



A Life-cycle Approach to Building Resilience

Rationale

Responding to the unique needs along the lifecycle is critical to building sustained development and resilience for households. WFP intends to pursue its lifecycle approach to building resilience through three main avenues:

1. Building human capital as a pre-requisite to resilience building: This will be achieved through a strategic focus in the age bracket 0-18 years old framed in two activities:

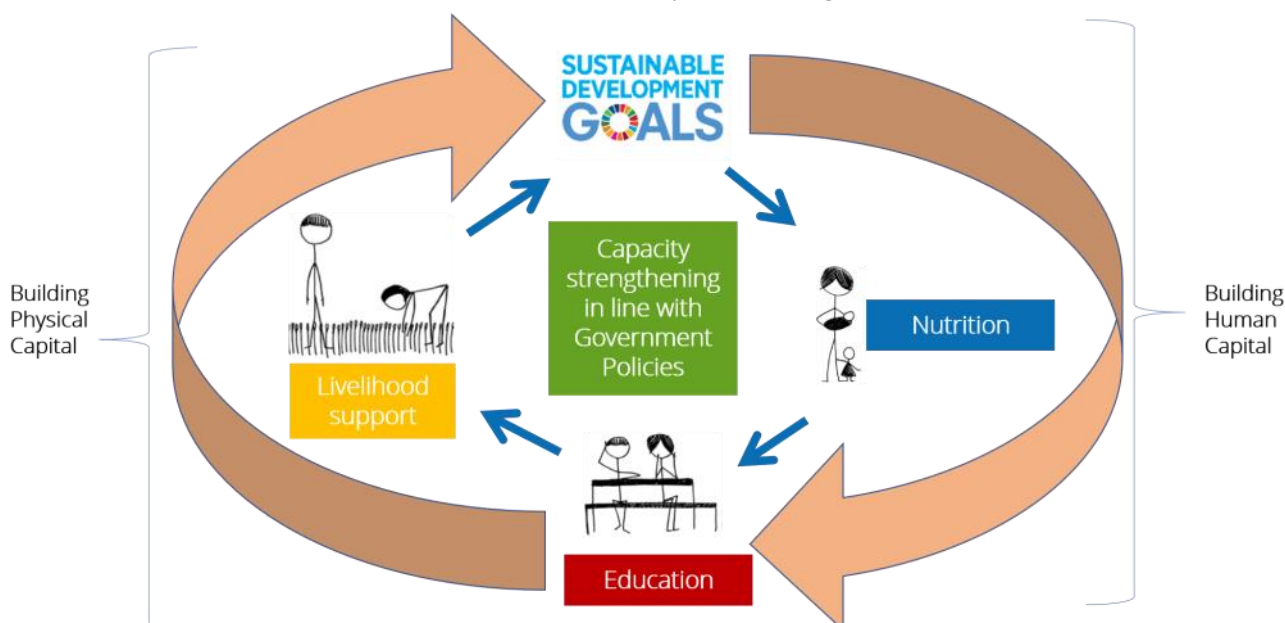
a. Ensuring children receive the right nutritious food at the right time for the first 1,000 days. This is done through prevention and nutrition-sensitive programming to break the cycle of malnutrition and mitigate wasting and stunting. Special consideration is given activities related to micronutrient deficiencies prevention.

b. Promoting educational success with sustainable, home-grown school feeding programmes to build human capital and strengthen strategic partnerships to increase access to basic services (WASH, health, quality education).

2. Building physical capital to ensure resilience at household and community levels. This will be achieved through:

c) Enhance resilience against stressors and shocks, and support households to move along a graduation pathway through a focus on the provision of short-term employment opportunities to participants. Integrated livelihood programming, including consumption support, watershed management activities, layered with climate services, weather-indexed insurance, savings and microfinance initiatives, and linked to market-based programming are key ways of building this physical capital.

3. Grounding these interventions in strengthened national systems, processes, and policies, to ensure their sustainability and maximised effectiveness using social protection as an entry point. Enhanced coordination and partnerships, and linkages across sectors will be critical for improved coverage and effectiveness of assistance.





Breaking the Cycle of Hunger : Changing lives

A challenging environment

A predominately agro-based economy, Malawi relies on agricultural production for its macro-economic growth. Through its Vision 2063, the Government has shown strong political will and commitment to address the multi-dimensional factors underpinning ultra-poverty, which affects about 20% of the population leaving households unable to meet their basic needs, as well as vulnerable to shocks and stressors.

It is now well documented that to sustain early gains and catch-up, good health and nutrition is important through the first 8,000 days of life and especially during school age. Understanding and responding to unique needs along the lifecycle is critical to building sustained development. This has the potential to have major return on investment in both human capital and in local economies.

Our value proposition

WFP is designing its programmes to create the most positive impact through evidence-based targeting, prioritization, and building on synergies between programmes while advocating the government to take ownership of these programmes. Nine districts (Balaka, Chikwawa, Dedza, Mangochi, Neno, Nsanje, Phalombe, Salima and Zomba) are prioritized given the potential for integration between WFP programmes and with other Development Partners.

Prevention of Malnutrition

According to the SMART nutrition surveys conducted in 2019 and 2020, the Global Acute Malnutrition (GAM) remains low (below 2%), showing that investments in nutrition are paying off. However, stunting prevalence—a sign of chronic malnutrition—still remains high at 37%. In this context, WFP has reshaped nutrition strategy focused on the prevention of undernutrition through the reduction of the prevalence of stunting and micronutrient deficiencies with an emphasis on Government's capacity strengthening.

School Feeding Programme

Studies in Malawi estimate that for every USD 1 spent on school feeding, at least USD 6 are returned in better health and productivity when these learners reach adulthood. WFP's school feeding strategy is focusing on districts showing high poverty rates and vulnerability, poor food security and nutrition indicators, and opportunities for linkages with nutrition and livelihoods interventions by WFP.

To the extent possible, WFP partners with schools to purchase diversified food locally from Farmers Organizations. For areas where Home Grown School Feeding is not feasible, WFP implements a centralised model whereby WFP distributes in-kind food commodities to provide daily nutrition meals of Corn Soya Blend.

Livelihood programme

WFP's overall livelihood approach seeks to graduate food and nutrition insecure farmers from subsistence to surplus-producing livelihoods, where they can access well-functioning markets that support national food systems following a clear graduation pathway to resilience.

The Livelihoods Programme leverages WFP's long-standing field presence and partnership base to implement an integrated watershed management programme thereby enhancing the capacity of targeted communities to improve their production and productivity.

VOICES FROM THE FIELD



Zero Hunger is our destination in Malawi.
[Watch the video here](#)