



Nutrition Volunteers complete an exercise about creating highly nourishing daily menus for children under two years old.  
Photo by Karen Kasmauski for CRS.

## overview

# FOOD AND NUTRITION SECURITY, ENHANCED RESILIENCE (FANSER)

### BACKGROUND

Poor dietary diversity, combined with inadequate care and feeding practices, have contributed to high levels of malnutrition throughout Zambia.



**Stunting** has been persistently high in Zambia at 40%, with **Eastern Province** above average at 43%.

In response, FANSER's phase I focused on promoting the use of locally produced, nutrient-rich crops for optimal complimentary feeding for children under 2 years old and balanced, nutritious diets for pregnant and breastfeeding women as well as improving the hygiene practices of 13,781 households by July 2018.

### PHASE II: NUTRITION, WASH, FINANCIAL RESILIENCE, AND GENDER DYNAMIC

Phase II will continue dietary diversity lessons and nutrition sensitive hygiene practices with an added focus on **improved financial resilience** through savings groups. It will also have an **added gender dynamic** to encourage improved intra-household, joint decision-making to enhance women's control over resources, household nutrition, and male caretaker support.

CRS will target **27,500 pregnant and lactating women and women of reproductive age**, and **20,000 children under two** with the following key interventions:

  
**17,500 households**  
Receiving nutrition and WASH messaging

  
**10,000 households**  
Starting keyhole gardens

  
**14,000 households**  
Participating in savings groups

### QUICK FACTS

<b>Funder</b>	GIZ
<b>Project location</b>	Petauke & Katete, Eastern Province
<b>Timeframe</b>	Phase I 2015-2018 / Phase II 2018-2020
<b>Partners</b>	GIZ, Caritas Chipata, Women for Change

### PROJECT HIGHLIGHT



#### THE CARE GROUP MODEL

FANSER applies the Care Group model to promote the adoption of positive health and nutrition practices and consumption of nutrient dense, protein rich foods, with a focus on preventing malnutrition. This approach allows a relatively small number of paid staff to reach a large number of potential beneficiaries.







Esther, a nutrition volunteer, teaches the continued importance of breast milk after six months as well as the types of foods and amounts to be fed from 6-9 months. Photo by Karen Kasmauski for CRS.

## KEY OUTPUTS\*

\*As of July 2018



**13,781**

households have received training during monthly visits from nutrition volunteers.



**7,872**

households trained in hygiene and sensitization.



**1,036**

households participated in cooking demonstrations in 40 villages using locally available foods provided by the beneficiaries.



**459**

beneficiaries were trained in nutrition sensitive agriculture by the local extension staff, lead farmers to targeted beneficiaries.

## LEVERAGING RELATIONSHIPS

Acknowledging the multi-sectoral causes of malnutrition, CRS has aligned with district level government actors involved in service delivery to rural communities to promote a coordinated response to malnutrition to maximize impact.

In collaboration with the Ministry of Health and the Ministry of Agriculture, CRS and Caritas have gained valuable insight in community selection, policy advocacy, support for the Care Group referral system, and establishment of kitchen gardens. Similarly, during the lifespan of the project, CRS has aligned itself with four other important partners, including COMACO, RICH, the FAO (under the CASU Project), USAID's Profit +, and Women for Change. With these strategic partnerships, CRS is strengthening a united effort to reduce malnutrition and enhance resilience amongst households in the targeted districts.

**FANSER is possible thanks to the support of GIZ, also a technical partner in providing agricultural training and capacity building, and the collaboration with local government.**

Catholic Relief Services is the overseas relief and development agency of the United States Conference of Catholic Bishops that has been operating in Zambia since 2000. Since its inception, CRS has provided specialized services in integrated agricultural development and food and nutrition security to poor and vulnerable households. CRS' primary partner under the GIZ initiative is Caritas Chipata, the development arm of the Catholic Diocese of Chipata, with a presence in Eastern Province for over 40 years.

