



Food and nutrition security, enhanced resilience

WHAT ARE THE CHALLENGES?

Up to **733 MILLION PEOPLE** around the world are suffering from hunger. Around **2,33 BILLION PEOPLE** do not have reliable and safe access to adequate and sufficient food – especially in sub-Saharan Africa and 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**.

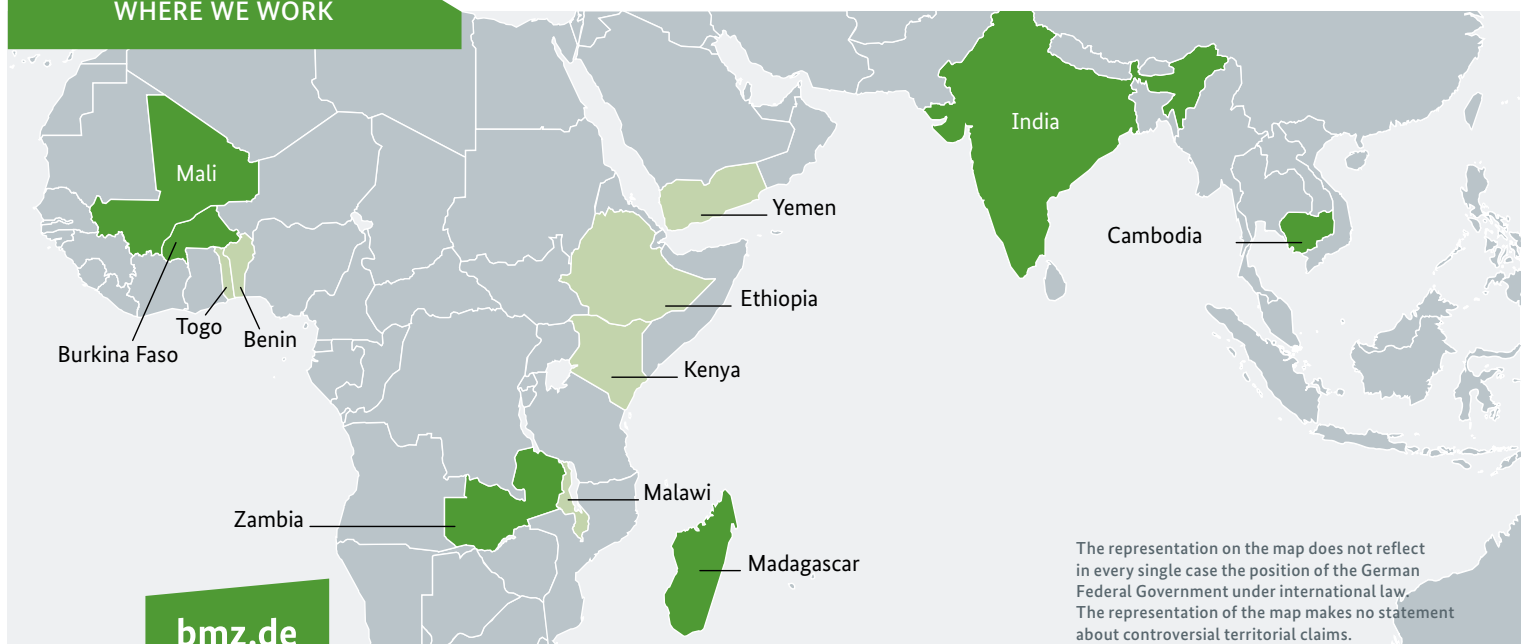
YET WHAT ARE THE CAUSES OF MALNUTRITION?

- ➔ 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 global 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. By the end of the global programme in 2026, approximately **7.1 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 **6 countries**.



Budget:
approx. EUR 285 million



FOR BETTER NUTRITION SECURITY AND GENDER EQUALITY WITH THE “ÉCOLE DES MARIS” (HUSBANDS’ SCHOOL)

The “École des Maris” is an innovative peer-to-peer approach that originally emerged in the fields of reproductive health, violence prevention, and gender equality. In Burkina Faso’s southwestern region, the concept has been thematically adapted by the global programme to encourage men to take active responsibility for nutrition, hygiene, and caregiving within their families. This, in turn, allows women to have more time for income-generating activities.



In small groups, husbands come together to reflect on gender roles and stereotypes, learn about nutrition-sensitive practices, and implement concrete activities, such as creating vegetable gardens, producing improved flour mixtures, or building simple handwashing stations. Participants act as role models within their communities, engage in volunteer work, and aim to motivate other men to take greater responsibility for their families’ healthy nutrition. The involvement of men has led to an improved dietary diversity of women and young children, as well as a fairer distribution of household responsibilities. According to a 2023 study, 62 % of women whose husbands were members of the “École des Maris” received help with at least two household tasks in the previous 24 hours – compared to just 14 % of women from other households. The approach is cost-effective, relies on local resources, and can be flexibly adapted.