



# Workshop on nutrition and gender sensitive value chains for neglected and underutilized species

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# Objectives

Capacity building and knowledge exchange on gender- and nutrition-sensitive value chains

Support mapping of target value chains and strategy development for upgrading with gender- and nutrition-sensitive interventions

Higher probability of achieving **positive nutrition outcomes and womens' empowerment** through the project



# Structure

1. Background and objectives
2. Presentations from our market consultants in Mali, Guatemala and India on preliminary results, approaches, and reflections on gender and nutrition sensitive value chains
3. Session on nutrition-sensitive value chains
4. Session on gender-sensitive value chains
5. Reporting back on working groups and discussion



# Main questions to answer

What is the current value chain of target species (main actors, processing steps)?

What are **risks for nutrition** in current value chains and opportunities to **leverage nutrition benefits** of the target species?

What are opportunities and barriers for women to benefit from marketing of target species?



www.alamy.com - EFMDDJ

# Why nutrition-sensitive value chains?

NUS can diversify food systems to  
promote better diet quality

More availability and consumption of  
nutritious NUS by rural households

Processing and handling for optimal  
nutrient content

More efficient value chains to enhance  
availability of nutritious NUS in the  
greater food system (e.g. urban areas)



## India

This example of a child's meal in India includes wheat, eggplant, and potato.



## Guatemala

This example of a child's meal in Guatemala includes corn flour, black beans, and greens.

# Why gender-sensitive value chains?

Enhancing income earning opportunities for women can support their empowerment

Women's empowerment and nutrition are linked



# Overall Messages: Pathways to Nutrition

OLD: Assumptions about nutrition impact have been challenged

- Increasing production of calories
- Increasing overall household incomes as a singular priority
- Agriculture as an engine of overall **economic growth**; trickle-down effect on nutrition minimal



NEW: These need more attention if we are going to reach nutrition

- Increasing production of diverse, nutrient-dense foods
- **Increasing women's incomes...**
- ...and **avoiding harm due to additional time demands or energy expenditure of women**
- Incorporating nutrition education for enhanced nutrition impact from food production and income



# Thank you

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# How to choose nutrition entry points

## 1. Value chain entry points

### ➤ Processing

- Women's training (eg. processing techniques in Mali)
- Machinery for millet in India

### ➤ New recipes (combinations of nutrient dense ingredients)

- Fonio with maffe hako
- Millet porridge with lentil powder and amaranth
- Rice with Chaya +pumpkin + x,y, z? ?
- Recipe competitions

### ➤ New products

- What are the new products that could potentially improve nutrition (for children/adolescents/pregnancy)
- How to make products NUTRITION-SENSITIVE (add nutrients –DO NOT ADD too much sugar/salt)

### ➤ Nutrition labelling

### ➤ Nutrition Education

### ➤ Advocacy for consumers

## 2. Other Entry points

- Diversify production of other NUS
- Nutrition education messages
- School curriculum for educational development

# How to choose entry points for your projects

Review diagnosis of gaps: Which foods could be promoted to fill a gap in current intakes?  
(Either a seasonal FS gap OR food group gap?)

What is the pattern of seasonal food availability and how can we define interventions to improve seasonal food shortages?

Are there large food group gaps?

Are there particularly vulnerable villages/population groups to target?

What can be done to reduce women's workload and "drudgery" ?

Think about actions along the impact pathway or value chain pathway that the project might work on:

- Which pathway(s) from agriculture to nutrition have a possibility to improve dietary diversity in your area (production for consumption, income for consumption, women's empowerment)?
- What value chain specific aspects could be considered?
- Which food processing techniques can we employ in our value chains that could – preserve nutrients? Save women's time? Any HH or community level ideas?

State the nutrition objective for your project

Set a target to achieve by 2018/19