We are so grateful to the government and its partners; we have received so many seedlings from supporting partners such as citrus fruits like lemon and oranges, carrots and assorted vegetables."



He said as a School Health Nutrition Coordinator at Maweleya primary School he is happy with the banana harvest saying it has not only improved revenue but has also imparted nutritional knowledge and skills to students.

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Organisation (WHO) and World Food Programme (WFP) for providing complementary assistance to the district, wards, and community outreach services aimed at enhancing nutrition at household level.

"MCDP II delivers a multisectoral package of nutrition-specific and nutrition-sensitive interventions, adopting coordinated approaches for service delivery to achieve impact on stunting by focusing on households with adolescent girls, pregnant women, breastfeeding women, children under two years of age and women of reproductive age," he said.

Mr Sikazwe said MCDP through Scaling Up Nutrition (SUN II) running from 2020 to 2023 aims to reduce stunting in children under two years by 7 percent in Chipata by focusing on the 'First 1000 Days Households.'

"In order to achieve this target, the programme had adopted a care group model which is being referred to as Nutrition Support Group (NSG) approach to reach out to beneficiary households of the program to promote convergence of interventions at household level," he said.

Mr Sikazwe said the approach will be spearheaded by the Ministry of Health adding that nutritionists from the province to the ward or facility level will ensure that the program runs accordingly at all levels of service delivery.

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Mr Binole however described some of the challenges the School is facing such as scarcity of water as a drawback to the School production unit especially in the dry season.

He has since appealed to well wishes for a water pump to help the school revamp their production unit as they have water challenges at their orchard, he said if they

could have a water point with a pump near the orchard they would expand their school production unit.



Ends.

Office of the Vice President to establish a Food System programme

By Brian Siwisha

The National Food and Nutrition Commission (NFNC) as secretariate for Food Sysstems dialogue with the National Dialogues Convenor in the office of the Vice President was set to hold broad consultation on how best to transform the Food Systems, aimed at ending hunger in the country by the year 2030.

Assistant Director Aquaculture in the Department of Fisheries and Livestock, Mbamwai Mbewe said the NFNC was also working on achieving food security and improve nutrition in the country.

Mr. Mbewe said addressing factors such as production, processing, transportation, and trade could have an impact in addressing malnutrition.

The Assistant Director was speaking in an interview in Chinsali on the sidelines of a six- day Food System dialogue workshop which took place at JESIMS lodge.

He said Muchinga Province has a considerable percentage of children under the age of five suffering from malnutrition hence the results of the six-day workshop would help in terms of planning.

The aim of the workshop was to gather data that will help Muchinga Province and the country at large to plan on food production and enhance access to nutrition foods.

"This workshop is important as it will help reduce cases of malnutrition in Muchinga Province," he said.

And Mr. Mbewe said government was looking at alternatives on how farmers can build resilience against climate change and other factors in producing a variety of foods.

"We are aware of the role farmers play in this country that's why we want to empower them with knowledge on how they can produce a variety of foods, once they grow a variety of foods we are assured that cases of malnutrition will reduce especially in Muchinga Province," he said.

The six day workshop attracted participants from

SUN LE TRAINS FACILITATORS ON CONDUCTING THE 2021 DISTRICT LEARNING AND DISSEMINATION WORKSHOPS

By Gerald Kaputo

SUN LE in close collaboration with the NFNC and the key line ministries (MOH, MoA, MCDSS, MFL, MOGE and/or MWDSEP), and supported by SUN TA, UNICEF and GIZ will hold district learning and dissemination workshops in 30 districts where MCDP II is being implemented. To prepare for this, SUN LE held a training of facilitators' workshop at Mika Convention Centre from the 28th of September to the 30th of September 2021.

The 2021 district workshops aim to achieve the following:

- Reviewing the implementation of interventions under the MCDP II from the previous periods, 2019-2021, and documenting successes and challenges
- Disseminating study findings from research activities in the past years 2019, 2020 and 2021.
- Action planning where outputs from the above outlined will culminate into a district 2022 nutrition plan / district Medium Term Expenditure Framework (MTEF
- 4. Orienting SUN districts on the Monitoring, Aggregation and Reporting Form (MARF)

MUMBWA NUTRITION GROUP CALLS FOR A COUNTRY WIDE ROLLOUT OF NUTRITION CONVERGENCE CENTERS.

By Betty Siakwale Kalaluka

Mumbwa Nutrition Group patron Mr Dickson Banda has called on a country wide rollout of nutrition convergence centers.

Mr. Banda was speaking during an interview with the NFNC media team in Mumbwa district.

He said the initiative that came through NFNC with support from United Nations Office project services (UNOPs) would help a lot of vulnerable people in the community.

"If all families can be taught different activities which are being done at the center and if they are able to implement what was being taught we can definitely forget about malnutrition" he said.

He said some of the activities that took place at the center were to empower the local people especially pregnant and lactating women with children under two.

Mr. Banda said the communities were being given a full package of nutrition interventions to reduce the nutrition problems being experienced in the communities.

He said the communities were being taught how to rear chickens so that families could at least have an egg for the under-fives once or twice a week and by so doing improve their nutritional status.



Mr Dickson Banda – Mumbwa Nutrition Group Patron

Mr. Banda said the Nutrition Group members were well trained and understood the project and how it has been designed. He said the center had a hammer mill a fish pond, poultry and had 909 people as beneficiaries from the project.

Mr. Banda said trained staff from the department of Fisheries had been teaching the beneficiaries in feed formulation so that they could also do the same at household level.

He said all the 909 beneficiaries came to the center to do different activities and all the ideas they learned were being implemented in their households. "The household is our target" he said.

He however noted that if such centers were doted widely in the country a lot of the vulnerable people could benefit, thereby reducing the high levels of malnutrition in the country and bringing about economic development.

He, however, said the center would be able to sustain itself through the sell of different products being grown at the center and that the fish ponds would be able to generate a lot of income.



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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