



“ຂ້ອຍເຂົ້າໃຈດີວ່າ ການປ່ຽນແປງແມ່ນສິ່ງທີ່
ຈຳເປັນເພື່ອເປັນການປົກປ້ອງອານາຄົດທີ່ດີ
ສຳລັບຄອບຄົວຂອງຂ້ອຍ. ຂ້ອຍມີຄວາມພ້ອມ
ໃນການທີ່ຈະຫຍຸດຄວາມເຊື່ອ ທີ່ ປະເພນີໃດກໍ່
ຕາມທີ່ສ້າງຜົນກະທົບທີ່ບໍ່ດີໃຫ້ກັບສຸຂະພາບ
ຂອງຄົນເຮົາ. **ສູນຮຽນຮູ້ໂພຊະນາການ** ຊ່ວຍ
ຂ້ອຍໃຫ້ຮູ້ແຈ້ງ ກ່ຽວກັບການປ່ຽນແປງນີ້.”

ຈັນ, ບ້ານ ນາພັນ, ແຂວງ ຊຽງຂວາງ

"I understand that changes are needed to protect the future of my family. I am willing to break with some traditional beliefs that have negative effects on our health. The **Nutrition Knowledge Learning Center** helps me make these changes."

CHAN, NAPHAN VILLAGE,
XIENG KHOUANG PROVINCE



World Food Programme

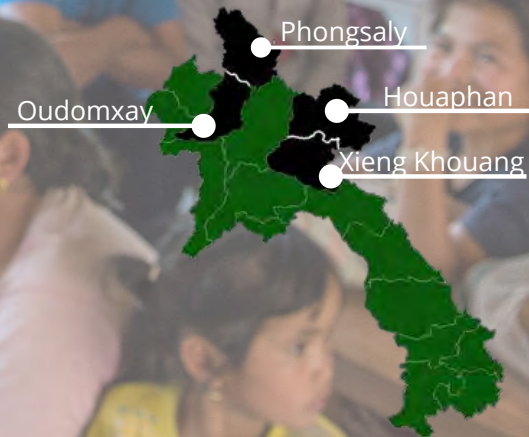
Nutrition Knowledge Centers are called

Farmer Nutrition Schools

by WFP

Farmer Nutrition Schools are semi-structured get-togethers in villages, focusing on basic information and interactive discussions about nutrition, targeting pregnant and nursing women and mothers whose children are under two years of age.

Sessions are held about twice a month, with typically 20-35 attendees. Since 2017, when WFP started rolling out Farmer Nutrition Schools, over 20,000 people have participated in 400 villages in four northern provinces of Lao PDR.



Elements of Farmer Nutrition School sessions

Basic nutrition
information



Nutrition-related
health problems



Planting and animal
raising for improved
nutrition



Household
nutrition planning



Farmer Nutrition School participants can apply for a garden grant of USD 120 to create or enhance their home gardens or buy small livestock, which can help diversify diets. As of March 2020, 6,843 grant applications have been approved.



Farmer Nutrition Schools operate in dedicated community buildings, constructed by villagers with building material contributed by WFP.

In each village, 2-3 village facilitators* are trained to lead the Farmer Nutrition School activities and help families to apply their newly acquired knowledge. The facilitators use simple visual materials to illustrate and reinforce their messages.

WFP is supporting the work of Farmer Nutrition Schools with research activities.

The study *Drivers of Food Choices* will provide information that will help mothers address their need to prepare quick, nutritious meals for their children, thus cutting down on their workload, while ensuring healthy nutrition for families.

WFP is also preparing a list of *Nutrient-dense Foods*, whose cultivation will be piloted in the kitchen gardens established with the Farmer Nutrition School garden grants, as well as in WFP-supported school gardens so that they can add value to school lunches. Planting and eating vegetables with high nutritional value will help cut down on nutrition-related health problems.

*Currently, the village facilitator network comprises 1,200 people.



Farmer Nutrition Schools are part of a WFP-supported activity within the *Agriculture for Nutrition* project. In the framework of this project, villages are asked to develop village infrastructure plans, identifying priority development projects, which can then be funded. Typically these are irrigation schemes, access roads and water supply systems.

Partnerships are key to this initiative: WFP is supporting the initial training of the village facilitators and WFP field staff continue to engage with them throughout implementation. The Lao Women's Union and provincial and district officials from the Ministry of Health and Agriculture & Forestry support training and provide technical advice. The Ministry of Planning and Investment plays a coordinating role, with IFAD also being a partner of the project.

The Ministry of Agriculture and Forestry, supported by FAO, has instituted an online system for Nutrition-Sensitive Agriculture Monitoring and Reporting which captures all nutrition-sensitive agriculture data from projects in Lao PDR.





After severe floods that affected all of Lao PDR in 2018, most of Ms. Maimon Lovanhxay's belongings were lost or destroyed. She started attending the Farmer Nutrition School in Nhommalath District of Khammouane Province to learn about rebuilding her livelihood and creating a more sustainable environment for her only child. She started her own garden and began to raise chicken and ducks. Her submission of a garden grant application was successful, and with the USD 120 received, she improved her household garden and bought more chicken. In addition, her son receives Nutributter from WFP, a food supplement that grants him important nutrients he needs to be strong and healthy "Knowledge from the Farmer Nutrition School, as well as the garden grant and the Nutributter have helped us stand up again. They give me and my family a better variety of food, which makes us stronger and more resilient in the face of future severe weather events," Maimon says.

MAIMON LOVANHXY
NHOMMALATH DISTRICT,
KHAMMOUANE PROVINCE



WORLD FOOD PROGRAMME LAOS

Don Nokhoum Road, Don
Nokhoum Village, Sisattanak
District, Vientiane Capital
P.O.Box: 3150

T: +856 21 330300-6

F: +856 21 486040

E: wfp.vientiane@wfp.org

www.wfp.org

 @WFPlaopdr

March 2020



World Food
Programme