



# Food and nutrition security, enhanced resilience

## WHAT ARE THE CHALLENGES?

Up to **811 MILLION PEOPLE** around the world are suffering from hunger. Around 2 billion people are chronically malnourished, mostly in sub-Saharan Africa and in Asia. They lack important vitamins and minerals. This has devastating consequences, particularly for children during the first **1,000 DAYS OF THEIR LIVES**.

A lack of key micronutrients such as vitamin A, iron and zinc during this period will affect them for their entire life, leading to stunting growth and impaired intellectual development. These consequences are suffered by individuals and whole economies alike, making hunger and malnutrition major obstacles to development.

By improving nutrition among women and infants in particular, we can make an effective **INVESTMENT IN THE FUTURE**.

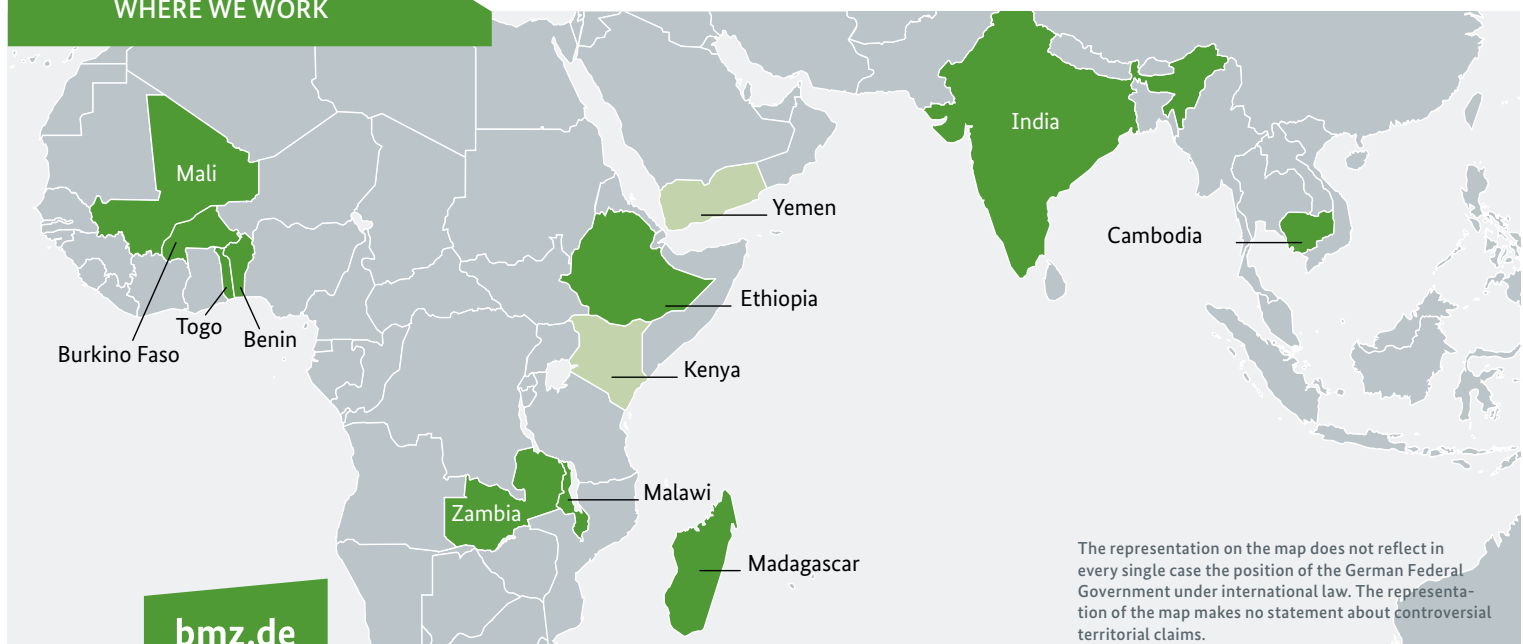
## YET WHAT ARE THE CAUSES OF MALNUTRITION?

- ➔ Many families do not have enough money or the necessary skills to buy or grow what they need for a balanced diet.
- ➔ People are often unaware of the link between nutrition, hygiene and health – and of how to prepare food in order to retain valuable nutrients.
- ➔ Many people do not have access to clean drinking water, sanitation and health care. A balanced diet alone does not guarantee good health. Frequent bouts of diarrhoea and parasitic infections can lead to malnutrition.
- ➔ People affected by armed conflicts and the effects of climate change are particularly vulnerable to hunger and malnutrition. It is particularly difficult for them to find a way out of this situation.

The programme contributes to the following sustainable development goals



## WHERE WE WORK





## HOW WE WORK

The programme 'Food and nutrition security, enhanced resilience' targets several areas at the same time to achieve sustainable improvement in food security and nutrition. Activities are diverse and match the different challenges in each country: We train smallholder farmers on the cultivation, irrigation, further processing and storage of fruit and vegetables.

We show mothers and mothers-to-be hygienic practices and how to feed their children healthily. In this context, we cooperate with local health centres and support measures to provide social security for particularly vulnerable people. To prevent diseases, we improve access to drinking water and sanitation. In addition, we support social protection measures to facilitate access to nutritious food for vulnerable people.

### THE PROGRAMME OBJECTIVE

Since 2014 we improve nutrition in **12 countries** across the globe, aiming to ensure that infants, women of childbearing age, pregnant women and breastfeeding mothers in particular have access to sufficient and healthy food at all times. Until 2026, approximately **6,9 million people** will benefit from our measures.



## AT A GLANCE



*The programme supports **dietary diversity**, as nutrient-dense food is the key for **development and health**. It focuses on **women and children** – **the most effective investment in the future**.*



*The programme works in the **agriculture, hygiene/water, nutritional counselling, health services, educational sectors and social protection** and links them with one another.*



**Term:**  
**2014 – 2026**



**The programme currently operates in 10 countries.**



**Budget:**  
**approx. EUR 261 million**



## FOOD AND NUTRITION SECURITY IN PRACTICE: DIETARY ADVICE BY PHONE AND TEXT MESSAGE

54747 is the number of the new health service 'Chipatala Cha Pa Foni', which Gladys Litenga called when she suddenly developed abdominal pains early in her pregnancy. The staff member on the other end of the phone advised her to go to hospital immediately. The young mother continued to use the health service, also on dietary questions during pregnancy and gave birth to a healthy boy, Rafiki.

The programme has included information on food and nutrition in this existing hotline and continues to work with other donors to support it. The service now sends customised text messages to a growing number of women in the country offering nutritional tips specific to the current week of their pregnancy or the age of their infant. After all, nutritional deficiency can lead to lasting damage, particularly in the first 1,000 days of human life between conception and a child's second birthday. A good diet is thus particularly important for expectant and nursing mothers, as it benefits their own health and that of their growing infant.

