

# LEKANI NDIKUUZENI



VITAMIN A



**EAT HEALTHY**  
**EAT DIVERSE**  
**EAT DIFFERENT**  
**FOOD GROUPS**

### Contributors

#### Zambian Government



#### NFNC

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#### GIZ

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#### Sources

GIZ, NFNC, Care Groups.

#### Arts and Designs

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Food and Nutrition Security, Enhanced Resilience Project (FANSER) Zambia and Fish for Food Security in Zambia (F4F)

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## About this comic booklet

This comic booklet was produced under the Food and Nutrition Security, Enhanced Resilience Project (FANSER) and Fish for Food Security Project (F4F) in Zambia. FANSER and F4F have been initiated and commissioned by the German Federal Ministry of Economic Cooperation and Development (BMZ) as part of the Special Initiative ONE WORLD – No Hunger. The initiative aims to address the challenges of hunger and malnutrition.

As part of the national Scaling Up Nutrition process and the 1000 Most Critical Days Programme (MCDP) II, FANSER reaches out to 110,000 women and 70,000 children in Eastern and Luapula Provinces. The following fields of interventions are being covered by the project:

1. Increase knowledge about nutrition, change attitudes positively.
2. Increase knowledge about 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 productiveresources.
5. Strengthening nutrition governance at the district, provincial and national level.

Furthermore, the F4F project in Zambia aims to improve access to sustainable fish products for people facing food insecurity. To achieve this the project assists artisanal fishers and fish farmers in operating sustainably and efficiently, while curbing illegal fishing. Thereby having local communities' benefit from improved and sustainable livelihoods in fishing and fish processing, as well as gaining access to a broader range of fish products.

Through these approaches and by focusing on women in the fish value chain, the project helps to combat hunger, malnutrition and poverty. Creating linkages between food and income security, environmental and resource conservation, education and women's empowerment. The F4F project intends to educate and create awareness on the nutritional value of fish and sustainable fisheries within the designated target groups.

Based on the Social and Behaviour change (SBC) concept and national communication strategies, the project together with NFNC produced an animated series called 'let me tell you". The series is available as an animated TV series, being aired on radio and as a comic booklet. This comic booklet provides an overview about the importance of Vitamin A nutrient in the body.

Julia Kirya

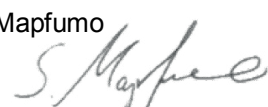
Signature:



Project Coordinator FANSER Zambia

Samanta Mapfumo

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Project Coordinator F4F Zambia





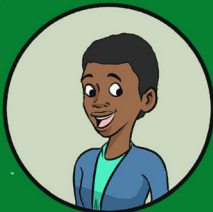
**CHIMWEMWE**  
(Ambuya)



**LIMBANI**  
(Atate)



**CHISENGA**  
(Amai)



**MAPALO**  
(M'bale)



**DALISANI**  
(M'longo)



**CHISOMO**  
(M'bale)



**MALUBA**  
(M'longo)



**MULILO**  
(M'bale)



**ALINAFE**  
(M'longo)



Ndiyo izi zamasamba nazikonda, zikula bwino.



Hiiii! Dalisani!? osagwilitsa nchito madzi yambili pothilila.

Aka ka dimba kopangidwa mosiyanako, kamateteza nthaka, tsono ndiyo zamasamba izi sizifunikila madzi ambili monga madimba ena.



Inde amaye.

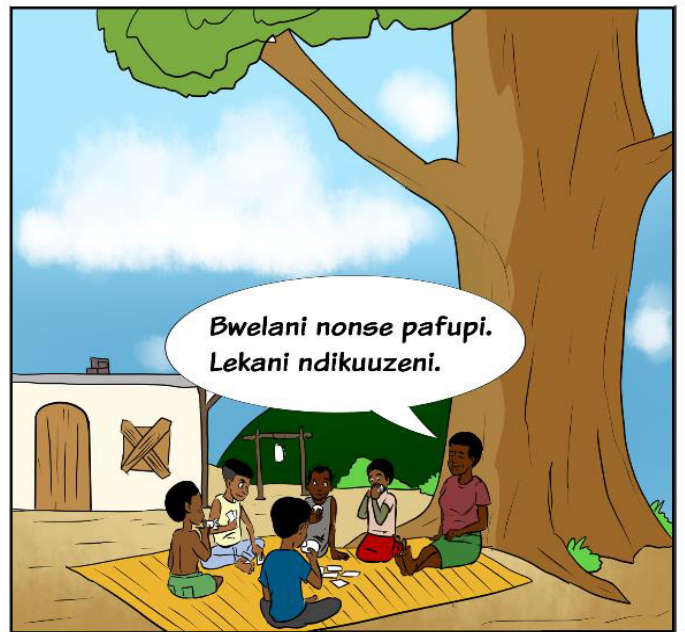
Manyowa yamu nthaka yamathandizila kugwila madzi pansu pa nthawi yayitali ngati mwathilila. Nchifukwa ichi madzi yambili safunikila. Suganiza telo

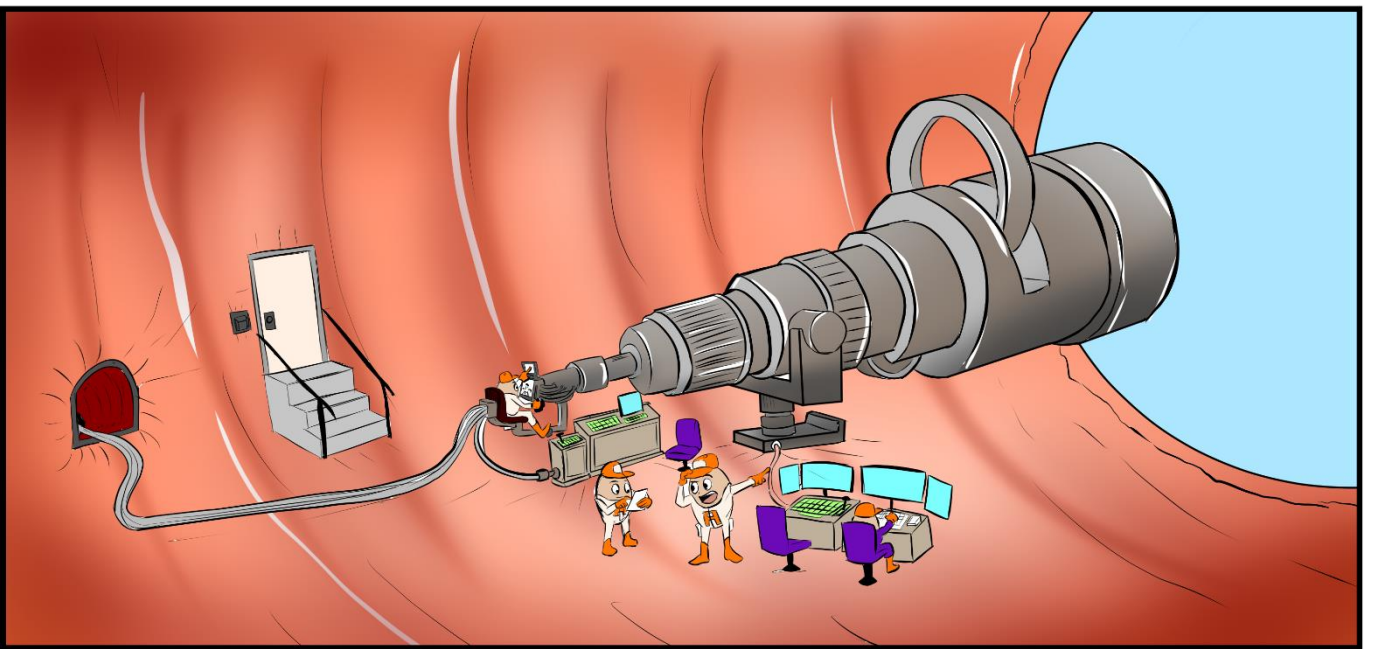
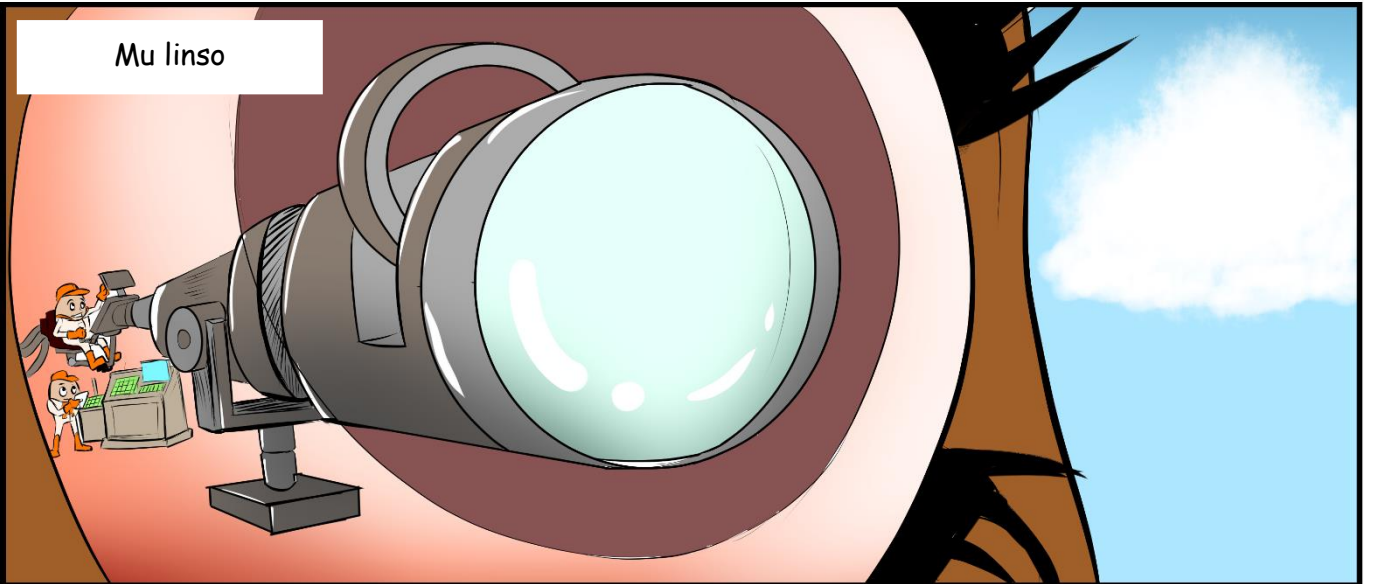
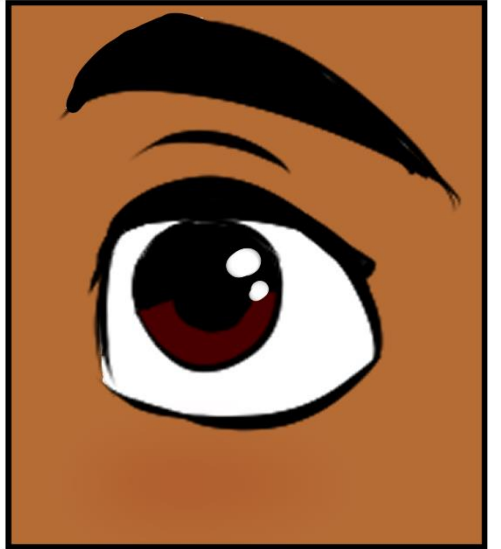
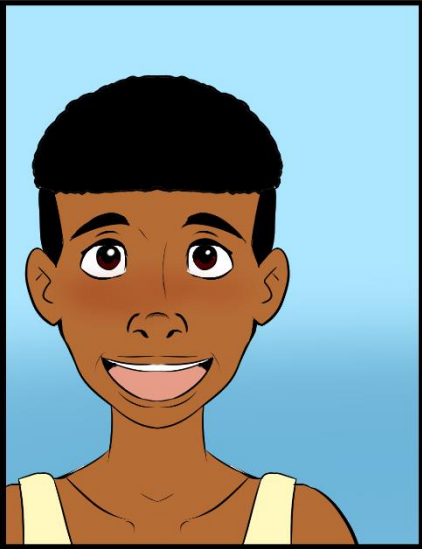




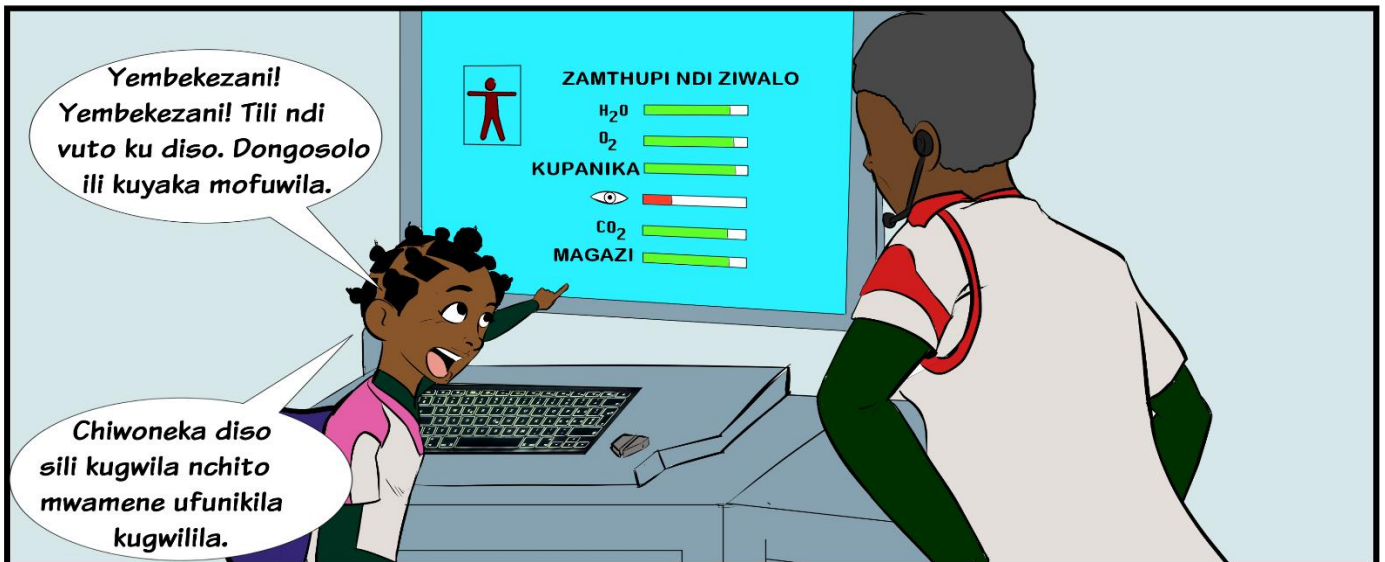


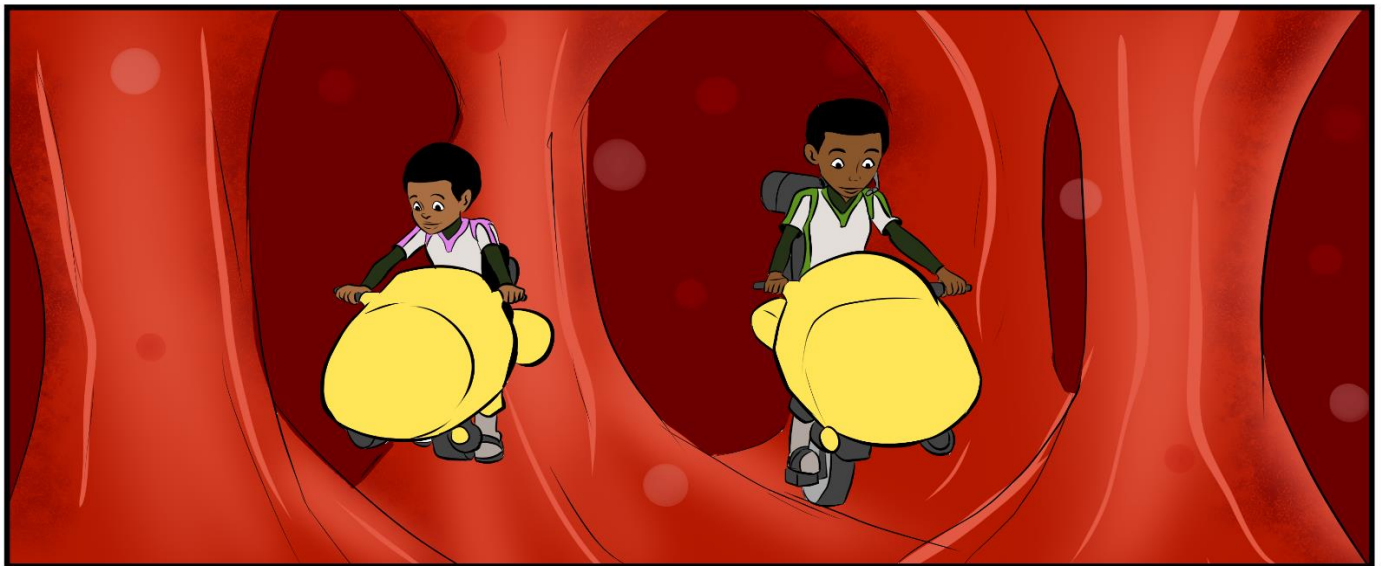




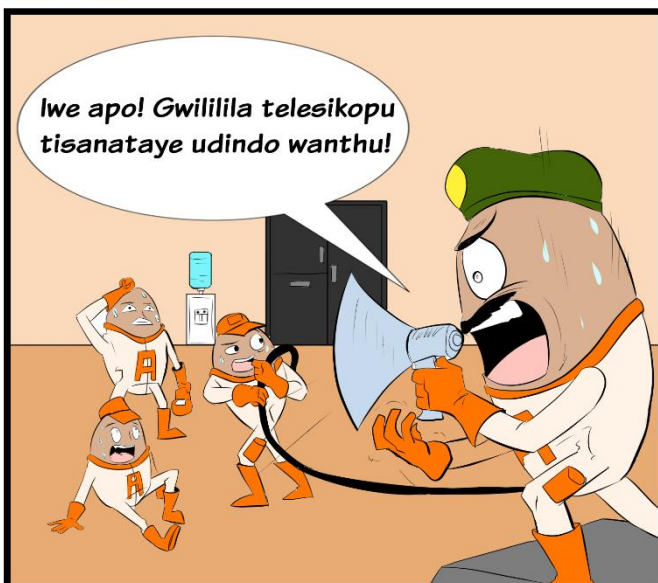
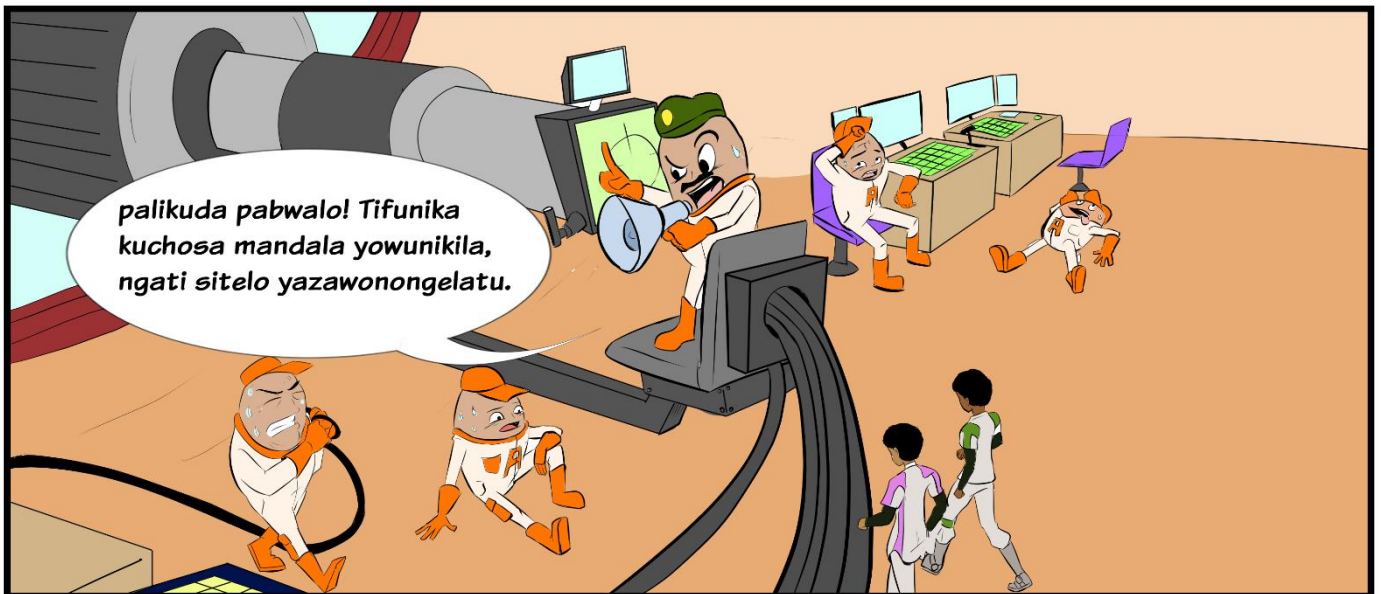


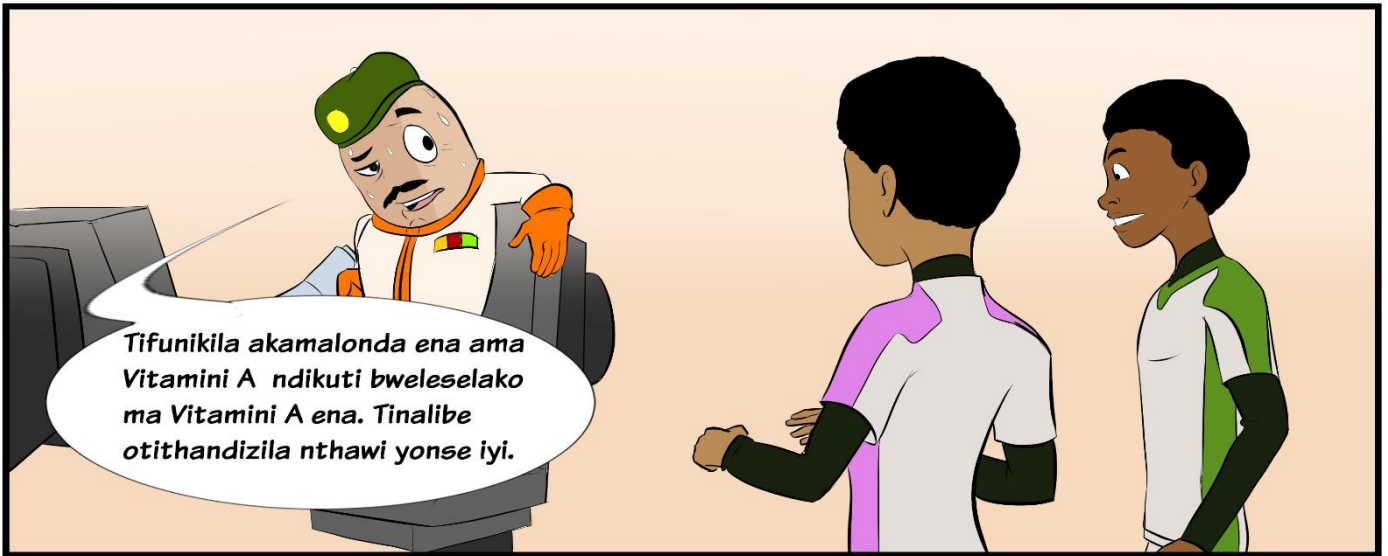




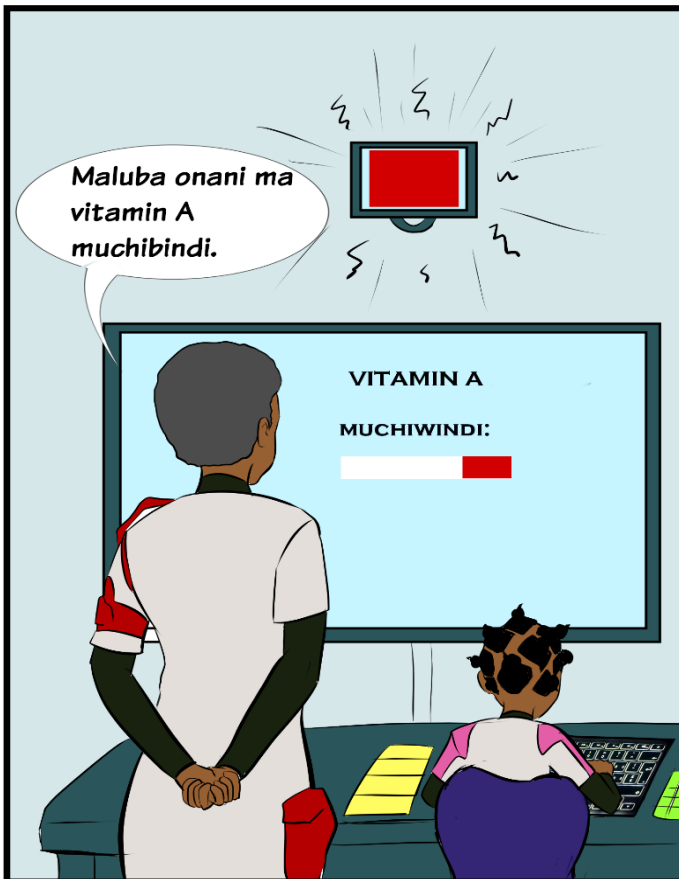


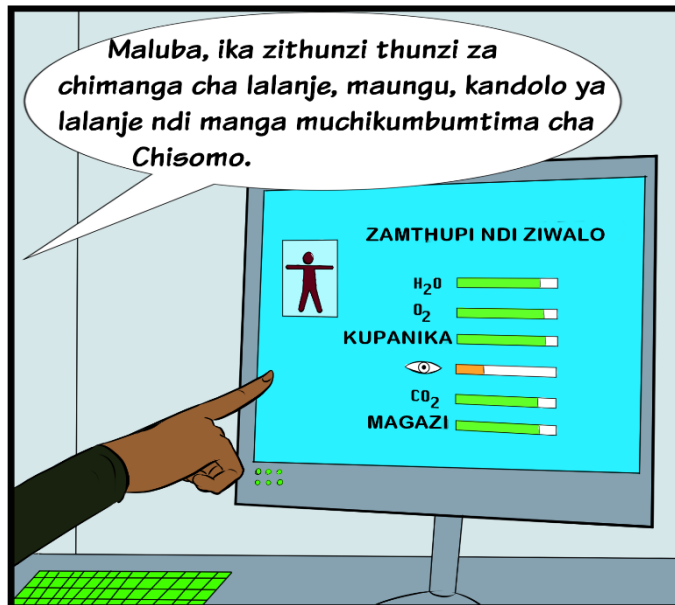


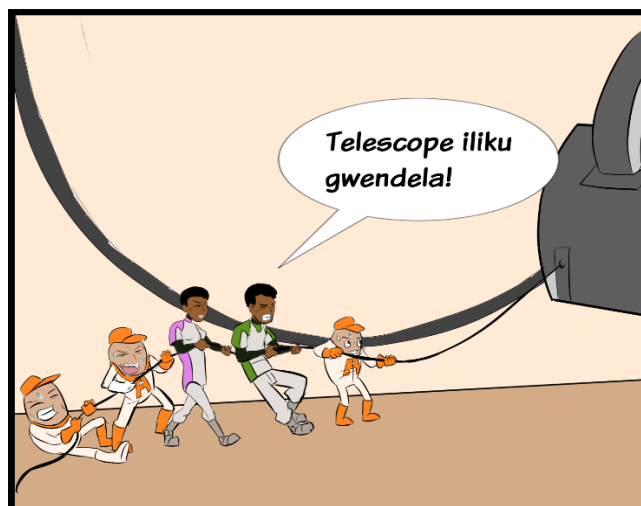


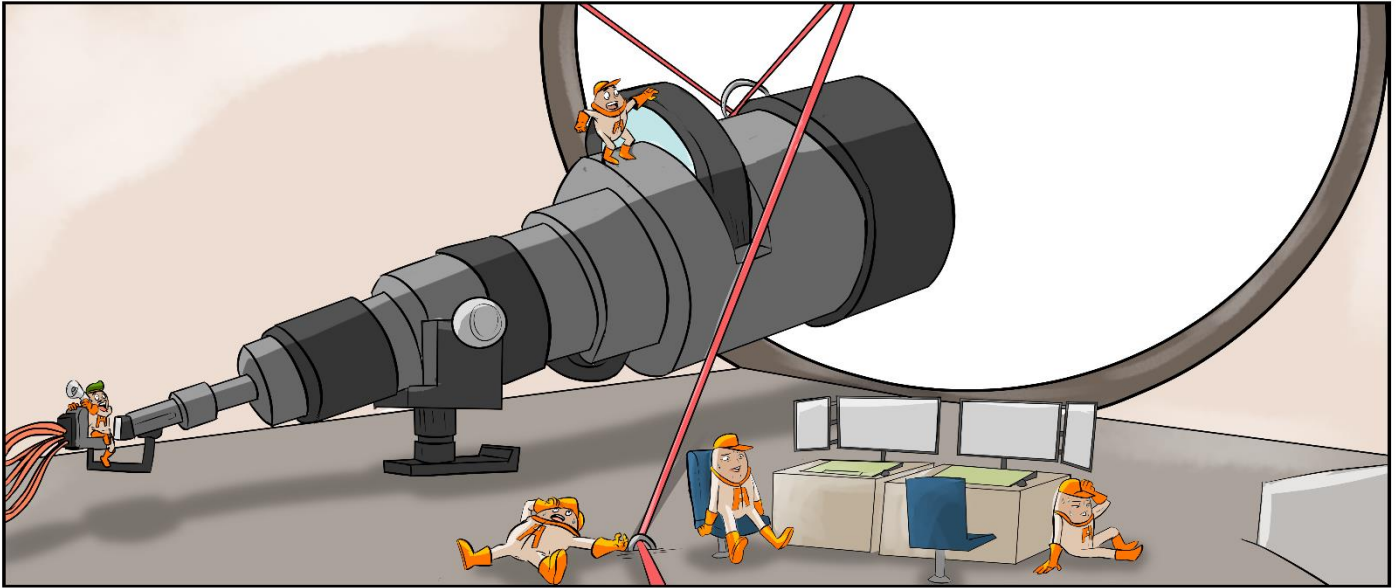


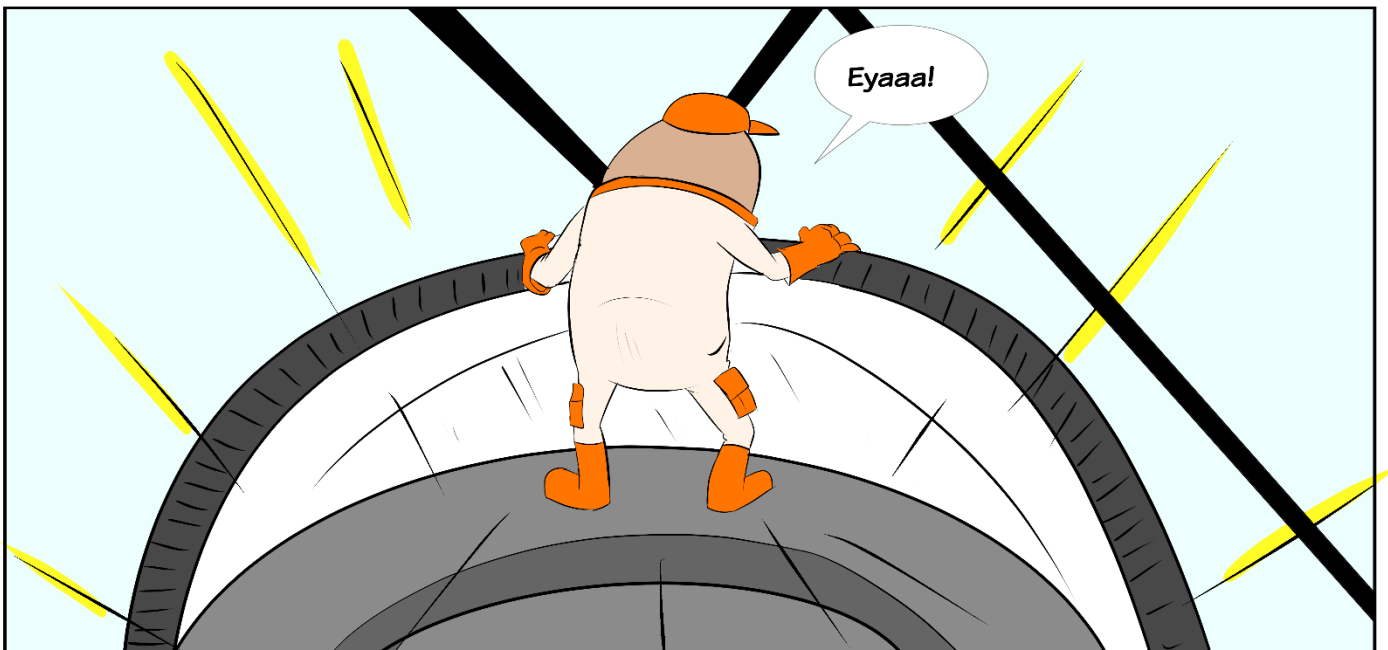
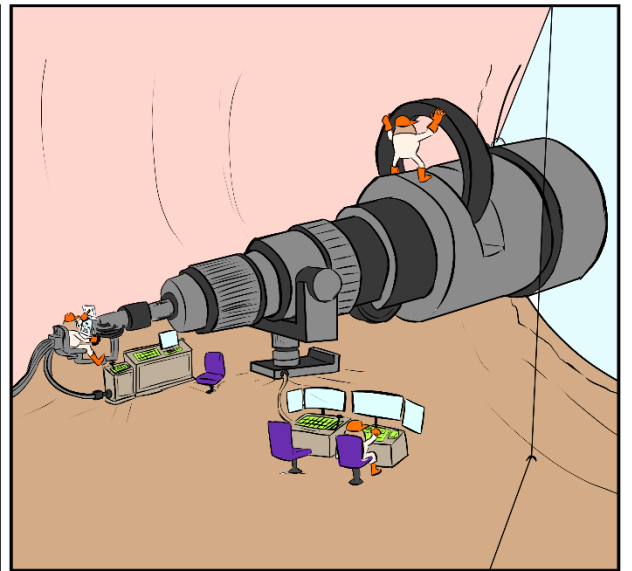
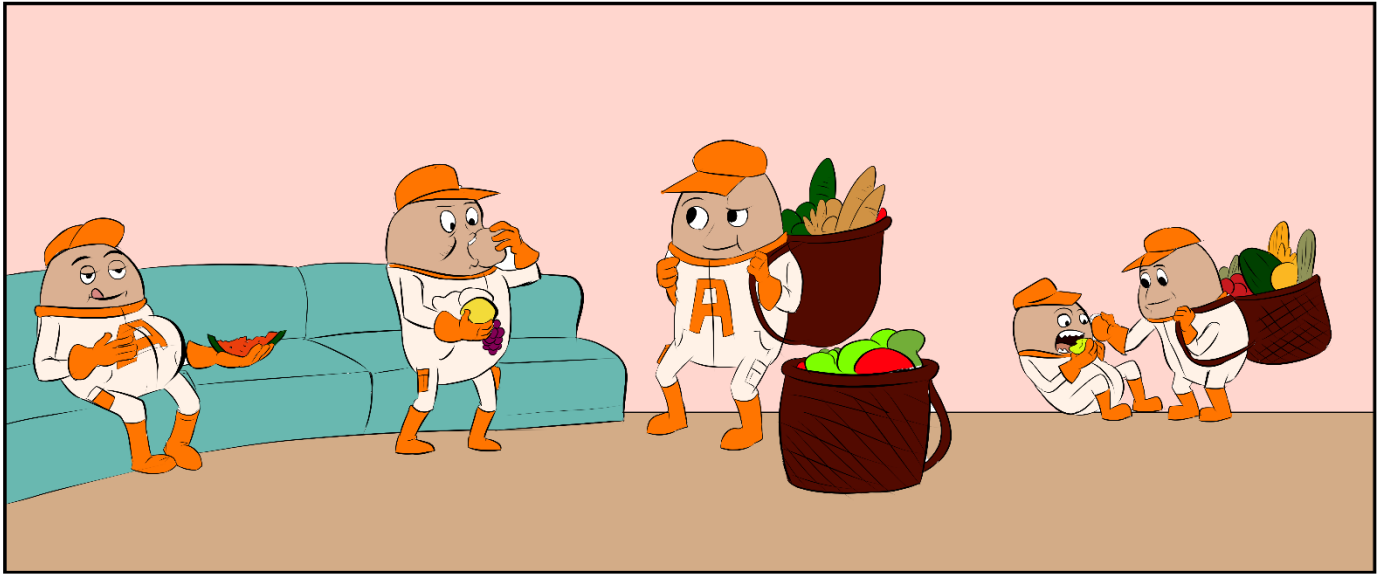






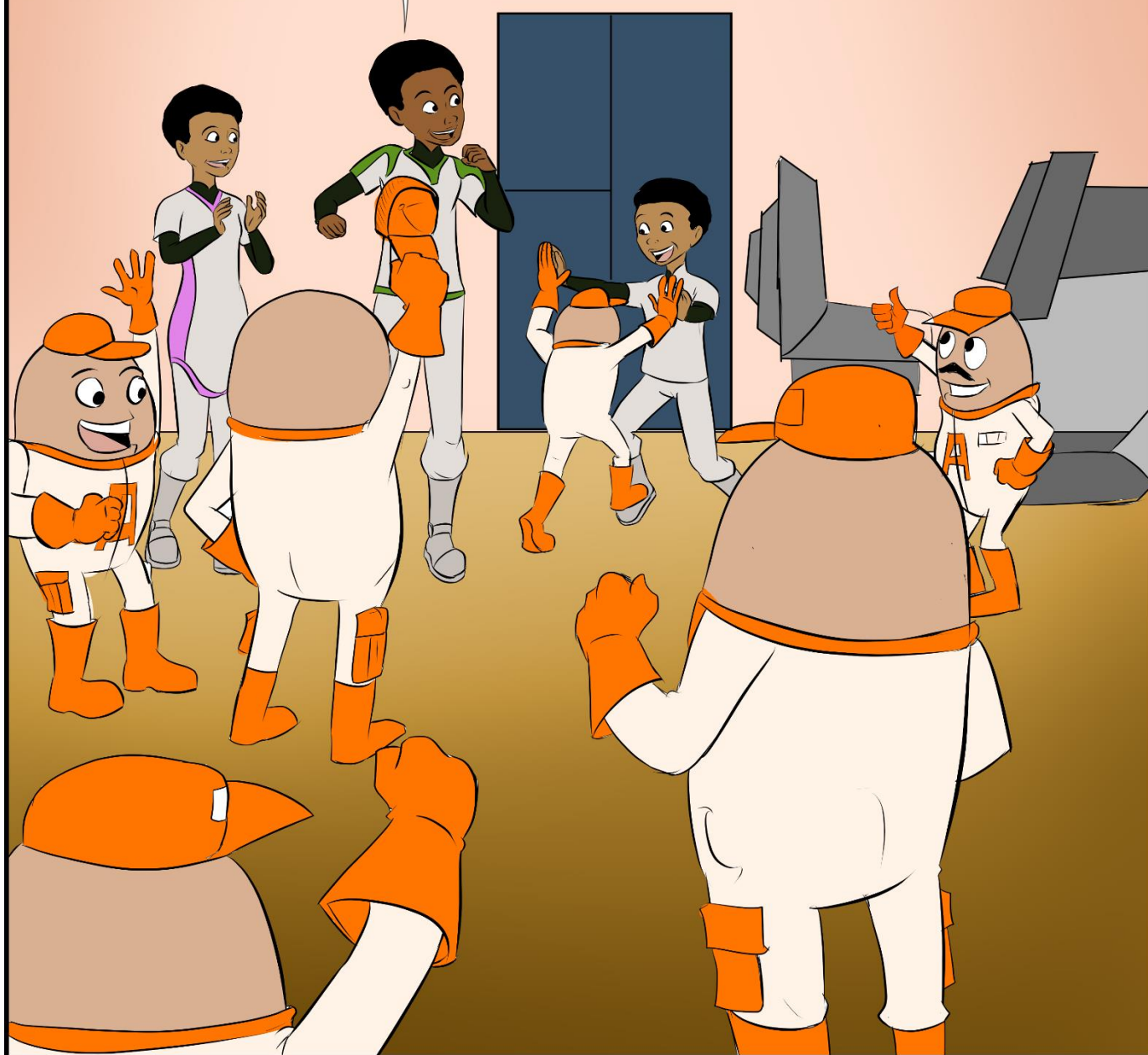


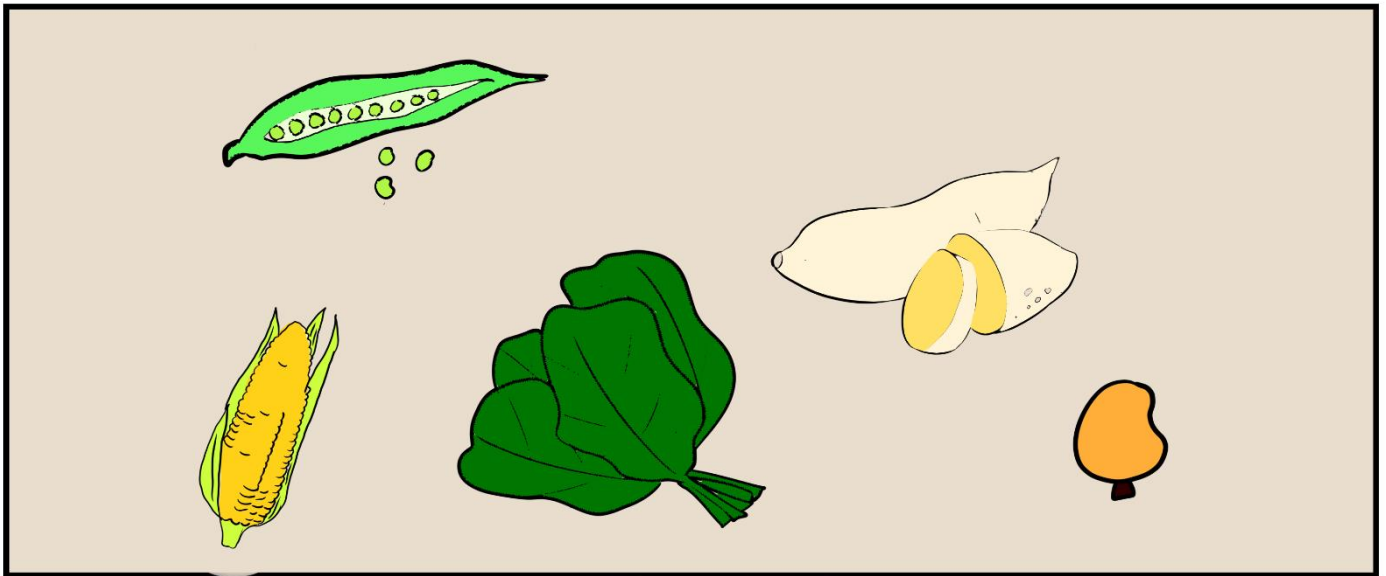




Takwanilitsa. Chisomo  
azayamba kuwona bwino  
mu mdima apa lomba.  
Eyaaaa! Eyaaa!

Eyaaa!



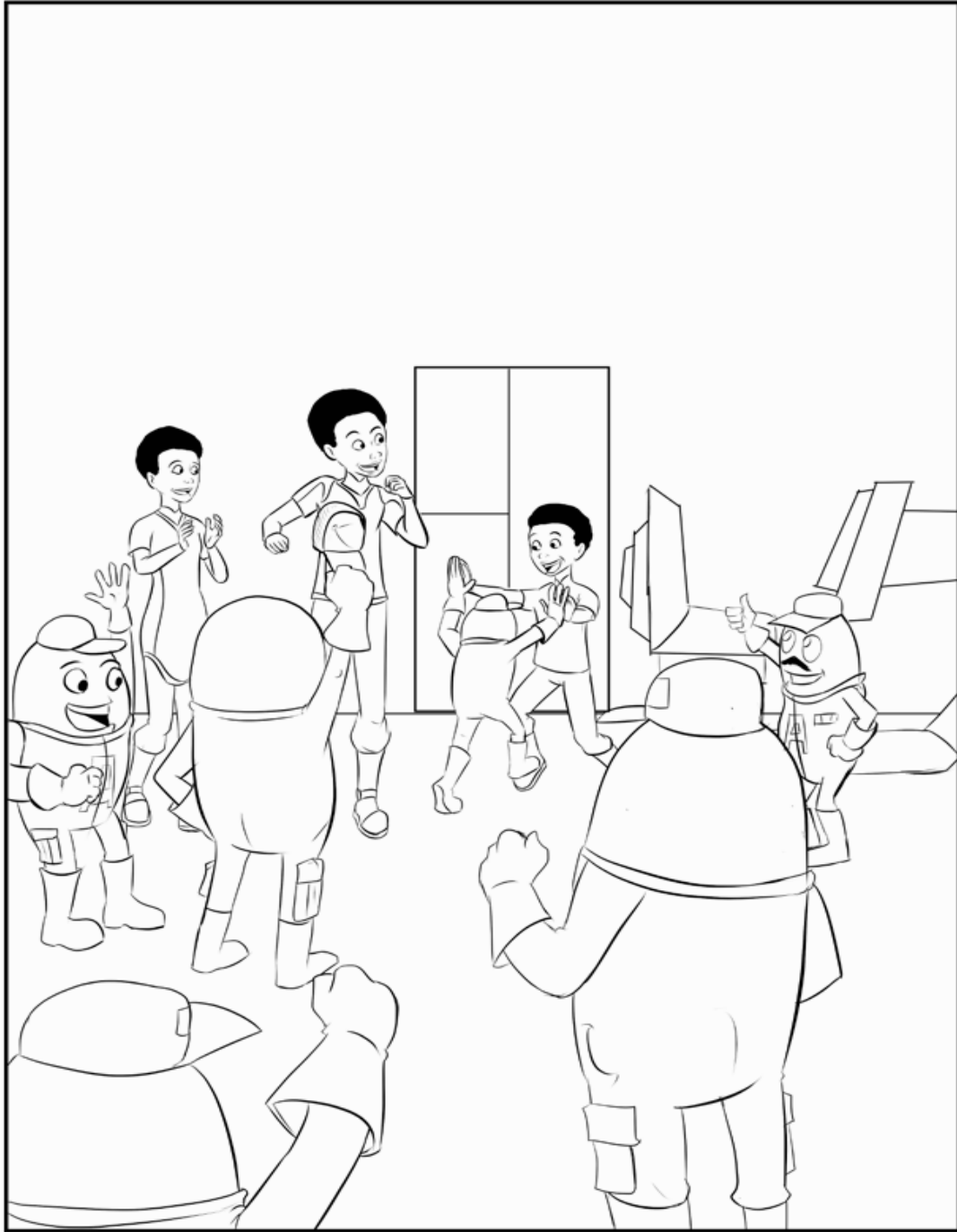




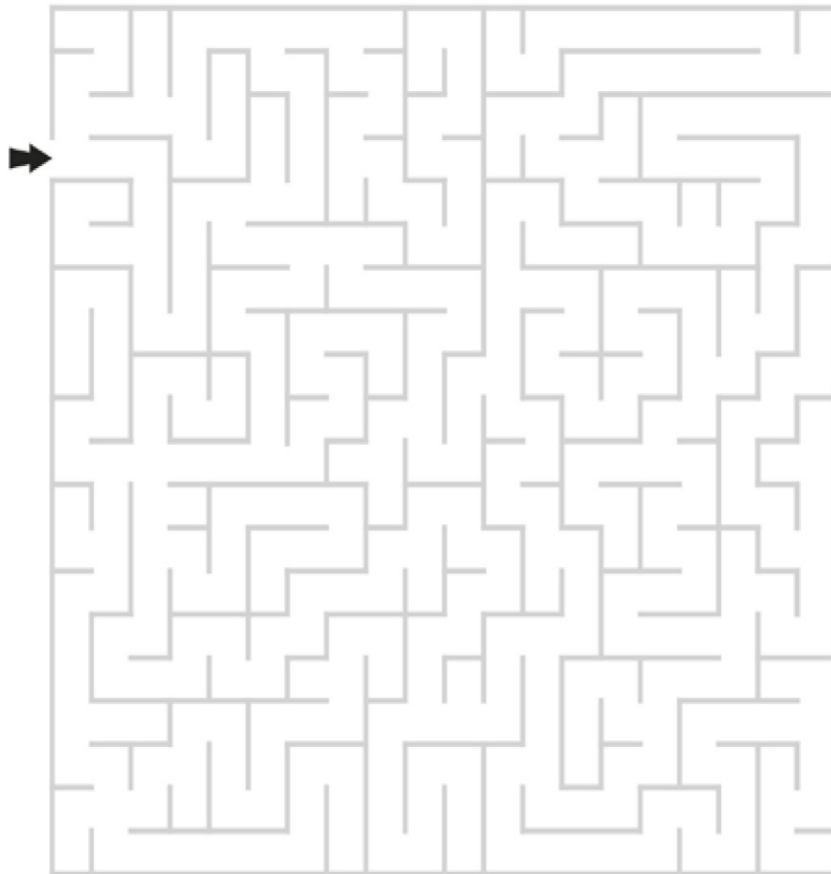




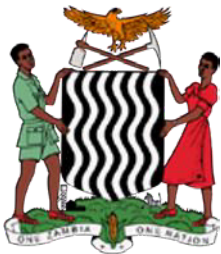
# PENTANI UMU



# MASEWELA OGANIZITSA



# Buku lopangidwa ndi a FANSER pamodzi ndi a F4F mu Zambia kuchokela kuli a GIZ.



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