



2021 Scaling Up Nutrition National Conference



27th -29th April 2021

Location: Virtual/Lusaka





Date: 29th April 2021

Presentation Title: Use of Keyhole Gardens to increase household food diversity

Presenter: Theresa Kinkese

Organization: German Cooperation/GIZ

“Sustaining stunting reduction through creating an enabling environment for nutrition programmes”



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Outline

- Acknowledgements
- Background
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- Good Practice Keyhole Garden
- Key hold Garden Impressions
- Additional Resources



Republic of Zambia



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Acknowledgements

SCALING UP NUTRITION PROGRAMME



European Union



Sweden
Sverige



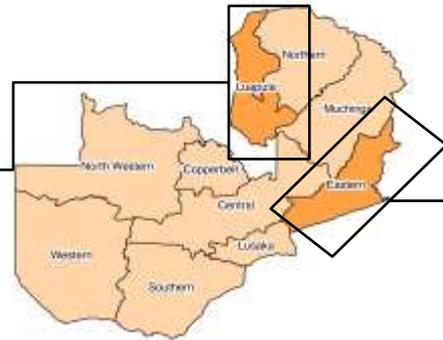
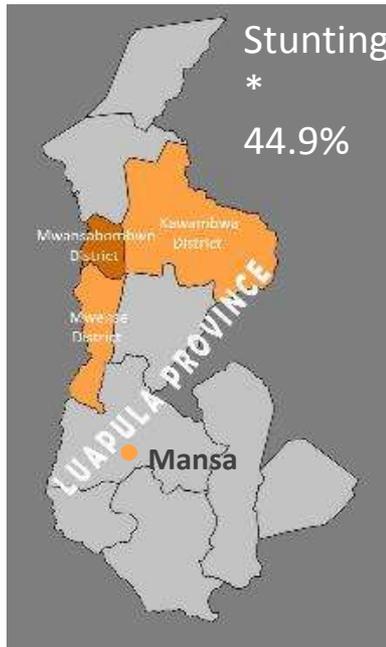
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Background: Geographical Outreach



* As of 2018, ZDHS (Stunting in Zambia General: 35%)



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Background: Target Group

➔ The primary target group of FANSER are women of reproductive age (15-49) and children under the age of two years (until 2024)

77,500 women in Eastern Province
Katete, Petauke & Sinda districts
32,500 women in Luapula Province
Kawambwa, Mwense & Mwansabombwe districts
= 110,000 women in total

45,000 children in Eastern Province
Katete, Petauke & Sinda districts
19,000 children in Luapula Province
Kawambwa, Mwense & Mwansabombwe district
= 64,000 children in total



Gender approach

Inclusion of men to strengthen the topic at household level



Background: Objective & Fields of Activity

The nutritional situation of people living in food-insecure households in selected districts of Eastern and Luapula Province, especially of women of reproductive age and children under the age of two years, has improved

1. Improving knowledge levels of women on **nutrition**, change attitudes positively
2. Improving knowledge levels of women on **hygiene**, change attitudes positively
3. Increasing the year-round availability of nutrient-rich foods / **nutrition-sensitive agriculture**
4. Developing improved strategies for households to manage their **household and productive resources**
5. Strengthening **nutrition governance** at the district, provincial and national level

Cross Cutting Activities

Capacity Development

Gender

Behavior Change Communication

Monitoring & Evaluation



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Background: MCDP II Alignment

PRIORITY INTERVENTIONS	SERVICE DELIVERY CHANNELS	TARGET POPULATION
Response to Critical Situations Response to critical needs among nutritionally-vulnerable households directly or through referral: productive inputs, food relief and SAM treatment	Ministry of Health & DMMU Health facilities, public and private service providers, NGOs	SUN Most Vulnerable Households Households with adolescents pregnancy, low birth weight infants, maternal death, or under-weight pregnant women.
Agriculture Increase year round production, preservation, processing and utilization of nutritious food with market promotion	Ministry of Agriculture and Ministry of Fisheries and Livestock Lead farmers, public and private service providers, NGOs	SUN Agriculture Households Households with pregnant or lactating woman or child under two
Health and Nutrition Promote good maternal, infant, young child and adolescent health, nutrition and care practices	Ministry of Health and Ministry of General Education Care Groups, public and private service providers, NGOs, school health and nutrition clubs	SUN Households and Schools House holds with pregnant or lactating woman of child under two, adolescents in schools and community
Economic Dimension Form and support community savings and lending groups, and other empowerment initiatives	Ministry of Community Development Community savings and lending groups, small business groups, public and private service providers, NGOs	Women of Reproductive Age Women between 15 - 49 year of age
WASH Facilitate access to clean water and promote sanitation and hygiene behaviours: CLTS and baby WASH	Ministry of Water and Ministry of Local Government D-WASHE, Sanitation Action Groups, public and private service providers, NGOs	Communities All rural and urban households

Target group based in projected population 2020	
Total Population	931.532
SUN HH in rural wards (12.84% of total)	100.472
SUN HH moving targets in rural wards (16%)	125.199
90% Outreach (rounded)	110.00
Outreach children (rounded)	70.000
Response to critical situations	n.a.
Agricultural Interventions CGM = SUN HH	110.00
Intensive Agricultural Trainings = 50% of SUN HH	55.000
SUN HH through CGM	110.000
Saving & Loan Groups = 35% of SUN HH	38.500
Farmer Business training = 15% of SUN HH	16.500
WASH & Hygiene interventions = SUN HH	110.000
Further selective support	tbd

Strategic Social and Behaviour Change and Gender Equality



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Approaches: Overview



Approach:

GIZ FANSER uses cascade models to reach high numbers of beneficiaries:

- Care Group Model (recognized by NFNC as good implementation practice under MCDP II)
- Lead Farmer Model (Strengthening the existing extension services under the Ministry of Agriculture)

Benefits:



Cost effective: Through the use of community volunteers, the cascade models allow projects to reach a high number of beneficiaries with limited resources.



Sustainable: By including governmental extension officers, the cascade models ensure a successful continuation of trainings after the end of a project.



Local: By using role models and champions from the communities as intermediaries, the content is delivered under consideration of local knowledge.

Key Facts

- ✓ 62,000 women reached through the Care Group Model since 2016
- ✓ 40,000 men reached through the Care Group Model since 2016
- ✓ 23,000 households reached through the Lead Farmer Model since 2020



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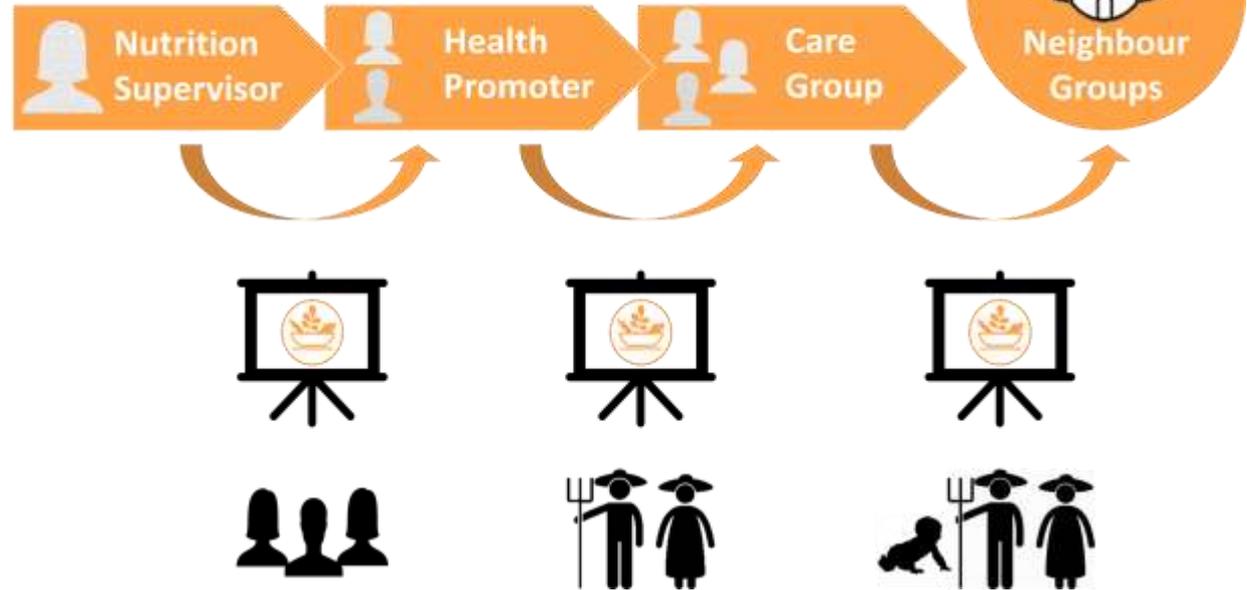
Approaches: Care Group Model



Each Nutrition Supervisor trains and coordinates 5 Health Promoters

Each Health Promoter trains and coordinates 6 Care Groups, composed of 10 Nutrition Volunteers elected by the Neighbor Group

Each Nutrition Volunteer shares nutrition lessons with 10 women and their families, known as Neighbor Groups



Key Facts

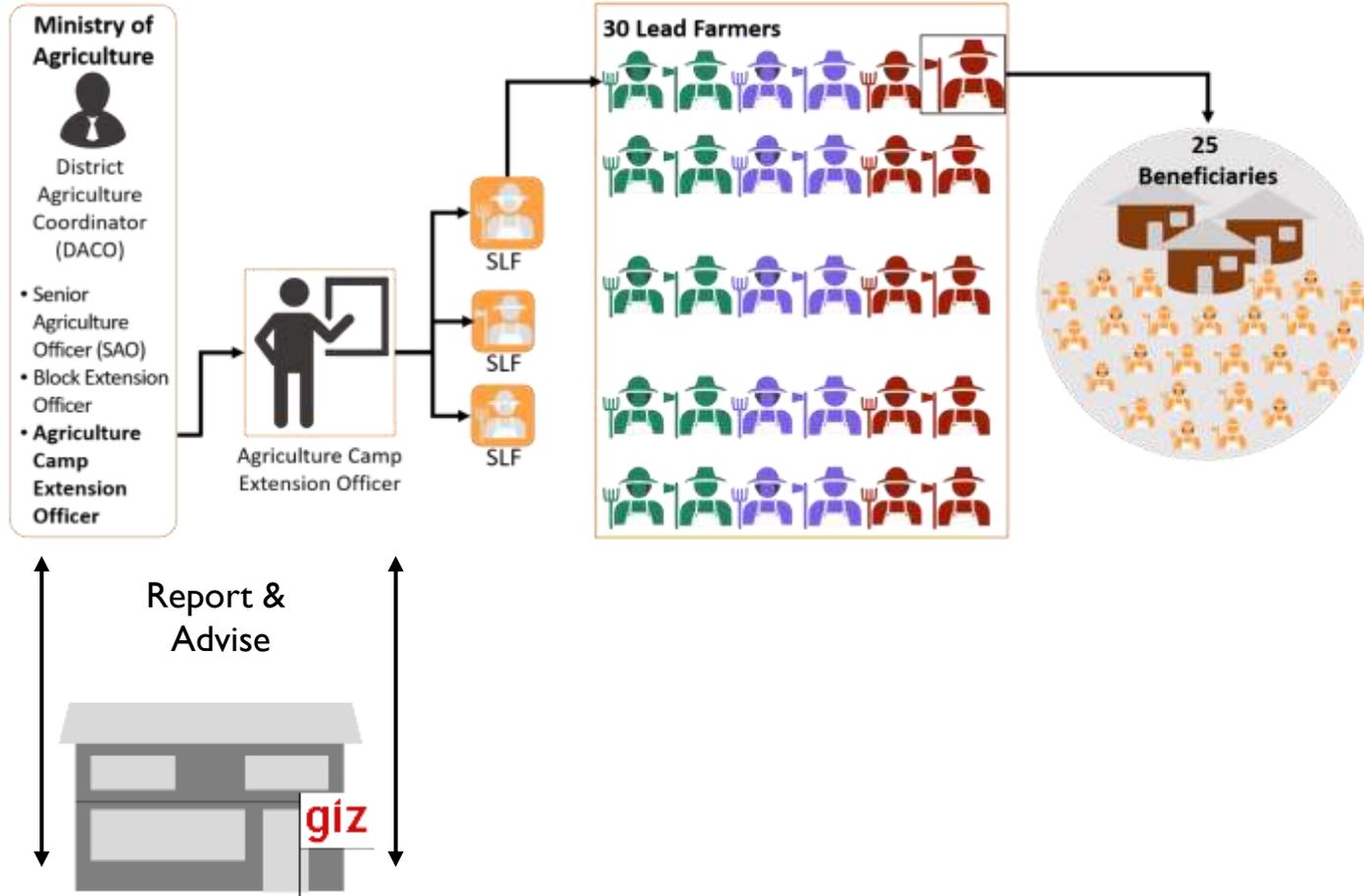
- ✓ 149 employees of governmental service stations
- ✓ 176 Health/WASH Promoters
- ✓ 8786 Nutrition Volunteers



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Approaches: Lead Farmer Model



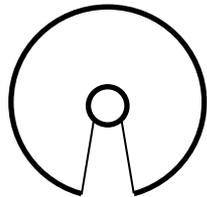
Key Facts

- ✓ 25 Employees of governmental extension services
- ✓ 75 Senior Lead Farmer
- ✓ 2250 Lead Farmer



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Good Practice: The Keyhole Garden



- The KHG is a round shaped structure to allow gardening in semi-arid and arid environments
- The concept originated in Lesotho, and is well adapted to dry arid lands. The concept was quickly adopted in other regions of Africa
- GIZ FANSER uses KHGs in several countries in Africa and the Middle East

Results follow up survey
2019 (of 138 HH)

- ✓ 95% of the KHG are owned by women
- ✓ 74% use the KHG throughout the year

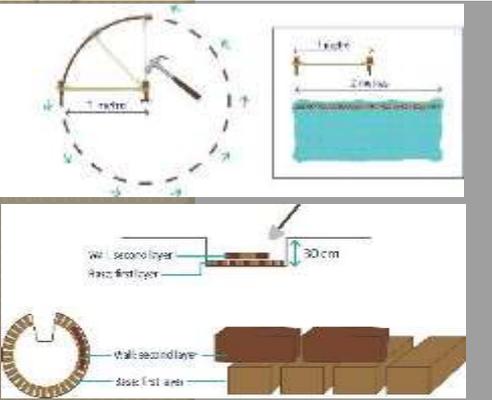
Context Zambia

- In Zambia CRS and GIZ piloted the project in **2016 and 2017**
- Through trainings and building manuals FANSER Zambia supported the construction of around **1.100 KHGs** through the Care Group Model until 2019
- Since 2020 FANSER supports the construction of KHGs together with the Ministry of Agriculture through the Lead Farmer Model (Around **2.000 KHGs** in 2020)
- A follow up survey was conducted in **2019**



The KHG: Construction

- A KHG can be constructed with local materials
- One person can build a KHG
- The time spent on the construction is short
- The training manual included step-by-step instructions



Results follow up survey

- 50% needed between 15 and 20 hours
- 27% needed between 5 and 10 hours
- 16% needed between 2 and 5 hours
- 69% got help from relatives (friends: 13%, neighbors: 6%, hired workers: 13%)

- Materials needed:**
- ⊕ 550 pan/mud bricks
 - ⊕ Anthill soil paste
 - ⊕ Water
 - ⊕ Basket
 - ⊕ Tools



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Keyhole Garden: **Benefits**



Results follow up survey

- ✓ 92% report they need less water
- ✓ 90% practice crop rotation
- ✓ 99% indicate better vegetable quality
- ✓ 41% eat all grown vegetable (55% more than they sell)



Less water consumption



Working in it is less labour intensive



Beneficiaries eat more vegetables



Plant 4 different types of vegetables



You can build it right next to a home



It is cost-effective and easy to build



Keyhole Garden: **Benefits**

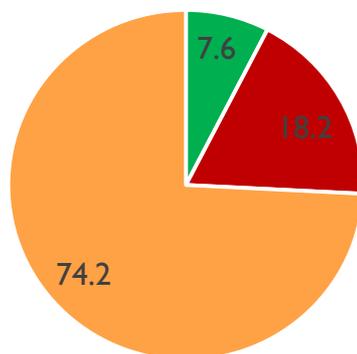


Quick facts:

Follow up survey

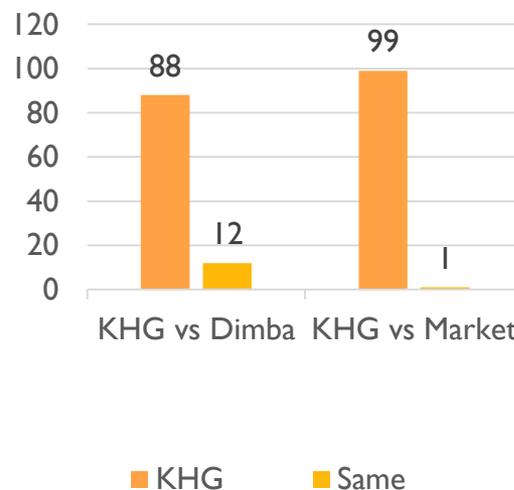
- 138 households were interviewed using a structured questionnaire
- The study sample came from about 40 villages distributed across 9 agricultural camps
- 2 focus group discussions were held as part of the study

Time of use

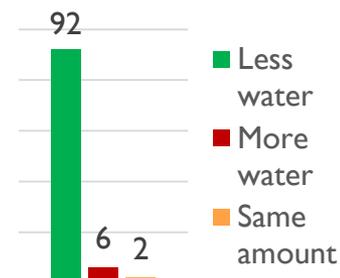


- Rainy Season
- Dry Season
- Year Around

Quality of Vegetables

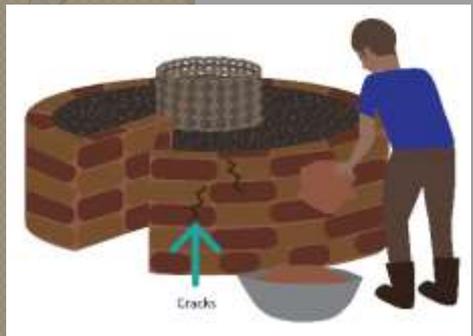


Water use (KHG vs Dimba)





Keyhole Garden: **Lessons Learnt and Way Forward**



Only fifty-six percent of the KHG constructed between 2016 & 2018 were still functional in 2019.



An **updated design** was used in 2020



A **second follow up survey** in 2021 will be conducted



Because some beneficiaries expected a constant supply with seeds, the trainings include **elements of seed reproduction**(e.g., Bondwe)



The trainings are supported by an **innovative competition** on district level together with MoA



GIZ agreed with MoA to **continue trainings**

Results follow up survey

- ✓ 83% became defunct because the structure collapsed during rainy season
- ✓ 11% stopped using the KHG because of animals browsing of the vegetables
- ✓ 6% reported they did not get further seeds



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Key Hole garden:
garden:
impressions

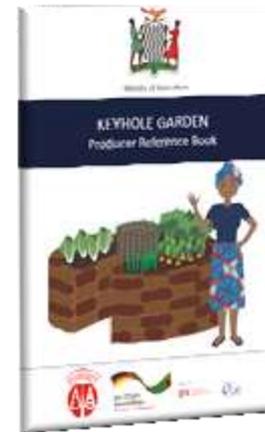


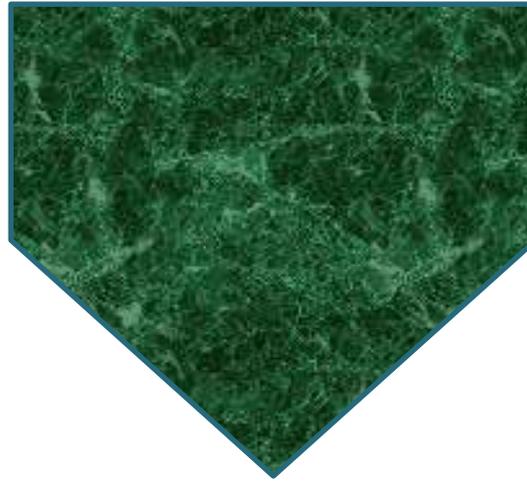


Additional Resources

Additional resources may be accessed at:

<https://www.nfnc.org.zm/other-publications/>





Thank you



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Presentation



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