



USAID
FROM THE AMERICAN PEOPLE



Volunteer Name: Janel Wright

Country: Ethiopia

Country project: Nutrition training for members of the SILC groups

Host: ECC-SDCOM/MCS-Wonji

Venue: 4 kebeles in Dodota & Sire

Audience: SILC groups

Number of people : 149 SILC members, 22 trainers

Date: February 27, 2015



1. Assignment Objectives as in SOW

Train and technically assist the beneficiaries (target: 90 SILC group members/10 trainers) on nutrition and diet diversification, including:

- Components of a healthy, balanced diet, based on locally available horticultural crops
- Infant and young child feeding practices (IYCF)
- Practical cooking demonstrations showing the best way to cook foods to preserve nutrients.

2. Achievement of the assignment objectives

- Formative research conducted at Dhera market and in kebele homes on locally available foods & cooking methods
- 22 trainers received a ToT on common nutritional deficiencies and diet-based strategies for combating these deficiencies (MCS has presentation)
- 149 SILC group members received a participatory training on food groups and eating a balanced diet and cooking demonstration

The Numbers

- 22 people (MCS staff, agriculture DA's, health extension workers, and animators) received direct training
 - 6 females (27%)
 - 16 males (73%)
- 149 people (members of SILC groups) received technical assistance – nutrition lesson and cooking demonstration
 - 80 females (54%)
 - 69 males (46%)
- These members have the potential to cascade information to a total of 2,267 SILC group members throughout Dodota and Sire, as do health extension workers

At the Dhera Market



Training of Trainers



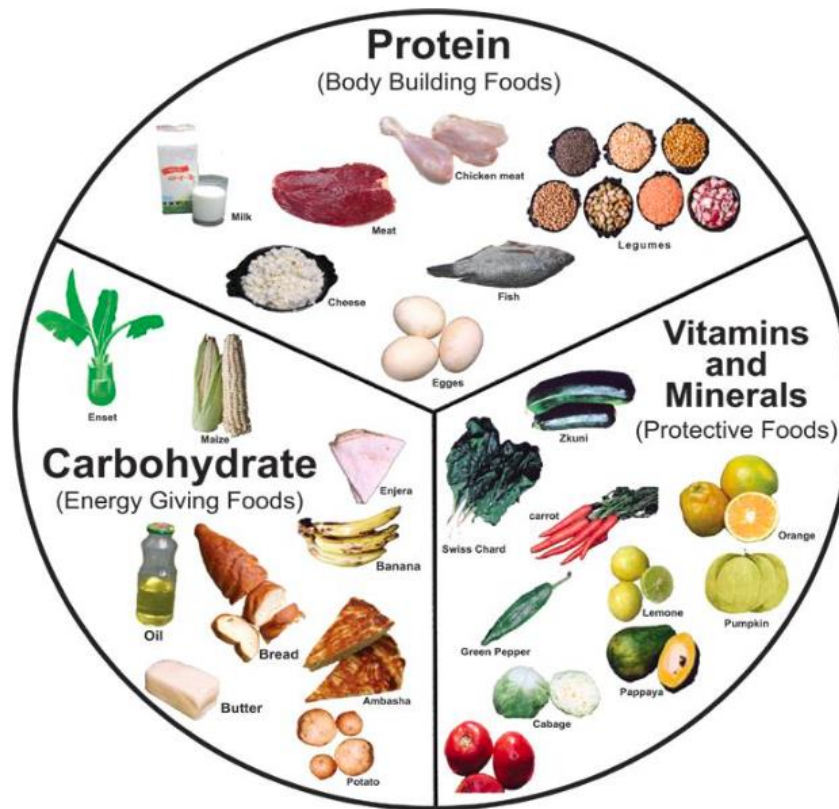
Belale Kebele SILC



A Balanced Meal



The Three Food Groups



The three food groups

Food Group Game



Tedecha Guarcho Kebele Votes Thumbs Up!



2. Achievement of the assignment objectives

- IYCF practices were incorporated but not specifically trained on given the DFAP team's current use of Alive & Thrive materials for Ethiopia
- TOT discussed the relationship between mother's diet and breast milk composition, and nutrient needs for CF's

3. Recommendations to the host with regards to the assignment

- Repeat diet diversification/balanced meal trainings in conjunction with keyhole gardens during rainy season
- Nutrition trainings to be done alongside IGAs – limited resources is limiting factor
- Strive to incorporate women as trainers and to promote gender equality during trainings
- Emphasis to be placed on incorporation of fats in diet, especially for lactating women
- Emphasis to be placed in hand-washing prior to meals and food preparation

Recommendations to the host with regards to the assignment

- Thorough briefing on what nutrition activities are currently being implemented and to/by whom
- Lengthier stay to facilitate formative research and assess situation
- Host was well organized and supportive and helped to facilitate close to 171 being trained within 1 week!

4. Anticipated Impact

- Selected SILC group members in Tedecha Guarcho, Amegna Debeso, Belale, and Dire Kiltu have:
 - Knowledge of a balanced meal and importance of diet diversity
 - Knowledge of how to prepare foods for maximum nutrition
 - Knowledge of food preparation for safety and sanitation

4. Anticipated Impact

- Deliverables from the volunteer:
 - TOT presentation for reuse and future trainings
 - Recommended set of Agriculture-Nutrition resources for future use
 - Support for DFAP Strategic Results Framework, IR 2.1 and IR 2.3
 - Re-useable 3 food groups poster visual with re-useable food cards

5. Recommended future volunteer Assistance

- Qualitative research project to understand and document why seeds and gardens are not used for household consumption of micronutrient-rich foods
- Project to promote use of keyhole or community gardens to support diet diversification, possibly focused on children or elderly or both in kebeles
- Project to increase use of plant and animal source fats in diets (ex: avocados, milk)

6. Recommendations to other non-host stakeholders

- Linkage between the Office of Agriculture, Office of Health, and MCS

Action plan for host recommendations

Recommendation	Specific Action	Responsible person	By when
1. Connect nutrition and gardening via DFAP.	Repeat diet diversity training during or after rainy season; train on crop and diet diversity.		
2. Promote gender equality within nutrition and health trainings.	Women to serve as trainers (WCS staff or health extension); men to receive IYCF training.		
3. Increase access and resources for healthy foods.	Develop trainings that offer a specific nutritional goal to be reached by SILC groups through IGAs.		
4. Develop and target specific nutritional issues in education.	Promote lipid and iron intake, especially for pregnant and lactating women.		
5. Conduct research to understand/document the causes of lack of diet diversity.	Conduct focus groups at SILC meetings or develop survey/questionnaire to be administered.		
6.			

7. How can CRS improve future volunteer experience

- Had a great experience – CRS and host staff were responsive, supportive, and wonderful to work with!

Thank You!

Amasegenalhu!

Galatoma!