



FOOD, NUTRITION & LIVELIHOOD SECURITY



Approaches used by PCI in Food Security & Nutrition Programming

- ✓ Essential Nutrition Actions and Infant & Young Child Feeding Practices
- ✓ Nutrition Assessment, Counseling, Support & Community Management of Acute Malnutrition
- ✓ Care Groups
- ✓ Women's Empowerment Groups
- ✓ Wealth Generation Pathways
- ✓ School Feeding
- ✓ Micronutrient Supplementation
- ✓ Household Gardens
- ✓ Crop Diversification and Climate Smart Agriculture
- ✓ Market Access



INTRODUCTION

Over the last thirty years, significant progress has been made towards reducing poverty and global hunger. However, one in every eight people living in developing countries still suffers from chronic undernourishment. Globally, poverty rates have seen improvements, but progress has been uneven with the number of people living in extreme poverty still unacceptably high. Conflicts and civil insecurity, as well as natural disasters from climate change, further exacerbate poverty, hunger, and global food security. The world has seen a dramatic increase in the number of individuals forced from their homes due to conflict and their livelihoods stressed from an increased occurrence of natural disasters, such as droughts – a 50% increase from the previous decade – which can have severe implications on the agricultural livelihoods and food security of many vulnerable populations (CRED, 2015).

PCI'S UNIQUE APPROACH TO ENSURING FOOD, NUTRITION & LIVELIHOOD SECURITY

PCI's integrated approach focuses on preventing hunger and malnutrition through a combination of: a) Improving health & nutrition practices; b) Promoting sustainable livelihood strategies; c) Strengthening markets; and d) Improving community capacity to respond to vulnerabilities and shocks. These approaches are driven by strong community engagement and ownership and a commitment to working towards sustainability. As food security is itself a complex issue with many interwoven drivers, PCI recognizes the importance of strong contextual assessments and the adaptation and combination of appropriate gender sensitive interventions to achieve lasting impact on food security, nutrition, and livelihoods. PCI identifies and addresses the primary, as well as the underlying, causes of food insecurity to ensure sustainable solutions. The four pillars of food security (access, availability, utilization & resilience) are addressed in all of PCI's programs in order for interventions to be comprehensive, contextualized and integrated. Illustrative examples of these are detailed below:

Improving Health and Nutrition Practices: Nutritional deficiencies during the first "1000 days" of a child's life – the period between conception and a child's second birthday - can irreparably impair a child for the rest of his/her life and perpetuate the destructive cycle of malnutrition. Focusing on improving nutrition during this critical timeframe can prevent much of that damage and break the cycle of malnutrition from one generation to the next. Evidence indicates that the health and well-being of a pregnant or lactating mother can have a profound impact on a child's growth and development. Therefore, PCI focuses on timely nutrition-specific and nutrition-sensitive interventions to reduce malnutrition and promote health in both women, adolescent girls and children. Using a multi-sectoral approach, PCI promotes good maternal health and nutrition during pregnancy and lactation;



PCI (Project Concern International) is an international nonprofit on a mission to enhance health, end hunger and overcome hardship worldwide. Founded in 1961, PCI impacted the lives of more than 10 million people last year alone through programs in 15 countries spanning Asia, Africa and the Americas.



optimal infant and young child feeding care and practices; increased demand for health services; improved nutrition and health practices for adolescent girls; and good hygiene and sanitation practices.

Improving Sustainability and Nutrition through School Feeding Programs:

PCI, in partnership with local governments and community members, delivers essential nutrition, education, health and development services to children attending schools worldwide. With funding from the USDA McGovern-Dole International Food for Education and Child Nutrition (FFE) Program, more than 200,000 children receive a nutritious meal every school day through PCI's school-based programs. The FFE program aims to increase learning by ensuring that vulnerable children receive a nutritious meal so they can focus and receive a quality education, while also increasing attendance (especially for girls), and building the capacity of communities to contribute local produce and resources to support the continuation of the program after the life of the project. In order to track progress and custom-tailor interventions at the school-level, PCI created a Graduation Readiness Assessment tool which measures progress across five domains that comprehensively indicate a school's readiness to take full ownership of project activities and graduate from PCI's support.



Climate Smart Agriculture:

PCI recognizes that the climate is changing and that the most vulnerable and poor are most affected. In our agricultural work, PCI implements Climate Smart Agriculture (CSA) practices using integrated approaches to address the closely linked challenges of food security, development and climate change. PCI strives to enhance the capacity of the most affected individuals and communities to improve their food security, incorporating the need for climate change adaptation and the potential for mitigation into sustainable agriculture development strategies. Some of the CSA practices and technologies that PCI uses include Conservation Agriculture, rain water harvesting and storage structures, drip irrigation, agro-forestry systems, organic manure, Integrated Pest Management, bee-keeping and improved livestock grazing systems.



Market Strengthening:

For sustainable, lasting development, local economies must be able to meet the needs of communities – supporting livelihoods and ensuring availability of necessary products like nutritious foods. PCI's work focuses on supporting and strengthening local markets, and ensuring that we do no harm to existing market systems. PCI has developed a set of tools that enable a market-based approach for different situations. When responding to emergencies, PCI's *cash and voucher programs* provide necessary relief to local communities while also reinforcing the market by enabling participants to procure emergency relief supplies from local or regional retailers. These local purchases provide households with the quick support they need, while supporting recovery of local markets and industries post-disaster. Furthermore, to grow strategic markets and empower vulnerable communities to improve their livelihoods, PCI's Wealth Generation Pathways (WGP) approach focuses on developing market-based sustainable income generating activities for poor populations through meaningful employment or entrepreneurship. WGP facilitates the growth of industries to provide better services, products, and opportunities to marginalized communities while simultaneously building the entrepreneurial and employment skills of those communities to help them take advantage of those opportunities.



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