



Introduction

The Food and Nutrition, Enhanced Resilience (FANSER) project has been active from 2015 to 2025, aiming to improve nutrition for individuals living in food-insecure households in six districts in Eastern and Luapula Provinces. The project primarily focused on women of reproductive age and children under two years.

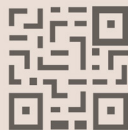
Over the years, FANSER has impacted more than 125,000 women, 56,000 men and 64,000 children under two, equipping households with knowledge in proper nutrition, hygiene practices and how to grow nutritious foods. The FANSER project is proud to share inspiring voices of change.



How This Works



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HEALTHY & DIVERSE DIETS

04







Improving Women's Nutrition Knowledge and Fostering Positive Attitudes.

Hear from Dr. Benard Chimungu, District Health Director for the Ministry of Health (MoH) in Sinda District, as he discusses how the collaboration between FANSER and MoH has **strengthened service delivery**, improving food and nutrition security while enhancing resilience.







HEALTHY & DIVERSE DIETS



Care Group Model

Through a cascading training system, FANSER reached over **125,000 women** of reproductive age, and significantly improved health and nutrition outcomes.

Listen to Dainess Chilembo, Senior Project Officer at Catholic Relief Services, as she explains the **Care Group Model** and how it has played a key role in the project's success.







HEALTHY & DIVERSE DIETS



Listen to Fadales Phiri, a Nutrition Volunteer under the Care Group Model, shares how the adoption of nutrition and WASH practices has **positively impacted households**.







WASH AND NUTRITION



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WASH AND NUTRITION



Enhancing women's WASH knowledge and shaping positive attitudes.

Bridget and Lightone Shawa, parents of three, share their experience of learning about **balanced nutrition** through FANSER workshops and how it has **positively impacted their children's health**.







WASH AND NUTRITION



Sinoti Phiri from Songwe in Katete, shares insights into his role as a **Health and Sanitation Promoter** and the impact of his work in the community.





WASH AND NUTRITION



Care and compassion are key to raising healthier generations.

Listen to Letesia Phiri, a caregiver from Katete, as she shares how she supports and **provides childcare when mothers are away.**





WASH AND NUTRITION



Equipping communities with tools and knowledge strengthens the fight against malnutrition.

Chanda Nkandu, the District Nutritionist at the Ministry of Health in Sinda District, explains how training in **growth monitoring** and the provision of **essential anthropometric equipment** – such as height boards, MUAC tapes, hanging weighing scales and under-five cards **enhances the active case finding of malnourished children**. Listen to her insights.







NUTRITION SENSITIVE AGRICULTURE



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NUTRITION SENSITIVE AGRICULTURE



Increasing year-round availability of nutrient-rich foods through nutrition-sensitive agriculture.

Hear from Kabange Masenga, the District Agricultural Coordinator for the Ministry of Agriculture (MoA) in Katete, as he highlights the **importance of nutrition-sensitive agriculture** and the positive impact of the collaboration between MoA and the FANSER project, especially in **supporting communities during the drought crisis.**





NUTRITION SENSITIVE AGRICULTURE



Lead farmers inspire and lead the way to stronger agricultural systems

Hear from Kaluba Mulenga, Senior Agricultural Officer at the Ministry of Agriculture in Katete, as she discusses how the Lead Farmer Model has **enhanced extension services** and helped farmers **build resilience** during the 2024 drought crisis.





NUTRITION SENSITIVE AGRICULTURE



Hear from Lazarous Banda of Mkumbanji Village in Katete as he shares his experience as a Senior Lead Farmer and Seed Multiplier, highlighting the benefits of **producing cowpea seeds** and its impact on his community.







NUTRITION SENSITIVE AGRICULTURE



Knowledge shared is progress multiplied

Sarah Phiri, a Lead Farmer from Mkumbanji Village, shares her experience as a Lead Farmer, the knowledge gained through the project and how this **newfound expertise** has benefited both her and the **farms within her community.**







NUTRITION SENSITIVE AGRICULTURE



Hear Eveles Mwanza share her journey of learning the **importance of growing diverse crops** for balanced nutrition through FANSER trainings and how it has led to **improvements in her children's health.**



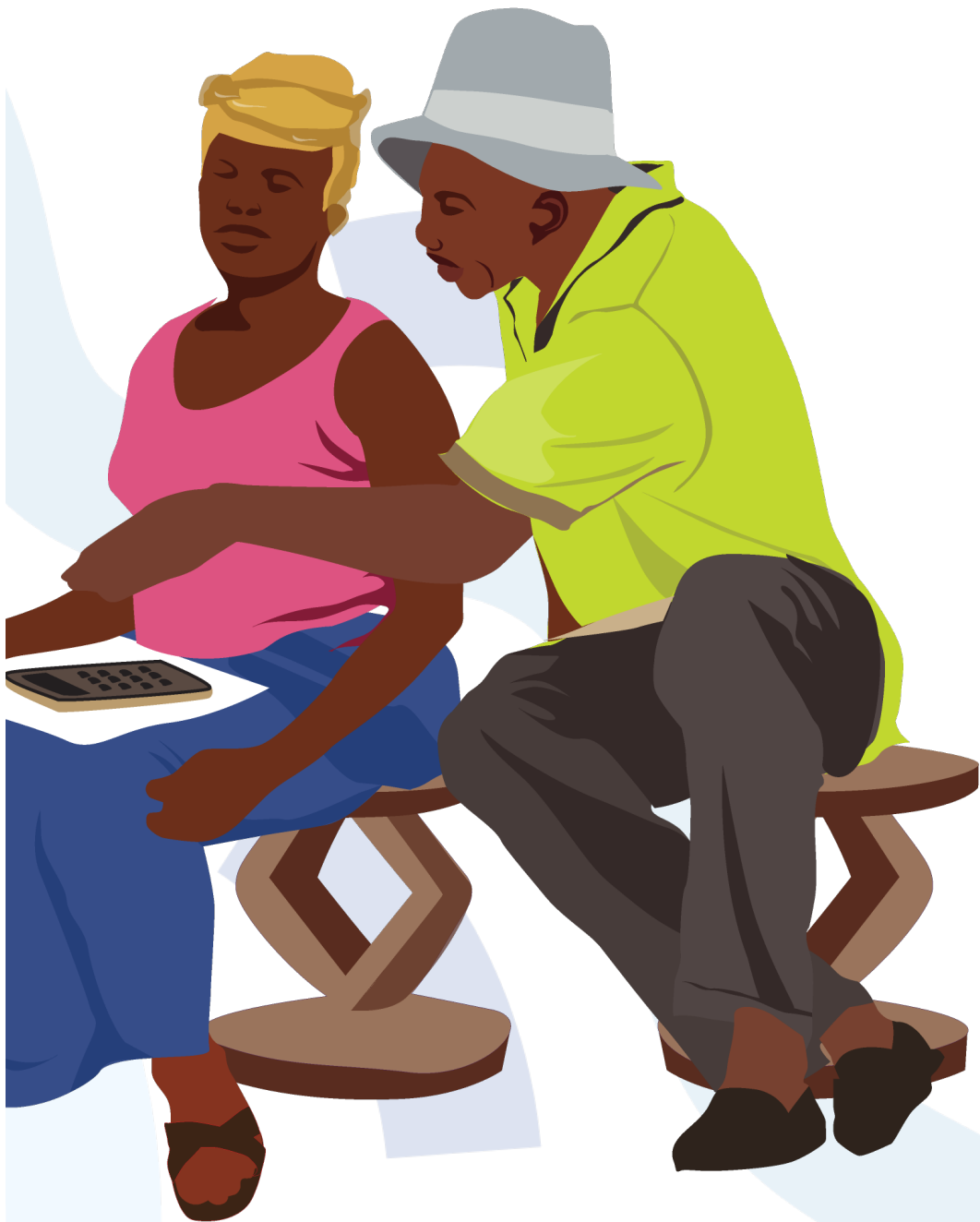




ECONOMIC EMPOWERMENT FOR BETTER NUTRITION

30







ECONOMIC EMPOWERMENT FOR BETTER NUTRITION



Margret Nkhosi, an Assistant Community Development Officer in Petauke District, explains the concept of **Savings and Internal Lending Communities** and how savings groups have **empowered local communities** to build resilience.







ECONOMIC EMPOWERMENT FOR BETTER NUTRITION



Economic empowerment through improved household and productive resources.

Masulani and Enelise Banda from Songwe in Katete are members of a **savings group**. Listen to them share how savings and loans have **supported their agricultural endeavors**.







Anderson Julius Nthele, a Private Service Provider from Songwe Village in Katete, shares his experiences and insights on how members have benefited from **the Farmer Business School**. He discusses his involvement with the Farmer Business School, the advantages gained from the training and the **positive impact of the village chicken intervention**.







NUTRITION GOVERNANCE



38





NUTRITION GOVERNANCE



Strengthening nutrition governance at district, provincial and national level.

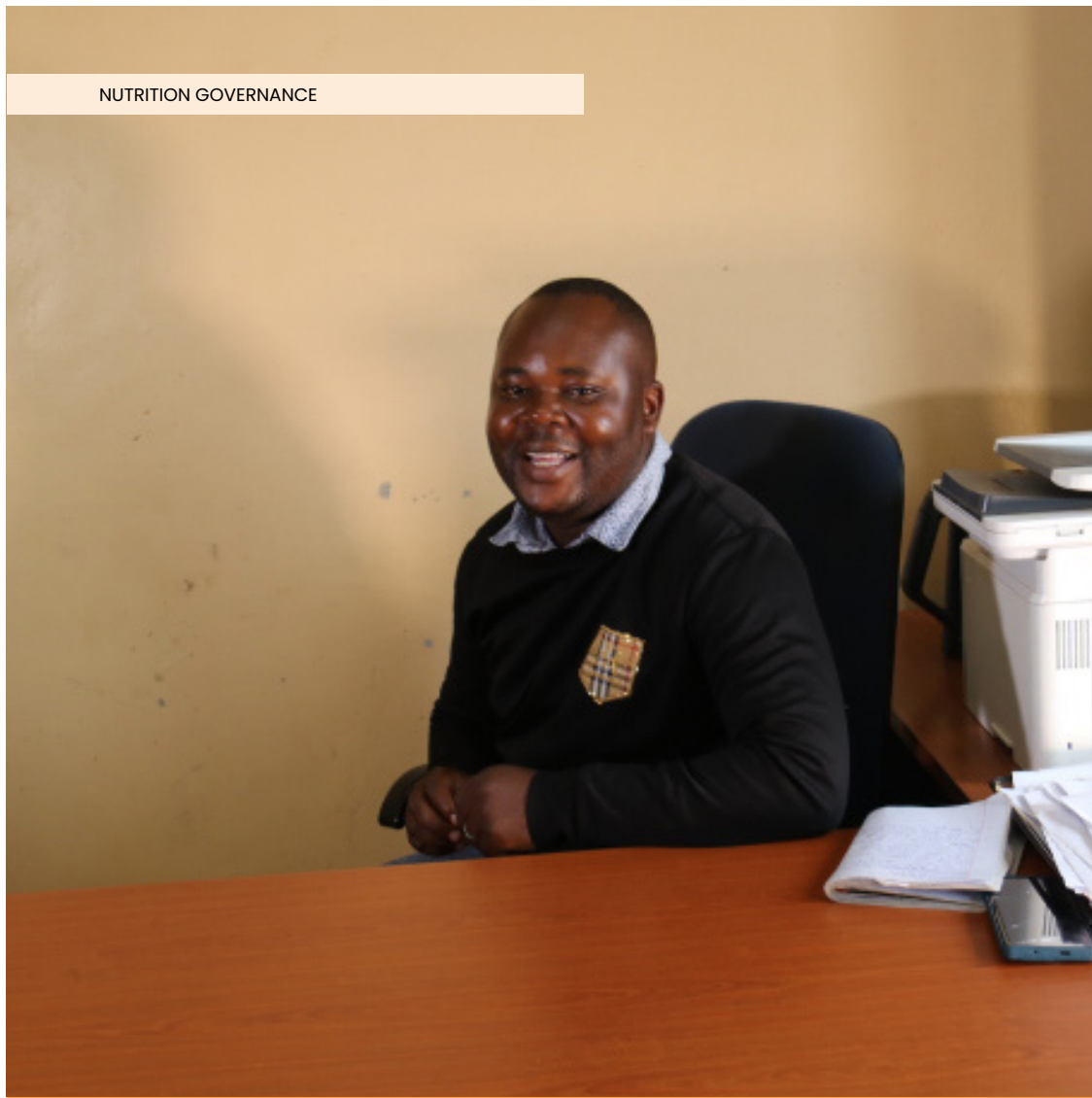
Listen to Bongani Mvula, the District Nutrition Coordination Committee Secretary for the Ministry of Agriculture, as he explains how FANSER's support has strengthened their capacity to **coordinate impactful nutrition interventions** within the community.







NUTRITION GOVERNANCE



Lyson Banda Chingaipe, the Ward Nutrition Coordinating Committee (WNCC) Chairperson and a Camp Extension Officer for the Ministry of Agriculture, in Sinda, Eastern Province, reflects on how **improved governance** within the WNCC has led to **tangible benefits for the communities**.





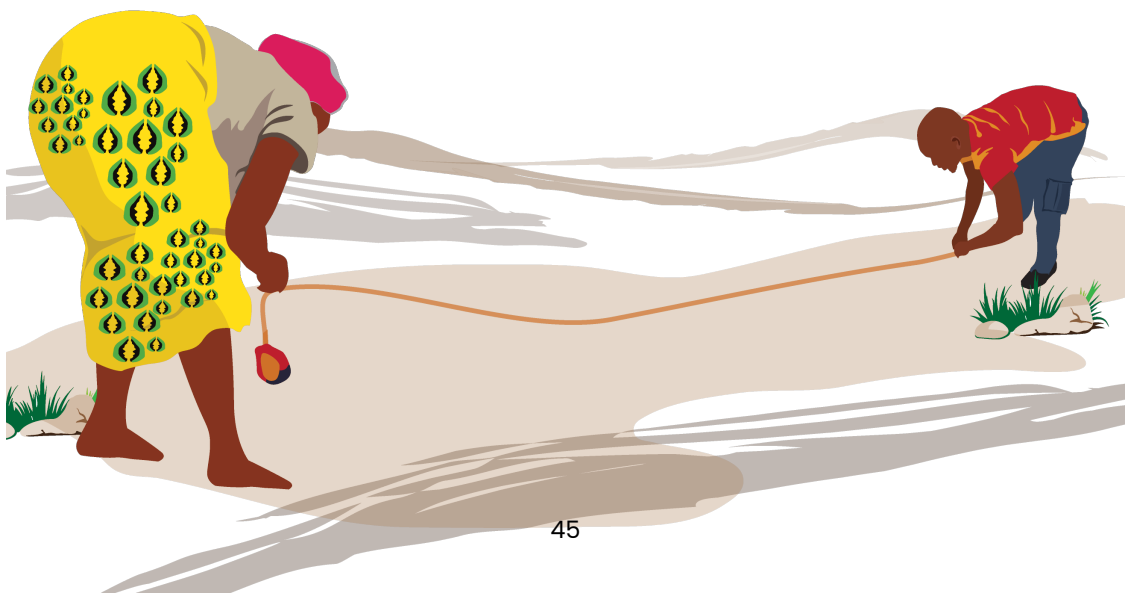
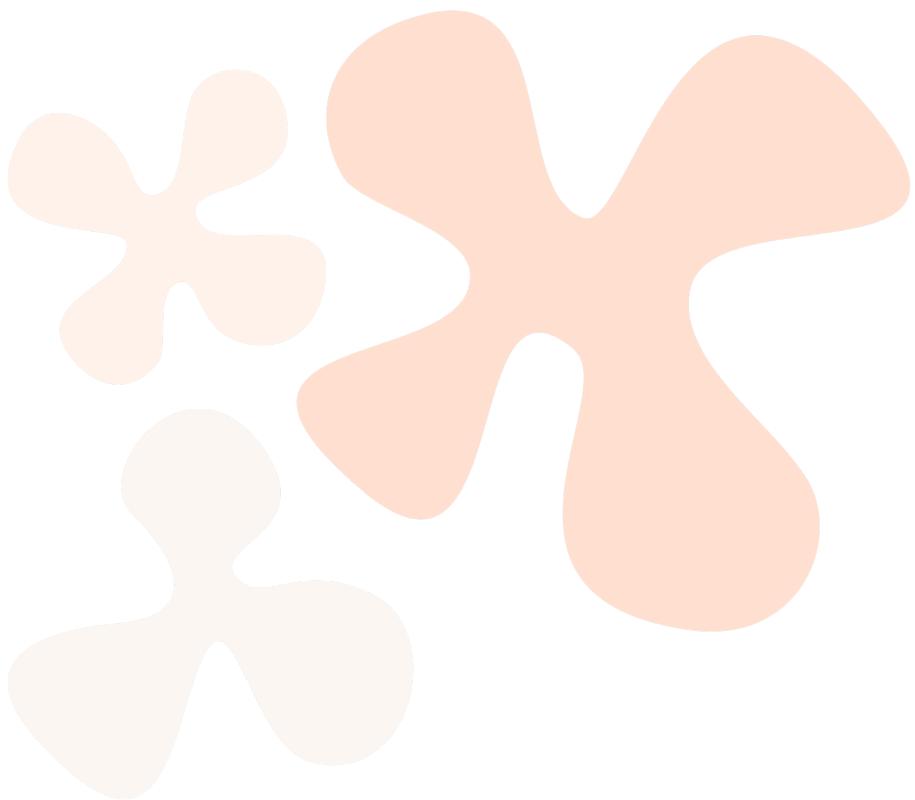


NUTRITION GOVERNANCE



Listen to Shauda Khondowe, a Traditional Leader from Katete, as he reflects on his role in **spearheading the fight against malnutrition** within his community





CREDITS

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