

REACH

Ending Child Hunger and Undernutrition

Acting at Scale: Intervention Guide

Supplementary feeding

February 2009

Context

The following document is part of the REACH *Acting at Scale* set of materials

- The documents' aim is to provide highly condensed information and lessons learned for scaling up REACH-promoted interventions to support field practitioners and other interested parties
- They are intended to become a living set of materials, updated periodically by the REACH Global Interagency Team
- These materials are a first step towards a larger REACH Knowledge Sharing service, which will be developed over time

The full set of *Acting at Scale* materials includes

- *An Intervention Summary*
 - An overview document containing key facts for all of the 11 promoted interventions
- *Intervention Guides* for each of the interventions¹
 - Containing rationale, lessons learned, costs and further resource lists
- *Implementation Case Studies* for each of the interventions¹
 - Initial set of details and lessons learned from programs implemented at scale
- *Resource Lists*
 - Lists of key documents, organizations and programs at scale
 - Included at the back of each *Intervention Guide* and in Excel spreadsheets available from the REACH Global Interagency Team

These materials represent a preliminary version, to be validated and refined via additional consultations

- Prepared in Summer 2008 by the REACH Global Interagency Team, based on inputs from 56 practitioners and experts, as well as extensive desk research
- A revised Version 2 of these documents will be released in late 2008 or early 2009, incorporating feedback from initial recipients

If you have questions or feedback on these materials, please

- Contact your local REACH facilitator in Lao or Mauritania, or
- Contact the REACH Interagency Team Coordinator, Denise Costa-Coitinho, at Denise.CostaCoitinho@wfp.org

1. Breastfeeding and complementary feeding have been combined into a single document due to strong linkage in delivery
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Key messages

Supplementary feeding is a critical social barrier providing access to nutritious food to at-risk children <5 and P&L women

- Globally 149M children are underweight
- Delivery is based on prevalence of acute malnutrition, in emergency or non-emergency situations
 - Can be delivered either as blanket or targeted feeding depending on prevalence rates, patterns, & food security situation
 - Wet food rations are not the preferred strategy, except in exceptional circumstances such as camps or extreme insecurity
- Sometimes is augmented or replaced by programs that deliver food in exchange for work or voucher/cash transfers that enable beneficiaries to purchase their own foods on the local economy

Supplementary feeding provides a delivery channel that can deliver numerous additional interventions

- Its value to beneficiaries creates a draw that interventions such as exclusive breastfeeding promotion or micronutrient supplements can leverage
- The choice of delivery channel should be based on who has access to the beneficiaries, e.g. in some rural areas the public health system has insufficient outreach
- Community-based approaches are increasingly used in order to reach scale and build local capacity

Increasing innovation in supplementary food products has increased nutritional benefits

- Micronutrient-rich, next-generation foods, e.g fortified blended foods are often employed
- However, benefits of advanced food products should be weighed on a case-by-case basis against opportunities to foster local agricultural production and markets
 - Determine strategy based on availability, quality, cost and sustainability of locally available food

Logistics are a key cost driver and delivery challenge for supplementary food programs

- Take-home rations are less costly and easier to implement, but often lead to rations for <5s or P&L women being shared with other family members
 - Can be addressed through education at distribution site and within communities
- Solid, integrated supply chain management is essential for program success
 - Unreliable or insufficient delivery is a key threat to continuous participation of beneficiaries, particularly if they have to walk long distances to distribution points

Why implement

Preliminary

Supplementary feeding (SF) is proven to reduce maternal and child undernutrition by increasing access to food

SF provides an additional ration to vulnerable persons...

SF is the provision of nutritious rations to targeted individuals that supplement the energy and nutrients missing from the diet

- Targeted individuals have special nutritional needs, or are moderately malnourished
- The ration provided is additional, and not a substitute for food provided through another distribution channel or purchased

The purpose of SF is to stabilize or improve the nutritional status of beneficiaries in order to prevent growth failure and malnutrition

SF typically is a short-term treatment, generally delivered in relief and recovery situations

...and reduces maternal and child undernutrition

Maternal supplements of balanced energy and protein improves maternal and child undernutrition in food-insecure contexts

- Providing supplements to pregnant women of low body-mass index can reduce the risk of small-for-gestational age baby by 32%

Providing 99% coverage of balanced energy protein supplementation in the 36 priority countries could substantially reduce the burden of disease

- 7.1M DALYs of children under 36 months could be averted (2.8% of total DALYs lost)
- 2.9% of deaths of children under 36 months could be averted

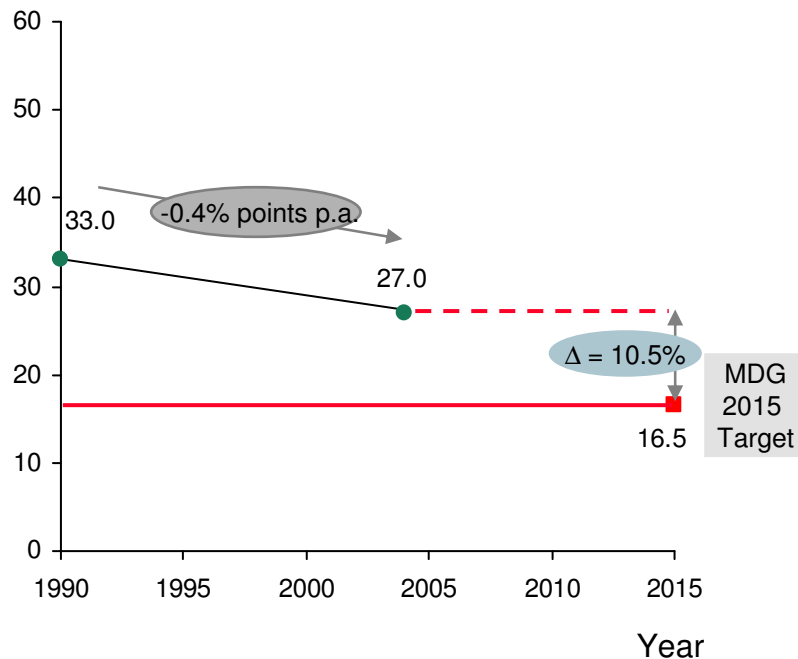
Preliminary

SF is critical, as progress towards MDG 1, target 2 is moderate

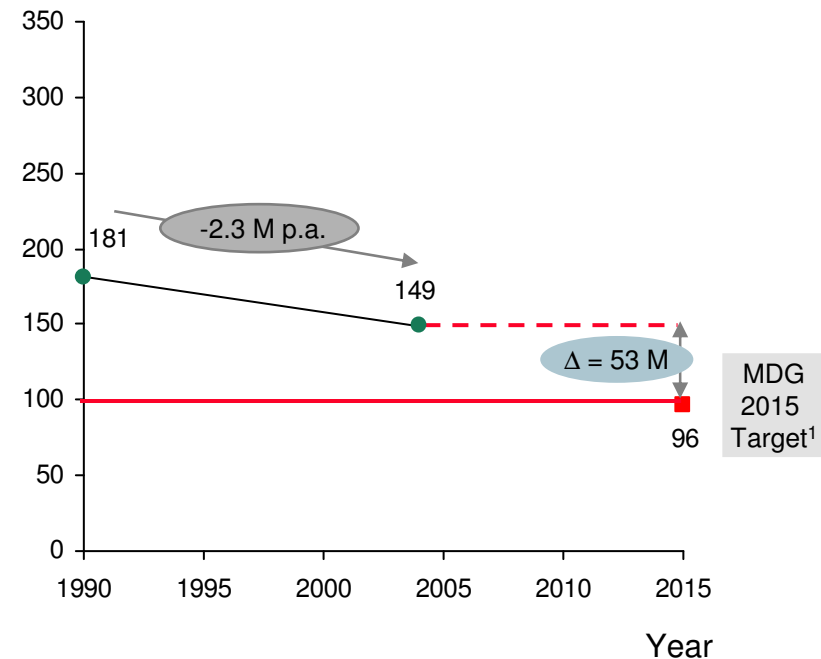
~149M children <5 remain underweight

Worldwide progress towards MDG1.2

Underweight children (% of total)



Underweight children (M of children)



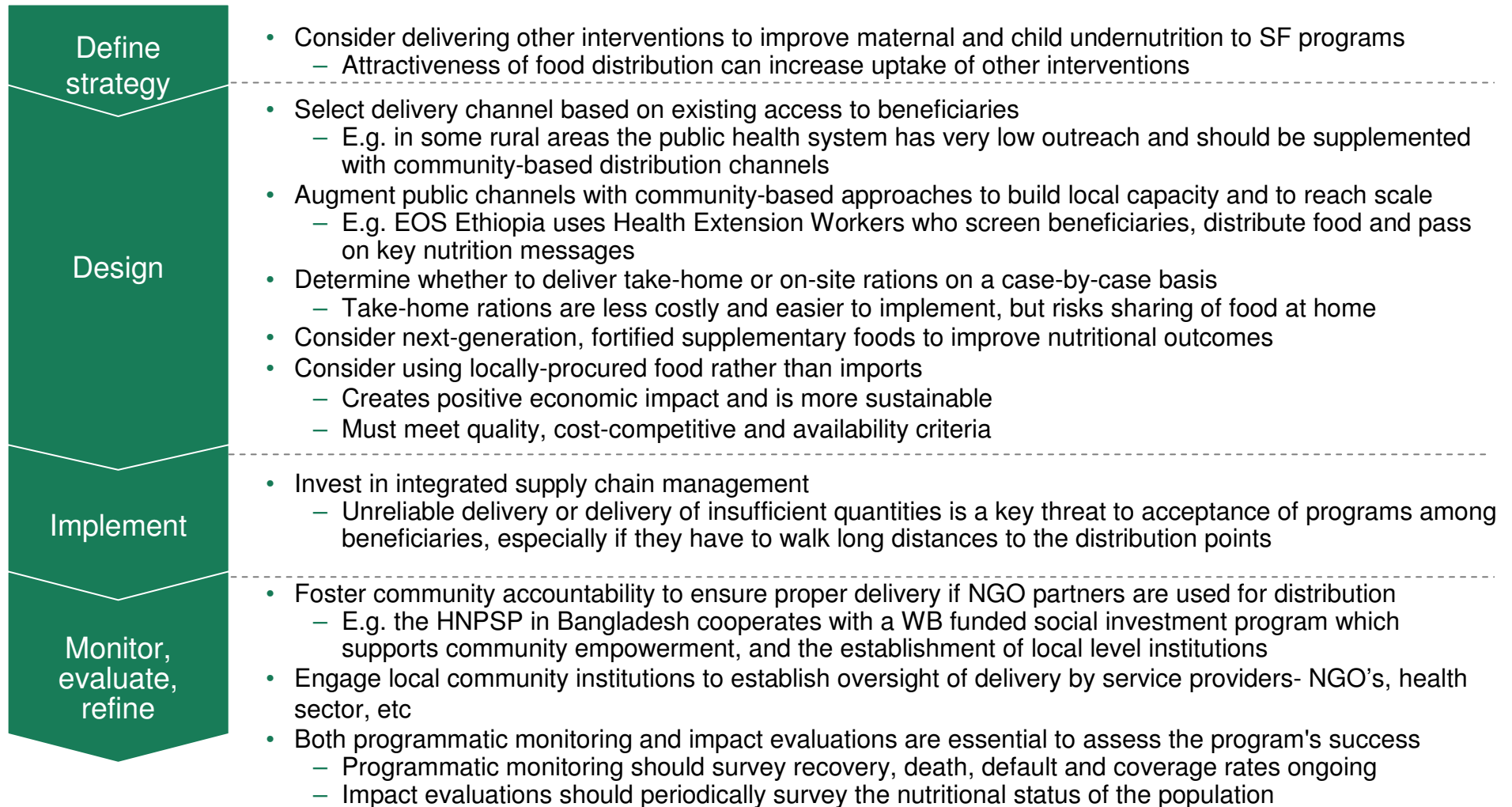
To reach MDG targets, progress needs to more than double

1. 2015 MDG1.2 target in absolute figures based on expected 2015 population

Source: mdgs.un.org/unsd/mdg/Host.aspx?Content=Data/Trends.htm; www.unicef.org/about/execboard/index_39942.html; UNICEF "The State Of The World's Children 2007 Report"; REACH analysis

How to implement at scale

Key lessons learned about implementing supplementary feeding programs at scale



SF programs should be linked with other programs due to its high attractiveness among beneficiaries

SF's appeal...

High motivation of target population to participate in SF programs

- Free food is a strong incentive
- People even are willing to cover long-distances to come to food distribution point

Continuous provision of food gives a regular contact with the target group

- Contact frequency every 3 months

Clearly defined target group

- Includes the most vulnerable group of P&L women and children <5
- Often ration cards are used for identification and registration

... can be used to link to other programs and increase uptake of those

- Breastfeeding and complementary feeding education
- Handwashing education
- Deworming
- Nutrition and cooking education
- Immunization
- Growth monitoring
- Family planning
- Monthly mother checks during pregnancy
- HIV prevention

SF is implemented as either blanket or targeted programs

	Blanket SF	Targeted SF
Aim	Prevention of widespread malnutrition and related mortality in nutritionally vulnerable groups	Prevention of moderately malnourished persons of becoming severely malnourished
Target groups	<p>All members of a specific group in a certain geographic area</p> <ul style="list-style-type: none"> E.g. all children <5 E.g. all P&L women 	<p>Moderately malnourished individuals only</p> <ul style="list-style-type: none"> E.g. malnourished children <5 E.g. children discharged from TFP E.g. nutritionally vulnerable P&L women
Criteria for selection	<p>Very high prevalence of acute malnutrition</p> <ul style="list-style-type: none"> Malnutrition rate¹ >15% Malnutrition rate 10-15% in presence of aggravating factors² <p>Season, food ration availability, other alternatives</p>	<p>High prevalence of acute malnutrition</p> <ul style="list-style-type: none"> Malnutrition rate¹ 10-15% Malnutrition rate 5-10% in presence of aggravating factors² <p>Season, food ration availability, other alternatives</p>

1. Malnutrition rate = proportion of children (6 months to 5 years) who are below 80% weight-for-height or below -2 z-score weight-for-height

2. Aggravating factors are: general ration below the mean energy requirements; epidemic of measles or whooping cough; high prevalence of respiratory or diarrhoeal diseases

Source: "Food and nutrition handbook." WFP. "Food distribution guidelines." WFP

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Delivery channel selection generally driven by existing access to beneficiaries

Typical delivery channels	How-to	Strengths	Lessons learned
Public health system <ul style="list-style-type: none"> Clinics, hospitals or health outposts Mostly dry-feeding 	<ul style="list-style-type: none"> Analyze staff capacity to assure that capacity needed for food distribution does not affect delivery of health services Provide training 	<ul style="list-style-type: none"> Low incremental cost Sustainable as capacity is built Attractiveness of food increases uptake of other health services Good targeting of P&L women 	<ul style="list-style-type: none"> As bandwidth commonly is low, use staff to train others for food distribution If coverage/outreach is low, supplement with community channels, especially in rural areas
Community <ul style="list-style-type: none"> Distribution by select community members, often women Usually dry-feeding 	<ul style="list-style-type: none"> Identify capable NGOs to manage the program and provide continuous delivery Select appropriate storage facilities, e.g. schools Train community workers to assure high quality nutrition messages 	<ul style="list-style-type: none"> Low cost Potentially high coverage Sustainable as local capacity is built 	<ul style="list-style-type: none"> Assure that continuous supply can be managed, especially in rural areas Use trusted community persons to deliver food, e.g. educated women Consider involving local farmers for food production Motivate volunteers through ongoing training
UN facilities <ul style="list-style-type: none"> E.g. WFP feeding centers or refugee camps Dry or as wet-feeding 	<ul style="list-style-type: none"> Select sites where a gap exists between need and existing gov't, NGO access Engage gov't and/or communities in order to build local capacity 	<ul style="list-style-type: none"> Rapidly scalable as coordination requirements are low <ul style="list-style-type: none"> – Important in emergencies Often offer outreach to rural areas 	<ul style="list-style-type: none"> Include steps to foster gov't and possibly NGO capacity

Community-based approaches are commonly used to build local capacity and to reach scale

Traditional facility-based distribution may be insufficient to meet demand

Outreach of public health infrastructure is often limited

- Especially in rural areas
- Particularly in countries with weak government systems

Set-up of additional distribution centers is costly and time-consuming

- New distribution centers have to be built/refurbished and staffed
- Identifying suitable locations is a long process

Using UN facilities is not sustainable

- E.g. feeding centers are set-up during emergencies but international aid partners often reduce their involvement later
- Often non-local staff is used that moves on, therefore no local capacity is built

Acceptance among beneficiaries is sometimes low

- Often no community involvement, e.g. farmers are not involved in food supply
- No local volunteers/workers provide or cook food, give cooking and nutrition education

Example: EOS Ethiopia reaches high coverage through involvement of community women

Selected community women, called Food Distribution Agents (FDAs) are recruited from the local community

- Health Extension Workers screen beneficiaries and assign ration cards to eligible children and P&L women
- Distribute food to beneficiaries every 3 months in a local food distribution center, e.g. town halls, schools, cooperative shops
- Pass on key nutrition messages in small groups using provided education materials

Several benefits to leveraging FDAs

- Distribution points are very decentralized, easing beneficiaries' access
- Community involvement in screening increases coverage
- Community sensitization prior to distribution increases awareness of distribution
- Nutrition messages are trusted
 - Adapted to the local culture and context
 - Are delivered by a trusted, credible source
- Builds local capacity and empowers women

Need to select between take-home or on-site feeding based on local context

	Take-home (aka "dry-feeding")	On-site (aka "wet-feeding")
Description	<ul style="list-style-type: none"> Provision of food to beneficiaries for take home Usually provided weekly or bi-weekly 	<ul style="list-style-type: none"> Provision of cooked meals to beneficiaries on-site Usually provided daily or several times a week
Assessment	Cost + Less costly than wet-feeding	- More costly than dry-feeding
	Coverage + Higher coverage as no on-site preparation is needed	- Lower coverage due to need for staff and equipment to prepare food
	Targeting - Food shared at home with others, therefore extra quantities have to be given	+ Control over food amount each beneficiaries consumes
	Quality - No control over food preparations	+ Control over preparation, e.g., using safe water, adding multimicronutrients
	Integrations of other interventions + Provision of food can be made conditional to education interventions	+ Beneficiaries spend time on-site which can be used for education interventions
When used	<ul style="list-style-type: none"> Common in most situations Used when delivery facility capacity is low 	<ul style="list-style-type: none"> If no other food sources exist and rations are likely to be shared with the family at home Conflict areas with high insecurity Areas with lack of water or firewood, complicating home preparation of meals If there are many unaccompanied children In refugee camps and for school feeding

Some NGOs advocate an approach where beneficiaries select between dry- or wet-feeding

New SF products are emerging to increase micronutrient concentration

	Traditional SF	Ready to Use SF Next-generation
Examples	<ul style="list-style-type: none"> • Corn-Soya blend (CSB) • Wheat-Soya blend (WSB) • Wheat flour • Sugar • Cooking oil 	<ul style="list-style-type: none"> • Micronutrient-rich fortified food blends <ul style="list-style-type: none"> – E.g. DSM's fortified rice pellets • Next generation CSB with higher micronutrient content • Multimicronutrients, e.g. Sprinkles, MixMe <ul style="list-style-type: none"> – For on-site fortification of supplementary foods – For home fortification
Description	<ul style="list-style-type: none"> • Generally cost-effective for providing energy, proteins, fat and some micronutrients • But often fail to meet full micronutrient requirements of the target populations 	<ul style="list-style-type: none"> • Meet the full micronutrient requirements of target populations <ul style="list-style-type: none"> – Especially children < 2 who need extra animal proteins • But more expensive to provide

The types of food distributed also must be culturally accepted

Local food is an alternative to imported food

Quality, cost and availability need to be considered

Guidance for selecting imported or local foods

- Always a case-by-case decision
- Often local and imported foods are used in combination
- If the economics make sense, local food is preferable due to
 - Potential value to growing the local economy
 - Higher degree of long-term sustainability
- Local food is only an option if it meets desired quality, is cost-competitive and consistently available

Criteria for evaluating local or imported food source options

Quality

- Nutritional value
- Shelf-life
- Quality of packaging
- Ongoing, reliable quality assurance systems

Cost

- Material costs (including discounts for bulk purchase)
- Logistics costs and tariffs
- Expected waste
- Overhead costs for coordination

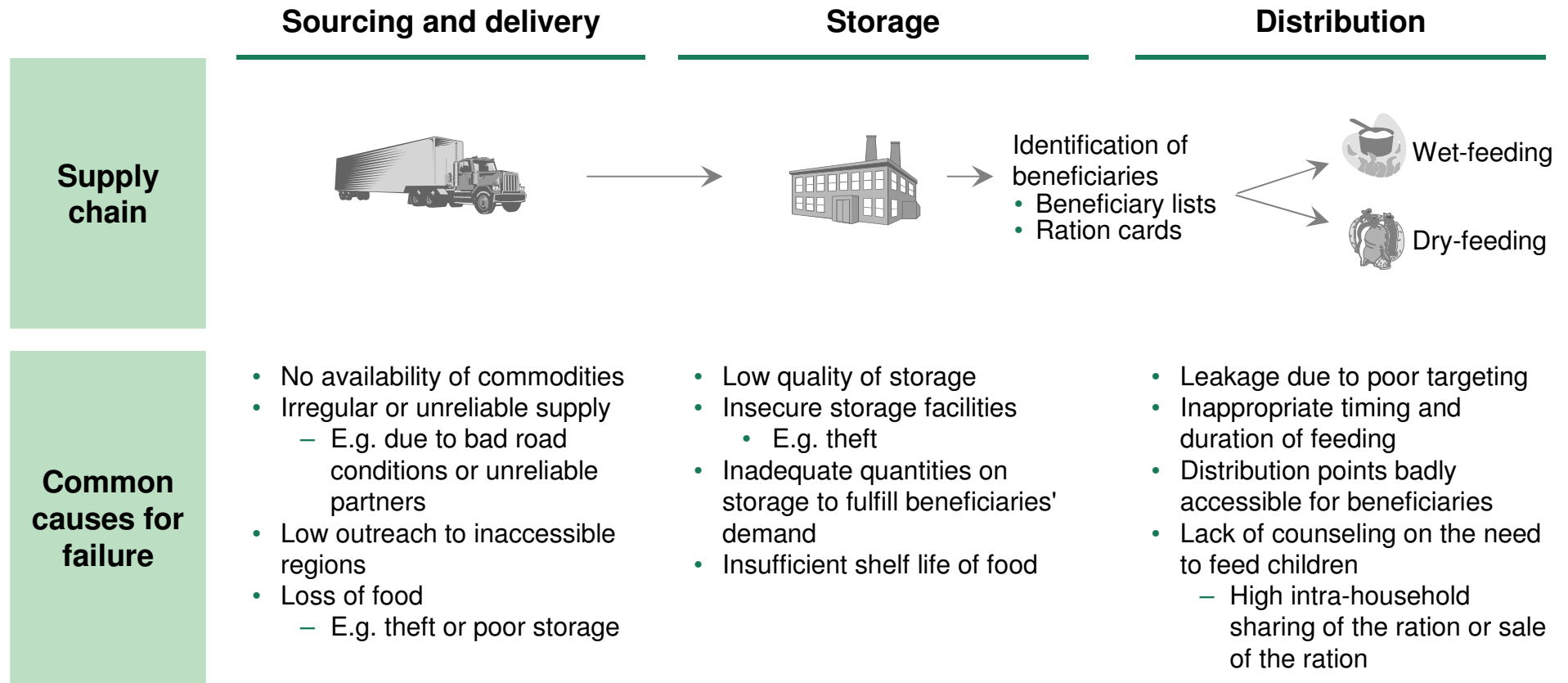
Availability

- Reliability of on-time delivery
- Stringency of import restrictions
- In crisis situations, local foods often are unavailable

Sustainability

- Long-term supplier development potential

Critical to maintain strong, integrated supply chain management



Community engagement can improve delivery accountability

Traditional supervision methods can be limited...

Monitoring of program activities through forms filled out by distribution agents

- Manipulation of data in the forms is easy

Supervision of program activities through program staff

- As supervision is usually announced delivery is carried correctly in front of supervisors
- Beneficiaries often do not report misbehavior as they are afraid of personal consequences when they blame others, especially respected community persons

...but community accountability and self-control approaches may be more promising

Improved information of the community

- Billboards or leaflets at the distribution center that inform beneficiaries of interventions they are entitled to
- Information sessions that explain the expected service

Accountability via an empowered community

- Giving communities the responsibility to self-monitor operations
- E.g. Government of Bangladesh's Health, Nutrition and Population Sector Program (HNPSPP), funded by the World Bank
 - Community engagement is crucial for day to day quality service delivery and supervision.
 - Cooperation was established with the Social Investment Program Project (SIPP), a program to empower communities to take ownership their development, e.g. road building, well digging and other income generating activities
 - HNPSPP utilized the SIPP community structures to help manage the supplementary feeding programs

Both programmatic monitoring and impact evaluations are essential to assess the program's success

Programmatic monitoring helps to maintain high operational performance

Feeding center staff should continuously monitor and report key programmatic indicators and benchmark them with Sphere standards

	Target	Alarm rate
• Recovery rate	> 70 %	< 50 %
• Death rate	< 3 %	> 10 %
• Defaulting rate	< 15 %	> 30 %
• Coverage rate	> 50 % (rural) > 70 % (urban) > 90 % (camps)	

Impact evaluations are needed to assess program impact and coverage

Periodically nutrition surveys of the population should be carried out to survey improvements in the nutritional status

- Number of moderately malnourished children
- Number severely malnourished children

Improvements in the nutritional status are not automatically due to the supplementary feeding program

- Other confounding factors such as improved overall food security and health situation have to be taken into account

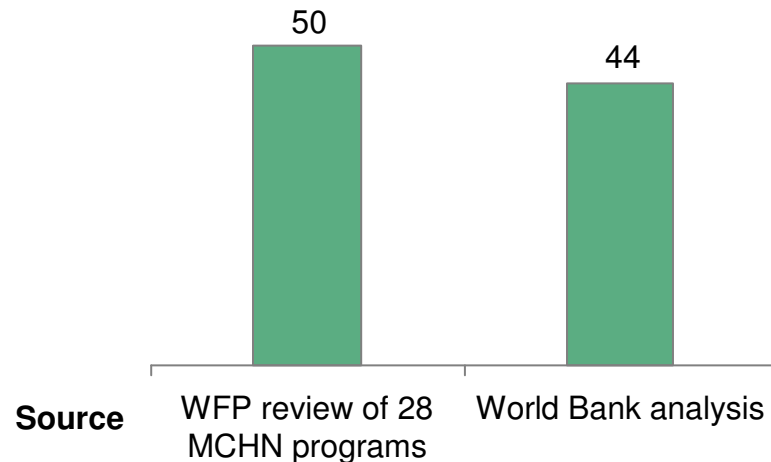
What it costs

Preliminary

Maternal SF programs costs ~\$ 50 per beneficiary annually

A typical 660 kcals ration including delivery costs ~ \$50

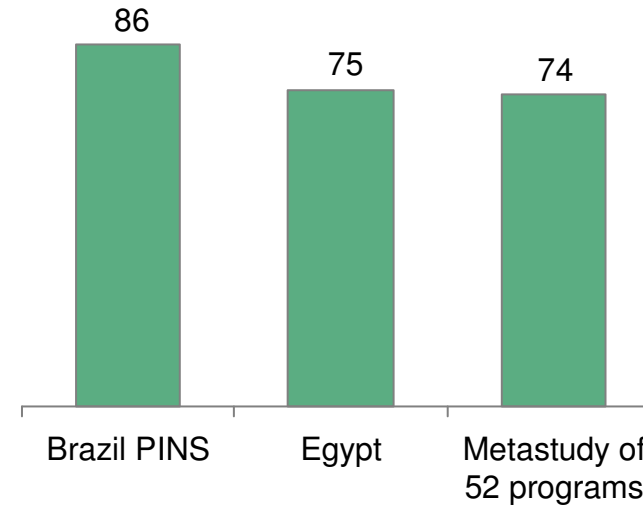
Cost of 660 kcals / person / day annually (USD)



Ration standardized to 660 kcal per day

A typical 1,000 kcal ration including delivery costs ~ \$75

Cost of 1,000 kcals / person / day annually (USD)



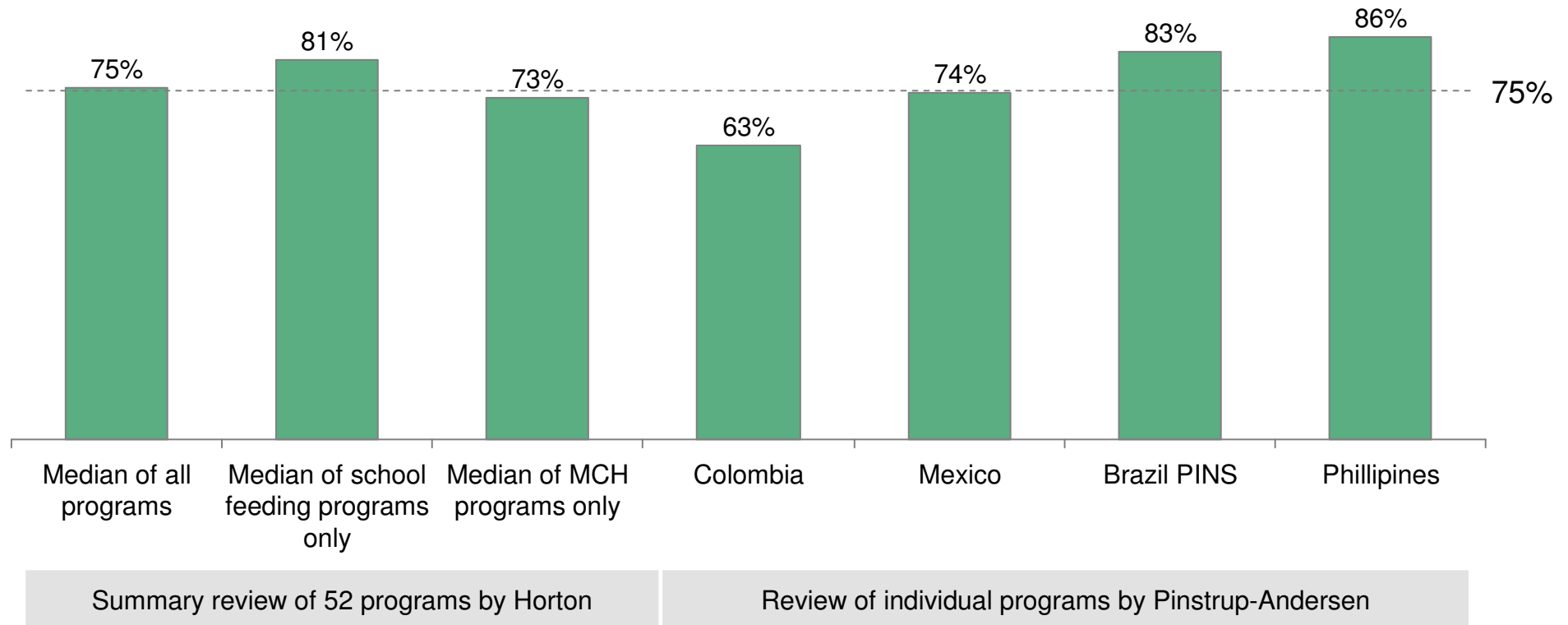
Ration standardized to 1,000 kcal per day

Some next-generation foods can be more expensive

Preliminary

Food costs comprise ~75% of SF program costs

Food costs / total program costs (%)



Source: "Cost analysis of feeding and food subsidy programmes." Horton, 1993.; "Assuring food security and adequate nutrition for the poor." Pinstrup-Andersen, 1988
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Where to go for further information

Key reference materials: Supplementary feeding

Normative guidance

- "Manual on the management of nutrition in major emergencies." WHO, 2000

Operational guidance

- "Guidelines for selective feeding programmes in emergency situations." UNHCR/WFP, 1999¹
- "Supplementary feeding for mothers and children: Operational guidelines." WFP, 1998
- "Infant and young child feeding in emergencies. Operational guidance for emergency relief staff & programme managers." IFE core group, 2007
- "Handbook for emergencies." UNHCR, 1999
- "Field guide on rapid nutritional assessment in emergencies." WHO/EMRO, 1995
- "Nutrition guidelines." MSF, 1995 (not available)
- "Food scarcity and famine-assessment and response." Oxfam, 1992
- "Food distribution guidelines." WFP
- "Food and nutrition handbook." WFP
- "Emergency field operations pocketbook" WFP, 2002

Training materials

- N/A

1. Proposal to the IASC Nutrition Cluster was already submitted to update these guidelines
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Organizations: Supplementary feeding (I)

	Organization	Description	Key activities
Multilateral	World Food Program <ul style="list-style-type: none"> www.wfp.org 	<ul style="list-style-type: none"> UN Nations food emergency program 	<ul style="list-style-type: none"> Implementation, e.g. school feeding, food-for-work Development of guidelines Advocacy
	World Bank <ul style="list-style-type: none"> www.worldbank.org 	<ul style="list-style-type: none"> International development bank 	<ul style="list-style-type: none"> Funding Advocacy
	FAO <ul style="list-style-type: none"> www.fao.org 	<ul style="list-style-type: none"> United Nations food and agriculture program 	<ul style="list-style-type: none"> Technical guidance for foods
	UNHCR <ul style="list-style-type: none"> www.unhcr.org 	<ul style="list-style-type: none"> UN refugee agency 	<ul style="list-style-type: none"> Development of guidelines Coordination of supplementary feeding in refugee situations
	UNICEF <ul style="list-style-type: none"> www.unicef.org 	<ul style="list-style-type: none"> United Nations Childrens Fund 	<ul style="list-style-type: none"> Implements supplementary feeding programs Advocacy
Bilateral	USAID – Food for Peace <ul style="list-style-type: none"> www.usaid.gov/our_work/humanitarian_assistance/ffp/ 	<ul style="list-style-type: none"> The United States development agency's food program 	<ul style="list-style-type: none"> Makes commodity donations to cooperating partners

Organizations: Supplementary feeding (II)

	Organization	Description	Key activities
NGOs	CARE <ul style="list-style-type: none">www.care.org	<ul style="list-style-type: none">Humanitarian organization fighting global poverty with focus on women	<ul style="list-style-type: none">Implementation of supplementary feeding programs or food-for-work programs
	World Vision <ul style="list-style-type: none">www.wvi.org	<ul style="list-style-type: none">Christian relief, development and advocacy organization dedicated to working with children, and families	<ul style="list-style-type: none">Implementation of supplementary feeding in emergencies
	Catholic Relief Service <ul style="list-style-type: none">www.catholicrelief.org	<ul style="list-style-type: none">Official international relief and development agency of the U.S. Catholic community	<ul style="list-style-type: none">Implementation of supplementary feeding in emergencies
	Lutheran World Relief <ul style="list-style-type: none">www.lwr.org	<ul style="list-style-type: none">Faith-based humanitarian organization working in 35 countries to help people grow food, improve health, strengthen communities, end conflict, build livelihoods and recover from disasters	<ul style="list-style-type: none">Implementation of supplementary feeding in emergencies

Organizations: Supplementary feeding (III)

NGOs (cont'd)	Organization	Description	Key activities
	Food for the Hungry <ul style="list-style-type: none">• www.fh.org	<ul style="list-style-type: none">• International faith-based organization providing emergency relief and long-term development aid	<ul style="list-style-type: none">• Provides supplementary food in emergency situations, e.g. Darfur
	Caritas <ul style="list-style-type: none">• www.caritas.org	<ul style="list-style-type: none">• Catholic humanitarian organization working in emergencies, sustainable development and peace building	<ul style="list-style-type: none">• Implements supplementary feeding programs, e.g. in Eritrea
	Food Security Network <ul style="list-style-type: none">• www.foodsecuritynetwork.org	<ul style="list-style-type: none">• Resource center and site for food security program designers and implementers supported by USAID and maintained by Food for the Hungry• Successor of Food Aid Management	<ul style="list-style-type: none">• Sharing of success stories and program updates from the field• Provision of the latest technical papers and reports• Linking to other materials and relevant sites• Posting of meeting notices, training events and other joint-forums serving the food security community

Scaled-up programs: Supplementary feeding

Name/country	Implementing partners	Other information
Enhanced Outreach Strategy, Ethiopia ¹	Ministry of Health, UNICEF, WFP	<ul style="list-style-type: none"> • ~6.6M children under five screened in 2006: ~475K admitted to supplementary feeding • ~0.9M P&L women screened in 2006: ~300K admitted to supplementary feeding • Integrated delivery with other MCH interventions • Coverage of ~50% of the country with a population of ~37M
Integrated Child Development Services, India	Government, UNICEF	<ul style="list-style-type: none"> • World's largest ongoing supplementary feeding sustained for about 30 years • Implemented through communities including delivery of various interventions • India-wide, about 25% of the children <6 years are enrolled in the program
National Nutrition Program, Bangladesh ¹	Ministry of Health, World Bank, various local NGOs	<ul style="list-style-type: none"> • Supplementary food provided through women community nutrition promoters in 105 sub-districts
Supplementary feeding and health and nutrition education, Ghana	WFP	<ul style="list-style-type: none"> • Scale up of supplementary feeding and other child health interventions
PCCN – Brazil (National Programme for the Control of Nutritional Deficiencies)	Ministry of Health, state and municipal health authorities	<ul style="list-style-type: none"> • Take away ration of milk and soya bean oil distributed to moderately malnourished children 6 to 59 months of age. • Integrated delivery with other MCH interventions • 850K children assisted in 1186 least developed municipalities • Transformed into a cash-transfer program after impact evaluation

1. Initial case study provided
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Appendix: experts consulted

Experts consulted during preparation of this document

Name	Organization and title	Area of expertise
Lynn Brown	World Bank, Food Policy Specialist	Implementation
Sylvie Chamois Selamawit Negash Jakob Mikkelsen	UNICEF, EOS Ethiopia	Implementation