

# Multisectoral food and nutrition security in Togo



## Context

Maize and cassava are vital staples in Togo and are widely cultivated there. However, these two starch-heavy foodstuffs do not provide the micronutrients people need, and they rarely eat enough of them in any case to meet their energy requirements, leading to undernourishment and malnutrition.

Ensuring a sufficient variety and quality of food in Togolese diets is a major challenge that affects women and children in particular. This is reflected in the high rates of stunted growth, with 28 per cent of young children in Togo considered too small for their age and thus classed as chronically undernourished.

Foods that are rich in vitamins and minerals are often impossible to come by because people cannot afford them and do not cultivate them themselves. Many people do not know how to plan and prepare healthy meals properly or what specific dietary requirements women and infants have. Many places lack clean drinking water, while hygiene practices and access to public health care are inadequate.

## Activities in Togo

- ➔ Public and private sector health and agricultural advisors are being trained in nutrition, hygiene, improving agricultural productivity and diversifying food production.
- ➔ Women are being given training on how to cultivate, store, process and dry nutritious crops such as soya, moringa, papaya and sweet potato and maize varieties that are rich in vitamin A. Training and support is also being provided to help the women keep chickens.
- ➔ Nutritional and hygiene knowledge is being passed on to the hygiene group through clear and instructive teaching methods such as cooking demonstrations.

- ➔ At national level, the programme is playing a substantial role in developing a multi-sectoral national action plan for nutrition and incorporating nutrition into the national investment programme for agriculture and food security.

## Our objective

Nutrition is improved for 28,500 women of childbearing age and 7,700 infants aged between 6 and 23 months in Togo's Maritime, Kara and Plateaux regions – thanks to a better and more varied diet.



## MULTI-SECTORAL FOOD AND NUTRITION SECURITY IN TOGO

### Regions

Maritime, Kara, Plateaux

### Budget and term

Up to EUR 19.74 million / March 2015 to March 2023

### Commissioning party

Federal Ministry for Economic Cooperation and Development (BMZ)

### Implementation partners

Ministry of Health and Agriculture, Institut de Conseil et d'Appui Technique (ICAT – Institute for extension services), Directions Régionales de Santé, non-governmental organisations (CREMA, MOPIB, CREDI, PADES, JVS)

### Lead executing agency

Ministry of Development Planning and Cooperation

### Target group

28,500 women of childbearing age (between 15 and 49) and 7,700 infants aged between 6 and 23 months

### Sustainable Development Goals



### Example of our work

In the period up to October 2019, 15,500 women were provided with training on proper nutrition for pregnant or breastfeeding women and infants, with 80 per cent of these confirming that they have learned new things. One of these women is Adjori Ahadji, whose son was admitted to hospital with severe anaemia. 'The paediatrician advised me to cook more green leafy vegetables, especially cassava leaves. When we were back home in our village, I took part in cooking demonstrations run by the project. Since then I have been making sauces from cassava leaves, moringa and sweet potatoes. My husband grows these plants, and now I do too. And my son no longer suffers from anaemia.'

As well as cultivating nutritional food, teaching people how to prepare and store it properly is another important step towards ensuring that they can provide themselves with the energy and micronutrients they need even during difficult times. The project has therefore been working with local carpenters, for example, to help them make solar dryers for drying fruit and vegetables. The dryers are available for all villagers to use.

Another problem is the inadequate methods employed to store agricultural produce, resulting in up to 20 per cent of the crops harvested in Togo going to waste. To combat this, hermetically sealed (impermeable) storage sacks have been distributed to over 7,300 families in return for a contribution.

### Results

In the parts of the Maritime region covered by the project, the proportion of households growing soya – a nutritious crop – has risen from less than 10 per cent to almost 70 per cent. Meanwhile, the Kara region has seen an increase of nearly 80 per cent in households that are growing moringa. In the areas where support has been provided right from the start of the programme, women are already enjoying a much more varied diet, and the proportion of children meeting their daily nutritional requirements has risen by 10 per cent.



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