**Food and Nutrition Security Enhancement Project**

**Project Cluster Unit Dhanusha**





**Technical Report of Nutrition Field School (NFS)- FY 2079/80**

**Prepared By: -**

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**Food and Nutrition Security Enhancement Project**

**Project Cluster Unit Dhanusha**

**Technical Report of Nutrition Field School (NFS)**

**Background: -**

NFS activities will follow a theory of behaviour change over the course of a two year period including sessions on the identification of locally-available nutrient-dense foods (e.g. in Terai particularly iron-rich foods), nutrition-sensitive agriculture, food safety, HNG, hygiene and WASH education, improved cooking techniques, complementary feeding practices, and promoting HHs to avail government services, particularly health services for deworming, supplementation, institutional delivery, antenatal and post-natal consultations, vaccinations etc. In short, NFS are an adaptive approach to facilitate communities to identify relevant actions for improved nutrition behaviours. For effective delivery, the project will support agriculture and health service delivery including technical backstopping and strengthened coordination. All 36 NFS has been established in FY 2076/2077 and end in FY 2078/2079. Till date, 4 model NFS and 32 regular NFS are being operated in this cluster. Three preparatory meeting conducted to select the partipants.25 Golden thousand days’ mothers selected for each NFS and total 20 children under two years (10 from inside the NFS and 10 from outside the NFS) selected to analyze the nutritional status through measuring of children’s height, weight and Mid Upper Arm Circumference.2 facilitators were facilitated the 3 preparatory meetings and 24 technical sessions in each NFS as per NFS manual.

**Objectives of NFS: -**

* To enhance the knowledge, skill related on nutrition through participatory method
* Improve in nutritional status of pregnant, postnatal mother and children by the focusing to daily intake of secure and diversify food.

**NFS facilitators Details: -**

Total 16 facilitators were selected and provided 14 days TOT in FY 2076/77 for establish and conduction of NFS session smoothly. The details are as follows: -

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NFS Facilitators Name list** | | | |  |
| **S.N** | **Name of District** | **Name of staff** | **Palika** | **Remarks** |
| 1 | Dhanusha | Puja Jha | Dhanauji RM |  |
| 2 | Dhanusha | Rita Devi Mandal | Dhanauji RM |  |
| 3 | Dhanusha | Rajni Thakur | Dhanauji RM |  |
| 4 | Dhanusha | Sanjita Mandal | Dhanauji RM |  |
| 5 | Dhanusha | Pushpa Yadav | Mukhiya patti Muharniya RM |  |
| 6 | Dhanusha | Pinky Chaudhary | Mukhiya patti Muharniya RM |  |
| 7 | Dhanusha | Subita Yadav | Mukhiya patti Muharniya RM |  |
| 8 | Dhanusha | Rita Thakur | Mukhiya patti Muharniya RM |  |
| 9 | Mahottari | Rakhi Kumari Ray | Ekdara RM |  |
| 10 | Mahottari | Sanju kumari Panday | Ekdara RM |  |
| 11 | Mahottari | Nitu Kumari Paswan | Ekdara RM |  |
| 12 | Mahottari | Indra kumari Mandal | Ekdara RM |  |
| 13 | Mahottari | Babita Yadav | Pipra RM |  |
| 14 | Mahottari | Rinku Yadav | Pipra RM |  |
| 15 | Mahottari | Rita Yadav | Pipra RM |  |
| 16 | Mahottari | Rani Kumari Das | Pipra RM |  |

**The Following Materials Provided in Initial Phase to establish and Conduct NFS session. The Details materials list are as Follows: -**

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**NFS summary: -Total 36(4 Model and 32 Regular NFS established**

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| --- | --- | --- | --- |
| **District** | **RM** | **No of NFS** | **Total Beneficiaries** |
| Dhanusha | Dhanauji | 9 | 225 |
| Mukhiyapatti Musaharniya | 9 | 225 |
| Mahottari | Ekdara | 9 | 225 |
| Pipra | 9 | 225 |
| **Total** | | **36** | **225** |

**Model NFS established in the project area**: -

FAO TA established 4 model NFS in the project area, these model NFS are being implemented with the aim of disseminating nutrition specific learnings and interventions to enhance food and nutrition security of women and children. 100 women are directly benefitted from this intervention. The details of 4 model NFS implemented in the project area are as follows:

**The details of model NFS established by the project are listed below:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sr#** | **Name of NFS** | **District** | **RM** | **Number of Technical session Completed** | **NFS field**  **Day Celebration** | **# of Beneficiaries benefited from NFS** |
| 1 | Ama Suraksha Model Nutrition Field School | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 2 | Mithila Model Nutrition Field School | Dhanusha | Mukhiyapatti Musaharniya | 24 | Yes | 25 |
| 3 | Suntala Model Nutrition Field School | Mahottari | Ekdara | 24 | Yes | 25 |
| 4 | Sarbotam Pitho Model Nutrition Field School | Mahottari | Pipra | 24 | Yes | 25 |

**Regular NFS established in the project area**

FAO TA assisted PCUs to conduct 32 regular NFS as planned by PCUs, 800 women are directly benefitted from this intervention. The details of which are given below:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sr#** | **Name of NFS** | **District** | **RM** | **Number of Technical session Completed** | **NFS field**  **Day Celebration** | **# of Beneficiaries benefited from NFS** |
| 1 | Maa Shakti Regular NFS | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 2 | Maa Poshan Regular NFS | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 3 | Saag Surkcha Regular NFS | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 4 | Annpurna Regular NFS | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 5 | Manokamna Regular NFS | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 6 | Ramjanaki Regular NFS | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 7 | Ma Durga Regular NFS | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 8 | Radha Krishna Regular NFS | Dhanusha | Dhanauji | 24 | Yes | 25 |
| 9 | Bal Suraksha Regular NFS | Dhanusha | Mukhiyapatti | 24 | Yes | 25 |
| 10 | Radha Regular NFS | Dhanusha | Mukhiyapatti | 24 | Yes | 25 |
| 11 | Laxmi Regular NFS | Dhanusha | Mukhiyapatti | 24 | Yes | 25 |
| 12 | Balbalika Regular NFS | Dhanusha | Mukhiyapatti | 24 | Yes | 25 |
| 14 | Bal sanrakshan Regular NFS | Dhanusha | Mukhiyapatti | 24 | Yes | 25 |
| 14 | Saag Regular NFS | Dhanusha | Mukhiyapatti | 24 | Yes | 25 |
| 15 | Geda gudi Regular NFS | Dhanusha | Mukhiyapatti | 24 | Yes | 25 |
| 16 | Phalphul Regular NFS | Dhanusha | Mukhiyapatti | 24 | Yes | 25 |
| 17 | Aap Regular NFS | Mahottari | Ekdara | 24 | Yes | 25 |
| 18 | Saag Regular NFS | Mahottari | Ekdara | 24 | Yes | 25 |
| 19 | Anar Regular NFS | Mahottari | Ekdara | 24 | Yes | 25 |
| 20 | Mewa Regular NFS | Mahottari | Ekdara | 24 | Yes | 25 |
| 21 | Syau Regular NFS | Mahottari | Ekdara | 24 | Yes | 25 |
| 22 | Angur Regular NFS | Mahottari | Ekdara | 24 | Yes | 25 |
| 23 | Gajar Regular NFS | Mahottari | Ekdara | 24 | Yes | 25 |
| 24 | Kagti Regular NFS | Mahottari | Ekdara | 24 | Yes | 25 |
| 25 | Anda Regular NFS | Mahottari | Pipra | 24 | Yes | 25 |
| 26 | Anar Regular NFS | Mahottari | Pipra | 24 | Yes | 25 |
| 27 | Suntala Regular NFS | Mahottari | Pipra | 24 | Yes | 25 |
| 28 | Gajar Regular NFS | Mahottari | Pipra | 24 | Yes | 25 |
| 29 | Machha Regular NFS | Mahottari | Pipra | 24 | Yes | 25 |
| 30 | Mewa Regular NFS | Mahottari | Pipra | 24 | Yes | 25 |
| 31 | Aap Regular NFS | Mahottari | Pipra | 24 | Yes | 25 |
| 32 | Syau Regular NFS | Mahottari | Pipra | 24 | Yes | 25 |

**The Following Topics were discussed during NFS: -**

* NSA
* Prevailing method of f**ood** processing, storage and its importance
* Points remember to when processing and preserving food at household level.
* Classification of food items available in the community
* Identification of those at risk within the family in terms of nutrition
* Category of food items are required for risk group.
* List out the local product food item like vegetables, fruits and animal product item.
* What nutrients are found in local available food.
* Points to be remembers after production of Grains, nuts, fruits and vegetables
* Current method of food storage
* Importance of food security
* Things to remember for food hygiene and sanitation
* The importance of personal hygiene of the person cooking and distributing the food
* Meaning and advantages of food security
* Causes of food spoilage and its identification
* Food taboos
* Risk group for Malnutrition
* Way out to solve the nutrition related problems
* Direction to consume the food for good health and well being
* Food Diversification
* Food Availability in local level
* Environmental affect in NFS and way of its management

**Materials Used for Nutrition Situation Analysis (NSA): -**

* Mid Upper Arm Circumference Tape(MUAC Tape)
* Weighing Scale
* Height Scale
* Different types of flex chart related to nutrition

**Format of Nutrition Situation Analysis (NSA): -**

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**NFS Field Day Celebration: -**

Total 36 NFS day (4 Model & 32 Regular) was celebrated. All Field days were well organized and total 3533 (182 males and 3351 females) participants were attended the NFS day. Sitting arrangements, nutritional corner display was well organized. Findings of NFS were disseminated through song, drama and presentation to non-NFS participants.

**Objectives: -**

* To enhance the knowledge, skill related on nutrition through participatory method
* Improve in nutritional status of pregnant, postnatal mother and children by the focusing to daily intake of secure and diversify food.
* Results of Improved nutrition practices shared to others mothers at community level

**Observation NFS field day (4 RMs )**

* Field day was well organized. Total persons attended the NFS day. Sitting arrangements, nutritional corner /stall display was well organized.
* Flex and posters related of nutrition was displayed. Disseminated Cultural song for welcome and drama on good message for nutrition. During presentation it was told that 5 malnourished children were improving to normal.
* Facilitators shared the report of NFS
* Some participants of NFS shared the outcome/changes of NFS
* The RM chairperson thanks to FANSEP team during his speech for creating awareness on nutrition and BCC related issues. The participants are not only empowered on nutritional issues and also in vocal and advocacy issues. Dhanauji and Mukhiyapatti RM chair paerson said that,we will be plan the budget in coming FY for NFS from palika because this NFS is very important for change the behavior towards the mothers on health and nutrition. He also suggested that RM is planning to emphasize to promote local food products to cope the nutritional requirement.so The program should be further extended.

**Participants of NFS Field Day : -**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name of RM** | **Gender** | | | **Remarks** |
| **Male** | **Female** | **Total** |
| Dhanauji | 6 | 110 | 116 |  |
| Mukhiyapatti Musaharniya | 5 | 108 | 113 |  |
| Ekdara | 3 | 101 | 104 |  |
| Pipra | 5 | 117 | 122 |  |
| **Total** | **19** | **436** | **455** |  |

**Major Achievement shared during NFS field day celebration by participants**

* Women’s are aware of their own and child's nutritional status and improving in their food habit and feeding practices.
* The misconception regarding the consumption of food during pregnancy and lactating period has been changed into taking nutritious diets during pregnancy.
* They have been feeding their children extra nutritious food after the completion of 6-month age like sarbottam pitho, eggs, fruits and avoid junk food
* Participants learned to take height, weight and arm measurements with a measuring tape to determine the nutritional status of children.
* We understood the importance of nutrition **during** Golden Thousand Days, **and** started toeat food in balanced way.
* They have developed speaking skills.
* Improve in hygiene and sanitation behavior
* Eliminating Traditional thoughts on food taboos and pregnant women and children have started eating chicken and duck eggs.
* Women have been planting vegetables in the small space of their kitchen garden, which has reduced the number of sick children and made them healthier.
* Family members of group members have realized that children prevalance is low. Expenditure of income on health is lower down as compare to before.
* Mothers and children’s nutritional condition is in improving trend

**Major Impact/Achievement of NFS: -**

* NFS has enhanced and supported women’s empowerment by developing their leadership qualities.
* Speaking skill and decision-making ability of the participants are increasing
* They have been utilizing HNG for producing locally available nutritious foods for the food and nutrition security of their families.
* They are able to assess their children’s nutritional status at home by themselves using anthropometric tools and analyse the cause of the manifestation.
* Children identified as severely malnourished during assessment were sent to nearest Nutrition Rehabilitation Homes, and moderately malnourished were able to recover from the advice received from NFS
* They are aware on the importance of Water Sanitation and Hygiene (WASH) at their household level for better nutrition outcomes.
* They are practicing food diversification (Harek baar khaana chaar) in their diet and minimizing the use of unhealthy foods for their children.
* Participants are able to identify and try to rule out existing food taboos.
* They are more aware of nutrition during the golden 1000 days’ period.
* They are aware of the importance of health and nutrition services i.e. immunization, growth monitoring, etc.
* Supported overall positive behaviour change towards nutrition and health after follow up and demonstrations in NSA at NFS.
* Women have developed the ability to analyse the nutritional status of their children

( Height, Weight & Mid Upper arm circumference)

* They have become aware of their own and child's nutritional status.

Developed habit of safe cooking practices and eating four types meals at every time during golden 1000 days.

* Women’s are aware of their own and child's nutritional status and improving in their food habit and feeding practices.
* Children’s nutritional condition is in improving trend
* 9 Moderate Acute Malnutrition (MAM) children’s found during Nutrition Situation Analysis (NSA) in NFS session. In the beginning, the thickness of the children's Mid Upper arm circumference was yellow in color (yellow color indicates moderate malnutrition) and by the end of 24 sessions, thickness of the mid upper arm circumference turned from yellow to green color (green color indicates the good nutrition).

**Photos of NFS field Day Celebration:\_**

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