
Save the Children

This session is being recorded !!

All the sessions of this capacity building initiative, including this session, will be recorded for record-keeping, quality assurance and training purposes. The recording will include the video and audio recording of the presentations, practical demonstrations, discussions and the chatbox, which may also include your name, photos or videos.

The recordings will be shared with all the training participants for them to access later and revise any or all the sessions if necessary. They will also be shared with other individuals or groups for training and learning purposes.

To join this training, you will need to consent to this recording. You also have the option to join as an anonymous guest and not turn on your video throughout the training. However, if you wish to continue the learning but not be recorded, you can later do so by following the recordings at your own pace.

Save the Children

Ferrero Thematic Learning Series

Today's Session: Food Security and Livelihoods

Welcome everyone. Whilst we wait for the webinar to start please introduce yourself by typing your **name, location and role,** in the chat box.

During the webinar use the chat box to ask your questions (*but please avoid parallel conversations as they disrupt the flow of the event*). Presenters will have time to respond to your written questions, during the end of the webinar.

Please mute your microphones

Please Be ready to Join Menti!

Save the Children

Food Security and Livelihoods

Learning Outcomes:
Participants to leave with a clear understanding of sustainable livelihoods and nutrition sensitive programming including a focus on:

- The Sustainable Livelihoods Framework (SLF)
- The SLF relevance for Village Savings and Loans (VSLA)
- Sustainable food systems: bridging poverty reduction and food and nutrition security outcomes

Sidiki Diarra, Save the Children Mali (FR)
Elisa Pozzi, Save the Children Italy (EN)

Ferrero – SC Programmatic Framework – Community Component -2

EXPECTED RESULTS	MAIN ACTIVITIES	CORE KPIs
Strengthened capacities of communities to improve and diversify households' income	• Establish/revamp VSLA and train their members; • Map and quantify current income sources and identify viable IGAs to promote and support among VSLA members;	• # VSLAs groups created • Average savings of the VSLA group members • % of households with increased / diversified income
Strengthened capacities of communities to adopt good nutrition practices and behaviors	• Develop a SBCC strategy (to identify key nutrition behaviors to be promoted), recruit and train care group promoters of improved nutrition practices and behaviors;	• # community people sensitised on nutrition practices

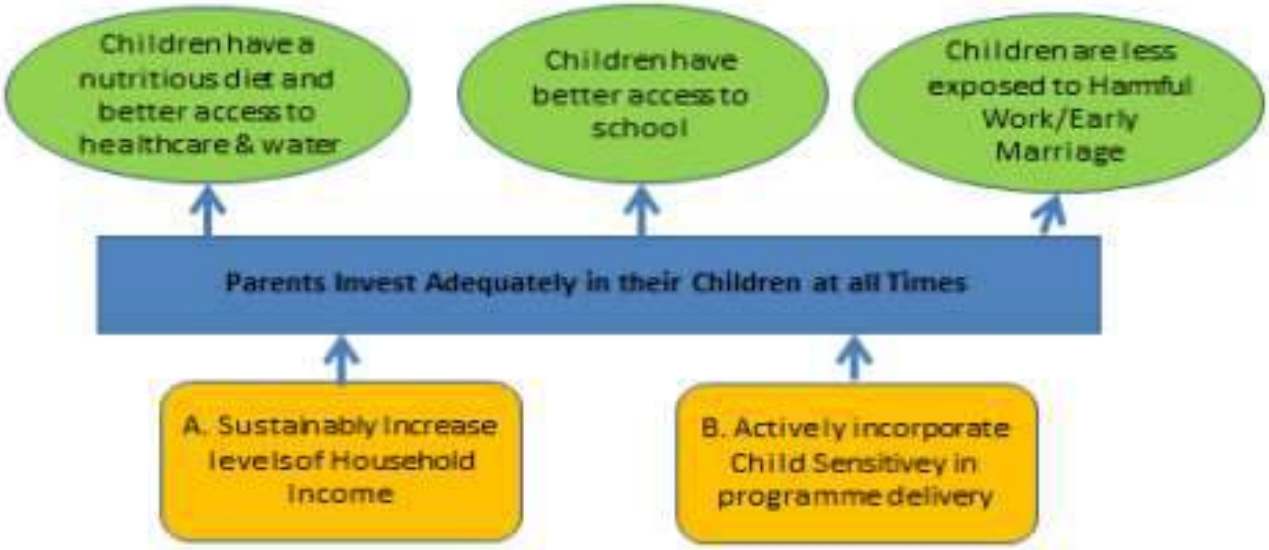
Part 1: The Sustainable Livelihoods Framework

Key Learning / Objectives:

- The different elements of the SLF
- What sustainable livelihoods look like in the local context
- Why we need to focus on SLF

What do we mean by Livelihoods?

Livelihoods are the means of making a living and allow parents and caregivers to satisfy their daily needs and those of their children



Maximise Impact for Children and
Miniminse the adoption of
Harmful Coping Mechanisms

What are the different types of livelihoods that you can observe here and what do they need to thrive?

Save the Children

The Sustainable Livelihoods Framework

- Unpack the complex issues surrounding the livelihoods of the poor

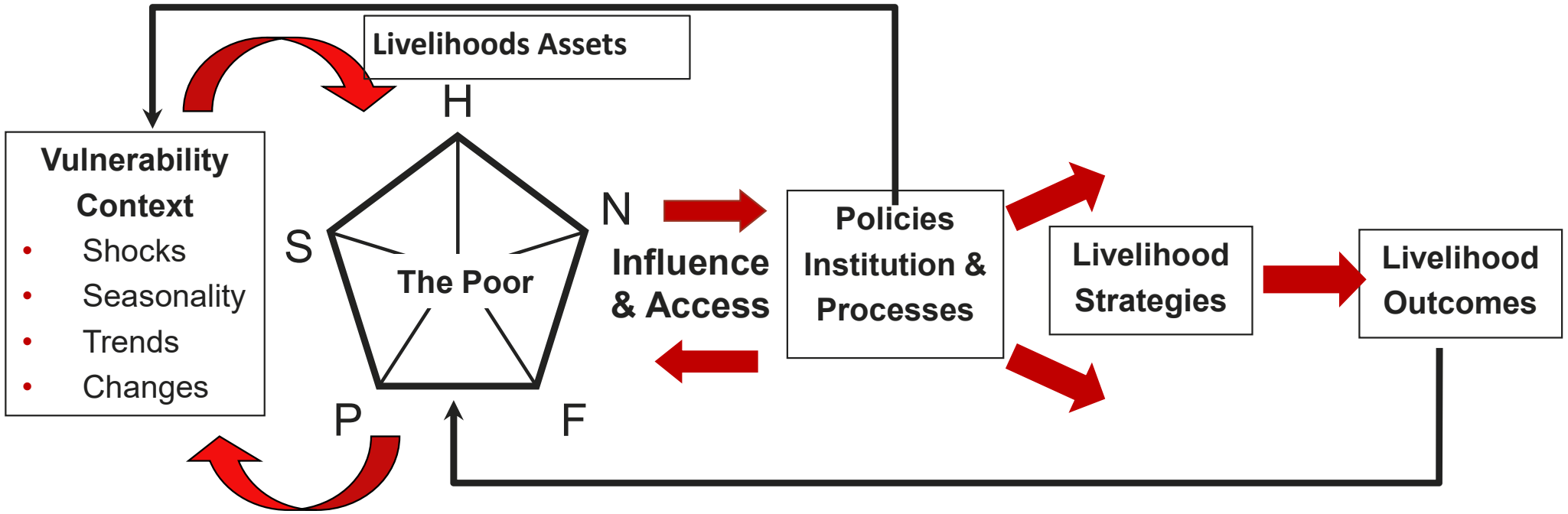
- It organizes the factors that constrain or enhance livelihood opportunities, and shows how they relate

- It can help plan development activities and assess their to sustaining livelihoods

- It needs to be contextualised

Save the Children

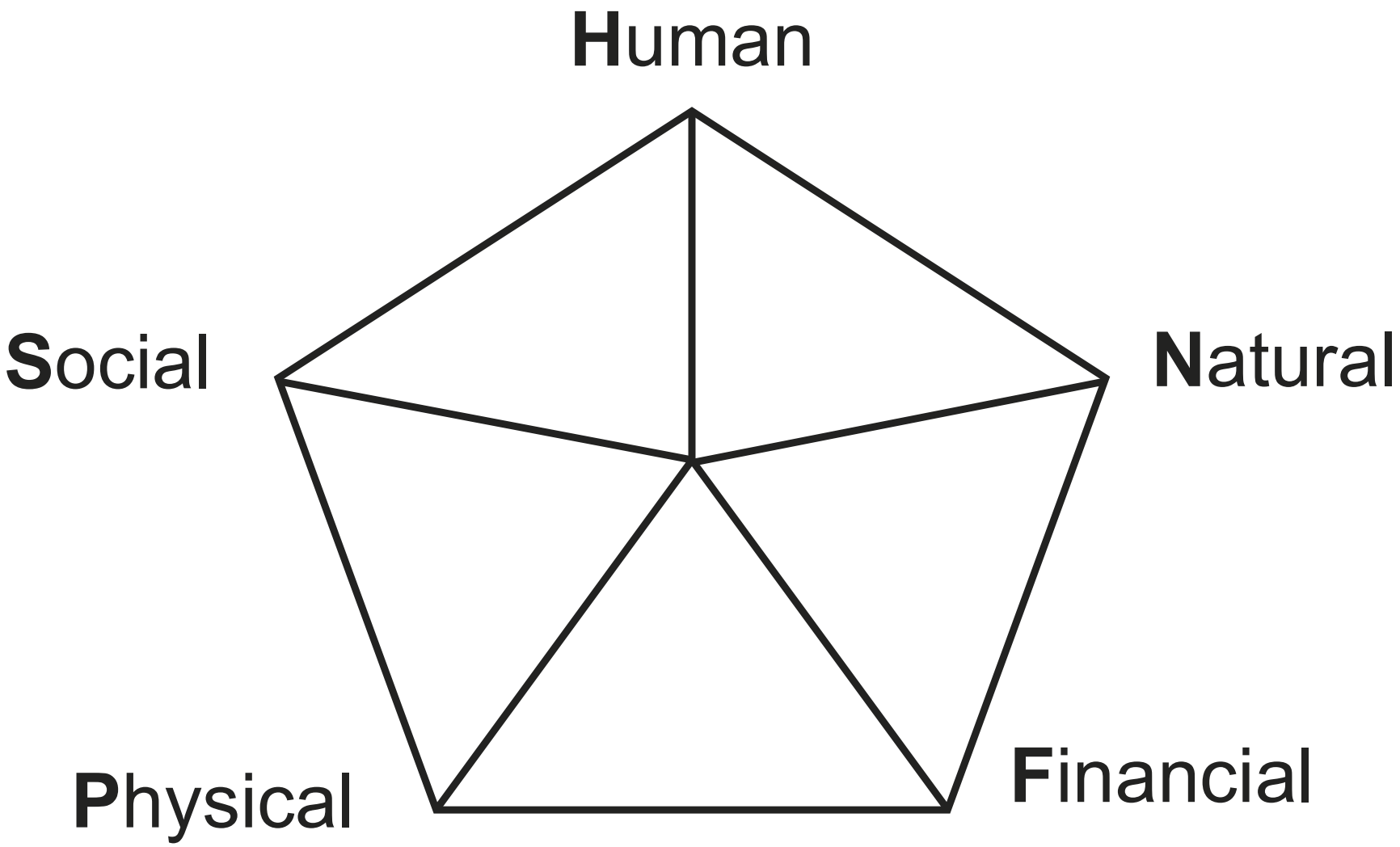
The Sustainable Livelihoods Framework



The framework depicts stakeholders as operating in a **context of vulnerability**, within which they have access to certain **assets**. Assets gain weight and value through the prevailing social, institutional and organizational environment (**policies, institutions and processes**). This context decisively shapes the **livelihood strategies** that are open to people in pursuit of their self-defined beneficial **livelihood outcomes**. (Kollmair et al., 2002)

Save the Children

Livelihood assets (capital)



Save the Children

Human Capital

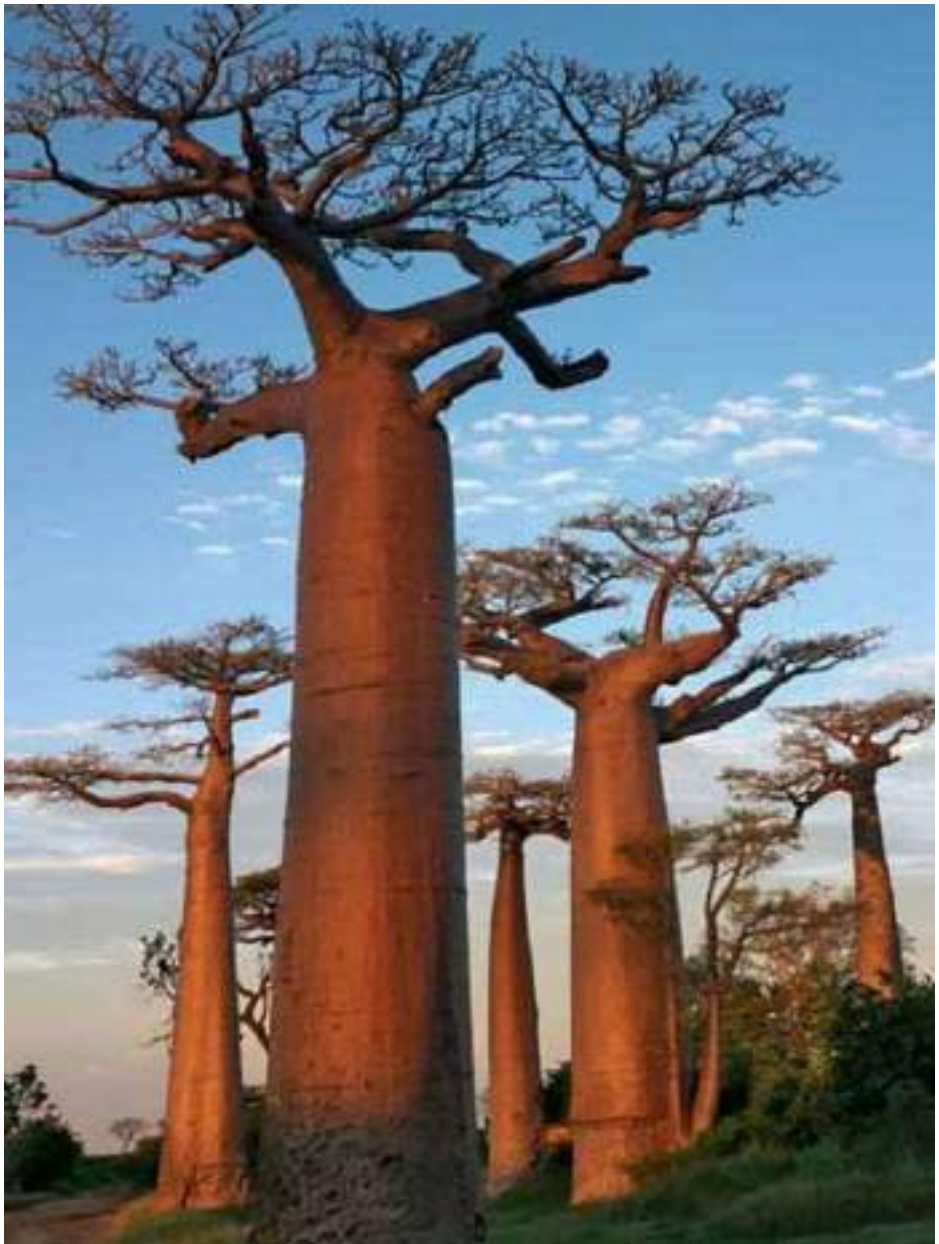
The stock of non-tangible assets which determine the ability to produce

economic value:

- Labour Capacity
- Level of education
- Health & Nutrition
- Life-skills
- Market-relevant skills

Save the Children

Natural Capital



- Land and water Resources
- Trees and forest products
- Biodiversity
- Environmental services

Save the Children

Social Capital

The Social Networks and connections (patronage,neighbourhoods, kinship, etc) and Norms of reciprocity and trust:

- Vertical and Horizontal social connections
- Solidarity
- Formal and informal groups
- Common rules and sanctions
- Mechanisms for participation decision-making

Save the Children

Physical Capital

A tangible capital consisting of material things like buildings and equipment:

Infrastructure

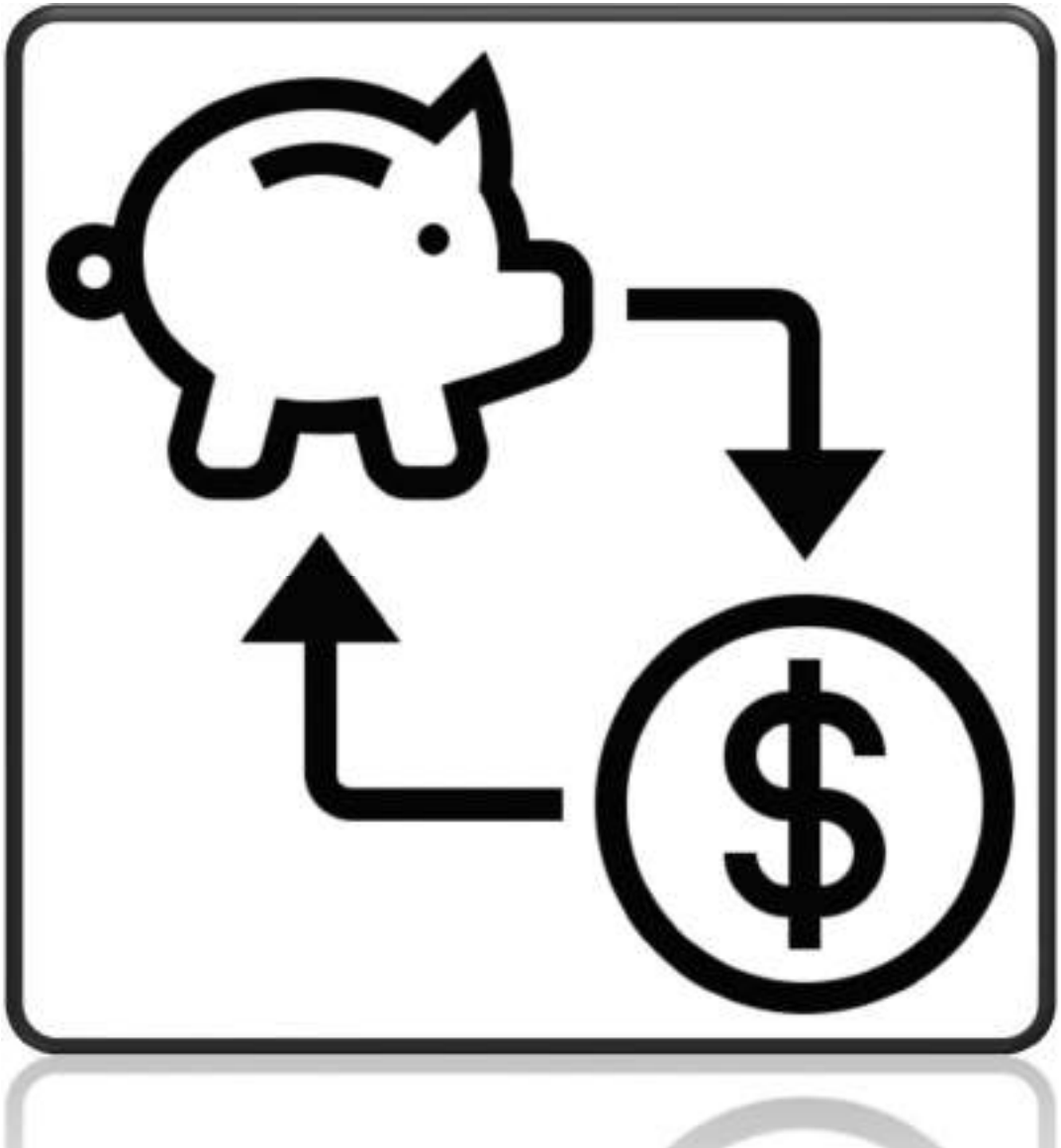
- transport - roads, vehicles, etc.
- secure shelter & buildings
- water supply & sanitation
- energy
- communications

Tools and technology

- tools and equipment for production
- seed, fertiliser, pesticides
- traditional technology

Save the Children

Financial Capital



- Savings
- Credit/debt - formal, informal, NGOs
- Remittances
- Pensions
- Wages
- Inflow of Money

Save the Children

The Asset set

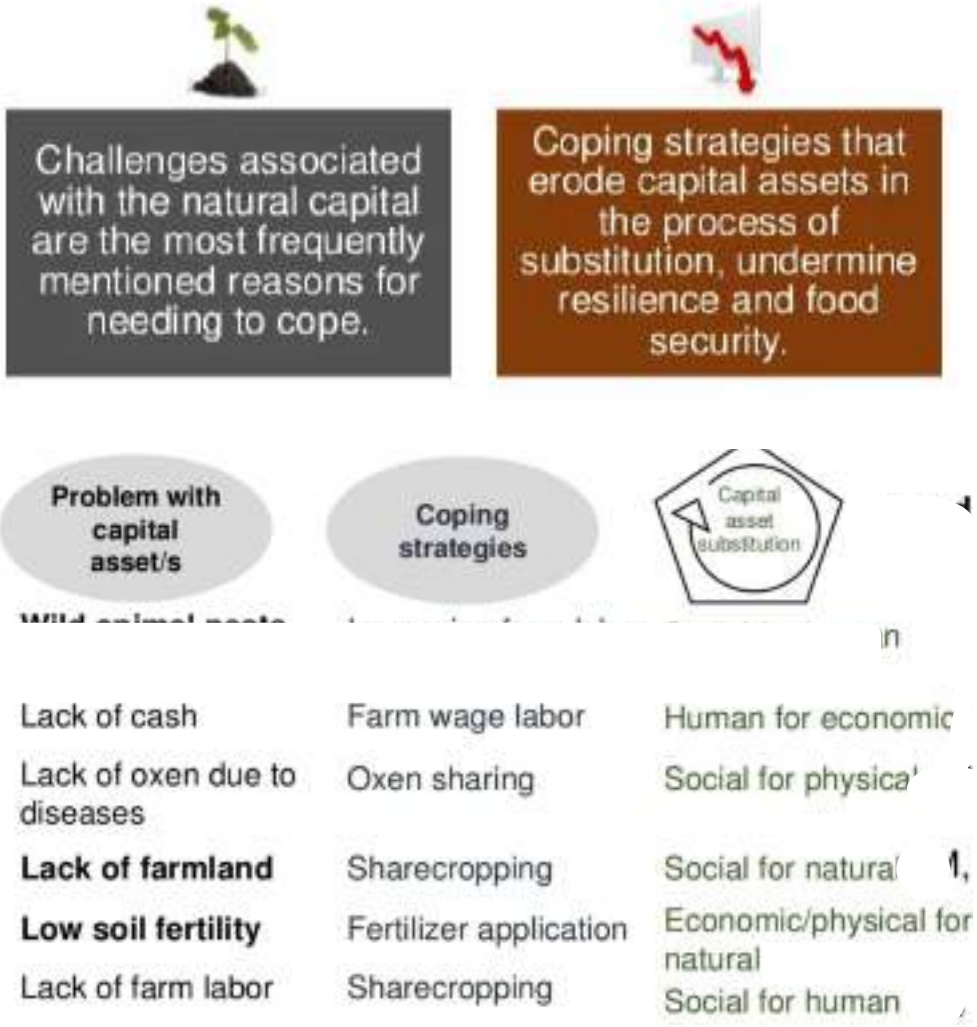
Households have different socioeconomic status based on their access to income livelihoods assets, the more assets they have, the less their vulnerability

Livelihoods **affected** by:

- **diversity** of assets
- **amount** of assets
- **balance** between assets

will determine the shape and size of the assets pentagon!

Coping Strategies 101



- Coping Expandability is to be expected
- Often coping translates in substituing capital assets
- A well balanced asset mix is important not to erode assets

Avoid Harmful Coping Strategies for Children

Source Manlosa, Resilience (2017)

A Moment of Reflection, **please go on**

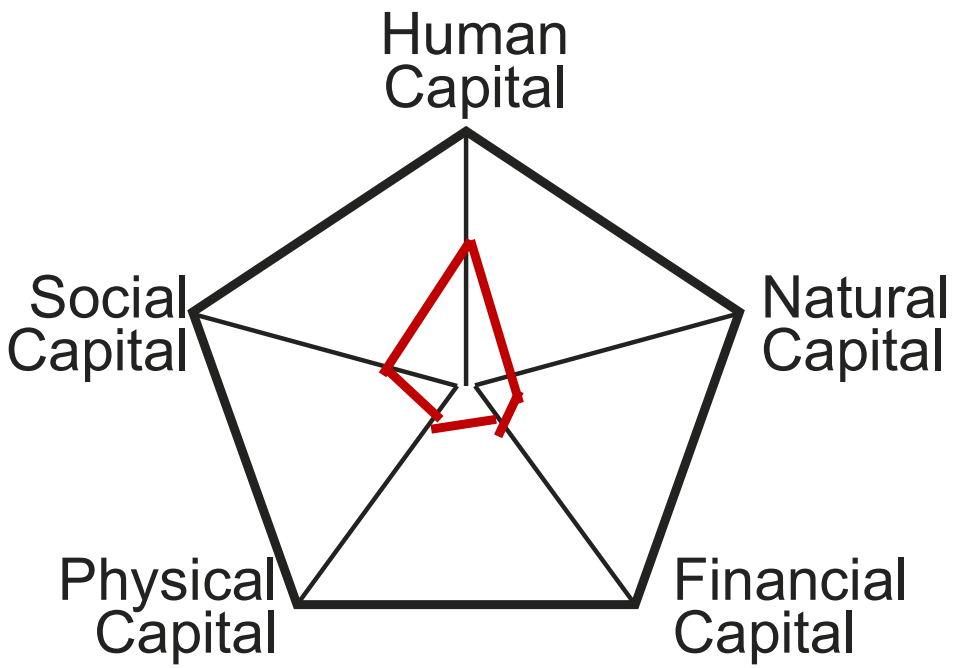
www.mentimeter.com

From the perspective of your programme, what are the livelihood assets that a typical poor smallholder household has?

Save the Children

Asset Pentagon

e.g. *Landless female agricultural labourer*



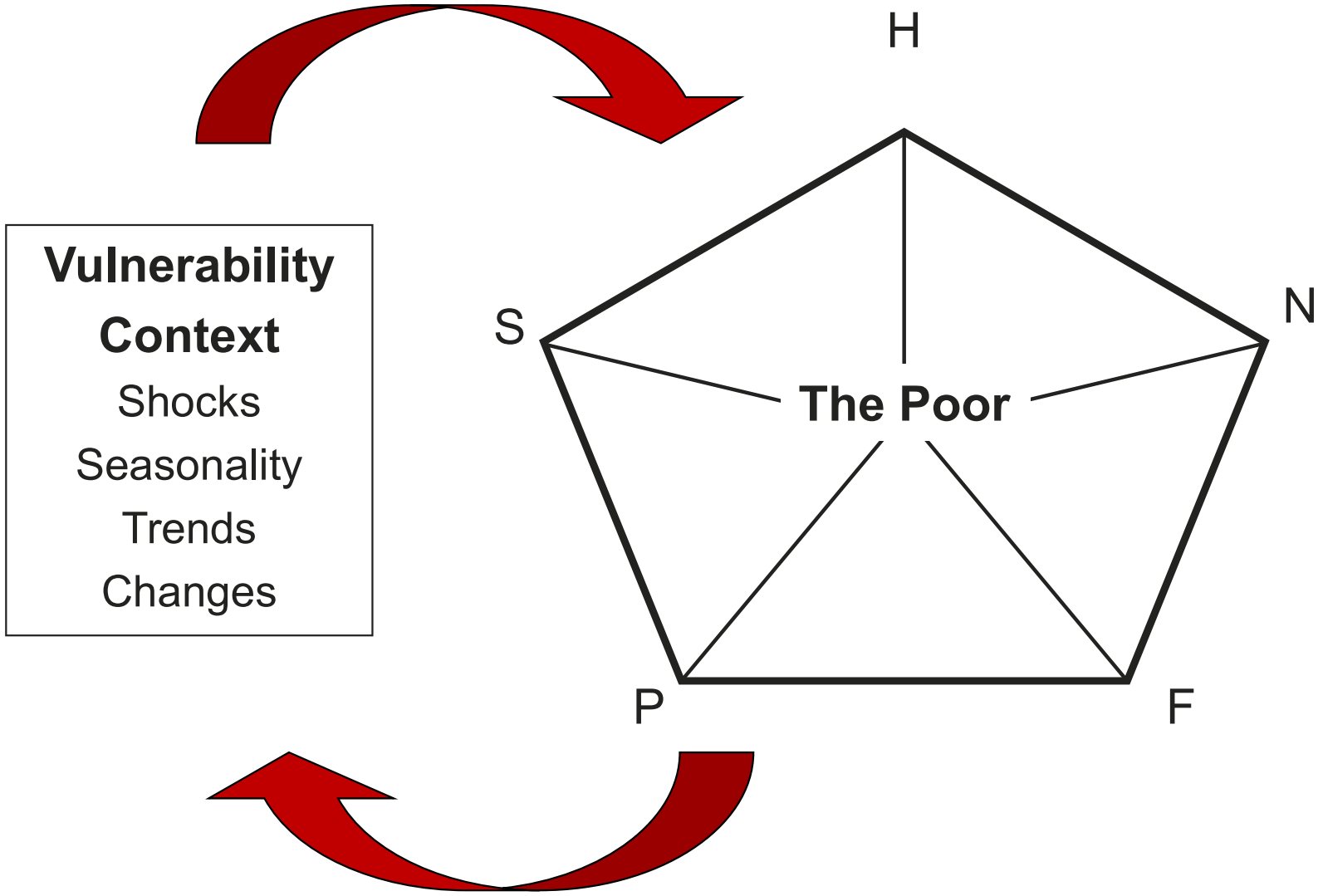
- **Human capital**
  - labour capacity
  - no education
  - limited skills
- **Natural capital**
  - landless
  - access to common property resources
- **Financial capital**
  - low wages
  - no access to credit
- **Physical capital**
  - poor water supply
  - poor housing
  - poor communications
- **Social capital**
  - low social status
  - descrimination against women
  - strong links with family & friends
  - traditions of reciprocal exchange

= an extremely reduced "livelihood pentagon"

Source IFAD, SOAS (date Unknown)

Save the Children

Vulnerability Context



Save the Children

Vulnerability Context

Shocks

- Floods, droughts, cyclones
- Deaths in the family
- Conflict

Seasonality

Trends and changes

- Population
- Climate change
- Technology
- Markets and trade

A Moment of Reflection, **please go on**

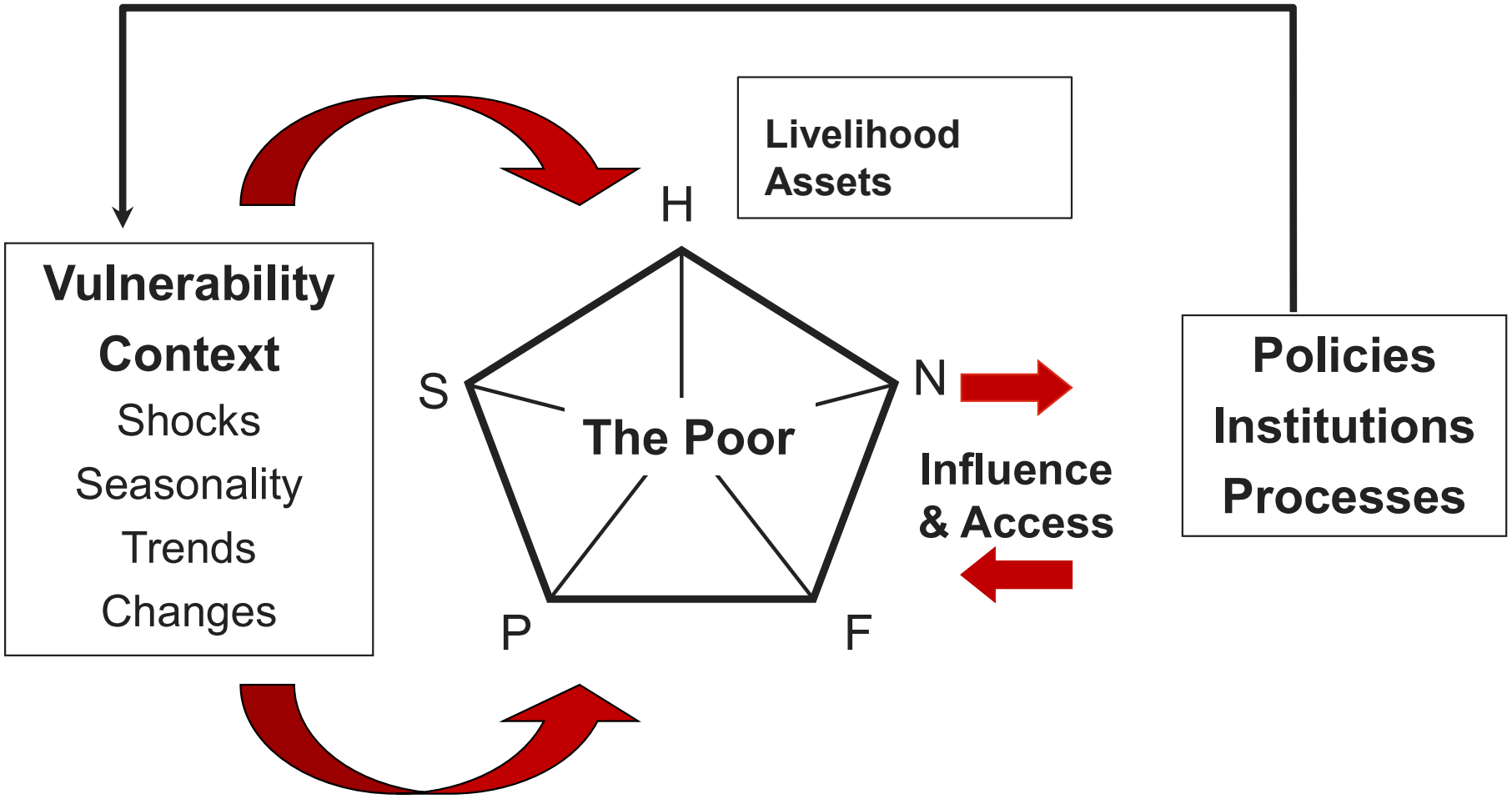
www.mentimeter.com

Thinking about the areas where your programme operates,

What are the main risks to which cocoa producers are exposed?

Save the Children

Policies, Institutions & Processes



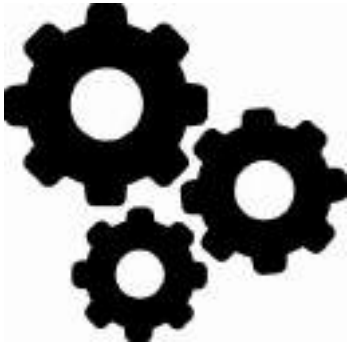
Policies, Institutions & Processes

Also defined as Transforming Structures and Processes

- **Structures and Institutions**

  - Government bodies
  - Profit and non profit organisations
  - NGOs
  - commercial enterprises & corporations

- **Processes**



  - the **rules of the game**
  - decision-making processes
  - social norms & customs
  - gender, caste, class
  - language

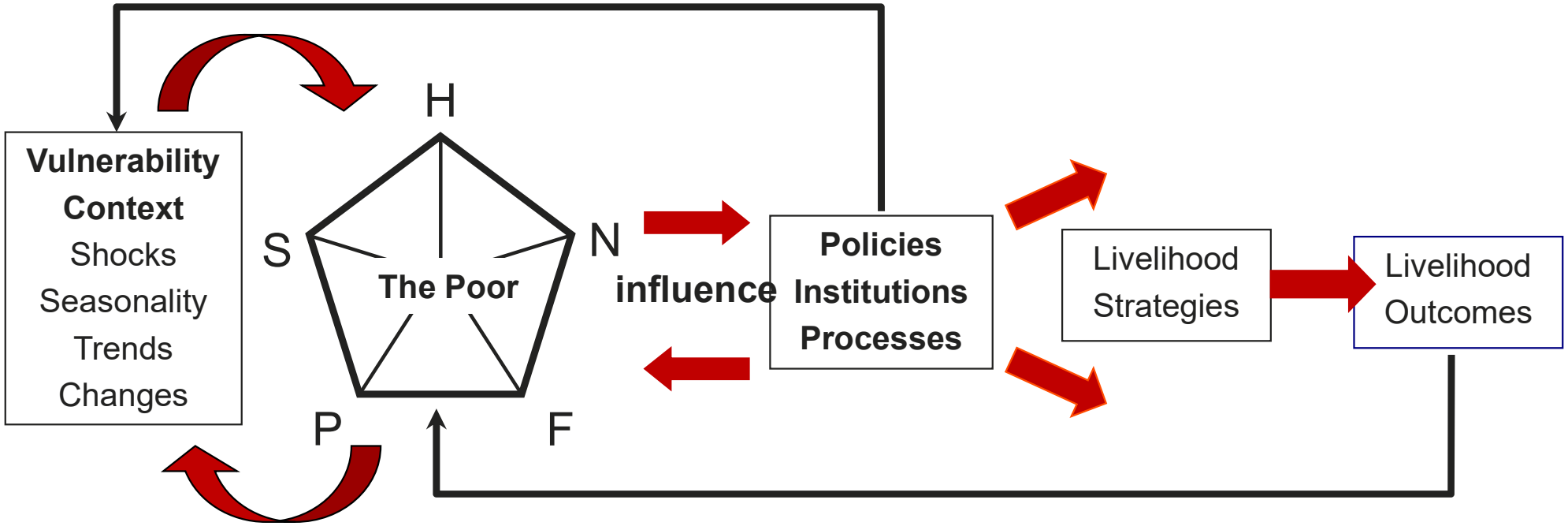
Livelihood Assets	**Natural**	**Physical**	**Human**	**Financial**	**Social**
Brief Description					

Vulnerability Context	**Shocks**	**Trends**	**Seasonality**
Brief Description			

Structures and processes	
Brief Description	

Save the Children

The Sustainable Livelihoods Framework



Save the Children

Livelihood Strategies

The range and combination of activities and choices available and implemented by individuals to meet their various needs. Livelihood strategies are :

- **directly dependent on asset status**
- **supported or obstructed by policies, institutions and processes**
- **affected by the vulnerability context**

The more livelihoods strategies are diverse, the higher households' resilience to shocks add stressors withon the vulnerability context

Save the Children

Livelihood Outcomes

Livelihood outcomes are the achievements or outputs of livelihood strategies. Poverty - a “poor” livelihood outcome:

- based on a fragile or unbalanced set of livelihood assets
- unable to sustain to shocks, changes or trends
- not supported, or actively obstructed by policies, institutions and processes that do not allow assets to be used as they might
- livehood options combined in a “bad” or unsustainable strategy

BREAK:

10 min

If you are not going to take a break, we can answer a few questions from you!

Part 2: The SLF relevance for Village Savings and Loans (VSLA)

Key Learning / Objectives:

Describe how the VSLA operate and how they are used to increase income in rural communities

Using the SLF to identify context-relevant Income Generating Activities

Save the Children

Village Saving and Loans (VSLA)

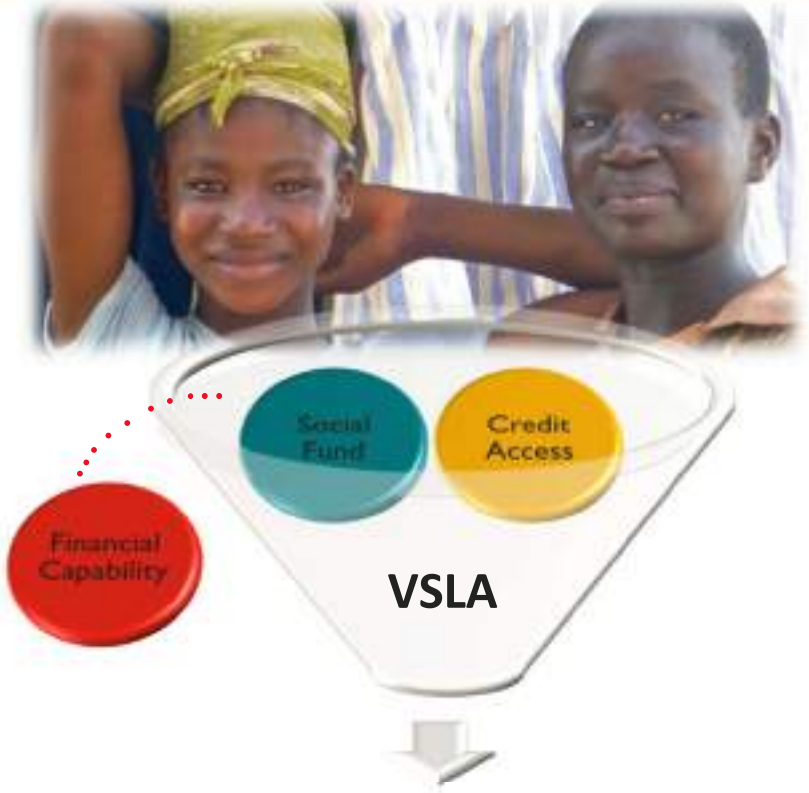
- VSLA are independent groups of 15 -25 people
- The joint saving is collected in a **credit fund**
- Members borrow at **a service charge** decided by the group
- The credit fund is kept secure
- VSLA groups annually **share the credit capital** proportionally to the savings accumulated by each member

VSLA importance for Livelihoods

VSLA are used globally as a pro-poor system to support economic activities, they:

- **Help households to manage their monetary resources**
- **Provide access to credit to those with irregular income to start their business or face unexpected expenses**
- **Can maximise the impact of skills development interventions, such as life skills, entrepreneurship, financial literacy …**

VSLA and Gender Considerations



Some Examples of gender-sensitive VSLA

- Deliberately targeting resource poor women and girls
- Provide IGA start-up credit
- Social fund for maternity (antenatal/postnatal) visits
- In-patient hospitalisation

Opportunities

- Combine VSLA and market-relevant skills development
- Use the SLF to understand the vulnerabilty context and enabling factors

In the Chatbox: Please write some key features of gender-sensitive economic opportunities

Part 3:
Sustainable Food Systems for healthy diets

Key Learning / Objectives:

System thinking in practice

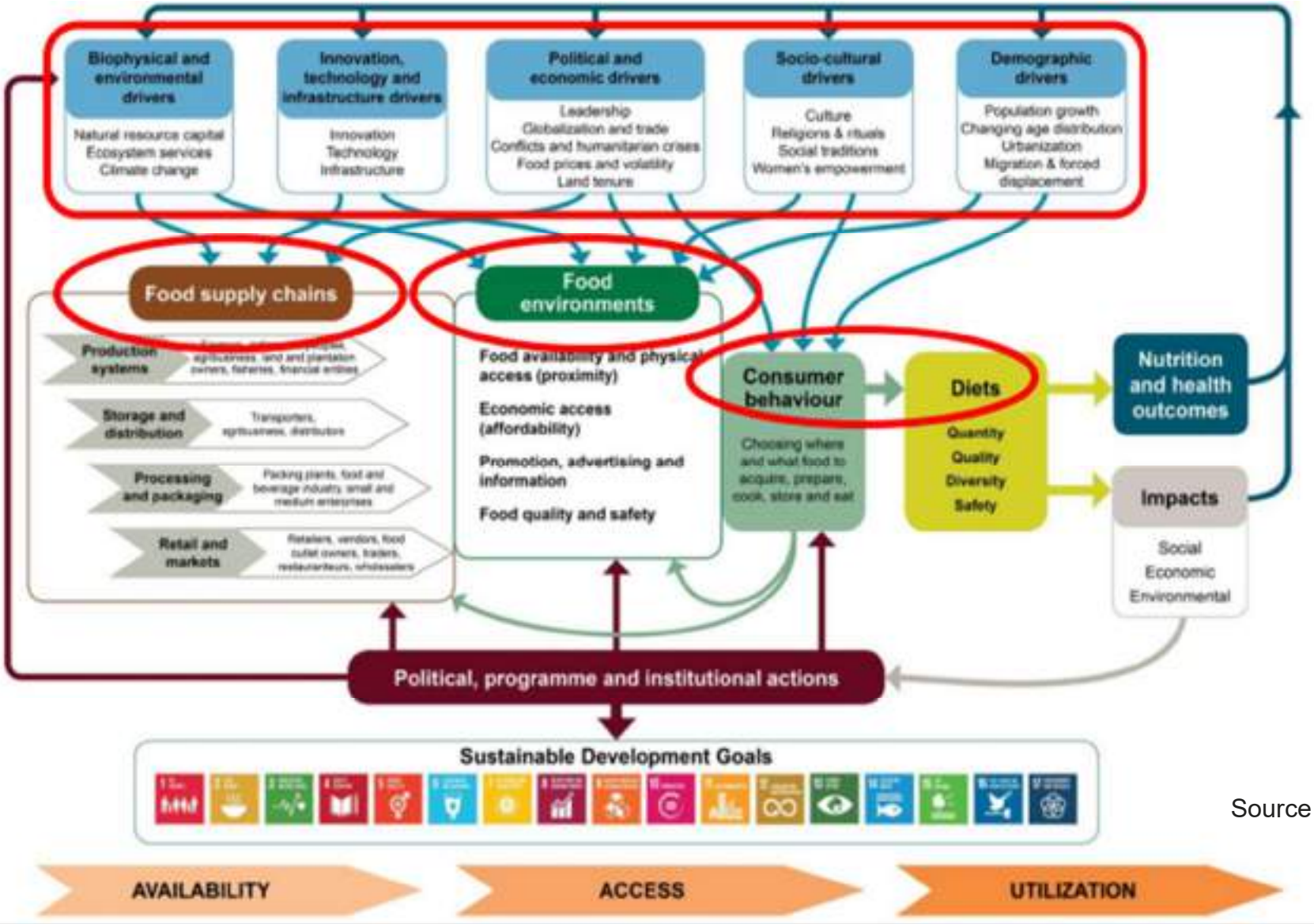
How food matters for people and planet

What do we mean by sustainable diets

Food will be a defining issue of the 21st century. Unlocking its potential will catalyse the achievement of both the SDGs and Paris Agreement

Save the Children

Food Systems are central to Diets and Human Health



Source HLPE, 2017

Save the Children

FOOD at the Anthropocene

the EAT- Lancet Commission on healthy diets from sustainable food systems

Background on the EAT-Lancet Commission

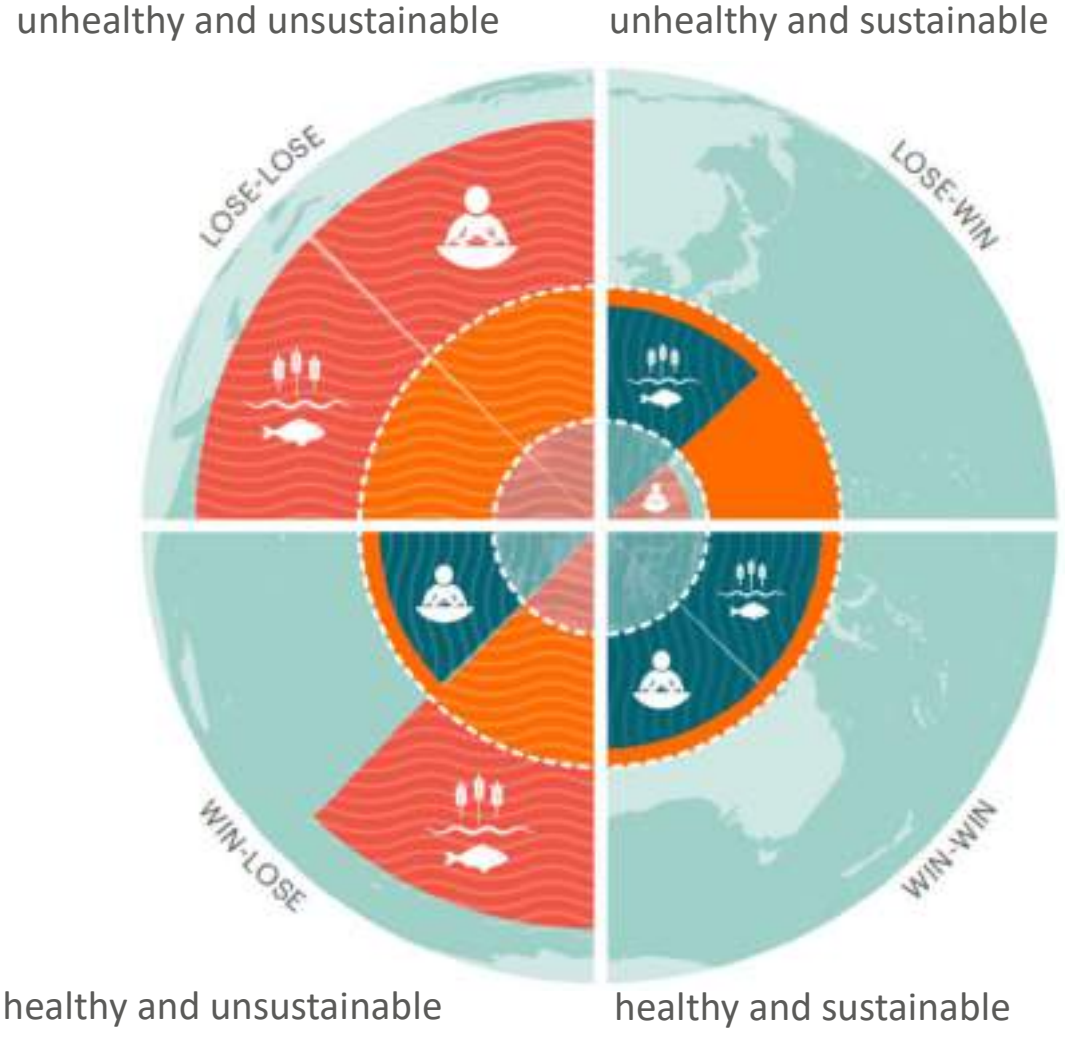
What is the EAT-Lancet Commission and Why is it needed?

The Commission: 19 Commissioners and 18 co-authors from 16 countries and areas of specialization (human health, agriculture, political sciences, and environmental sustainability) to **bridges the gap** between health, environmental sustainability, science and concrete action with the aim to:

- Develop **global scientific targets** informed by the best evidence available for healthy diets and sustainable food production.
- Define a **safe operating space** for food systems that address nutrition, health and a sustainable planetary system.
- Ensure meeting Sustainable Development Goals (SDGs) and Paris Climate Agreement (keeping global warming to well below 2°C, aiming for 1.5°C)

What does the Commission mean by Safe Operating Space?

Dietary Patterns (according to human health and environmental sustainability)



The **safe operating space** is defined by scientific targets for intakes of specific food groups (e.g. 100 to 300 g/day of fruit) to **optimize human health** and scientific targets for sustainable food production to ensure a **stable Earth system**.

Scientific targets define the **safe operating space for food systems** (represented here by the orange ring)

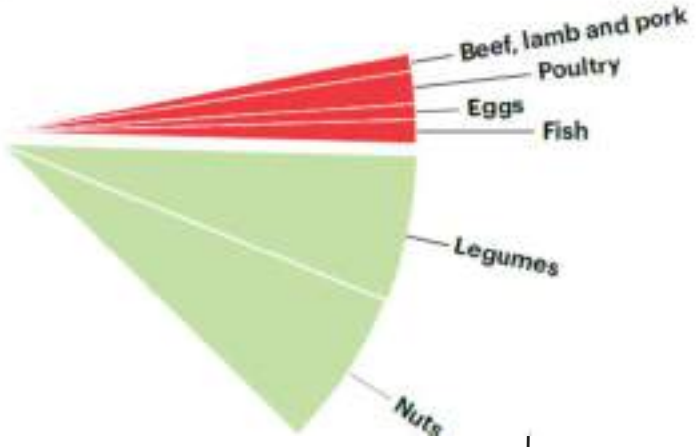
The wedges represent the dietary patterns and food production

Healthy Diets and Sustainable Food Production

Global Scientific Target 1: Healthy Diets

(Planetary) Healthy diets have an optimal caloric intake and consist largely of:

- **A diversity of plant-based foods,**
- **Low amounts of animal source foods**
- **Contain unsaturated rather than saturated fats**
- **Contain limited amounts of refine grains, highly processed foods and added sugars**

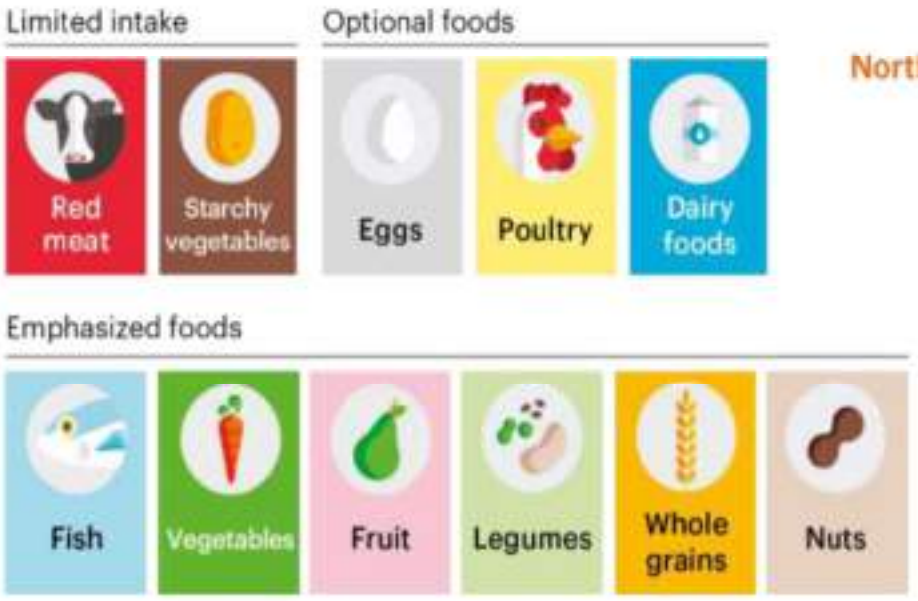


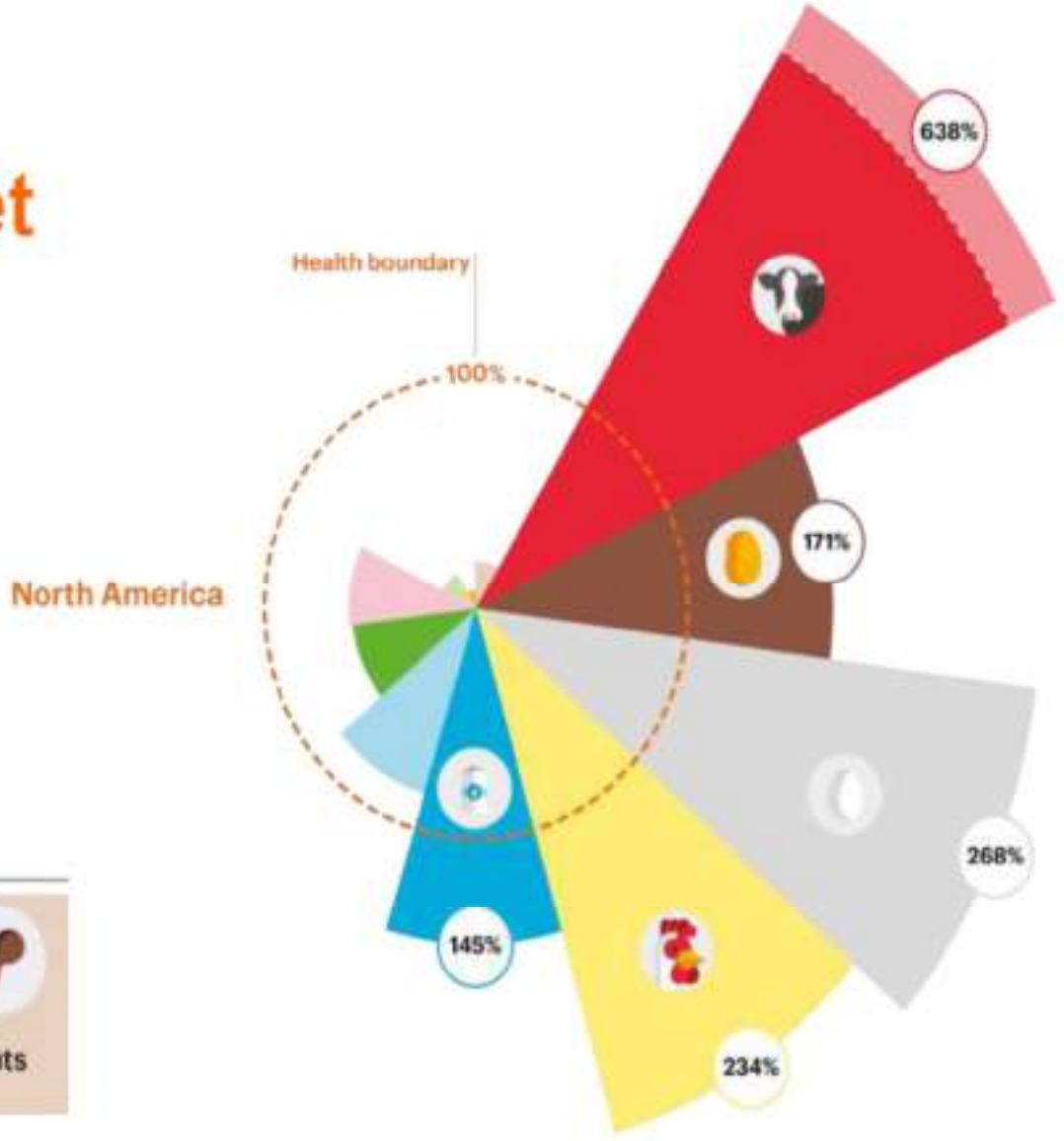
	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
Whole grains		
Rice, wheat, corn and other	232	811
Tubers or starchy vegetables		
Potatoes and cassava	50 (0–100)	39
Vegetables		
All vegetables	300 (200–600)	78
Fruits		
All fruits	200 (100–300)	126
Dairy foods		
Whole milk or equivalents	250 (0–500)	153
Protein sources		
Beef, lamb and pork	14 (0–28)	30
Chicken and other poultry	29 (0–58)	62
Eggs	13 (0–25)	19
Fish	28 (0–100)	40
Legumes	75 (0–100)	284
Nuts	50 (0–75)	291
Added fats		
Unsaturated oils	40 (20–80)	354
Saturated oils	11.8 (0-11.8)	96
Added sugars		
All sugars	31 (0–31)	120

How many key food groups do you think on average a cocoa smallholder family consumes?

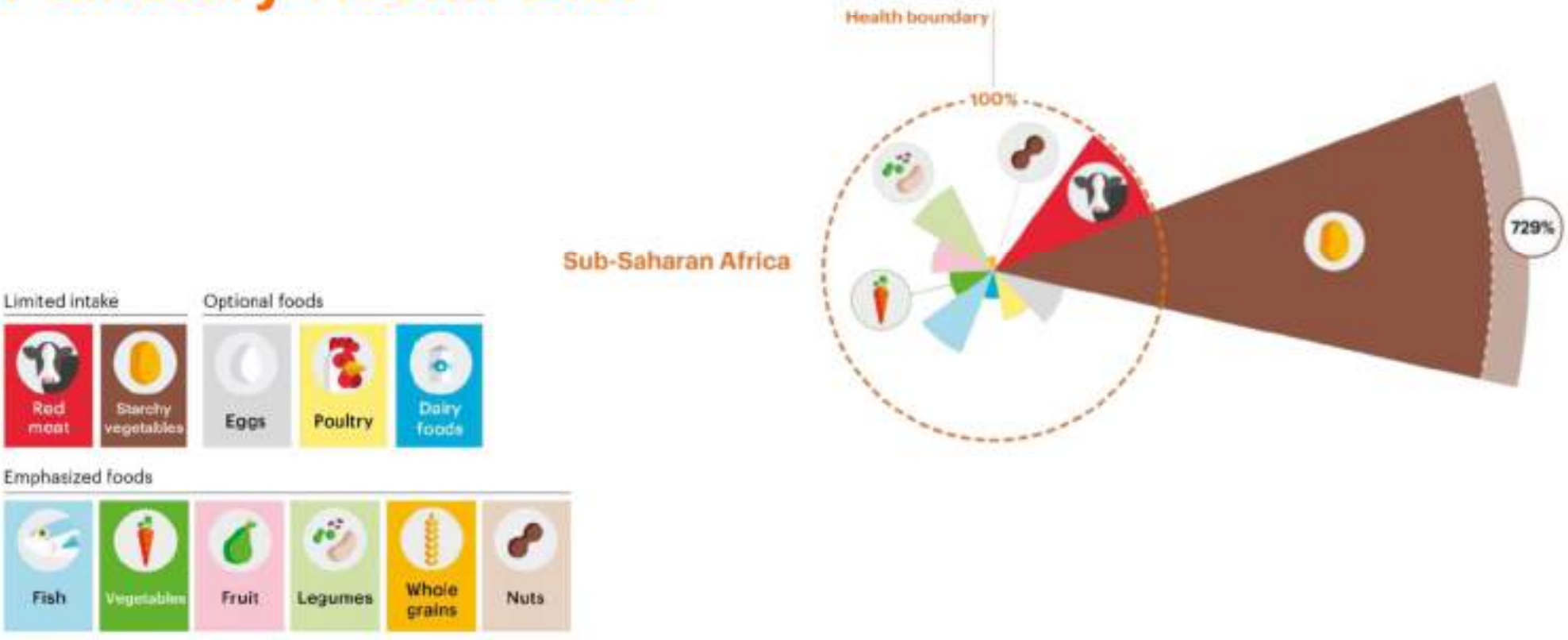
Try to post them in the chat!

Current Intakes vs Planetary Health Diet

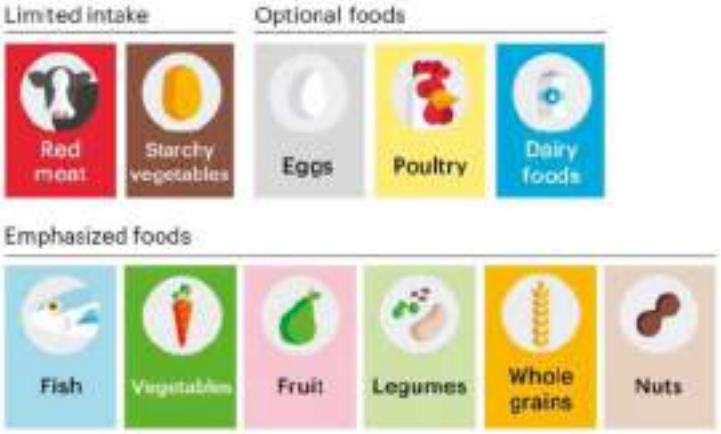


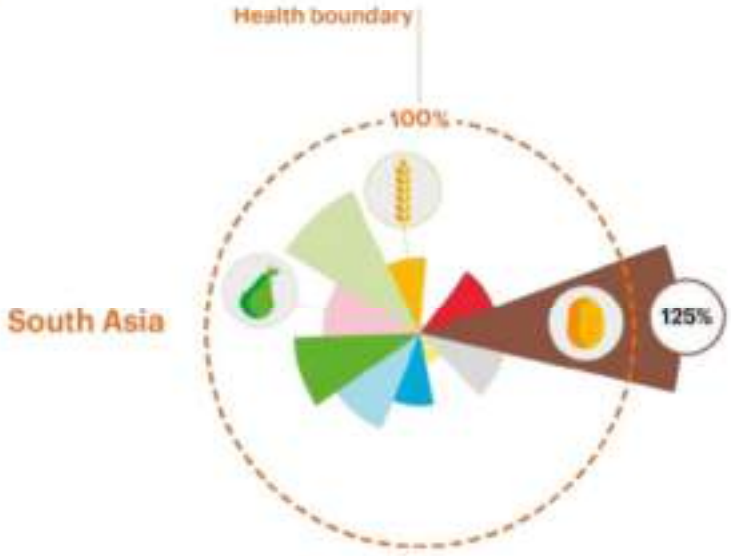


Current Intakes vs Planetary Health Diet

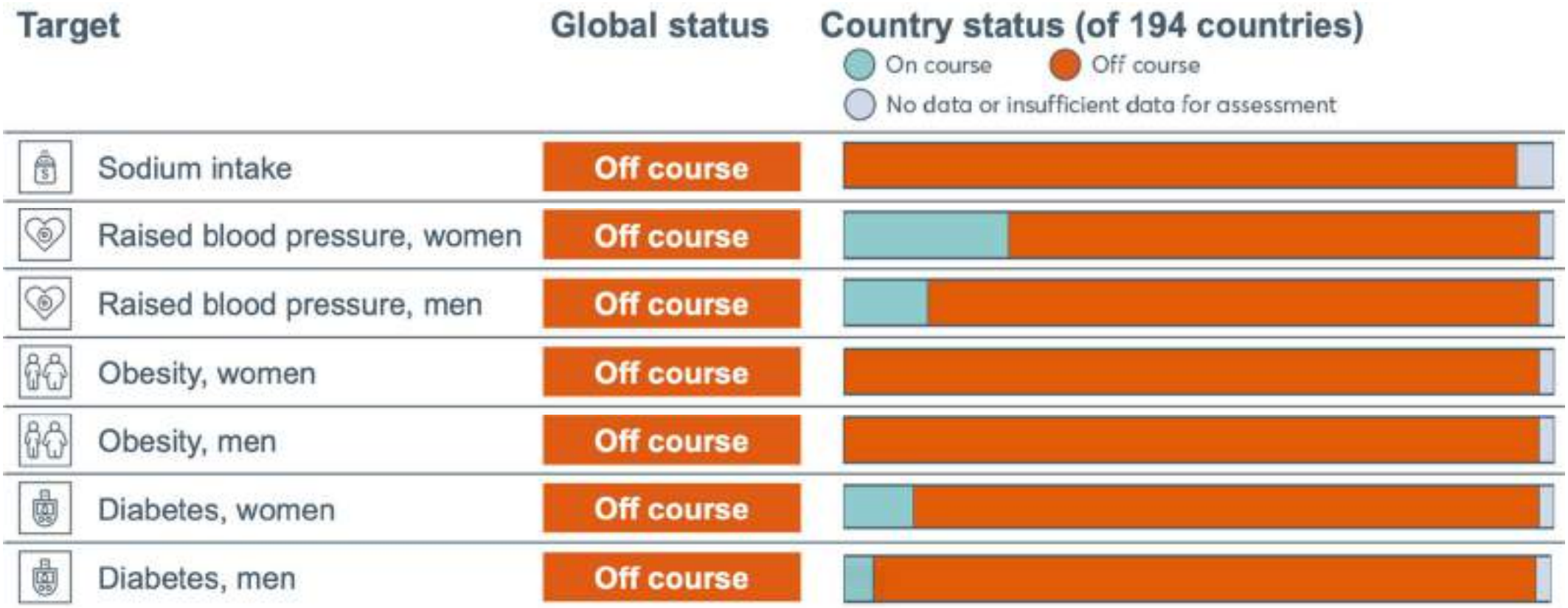


Current Intakes vs Planetary Health Diet





NCD diet-related global targets 2025:
Off Course



Source: Global Nutrition Report 2021

Dietary changes from current diets toward healthy diets are likely to result in significant health benefits.

The Commission analyzed the potential impacts of dietary change on diet-related disease mortality using three approaches (see Table 2). All three approaches concluded that **dietary changes from current diets toward healthy diets are likely to result in major health benefits.** This includes preventing approximately 11 million deaths per year, which represent between 19% to 24% of total deaths among adults.

Approach 1 Comparative Risk	19%	or	11.1 million adult deaths per year
Approach 2 Global Burden of Disease	22.4%	or	10.8 million adult deaths per year
Approach 3 Empirical Disease Risk	23.6%	or	11.6 million adult deaths per year

Healthy Diets and Sustainable Food Production

Target 2: Sustainable Food Production

The Commission focuses on the interaction of **six Earth system processes** affected by food production necessary for a system –wide definition of **sustainable food production**:

1. Climate Change (GHG emissions)
2. Land System Change (Cropland use)
3. Freshwater Use (Water Use)
4. Nitrogen Cycling (N application)
5. Phosphorus Cycling (P application)
6. Biodiversity Loss (Extinction Rate)

For each of these the Commission proposes boundaries that global food production should stay within to decrease the risk of irreversible shifts in the Earth system

How does Food Production Contribute to *Planetary* Health Diets?

Food production a major contributor to climate and environmental change

- Food production is one of the largest drivers of global environmental change by contributing to climate change, biodiversity loss, freshwater use, interference with the global nitrogen and phosphorus cycles, and landsystem change.
- Yet food production depends on continued functioning of biophysical systems and processes and a stable Earth System.
- There is need for us to operate within a safe planetary boundary to avoid Earth System failure.
- Diets therefore link nutrition, human health and environmental sustainability

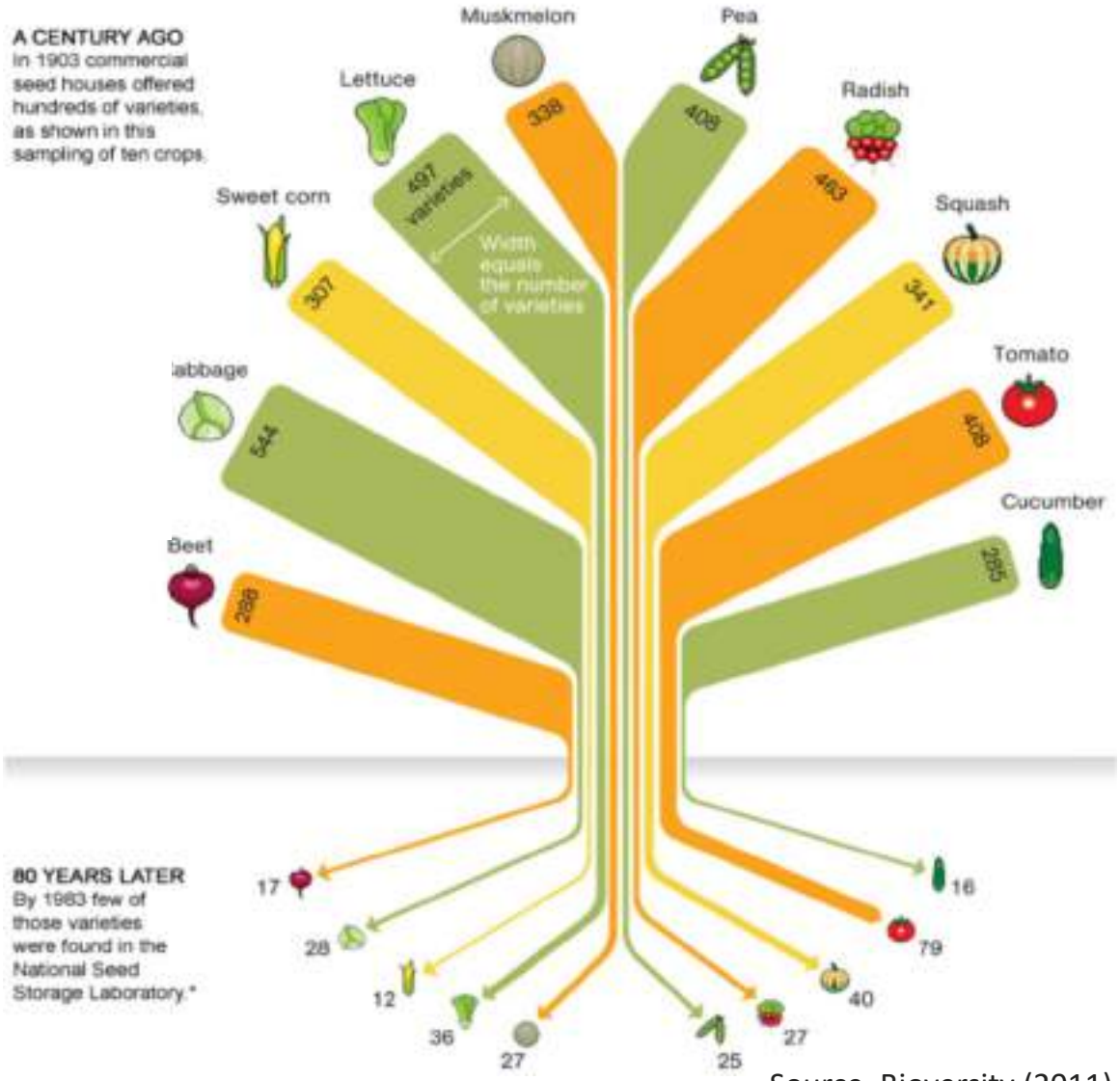
How does Food Production Contribute to *Planetary* Diets

Food production a major contributor to climate and environmental change

FOOD PRODUCTION

CONTRIBUTION TO CLIMATE CHANGE

- **25% GHG EMISSIONS COMES FROM AGRICULTURE**
- **40% OF LAND SURFACE USED FOR FOOD**
- **80% OF BIODIVERSITY LOSS FROM AGRICULTURE**



Source, Bioversity (2011)

Five Strategies for a Great Food Transformation

And Possible programmatic Implications?

1. Seek international and national commitment to shift toward healthy diets
2. Reorient agricultural priorities from producing high quantities of food to producing healthy food
3. Sustainably intensify food production to increase high-quality output
4. Strong and coordinated governance of land and oceans
5. At least halve food losses and waste, in line with UN Sustainable Development Goals

Be the change you want to see – what can you do to deliver on those recommendations?

1. Seek international and national commitment to shift toward healthy diets
2. Reorient agricultural priorities from producing high quantities of food to producing healthy food
3. Sustainably intensify food production to increase high-quality output
4. Strong and coordinated governance of land and oceans
5. At least halve food losses and waste, in line with UN Sustainable Development Goals

Thank You!

Glossary

Anthropocene
A proposed new geological epoch that is characterized by humanity being the dominating force of change on the planet.

Planetary boundaries
Nine boundaries, each representing a system or process that is important for regulating and maintaining stability of the planet. They define global biophysical limits that humanity should operate within to ensure a stable and resilient Earth system—i.e. conditions that are necessary to foster prosperity for future generations.

Food loss and food waste
The terms "food loss" and "food waste" have distinct meanings as they occur at different stages of the food value chain. "Food loss" occurs before the food reaches the consumer as an unintended result of agricultural processes or technical limitations in the production, storage, processing and distribution phases. On the other hand, "food waste" refers to good quality food fit for consumption that is consciously discarded at the retail and consumption stages.

Earth system
Earth's interacting physical, chemical and biological processes consisting of land, oceans, atmosphere and poles, and include Earth's natural cycles—i.e. carbon, water, nitrogen, phosphorus and other cycles. Life, including human society, is an integral part of the Earth system and affects these natural cycles.

Biosphere
All parts of the Earth where life exists including the lithosphere (solid surface layer), hydrosphere (water) and atmosphere (air). The biosphere plays an important part in regulating the Earth system by driving energy and nutrient flow between components.

Boundaries
Thresholds set at the low end of the scientific uncertainty range that serve as guides for decisionmakers on acceptable levels of risk. Boundaries are baselines, unchanging and not time-bound.

Safe operating space for food systems
A space that is defined by scientific targets for human health and environmentally sustainable food production set by this Commission. Operating within this space allows humanity to feed healthy diets to about 10 billion people within the biophysical limits of the Earth system.

Food system
All elements and activities that relate to production, processing, distribution, preparation and consumption of food. This Commission focuses on two end-points of the global food system; final consumption (healthy diets) and production (sustainable food production).

Great Food Transformation
The unprecedented range of actions taken by all food system sectors across all levels that aim to normalise healthy diets from sustainable food systems.