

Zambia Updates

April 2016

INGENAES stands for Integrating Gender and Nutrition within Agricultural Extension Services. We aim to assist partners in Feed the Future countries to build more gender-responsive and nutrition-sensitive extension approaches and tools to improve agricultural livelihoods for women and men and enhance household nutrition.

ingenaes.illinois.edu/about-us

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INGENAES Co-hosts Harmonization of Nutrition Messages Workshop

The Ministry of Agriculture's (MoA) Food and Nutrition Section partners with INGENAES to harmonize the nutrition-related materials and messages that public, private, and NGO extension officers disseminate to farmers*. At a Lusaka workshop in late January, 37 key stakeholders from 20 organizations discussed how nutrition can be integrated into materials and activities led by agriculture extension officers to reach men and women farmers with appropriate nutrition information. MoA is developing nutrition-sensitive materials relevant for extension officers with support from INGENAES.

*Sample nutrition messages from workshop on pages 4-5. You can find the materials from the event here: <http://ingenaes.illinois.edu/zambia-nutrition-wksp>. For more information, please contact Kristy Cook, kcook@culturalpractice.com or Edye Kuyper, at emkuyper@ucdavis.edu.

Zambian Forum for Agriculture Extension Advisory Services (ZAFSAAS) registered and first Board Meeting held

Following the [ZAFSAAS launch on January 15th](#), INGENAES staff were invited to attend and help facilitate the first meeting of the ZAFSAAS interim board. The members discussed the overview and vision for the ZAFSAAS. ZAFSAAS is now officially registered in Zambia! The Ministry of Agriculture currently serves as the Chairman of the Interim Board, which also has representatives from research, academia and non-profit organizations. *Continued on second page...*



ZAFSAAS Executive Committee and INGENAES staff in Lusaka.
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*Zambian Forum continued...*The mission of the Forum is to create harmonization, standardization and add value to initiatives in agricultural extension and advisory services through inclusive sharing of information and increase professional interaction. ZAFSAAS has committed to gender-responsive and nutrition-sensitive approaches in its constitution and hopes to soon hold additional workshops geared at cross-institutional collaboration including harmonizing extension messages. In Zambia, the INGENAES local representative, [Vincent Akamandisa](#), was elected Secretary for the Interim Board. If you or your organization are interested in being involved or would like more information regarding ZAFSAAS, please contact Martin Muyunda, ZAFSAAS chair, martin_muyunda@yahoo.co.uk



Photo above: One of the Zasaka Villages. All food storage bins. © M Bell 2016

Agency Advising on nutrition messaging and agricultural extension conducted

INGENAES works with extension organizations to advise them on how to improve gender and nutrition programming and outcomes. Nutrition messaging training materials are being developed for iDE to upgrade their extension agent skills in this area. Zasaka, based in Chipata, received direct extension assistance along with targeted business development discussions. A template for developing core objective statements was provided to ZAFSAAS. INGENAES staff met with Ministry of Agriculture staff responsible for the NAESS and will work with gender and nutrition Ministry staff to bring their expertise into the document. Overall, agency advising services provide a hands-on opportunity to work directly with agencies in how to apply gender-sensitive and nutrition-informed approaches into their specific work. For further information, contact Nikki Grey-Rutamu (ngreyrutamu@ucdavis.edu)

IAPRI Partnering with INGENAES around M&E for Gender, Nutrition

INGENAES is proud to have a formal partnership with the Indaba Agricultural Policy & Research Institute (IAPRI), Zambia's foremost source for agricultural policy research. As a part of the INGENAES partnership, IAPRI will survey, test, and make recommendations regarding monitoring and evaluation measurement tools that are sensitive to the contribution that agricultural extension services can make to affecting nutrition and gender equity. This innovative project will focus on tools that are appropriate to the context of Zambia, but will have implications for global implementers of extension and advisory services working to integrate nutrition and gender within their work. What gets measured gets done!

Photo below: IAPRI representative Rhoda Mofya Mukuka © V Akamandisa 2016



Developing mentoring and learning group skills in networks

Training workshops were held with two mentoring groups, one in Lusaka and another in Chipata. The participants, all linked through agriculture extension roles or interests, are enthusiastic about sharing experiences and learning from each other about gender and nutrition. These mentoring groups have the potential to form part of a larger learning group in this area. Further, we identified clear opportunities to engage with the Agricultural Extension group at the University of Zambia for further student capacity building.

Photo below: Mentoring workshop participants (Lusaka) © M Bell 2016



Planning for the May aflatoxin post-harvest workshop in Chipata District

Dr. Juliet Akello from IITA will work with Dr. Alyson Young (UF) to host a workshop on aflatoxins and post-harvest practices May 3 for extension workers and farmers in Chipata District. Dr. Akello is a Postdoctoral Fellow in Plant Pathology working on biocontrol methods for aflatoxin reduction in Lusaka. The workshop will include sessions with information on aflatoxin reduction and participatory methods for extension officers and a session with farmers to provide information on post-harvest practices. For more information, please contact Alyson Young at alys.yng@ufl.edu.

Zambia Highlighted at Multi-sectoral Nutrition Global Learning and Evidence Exchange (GLEE)

Zambia's progress on nutrition was highlighted at the recent GLEE for East and Southern Africa event held in Dar es Salaam, Tanzania from March 8-10. Karen Mukuka, Chief of the Ministry of Agriculture Food and Nutrition Section spoke to the need to boldly take the next steps to act on the professional development that has occurred at multinational capacity building events, including filling data gaps and increasing the production of healthful foods. Ms. Agness Aongola, Nutrition Chief at the Ministry of Health, highlighted Zambia's new degree program in nutrition and how it will develop stronger human capital for nutrition. Event materials can be found here: <http://www.fantaproject.org/news-and-events/fanta-hosts-msn-gee-tanzania>

Co-location Activity Kick-off in Zambia!

How are social network structures related to the geospatial network, and how might this strengthen extension? During the first week of March, University of Florida graduate students David Dillon and Audrey Smith traveled to Zambia with Dr. Alyson Young to work on what has been dubbed the "Co-location Activity". Through this activity, they will model how information flows through networks, identify bottlenecks, and potential resource hubs (e.g., to access nutrition and other information).

The students met with Dr. Martin Muyunda, the Principle Officer of Agricultural Extension Services in Zambia's MoA who briefed them on the structural organization of the country's extension services, as well as the characteristics of Zambia's five-tiered categories of farmers and their respective capacities and limitations. The team also visited the Chipata District Land Alliance (CDLA), which houses [USAID's Tenure and Global Climate Change \(TGCC\)](#) program. TGCC works with CDLA to strengthen customary land tenure rights for smallholder farmers in Chipata with participatory rural appraisal approaches using open source, low cost technologies.

Photo below: CDLA GIS Lab: Zambian GIS Technicians Romeo Muchelemba and Reuben Kaponde with David Dillon and Audrey Smith (UF). © A Young 2016



Grid of Messages from Nutrition Harmonization Workshop

Agriculture "nutrition openings"	Nutrition-related activity/message (Promotion)	Nutrition-related activity/message (Mitigation)
A. Food security packs (government or NGO supported)	<ul style="list-style-type: none"> Promote other foods at household level in addition to carbohydrate only pack that is given by Government Encourage savings from sales of crops like maize and promote food budgeting among farming households The food security pack should change name to food and nutrition security pack 	<ul style="list-style-type: none"> Government policy of increasing production should be more than maize. Increased production should mean other foods including maize
How to communicate this message	<ul style="list-style-type: none"> During field day meetings, Social gatherings like religious, funerals etc. Use of theatre-like drama Commodity study groups 	
B. Food processing and Value addition at local level	<p>FOOD PROCESSING AND UTILISATION</p> <ul style="list-style-type: none"> Use processing methods that will retain high nutrient in processed foods Process foods that have anti nutritional components like cyanide in cassava to counter the side effects on nutrition Fortify food at household level using other foods (nutrient dense foods can be used in less nutrient dense foods) i.e. soya and groundnuts can be used to improve other foods Increase food and diet diversification by preserving home processed food that can bridge food gaps in times of shortage of certain foods Process nutritious acceptable food <p>FOOD PRESERVATION AND STORAGE</p> <ul style="list-style-type: none"> Store enough food to cover the lean period. Make food estimates to know how much will be enough year round Store in appropriate packaging materials and in good conditions Ensure that legumes and cereals are free of toxins and molds Do not preserve already bad food (rotten) <p>FOOD SAFETY AND HYGIENE</p> <ul style="list-style-type: none"> Practice basic food and hygiene practices Water hygiene- water sources and water handling in the home Hygiene and sanitation of the environment/surroundings Food hygiene and sanitation Personal hygiene and sanitation 	<ul style="list-style-type: none"> Minimize consumption of food that contain anti-nutritional factors Avoid processing one food only, it will not contribute to a diversified diet Processed foods should be acceptable while maintaining their nutritional status Processing methods that lead to high nutrient losses in food should be avoided Processing of food should be hygienic and maintain food safety standards

Grid of Messages from Nutrition Harmonization Workshop (continued)

How to communicate this message	<ul style="list-style-type: none"> • Cookery demonstration/food processing sessions • Posters, fliers, drama, pictures, video presentation 	
Agriculture “nutrition openings”	Nutrition-related activity/message (Promotion)	Nutrition-related activity/message (Mitigation)
C. Livestock and fisheries	<ul style="list-style-type: none"> • Consume fish and meat products before selling all of it. • Fish and meat is good food for child brain development • A healthy family consuming meat and fish products, will have less medical bills • Eat every fish and livestock product • Develop food roster that include fish and meat products 	<ul style="list-style-type: none"> • Removing certain parts of fish like bones will mean less minerals from fish, hence when processing, make sure those bones that can be consumed are left on fish
How to get the message to the farmer/general public	<ul style="list-style-type: none"> • Use theatre, Agriculture extension, Private sector like ZamBeef, Yalelo, supermarkets etc • Social media to set up discussion groups • Use celebrities to take out nutrition messages for promoting consumption of meat and fish 	
D. Conservation Agriculture and Irrigation	<p><u>Early land preparation</u> will spread labor demands across a longer period of time to balance productive and reproductive responsibilities</p> <p><u>Crop rotation and intercropping</u> will benefit soil health which will increase yield and contribute to diet diversity</p> <p><u>Irrigation</u> will promote year round production, promote availability of nutrient dense foods year round</p>	<p><u>Handling chemicals</u> in CA- good and safe storage and handling + application of chemicals. Good disposal of chemical cans. Promote hand washing to avoid contamination</p> <p><u>Irrigation</u>: control stagnant water to mitigate water borne diseases</p> <p><u>Labour</u>: women balance multiple roles, understand food/energy requirement for Pregnant and lactating women</p>
Delivery method	<ul style="list-style-type: none"> • Multiple. Complementary methods • Agriculture content integrated with nutrition and gender * CEOs + Lead Farmers disseminate through demos, field days, farmer field school • Peer education at household level for nutrition specific messages (ENA, IYCN) necessary 	



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