



E-COBSI 3rd phase has been started!!

The third phase of the Expansion of Community-Based Smallholder Irrigation Development Project (E-COBSI) started in February 2022 and the field implementation was carried out from March. The third phase has two years period and will be ended in February 2024. Japanese Expert Team traveled to Zambia from the 1st of March 2022 and has been implementing E-COBSI activities. This article shares the first progress of third phase activities.

Explanatory Meeting with MoA HQs and Provincial CPUs

As an initial meeting of the 3rd phase, Japanese experts had a meeting with MoA HQs CPU members in early March and explained the results of the previous phase and the work plan for the 3rd phase, and then agreed on it. Then, Japanese experts visited each target province and explained the action plan to provincial CPUs and agreed on it.

The emphasis points in the 3rd phase are (1) timely staying of Japanese experts in Zambia, (2) intensive monitoring and follow up of the district model site, (3) maintaining the motivation of the target farmers group, (4) establishment of the online reporting system, and (5) emphasizing of the nutrition improvement activities.

The preparation of KOT has started

As the first training in the 3rd phase, the preparation of Kick-Off Training (KOT) was carried out at the end of March. Initially, the project planned to conduct a Market Survey Training (MST) in January for follow-up provinces, but it was postponed due to the spread out of COVID-19. Therefore, the project team decided to conduct the MST with KOT. Following the request from CPU, the number of participating CEO was increased from 2 to 3 for follow-up provinces in order to accelerate the E-COBSI activities on the ground level.

The schedule for KOT in each province is as follows:

Follow-up province	New province
Northern: 4 th -8 th April	Copperbelt: 4 th -8 th April
Muchinga: 4 th -8 th April	Central: 4 th -8 th April
Luapula: 11 st -15 th April	Northwestern: 11 st -15 th April

Monitoring of District Model Site has started



Japanese experts could not travel to follow-up provinces due to the influence of COVID-19 since March 2020, but the travel was possible from this phase. Then, the Japanese team carried out the monitoring at the district model sites this month. Based on the results of this monitoring, the project team will consider the

follow-up way for each model site in this phase. Within this month, the project team visited 4 district model sites in the Northern province.



Farmer's interview in Kasama district of Northern province



Nutrition narrative survey in individual fishpond in Mbala district Kasama district

COBSI research has started in the Central province

To measure the impact of COBSI approach, COBSI research will be carried out in Kapiri Mposhi, Chisamba, and Cibombo districts in the Central province. The Japanese team visited each target district office and explained the contents of the research and requested close cooperation with the project. The baseline survey will be started in the following month.

Development of the Hand Scale for Serving Food



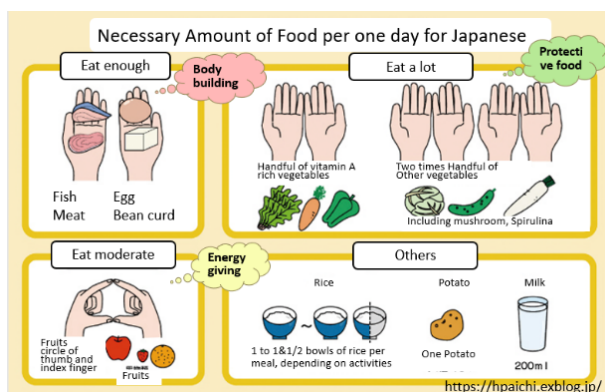
One of the challenges which farmers face is the lack of knowledge on nutrition and dietary diversification. Additionally, simple methods by which farmers can measure quantities of food to be consumed are not readily available. Part of this problem will be addressed

by the Zambia Food-Based Dietary Guidelines (FBDGs) have been developed and they contain dietary and other recommendations for the Zambian Population. In order to tackle the problem of simple methods by which farmers can measure quantities of food to be consumed according to the daily recommended allowances of nutrients in the Zambia Food-Based Dietary Guidelines, a team of E-COBSI and Ministry of Agriculture staff met in Kasama to develop the Hand Scale for Serving Food using locally available foods. The Hand Scale method is adapted from the "Hand scale to serve food daily" developed by a Japanese company called Health Planning Aichi. (http://www.foodmodel.com/category04/f_50.html).



Team developing the hand scale for Zambia

The picture below visually shows how much food and what varieties of food Japanese people should eat per day. As illustrated, Japanese should eat one handful of vitamin A rich vegetables and two handfuls of other vegetables such as mushrooms and seaweeds daily. This method is used in Japan as a method of dietary and nutritional guidance.



Hand Scale for Serving Food in Japan

The Hand Scale provides dietary recommendations with many pictures and simple messages in order to enable farmers to understand what varieties of food and how much they should eat. This method is so much easier to understand than if they say for example "you should eat 60 grams of protein per day".

The Hand Scale for serving food in Zambia will soon be finalized and shared. The version currently being

developed focuses on standard women (belonging to a healthy general population), pregnant women and children (from 2 years to 5 years).

Visit to Musanda Irrigation Schem in Kampanda Camp

A visit was made to Musanda Irrigation Scheme in Kapanda Camp in Kasama district in Northern province. The visiting team comprised of the E-COBSI Nutrition Expert, Principal Food Processing, Preservation and Storage Officer, Acting Senior Food and Nutrition Officer and Kasama District Food and Nutrition Officer. The purpose of the visit was to learn how the irrigation scheme is being utilized to improve the nutrition status of the community. The visiting team had a meeting with they are utilizing the scheme by cultivating crops such as onion, tomatoes, groundnuts, watermelons, maize, eggplants, and pumpkin leaves. They said the vegetables are mostly grown during the rainy season and this was made possible by the availability of water from the irrigation scheme. The scheme members also shared the benefits they derive from the scheme which included income from sales of the products used to meet the needs of school children and other household needs. Some community members also said they have improved their houses by putting iron sheets using the income raised from the sale of produce. The women were also happy that drinking water was now accessible nearby. They also said they were now able to buy nutritious foods which they do not produce such as meat and eggs. The scheme members were encouraged to grow more of the indigenous vegetables since they are easier to manage as they are not easily attacked by pests, and they last longer in the fields meaning households can enhance their food security for longer. They were encouraged to invest in better nutrition since a healthy farmer is a more productive farmer. The scheme members also dug a fishpond which unfortunately was not re-stocked after the first harvest. The visiting team encouraged the scheme members to restock the pond to have fish to consume. They also advised the members to use all inputs projects from the project as 'seed' and to make sure that they care for and grow this seed.



Musanda Irrigation Scheme in Kampanda Camp

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 BACKNUMBER: <https://www.jica.go.jp/project/zambia/020/newsletter/index.html> (JAPANESE SITE)

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