



Nutrition improvement activities going on /Preparing for Mid-Term Training

In August, through WhatsApp groups implementers exchanged exciting discussions on E-COBSI progress on weir construction, SHEP approach, and nutrition improvement activities. Also, E-COBSI team try to make a Handy scale tool for serving food in Zambia for Dietary recommendation. Please enjoy this month's article.

Nutrition activities ~Awareness Creation for Nutrition Improvement~

Now we already completed the nutrition survey, so that we will focus on Awareness Creation Activity. It should be: 1) evidence-based, 2) a straightforward message for farmers to understand, 3) repeated until farmers change behavior. As the E-COBSI mid-term training outlines, CEO/BEOs and district officers, frontline extension workers, should share the following points with farmers.

- 1) Adequate Nutrition
- 2) Consequence of Malnutrition for Adult and Children
- 3) What kind/ How much food should farmers eat? (Balanced diet and Dietary recommendation)
- 4) High Nutritional Value Foods in Zambia
- 5) Seasonal food variations
- 6) Good Activities for Nutrition Improvement for Farmers to be engaged
- 7) Women Empowerment and Gender Issues on Nutrition

Dietary recommendation for farmers

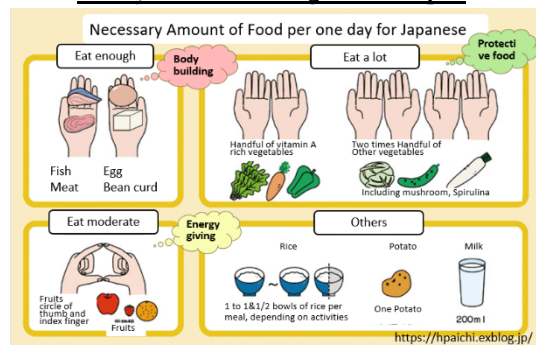
Regarding dietary recommendations for farmers, while Japan has **food-based dietary guidelines** for citizens, Zambia has not yet developed them according to FAO (<http://www.fao.org/nutrition/nutrition-education/food-dietary-guidelines/en/>). In Copper belt province, the province and district nutrient offices tried to prepare ideal food as a dietary recommendation as follows;

Break fast Mushed pumpkin mixed with peanut butter plus orange and a glass of water	Lunch Nshima with amaranths cooked lightly with tomato and onion plus kapenta	Supper Garnished rice, boiled eggs mixed with tomato plus mixed vegetable soup. Chinese cabbage

In the process of E-COBSI project implementation, such guidelines should be prepared for farmers. For example, the following picture is developed by Health Planning Aichi (http://www.foodmodel.com/category04/f_50.html), a Japanese company, and shows a **handy scale to serve food daily**. A picture visually indicates how much food

and what varieties of food Japanese people should eat. Japanese should eat one handful of vitamin A-rich vegetables and two times a handful of other vegetables such as mushrooms and seaweeds daily. Such food-based dietary recommendation with many pictures and simple messages enables farmers to understand what varieties of food and how much they should eat once extension workers explain, rather than explaining “you should eat 60 grams of protein”, for example.

Handy scale for serving food in Japan



Currently, Operational Guidelines on Food and Nutrition Interventions in the Agricultural Sector have been published. Based on a new method of categorizing foods, the Zambia Food Group is organized into Six food groups, thus we tried to divide the food's primary function as follows. Now we are creating a handy scale to serve food daily in Zambian version with help of Copperbelt Province MoA and Japanese Health Planning Aichi. In the future, we will show the handy scale to help serve food daily in a Zambian version.

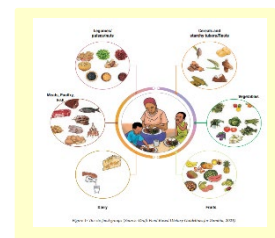


Fig. Six Classification

Food function of Six Classification food groups

Food Group	Food's main function	Necessary Amount of Food
Meats, Poultry, Fish	Body building	Eat enough
Dairy		
(Legumes)		
Cereals and starchy tubers/Roots	Energy giving	Eat a moderate
Legumes/Pulses/Nuts	※Legumes are good sources of vitamin, mineral	
Fruits	Protective food	Eat a lot
Vegetables		

WhatsApp groups are exchanging the exciting discussion on E-COBSI progress

So far, we have three WhatsApp groups, namely E-COBSI CBP (Copperbelt Province), E-COBSI SIEs Group, and E-COBSI Nutrition Group. While the SIEs Group are mainly discussing the logistic issues on E-COBSI, including public relations activities, the E-COBSI CBP and the Nutrition Group are timely exchanging their field experiences and the technical know-how.

Sharing information, learning from colleagues, understanding on-site conditions and challenges in other districts and provinces, and discussing the countermeasures together with the colleagues are key elements for the success of the COBSI and resulting in farmers' capacity development. JICA project team is so proud of their active discussion on the WhatsApp groups and wants to give a "Big Waza" (congratulations) to three groups!

In this newsletter, we would like to share some of the pictures posted by the groups. Both E-COBSI CBP and Nutrition group share not only photos but also videos of activities like simple wire and furrow construction and nutrition survey and cooking demonstration.



Market survey Kangwena camp, posted by E-COBSI CBP group



Weir construction Mambili camp, in Chingola Districts, posted by E-COBSI CBP group



Nutritionist from Kabwe, Luanshya and Lusaka carry out the Nutrition survey (right) and cooking demonstration, posted by Nutrition group

If you want to create a new group like "SHEP group", other province groups, please let the JICA team know.

Mid-Term Training will be organized in October

Although MTT was supposed to be held from August to September, it was suspended due to the pandemic of COVID-19. Therefore, it is rescheduled until the government restriction is eased up, possibly in October. In September, Mr. Ieizumi and Mr. Sagawa travelled to Zambia and start the preparation of the MTT with the provincial CPU members. When conducting some activities, please do not forget "wearing masks", "wash hands" and "social distancing" and let us be "Away from COVID-19"!

Now together with the CPU members, we have revised the training materials for nutrition improvement and crop cultivation. For example, we heard farmers' voices (complain) of that price of agrochemicals and chemical fertilizers that dramatically increased amid the COVID-19. Therefore, the module of crop cultivation at the MTT particularly focuses on how to make organic fertilizers like composts and Bokashi and organic pesticides, of which materials are locally collected by farmers (e.g. Tephrosia vogelii, Pawpaw, both seed and leaves from Neem).

4) Organic pesticides

- ▶ Pesticides made from natural occurring substance or self made mixtures from organic soaps and ethanol.



Example of materials

Material	Part for use	Solvent	Usage	Target pests
Tephrosia	Leaves	Water	Insecticide	Aphids, Termites, beetles, cutworms, weebils, etc
Paw Paw	Leaves and unripe fruit	Water	Repellant, Insecticide, Fungicide(Rust), Rodent repellent	Flower thrips, Leaf rust, Powdery Mildew
Neem	Leaves and seeds	Water	Insecticide, Fungicide	Aphids, Beetles, Grasshoppers, Nematodes, Mites, etc

A part of Crop cultivation module at the MTT