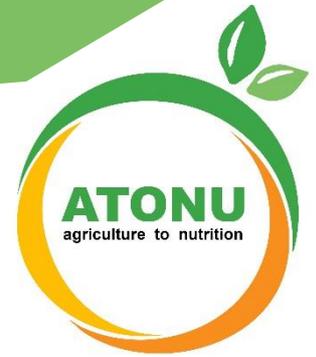


# GUIDANCE: Designing Nutrition-Sensitive Interventions

## Women's Time Allocation

*E.g., SBC Training: Nutrition-Sensitive Agriculture for Male Farmers*



## BACKGROUND

Nutrition trainings have typically targeted women and caregivers within the health setting, such as health centres. However, in many cultures, men are the key decision makers in terms of household food allocation and resources.

There is a need to engage men in nutrition education and training, but the messages need to be adapted using appropriate analogies that will resonate with men as farmers and fathers.

## CONTRIBUTION TO AGRICULTURE-TO-NUTRITION PATHWAYS

Social and Behaviour Change (SBC) training for male farmers on nutrition-sensitive agriculture can contribute to each of the three main agriculture-to-nutrition pathways:

1. **Production pathway:** better allocation of household productive resources to diverse crops with men's engagement and knowledge of nutrition
2. **Income pathway:** households more likely to use increased income from production to purchase nutritious, diverse foods for the household
3. **Women's empowerment pathway:** reduces burden on women to provide nutritious foods for family unsupported and encourages joint household decision making

## TARGET BENEFICIARIES

- Male farmers
- Farmers' groups/associations

## OBJECTIVES

1. Strengthened households' understanding on the importance of key nutrition behaviours
2. Promoted adoption of key nutritional messages among farmers through the use of appropriate analogies
3. Promoted men's engagement with making household decisions around consuming nutritious, diverse foods

## INDICATORS

1. Number of women/men trained (output)
2. Percent of households adopting key nutrition behaviours (outcome)
3. Household dietary diversity scores (outcome)

## ACTIVITIES

1. Determine key behaviours that will be most effective in improving nutrition in the local context (tools for conducting behaviour analysis include: barrier analysis, OptiFoods)
2. Identify existing nutrition training materials and adapt to the local context. The key to developing nutrition training for farmers is to ensure that nutrition messages are matched with agriculture practices that farmers are already familiar with, thus relying on appropriate analogies for presenting nutrition messages.
3. Conduct Training of Trainers using adapted training materials targeted at men. Select the training model most conducive to the project context (e.g., cascade training with farming households and farmer associations conducted by lead farmers).
4. Monitor trainings conducted by trainers (e.g., use of ACDI/VOCA's STICKS™ methodology for tracking trainings).
5. Develop, as needed, additional materials (e.g., cooking demonstrations or cookbooks) to support farmers in adopting key behaviours.

## POTENTIAL CHALLENGES

1. Selection of key behaviours can be a time- and resource-intensive step that can reduce the potential impact of the intervention if not done correctly.
2. A poor enabling environment can hinder participants' ability to adopt the new behaviours (e.g., deeply entrenched socio-cultural values that assign specific roles to men and women)

## ADDITIONAL RESOURCES

[Nutrition-sensitive agriculture farmer training](#). ACDI/VOCA, 2016.

[STICKS \(Scalable Tracker for Imparting Certified Knowledge and Skills\) Tool](#). ACDI/VOCA.