Fourth Food Security and Vulnerability Assessment in Armenia, September 2022

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Contents

1. Executive Summary

Food Security and Vulnerability Assessments (FSVA) track the food security situation in Armenia and were initiated following the outbreak of the COVID-19 pandemic as well as the Nagorno Karabakh (NK) conflict. The fourth Food Security and Vulnerability assessment (FSVA4) was carried out in all regions of Armenia from May to June 2022. The assessment was conducted among 4196 households through face-to-face interviews. The sampling was representative at national and regional levels.

The results of the FSVA 4 showed that 23.2 percent of households were food insecure in Armenia. An additional 57 percent of surveyed households was marginally food secure suggesting that more than half of the population are at risk of becoming food insecure in case of a new shock or prolonged crisis. Only 1 out of 5 households (20 percent) in Armenia were categorized as food secure. Compared to April 2021, food insecurity levels have increased by 3 percentage points. The main drivers for this were increased adoption of coping strategies, as well as the disruption of income. Another factor that can have influenced food security levels is the food price inflation, negatively affecting people's purchasing power.

The food insecurity levels were significantly higher in other urban areas (24.6%) compared to Yerevan (22.4%) and rural areas (22.9%). **In regions the highest rate of food insecurity was seen in Shirak (35%), Lori (31%), Tavush (25%) and Vayots Dzor (24%).** The lowest rates were revealed in Armavir (17%) and Kotayk (18%). The analysis of food security levels per demographic characteristics showed that female-headed households were more food insecure compared to male-headed. Households with the head (HH head) above 60 years old, single and with a lower level of education were more prone to food insecurity. Other factors found to negatively influence food security in Armenia include household size, number of children and composition of only elderly members.

Higher levels of food insecurity were among Government's Family Livelihoods Enhancement Benefit Programme (FLSEBP) beneficiaries (42%) compared to non-beneficiaries (15%). One of the objectives of the assessment was to analyze the food security levels among FLSEBP beneficiaries and non-beneficiaries to be able to estimate the possible exclusion and inclusion errors.

In June 2021, 77 percent of households in Armenia adopted livelihood coping strategies to access food while 1 out of 2 households (44 percent) adopted crisis or emergency livelihood coping strategies to access food. Livelihood coping strategies measure the longer-term household coping capacities. The most common coping strategies used were spending savings (40 percent), purchasing food on credit (37 percent), reducing non-food expenditure on health and education (33 percent), and borrowing money (28 percent). Adoption of emergency coping strategies was particularly high among households from rural areas (10 percent), whereas crisis coping was widely adopted in Yerevan and other urban areas (42% each). Coping strategies are mostly adopted by households with 4 and more children, with 6 and members, households dependents on state social transfers.

Coping strategies are heavily adopted by FLSEBP beneficiaries (28%) compared to non-beneficiaries (10%). About half of FLSEBP beneficiaries reported adopting crisis coping strategies, which means that they had to reduce non-food expenses on health and education,

were dependent on food assistance and/or support from neighbors and relatives as only food/income source or sold productive assets (land, livestock etc.) or means of transport (sewing machine, wheelbarrow, car, etc.).

The FSVA4 showed that more than the half of households applied reduced coping strategies (65%). It is notably higher compared to FSVA3 (48%). As opposed to livelihood coping strategies, reduced coping strategies measure the immediate (in the past seven days) actions households apply when they had difficulties meeting their food need and include relying on less expensive food, borrowing food, limiting portions, reducing consumption by adults, reducing number of meals. Reduced coping was more widely used in other urban settlements (30.7%). At regional level, the highest application of reduced coping was seen in Shirak (38 percent of high coping), Syunik (35 percent of high coping), Vayots Dzor (32 percent of high coping) and Lori (32 percent of high coping).

Recommendation 1: Set up a national early warning system and sectoral national early action mechanisms.

The FSVA analysis shows that more than half of Armenian households are at risk of becoming food insecure if a shock hits or when they run out of coping options. It is recommended to establish robust early warning systems in Armenia to forecast shocks and prevent marginally food secure population from falling below the line of food security, as well as to inform programme and policy makers on the future needs of the Armenian population allowing a reaction prior to a situation becomes critical.

FSVA4 showed that 60 percent of households had a stock of staple food. Out of households which reported having a staple food stock 45.7 percent mentioned that it will last for up to 7 days, 18.1 percent reported the period of 8-14 days, 22.1 percent mentioned that it would last for more than a month, and 7.8 percent and 6.3 percent mentioned 15-21 days and 22-28 days accordingly.

The half of respondents experienced difficulties in accessing food during 7 days prior to the interviews. Out of HHs facing difficulties, 41 percent mentioned lack of financial resources as the main reason. The analysis per FLSEBP beneficiaries showed a notably higher share of FLSEBP beneficiaries reported having difficulties with market accessibility (44%) compared to non-beneficiaries (18%).

Recommendation 2: Invest in sustainable development and socio-economic inclusion programs, targeting food insecure and marginally food secure people.

FSVA analysis pointed that the food insecurity in Armenia is conditioned with a complex of factors including individual and structural shocks. It is recommended to invest in sustainable development programs such as social protection and resilience creating programs targeted at food insecure and marginally food secure people.

About 40 percent of households reported an income change, and among them 66 percent a disruption of income was seen. Compared to FSVA3, the proportion of households reporting less than 25% income reduction was higher in FSVA4 (from 21 percent to 28 percent). Meantime, a slight decrease was revealed among households indicating reduction by more than 25 % and less than 49%, as well as by more than 50% by 5 percentage points compared to FSVA3. Among households mentioning income change, the highest disruption of income was reported in Shirak (80%) and Kotayk (74%) and in rural (71%) and other urban (68%) areas.

About 37 percent of households had income per capita of 48.001-120.000AMD, 28 percent had 24.001- 48.000 AMD and another 28 percent had less than 24.000AMD income per capita. In rural settlements 40 percent of households had less than 24.000AMD monthly income per capita, compared to other urban areas (26%) and Yerevan (16%). A bigger number of households having less than 24.000 AMD as their monthly income per capita was seen in Gegharkunik (51%), Shirak (45%), Lori (40%) and Tavush (37%). Among FLSEBP households, 47 percent reported having an income per capita less than 24.000 AMD which was notably higher compared to non-beneficiaries (18%). It is important to note that the monthly cost of food basket per capita calculated according to World Bank methodology is 32,497 AMD (with prices of the 1st quarter of 2022)**.** Whereas the base amount of FLSEBP is 18.000 AMD per household adding from 5000 to 8500 AMD per child.

The monthly expenditures per capita of about 45 percent of respondents was in the range of 48.001-120.000 AMD. If comparing the income and expenditure per capita, it becomes clear that the expenditures were higher than the income, and this gap is probably filled in by adopting coping mechanisms, such as spending savings, borrowing money, purchasing food on credit, etc. Food secure (49%) and marginally food secure (47%) the highest share of respondents reported expenditure per capita in the range of 48.001-120.000 AMD, whereas among food insecure households highest share was seen in the range of 24.000-48.000 AMD. Among FLSEBP beneficiaries, 22 percent reported expenditure per capita of less than 24.000 AMD compared to 3.4 percent among non-beneficiaries.

Recommendation 3: Reinforce legislative system by enacting a law specifying minimum consumer and food baskets and make relevant adjustments to the state social support, pensions as well as minimum wages' thresholds to ensure decent standard of living of the population.

It is fundamental to have a defined minimum consumer and food basket as a legislative basis when designing social protection programs or providing on the spot assistance to households. These indicators could help assess food consumption and food security situation of the households as well during the targeting process and would make social protection programs more inclusive and addressed considering Consumer Price index to calculate the monetary value of assistance. Additionally, they should be calculated considering the international expertise of partners with the appropriate mandate.

The share of total household expenditure spent on food is an indicator of household food security. The food share of monthly expenditures constituted 32 percent. The food share of expenditure is higher by 4 percentage points among FLSEBP beneficiaries compared to non-FLSEBPs. It is widely documented that the poorer and more vulnerable a household is, the larger the share of household income spent on food. Thus, this finding once more confirms the FLSEBP households' vulnerability.

In this assessment, the question related to debts was referring **to only informally borrowing money from people and shops excluding loans and credits from any financial institutions.** FSVA4 showed that 40 percent of households have debts. Among FLSEBP beneficiaries a significantly higher share reported having debts (58%) compared to non-FLSEBP (31%) indicating that alarmingly big share of FLSEBPs is prone to adopt this coping mechanism to bridge the gap of their available resources. Based on this, the analysis found out that the most preferable source for borrowing debt for the households was a shop (72 percent mentioned borrowing food on credit from the nearby shop), then asking for money from relatives and friends (39 percent).

Recommendation 4: Build households' resilience addressing debt dependency.

FSVA4 showed that an alarming figure of households' indebtedness, pointing that 1 in 4 households has a debt borrowed from shops and/or people. This is a vicious cycle, where households, in particular, the most vulnerable ones are stuck. As the reasons for such behaviour are different, it is recommended to address debt dependency through complex approach of social work, financial literacy and management and behavior change interventions.

The FSVA 4 results also shed light on the quality of diet of Armenian households which is particularly worrying for children; only 34 percent of children between 6 and 23 months meet the minimum Acceptable Diet (MAD) requirements. This is an alarming result indicating that **66 percent of the children** in Armenia at the age of 6-23 months did not consume adequate amount of essential food groups for their healthy and age-appropriate growth. From the 1,000 days perspective, the impact of the future generation of Armenia is irreversible and the children will not be able to grow to their full potential.

Recommendation 5: Increase and integrate inter-ministerial efforts to promote nutritious diets of young children (6 to 23 months) in Armenia.

The FSVA analysis shows concerning rates of poor quality of diets at household level and, in particular, among young children (6 to 23 months). It is recommended to carry out root cause analyses to understand the drivers of poor diets in Armenia to best design targeted activities to promote nutritious diets. Examples of such activities could include developing and implementing targeted social and behaviour change campaigns and trainings, ensuring nutritious food is available and affordable in markets as well strengthening of referral mechanisms from social protection and

2. Background

Food Security and Vulnerability Assessments (FSVAs) in Armenia track food security in the country among local population and were launched following the outbreak of the COVID-19 pandemic as well as the Nagorno-Karabakh (NK) post-conflict situation. The NK conflict escalated outside Armenia in September-November 2020, which resulted in an inflow of displaced people to Armenia. The post-conflict situation and the ongoing crisis have affected local and regional food systems with substantial consequences on people's access to food. Additionally, since 2020 Armenia faced an increase of Consumer Price Index, as well as food price inflation which reached its peak in June 2022 constituting 17.4 percent (compared to the same month of the previous year).

This assessment was conducted among local population in all the regions of Armenia. FSVA findings inform Republic of Armenia (RA) Government about the food security level in the country and are used to design emergency and development programs targeting food insecure populations in the country.

FSVA4 provides a baseline to WFP to compare food security among Armenian nationals with previous 3 assessments, conducted in July 2020, December 2020 and April 2021 It aims at contributing to the evidence base for emergency response planning, targeting as well as prioritizing of actions for relevant stakeholders. The first three assessments were conducted by R-insights research company for data collection, cleaning, analysis and reporting. For the 4th assessment WFP contracted AM Partners Company for data collection and data cleaning. The analysis and report writing of FSVA4 was conducted by WFP Vulnerability Analysis and Mapping unit.

3. Methodology

3.1. Research objective and questions

The overall objective of the study was to understand food insecurity rates in in Armenia and make a comparison with the previous three assessments. One of the objectives of the assessment was to analyze the food security levels among beneficiaries of Family Livelihood Enhancement Benefit Program of the Government (FLSEBP) and non-beneficiaries to be able to estimate the possible exclusion and inclusion errors.

The assessment answered the following questions:

- Which population groups are food and nutrition insecure (the share of affected population, geolocation, profiles of households affected)? For food insecurity and nutrition measurement WFP specific indicators were used for assessment,
- What is the share of food insecure households among FLSEBP beneficiaries and non-beneficiaries?
- Which population groups are food-insecure now (how many are affected now, where are they located, how many will be affected in the future)?
- How have shocks impacted the household ability to meet their food and other essential needs?
- What is the level of indebtedness?
- What is the impact on nutrition, as people shift diets to more shelf-stable and less nutritious foods?

- How are households allocating their resources and prioritizing different and possibly new essential needs including food, hygiene, health, shelter, transport, etc.?
- How has the financial situation changed in the households, as well as the monthly income and expenditure per capita?

3.2 Data collection method and tool

The assessment was conducted through **face-to-face household interviewing,** using computer-assisted personal interviewing (CAPI) for harvesting data. Benefits of this system involved:

1. **Designing/programming the questionnaire online** by eliminating logical errors and data entry errors and cutting costs on data entry exercises.
2. **Audio recording** of 100 percent of the interviews (with respondents' prior consent) to enable total quality checks of interviews.
3. **Generating a database** of questionnaires in a real-time mode, i.e., each filled-in questionnaire is placed in a unified database on a central server immediately after competing for each interview.
4. Possibility to **track interviewers** in the field, tracking duration of interviews, executing online follow up to interview process etc.

The average interview duration in FSVA4 assessment was 45 minutes which is approximately 10 minutes more than during the previous 3 FSVAs (FSVA1 and FSVA2 lasted 34 and 35 minutes respectively, likewise FSVA3 lasted 36 minutes on average).

The Food Security and Vulnerability assessment 4 (FSVA 4)[1] was conducted among households in Armenia from May through June 2022, interviewing the member of the household who could best answer household food consumption and expenditure related questions.

Research tool – the questionnaire, consisted of ten sections: demographic information, household assets and housing conditions, food insecurity level, food consumption and food sources, livelihood coping strategies, food and market accessibility, income sources and expenditures, perception of targeting criteria of state social support provision among FLSEBP and non-FLSEBP beneficiaries, main concerns of respondents, and child nutrition-related questions (6-23 months old). Data collection was carried out by AM Partners Consulting Company with the technical support of WFP while the data has been analyzed by WFP VAM Unit.

3.3 Sample

The target group of the assessment was the adult population residing in Armenia for at least 10 months during the previous year.

The survey used a **nationally and regionally representative random sample** (95 percent confidence interval, 2 percent margin of error for nationally representative and 5 percent margin of error for regionally representative random sample). Additionally, pre-condition of the sample implied at least 100 FLSEB beneficiaries interviewed in each region. The sample structure implied **the following strata**: capital city, other urban and rural settlements in regions. The sample size was 4,189 (see ANNEX 2). The data were weighted using regional and settlement type (urban/rural) proportions in the country.

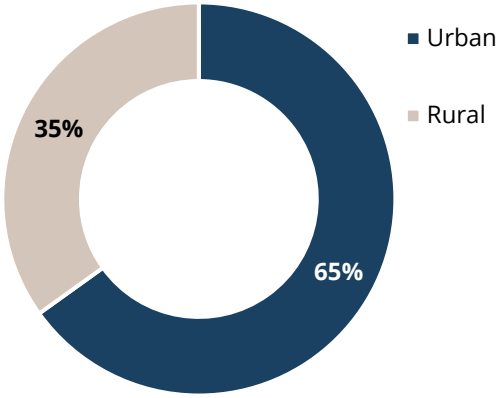
[1] Food Security and Vulnerability assessment round 1 (FSVA 1) was conducted from June to July 2020

4. Key findings

4.1. Household Profile

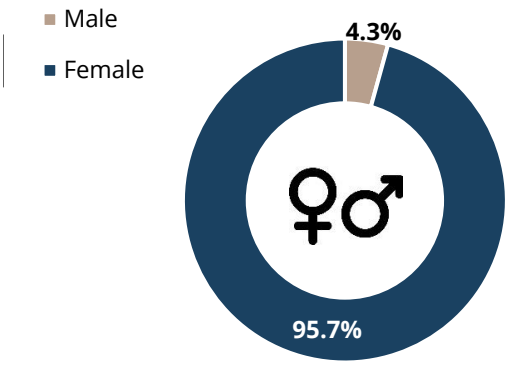
The survey was conducted among adult residents of the Republic of Armenia, who had resided in the country for more than 10 months during the previous 12 months. The average number of households interviewed in each region was 380, including Yerevan, which assures the representativeness of the data at the regional level. The data in this analysis was weighted to gain regional and national level representativeness. This analysis is based on the results of weighted data. After the weighting of the data, the proportion of households from urban settlements was 65.1 percent.

Figure 1. Distribution of Households by settlement type, %



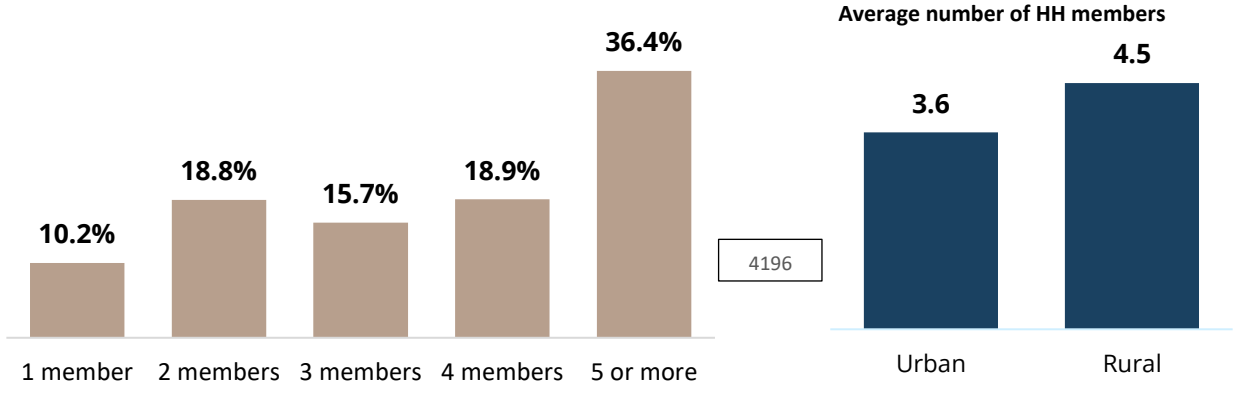
As the questions were answered by the household member who was best aware of household food consumption, diet decision-making and expenditure related questions thus the proportion of female respondents exclusively prevails comprising 95.7 percent. On the other hand, almost the half of the respondents, estimated to be 50.1 percent, mentioned that the head of the household is female.

Figure 2. Gender of the respondent. %



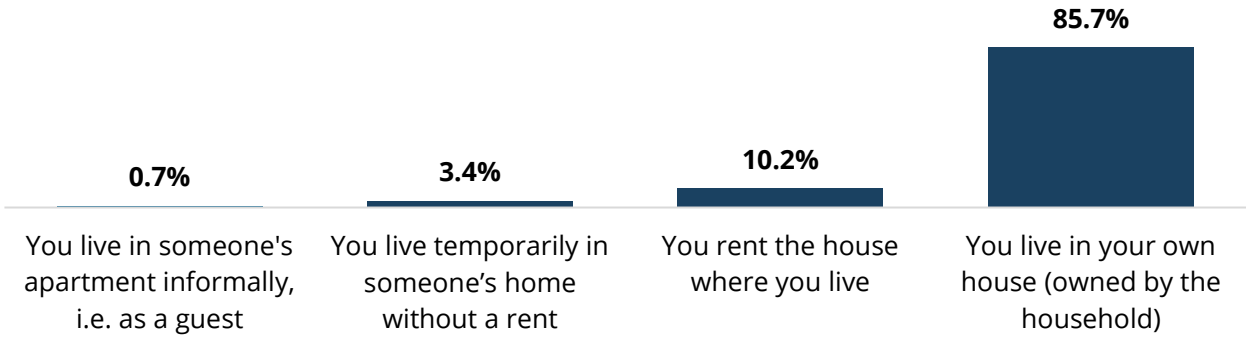
According to data, 36.4 percent of the households was comprised of 5 or more members whereas 10.2 percent of just 1 member. The average number of household members participating in this research was 3.9. On average, rural household size is larger compared to urban one by 0.9.

Figure 3. Number of household members



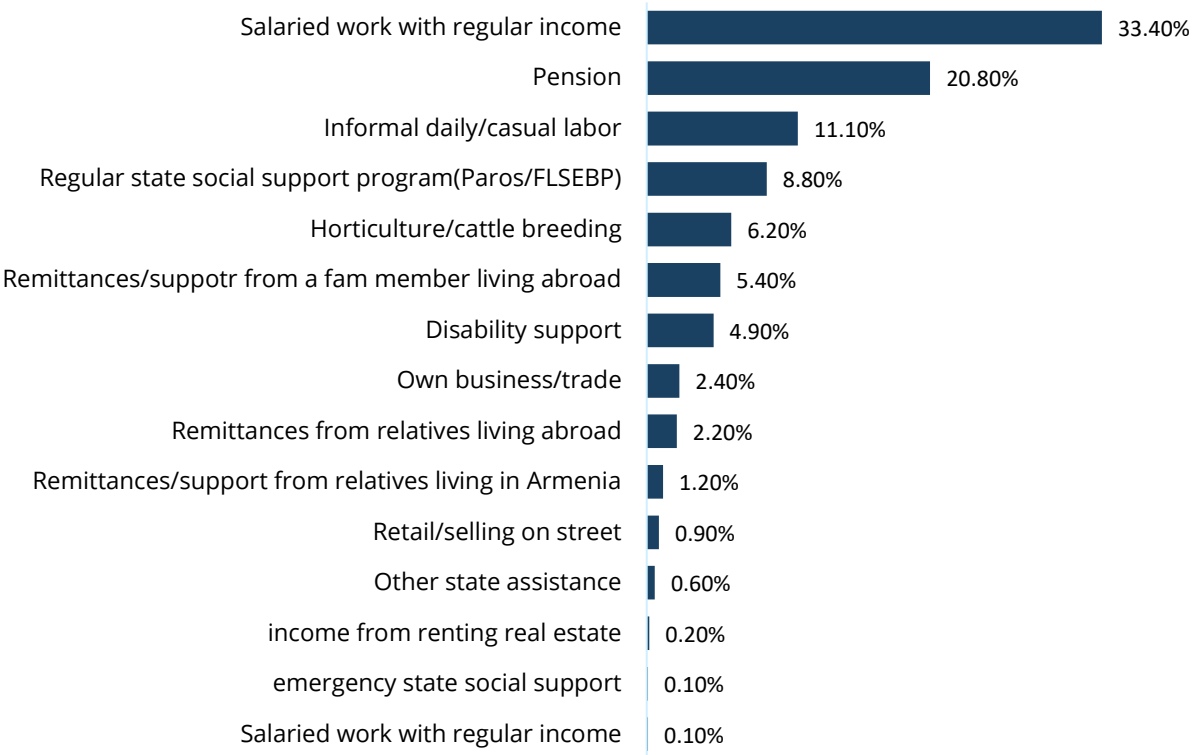
The majority of the respondents lived in the house they owned (85.7 percent) and 10.2 percent rented the house where they lived.

Figure 4. Housing situation



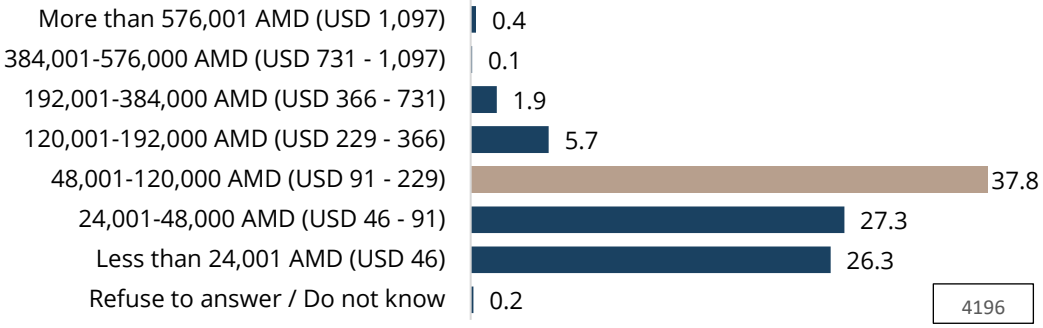
The main source of income of respondents was salaried work (33.4 percent), followed by pensions (20.8 percent), informal casual labor (11.1 percent), and regular state social support program (8.8 percent). Considering all types of income, salaried work was a source of income for 46 percent, pension for 47.7 percent, informal daily/casual labour for 35.6 percent, and regular state social support program (Paros/FLSEBP) for 31.5 percent of the respondents. In addition, 24 percent of the respondents mentioned receiving remittances from either relatives or family members abroad as a source of their income.

Figure 5. Main source of income



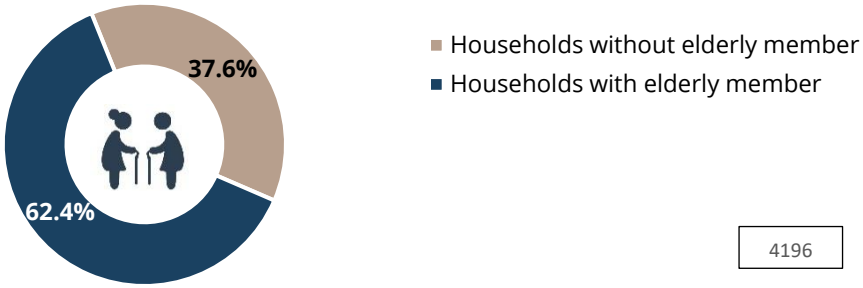
The income per capita was calculated by dividing household income into the number of family members. The majority of the respondents (35.6 percent) fit into the per capita income group of 48001-120000 AMD (USD 91-229).

Figure 667. Monthly per capita income



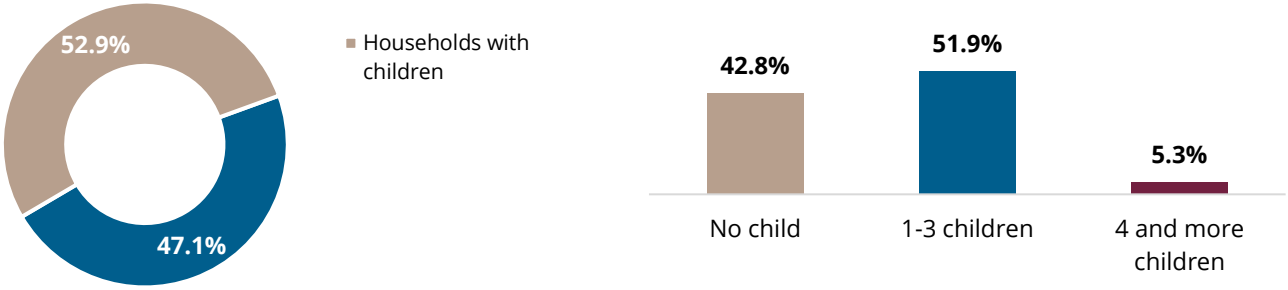
16.5 percent of the households were comprised of elderly members only.

Figure 78. Households with elderly



There was at least one child in around 52.9 percent of the households. Almost half of the households (51. percent) had 1-3 children and 5.3 percent reported having 4 and more children.

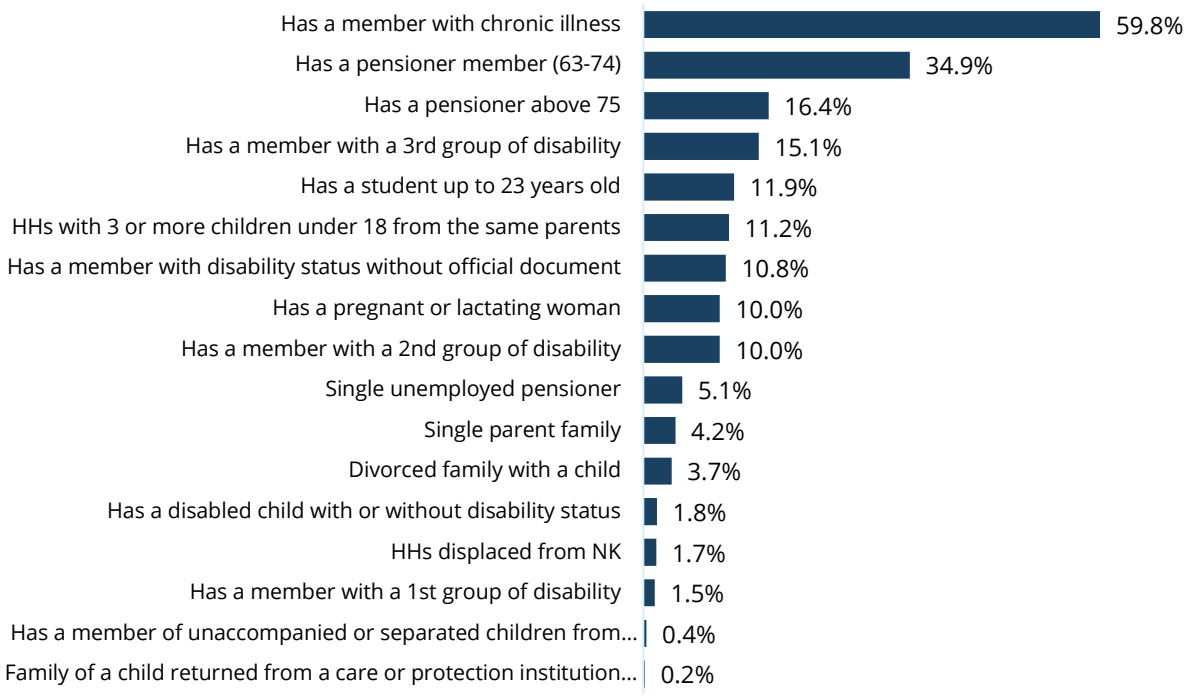
Figure 8.9 Number of children in the household



Among the households included in the assessment 59.8 percent reported having a member with chronic illness. While 39.4 percent of the households has a member who is a pensioner aged 63-74, the proportion of households with a pensioner member above 75 years old comprised 16.4 percent. The proportions of households having a member of 3rd, 2nd and 1st group disability[2] comprise respectively 15.1, 10 and 1.5 percent. Additionally, HHs with 3 or more children under 18 amounts to 11.2%, meanwhile single parent households and those considered to be divorced families with a child are estimated to be respectively 4.2 and 3.7 percent respectively. What's more, share of households having a student up to 23 years old is comparatively big counting 11.9 percent.

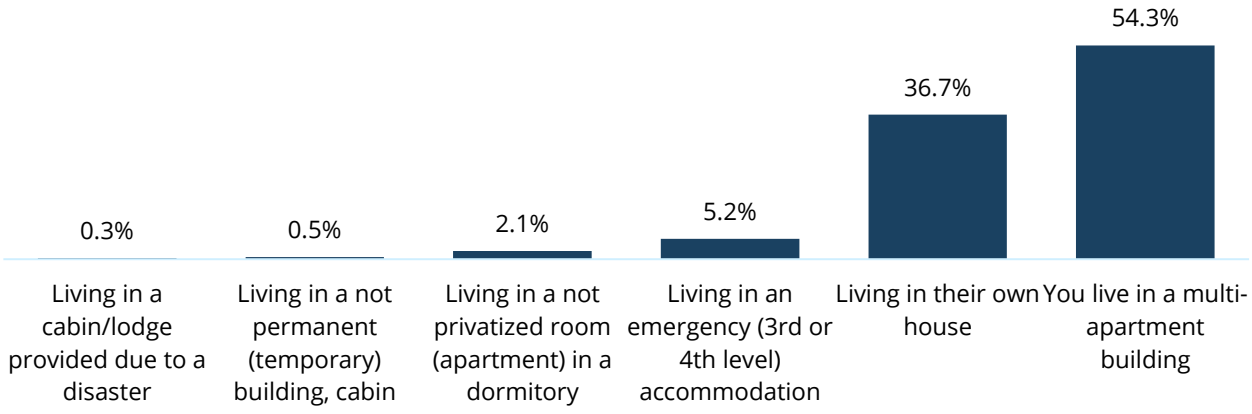
[2] In Armenia the health system currently categorizes disabled people according to one of three ranks based on its severity. The first rank is the most serious. This rank helps the state determine how much they pay to each person.

Figure 9: Household profiling



The majority of the respondents (54.3 percent) indicated that they live in a multi-apartment building while 36.7 percent mentioned living in their own house. On the other hand, the proportion of households living in the 3rd or 4th emergency level accommodation constitutes 5.2 percent. Similarly, the percent of households living in a temporary building/cabin, or a lodge/cabin provided due to a disaster is comparatively low: 0.5 and 0.3 percent respectively.

Figure 10. Housing conditions



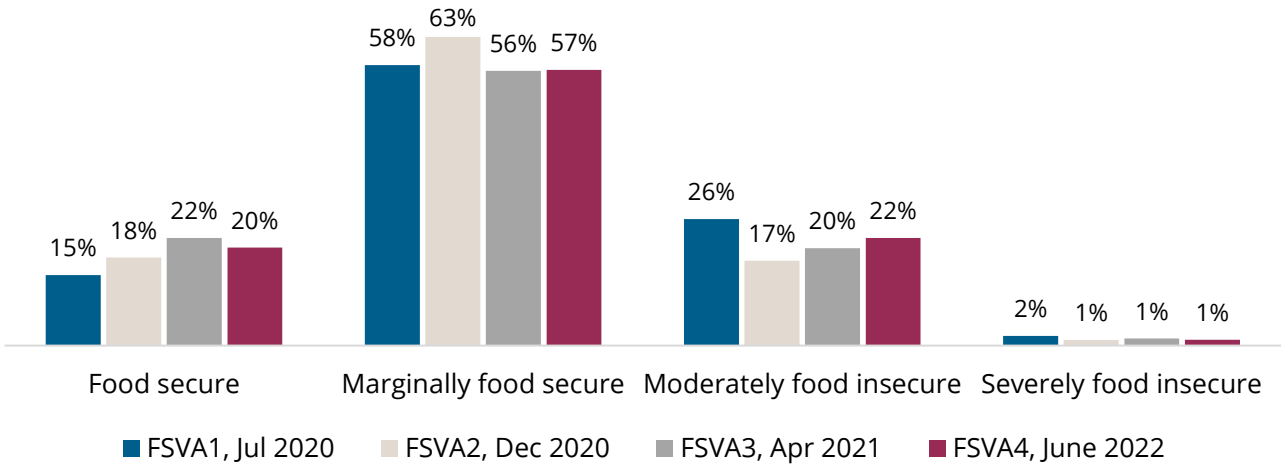
4.2 Comprehensive Food Security

The Consolidated approach for reporting indicators of food security (CARI) is a harmonized WFP method used to analyse primary data from a single household food security survey, and to classify individual households according to their level of food security. It can also be used to carry out vulnerability profiling of households and to identify targeting criteria for WFP programming.

Food security indicator is an aggregated food security index to report on the population's comprehensive food security status. It combines different food security indicators into one and this composite indicator is used to determine the number of food-insecure people when data from regular assessments are not available due to access issues. It is to assess a) the current status of households' food consumption (assessed based on food consumption patterns); and b) the current coping capacity of households to meet future needs (assessed based on economic vulnerability and adoption of livelihood coping strategies).

In this report, four assessments of food security and vulnerability are compared to track the changes of food security over time. Based on the assessment, 77 percent of food security levels are seen, out of which only 20 percent of households are food secure, and 57 percent are marginally food secure. Food insecurity levels revealed to be 23.2 percent out of which 22 percent of households are moderately food insecure and 1.2 percent is severely food insecure. Compared to the previous FSVA (Apr 2021), food insecurity level increased by 2 percentage points, which is not a significant difference. As seen in the figure below, the highest levels of food security were seen in the first FSVA (July 2020) just after the outbreak of Covid-19 in March 2020 with the closure of businesses and lockdown.

Figure 11. Food security levels per 4 assessments, %



The components of food security aggregate indicator have disrupted bringing to the increase of food insecurity levels. Acceptable Food consumption score slightly decreased compared to FSVA3 (91% from 92%), instead the borderline and poor consumption scores increased. FSVA4 showed a decrease of households' share which didn't adopt livelihood coping strategies by 4 percentage points. Overall, 77 percent of households adopted livelihood coping mechanisms which was higher compared to the previous round (73 percent). The adoption of stress coping strategies was reported the highest compared to three previous assessments reaching 33 percent.

About 37.2 percent of households reported that their income has changed during the last year. Out of these households, 34 percent mentioned increased income and 66 percent indicated that their income decreased. Compared to FSVA3 findings, the income showed to be more stable, moreover the share of households reporting increased income was bigger.

It was projected that in case of food price inflation by 15 percent, the food insecurity levels would increase from 21.4 percent to 27.6 percent. In this assessment not only the food price inflation was considered but also other factors which resulted in slighter disruption of food security levels. The conflict in Ukraine and the sanctions against Russia were seen as serious causes for food security disruption in Armenia for different reasons. Firstly, Armenia heavily depends on food imports from Russia to meet food demand of its population; out of all countries of import for Armenia, 99% of wheat grain and 96% of wheat flour, 99% of buckwheat, 98% of vegetable oil, 79% of pasta and also other commodities are imported from Russian Federation. Armenia also heavily depends on import of fertilizer and fuel from Russia[3]. So, in case of supply chain issues from Russia, Armenia would face severe issues with food availability. However, Russia announced that Armenia would be provided with the requested quantity of products of import with a condition of no re-exporting to the third parties. Secondly, it was expected that the Russian ruble would depreciate and the inflow of remittances from Russia and Ukraine would drastically decrease. Whereas the Russian Ruble appreciated since mid-March 2022 rising from 4.5 AMD to 7.5 AMD as of June 2022, and the inflow of individual transfers from Russia increased greatly[4]. Instead, USD exchange rate has decreased reaching 402 AMD per USD and AMD has appreciated. Another factor that influenced the stability of Armenian economy was the increase of economic activity in Armenia (18.5% compared to June 2021 and 17% compared to May 2022) basically due to the big inflow of Russians and Russian companies (mostly in the sector Information Technology) to Armenia. This was quite beneficial for several sectors in Armenia, such as hospitality, rentals, tourism, etc. Nevertheless, the economic growth is not inclusive, as vulnerable and most vulnerable households are not necessarily benefiting equally from the increased GDP, instead the cost for rent and services have increased due to the high demand. The benefit for vulnerable households can be seen if state social transfers are increased due to the taxes paid and financial allocations to the ministries (allocation of state budgets based on GDP).

Considering that the assessment was conducted in May-June 2022, the situation may worsen in autumn-winter when households will have to pay utility bills and have other expenditures related to winter.

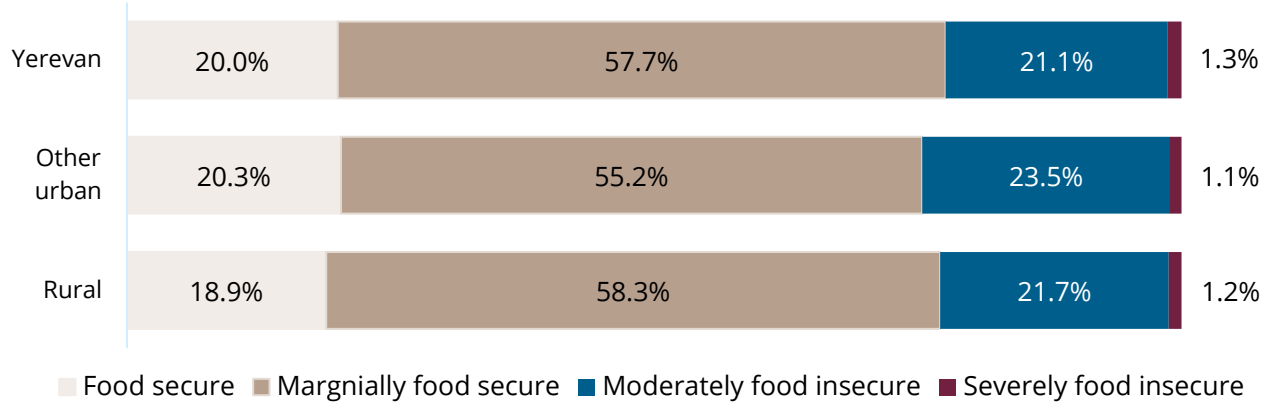
Further analysis of food security levels per demographic characteristics showed that households where the household head (HH head) is above 60 years old are more prone to food insecurity (23.2%) compared to households where the HH heads are of 18-59 years old (13.4%). HH heads' gender was also significantly associated with food security revealing that female-headed HHs were more food insecure (27.8%) compared to men-headed HHs (17.8%) (t-test, p value=0.000). Moreover, households with female HH head above 60 years old have the highest food insecurity levels (28.3%). Significant association is found between food security and the marital status of the household head, revealing that households with single (35.3%), divorced (32.4%) and

[3] UN Comtrade Database, June 2021.
[4] External Sector Statistics (cba.am)

widow/widower (30.9%) are more food insecure compared to married (18.3%). Another association is found between the educational level of HH heads and food security, indicating that the higher is the educational level of the HH head the lower the food insecurity levels are in the households (p value=0.000). The number of children in the HH is also correlated with the food security levels, as HHs with 4 and more children (under 18 years old) were more food insecure (35%) compared to HHs with no children (26.6%) or with 1-3 children (19.1%) (t test, p value=0.000).

The analysis of food security levels per settlement type revealed that food insecurity levels are significantly higher in other urban areas (24.6%) compared to Yerevan (22.4%) and rural areas (22.9%). Interestingly, compared to FVSA3 (Apr 2021) the food insecurity levels have increased in urban areas and Yerevan and decreased in rural ones. This can be due to several factors, for instance, the agricultural sector is greatly targeted by the Government and in the last year the Government provided subsidies to the small holders for buying fertilizers and seeds as the prices for agricultural goods hiked. Another factor is that donor companies make investments in food systems through supporting the agricultural sector. Besides, in rural areas households cultivate the land and grow fruit and vegetable nearby their houses for their own consumption.

Figure 12: Comprehensive food security by settlement type, FSVA 4, June 2022, %

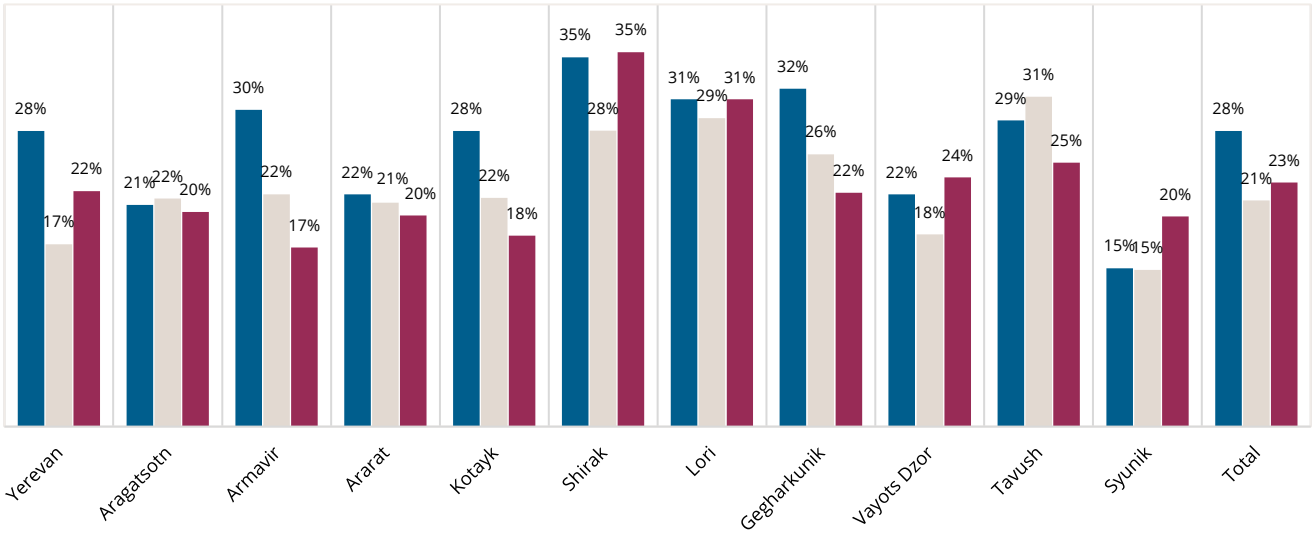


In regions the highest rate of food insecurity was seen in Shirak (35%) which is among the poorest regions in Armenia based on the latest Poverty snapshot released by Statistical Committee of RA (2020). In Lori (31%), Tavush (25%), Vayots Dzor (24%) and Gegharkunik (22%) the levels of food insecurity were also high compared to other regions. The lowest rates were in Armavir (17%) and Kotayk (18%).

In all previous assessments the highest rates of food insecurity were seen in northern regions, whereas FSVA4 showed high levels of food insecurity in southern regions as well, in particular Vayots Dzor and Syunik.

Compared to all FSVAs, food insecurity levels were the highest in Syunik region in May-June 2022 showing a disruption food security by 5 percentage points. As per FSVA4 findings, food insecurity levels are increased in Yerevan compared to FSVA3 by 5 percentage points.

Figure 13. Comprehensive food insecurity levels by regions, %

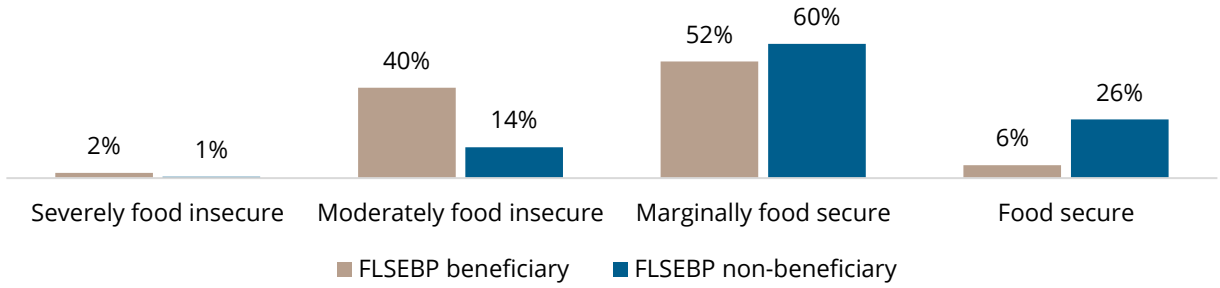


The factors for the fluctuation of food security levels can be explained with different factors. In case of Syunik, the increase of food security can be one of the consequences of conflict in Nagorno-Karabakh, where Syunik became a bordering region meantime losing lands for animal feeding and cultivation. This created a hardship for agricultural work. Another factor that could result in disruption of food security in Syunik, is that there were restrictions for tourism and hospitality.

The disaggregation per beneficiaries of Government's Family Livelihoods Enhancement Benefit Programme (FLSEBP) showed much higher levels of food insecurity compared to non-beneficiaries. Among FLSEBP beneficiaries, 42 percent of food insecurity was seen compared to 15 percent among non-FLSEBP beneficiaries. The share of marginally food secure is high in particular among non-FLSEBP beneficiaries (60 percent).

This finding demonstrates that despite that the FLSEBP beneficiaries are supported by the Government, they are still food insecure. The food basket cost per capita per month is 32.497 AMD, meanwhile the base social assistance is 18.000 AMD per household, family benefit comprises 18.000 AMD base amount adding from 5000-8500 AMD for each child, and 25.000 AMD per household for a 3-month emergency assistance. Moreover, in June 2022 the food price inflation was 17.4 percent compared to June 2021, and the state social transfers are not adjusted to the current economic situation.

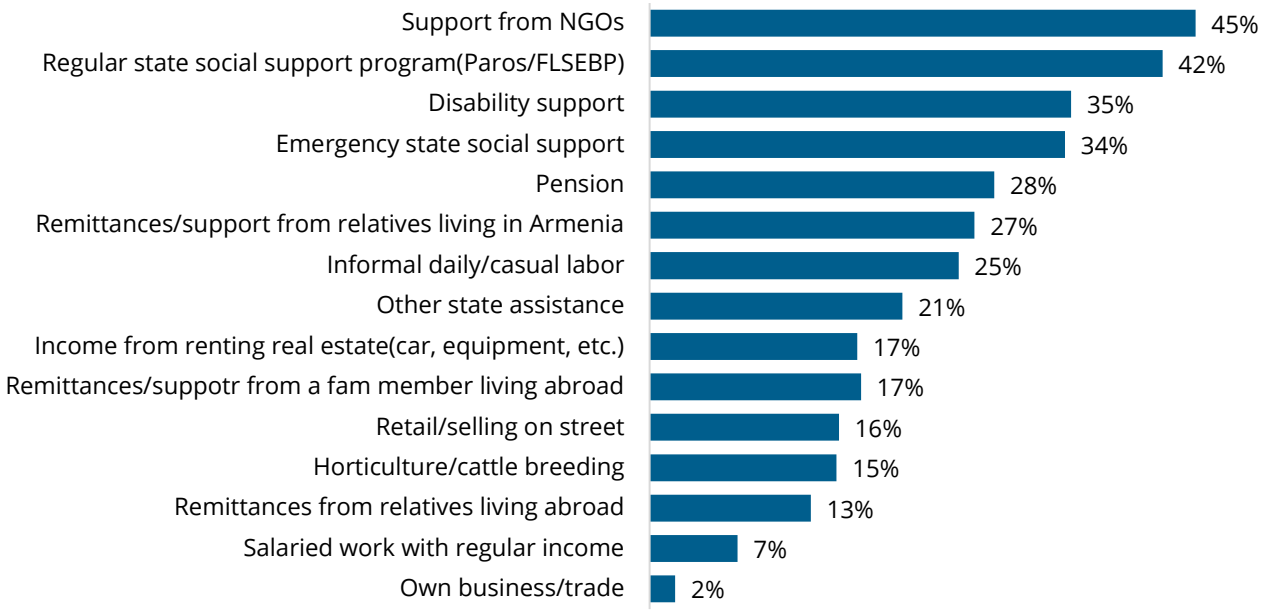
Figure 14. Comprehensive food security, FLSEBP vs non-FLSEBP, %



Food insecurity rates were fluctuating when analyzed per income sources. As seen in figure 17, the highest rates of food insecurity were seen among households receiving support from NGOs (45%), Government support (28%-42%), remittances from relatives living in Armenia (27%) and informal daily/casual labour (25%). Compared with FSVA3 findings, the food insecurity rate of households dependent on state social transfers has significantly increased in FSVA4. On the one hand this finding shows that the Government and the NGOs target vulnerable households, on the other hand this indicates that the state social transfers are not sufficient to pull the households out of food insecurity.

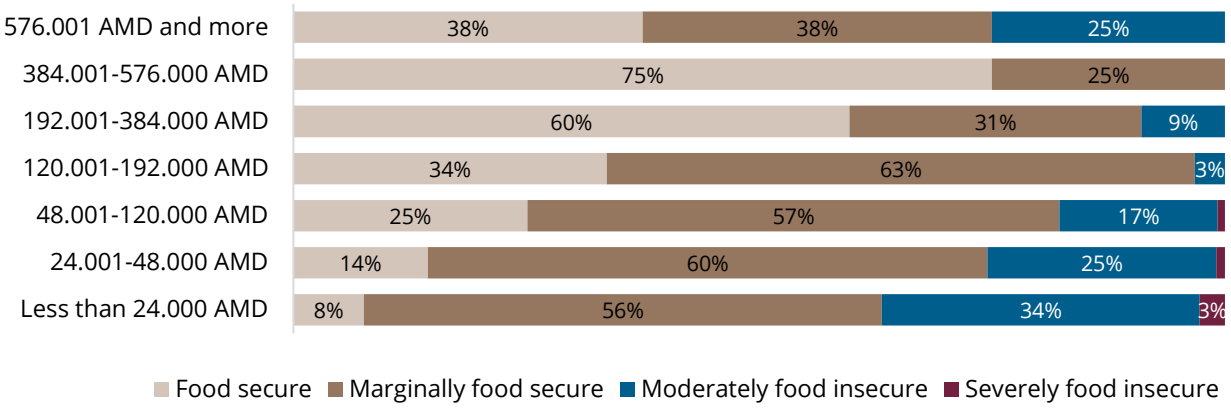
The lowest rates of food security were revealed among households having own business/trade (2%), salaried work with regular income (7%) and households receiving remittances from relatives living abroad (13%).

Figure 15. Comprehensive food security per income sources, %



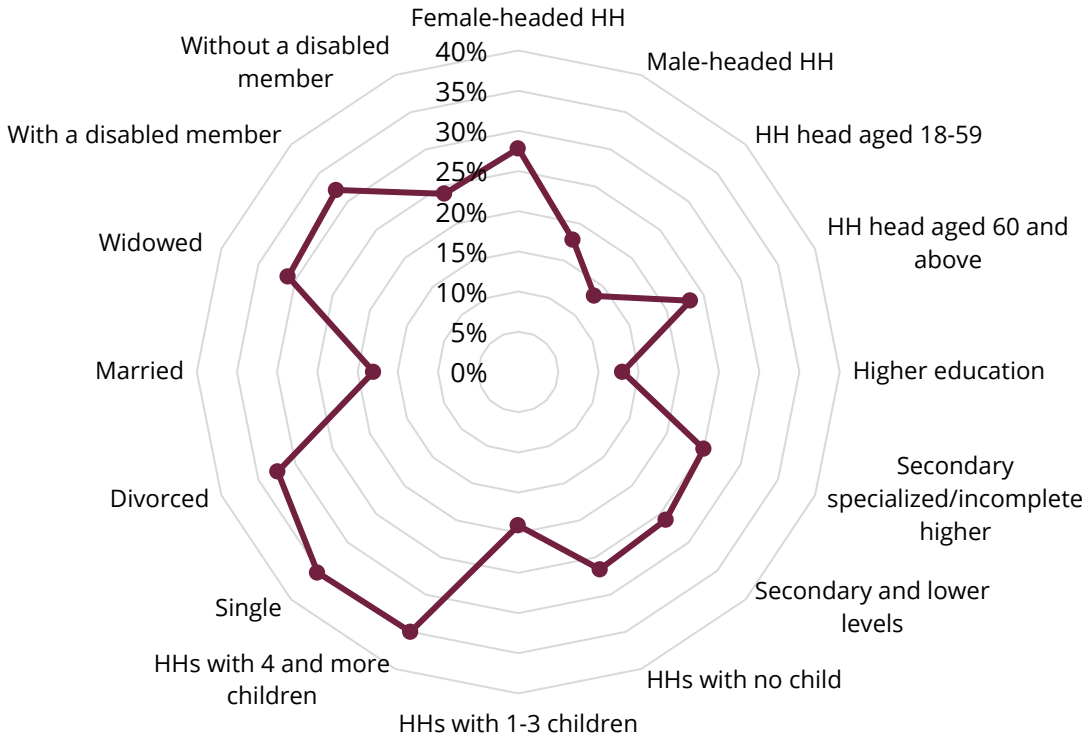
Food security drastically differs based on per capita income as well. As per data, 37 percent of monthly income per capita below 24,000 AMD and 26 percent of those with monthly income per capita of 24,000-48,000 AMD were food insecure (statistically significant at p value of 0.000).

Figure 16. Comprehensive Food Security by income per capita



The FSVA results are used to inform the RA Government and stakeholders about the food security levels in the country and enable designing of the emergency and development programmes targeting food insecure populations. Thus, it is important to identify the most food insecure household profiles.

Figure 17. Comprehensive Food Security per household characteristics, %



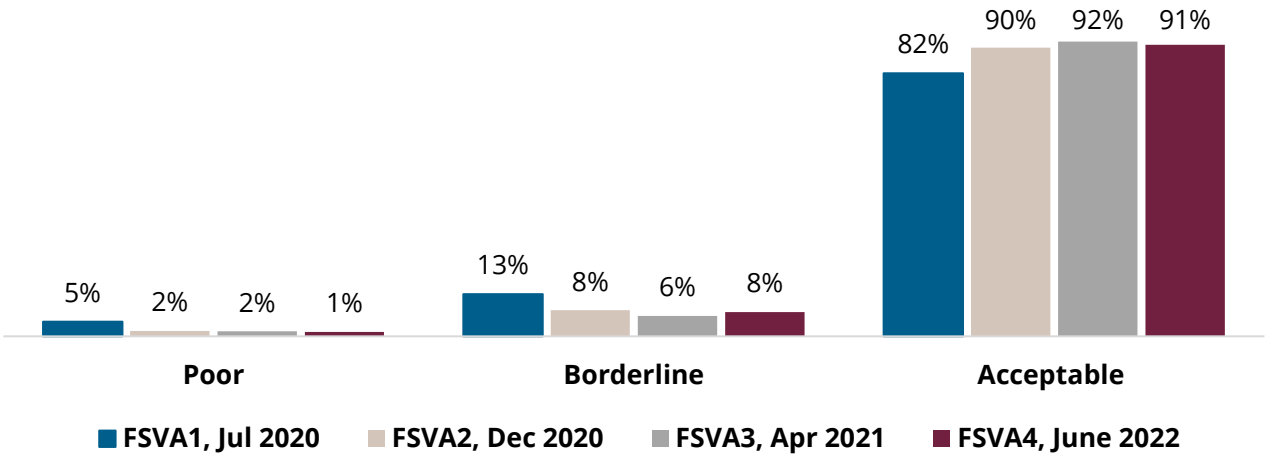
The chart above represents the food security of households per certain characteristics. More food insecure households were the female-headed ones (28 percent food insecurity), with a household head not having higher education (29 percent), having 4 and more children (35 percent), with a disabled household member (32%) and single (35%). On the contrary, male-headed households, households with a head having higher education, married head of households, having 1-3 children and without a disabled member had significantly low food insecurity. Households composed of elderly only were seen as more food insecure (47.7%).

4.3. Household Food Consumption

Food Consumption Score (FCS) is WFP's proxy for a household's access to food. The score is comprised of three levels: poor consumption, borderline consumption, and acceptable consumption5. This part of the report is devoted to the comprehensive analysis of food consumption by various social-demographic groups and changes over time by comparing the current survey's results (FSVA4) with the previous surveys (FSVA1, FSVA2 and FSVA3).

The analysis of FCS in this assessment showed that 91 percent of the households had acceptable food consumption level. On the other hand, 8 percent fell into "borderline" whereas mere 1 percent was categorized into "poor" food consumption group. Within all 4 assessments "acceptable" category demonstrated upward trend meanwhile not experiencing any significant changes: during FSVA1, 82 percent of households had acceptable food consumption experiencing 9 percent improvement in FSVA4 and reaching 91 percent. However, this result was 1 percent lower than it had been during FSVA3 (92 percent). Talking about "borderline" category, however, a downward trend was witnessed: during FSVA1 borderline food consumption score of households comprised 13 percent which gradually decreased and reached 6 percent during FSVA3 and then slightly going up recorded 8 percent in the last assessment. Likewise, food consumption "poor" category demonstrated downward trend declining from 5 percent during FSVA1 to 1 percent during FSVA4.

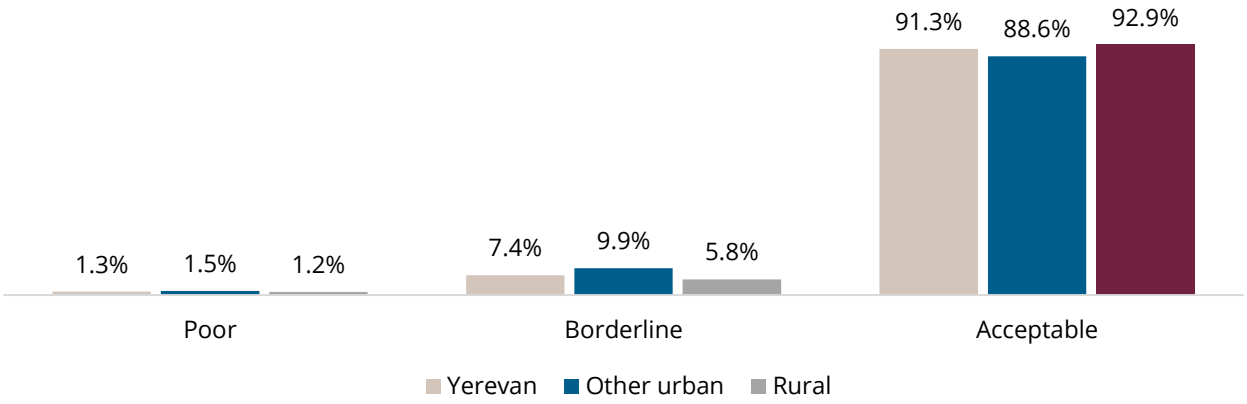
Figure 18. Food consumption score per 4 assessments, %



If considering FCS in the capital city Yerevan, it was almost identical to the distinguished FCS categories in total. However, if compared the same categories in Yerevan and other urban areas "acceptable" category declined from 91.3 to 88.6 percent (by 2.7 percent), "borderline" category went up by 2.5 percent points comprising 9.9 percent, while "poor" group experienced insignificant changes. In rural settlements 92.9 percent of households had acceptable food consumption score (the highest among all settlement types), and borderline and poor categories comprised accordingly 5.8 and 1.2 percent that were the lowest results among all the settlement types.

[5] For more information on index visit FCS - Food Consumption Score Guidelines

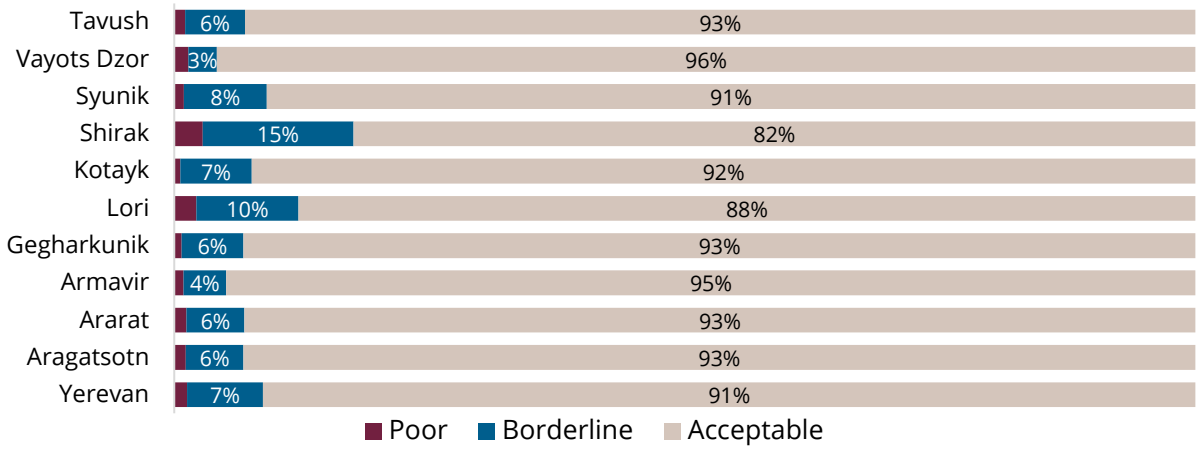
Figure 19. Food Consumption Score dynamics by settlement type, %



In both rural and urban areas within all 4 assessments households having acceptable food consumption score displayed upward trend (except for FSVA4 where urban households' acceptable food consumption subtly declined by 1.7 percent). Food borderline consumption among rural households within 4 assessments steadily decreased, while in case of urban settlements it demonstrated downward tendency experiencing growth by 1.8 percent in FSVA4. Poor consumption of food in both rural and urban settlements experienced downward trend within all 4 assessments. Overall, across all 4 assessments in rural households acceptable and borderline food consumption scores were higher in comparison with urban households. As for poor food consumption score in urban households, it was slightly higher than in rural ones.

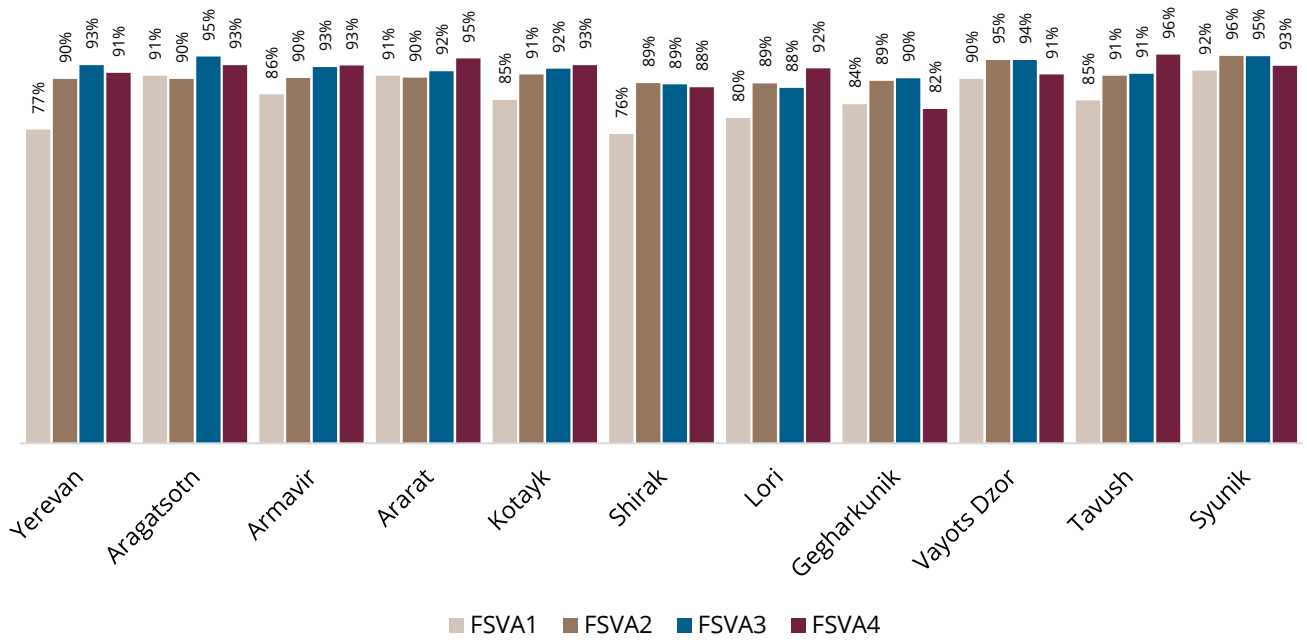
Looking at food consumption score on regional level the following picture emerges: Vayots Dzor scored the highest among all the regions for acceptable food consumption (95.8 percent) followed by Armavir (94.9 percent) and then Aragatsotn and Gegharkunik equally counting 93.2 percent each. Ararat and Tavush regions came after with very minor difference compared to the previous regions comprising 93.1 percent each. In terms of acceptable food consumption, the lowest among regions scored Shirak (82.5 percent). Interestingly, in Shirak borderline consumption rate was the highest among all the regions comprising 14.8 percent. Lori was the next region with borderline food consumption rates counting to be 10 percent followed by Syunik with 8.1 percent. In poor food consumption category the highest scored Shirak meaning that the number of households in this region with poor consumption rates was the biggest. Conversely, Gegharkunik recorded the lowest level of poor food consumption (0.7 percent).

Figure 20. Food Consumption Score dynamics by regions, FSVA4, %



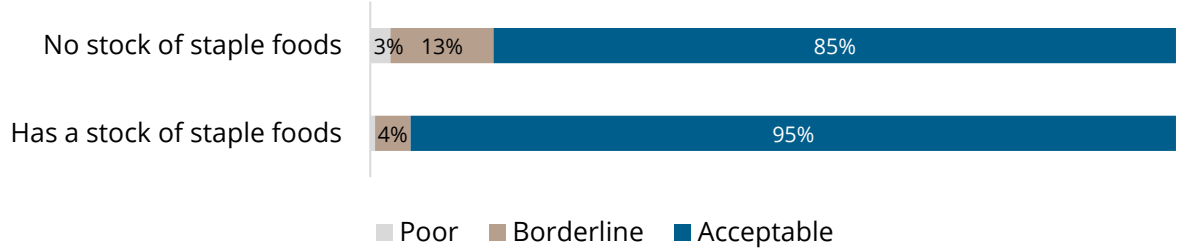
For the acceptable food consumption score within all 4 assessments in all the regions. Apparently, in **Armavir, Ararat, Kotayk and Tavush** regions this indicator didn't fluctuate over 4 assessments instead recording steady growth (see the figure). Even though in **Yerevan** acceptable food consumption score during FSVA1 was the second lowest (77.3 percent) after Shirak region (76.3 percent), it improved over the time peaking at 93.2 percent during FSVA3 and then slightly declining and reaching 91.3 percent in FSVA4. In both **Aragatsotn** and **Vayots Dzor** regions food consumption score reached its peak during FSVA3 (95.3 and 94.5 percent respectively). **Shirak** region was the only area where this indicator didn't even reach 90 percent. Likewise, in **Gegharkunik** food consumption score gradually went up over three assessments and reached 90 percent in FSVA3 then dramatically dropped during FSVA4 comprising 82.5 percent.

Figure 21. Food Consumption Score dynamics by regions over 4 assessments, %



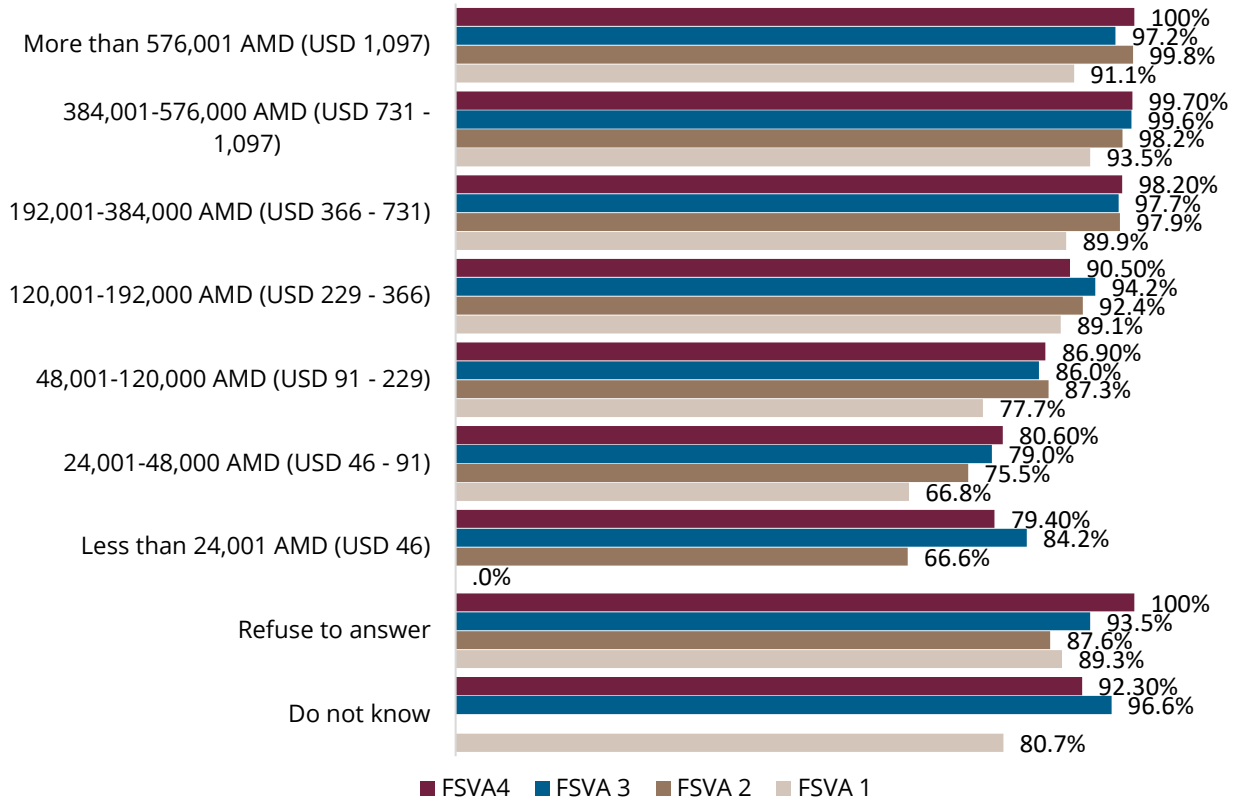
Obviously, the households with a stock of staple foods had higher food consumption score than those with no stock of food and this difference was 10 percent. This tendency had remained constant within all assessments. On the other hand, borderline food consumption among households with no stock of staple food was 13 percent which was higher by 9 percentage points from households with a stock of staple foods. Naturally, poor food consumption among households with a stock of staple foods was lower (0.6 percent) compared to those with no food stock (2.5 percent).

Figure 22. Food Consumption Score per stock availability, %



Analyzing food consumption score according to the income groups within 4 assessments, all income groups were seen to have the lowest food consumption score during the first assessment. The most vulnerable households during the last assessment were those with income groups of less than 24001 AMD or less than USD 46 (79.4 percent).

Figure 23. Food Consumption Score by expenditure per capita, %



When analyzing food consumption score through different socio-demographic dimensions, it turned out that during FSVA4 in male-headed households acceptable food consumption score was much higher (93.6 percent) than in female-headed ones (88.9 percent). The same situation was noticeable in all previous 3 assessments. If considering the situation from the prospective of household head's education, it was detected that households where the head had higher education recorded higher score of acceptable food consumption. The same tendency was noticeable in previous assessments. Additionally, in households where the head was divorced acceptable food consumption score was lower (83.3 percent) than in those where the head was married (93.3 percent). Single parent households had 87.7 percent of acceptable food consumption score whereas share of households with poor food consumption in this subgroup comprised 2.5 percent. If looking at the households with disabled members, it was seen that the ones with a member of 1st disability group had comparatively higher poor food consumption score (4.5 percent) compared to the households with a member of 2nd and 3rd disability groups (respectively 1.6 and 1.4 percent). Overall, families with members of various disability status had the biggest share in poor food consumption score among all other categories. Among households living in their own houses, food consumption score was the highest (92.1 percent) compared to those who live in rented houses (89.2 percent). On the contrary, among households living as hosts or on an informal basis food consumption score was relatively lower comprising

80.1 and 75 percent respectively. Finally, households with no children had lower food consumption score (89.8 percent) compared to those with 1-3 children (93.1 percent), whereas households with 4 and more children recorded lower food consumption score (82.3 percent).

4.4. Household Food Consumption – Nutrition

One of the essential dimensions of food security is food utilization implying the way the body makes the most of the various nutrients in the food. Sufficient energy and nutrient intake by individuals are the results of good care and feeding practices, food preparation, diversity of the diet and intra-household distribution of food. Unhealthy dietary habits and lifestyles are a norm in Armenia, and severe regional disparities are seen in the prevalence of extreme poverty, undernourishment, food insecurity and malnutrition[6]. The situation has exacerbated due to COVID-19 pandemic and became further adverse with the Nagorno-Karabakh conflict escalation. As a result, people shifted to less nutritious and non-perishable food commodities.

As lack of data is a major challenge for addressing malnutrition in Armenia (a concern, evidenced by high rates of stunting for children under 5), as well as overweight and anemia which are also prevalent, particularly among women of reproductive age, more effort is needed to expand the evidence base in support of nutrition-sensitive and targeted activities.

Stemming from this, Food Consumption Score-Nutrition (FCS-N) is calculated to take a closer look at the consumption of Protein-rich, Iron-rich, or Vitamin A rich foods.

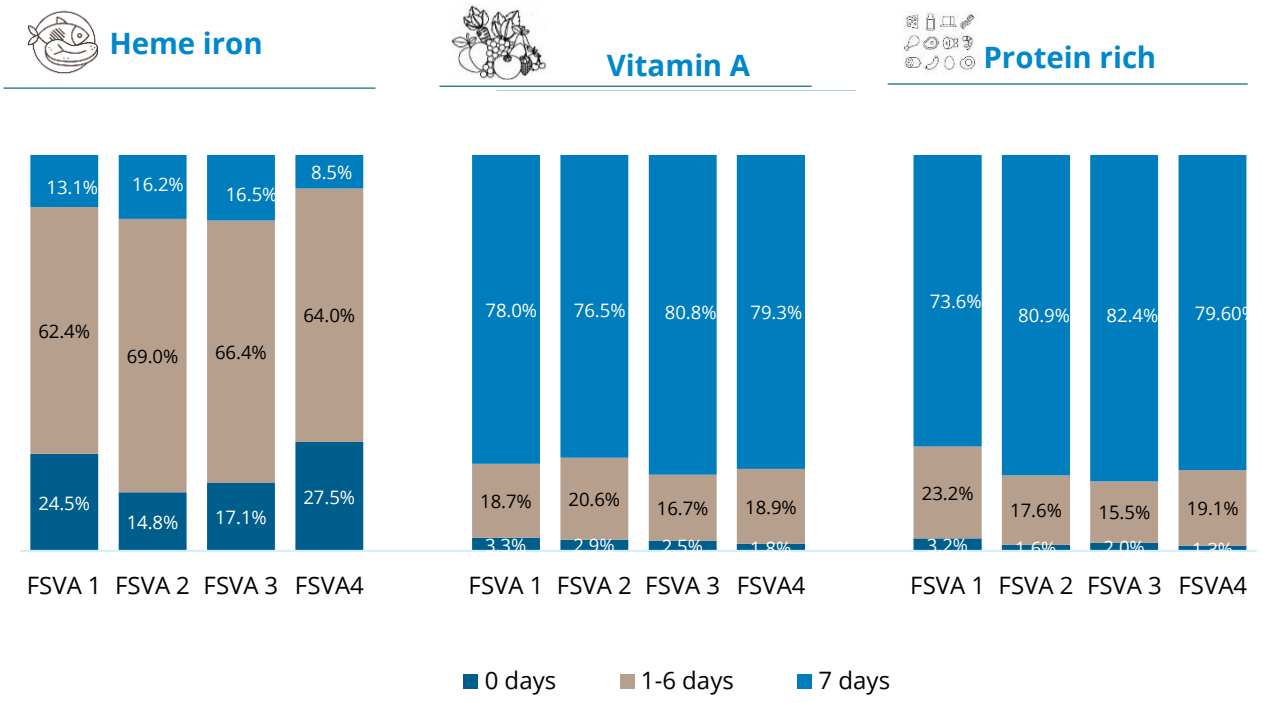
The following food sub-groups are considered while calculating the consumption of Protein, Vitamin A, and Heme – Iron.[7]

- **Vitamin A-rich foods**: Dairy, Organ meat, Eggs, Orange veg, Green veg, and orange fruits
- **Protein-rich foods**: Pulses, Dairy, Flesh meat, Organ meat, Fish and Eggs
- **Heme iron-rich foods**: Flesh meat, Organ meat and Fish.

According to the assessment 79.3 percent of the households consumed vitamin A rich food during all 7 days prior to the interview, whereas only 1.8 percent indicated no consumption of the above-mentioned type of food for the reporting period. Similarly, 79.6 percent of households mentioned involving protein-rich foods in their everyday diet in contrast to mere 1.3 percent of households eating no protein-rich food within a week. However, in case of iron-rich food commodities the situation was absolutely opposite: only 8.5 percent of the interviewed households indicated intake of iron-rich food within the last 7 days compared to 27.5 percent of the households that didn't utilize this type of nutritious food.

[6] WFP. 2018. Armenia Cost of the Diet (https://docs.wfp.org/api/documents/WFP-0000062242/download/).
[7] For more information on FCS-N calculation visit

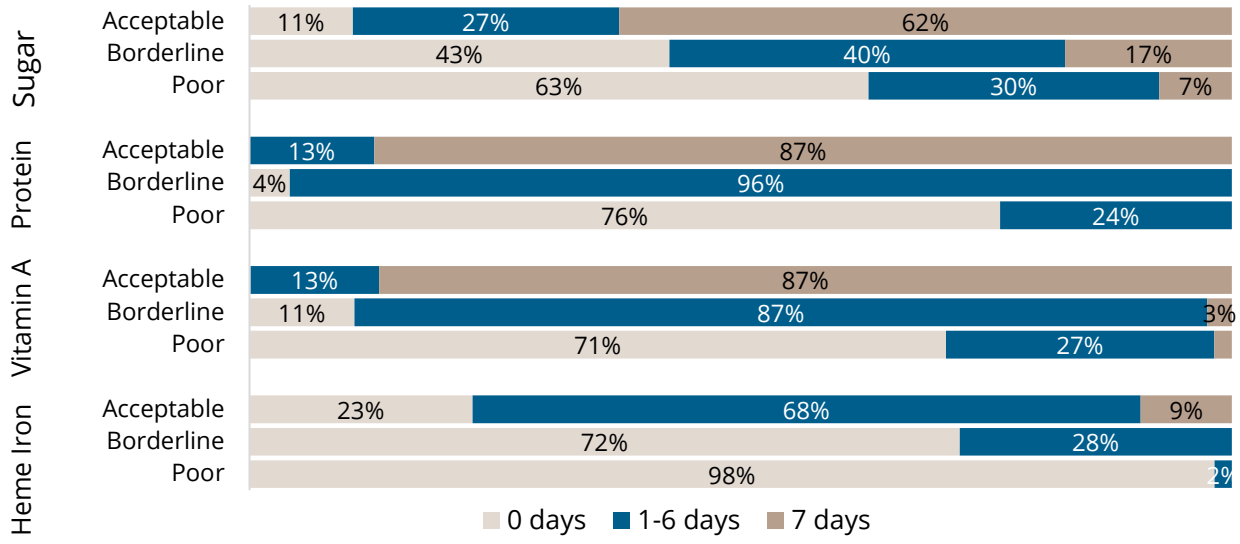
Figure 24. Food Consumption Score - Nutrition



Comparing consumption patterns of different food groups within the four assessments any considerable deviations regarding either Vitamin A-rich or Protein-rich foods (see the diagram above) were not witnessed. However, if examining heme iron-rich food consumption picture, the intake of foods of this group almost double dropped compared to FSVA3 and FSVA2. From nutrition perspective this is an alarming change that might negatively impact overall health condition of population in Armenia. It's worth to point out, that food items of heme iron group are considered comparatively more expensive in the market, and they are often not accessible and affordable for various groups of society particularly for vulnerable ones.

The analysis revealed that among households with both poor and borderline consumption scores protein-rich and heme iron-rich foods are excluded from their diet.

Figure 25. Food Consumption Score - Nutrition by Food Consumption Score Group (FSVA4)



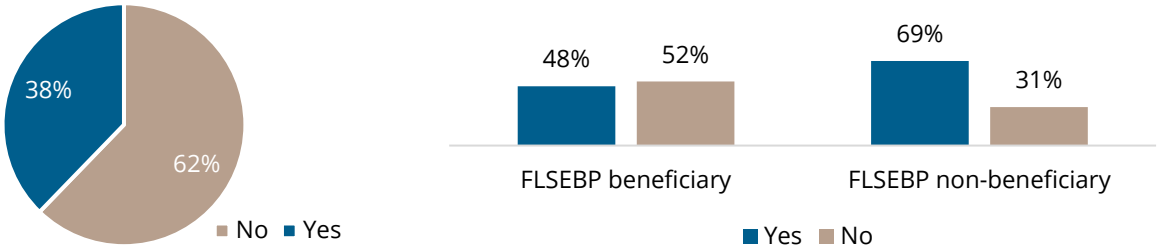
4.5. Availability of Staple Food Stock and Market Accessibility

4.5.1. Availability of Staple Food Stock

In the assessment WFP intended to reveal the availability of food stocks in households and the period during which the food stock will be available. The food stock is meant staple food, such as wheat flour, grains and legumes which can be stored for a while.

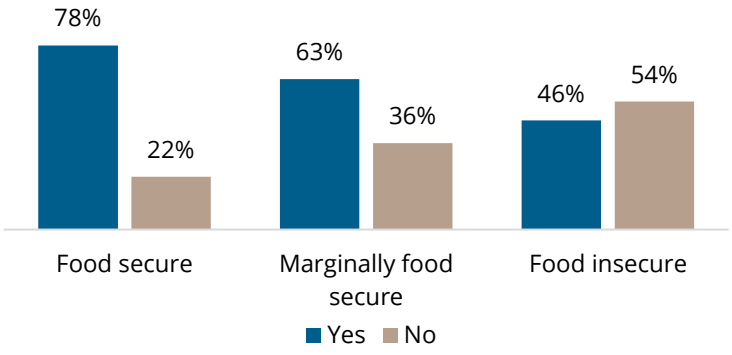
The assessment revealed that 40 percent of households reported having a staple food stock. Further analysis per FLSEBP beneficiaries showed that a lower share FLSEBP beneficiaries had food stock (48%) which would last for up to 7 days (51%) compared to non-FLSEBPs (69%).

Figure 26. Having a staple food stock, and disaggregation per FLSEBP vs non-FLSEBP %



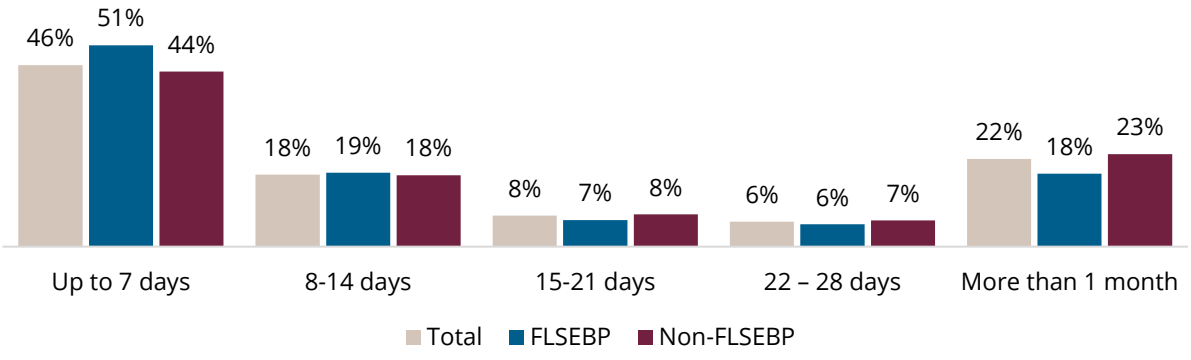
The disaggregation per food security groups showed that more than half of the food insecure households didn't have a stock of staple food, whereas the vast majority of food secure households (78%) reported having a staple food stock. Important to note, that about 40 percent of marginally food secure households reported that they did not have a staple food stock.

Figure 27. Having a staple food stock, per food security levels, %



Out of the households which reported having a staple food stock, 45.7 percent mentioned that it would last for up to 7 days, 18.1 percent reported the period of 8-14 days, 22.1 percent stated that it would last for more than a month, and 7.8 percent and 6.3 percent mentioned 15-21 days and 22-28 days accordingly.

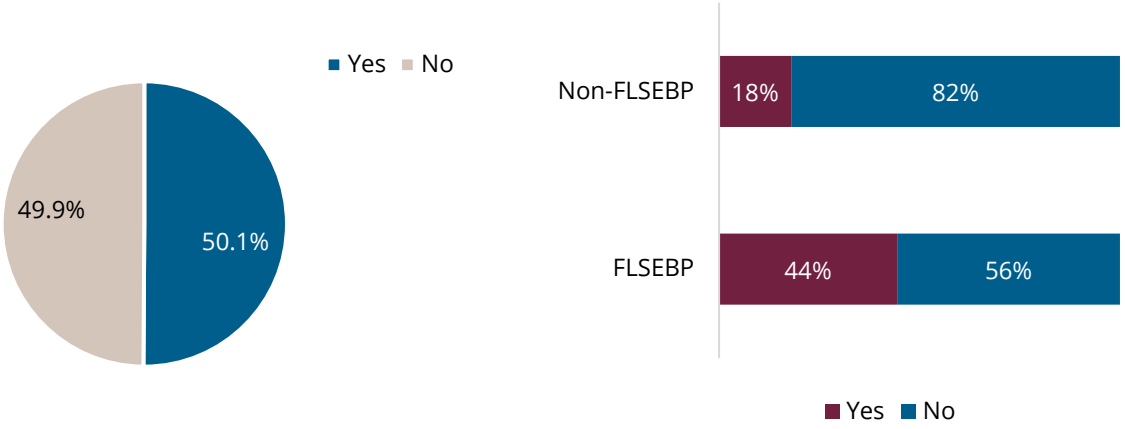
Figure 28. How long will the food stock last, FLSEBP vs non-FLSEBP, %



4.5.2. Market Accessibility

The respondents were asked if they experienced difficulties in accessing markets during 7 days prior to the interviews. Interestingly, half of the respondents answered positively.

Figure 29. Households experienced difficulties to access the market, FLSEBP vs non-FLSEBP, %



Out of those HHs who faced difficulties accessing the market, 41 percent mentioned lack of financial resources as the main reason. The analysis per FLSEBP beneficiaries showed a notably higher share of FLSEBP beneficiaries reported having difficulties with market accessibility (44%) compared to non-beneficiaries (18%).

The analysis per settlement type didn't reveal any major differences as about 50 percent in Yerevan, other urban and rural areas reported having difficulties accessing food. The biggest share of households reporting difficulties accessing the market was seen in Shirak (59%), Syunik (55%), Gegharkunik (54%) and Tavush (54%). In all the regions, the main reason was the lack of financial resources.

4.6. Coping Mechanisms

Due to social-economic hardships, many households adopt various coping mechanisms to ameliorate their living conditions and overcome the challenges of different shocks.

4.6.1. Livelihood coping mechanisms

This assessment along with the FCS, measured Livelihood Coping Strategy Index (LCSI). To overcome socio-economic deprivations or severe hardships provoked by lack of resources to buy food, households often adopt various coping mechanisms to be able to tackle those predicaments. A livelihood-based coping strategy index is used to better understand the longer-term coping capacity of households in response to shocks. Each coping strategy is in a group of a certain severity[8], which is country or context specific. Each level of severity is described by three-four different strategies that households apply, based on their needs (overall, ten strategies).

- **Stress strategies** indicate a reduced ability to deal with future shocks as the result of a current reduction in resources or an increase in debts.
- **Crisis strategies** are often associated with the direct reduction of future productivity as it is connected to the reduction of expenses on health or education or selling of assets such as means of transportation.
- **Emergency strategies** affect future productivity as well but are more difficult to reverse or more dramatic in nature than crisis strategies as it they are associated with selling the house or land, the last female animals, working children who are under 15 years old, and similar severe actions[9].

The Livelihood Coping Strategy Index is calculated based on WFP methodology and is a result of a higher weighting given to some coping strategies compared to others. Coping strategies are ranked in the following order (descending in severity): emergency, crisis, stress coping strategies. The study of coping strategy dynamics enables us to create a better roadmap of the strategies implemented by various social groups.

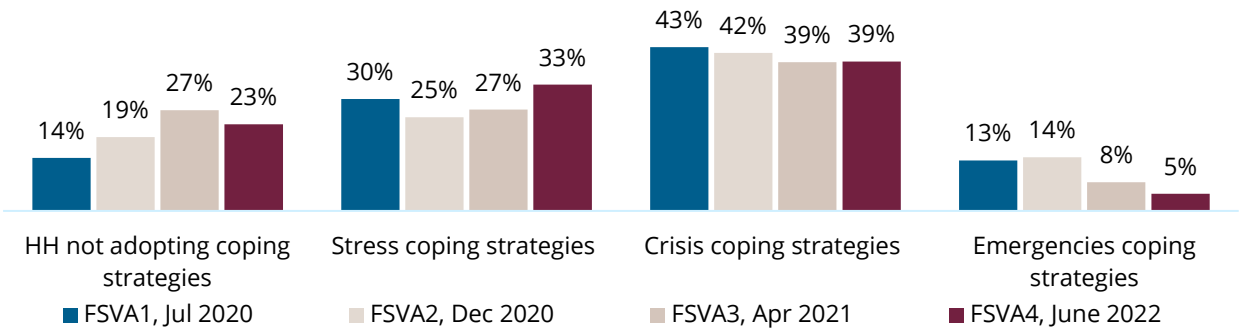
In FSVA4 the proportion of households not adopting any coping strategies constituted 23 percent showing a decrease compared to FSVA3, when the proportion was 27 percent. This means that a bigger number of households had to adopt coping strategies to access food during a month. This is an alarming finding and needs further assessment to understand the reasons behind it.

The adoption of stress coping strategies was reported the highest compared to three previous assessments, comprising 33 percent, meaning that households had to spend their savings, borrow money or purchase food on credit. Emergency coping strategies' adoption significantly decreased compared to previous assessments, which means that a smaller number of households had to apply the severest strategies like selling the house, land, last female animal and making children under 15 years old.

[8] The levels of severity are defined as none, stress, crisis or emergency

[9] Stress coping: Sold household assets/goods (radio, furniture, refrigerator, television, jewellery, etc.), spent savings, borrowed money, purchased food on credit or borrowed money.
Crisis coping: Reduced non-food expenses on health (including medicine) and education, s old productive assets or means of transport (sewing machine, wheelbarrow, bicycle, car, etc..), were dependent on food rations and/or support from neighbours and relatives as only food/income source.
Emergency: sold a house or land, sold last female animals, children (under 15 years old) were working to contribute to household income (e.g., casual labour)

Figure 30. Livelihood Coping Strategies, %



As seen in the table below, households most frequently spent savings (40%), purchased food on credit (37%) and reduced non-food expenses on health and education (33%). These coping strategies were widely adopted in FSVA3 as well, meanwhile a decrease of spending savings and an increase of purchasing food on credit was observed in FSVA4 compared to the previous assessment.

Table 1: Livelihood Coping Strategies per categories, %

Classification	Strategy applied	FSVA3 (yes,%)	FSVA4 (yes, %)
	Sold household assets/goods (furniture, refrigerator, TV, jewelry, etc.)	6%	4%
Stress	Spent savings	46%	40%
	Borrowed money	29%	28%
	Purchased food on credit or borrowed money	32%	37%
	Reduced non-food expenses on health and education	33%	33%
Crisis	Sold productive assets or means of transport (sewing machine, wheelbarrow, car, etc.)	2%	1%
	Were dependent on food assistance and/or support from neighbors and relatives as only food/income source	9%	14%
Emergency	Sold house or land	0%	0%
	Sold last female animals	3%	1%
	Children (<15 years old) were working to contribute to household income	2%	2%

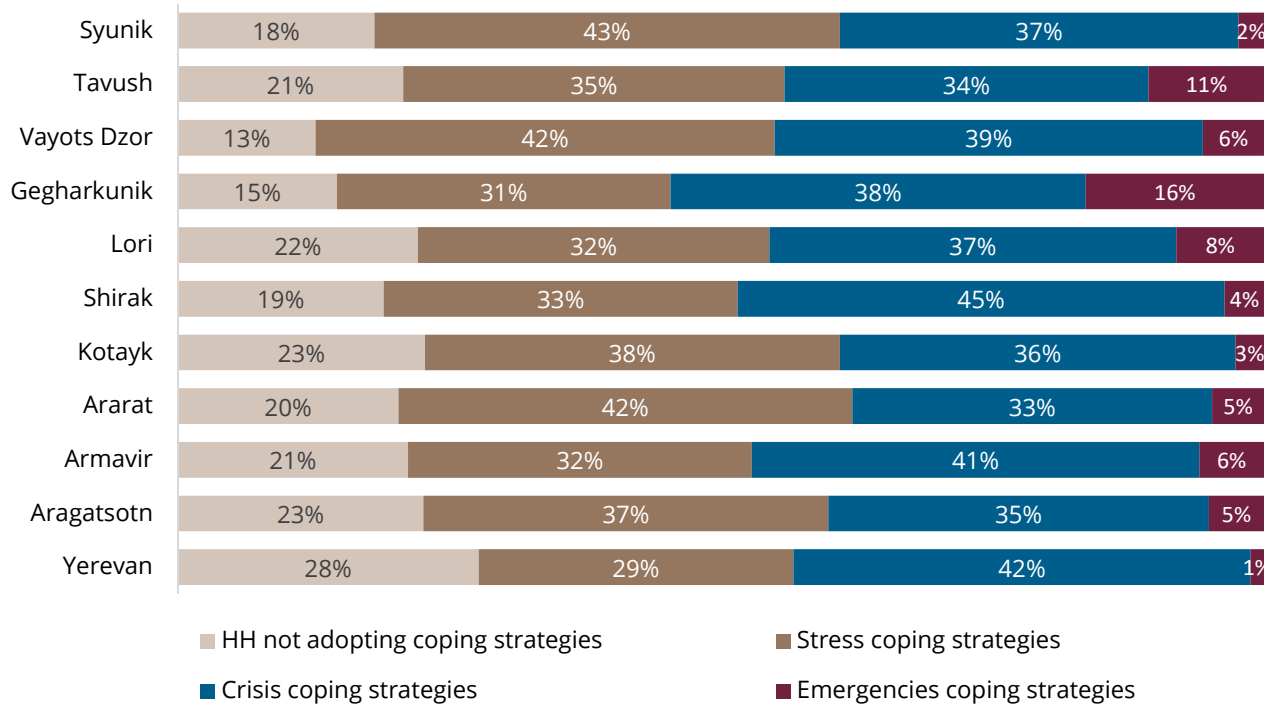
The analysis per settlement types showed that the lowest share of households not adopting any coping strategies reside in rural areas (17.9%). Stress coping is more frequently used in rural areas (37%) compared to other urban areas (31%) and Yerevan (29%), however, crisis coping strategies adoption was higher in Yerevan and other urban areas. Emergency coping was seen notably higher in rural areas (10%).

Table 2: Livelihood Coping Strategies per settlement type, %

	Yerevan	Other urban	Rural
HH not adopting coping strategies	28%	25%	**18%**
Stress coping strategies	29%	31%	**37%**
Crisis coping strategies	**42%**	**42%**	35%
Emergencies coping strategies	1%	2%	**10%**

When observing the adoption of coping mechanisms in regions, it becomes clear that lowest share of households not adopting coping strategies were seen in Vayots Dzor (13%), Gegharkunik (15%) and Syunik (18%) regions. Stress coping was widely adopted in Syunik (43%), Vayots Dzor (42%) and Ararat (42%) regions. In Shirak, Yerevan and Armavir a bigger share of households reported adopting crisis coping (45%, 42% and 41% accordingly). As to emergency coping, which is the most severe coping strategy, was mostly adopted in Gegharkunik (16%) and Tavush (11%) regions. The association of coping strategies with regions is statistically significant (p value <0.005).

Figure 31. Livelihood Coping Strategies per regions, %



The adoption of coping strategies was analyzed per household characteristics to find out if there is any association between the variables.

As seen in table below, the smallest proportion of households which haven't adopted any coping strategy was seen in HHs with 4 and more children (9%), HHs with 11 and more members (9%) and HHs with a monthly income per capita less than 24.000AMD (8%). Stress coping is seen higher among HHs with HH head age of 18-59 years old, as well as HHs with 1-3 children. HHs with 48.000 AMD and less income, as well as HHs with 4 children and more heavily adopt crisis coping. As to emergency coping strategies, these are more frequently applied by HHs with 4 and more children and HHs with monthly income per capita of 24.000 AMD and less.

Table 3: Livelihood Coping Strategies per household characteristics, %

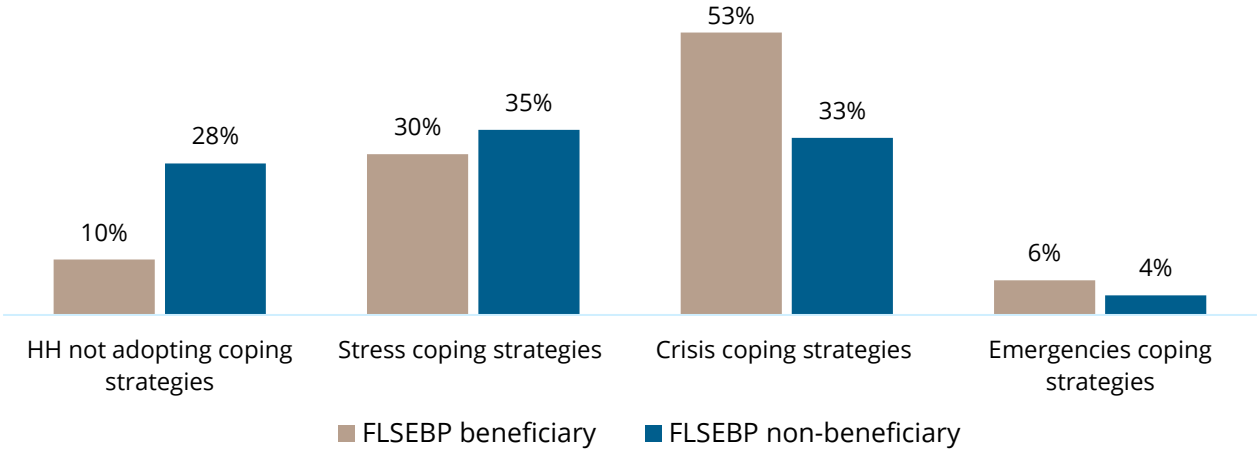
		HH not adopting coping strategies	Stress coping strategies	Crisis coping strategies	Emergencies coping strategies
HH head gender	Male	25%	37%	33%	5%
	Female	21%	30%	**45%**	5%
HH head age	18-59 years old	23%	**39%**	33%	4%
	60 years old and above	25%	35%	34%	6%
HH head marital status	Single	28%	27%	43%	1%
	Married	24%	36%	34%	5%
	Divorced	18%	25%	**52%**	5%
	Widowed	19%	29%	49%	4%
HH head education	Secondary education and lower	18%	34%	42%	6%
	Secondary specialized/incomplete higher	23%	32%	42%	3%
	Higher education	36%	32%	30%	2%
HH composition	No children	29%	29%	40%	2%
	1-3 children	19%	**37%**	38%	6%
	4 and more children	**9%**	25%	**53%**	**13%**
HH size	1 member	23%	28%	**48%**	1%
	2-5 members	24%	34%	38%	4%
	6 -10 members	19%	35%	37%	9%
	11 and more members	**8%**	20%	60%	12%

The analysis showed a statistically significant association between the primary source of household income and adoption of coping strategies (T-test, p value <0.000).

The lowest proportion of households that are **not** adopting coping strategies were reported among households whose primary source was regular state social support (3%), remittances from relatives living in Armenia (10%) and disability support (12%). Interestingly, 38 percent of households depending on salaried work with regular income reported adopting stress coping mechanisms, as well as households receiving remittances from a family member from abroad, being reliant primarily on remittances and engaged in agriculture. This means that these households had to spend savings, purchase on credit and borrow money to have sufficient food. Crisis coping strategies were widely applied by households dependent on state social assistance including FLSEBP, pensions, disability support, and also receiving remittances from relatives living in Armenia. As to emergency coping, which includes selling the house/land, last female animals and working children under 18, it was mostly adopted by households in FLSEBP and engaged in agriculture.

The coping strategies were also analyzed by FLSEBP beneficiaries and non-beneficiaries.

Figure 32. Livelihood Coping Strategy Index, FLSEBP vs non-FLSEBP, %



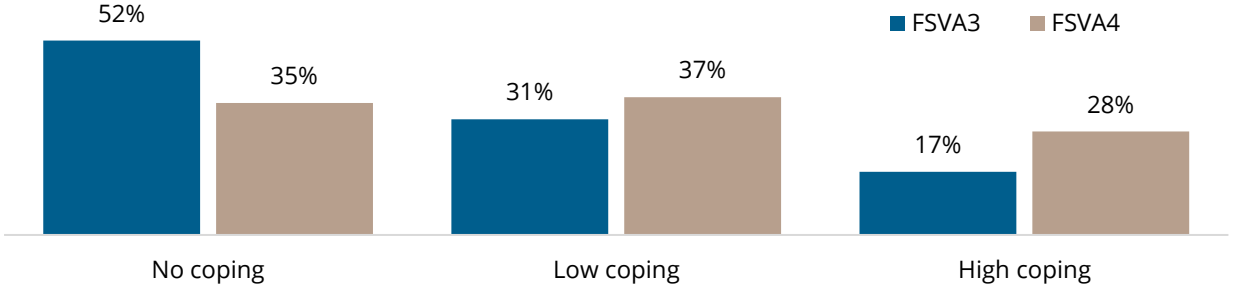
A lower proportion of FLSEBP beneficiaries reported not adopting coping strategies (14%) compared to non-FLSEBP beneficiaries (28.4%). The adoption of crisis coping, in particular, being dependent on assistance from the Government, NGOs and people, was notably high among FLSEBP beneficiaries.

4.6.2. Reduced coping mechanisms

The Reduced Coping Strategies Index (rCSI) is a proxy indicator of household food insecurity. It considers both the frequency and severity of five pre-selected coping strategies that the household used seven days prior to the survey. It is a simplified version of the full Coping Strategies Index indicator. The rCSI is an experience-based indicator measuring the behaviour of households over the past seven days when they did not have enough food or money to purchase food.

rCSI is best used for monitoring purposes, and to identify changes in household behaviour especially in the early stages of a crisis. The index divides food insecurity into three levels: no coping, low coping and high coping categories. The higher the rCSI, the more severe the coping is applied by a household.

Figure 33. Reduced coping strategies in FSVA3 and FVSA4

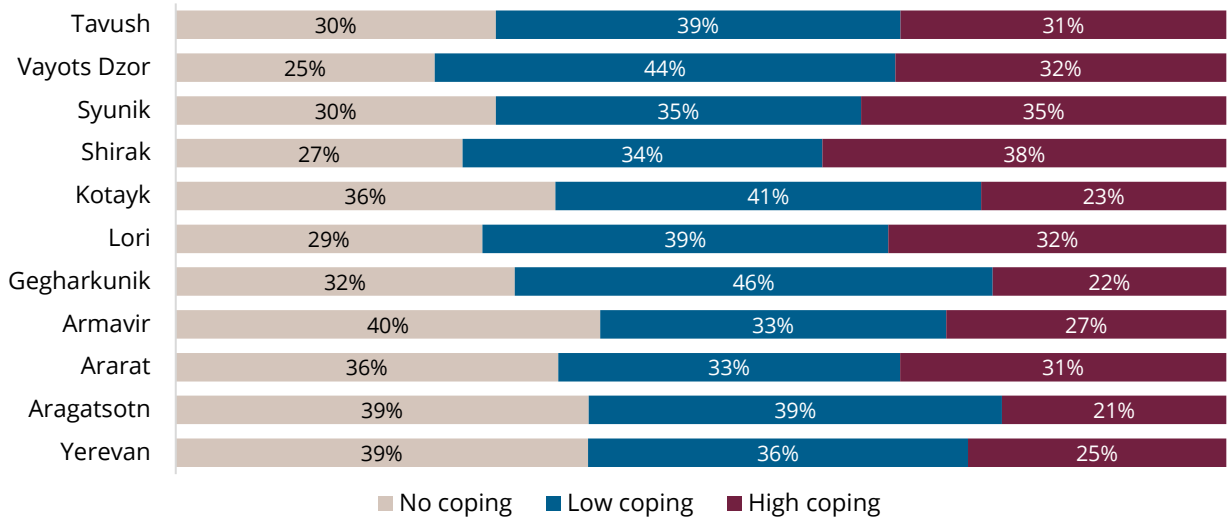


Compared to FSVA3, the proportion of households which didn't adopt any coping strategies to retain food security decreased by 17 percentage points, reaching 35 percent from 52 percent. A notable increase was seen among the households adopting high coping, which constituted 28 percent. An increase was observed among households adopting low coping from 31 percent to 37 percent.

Reduced coping was more widely used in other urban settlements (30.7%) compared to Yerevan (24.6%) and rural settlements (28.4%). Accordingly, a lower proportion of households reported not coping in other urban areas (32.9%), however, the low coping was mostly reported in rural settlements (38.2%).

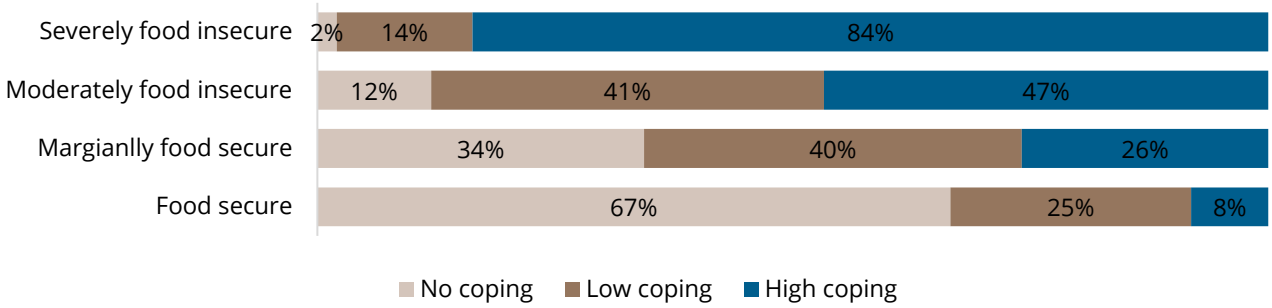
As per regions, rCSI pinpointed that Shirak (38 percent of high coping), Syunik (35 percent of high coping), Vayots Dzor (32 percent of high coping) and Lori (32 percent of high coping) regions applied high coping strategies, meaning that those regions had to apply higher coping strategies to remain food secure compared to the other ones. Yerevan, Aragatsotn and Armavir regions had the highest percent in no coping strategy adoption.

Figure 34. Reduced coping strategies by regions in FSVA4



Households with higher food insecurity had to apply more strategies in the attempt to remain food secure. The vast majority (84 percent) of severely food insecure households had to apply high severe coping strategies, and interestingly 8 percent of food secure households had to adopt severe coping strategies to remain food secure.

Figure 35. Reduced coping strategies by the food security levels of households



4.7. Economic vulnerability and indebtedness of households

4.7.1. Income changes and income per capita

The respondents were asked a general question on the disruption of household income during the last year because of different factors. The analysis showed that a lower proportion of households reported a change of income in FSVA4 (37%) compared to FSVA3 (54%).

Figure 36. Has HH income changed during the last year FSVA3 vs FSVA4, %

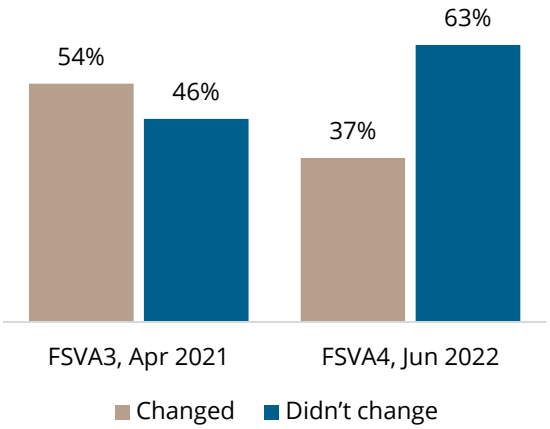
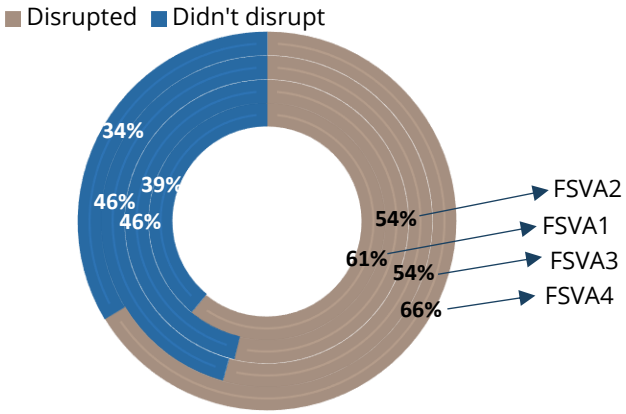


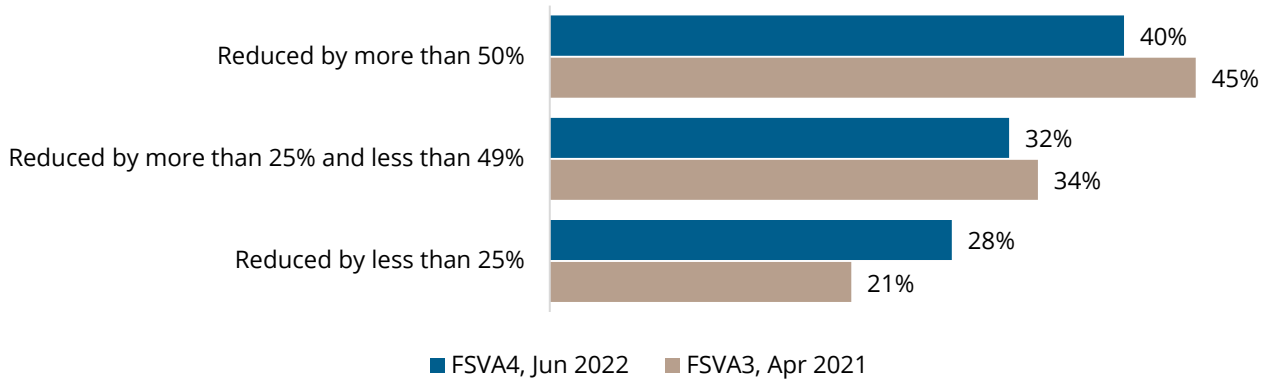
Figure 37. Has HH income changed during the last year over 4 assessments, %



Income disruption was seen among a higher share of households (66%) which reported a change in the income compared to the three previous FSVA assessments. Instead, 34 percent indicated an increase of income during the last year. A higher proportion of households reported income change in rural areas (42%) compared to Yerevan (33%) and Other urban areas (37%). Analysis per regions showed a higher percent of income change in Kotayk (47%), Aragatsotn (45%) and Lori (42%).

Compared to FSVA3, the proportion of households reporting reduced income by less than 25% was higher in FSVA4 from 21 percent to 28 percent. Meantime, a slight decrease was revealed among households indicating reduction by more than 25 % and less than 49%, as well as by more than more than 50% by 5 percentage points. Among households mentioning income change, the highest disruption of income was reported in Shirak (80%) and Kotayk (74%) and in rural (71%) and other urban (68%) areas.

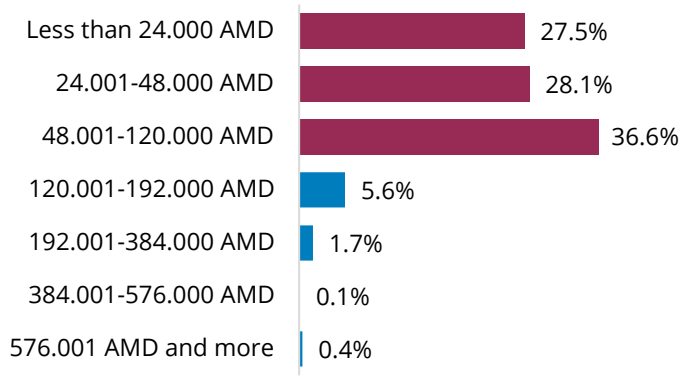
Figure 38. Income reduction among HHs who mentioned income change, %



Among food security groups, increase of income was mostly reported by food secure households (46%) and the lowest among food insecure (22%). Moreover, 45 percent of food insecure households indicated a decrease of income by more than 50%.

Respondents were asked to mention the household monthly income from all the sources which was then analyzed per capita to show the income per each member of the household.

Figure 39. Income per capita (in AMD), %



As seen in figure 41, about 37 percent of household had income per capita 48.001-120.000AMD, 28 percent had 24.001-48.000AMD and another 28 percent had less than 24.000AMD. It is important to note that the monthly cost of food basket per capita based on World Bank methodology is 32,497 AMD (with prices of the 1st quarter of 2022).

In rural settlements 40 percent of households had less than 24.000AMD monthly income per capita, compared to other urban (26%) and Yerevan (16%).

In Yerevan and other urban areas, the highest proportion of households reported having monthly income per capita of 48.001-120.000AMD: 48 percent and 37 percent respectively.

As to regions, the highest share of households which reported having less than 24.000 AMD as their monthly income per capita was seen in Gegharkunik (51%), Shirak (45%), Lori (40%) and Tavush (37%). About half of respondents in Yerevan (48%) and Syunik (%) had income per capita of 48.001-120.000 AMD.

Among FLSEBP households, 47 percent reported having an income per capita less than 24.000 AMD which was notably higher compared to non-beneficiaries (18%). Among non-FLSEBP beneficiaries the highest percent (43%) had income per capita constituting 43 percent.

The analysis of food security levels showed that 42 percent of food insecure households had an income per capita of less than 24.000AMD, 30 percent – from 24.001 to 48.000AMD and 27 percent – from 48.001 to 120.000AMD.

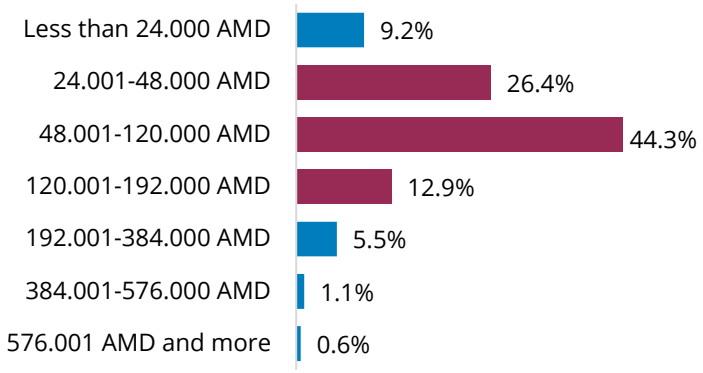
Considering household characteristics, the gender and the age of household head were not statistically associated with income per capita, however, the marital status, education of HH head and number of children were strongly associated (p value > 0.05). Namely, the share of households having a lower income per capita were seen among households with a divorced or a widowed household head, with household head with secondary and lower level of education and households with 4 and more children.

4.7.2. Expenditure per capita and food share of monthly expenditures

The assessment had the objective to show the monthly expenditure per capita both for food and non-food items.

The monthly expenditures per capita of about 45 percent of respondents was in the range of 48.001-120.000AMD, 26 percent reported a range of 24.001-48.000AMD, 13 percent of 120.001 – 192.000AMD, 9.2 percent less than 24.000AMD. and 6 percent of 192.000-384.000AMD.

Figure 40. Expenditure per capita, %



When comparing the income and expenditure per capita, it becomes clear that the expenditures were higher than the income, and this gap was probably filled in by adopting coping mechanisms, such as spending savings, borrowing money, purchasing food on credit, etc.

The monthly expenditure per capita was not notably different in Yerevan, other urban and rural areas. The highest shares of households reporting expenditure per capita less than 24.000 MD were seen in northern regions of Armenia, namely Shirak (16%), Lori (16%), Tavush (14%) and Gegharkunik (13%).

As per the data, food secure (49%) and marginally food secure (47%) the highest share of respondents reported expenditure per capita in the range of 48.001-120.000AMD, whereas among food insecure households highest share was seen in the range of 24.000-48.000AMD. Moreover, 18 percent of food insecure indicated an expenditure per capita in the range less than 24.000AMD.

Among FLSEBP beneficiaries, 22 percent reported expenditure per capita of less than 24.000 AMD compared to 3.4 percent among non-beneficiaries. The monthly expenditure of 43 percent of FLSEBP beneficiaries constituted 48.001-120.000AMD compared to non-beneficiaries.

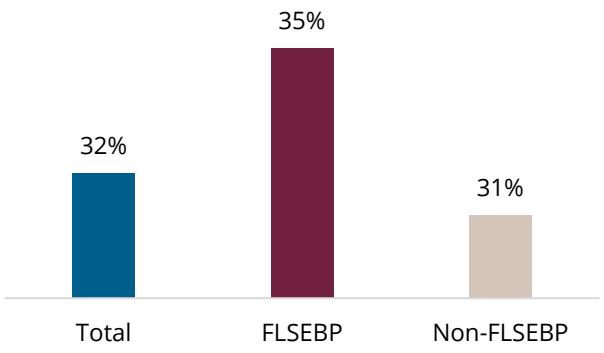
The analysis per household characteristics revealed very similar findings with the income per capita. Similarly, the gender and the age of household head were not statistically associated with expenditure per capita, however, the marital status, education of HH head and number of children were strongly associated (p value > 0.05). The proportion of households having a lower expenditure per capita were seen among households with a divorced or a widowed household head, with household head with secondary and lower level of education and households with 4 and more children.

The share of total household expenditure spent on food is an indicator of household food security. The food share of monthly expenditures constituted 32 percent. The disaggregation per settlement types showed that the highest food share was seen in Yerevan (38%) compared to other urban (32%) and rural (25%) areas. One of the reasons can be that in rural areas households produce food for own consumption vegetables, fruit, baking bread, and making dairy products. Another reason can be the custom in rural areas to exchange goods. In Yerevan the higher

percentage food share can be explained by higher food prices in urban areas compared to rural areas.

The analysis of the regions revealed that the highest food share in central and southern regions of the country. Further quantitative and qualitative data collection is needed to understand the drivers of high or low share of food expenditures in certain regions.

Figure 41. Food share of expenditure per FLSEBP and non-FLSEBP



As seen in figure 43, the food share of expenditure is higher by 4 percentage points among FLSEBP beneficiaries compared to non-FLSEBPs.

It is widely documented that the poorer and more vulnerable a household, the larger the share of household income spent on food. Thus, this finding once more confirms the FLSEBP households' vulnerability.

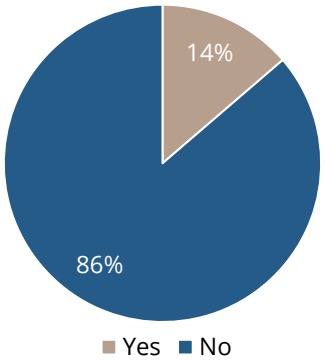
4.7.3. Remittances from Russia

Armenia has a big diaspora in Russian Federation, and quite a big number of seasonal workers who support their families sending their earnings.

With the start of conflict in Ukraine and the sanctions against Russia, the exchange rate of Ruble drastically decreased back in late February and early March 2022. This meant that the earnings sent from Russia to Armenia drastically decrease when converted to Armenian Dram. However, the exchange rate stabilized in mid-March 2022 with the appreciation of Ruble.

The duration of stay of the seasonal migrants' stay in Russia and the level of remittances was looked at during the assessment. The respondents were asked if they have a family member working in Russia. It turned out that 14 percent of households had a family member working in Russia, and he/she was the main income earner for 72 percent of households. When triangulating with the data of Statistical Committee a higher percent of household receiving remittances from Russia was seen in FSVA4, as Statistical Committee data only shows 7 percent.

Figure 42. HH has a member who works in Russia as a seasonal worker, %



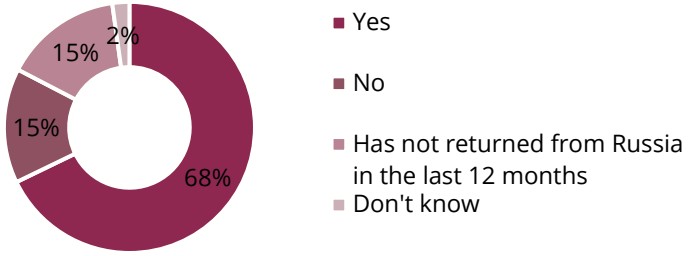
The data showed that the highest proportion of households having a member working in Russia was reported in rural areas (23%) compared to other urban (13%) and Yerevan (6%).

As to regions, top three regions where households stated having a household member working in Russia were Gegharkunik (35%), Shirak (28%) and Lori (20%). The lowest proportion of households mentioning this were seen in Syunik (3%), Yerevan (6%) and Vayots Dzor (10%).

Interestingly, about 15 percent of marginally food secure households reported having a family member working in Russia compared to food secure and food insecure households. This is also a coping measure and puts these households further at risk in case they lose the opportunity to work in Russia.

Among FLSBEP beneficiaries the percentage of households having a member working in Russia was only 1 percent lower constituting 13 percent compared to non-FLSEBP (14%).

Figure 43. Working in Russia this year as well, %



Out of 14 percent of households, 68 percent mentioned that the household member left for Russia for seasonal work this year as well, 15 percent has not returned from Russia in the last year and another 15 percent didn't go back to Russia.

4.7.4. Indebtedness of households

One of the objectives of the assessment was to find out the level of indebtedness as a coping strategy. As seen during qualitative data collection conducted by WFP among the most vulnerable households in May-June 2022 in two regions (Shirak and Gegharkunik) borrowing money from friends, relative and neighbors, as well as purchasing food on credit was widely applied.

For a household to meet its commitments requires substantial reduction of its expenditure or finding ways of increasing its income. One of the coping mechanisms to meet different needs is borrowing money. The sources may vary depending on the need to be met.

In this assessment, the question related to debts was referring **to only informally borrowing money from people and shops excluding loans and credits from any financial institutions.** Based on this, the analysis found out that the most preferable source for borrowing the debt for the households was from shops (72 percent mentioned borrowing food on credit from the nearby shop), then asking for money from relatives and friends (39 percent).

FSVA4 showed that 40 percent of households have debts. Among FLSEBP beneficiaries a significantly higher share reported having debts (58%) compared to non-FLSEBP (31%) indicating that alarmingly big share of FLSEBPs is prone to adopt this coping mechanism to bridge the gap of their available resources.

Figure 44. Household has or doesn't have a debt, %

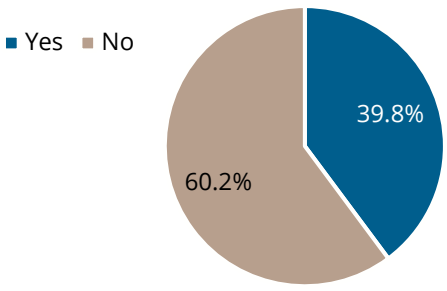
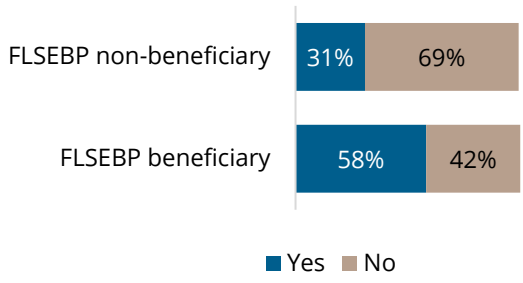


Figure 45. Household has or doesn't have a debt among FLSEBP beneficiaries vs non-beneficiaries, %

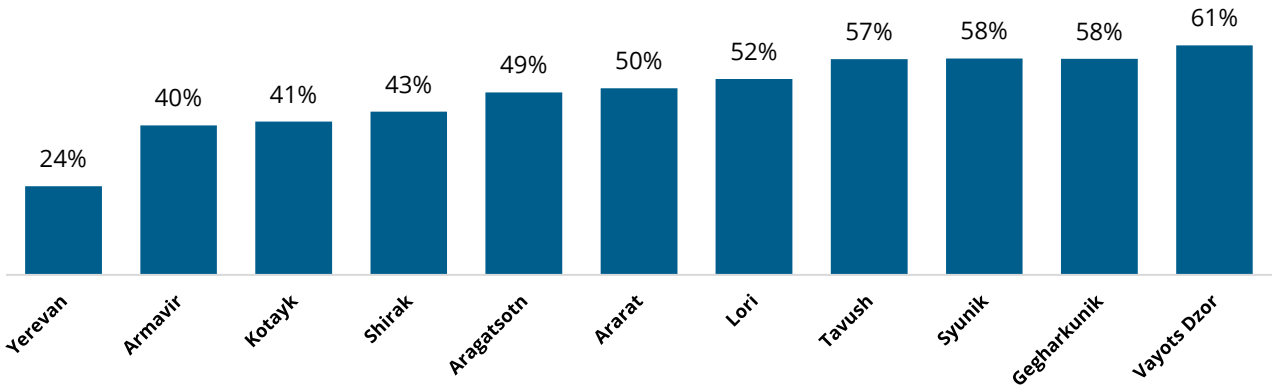


The analysis per settlement types showed that the highest share of households having a debt was seen in rural (56%) rather than other urban areas (41%) and Yerevan (24%). One of the reasons may be that in rural areas, households are able to purchase food on credit from nearby small shops and thereby ensuring the shops ongoing operation. Additionally, in rural areas people more easily borrow money from neighbors and relatives as they know and mostly trust each other, and the sense of community is more accentuated.

The disaggregation per regions revealed the highest proportion of indebtedness in Vayots Dzor (61%), Gegharkunik (58%), Syunik (58%) and Tavush (57%) regions. Similarly, the analysis of coping strategy "borrowing food on credit" revealed that in Vayots Dzor it was the most frequently deployed one (66,2 percent), followed by Syunik region (62,1 percent), Tavush (56,1 percent), Gegharkunik (55,6 percent) and Lori (52,4 percent). Likewise, the analysis of the coping strategy "borrowing money" demonstrated that in Shirak people were much more inclined to exercise this strategy (36,5 percent), followed by Gegharkunik (34,8 percent), then Lori (30,7 percent) and Armavir (30 percent). If juxtaposing these findings, it was seen that these were the regions with comparatively high level of comprehensive food security with Vayots Dzor and Syunik as newly emerging regions with rising food insecurity levels during the 4th assessment and widely applied coping mechanisms.

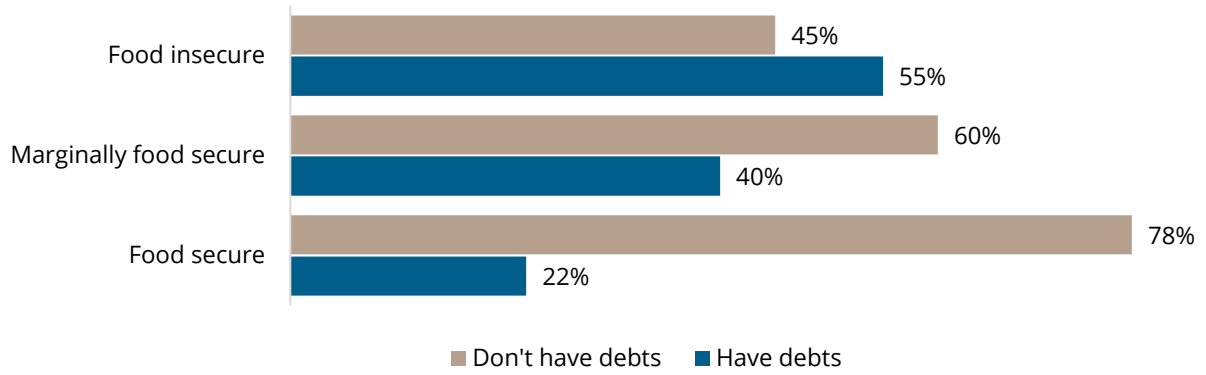
Lowest share of households having a debt was seen in Yerevan (24%).

Figure 46. Households having a debt per regions, %



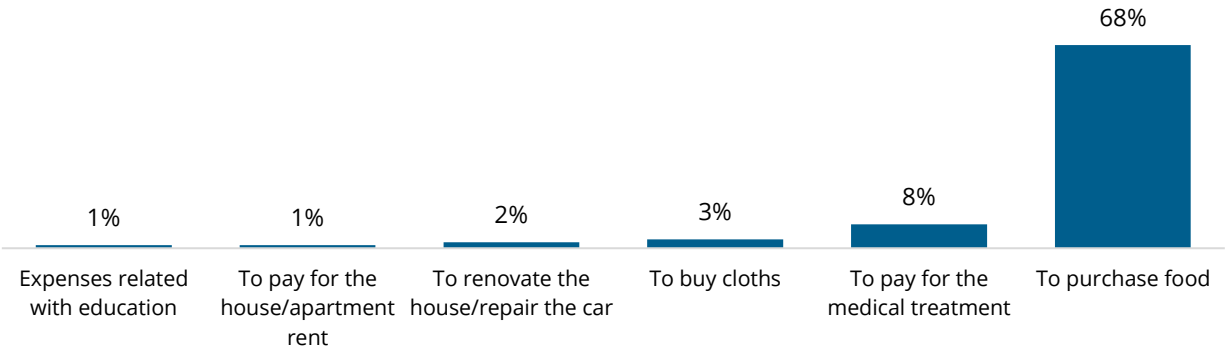
Disaggregation of indebtedness of the households according to food security levels showed that the biggest proportion of households having debts was among food insecure ones (55 percent). However, among marginally food secure households the share of households with debts was also comparatively high (40 percent) meaning that they could cope with food scarcity in the family by either borrowing money from other people or buying food on credit from the shops. If diving even deeper, this means that in case of running out of the opportunity to borrow debts, marginally food secure households are at the risk of plunging into food insecurity and the food insecure households are jeopardized to apply even more severe coping strategies that would completely impoverish them.

Figure 47. Household has or doesn't have a debt per Food security levels, %



The analysis, moreover, demonstrated that the main reasons for the households to borrow debts were buying food (the biggest share in all the regions), paying for healthcare services and house/car repairment. Additionally, the graph shows that, Lori (82 percent), Vayots Dzor (80 percent), Tavush (77 percent), Syunik (77 percent) and Shirak (75 percent) are the top regions where the reason of borrowing debts was predominantly for buying food meaning that food need in these regions was the most acute. Again, these regions are among the most food insecure ones.

Figure 48. Main reason for debt, %



4.8. Minimum Acceptable Diet among children of 6-23 months

The Minimum Acceptable Diet (MAD) for children 6-23 months old, is one of eight core indicators for assessing infant and young child feeding (IYCF) practices developed by the World Health Organization (WHO). The other seven indicators are: early initiation of breastfeeding; exclusive breastfeeding under 6 months; continued breastfeeding at 1 year; introduction of solid, semi-solid, or soft foods; minimum dietary diversity; minimum meal frequency; and consumption of iron-rich or iron-fortified foods. The MAD indicator is a composite indicator composed of the **Minimum Dietary Diversity (MDD)** and **Minimum Meal Frequency**.

One advantage of the MDD is that it is simple to collect, tabulate, and interpret, and is applicable across socio-cultural contexts. The indicator has been extensively validated and shown to be associated with micronutrient adequacy of the diet in multiple countries and contexts. However, as research showed, the ability of child dietary diversity scores to represent micronutrient adequacy could be improved by either imposing consumption minimums or by assigning different weights to the food groups based on nutrient content.

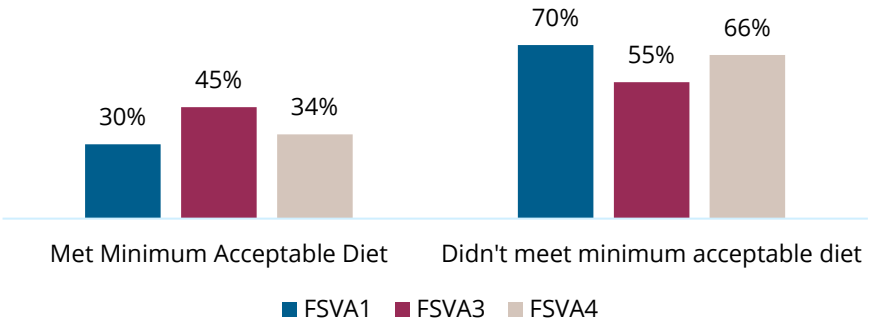
The following food groups are incorporated into the calculation of Minimum Dietary Diversity:

- Grains, roots and tubers (bread, rice, pasta, porridge, noodles, pilaf, white potato, et.);
- Legumes and nuts (bean, pea, lentils, nuts and seeds);
- Dairy products (milk produced, powdered or homemade, yogurt, kefir, matsoun, artificial milk formulas (breast milk substitute), cheese, cottage cheese or other dairy products),
- Flesh foods (liver, kidney, heart, or other organ meats, any meat, such as beef, pork, lamb, goat, chicken, duck, quail or rabbit meat, fresh or dried fish or other seafood);
- Eggs,
- Vitamin – A rich fruits and vegetables (pumpkin, carrots, red pepper, other vegetables that are yellow or orange inside, dark green leafy vegetables, for example spinach, parsley, lettuce, beetroot greens, broccoli, apricot, peach or dried apricot, peach);
- Other fruits and vegetables.

As for Minimum Meal Frequency, it was counted the number of intakes of a 6-23 month old child within the last day or night.

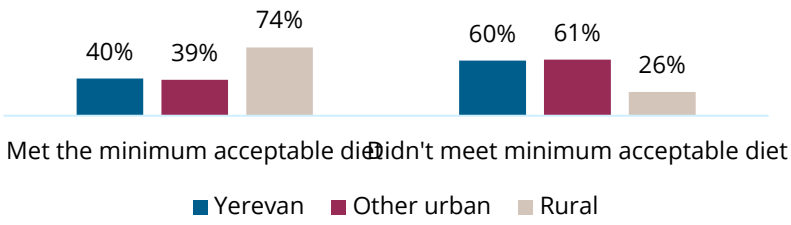
According to the results of FSVA4 calculations **the proportion of children of 6–23-month** age who **met the minimum acceptable diet was only 34 percent**. This is an alarming result indicating that **66 percent of the children** in Armenia at the age of 6-23 months did not consume adequate amount of essential food groups for their healthy and age-appropriate growth. Compared to FSVA3 the proportion of children who met the minimum acceptable diet was 45 percent which, being 11 percentage point higher, alerts about aggravation of the dietary consumption patterns of the children at that age. If considering children at the age of 6-23 months of FLSEBP and non-FLSEBP beneficiary families, it became apparent that the compatibility rate with minimum acceptable diet was higher among children of non-FLSEBP beneficiary families (42 percent) compared to FLSEBP beneficiary families (21.7 percent).

Figure 49. Minimum Acceptable Diet, %



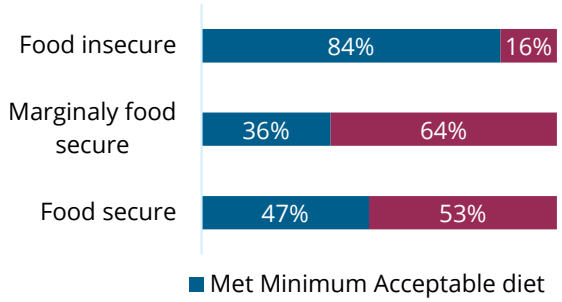
It would be worthwhile also to analyse the situation according to urban and rural settlements to understand where children are more vulnerable from this perspective. As it turned out, the proportion of children of the selected age group who met the minimum acceptable diet was remarkably high in rural areas (70 percent) compared to those in Yerevan (40.3 percent) and other urban areas (39.1 percent). This means that in terms of proper child nutrition the situation in urban areas across Armenia is more acute requiring extra attention and complex intervention to alleviate and prevent future possible negative repercussions of insufficient child nutrition in the whole society.

Figure 50. Minimum Acceptable Diet per settlement type, %



On the other hand, if analyzing the same indicator by breaking down into regions in Armenia, the most alarming picture was in Armavir indicating that 87.5 percent of children at the selected age group didn't meet minimum acceptable diet. This is the most staggering number among all the regions in Armenia, followed by Shirak with 76.7 percent of children at the age of 6-23 months not meeting minimum acceptable diet, then Gegharkunik (71 percent) and Lori (70.6 percent).

Figure 51. Minimum Acceptable Diet per food security groups, %



Among food insecure families with children at this age group the proportion of those not meeting minimum acceptable diet was 85 percent. Even though food secure households might have been considered to ensure minimum acceptable diet for their children at that age, it turned out that the rate of not having adequate diet and meal frequency among them was comparatively high comprising 52.9 percent. If linking household food consumption score to this indicator, none of the children from the households with poor and borderline consumption score met minimum acceptable diet. Similarly, only 37.7 percent of children from the households with acceptable food consumption score met the minimum acceptable diet.

Considering socio-economic situation of a household, it was found out that the highest proportion of children meeting minimum acceptable diet was among those who had own business/trade as their primary source of income (69.2 percent). Then the highest result was detected among children whose families were beneficiaries for other state assistance (41.7 percent) followed by salaried work with regular income as a primary source of income (40.9 percent) and finally by horticulture/cattle breeding as a primary source of income (37 percent). Additionally, the lowest rate of meeting minimum acceptable diet was detected among children whose families mentioned pension as a primary source of income (14.3 percent) followed by disability support (18.2 percent) and then FLSEBP as a primary source of income (20.5 percent).

The analysis of minimum acceptable diet revealed poor dietary patterns of children at the age of 6-23 months having profound consequences on the overall human capital of the country in the future. This is a wake-up call for the state official bodies and interested stakeholders deploy more complex and comprehensive approaches to find out primary causes, and mechanisms addressing them.

5. Conclusions and Recommendations

The results of the fourth Food Security and Vulnerability Assessment (FSVA4) showed that households' comprehensive food security level in June 2022 was 20 percent while 57 percent were marginally food secure, and 23 percent were moderately and severely food insecure. Compared to April 2021 food insecurity levels deteriorated by 2 percentage points.

In June 2022 (FSVA4), 91 percent of households had acceptable food consumption. This represents 1 percentage points decrease compared to April 2021. Moreover, 23 percent of households reported not relying on coping strategies to access food in June 2022 reflecting a notable decrease (4 percentage points) compared to April 2021. It is noted however, that 3 out of 4 (77 percent) Armenians continued to adopt coping strategies to access food. In June 2022, 44 percent of households continued to adopt crisis and emergency coping strategies. The most frequently adopted coping mechanisms include spending of savings (40 percent), buy food on credit (37 percent), reduction of non-food expenses on health and education (33 percent), and purchase and borrowing money (29 percent). The previous and continued use of coping mechanisms might serve as a driver of sustained food insecurity, as although it is a short-term solution resources will be depleted quickly.

The FSVA4 furthermore included regional and inter-household differences in food security levels. The food insecurity levels were significantly higher in other urban areas (24.6%) compared to Yerevan (22.4%) and rural areas (22.9%). In regions the highest rate of food insecurity was seen in Shirak (35%) In Lori (31%), Tavush (25%) and Vayots Dzor (24%). The lowest rates were revealed in Armavir (17%) and Kotayk (18%). The analysis of food security levels per demographic characteristics showed that female-headed households were more food insecure compared to male-headed. Households where the household head (HH head) was above 60 years old, single and had a higher level of education. were more prone to food insecurity. Other factors found to negatively influence food security in Armenia include household size, number of children and being a household comprised of only elderly.

Food insecurity levels were seen high among Government's Family Livelihoods Enhancement Benefit Programme (FLSEBP) beneficiaries (42%) compared to non-beneficiaries (15%).

Half of respondents experienced difficulties in accessing food 7 days prior to the interviews. Out of HHs facing difficulties, 41 percent mentioned lack of financial resources as the main reason. The analysis per FLSEBP beneficiaries showed a notably higher share of FLSEBP beneficiaries reported having difficulties with market accessibility (44%) compared to non-beneficiaries (18%).

The share of total household expenditure spent on food is an indicator of household food security. The food share of monthly expenditures constituted 32 percent. The food share of expenditure is higher by 4 percentage points among FLSEBP beneficiaries compared to non-FLSEBPs.

FSVA4 showed that 40 percent of households have debt borrowed from shops (72%) and people (50%). Among FLSEBP beneficiaries a significantly higher share reported having debts (58%) compared to non-FLSEBP (31%).

The FSVA 4 results also assessed the quality of diet of Armenian households which is particularly worrying for children; only 34 percent of children between 6 and 23 months meet the minimum Acceptable Diet (MAD) requirements. This is an alarming result indicating that 66 percent of the children in Armenia at the age of 6-23 months did not consume adequate amount of essential food groups for their healthy and age-appropriate growth. Based on FSVA4 findings, the following recommendations are drawn:

Recommendation 1: *Set up a national early warning system and sectoral national early action mechanisms to forecast shocks and prevent marginally food secure population from falling below the food security line.*

The FSVA analysis shows that more than half of Armenian households are at risk of becoming food insecure if a shock hits or when they run out of coping options. It is recommended to establish robust early warning systems in Armenia to forecast shocks and prevent marginally food secure population from falling below the food security line, as well as to inform programme and policy makers on the future needs of the Armenian population allowing action prior to a situation becomes a crisis at household level.

Recommendation 2: *Invest in sustainable development and socio-economic inclusion programs, targeting food insecure and marginally food secure people.*

FSVA analysis pointed that the food insecurity in Armenia is conditioned with a complex set of factors including individual and structural shocks. It is recommended to invest in sustainable development programs such as social protection and resilience creating programs targeted at food insecure and marginally food secure people.

Recommendation 3: *Reinforce legislative system by enacting a law specifying minimum consumer and food baskets and make relevant adjustments to the state social support, pensions as well as minimum wages' thresholds to ensure decent standard of living of the population.*

It is fundamental to have a defined minimum consumer and food basket as a legislative basis when designing social protection programs or providing targeted assistance to households. These indicators could help assess food consumption and food security situation of the households as well during the targeting process and would make social protection programs more inclusive and addressed considering Consumer Price index to calculate the monetary value of assistance. Additionally, they should be calculated considering the international expertise of partners with the appropriate mandate.

Recommendation 4: *Build households' resilience addressing debt dependency.*

FSVA4 showed that an alarming figure of households' indebtedness, pointing that 1 in 4 households has a debt borrowed from shops and/or people for food needs. This is a vicious cycle, where households, in particular, the most vulnerable ones accumulate increased debts over time. As the reasons for such behaviour are different, it is recommended to address debt dependency through complex approach of social work, financial literacy and management and behavior change interventions.

Recommendation 5: *Increase and integrate inter-ministerial efforts to promote nutritious diets of young children (6 to 23 months) in Armenia.*

The FSVA analyses show high rates of poor quality of diets at household level and, in particular, among young children (6 to 23 months). It is recommended to carry out root cause analyses to understand the drivers of poor diets in Armenia to best design targeted activities to promote nutritious diets. Examples of such activities could include developing and implementing targeted social and behaviour change campaigns and trainings, ensuring nutritious food is available and affordable in markets as well strengthening of referral mechanisms from social protection and other programmes to nutrition promoting programmes.

Glossary of Terms

Coping strategy	Relieve the impact on households of shocks that they are unable to protect themselves against, through mitigation or prevention, due to lack of assets, access to instruments or the magnitude of the shock. They include social assistance or welfare programmes as well as relief operations in response to natural disasters or civil disturbances. These measures prevent troughs in income profiles that would reduce levels of well-being below accepted thresholds (OECD, 2007).
Food consumption score (FCS) Indicator	The score was calculated using the frequency of consumption of different food groups consumed by a household during the seven days before the survey. The standard thresholds are poor, borderline and acceptable food consumption (WFP, 2015).
Food Consumption Score Nutritional Analysis (FSC-N)	Consumption of nutrient-rich groups by the HH and which are essential for nutritional health and well-being: protein, iron and vitamin A (WFP, 2015).
Food Insecurity Experience Scale (FIES)	A statistical scale designed to measure unobservable traits such as aptitude/intelligence, personality, and a broad range of social psychology and health-related conditions (FAO).
Food security	Food security exists when all people, always, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. The four pillars of food security are availability, access, utilization and stability. The nutritional dimension is integral to the concept of food security (FAO, 2009).
Heme iron	Dietary iron is found in two forms, heme and non-heme iron. Heme iron, which is present mainly in meat, poultry and fish, is well absorbed. Non-heme iron, which accounts for the majority of the iron in plants, is less well absorbed. More than 95 percent of functional iron in the human body is in the form of the heme (Hooda, Shah and Zhang, 2014).
Iron Deficiency Anemia	Iron-deficiency anemia is a common type of anemia that occurs if you do not have enough iron in your body. People with mild or moderate iron-deficiency anemia may not have any signs or symptoms. More severe iron-deficiency anemia may cause fatigue or tiredness, shortness of breath, or chest pain (NHLB Institute). Iron deficiency impairs the cognitive development of children from infancy through to adolescence. It damages immune mechanisms, and is associated with increased morbidity rates (WHO, 2001)
Livelihood Coping Strategy (LCS) Indicator	An existing WFP corporate indicator is collected to understand the behaviors in which vulnerable households engage to meet their immediate food security needs in times of crisis or shock. It is designed to assess the extent to which households engage in such behaviors, but also considers the impact of these coping strategies on the household's livelihood: given that certain behaviors may affect longer-term productive ability, households' engaging in these will have a reduced capacity to cope when faced with future hardships. Households are categorized based on the severity (stress, crisis or emergency) of livelihood coping strategies employed (WFP, 2018).
Malnutrition	Refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients (WHO, 2016).
Stunting	Stunting is the impaired growth and development that children experience from poor nutrition, repeated infection, and inadequate psychosocial stimulation. Children are defined as stunted if their height-for-age is more than two standard deviations below the WHO Child Growth Standards median (WHO).

ANNEX: Questionnaire

WFP FOOD SECURITY AND VULNERABILITY FOURTH ASSESSMENT

Introduction. Hello, my name is (.....), I am representing "AM Partners" consulting company and I am approaching you on behalf of the **United Nations World Food Programme** (WFP). We are conducting a survey to understand food, market and health situation in Armenia. Your household has been selected randomly for the survey. The survey is anonymous, and the data is going to be analyzed in a generalized way. Personal data might be harvested during the survey as well, hence we ask for your consent to share it with us. Could you please allocate 45 minutes to answer our questions?

1. Refuse	**STOP THE SURVEY**
2. Closed door	**STOP THE SURVEY**
3. Impossible to contact the HH	**STOP THE SURVEY**
4. Inability of the respondent to participate	**STOP THE SURVEY**
5. Unavailability of the respondent	**STOP THE SURVEY**
6. The HH has not been living in Armenia during the last 10 months	**STOP THE SURVEY**
7. Interview	**Continue**

DON'T READ THE QUESTION, FILL IN THE ANSWER BY YOURSELF

Q4. Mention the marz of the respondent _____

Q4.0.-4.10. Mention the place of residence of the respondent _____

SECTION 2. DEMOGRAPHIC SECTION

Q6. Sex of the respondent (DON'T READ THE ANSWERS, IN CASE OF DIFFICULTIES TO ANSWER ASK THE NAME) 1. Male 2. Female

Q7. How old are you? (record the age of the respondent) |___| years old

Q8. Are you the head of your household?

1. Yes Ò **Go to the Q9.2** 2. No Ò **Go to the Q9**

Ask the question if Q8=2

Q9. Please mention the sex of the HH head

1. Male 2. Female

Q9.1 Please mention age of the HH head

1. 12-17 years old
2. 18-59 years old (adults)
3. 60 years old and above

Q9.2 Please mention marital status of the HH head

1. Single
2. Married
3. Divorced
4. Widow/Widower

Q10. What is the completed education level of the head of the HH? DON'T READ OUT THE RESPONSE OPTIONS, MENTION THE RELEVANT ANSWER IN THE TABLE BELOW, ACCEPT ONE RESPONSE (PROBE, IF THE ANSWER IS NOT CELAR)

1. No elementary and not literate
2. No elementary, but literate
3. Elementary
4. Primary
5. Secondary
6. Pre-vocational (crafts)
7. Secondary vocational (technical school, college)
8. Incomplete higher
9. Higher (Bachelor)
10. Postgraduate (Master/PhD)

99 Refuse to answer **(DO NOT READ)**

Q11.1 How many people are living in your household (including yourself)? Please, take into consideration only those members, who live in your HH at 4 nights in this house. Please, do not list those people, who live at your place as a guest. **BY SAYING GUEST, WE MEAN A PERSON, WHO HAVE BEEN LIVING AT YOUR PLACE NOT PERMANENTLY. Don't include as a HH member people who work abroad and students who are not at home permanently.**
|__|people

Q11.2 Now I will list age groups, please indicate how many males and females of each age group are living in your household.

	Male	Female
1. Children - under 2 years old		
2. 2-<4 years old		
3. 5<17 years old		
4. 18-59 years old (adults)		
5. 60 years old and above		

Q12. Does your Household fit with following profile? PLEASE ACCEPT MULTIPLE ANSWERS

	Profile	Yes	No	Ref. to answer
1.	Single parent family	1	2	98
2.	Have a pregnant and lactating woman	1	2	98
3.	Have a member with chronic illness which affects quality of life	1	2	98
4.	Have a member of unaccompanied or separated children from other household	1	2	98
5.	Have a student up to 23 years old	1	2	98
6.	Have a disabled child	1	2	98
7.	Have a member with the 1st group of disability	1	2	98
8.	Have a member with the 2nd group of disability	1	2	98
9.	Have a member with the 3rd group of disability	1	2	98
10.	Have a member with disability status without official document			
11.	Divorced family with a child	1	2	98
12.	Single unemployed pensioner	1	2	98
13.	Have a pensioner member (63-74)	1	2	98
14.	Have a pensioner above 75 years old	1	2	98
15.	Family of a child returned from a care or protection institution or orphanage	1	2	98
16.	Households with 3 and more children under 18 years old	1	2	98
17.	Households displaced from NK	1	2	98

SECTION 3. HOUSEHOLD ASSETS

Q13.1 Please describe the ownership of your housing.

1 Owned
2 Rented
3 Hosted
4 Informal

Q13. Please describe your current housing situation. READ OUT THE RESPONSE OPTIONS, MENTION THE APPROPRIATE ANSWER IN THE TABLE, ACCEPT ONE RESPONSE, PROBE IF THE ANSWER IS NOT CLEAR
PLEASE WRITE "OTHER" _____

1 You live in a cabin/lodge provided due to a disaster
2 You live in a not permanent (temporary) building, cabin
3 You live in an emergency (3rd or 4th level) accommodation
4 You live in a not privatized room (apartment) in a dormitory
5 You live in other conditions (rented or not belonging to the household living space, hotel, sanatory, hospital, touristic dwelling, kindergarten, school, basement, garage, not having certain types of dwelling, etc)
6 You live in your own house
7 You live in a multi-apartment building
8 Other (specify)

Q14. Has any member of your household made any real estate deal in the past 3 year?

1. Yes
2. No
3. Dif. To answer
4. Refuse to answer

Q15. Does your household own a car for your personal/productive use?

1. Yes Ò Go to Q15.1
2. No ÒGo to Q16

Q15.1 If yes, please indicate if last year the car underwent technical examination.

1. Yes
2. No
3. Dif. To answer
4. Refuse to answer

Q16. Is any member of your household a shareholder in a limited liability company, open joint stock company or other types of companies?

1. Yes
2. No
3. Dif. To answer
4. Refuse to answer

Q16.1 What is the MAIN source of energy for cooking?

0. None
1. Firewood (Purchased)
2. Firewood (Collected)
3.Charcoal
4. Gas
5. Electricity
6. Animal dung
7. Solar Energy
8. Other (please specify) _____

Q16.2 How many rooms does the house or apartment have that your household occupies without a kitchen and bathroom(living room, dining room, bedrooms)?

|___| rooms

Q16.3 Where do members of your household normally go to the toilet?

1. Flush toilet
2. Toilet with septic tank
3. Flushing toilet with a hole
4. Flush toilet other
5. Improved Pit Latrine
6. Not improved pit latrine
7. Open pit latrine
8. Bucket
9. No facility
10. Other (please specify) _____

Q16.4 What is the MAIN source of drinking water for your household? Choose 1 answer

1. Piped water (inside or outside the dwelling)
2. Tube well/borehole
3. Own water supply system
4. River, lake
5. Brought from another place'
6. Bought bottled water
7. Rainwater collection
8. Other

SECTION 4. FOOD CONSUMPTION AND FOOD SOURCES

Q17. How many meals did the adults (**18+**) in the household eat **yesterday:** guests living with you should also been considered? **In case it was an unusual day (funerals, wedding, etc.) ask about the previous day.**

1. Female			**2. Male**	

ASK Q18, IF «0» IS NOT MENTIONED IN Q11.2

Q18. How many meals did the female children in this household eat **yesterday:** guests living with you should also been considered?

1. 2– < 5 years old children			**2. 5 – 17 years old children**	

ASK Q19, IF «0» IS NOT MENTIONED IN Q11.2

Q19. How many meals did the male children in this household eat **yesterday:** guests living with you should also been considered?

1. 2– < 5 years old children			**2. 5 – 17 years old children**	

Q20. How many days over the last 7 days, did most members of your household (50% +) eat the following food items, and what was their source? *(Use codes below, write 0 if not consumed in last 7 days)*. ***Note for enumerator: Determine whether consumption of fish, milk was only in small quantities.***

	Food	Number of days eaten in past 7 days
1.	**Cereals, grains, roots and tubers** Rice, pasta, bread, sorghum, millet, maize, potato, yam, cassava, white sweet potato	|___|
2.	**Pulses/ legumes / nuts:** beans, cowpeas, peanuts, lentils, nut, soy, pigeon pea and / or other nuts	|___|
3.	**Milk and other dairy products**: fresh milk / sour, yogurt, cheese, other dairy products (Exclude margarine / butter or small amounts of milk for tea / coffee)	|___|
4.	**Meat, fish and eggs:** goat, beef, chicken, pork, blood, fish, including canned tuna, escargot, and / or other seafood, eggs (meat and fish consumed in large quantities and not as a condiment)	|___|
4.1	**Flesh meat:** beef, pork, lamb, goat, rabbit, chicken, duck, other birds, insects	|___|
4.2	**Organ meat:** liver, kidney, heart and / or other organ meats	
4.3	**Fish/shellfish:** fish, including canned tuna, escargot, and / or other seafood (fish in large quantities and not as a condiment)	|___|
4.4	**Eggs**	|___|
5.	**Vegetables and leaves:** spinach, onion, tomatoes, carrots, peppers, green beans, lettuce, etc	|___|
5.1	**Orange vegetables (vegetables rich in Vitamin A):** carrot, red pepper, pumpkin, orange sweet potatoes,	|___|
5.2	**Green leafy vegetables:** spinach, broccoli, amaranth and / or other dark green leaves, cassava leaves	|___|
6.	**Fruits:** banana, apple, lemon, mango, papaya, apricot, peach, etc	|___|
6.1	**Orange fruits (Fruits rich in Vitamin A):** mango, papaya, apricot, peach	|___|
7.	**Oil / fat / butter:** vegetable oil, palm oil, shea butter, margarine, other fats / oil	|___|
8.	**Sugar, or sweet:** sugar, honey, jam, cakes, candy, cookies, pastries, cakes and other sweet (sugary drinks)	|___|
9.	**Condiments / Spices:** tea, coffee / cocoa, salt, garlic, spices, yeast / baking powder, lanwin, tomato / sauce, meat or fish as a condiment, condiments including small amount of milk / tea coffee.	|___|

SECTION 5. LIVELIHOOD AND FOOD BASED COPING STRATEGY INDEX

Q21. During the **last 7 days**, were there days (and, if so, how many) when your household had to employ one of the following strategies (to cope with a lack of food or money to buy it)?		Frequency (number of days from 0 to 7)
1	Rely on less preferred and less expensive food	|___|
2	Borrow food or rely on help from relative(s) or friend(s)	|___|
3	Limit portion size at meals	|___|
4	Reduction in the quantities consumed by adults/mothers for young children	|___|
5	Reduce number of meals eaten in a day	|___|

Q22. During the past 30 days, did anyone in your household have to engage in any following behaviors due to a **lack of food or a lack of money to buy food?**

	1 = No, because I did not need to	**2 =** No, because I already sold those assets or have engaged in this activity within the last 12 months and cannot continue to do it	**3= Yes**	**4=Not applicable (DO NOT READ)**
1. Spent savings	1	2	3	4
2. Borrowed money	1	2	3	4
3.Purchased food on credit or borrowed money (Purchase on credit)	1	2	3	4
4. Reduced non-food expenses on health (including medicine) and education	1	2	3	4
5. Were dependent on food rations and/or support from neighbors and relatives as only food/income source	1	2	3	4
6. Sold household assets/goods (radio, furniture, refrigerator, television, jewelry, etc..)	1	2	3	4
7. Sold last female animals	1	2	3	4
8.Sold productive assets or means of transport (sewing machine, wheelbarrow, bicycle, car, etc..)	1	2	3	4
9. Children (under 15 years old) were working to contribute to household income (e.g. casual labour)	1	2	3	4
10. Sold house or land	1	2	3	4

SECTION 6. FOOD AND MARKET ACCESSABILITY SECTION

Q23. Does your household currently have a stock of staple foods (eg. wheat flour, rice, spelt) **ACCEPT ONE RESPONSE**

1. Yes **ASK Q24**	**2. No** **GO TO Q25**	**1. Difficult to remember GO TO Q25**

Q24. How long do you think the food stock would last? **ACCEPT ONE RESPONSE**

1.	Up to 7 days
2.	7-14 days
3.	15-21 days
4.	22 – 28 days
5.	More than 1 month

Q25. In the past 7 days, has there been a time when you or your household members faced difficulties/barriers to access food?

1. Yes **ASK Q26**	**2. No** **GO TO Q27**

Q26. What were the reasons?
PLEASE WRITE HERE _____

ACCEPT ALL APPLICABLE OPTIONS. IF THE RESPONDENT SELECTS MORE THAN ONE OPTION, ASK HIM/HER TO CHOOSE THE MAIN REASON FROM THE SELECTED OPTIONS – 26.1

Q26.1. What was the main reason for that?

		Q26 Mark all the answers **(several answers are acceptable)**	**Q26.1** Mention the most important reason **(only 1 answer)**
1.	Lack of financial resources		
2.	Increased food prices		
3.	Absence of desired food items in shops nearby		
4.	Market\grocery store is too far		
5.	Movement restrictions, including the unavailability of transportation		
6.	The nearest shop is closed		
7.	Concerned about going out of the house due to disease outbreak		
8.	Movement restrictions, including concerns about security and safety		
9.	Due to health issues		
10.	Other (**REGISTER**)_____		

SECTION 7. INCOME SOURCES

Q27. Many HHs have several sources of income. I will read out some possible sources of income and ask you to indicate whether your HH has had a monetary income from these sources in the last 12 months. Please remember about the income of all your HH members. **PLEASE IN Q 27_1 MENTION THE PRIMARY SOURCE OF YOUR HH INCOME, AND IN Q27_2 MENTION THE SECONDARY SOURCES**

		27_1 Primary source (One response)	27_2 Secondary Sources (up to three)
1.	Salaried work with regular income		
2.	Informal daily/casual labour		
3.	Own business/trade		
4.	Retail/selling on street		
5.	Horticulture/cattle breeding		
6.	Remittances received from a family member working abroad		
7.	Remittances/support from relatives living in Armenia		
8.	Remittances from relatives living abroad		
9.	Income from renting real estate/car/equipment		
10.	Regular State social support program (eg. Paros/FLSEB)		
11.	Emergency state social support program		
12.	Other state assistance		
13.	Pension		
14.	Disability support		
15.	Assistance received from NGOs		
16.	Other (**SPECIFY**)		

Q28. How much was your total household income last month after paying taxes? **DON'T READ OUT THE RESPONSE OPTIONS, WRITE DOWN THE AMOUNT MENTIONED BY THE RESPONDENT AND THEN CIRCLE IN THE RELEVANT RANGE. DO NOT CONSIDER GUESTS' INCOME.**

PLEASE WRITE DOWN HERE _____

1.	More than 576,001 AMD
2.	384,001-576,000 AMD
3.	192,001-384,000 AMD
4.	120,001-192,000 AMD
5.	48,001-120,000 AMD
6.	24,001-48,000 AMD
7.	Less than 24,000 AMD
8.	Do not know **(DO NOT READ)**
9.	Refuse to answer **(DO NOT READ)**

Q29. Please, let us know, how many people from your Household earned money during the last 12 months? Take into consideration all types of activities and positions (for example, pensioner) which bring monetary income to your family. |__|

Q30. Is there a household member who works in Russia as a seasonal worker?

1. Yes **ASK Q30.1**	**2. No** **GO TO Q31**

Q30.1. If yes, will he/she work/is working in Russia this year as well?

1. Yes	**2. No**

Q31. Is he/she the primary income earner in your household?

1. Yes	**2. No**

Q32. Has your HH income changed in the last year? **ONE RESPONSE**

1. Yes **ASK Q33**	**2. No** **GO TO Q34**

Q33. To what extent has it impacted your salary? PLEASE mention the percentage.

1. Increased
2. 'Reduced by less than 25%
3. Reduced by more than 25% and less than 49%
4. Reduced by more than 50%

Expenditure

34. Did you purchase the following items during the **last 30 days** for domestic consumption? If none, write 0 and go to next item		34.2.1 Estimated expenditure during the **last 30 days (cash and credit in total)** **(local currency)**	In the **past 6 months** how much money have you spent on each of the following items or service? Use the following table, write 0 if no expenditure.		34.2.2 Estimated expenditure during the **last 6 months (cash and credit in total)** **(local currency)**
34.1	Food consumed at home		34.A.1	Non-food durable goods (e.g., furniture, phone, washing machine, etc)	
34.2	Alcohols at home		34.A.2	Medicine/pills	
34.3	Tobacco at home		34.A.3	Health care services (including payment to doctors/nurses, ambulance, hospitalization, treatment, etc.)	
34.4	Food consumed outside		34.A.4	Diagnostic costs (test, x-ray, etc)	
34.5	Alcohols consumed outside		34.A.5	Clothing, Shoes	
34.6	Soap & household items (non-food items)		34.A.6	Education, school and university fees (e.g., textbooks, parental activities, etc.)	
34.7	Public transportation (including taxi)		34.A.7	Professional courses (including trainings)	
34.8	Fuel for car		34.A.8	Debt repayment to shops	
34.9	Fuel for heating (wood, paraffin, etc.)		34.A.9	Dept repayment for real estate	
34.10	Water		34.A.10	Dept repayment to relatives, friends and others	
34.11	Electricity/lighting		34.A.11	Celebrations / social events	
34.12	Gas		34.A.12	Agricultural inputs (e.g., cattle, equipment, etc.)	

34.13	Communication (phone, internet, TV subscription)		34.A.13	Agricultural goods (e.g., seeds, fertilizers, etc.)	
34.14	House rent		34.A.14	Irrigation water	
34.15	Personal care and beauty		34.A.15	Savings	
34.16			34.A.16	Other services(e.g. nurse, gardening, house maintenance)	
34.17			34.A.17	Recreation, sports, Culture and leisure	
			34.A.18	Insurance and financial services (notary, legal services, other financial services, etc.)	
			34.A.19	Customs fees/payments for importing or exporting goods	
			34.A.20	Transactions related to a real estate	
			34.A.21	Other services	

Q35. Does the household have debt for food bought on credit from a shop or from a person?

1. Yes **ASK Q35.1** | **2. No** **GO TO Q36**

Q35.1 If yes, what is the amount of the dept? _____

Q35.2. If yes, from whom was the money borrowed?

1. Friends or relative
2. Colleagues
3. Neighbors
4. Shop
5. Other

Q35.3 What was the main reason for the dept?

1. To purchase food
2. To pay for the house/apartment rent
3. To pay for the medical treatment
4. To renovate the house/repair the car
5. To pay educational costs
6. To buy clothes
7. Other (please specify) _____

SECTION 8. PERCEPTION OF FLSEB TARGETING AMONG BENEFICIARIES AND NON-BENEFICIARIES

Q36. Is your household receiving social assistance as a FLSEBP beneficiary? (EXPLAIN WHAT DOES IT MEAN)

1. Yes **ASK Q36.1**	**2. No** **GO TO Q37**	**3. Diff. to answer** **GO TO Q37**

ASK ONLY THOSE, WHO ARE FLSEBP BENEFICIARIES

Q36.1. If yes, which type of assistance? (don't read the options)

1. Social assistance (18.000 AMD for HHs without children)
2. Family benefit (18.000AMD plus per number of children under 18)
3. Emergency assistance (1 time for 3 months)

Q36.2 If yes, please provide the number social ID (need to have a written consent).
PLEASE WRITE HERE _____

Q36.3 If yes, for how long has your household received assistance as FLSEBP beneficiary?

1 Up to 1 year
2 1-3 years
3 4-6 years
4 More than 7 years

Q36.4 If yes, what percentage of your HH income is the social transfer (the one that the respondent's household benefits from?

1 Up to 10 percent
2 From 11 to 20 percent
3 From 21 to 30 percent
4. From 31 to 50 percent
5. More than 50 percent

Q36.5. When was the last time that you received social assistance as FLSEBP beneficiary?

1. Last month
2. 2 months ago
3. 3 months ago
4. More than 4 months

SECTION 9. ADDITIONAL

Q37. Currently, what are your main concerns related to your household's wellbeing/living conditions? **INTERVIEWER: DO NOT READ OUT THE RESPONSE OPTION, SELECT UP TO THREE RESPONSE OPTIONS THAT BEST FITS THE INFORMATION PROVIDED BY THE RESPONDENT, OTHERWISE SELECT OTHER**

1.	1st priority ___	1.	Shortage of food
2.	2nd priority ___	2.	Increase in food prices
3.	3rd priority ___	3.	Shortage of medicine
		4.	Disruption of medical service
		5.	Getting sick
		6.	Losing Job\Unemployment
		7.	Loss of livelihood source
		8.	Travel restrictions
		9.	Unstable financial conditions, less income
		10.	Having a house/apartment
		11.	Education of children
		12.	Clothing problem
		13.	Paying debts and credits
		14.	Improvement of housing conditions
		15.	Security and safety of the country
		16.	No concerns
		17.	Other (REGISTER) _____

SECTION 10. CHILD NUTRITION (CHILDREN 0-23 MONTHS OLD). MOTHER/FATHER/CAREGIVER

We will now talk about 6-23 months old child/children in your household. I would like to have a conversation with a family member (the child's mother/father/caregiver) who can best answer the questions about child's nutrition.

ASK MOTHER/CAREGIVER: FILL IN ALL RESPONSES RELATED TO THE SMALLEST CHILD IN THE FAMILY BETWEEN 6-23 MONTHS.

Q38. Name of the child _____

Q39. Sex of the child

Q40. Date of birth *(Day/month/year)*

Q40.1	1. Male	2. Female	Q40.2
Child 1	**1**	**2**	__|__|/|__|__|/|__|__|

Q41. What did ***(NAME)*** feed on in your household in the last 24 hours? **READ OUT THE RESPONSE OPTION, SELECT ALL THAT APPLY**

	Child 1
1. Breast milk only	1
2. Breast milk and other foods or fluids	2
3. Milk bottled or in cup (cow milk or formula)	3
4. Other food	4

	Child 1
A. **Q42. Did (NAME) eat any solid, semi-solid, or soft foods yesterday during the day or at night?** *0 = No 1 = Yes-> 9 = Don't know* **(DO NOT READ)** *99 = Refuse to answer* **(DO NOT READ)**	|__|
Q43. ASK, IF Q57 = YES How many times? If 7 or more, select «7»	|__|
Q44. At what age (in months) of (NAME) you first introduced the solid, semi-solid, or soft foods? 1. NEVER 2. Other (REGISTER) _____	|__|
Q45. Yesterday during the day or at night, did (NAME) eat/drink any of the following food groups (even combined with any other food)? Ask for all children under 23 months except for children who are exclusively breastfed. *0 = No 1 = Yes 9 = Don't know* **(DO NOT READ)** *99 = Refuse to answer* **(DO NOT READ)**	
1. Milk produced, powdered or homemade	|__|
If yes, how many times did (NAME) drink milk If 7 or more, select «7»	
2. Yogurt, kefir, Narine, matsun	|__|
If yes, how many times did (NAME) drink yogurt, kefir, Narine, matsum If 7 or more, select «7»	
3. Artificial milk formulas (breast milk substitute) Cerelac, Hipp, Nestle, Humana, Agusha, Malysh, Heinz, Frutonyanya, Vinni, Bebi, Semper, etc.	|__|
If Yes, how many times did (NAME) drink artificial milk formulas If 7 or more, select «7»	
4. Factory-made fortified baby foods, for example, Cerelac, Hipp, Nestle, Humana, Agusha, Malysh, Heinz, Frutonyanya, Vinni, Bebe, Semper?	|_|
5. Bread, rice, noodles, porridge, pilaf or other foods made from grains	|__|
6. Pumpkin, carrots, red pepper, other vegetables that are yellow or orange inside	|__|
7. Any other food made from white potato	|__|
8. Dark green leafy vegetables, for example spinach, parsley, lettuce, beetroot greens, broccoli?	|__|
9. Apricot, peach or dried apricot, peach	|__|
10. Any other fruits or vegetables	|__|
11. Liver, kidney, heart, or other organ meats	|__|
12. Any meat, such as beef, pork, lamb, goat, chicken, duck, quail or rabbit meat	|__|
13. Eggs	|__|
14. Fresh or dried fish or other seafood	|__|
15. Any food made from beans, peas, lentils, nuts or seeds	|__|
16. Cheese, cottage cheese or other dairy products	|__|
17. Vegetable oil, fats, butter, or food made with any of these	|__|
18. Any sugary foods such as chocolates, sweets, candies, pastries, cakes, biscuits	|__|

Thank you very much!

UN World Food Programme

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