



Uttaran

Major Nutrition Related Projects of Uttaran February 2022

UTTARAN
Flat # B1 (1st Floor), House # 32, Road # 10/A
Dhanmondi, Dhaka-1209, Bangladesh
Ph: +88-02-55000691
Cell: +88-01711828305
Email: uttaran.dhaka@gmail.com
Web: <http://uttaran.net>

Approximately 25 percent of the population in Bangladesh remains food-insecure. Especially the coastal communities continue to suffer from food security and inadequate nutrition due chronic and frequent disasters, poor planning and impacts of climate change. All over the coast women especially pregnant and lactating mothers still heavily suffers from poor diet and adequate nutrition. Furthermore, stunting among children still remains above 28% and the situation is much worst in the coastal areas. To tackle this issue, Uttaran's food security and nutrition program has been tirelessly working to ensure that every individual has access to three healthy meals a day. Through multicomponent activities we have been trying to remove and mitigate the economic, social, climactic and environmental restrains that limit food production or hinder access to healthy food. These interventions are specially geared towards infants, children, mothers and would be mothers as they are the ones that are most vulnerable. Apart from bringing in community nutrition volunteers, promoting homestead gardening, conducting school feeding and various awareness sessions we are also promoting climate smart and sustainable agriculture that has been helping thousands of households in the South- West every day. We dream of a future where no one considers 3 meals a day as a luxury and are working to materialize this dream.

1. Sustainable Agriculture, Food Security & Linkages (SaFaL)

Uttaran is implementing Sustainable Agriculture, Food Security & Linkages (SaFaL) Project with the funding support from the Embassy of Kingdom of Netherlands through Solidaridad Network Asia. The project started in October 2013 and being implemented in Dumuria and Paikgacha upazilas of Khulna district, Rampal and Chitalmari upazilas of Bagerhat district and Debhata and Kolaroa upazilas of Satkhira district. First phase of this project will be ended in July 2022. SaFaL project has contributed in agricultural production especially in fish and shrimp production, milk production, fruits and vegetable production and contributing for nutrition and market development. SaFaL believes a household's nutrition status depends on factors such as education, livelihood, women empowerment, agriculture etc. The budget of the project is BDT. 365,930,190 . The project has so far helped 47,515 small holder farmers' families to become effective agricultural entrepreneurs in aquaculture, agriculture and dairy sectors.

Nutrition support through SaFaL Project

To increase awareness among the group members on food and nutrition, during the reporting period a series of sessions taken on behavior change at family level, importance of micro nutrient and vitamin A, importance of minerals (Iron, Iodine, Zink), maternal nutrition, breast feeding, complementary food for child (0 to 2 years). The project trained 62 Community Nutrition Volunteers (CNV) who are working to awareness and education sessions with producer group members and their spouses with focus on dietary diversity , health & hygiene, SRHR and IYCF. CNV visited producer groups households and counseling for bringing dietary diversity in their diet, educating them on nutritional requirements of children, pregnant mother, adolescent and old aged members of households. Training for school children on nutrition, health and hygiene issues in collaboration with the governing bodies of 50 schools. Children are aware on food, nutrition and gardening at family level through school awareness session. This project formed 24 adolescent clubs. Adolescent and early married girls would be mobilized to achieve long-term impact on nutrition. They would be made aware on sexual reproductive health rights (SRHR) and nutrition so that they could enjoy a healthy and productive life. Till to date, 480 adolescent girls and boys were mobilized and 24 adolescent clubs were formed. CNVs are providing training through meeting and awareness raising sessions. The parents of those adolescents and the community leaders have also been motivated to support activities of adolescent club. Moreover home visit, group visit by government officials and

celebration of relevant national and international days to raise greater awareness. Through the project Uttaran is already able to increase production of fish, vegetables, fruits and milk and through the market linkage component, Uttaran is able to ensure more profit for the marginal farmers. Along with these, Uttaran has already ensured food security and nutrition among the targeted families as well.

Dairy: 8,513 farmers are getting dairy support through 137 Producer Groups. SaFaL has provided with training to increase their dairy production, cow species selection, low cost cow sheds, fodder management, vaccination, disease control and cattle rearing. Hybrid Napier grasses; Pakchong and Jambu grasses are introduced among the farmers groups for ensuring better fodder for the cow. Through cross visits and field days, the farmers are introduced to the new technologies. Besides, Hydroponic fodder and biogas demonstration are also being introduced among the farmers with the help of Bangladesh Agricultural University and Youth Development Department. Facilitation of technical session is also helping farmers to get knowledge on how to increase milk fat, how to take care of pregnant cow, infectious and non-infectious diseases of farm animals, feeding management of cattle etc. The trained 23 Community Livestock Service Provider (CLSPs) provide health and vaccination supports for the cattle. Uttaran also provides support to small businesses focused on supplying dairy farmers with enhanced quality sources of nutrition for their dairy cows, and on other services needed by dairy farmers but generally not present or of inappropriate standard. SaFaL has established 8 Milk Collection Center (MCC) in different community through entrepreneur at Dumuria Upazila. These collection centers collect milk from producer group members. Everyday around 2200 liters of milk are collected through 8 Milk Collection Centres. Everyday milk is collected two times (morning and evening time). After collection of milk, MCC Entrepreneur goes to Village Super Market (VSM) or Brac chilling point. After then milk are send to national market chain.

Aquaculture: Uttaran supports farmers on how to prepare land, nursery management, water management, modern farming system, disease control, use of pro-biotic etc. Uttaran provides farmers with a water quality measurement Kit Box, through which the farmers tests the soil quality, water PH, water salinity and temperature. Cross visits were organized to exchange knowledge between lead farmer and other farmers. Additionally, Uttaran prepares display plots to encourage other local shrimp farmers to follow the shrimp farming technology. These activities have enhanced the technical knowledge of the farmers thus enabling them to increase their production and earn more money, thus increasing their food security. A total of 29,993 farmers received this support from Uttaran.

Horticulture: Uttaran provides the group members with knowledge, skill development training and support on good quality seeds, use of organic fertilizers, soil test, good agricultural practice on vegetable and fruits and pest control. Display plots on vegetable cultivation using sex pheromone trap and organic fertilizers were established by Uttaran. Dragon fruit trees were planted on pilot basis with the help of the Bangladesh Agriculture University. Cross visits on among the farmers were organized for knowledge exchange. Around 9,009 households received this support from Uttaran.

Market Linkages: SaFaL has started market linkages for its agriculture products like Aquaculture, Dairy, Fruits and Vegetable sectors. The project has established the largest and latest trading market named "Village Super Market (VSM)" in Dumuria Upazila of Khulna district. From this market all the agricultural products regularly goes to different markets, factories, shops etc.

2. Change (UMIMCC): Climate Resilient Goat Production for Income Generation & Livelihoods Security in Urban Area (Metropolitan Area)

From November 2018 to June 2022 Uttaran is implementing this project with the funding support from GIZ. The budget of the project is BDT. 5,321,952 The project has targeted the inhabitants residing in slum areas of Satkhira Municipality emphasizing vulnerable climate migrant households as a part of project intervention. For prioritizing gender equality, the project targets to support at least 40% women through its activities. This project has been implemented by Uttaran since November 2018. A total of 159 households are being benefited through the proposed interventions in the course of refreshers training and capacity building on climate resilient goat rearing technique, adoption of climate resilient technologies, business plan development, asset transfer and linkages with services and markets. The project goal is livelihoods security of smallholder climate migrants in urban area. The main objective is the living condition of climate migrants and vulnerable poor in urban areas are improved through increased livelihood resilient options. The project selected 20 farmers and provided technical assistance like refreshers training on low-cost fodder cultivation and feed preparation skill for availability of improved feeds and fodder to the goat farmers as well as to enable fodder entrepreneurs to earn for their livelihoods.

The major aim of the project is that 90% of the households reached by the project have graduated out of extreme poverty by end of 2022. To achieve these result 59 households from Bakal Islampur slum 2 & slum 3 of Satkhira Municipality are supported by goats and goat sheds to improve their livelihood. They are also provided necessary training on rearing goats. Now the climate migrants and other vulnerable urban poor's are increasing day by day in the slums of the city. As the 59 households from Bakal Islampur slum 2 & slum 3 of Satkhira Municipality has already under support from the project and now project will cover additionally 100 households who are self-motivated and willing to rear goats by following all kind of project conditions for Heifer approach. The new beneficiaries who will receive the goat according to Heifer approach should be from the same project area. The age of the first female offspring should be at least 5 months during transfer. The community of old beneficiaries will select the new beneficiary by themselves from the locality which has prospects for goat rearing. Here the new beneficiary will bound to construct goat shed by their own fund before getting the supported goat. The new beneficiary will receive refreshers training on goat rearing and market approach. Also they will get the technical assistance for goat rearing and fodder cultivation as well as must have the willingness about regular vaccination and treatment of the goat.

3. Boosting the agriculture economy through production and productivity gains in Fakirhat upazila of Bagerhat district of Bangladesh

From May to December 2008 Uttaran implemented a project titled 'Boosting the agriculture economy through production and productivity gains in Fakirhat upazila of Bagerhat district of Bangladesh'. The fund was provided by Save the Children. The project was implemented in Fakirhat upazila of Bagerhat district. The budget of the project was BDT. 3,844,000. Following activities were taken place through implementing the mentioned project:

- Provide power tiller (motorized cultivator) and irrigation pump to small and marginal farmers;
- Provide agricultural inputs (seeds, fertilizer, pesticide) to the farmers;
- Provide 250 locally produced seed preservation banks to the women of the farming

households;

- Enhance the linkage between government, NGO, community, markets, and private organizations, through
- Selection of the households, distribution of power tiller, irrigation pump, agriculture input.

4. Sustained and Expanded Effort to Make the Ultra Poor Out of Extreme Poverty by Transferring Assets, Cash and Skill in an Integrated Approach (SEMPTI Project)

From April 2009 to September 2016, Uttaran implemented a project titled Sustained and Expanded Effort to Make the Ultra Poor Out of Extreme Poverty by Transferring Assets, Cash and Skill in an Integrated Approach (SEMPTI Project) with funding support of DFID/shiree and SDC. The budget of the project was BDT 872,452,615. The project implemented its activities in Dumuria, Paikgacha and Batiaghata upazilas of Khulna district, Satkhira Sadar, Tala, Assasuni, Shyamnagar, Kaligonj and Debhata upazilas of Satkhira district and Jhikargacha and Monirampur upazilas of Jessore district. The project facilitated 230 Community Pusti Karmi (Community Nutrition Volunteer) and they are still working in the project areas.

The main objectives of the project included 33,000 extreme poor and landless households who would improve their livelihoods through cultivation of khasland (public land), management of khas (public) water bodies and operation of income generation activities, making awareness of WatSan support for improving hygienic condition and adaptation supports for coping with adverse effect of climate change and sustainable livelihood. Target households were 33,000 ultra-poor landless and limited land owning households. Among the total beneficiaries 8420 beneficiaries received grant support for cow rearing. They were given special training on cow rearing and linked them with the Government Livestock Department. For cow rearing support, each of the beneficiaries' households received a grant of BDT. 18,000 for cow rearing.

So far, out of these beneficiary households (BHH),19,808 BHHs received 3744.96 acres of khas land; either on a permanent basis or temporary. In addition, 32,948 BHH received grant support amounting BDT.10,000 to BDT.18,000 for their livelihood. Around 13,868 BHH have been trained on technical subjects like livestock, fisheries and agriculture, while 1640 nos primary organisations were trained on leadership and management, land laws and management, DRR, health and hygiene, as well as gender and development. A total of 945 household received legal support for lower court and high court cases. Also 40 fisher folk group and Community based organization received registration from Cooperative Dept. Uttaran implemented this initiative in close cooperation with four local NGO at the grassroots and also working with LEBS and Government organizations like Livestock, Fishers, Agriculture Land Ministry of GoB.

With an aim to prevent anemia for the target group (pregnant mothers, lactating mothers and adolescent girls), the project has been providing Iron, folic acid and counseling to the beneficiaries. Beside these, the project also provided de-worming tablets for all members of the BHH and micro nutrient powder for the children which are also free of cost. The nutrition team believes that behavioral change through awareness is more important for a healthier and safe life. They provide counseling on behavioral changes, awareness on food habit, and movement for safe delivery for the mothers and future mothers and health education to the child and adolescent.

The project distributed seeds and saplings among beneficiaries with an expectation of homestead gardening that also meet daily needs, increase income and social relations. The conducted the livelihood trainings using flipcharts and flash cards. A small guide book was offered to every group, where the importance and benefits of consuming fruits and vegetables were discussed. The livelihood team distributed Sweet gourd, Amaranth, Bean, Ash gourd, kang-kong, Spong gourd, Tomato seeds and Mango, lemon, Safeda, Jujube saplings to beneficiaries households. The community nutrition volunteers are describing the importance and nature of nutrition at the courtyard meeting on weekly basis. Apart from these, public awareness was created with the aid of the posters and distributing leaflets and brochures.

5. Project Laser Beam

From January 2012 to December 2015 Uttaran implemented a project titled “Project Laser Beam” by getting funding support from Helen Keller International. The project was implemented in Debhata and Kaligonj upazila of Satkhira district. The goal of the project was to improve nutritional and economic condition of the poor people. A total of 2,400 households were supported and 40 Village Model Farm (VMF) were established through this project. Followings were the activities and the results of the project:

Major activities of this project includes providing training on poultry, vegetable farming and gardening to the beneficiaries and VMFs (beneficiaries), supply free seeds and saplings, preparing seedbeds, supporting building of ventilated poultry houses, provide refresher trainings and training on poultry vaccination to the vaccinator among others.

Results of PLB project is showing below:

- Ensuring food security and nutrition of pregnant and breast feeding mothers
- Meet nutritional demand of the pregnant and breast feeding mothers with eggs and meats from poultry
- Pregnant and breast feeding mothers learned to cook nutritional food which they can eat and feed their children as well. This met their nutritional demand.
- Keep the poultry of VMF and beneficiaries out of diseases
- Increase nutritional awareness at community level in the target area
- Apart from meeting, nutritional demand of pregnant and breast feeding mothers increased through poultry rearing. Bbeneficiaries also earned profit from the vegetable production through group marketing.

6. Bangladesh Dairy Enhancement Project

From November 2015 to May 2017 Uttaran implemented a project titled ‘Bangladesh Dairy Enhancement Project’. The project was funded by USDA through Land O Lakes. The project was implemented in Khulna division. Uttaran implemented this project to lead the establishment and

support to 65 small businesses focused on supplying dairy farmers with enhanced quality sources of nutrition for their dairy cows, and on other services needed by dairy farmers but generally not present or of inappropriate standard. Each small business entrepreneur received an amount of BDT. 200,000 as grant basis for establishing their business. This project was closely worked with private sectors i.e. Monowara Dairy Ltd. and Brac Dairy Ltd.

7. School Feeding Programme

From August 2001 to December 2004 Uttaran implemented 'Emergency School Feeding Programme' in flood affected Kolaroa, Debhata and Satkhira Sadar upazila of Satkhira district. The funding support was provided by WFP. 68,073 flood-affected primary school students of 381 government, private satellite, community and NFP schools received nutritious biscuit support. The main objective of this project was to provide nutrition support among the flood affected families and also contribute to reduce the dropout rate. The budget of the project was BDT.9,435,433.

From January 2011 to November 2015 Uttaran implemented 'Enhancing Quality of Primary Education through School Feeding Programme' by getting funding support from European Union. This project distributed fortified biscuits among 37,422 students from 129 government primary schools 6 registered primary schools of Jhikargacha upazila under Jashore district. The budget of the project was BDT. 19,963,665

While the European Union funded project was phased out then Primary Education Directorate (GoB) started to fund this project. From then to till to date all primary school students of Jhikargacha upazila (133 schools) are receiving fortified biscuit support. From October 2019 this project started mid day meal also. The project budget is BDT. 45,451,475.

8. Advancing Sustainable Indigenous Agriculture in Southwest Bangladesh (ASIA)

From July 2011 to October 2018 Uttaran implemented 'Advancing Sustainable Indigenous Agriculture in Southwest Bangladesh (ASIA)' project with a funding support from Misereor. This project was implemented in Tala upazila under Satkhira district. This project organized and empowered 1969 marginal farmers and they revived sustainable indigenous agriculture and have gained considerable food security. The farmers were organized in order to raise their voice so that they could be able to claim their rights in agriculture and nutrition and understand and spread the advantages of cultivating indigenous agriculture. The budget of the project was BDT. 14,471,840.

9 . NGO Gardening and Nutritional Education Surveillance Project

From April 1999 – March 2002 Uttaran implemented 'NGO Gardening and Nutritional Education Surveillance Project' by getting funding support from Helen Keller International. The project was implemented in Tala and Debhata upazila under Satkhira district and Paikgacha upazila under Khulna district. Project budget was BDT. 36,00,000. Uttaran in collaboration with Helen Keller International conducted nursery and gardening activities in 3 upazilas. The organization disseminated different varieties of seed, saplings of vegetables and fruits and trees on commercial basis.

- A total of 80 Gram Nurseries established in three years.

- A total of 3200 household gardens established in three years.