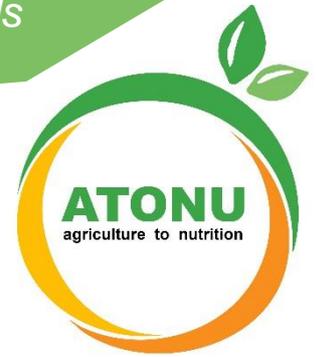


GUIDANCE: Designing Nutrition-Sensitive Interventions

Household Access and Availability of Diverse Foods

E.g., Enhanced Homestead Farm Production



BACKGROUND

Agriculture is the primary income generator and food source for the majority of people living in rural areas of developing countries. Many of these households live on less than \$1 a day and rely on staple foods with poor nutritional quality, such as highly milled maize, rice, or cassava as their major calorie source. In addition, non-existent or non-functioning markets in many rural areas can also limit households' ability to purchase quality, diverse foods. Women tend to be disproportionately affected by these conditions given their limited ability to participate in household production and financial decisions and restrictions on their mobility.

Enhanced Homestead Food Production, piloted and tested by [Helen Keller International](#), has shown to promote women's access to productive resources and increase production and consumption of iron-rich green leafy vegetables, vitamin A-rich fruits, and vital protein sources such as poultry, goats and fish.

CONTRIBUTION TO AGRICULTURE-TO-NUTRITION PATHWAYS

Enhanced Homestead Food Production can contribute to each of the three main agriculture-to-nutrition pathways:

1. **Production pathway:** by increasing household production of high-quality, diverse foods available for home consumption and for the market.
2. **Income pathway:** by increasing household production of diverse foods available for sale thereby increasing income.
3. **Women's empowerment pathway:** by enhancing women's participation in household production decisions and access to productive resources and services.

TARGET BENEFICIARIES

- Women's groups
- Individual households

OBJECTIVES

1. Increased household food security
2. Increased income for households, especially for women, through food production and entrepreneurial skills
3. Increased health, nutrition, and agriculture knowledge
4. Increased household dietary diversity
5. Increased agricultural extension services provided to female producers

INDICATORS

1. Percent of women receiving agriculture extension services (output)
2. Household dietary diversity scores, minimum diet diversity or women, Minimum Acceptable Diet for children 6-23 months (outcome)
3. Prevalence of women of reproductive age who consume targeted nutrient-rich value chain commodities (outcome)
4. Prevalence of children 6-23 months who consume targeted nutrient-rich value chain commodities (outcome)
5. Income from sale of produce (outcome)
6. # of days in a year with access to vegetables for home consumption (outcome)

ACTIVITIES

1. Partner with local government field agents and NGOs to select target area
2. Establish Village Model Farms and individual enhanced homestead farm production
3. Create access to nutritious, diverse food inputs (e.g., seeds, saplings, small ruminants)
4. Conduct agricultural training through women's groups on optimal agricultural and small ruminants' practices, including use of low-cost technologies
5. Link women's groups and individual households (including men and grandmothers as gatekeepers) to health services and nutrition social behaviour change (SBC)
6. Link women's groups with market linkages (offtake of agricultural products)

POTENTIAL CHALLENGES

1. Ownership of Village Model Farms can be challenging due to internal community politics.
2. Food production on its own is not enough – promotion of nutritious food crops and livestock must be accompanied with SBC.
3. Project must monitor women's time allocation to ensure there is no negative impact on women's labour burden.

ADDITIONAL RESOURCES

[Helen Keller International's enhanced homestead food production program in Burkina Faso: Results from a process evaluation](#). International Food Policy Research Institute, 2013.

DK Olney et. al. *A 2-Year Integrated Agriculture and Nutrition Program Targeted to Mothers of Young Children in Burkina Faso Reduces Underweight among Mothers and Increases Their Empowerment: A Cluster-Randomized Controlled Trial.* [Journal of Nutrition](#), 2016.

[Implementation challenges and successes of an AG4Nut project in the eastern region of Burkina Faso.](#) Field Exchange, 2016.