

2.3 Food Security and Nutrition Problems

Trainer's Note

Session at a Glance:

Content	Activity	Time
1 Introduction	Brief Oral Presentation	5 minutes
2 Recurrent problems	PPT presentation with plenary discussion	30 minutes
3 Food transfer programme exercise	Short small group activity followed by debrief and short PPT presentation	45 minutes
4 Conclusions	Brief Oral summary of main points	10 minutes
Total Session Time: 90 minutes		

Required Materials: 2.3 PPT set, flipcharts.

Trainer's Notes:

1. Introduction – 5 minutes

This session on food security and nutrition problems, like the other “problem” sessions, is intended to show the types of recurrent problems that seem to persist in disaster-affected, and particularly, refugee and other disaster or internally- displaced camp populations. Explain that the point of these “problem” sessions is to show very practical ways to address these problems in a realistic rather than theoretical way. The Sphere guidance that follows in the next session can then be discussed as “solutions”.

If you are not a nutritionist yourself, it is critical that you read through the background material and Sphere chapter very closely and explain your “tour guide” status to the group. If there are nutritionists in the group, work closely with them to help explain the more arcane areas of the presentation.

2. Recurrent Problems – 30 minutes

Using the slides # 2-15 prepared for this session, present each problem and read out the associated questions as well as the possible answers. Use your own examples and stories to enhance each of these problems and call for examples from others in the group who have experienced them. Keep the session lively and moving quickly. If you have a professional nutritionists, food aid planners, logisticians (or others) integrate them into this session, by talking through the session with them beforehand and calling on their expertise or explanation for finer points and for illustration of the broad points presented in the problems.

3. Food Transfer Programme Exercise – 45 minutes

Show slides # 15 & 16. The text on the slide is enough to start the discussion and the template provided on slide #16 is enough guidance. Ask the groups to work together to agree on their strategies. Allow 20 minutes for the discussion phase of the exercise.

After the flipcharts are prepared, call for each group to present a part of the overall answer. (Don't have the different teams repeat the same process, but rather ask for additional points only from other teams as each part of the answer is discussed). When wrapping up this discussion explain that the next session (Sphere and Food Security and Nutrition) will provide guidance on this type

of questions and illustrate the many parts of the process to be considered, from assessment, to consultation and participation by the affected community, to consideration of the needs of different people in the community.

Explain that the following slides #s 18 through 15 show some additional problems to consider when planning for food assistance. Note that slide #24 is an open matrix to guide through the some of the pros and cons of different distribution strategies. It provides the information for a short exercise in the session is called “Distribution Pros and Cons”. It requires having the participants fill in the pros and cons on the matrix of different types of food distributions. The exercise can be done quickly in plenary in about 15 minutes. Alternatively if groups are ready-made, the assignment could be given to small groups to each answer for only one of the target groups in the matrix. If you use this option, give only about 10 minutes for the groups to quickly reach their conclusions. Your debrief will have to be quick as well – allow another 10 minutes to quickly collect the main points for each pro and con from each group. A short answer guide is provided below.

Distribute to:	PROS	CONS
<i>Heads of families</i>	Easier to administer, encourages family cohesion, allows for “balancing” of rations within the families.	Definition of “heads of families” may prove difficult for some, unaccompanied minors, female headed households may have difficulties
Group or social leaders	Easier logistics and administration for distribution agent Encourages social grouping and cohesion of the social group	“Outsiders” may be left out of the distribution Possibility for corruption
Individuals	Highest level of targeting, each gets what they need	Very administratively difficult, and time consuming for both families and distributors
Students	Targets possibly vulnerable group of children, encourages education	May miss the youngest who are not yet school age, but who may be in greater need, may miss girls if they are not encouraged to attend school
Workers	Promotes work on needed infrastructure or other projects Promotes work ethic, is not a “hand out”	May miss more vulnerable groups. Does not address those unable to work.

4. Conclusions – 10 minutes

“Nothing provides a magic solution for every problem” However, Sphere does provide a useful goal and key touchstone for program design and advocacy.

Although nutritionists will run nutrition programs, logisticians move food in quantity, field officers design distribution systems, and agriculturists and others design food security programmes it is extremely useful for all design staff and field practitioners to understand the basics of nutrition programs, the associated terminology, and key concepts. The Sphere and Food Security and Nutrition session that follow will provide a good introduction to these points.