

Burkina Faso: Improving Food, Nutrition and Hygiene in the Home Environment

Healthy and diverse diets for families in Burkina Faso

Context

In Burkina Faso, the agricultural sector employs 80 per cent of the population, mostly in small family farms, often cereals, which operate in a subsistence economy. More than one in two people do not have access to a healthy and varied diet, including protein-rich foods and fruits. For example, only 23.9% of children aged 6 to 23 months have a minimum acceptable diet. (ENN 2021).

Located in the south-west of the country, the project's intervention area, has relatively favourable climatic conditions. Yet, studies show that the majority of the population is undernourished and lacks the knowledge to compose and prepare diverse meals. Women and young children need specific nutrients, but the availability of sources of vitamins and minerals is usually seasonal: long months of drought dry out vegetable gardens. Lack of hygiene in meal preparation causes frequent diarrhoea and poor food assimilation.

Our Goal

The food situation in the South-West region of Burkina Faso has improved, especially for women aged 15 to 49 and children under 2 years of age.

The intervention of the project and its partners aims to promote (1) greater availability of foods with high nutritional value, (2) an improvement in knowledge of hygiene, food and home economics to promote behaviour change as well as (3) capacity building of service providers. In order to ensure sustainability, our intervention addresses issues related to (4) governance covering multi-sectoral coordination, policy coherence and scaling up of good practices, capacity building as well as knowledge sharing. The large-scale food fortification component aims to (5) strengthen food fortification governance in Burkina Faso and ECOWAS countries.

Project Title	Family Food, Nutrition and Hygiene (PAH) Improvement Project
Principal / Client	Federal Ministry for Economic Cooperation and Development (BMZ)
Executing Agency	GIZ in collaboration with Health Focus GmbH and IAK Agrar Consulting GmbH
Project Area	South-West Region of Burkina Faso
Supervisory body	Ministry of Agriculture, Animal Resources and Fisheries (MARAH)
Overall Duration	April 2015 – December 2025
Financial envelope	€25.43 million
Target group	30,000 women of childbearing age (15 – 49 years) and 8,000 children (0 – 23 months)

Agri-Food Systems Transformation Special Initiative

The project is part of the special initiative of the German Federal Ministry for Economic Cooperation and Development (BMZ) "Transformation of Agri-Food Systems". The various projects of this special initiative contribute to eradicating hunger and malnutrition and to creating the conditions for the transformation of food systems so that future generations of a growing world population benefit from sufficient, healthy and affordable food.



The Intervention Approach



Left photo: market gardening
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Pictured right: Enriched porridge for children
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*Left photo: Mireille Tiendrebeogo cooking
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*Picture right: Animation session with images
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Improved availability of healthy and varied foods : Nutrient-rich and previously little-used food crops, such as moringa, cowpea and groundnut, are grown in community fields and gardens to improve dietary diversity. The women transform cereals, legumes and oilseeds into a floury mixture that can be easily preserved, with which they prepare a porridge for their children. The addition of Moringa powder obtained from the dried leaves or the addition of another fruit or vegetable makes the porridge richer. As a result, nutritious food is available for longer.

Better health and improved hygiene : Training on how to prepare healthy and balanced meals is organized for women. They are regularly trained on topics related to nutrition and food hygiene, but also sensitized through radio and theatrical performances.

Improvement of public services for food, hygiene and health : employees of public and decentralised services as well as civil society actors deepen their knowledge of food, hygiene and health. They then organize initial and continuing training to disseminate this knowledge widely, especially among women and children.

Improved multi-sectoral coordination : In order to better coordinate food security and increase efficiency, the project supports existing coordination bodies in the South-West region for the agriculture and health sectors. The project also helps to integrate concrete activities to improve nutrition into communal development plans. Positive experiences can be traced back to the national political level.

Support for food fortification at regional and national levels : The National Alliance for Fortification (ANF) will be supported in the development and implementation of the National Fortification Strategy and the National Large-Scale Fortification Communication Plan. Also, civil society organizations are solicited to carry out major communication and citizen monitoring activities in the field of fortification. At the West African sub-regional level, WAHO is supported in the identification of learning experiences in order to exchange them between countries.

- **126** common fields operated on 137 hectares
- **3,484** female producers supervised
- **2,108** tons of compost produced per year
- **8,000** women reached by cooking demonstrations
- **300** tons of fortified flour produced per year by women to feed their children
- **72,000** people reached by communication activities (radio, forum theatre, film debate, etc.)
- **56% of** the 30,000 women in the intervention area knew at least 7 out of 10 good hygiene practices, compared to 4% at the beginning of the project
- **58% of** the 30,000 women in the intervention area knew at least 7 out of 10 good food and nutrition practices, compared to 12% at the beginning of the project
- **32% of** the 30,000 women in the intervention area knew at least 7 out of 10 good practices in the field of agricultural production and processing, compared to 0% at the beginning of the project.

... and in fact

The nutritional status of children and women in the villages concerned differs markedly from that of neighbouring villages. According to the follow-up surveys (FUS) carried out by PAH (2021), **53%** of women in the project's intervention villages manage to diversify their diet (consume at least 5 food groups per day) compared to **31%** of women in neighbouring villages who have a diversified diet. For young children, the frequency of food intake is as important as dietary diversity. About **51%** of children in the intervention area benefit from a healthy diet compared to only **23%** in neighbouring villages.

The results in numbers

Published by Deutsche Gesellschaft für
Internationale Zusammenarbeit (GIZ) GmbH
Company Headquarters Bonn and Eschborn in Germany

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Updated September 2023

The content of this publication is the responsibility of GIZ.

In cooperation with: Ministry of Agriculture, Animal Resources and Fisheries (MARAH)
Mandated by: Federal Ministry for Economic Cooperation and Development (BMZ)

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