

# COMMUNITY MOBILIZATION ON FOOD AND NUTRITION SECURITY



Flip Chart

# THE ROLES OF SCHOOLS IN PROMOTION OF FOOD AND NUTRITION SECURITY

CARD  
1



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1

## THE ROLES OF SCHOOL TEACHERS IN PROMOTION OF FOOD AND NUTRITION SECURITY

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- Hold classroom discussions on food and nutrition security
- Organize students to engage in food and nutrition security activities, such as school gardens and learning about healthy food choices, marketing, commerce, and income
- Organize farming demonstrations on improved farming techniques
- Engage role-model farmers and extension workers to exchange information with students
- Engage students in outreach activities such as performing cultural/theatrical activities on food and nutrition security
- Advise pupils/students to establish backyard and kitchen gardens

# THE ROLES OF PARENTS AND CARE-GIVERS IN PROMOTING FOOD AND NUTRITION SECURITY

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## THE ROLES OF PARENTS AND CAREGIVERS IN PROMOTING FOOD AND NUTRITION SECURITY

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- Strive to grow or buy a sufficient quantity and variety of food for the household
- Follow guidance for feeding of infants and young children and ensure children and dependents are fed enough of various types of food
- Participate in community dialogue and mobilisation and support the community action plan
- Attend seminars, meetings, demonstrations, exhibitions, and trainings to gain knowledge, information, and skills pertaining to food and nutrition security
- Work closely with others to form parents associations on food and nutrition security
- Use family planning to have a manageable number of children
- Take children for healthy and sick child visits as needed to receive all immunizations, and participate in any community activities that promote child growth
- Encourage and practice use of clean and safe water, sanitation, and hygiene practices, including: hand-washing with soap/ash before preparing food, eating/feeding, after using the toilet, or cleaning someone who has defecated; having, using, and maintaining a household latrine; and treating drinking water and storing it safely in a covered container

# THE ROLES OF COMMUNITY LEADERS IN PROMOTING FOOD AND NUTRITION SECURITY

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3



CARD

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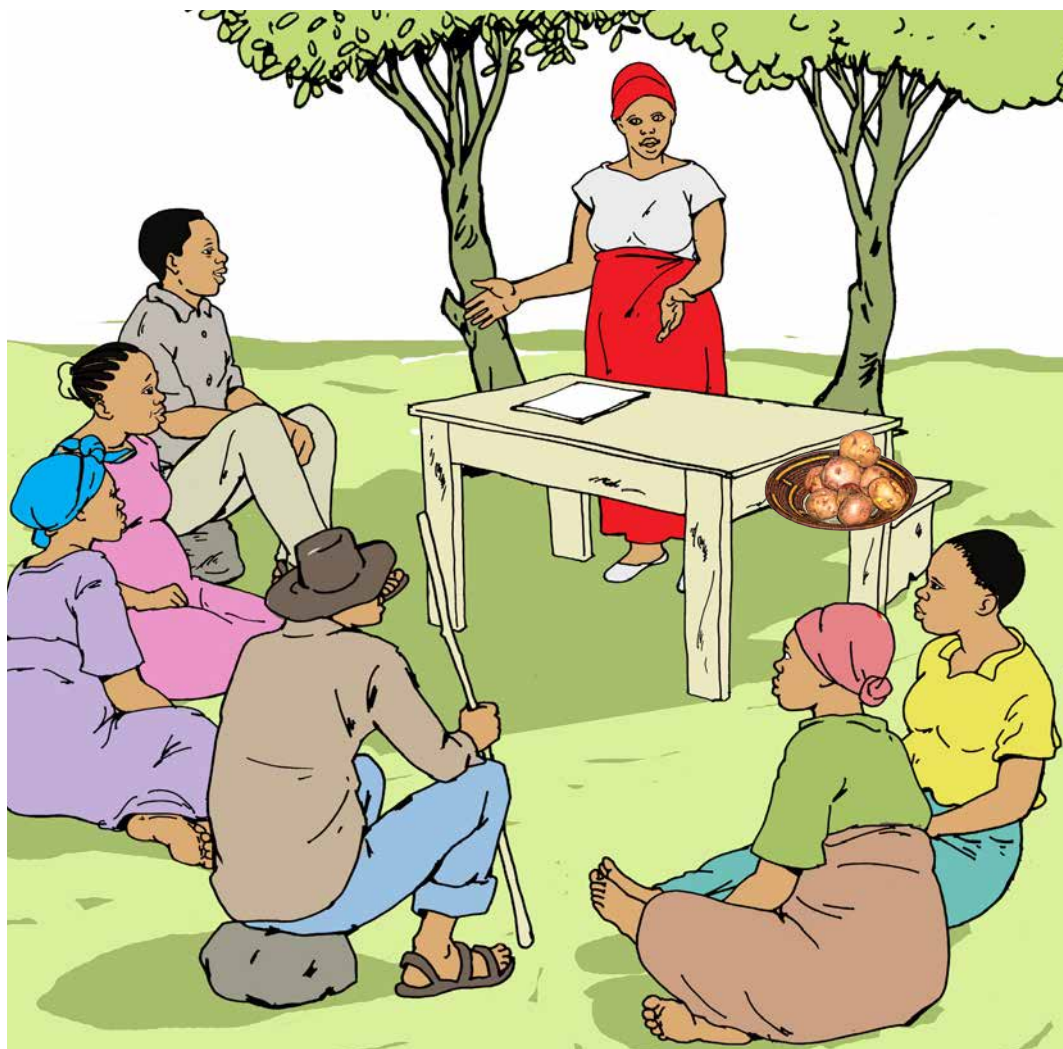
## THE ROLES OF COMMUNITY LEADERS IN PROMOTING FOOD AND NUTRITION SECURITY

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- Encourage household heads and other members to engage in profitable farming that promotes food and nutrition security
- Identify model farmers to exchange information with other community members
- Mobilise households to build appropriate food storage facilities
- Identify households that are at risk of food and nutrition insecurity and sensitise them to get involved in good agricultural practices
- Link farmers to appropriate extension workers
- Mobilise schools to teach agriculture and re-introduce school gardening
- Provide information to couples on manageable family sizes
- Promote clean and safe water, sanitation, and hygiene practices at the community and household level
- Follow up on implementation of community food and nutrition security action plans
- Teach and practice agriculture through school gardening

# THE ROLES OF COMMUNITY RESOURCE PERSONS SUCH AS PARISH DEVELOPMENT COMMITTEES (PDCs) IN PROMOTING FOOD AND NUTRITION SECURITY

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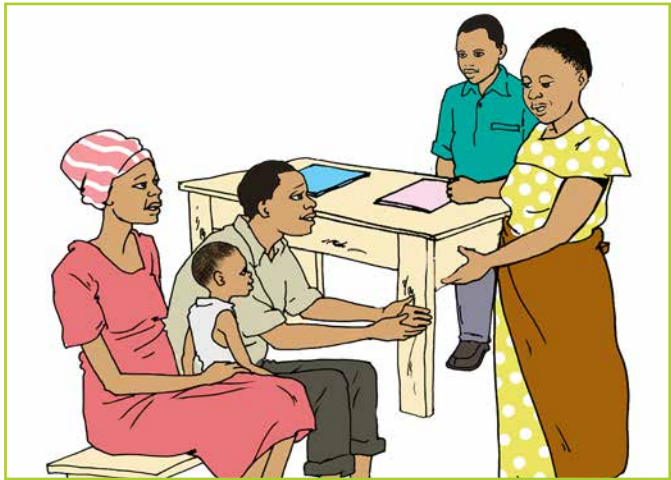
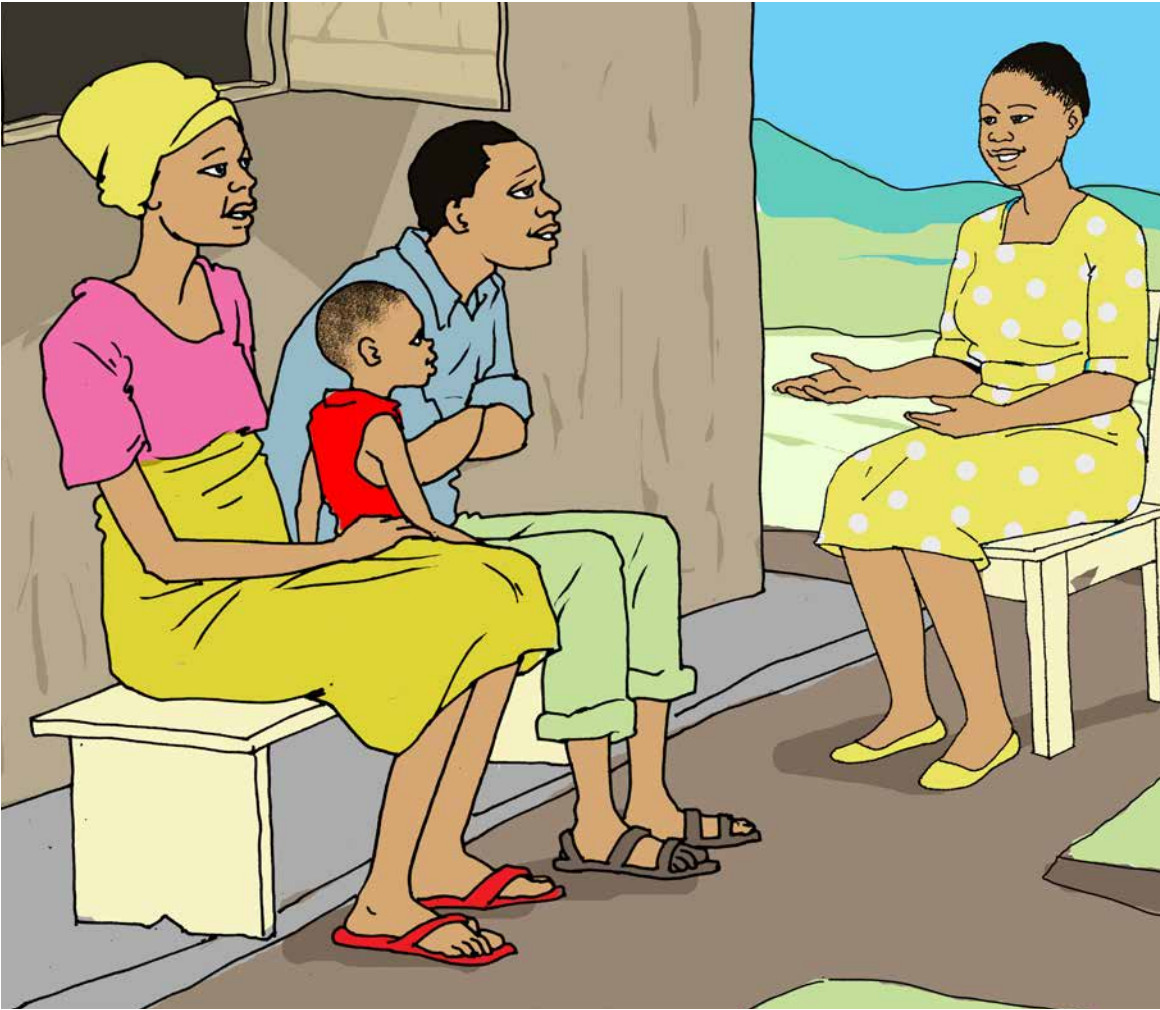
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## **THE ROLES OF COMMUNITY RESOURCE PERSONS SUCH AS PARISH DEVELOPMENT COMMITTEES (PDCs) IN PROMOTING FOOD AND NUTRITION SECURITY**

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- Report on food and nutrition security issues to relevant authorities (e.g., in the case of natural disasters such as hailstorms, floods, and landslides) so that proper action can be taken
- Include food and nutrition security objectives and activities in development plans
- Mobilize community members to promote food and nutrition security in their homesteads
- Sensitize communities to adhere to local early warning signs regarding weather

# THE ROLES OF CIVIL SOCIETY ORGANISATIONS IN PROMOTING FOOD AND NUTRITION SECURITY



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## THE ROLES OF CIVIL SOCIETY ORGANISATIONS IN PROMOTING FOOD AND NUTRITION SECURITY

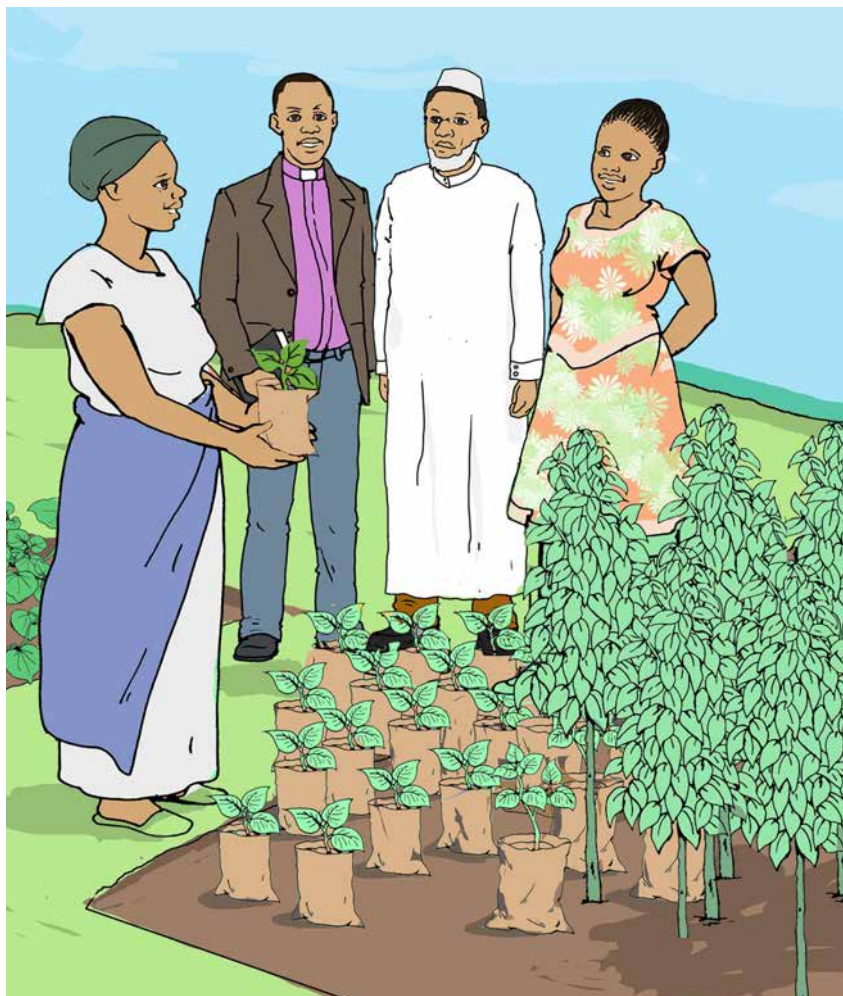
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- Disseminate relevant food and nutrition security knowledge and information
- Advocate for attitudes, beliefs, and practices that promote food and nutrition security
- Incorporate food and nutrition security issues into programs
- Connect with extension workers and community mobilisers
- Provide financial, technical, and other resources (such as seeds) to improve food and nutrition security
- Follow up with and support families at risk of malnutrition and food insecurity
- Advocate for increased resource allocation to food and nutrition security in local governments
- Monitor food and nutrition security interventions in communities and share reports with relevant stakeholders
- Advocate for integration of food and nutrition security in sector plans and budgets

# THE ROLES OF RELIGIOUS LEADERS IN PROMOTING FOOD AND NUTRITION SECURITY

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6

## THE ROLES OF RELIGIOUS LEADERS IN PROMOTING FOOD AND NUTRITION SECURITY

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- Integrate food and nutrition security messages into sermons
- Demonstrate appropriate food production techniques at church farms
- Demonstrate food and nutrition security messages at places of worship
- Encourage and/or influence affiliate organizations, such as mothers' unions, to introduce food and nutrition security messages into their activities
- Introduce food and nutrition security activities into health units under their control/ leadership/ownership
- Integrate food and nutrition security messages into pastoral visits to families, households, and communities, for example, by asking questions related to food and nutrition security and providing information on the topic
- Encourage and/or influence affiliate schools to introduce food and nutrition security issues into teaching and practice

# THE ROLES OF CULTURAL INSTITUTIONS IN PROMOTING FOOD AND NUTRITION SECURITY

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CARD

7

## THE ROLES OF CULTURAL INSTITUTIONS IN PROMOTING FOOD AND NUTRITION SECURITY

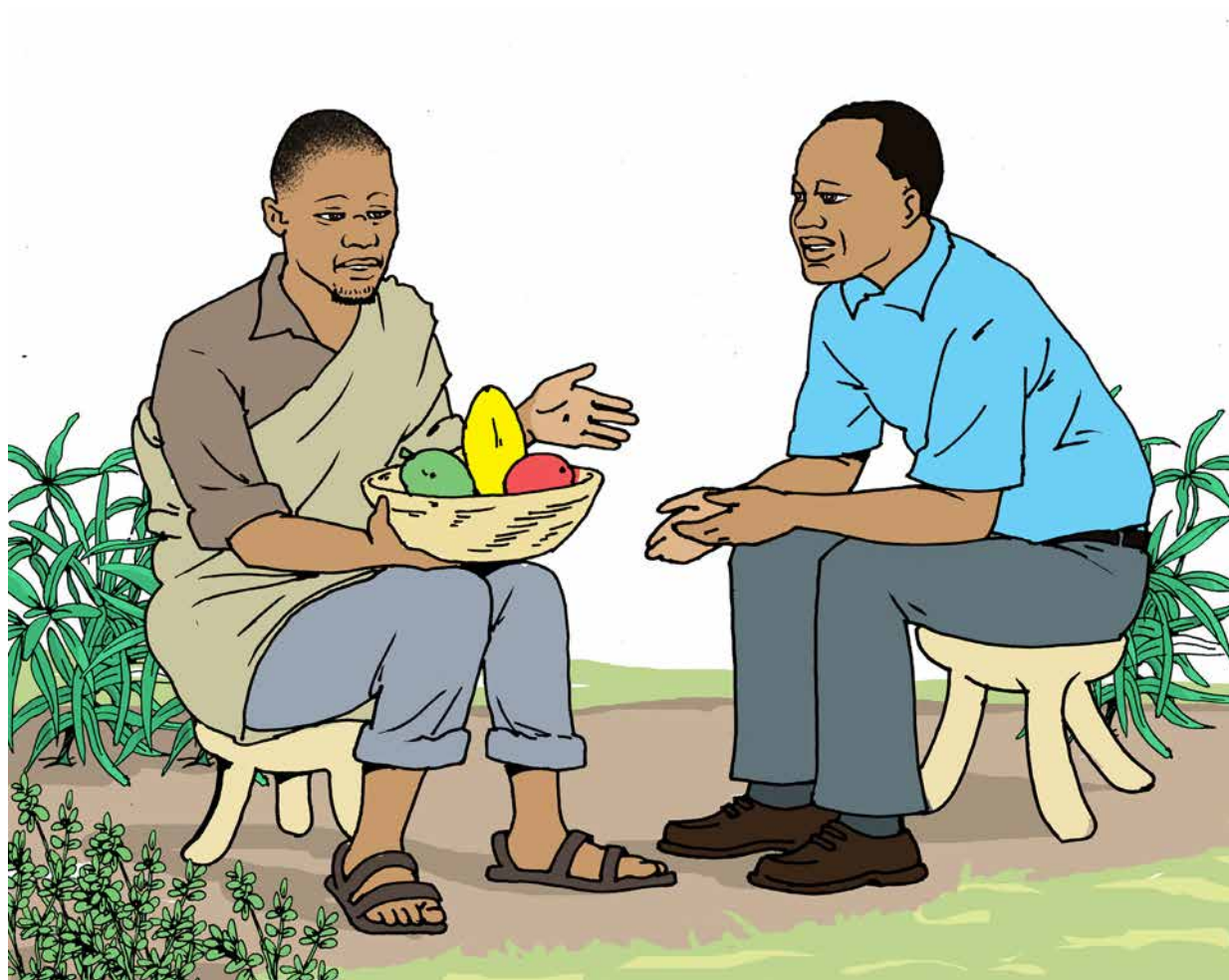
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- Mobilise subjects towards promotion of food and nutrition security
- De-campaign cultural values/practices/beliefs that compromise food and nutrition security of women and children
- Integrate food and nutrition security issues into institutions' plans
- Include food and nutrition security messages while interacting with subjects
- Link communities with food and nutrition security-related service providers, such as extension workers
- Organise agricultural and water, sanitation, and hygiene competitions
- Provide resources for food and nutrition security

# THE ROLES OF HERBALISTS IN PROMOTING FOOD AND NUTRITION SECURITY

CARD

8





CARD

8

## THE ROLES OF HERBALISTS IN PROMOTING FOOD AND NUTRITION SECURITY

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- Attend meetings to learn basic knowledge and information on food and nutrition security
- Work hand in hand with relevant offices, such as the Community Development, Health and Agriculture, to seek information on food and nutrition security
- Refer children who may be malnourished to village health teams or health facilities
- Set up demonstration gardens and encourage clients to adopt modern farming practices for improved food and nutrition security
- Establish demonstration gardens for neglected indigenous nutritious crops and herbs
- Mobilise clients to promote messages on food and nutrition security
- Work to change negative cultural beliefs and practices
- Serve as role models for good health, nutrition, and water, sanitation, and hygiene practices
- Link communities with service providers on food and nutrition security, such as extension workers

# THE ROLES OF EXTENSION WORKERS IN PROMOTING FOOD AND NUTRITION SECURITY

CARD  
9



CARD

9

## THE ROLES OF EXTENSION WORKERS IN PROMOTING FOOD AND NUTRITION SECURITY

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### **Community Development Officers (Mobilisers)**

- Lead community mobilisation efforts and community planning for food and nutrition security
- Coordinate and follow up on action plans
- Technical backstopping during community planning sessions

### **Agriculture Extension Workers**

- Identify model farmers who can grow demonstration plots
- Sensitize and educate households on modern farming methods to improve production, including organizing demonstrations and exhibitions
- Encourage and support households to adopt new crops and livestock varieties to improve food and nutrition security
- Encourage farmers to have a mixture of enterprises for regular, periodic, and long-term income
- Provide information to farmers on causes and consequences of food and nutrition insecurity
- Provide information on climate change issues
- Sensitize communities on appropriate post-harvest management, household food processing, and food preparation

### **Health Extension Workers (Village Health Teams and Health Assistants)**

- Provide community resource persons and other mobilisers with accurate health and nutrition information
- Integrate food and nutrition security issues into work plans, budgets, and reports
- Monitor food and nutrition security at the community level
- Refer malnourished individuals for appropriate care
- Conduct home visits to promote food and nutrition security
- Provide counselling services to families at risk of malnutrition and food insecurity
- Conduct follow-up visits to provide appropriate counselling on food and nutrition security
- Conduct community education sessions or other community health and nutrition interventions to promote food and nutrition security

# MODEL HOUSEHOLD

CARD  
10



# CARD 10

## FEATURES OF A MODEL HOMESTEAD

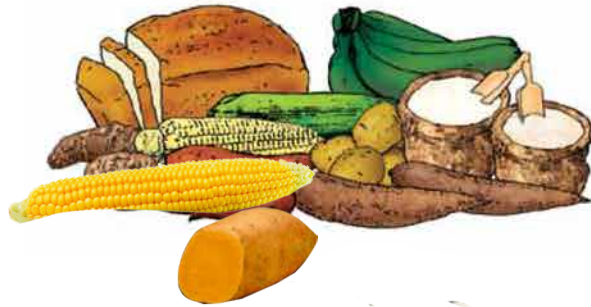
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- Kitchen, store, and main house (house for sleeping in) should be separate
- Pit latrine should have a cover and be at least 6 metres away from the home
- Facility for washing hands (tippy tap) with soap
- Drying rack for dishes
- Fruit trees
- Vegetable garden(s)
- Small or big livestock animals, with separate shelter
- Cow kraal should not be near the house(s)
- Clean, dry surface or material for drying harvest
- Energy saving cook stove
- Clean water (boiled or treated)
- Water stored in covered container with tap
- Handwashing station (tippy tap) with soap
- Compound kept clean (sweeping)
- Food storage off ground and covered to keep pests out

# EAT A VARIETY OF FOODS FROM THE FOOD GROUPS

CARD  
**11**

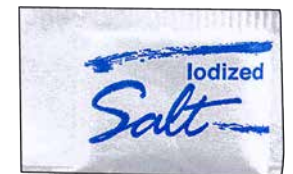
## Go!



## Grow!



## Glow!



CARD

11

## VARIETY OF FOODS FOR HOUSEHOLD NUTRITION

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- Household needs to eat a variety of foods from both crop and animal sources on a regular basis for satisfaction, energy, growth, and to stay healthy.
- Animal source foods may include chicken, goat, beef, liver, eggs, milk, fish (including mukene and nkejje), edible insects, and edible rats.
- Crop-based foods may include staple foods like millet bread, matooke, and sorghum;
- starchy foods like potato, pumpkin, posho, cassava, and rice; beans and lentils; vegetables of various colours like carrots, nakati, dodo, and pumpkin leaves; and fruits such as mango, pawpaw, avocado, sweet banana, guava, and pineapple.
- Some foods are produced by the household while others can be accessed through the market or community social support systems.
- In a household some people may need special attention, including children, pregnant and breastfeeding women, the sick, and the elderly.
- Ensure the sick don't skip their meals because their bodies have increased demand for food. They can be supported to eat if necessary.
- People living with HIV need to pay special attention to their nutrition because eating a variety of nutritious foods delays progression of HIV into AIDS while poor feeding quickens this process.
- Ensure the elderly don't skip meals. They can also be supported to eat if necessary.
- Pregnant women and breastfeeding mothers need to eat at least an extra meal each day because of increased demand for food by their bodies.

# FEEDING YOUNG CHILDREN

CARD  
**12**

Birth to  
6 months



6 to 8  
months



9 months  
to 1 year



1 to 2  
years





# CARD 12

## FEEDING YOUNG CHILDREN

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Before preparing food or feeding a child of any age, first wash your hands with soap.

### Infants birth to 6 months

- Starting from birth, it's important for infants 0–6 months of age to be fed on breast milk only because it contains all that they need to grow and develop, and protects them from illness
  - Be sure to give the baby the first milk (colostrum)—it protects from illness
  - Do not give anything else, even water—it can make the baby sick
  - Expressed breast milk should be used if the mother is going to be away from the baby

### Infants 6 to 8 months

- Starting at 6 months, children should begin eating food in addition to breast milk
  - They need 2 to 3 meals each day, and can be given 1 to 2 snacks as needed
  - Start with porridges and mashed foods that a baby can chew and increase the thickness and amount of food over time. It should be thick enough to stay on a spoon and soft enough for a baby to chew
  - Increase the amount over time
  - Feed the baby directly

### Infants 9 months to 1 year

- Continue breastfeeding
- Children should eat 3 to 4 meals a day, plus any snacks
  - Thicker porridges, mashed foods, and finger foods are good for this age group
  - Give them small amounts of many different foods—foods liked eggs, vegetables, oils, milk, and fruit can be mixed into porridge or mashed
  - Increase the amount and thickness over time

### Infants 1 to 2 years

- Continue breastfeeding
- Children should eat 3 to 4 meals a day, plus any snacks
  - Children this age can start feeding themselves with help and encouragement from adults
  - They can gradually begin eating the same foods as the family. It should be chopped small or mashed as needed
  - Give them small amounts of many different foods—foods liked eggs, vegetables, oils, milk, and fruit can be mixed into porridge or mashed
  - Increase the amount and thickness over time

# HOW TO TELL IF A CHILD IS MALNOURISHED



**UNDER NOURISHED**



**WELL NOURISHED**

CARD  
13

## HOW TO TELL IF A CHILD IS MALNOURISHED

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When should referral be considered? Sometimes it is possible to tell that a child is malnourished. If a child has one or more of the following, they should be referred to the village health team.

- Change of colour of the skin and hair
- Pale, dark red or purple colour of gums
- Loss of appetite, diarrhoea, or frequent watery stools
- Shortness of breath while performing normal activity
- Easily irritable and withdrawn
- Weight loss, thin arms and legs, or swollen abdomens
- Appearing too thin
- Appears shorter than children of the same age
- Swelling of both feet, and/or arms, face, and whole body





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