



HOUSEHOLD FOOD SECURITY AND GENDER

part 1

THE BASICS

The Basics is for all team members and project staff to read and use. It contains the Summary of Issues to Address in Design - a set of questions related to household food security and gender that need to be answered in designing a project, a programme or an activity. The summary is followed by two support tools:

- a checklist to guide collection of socio-economic data at field level; and
- a household food security matrix that analyses – using an IFAD project as an example – implications and risks for HFS of specific project activities and components.

- **THE MEMORY CHECKS
- RATIONALE AND USE**

- **SUMMARY OF ISSUES
TO ADDRESS IN
DESIGN**

**Field-level Data
Collection Checklist**

**A Household Food
Security Matrix -
Example from an IFAD
project**

part 2

THEMATIC REMINDERS

Part 2 contains six Thematic Reminders, reference materials to be used selectively by different team members according to their areas of specialization.

**SOCIAL AND
INFRASTRUCTURE
CONSTRAINTS**

**ENVIRONMENT AND
NATURAL RESOURCES**

SAVINGS AND CREDIT

RURAL ENTERPRISES

LIVESTOCK

AGRICULTURE

For IFAD, the concept of household food security is a fundamental analytic tool and organising principle for designing poverty-alleviation projects and programmes. Household food security is the prime concern of poor households and determines their production and investment choices. Women play a key role in ensuring the capacity of their families to procure adequate supplies of food on a regular and sustainable basis. Recognizing the different but complementary roles played by men and women in the productive activities that form the basis of household economies should lie at the heart of good project design and implementation.

The Memory Checks have been designed by IFAD to accompany project designers as a reminder of the household food security and gender-related variables that will, or should be, given priority in designing projects and programmes. The memory checks will also be a useful instrument for implementers and planners to ensure that projects are heading in the right direction.



HOUSEHOLD FOOD SECURITY AND GENDER

part 1

IFAD's mandate is to alleviate poverty and to improve nutrition and livelihood levels through rural and agricultural development. Its target groups are poor households in poor regions of developing countries. Thus, its projects/programmes are directed to areas that are usually marginal and vulnerable to food insecurity at the community and household levels.

The experience of many countries has shown that **economic growth does not translate automatically into a reduction of poverty**. In IFAD's experience, focused action is required to create conditions that enable poor communities and households to take advantage of development opportunities.

IFAD projects/programmes reflect increasing recognition that, in poor communities and marginal areas, poor infrastructure, health and nutrition, and inadequate management capacities and illiteracy may be major, if not the most important, impediments to increased production and productivity.

Malnutrition impairs overall economic growth since it affects productivity and ability to become engaged in productive activities. It also increases the risk of disease. Women and children may be the most affected by malnutrition because of unequal allocation of food within the household – often as a result of cultural practices – and due to women's heavy workload and responsibility in terms of productive and domestic tasks.

Household food security is the prime concern of poor households inasmuch as it determines production and investment choices. A knowledge of how poor households strive to achieve food security is essential to understanding their coping and risk-aversion strategies. It is these very strategies that development efforts should build upon and strengthen, and avoid putting at risk.

IFAD describes Household Food Security (HFS) as “the capacity of households to procure a stable and sustainable basket of adequate food”. In operational terms, this implies: (i) measures to enhance and stabilize household access to and availability of food across seasons and transitory shortages; (ii) activities that would sustain food supply in the long term; and (iii) constant attention to the adequacy of food while complying with nutrient and safety requirements, and cultural preferences.



Poor households tend to use **multiple coping strategies** both to ensure food security and to reduce risk. **Diversification** of productive activities and income sources becomes critical in this respect. Thus, in fragile environments, **poor households are particularly cautious about investing time and resources** in new or changed productive activities if they:

- ▶ are considered too risky;
- ▶ involve abandoning time-tried strategies for survival;
- ▶ require additional labour which may not be available and/or affordable;
- ▶ imply subtracting labour from food production activities; and
- ▶ are perceived as being less important as a source of livelihood than current activities.

Women play a key role in the coping strategies of poor households. In IFAD's experience, and in that of other donors and researchers, there is ample empirical evidence that, in poor households, it is **women who are largely responsible for making food available for the household**, either through producing it or by purchase. It is therefore important to recognize that:

- ▶ women are the main entry point for addressing food security and nutritional well-being at the household level;
- ▶ an increase in income controlled by women is of more immediate benefit to HFS than an increase in income controlled by men; and
- ▶ the overall improvement of women's (and girls') lives has an immediate positive impact on the household's overall well-being, and particularly on the nutritional status of children.

Capturing the production potential of rural women – farmers, livestock managers, entrepreneurs, etc. – helps increase **overall productivity and improves the cost-effectiveness of investment projects/programmes**. Given access to resources and support services, women farmers can achieve important results.

Men's and women's needs and responsibilities – while complementary – differ, and their respective interests define their households' coping strategies. Therefore, the relative importance of their respective activities within the household should be assessed by project/programme designers and options should take into account the levels of risk acceptable to them.

Gender analysis defines the socio-economic and evolving roles and functions of men and women as they relate to and complement each other within a specific socio-cultural and economic context.

Central to IFAD's approach to HFS is the recognition of both the different and complementary roles of men and women within the household.

IFAD's gender and HFS strategies^{1/} require that these considerations be **mainstreamed** in all IFAD interventions. This means that **HFS and gender considerations need to be addressed in every sectoral and technical programme, project, component and activity identified and designed.**

^{1/} IFAD has prepared a background document (widely distributed at the World Food Summit, in November 1996) on "Household Food Security: Implications for Policy and Action for Rural Poverty Alleviation and Nutrition". This is now Paper No. 1 of the Staff Working Paper Series on HFS and Gender, February 1998.



The memory checks are intended as a support to design teams and project planners in diagnosing and focusing on critical issues relevant to gender and HFS. They are a complement to the guidelines and technical tools that designers and planners use in their respective fields.^{2/} They have been developed mainly for project design (specifically for Formulation) but can also be used at other stages in the project cycle, for example:

- ▶ at Inception, to identify main thrusts of a project or programme and initiate data review and collection;
- ▶ in implementation, as a tool for project planning and identification of indicators for monitoring and evaluation.

The memory checks are centred around the Summary of Issues to Address in Design – a set of key questions related to household food security and gender to which project designers and planners are required to respond.^{3/} The memory checks also contain a number of **reference materials and tools** to assist teams in responding to the issues in the Summary. Sections which are for all team members and project staff to use are in Part 1. The folder – Part 2 – includes reference materials which can be used selectively by different team members according to their field of specialization.

As guidance in responding to the questions in the Summary, each issue is completed by a suggested list of some items to consider and examples of risk mitigation measures.

Other than as reminder of key issues and possible risks that need to be taken into consideration in design documents and project plans, the Summary can be used in a number of different ways. It can serve as a guide in conducting participatory appraisals, stakeholder workshops and data review and collection. It can also facilitate team discussion on cross-cutting issues related to gender and household food security, as well as compilation of the Logical Framework. Part 1 also contains:

- ▶ a **checklist to guide collection of socio-economic data** at field level (which can be particularly useful in the early stages of design, but also during implementation, for example in the design of baseline surveys and PRA for project planning);
- ▶ a **household food security matrix** that analyses – using an IFAD project as an example – possible implications and risks for HFS of specific project activities and components.

The **Thematic Reminders** in Part 2 are an essential support for responding to the Key Issues in the Summary. They highlight key household food security and gender issues relevant to different sectors: Agriculture; Livestock; Rural Enterprises; Savings and Credit; Environment and Natural Resources; Social and Infrastructure Constraints

Team members and project staff will be using different sections according to their fields of interest and TOR. The team leader, economist and sociologist do not have specific sections since they will be using the entire set. The sociologist and economist will, if necessary, assist the technical specialists in addressing the sociological and economic dimensions of the issues. Inevitably, a number of common issues recur for different sectors but these are supported by sector-specific examples.

The Memory Checks address key HFS and gender concerns that are generally relevant in most project contexts, although the examples provided may not be applicable in all societies. Users will need to adjust issues, questions and risks according to their particular region, context and situation.

^{2/} For a practical instrument useful for in-situ food security diagnosis and the preparation of targeted interventions please refer to the Belgian Survival Fund's "Manual for a Food Security Diagnosis", produced by Prof. Dr. Eric Tollens, Catholic University of Leuven, Department of Agricultural Economics, Leuven, Belgium. For planning and evaluation of food security and nutrition interventions, reference can be made to "The Comprehensive Participatory Planning and Evaluation Approach (CPPE)" successfully tested in a number of IFAD/BSF projects. This brochure was prepared by the Nutrition Unit of the Institute of Tropical Medicine (ITM) in Antwerp, Belgium, under the guidance of Prof. Patrick Kolsteren. Both documents are available through the BSF Programme Manager at IFAD, Rome.

^{3/} The Procedures for the Use of the Memory Checks, approved by President's Bulletin 09/99, state that "The Issues in the 'Summary of Issues to Address in Design' are to be reflected in the design document". The mission Back-to-Office Report (BTO) will include a summary on the use of the Memory Checks and indicate outstanding issues to be addressed in subsequent design/implementation stages. (...) Country Portfolio Managers (CPMs) are requested to make the Memory Checks available to design teams and to incorporate the obligation to respond to the Summary of Issues in their respective Terms of Reference (TOR) (...) PT (Technical Advisory Division) and OE (Office of Evaluation and Studies) are requested to use the Summary of Issues in the review and evaluation process.

ISSUE 1: *institutional and policy framework*

How do local, regional and national plans, policies and institutions favour or constrain development in the interests of the rural poor?

Some items to consider

- ▶ national/regional sectoral, social and economic policies and laws;
- ▶ national/regional production targets;
- ▶ national/regional/local organizational structures and budgetary plans (for example, through decentralization, etc.);
- ▶ national/regional/local infrastructure and social services planning;
- ▶ sensitivity and concrete outreach to the needs of rural women in general and poor women in particular;
- ▶ openness to and/or acceptance of community-based organizations, including NGOs;
- ▶ organizational capacity to implement interventions; and
- ▶ institutional and financial stability to ensure post-project/programme sustainability.

Example of risk mitigation measures

Project/programme outcomes for the rural poor, and particularly for women, may be negatively affected if access to land and land tenure laws are inequitable. To mitigate this risk, IFAD may need to enter into a policy dialogue with government, together with other donors.



ISSUE 2: *diversification in household production systems*

What are the implications of planned interventions in terms of the diversification and complementarity of different income sources and production activities, for both men and women?

Will planned interventions modify men's and women's separate and common access to, and control over, resources and assets?

What will be the implications of modifications in household production systems in terms of food security and nutritional status at the household level?

Some items to consider

- ▶ crop vs livestock production;
- ▶ rainfed vs irrigated farming systems;
- ▶ production for commercial vs household consumption needs;
- ▶ different income sources;
- ▶ men's vs women's decision-making and labour responsibilities in the production and sale of produce;
- ▶ formal vs informal marketing networks (accessible to both men and women);
- ▶ men's vs women's household expenditures.

Example of risk mitigation measures

Women's plots may be taken over by male family members if they increase in value (often due to project/programme interventions). Community participation in decision-making and ensuring that other project/programme benefits reach men may mitigate this risk.

When cash crops replace food crops, there is a risk of greater dependency on markets for food, which may affect nutritional balance. The planned intervention may need to ensure that an appropriate balance is maintained between food and cash crops in household/farming systems and coping strategies.

ISSUE 3: *malnutrition and productivity*

In the event of confirmed malnutrition in the project/programme area, what are the measures envisaged to improve households' nutritional status, particularly that of women and children?

Some items to consider

- ▶ household production interventions;
- ▶ new/enhanced food crops for balanced household nutrition;
- ▶ enhancement of incomes (particularly women's incomes);
- ▶ improved, sustainable access to potable water;
- ▶ prevention of disease affecting nutrition and productivity;
- ▶ health and nutrition education for both men and women;
- ▶ time and labour-saving technologies for women.

Example of risk mitigation measures

Lack of nutritional diversity may be a major cause of malnutrition. In this case, nutrition education, along with promotion of more diversified crop production, may be required – if necessary, in collaboration with other donors/services.

ISSUE 4: *access to technologies*

What is men's and women's interest in and capacity to adopt proposed technologies (tools, inputs, storage, new varieties, labour-saving technologies, etc.)? What are the implications on the household, and on men and women, of the adoption of such technologies?

Some items to consider

- ▶ changes in crop or livestock management;
- ▶ changes in use of traditional technologies;
- ▶ need for information and training;
- ▶ changes in male, female and child labour requirements and responsibilities;
- ▶ availability, accessibility and cost of technologies;
- ▶ changes in household expenditures.

Example of risk mitigation measures

To avoid risk of non-adoption of new or adapted technologies, community-based replicability and affordability at household level should be assessed and ensured.



ISSUE 5: *household labour*

What will be the implications (for both men and women) of incremental labour needs that are generated, directly or indirectly, by planned interventions?

Some items to consider

- ▶ increased demand on women's labour;
- ▶ women's ability to meet productive and domestic responsibilities;
- ▶ increased demand for child labour;
- ▶ increased need for hired labour;
- ▶ impact of male migration;
- ▶ labour capacity of women-headed households;
- ▶ increased household expenditures.

Example of risk mitigation measures

Increased production on men's plots often leads to an increase in women's workloads, thus affecting the time they have available for child care or for their own income-generating activities. To mitigate the risk of production goals not being met, objectives should take account of women's labour constraints and accordingly design, for example, a phased approach to increased production.

ISSUE 6: *access to natural resources*

Will project/programme interventions directly or indirectly affect access by households, and by men and women, to natural resources that are important for their subsistence and incomes?

If relevant, what measures are envisaged to compensate for losses while ensuring sustainable use of natural resources by households?

Some items to consider

- ▶ arable land;
- ▶ grazing land;
- ▶ natural water sources;
- ▶ firewood;
- ▶ non-timber forest products;
- ▶ wild foods (plants, fruits, game).

Example of risk mitigation measures

Conservation measures may restrict access to firewood or prevent charcoal production, thus affecting household energy needs and men's and women's incomes. Design should envisage alternative sources of energy and income for both men and women.

ISSUE 7: *adequacy of and access to information, training and extension*

In what way will interventions ensure that information, training and extension activities respond to the needs and skills of, and constraints faced by, poor men and women?

Some items to consider

- ▶ reaching the women most involved in the activities;
- ▶ adjusting to women's time constraints;
- ▶ enhancing literacy, management skills and nutritional education;
- ▶ sustainability and cost-effectiveness of extension outreach beyond project/programme life.

Example of risk mitigation measures

Extension/research/training packages may be ineffective if not suited to the different knowledge bases, labour and time availability of both men and women. To mitigate the risk of non-adoption, gender-specific knowledge, needs and time constraints should be taken into account.



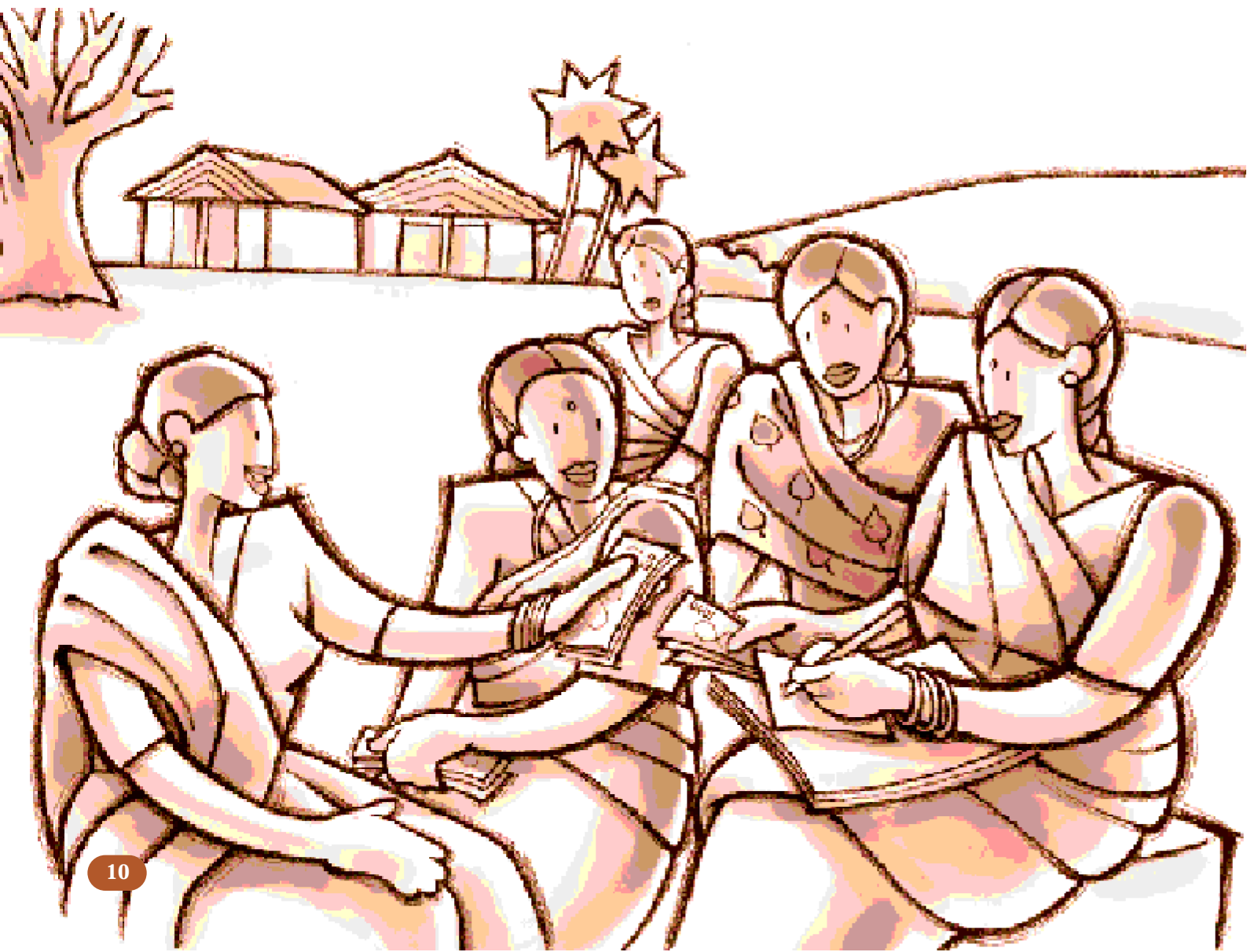
ISSUE 8: *credit and savings*

Do provisions for credit reflect:

- ▶ need for savings mobilization and asset-building for both men and women?
- ▶ real demand for credit – by women in particular, and by households in general?
- ▶ households', and in particular women's, income-earning capacities and potential for repayment?
- ▶ accessible markets and a competitive environment for sales of increased products for both men and women?
- ▶ assurance of reliable, accessible and sustainable financial services responsive to the needs of poor men and women?

Example of risk mitigation measures

Credit may cause risk of indebtedness for women if the enterprise it supports is additional to their ongoing activities. To mitigate this risk, design should take account of women's capacity to combine an increased workload in new productive activities with normal, everyday household responsibilities.



ISSUE 9: *organization and participation*^{4/}

Will activities offer opportunities for poor households, and particularly women, to participate in community organizations and decision-making?

Some items to consider

- ▶ men's and women's involvement in the choice and focus of overall objectives and specific activities;
- ▶ equitable access to and participation in formal and informal organizations by both men and women;
- ▶ building onto existing community organizations or, when necessary,
- ▶ initiating the creation of new organizations that reflect the socio-cultural and economic needs of communities;
- ▶ involvement of both men and women in the implementation of project/programme-related decisions and in monitoring and evaluation (M&E).

Example of risk mitigation measures

Women's lack of involvement in decision-making may lead to their being poorly committed to planned interventions. To mitigate this risk, their active participation should be ensured from start-up.

ISSUE 10: *targeting*

What are the criteria and approaches used to target poor and food-insecure areas, communities and households?

On what data are different targeting criteria based?

What are the monitoring mechanisms designed to ensure that the focus on poor men and women is maintained throughout project/programme life?

Some items to consider

- ▶ specific targeting of women;
- ▶ specific targeting of the most food-insecure households;
- ▶ use of participatory and self-targeting approaches at the community level.

Example of risk mitigation measures

Lack of adequate data on target groups, including gender-disaggregated data, leads to poor targeting. Pre-formulation data collection and analyses on potential target groups lessens the risk of inadequate targeting.

^{4/} Designers may refer to the *Module for Field application on Beneficiary Participation in the Project Cycle - Umbrella Framework*, available from the CPM or the Technical Advisory Division of IFAD.

ISSUE 11: *monitoring and evaluation*

Does the design document and its logical framework contain M&E indicators that (a) measure impact on food security, and (b) are adequately gender-disaggregated?

Example of risk mitigation measures

Evaluation reports frequently note lack of quantitative and qualitative data to measure impact on both HFS and the status of women. To mitigate this risk, appropriate indicators should be identified at the design stage to ensure that data are both qualitative and quantitative and reviewed at implementation start-up.

ISSUE 12: *farm models*

In what ways do farm models consider gender-disaggregated labour, production, expenditures and technological needs in terms of households', and especially women's, capacity to respond to increased demands?

Example of risk mitigation measures

Farm models may not reflect real household capacity to adopt proposed packages. To mitigate this risk, gender-disaggregated data on household production and labour should be reflected in farm models.

ISSUE 13: *cost tables*

Do cost tables earmark funds within relevant budget lines for women's specific needs in terms of technology, inputs, training, services, etc., when and where appropriate?

Example of risk mitigation measures

In general, when funds are not earmarked for women within different budgetary components (for example, training), there is a risk of

- (a) women receiving an unequal share of project/programme resources;
- (b) it being impossible to monitor quantifiable benefits for women. To mitigate this risk and to mainstream, in both design and implementation, benefits directed to women, budget lines should reflect such concerns where possible.



Certain needs – infrastructure, social and health services, etc. – critical to households' livelihoods may not be covered by the IFAD project/programme. What are the actions and mechanisms envisaged to promote complementary action by other donors and government institutions in order to ensure that these needs are met?

Example of risk mitigation measures

To avoid the risk that malnutrition critically affects productivity of IFAD's target groups, complementary action with other donors may be required, for example, for nutritional sensitization and village water supply.



The purpose of the information is to:

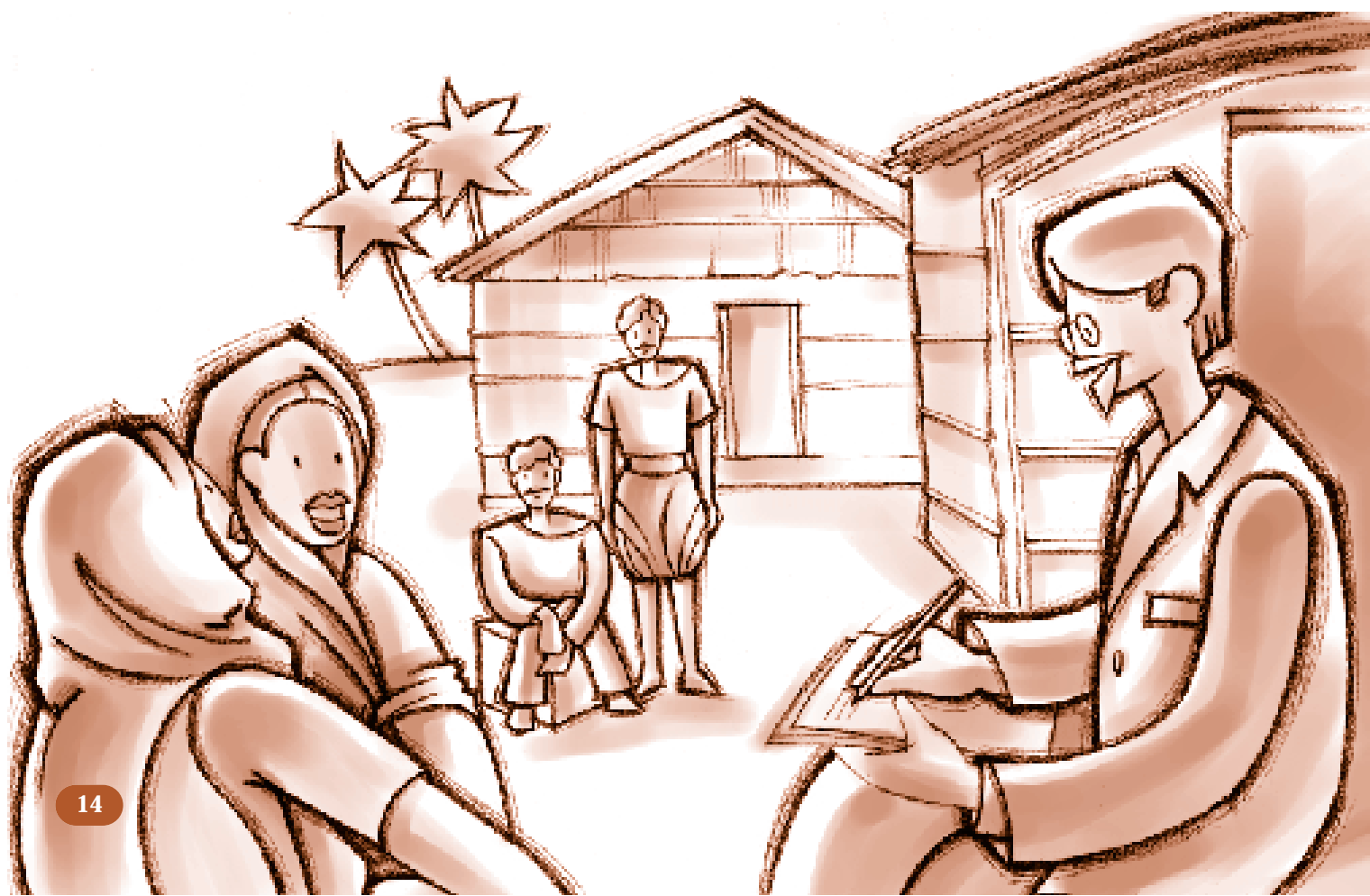
- ▶ understand the actual and potential role of different household production and income-generating activities in procuring, in a stable manner, an adequate basket of food through production or purchase;
- ▶ identify the separate and complementary roles of men and women in the household economy;
- ▶ respond to the issues listed in the Summary of Issues to Address in Design.

The information can be obtained by means of:

- ▶ discussions with men and women - individually, or in separate or mixed groups - in representative communities;
- ▶ focus group discussions with key informants familiar with the communities (extension workers, community development workers, etc.);
- ▶ analysis of pre-existing data from secondary sources.

Gender division of labour

Understanding the separate, albeit complementary, role of men and women in production is critical for the design of project/programme interventions. In mapping gender division of labour, note should be made of who, by gender, controls the activity described and which activities are performed by men, women, male children, female children, female hired labour or male hired labour. This exercise is critical for activities which are most time and labour-consuming (for women compared with men).



PRODUCTION SYSTEMS/POPULATION/NATURAL RESOURCES

- **Agricultural production system(s)**
Rainfed, irrigated, shifting cultivation, other
- **Livestock production system(s)**
Intensive, extensive, sedentary, mobile, with/without fodder cultivation, other
- **Crop/livestock linkages**
- **Rural enterprise activities,**
by gender of manager
 - Types
 - How organized: *individual, family, group enterprise, other*
 - Regularity: *year-round, seasonal, occasional*
 - Technologies used: *manual, machine*
- Significant **population trends** in the project area:
 - migration;
 - urbanization;
 - de iure* and *de facto* women-headed households;
 - ethnic relations;
 - other
- **Type of habitat:** *village; dispersed; other*
- Availability and quality of **natural resources:**
 - timber
 - non-timber forest products
 - pastures
 - natural water sources
 - other common property resources

ASSETS, INCOME AND EXPENDITURE

- **Access to land,** by gender
 - quantity
 - quality
 - type of tenure
- **Extent of landlessness**
- **Main crops, cash and food,**
by gender of who controls
- **Access to livestock,** by gender
 - ownership and control of livestock;*
 - ownership and control of livestock products: dairy products, wool, hair; hides, other*
- **Access to other assets,** by gender
machinery, jewellery, other
- **Sources of income,** by gender:
crops, agro-processing, livestock, processing of livestock products, other rural enterprise activities, economic use of timber and non-timber forest resources, wage-labour, remittances, pensions, etc.
- **Proportion of income**
from different sources, by gender
- **Regularity of different income sources,**
by gender
- **Seasonal variations in income,** by gender
- **Use of income,** by gender
relative importance/ranking of expenditure on different items: *health; education; food; hired labour; other production inputs; house-construction; clothing; personal expenses; savings; other*
- **Expenditure on labour and non-labour inputs,** by gender:
 - types of inputs: *hired labour; seeds; fertiliser; pesticides; animal feed; other*
 - for which crop/livestock type/
rural enterprise activity
- **Marketing:** by gender
 - What is marketed
 - Where
 - When
 - How
- **Criteria of poverty and wealth,**
as separately defined by men and women

SAVINGS AND CREDIT

- **Proportion of total income saved on annual basis**, by gender
- **Seasonal variations in savings**, by gender
- **Use of savings**, by gender
as money set aside when liquidity is high, to be spent later for daily needs;
for unforeseen events such as illness, funerals, other;
to invest in production (which activities);
for other purposes
- **Where individual savings are kept**, by gender: *at home, with another person, in bank, in post office, other.*
- **Preferences concerning investment of liquidity**, by gender: *deposit in bank or post office, purchase of livestock, jewellery, other*
- **Existence and purpose of savings groups**
- **Informal borrowing**, by gender
From whom
Average amounts
How often
What for
On what conditions, if any
- **Formal loans obtained**, by gender:
From which institution
Average loan size
Number of loans
Purpose
Actual use, if different from above
Interest
Repayment conditions
Type of collateral required

HOUSEHOLD ORGANIZATION OF PRODUCTIVE ACTIVITIES

- **Gender division of labour** for most important crops; livestock types; enterprise activities
- **Agricultural activities** culturally considered as "man-only" or "woman-only"
- **Livestock-related activities** culturally considered as "man-only" or "woman only"
- **Seasonal variations in labour intensity**, by gender: *peak periods, slack periods*
- **Labour shortages** in man-managed vs woman-managed activities
How resolved
Activities most affected
- **Daily time use**, by gender; for productive activities and domestic tasks in lean season vs harvest season

HOUSEHOLD FOOD SECURITY, NUTRITION AND HEALTH

- **Staple foods** in order of perceived importance
- **Seasonal variations in:**
typical food combinations:
staples, meat, vegetables
foods quantities
meal frequency
- **Sources of different foods:**
Home production
Purchase
Hunting and gathering
food aid
barter
other
- **For different crops**, proportion
Consumed
Sold
Retained for seed
- **Availability** for cooking of
Water
Firewood
- **Special diet**, if any, of
Pregnant and lactating women
Small children
- **Food taboos**, if any
- **Food self-sufficiency in staples**, proportion purchased vs home-produced, by season
- **Home consumption of livestock products**, by gender and age
which foods
eaten how often
- **Nutritional status** *
- **Main causes of disease** by gender and age
- **Access to potable water**
- **Water treatment and conservation practices**

* Information on nutritional status can generally be obtained from health workers and complemented by nutritional data from demographic surveys.

- **Participation**, by gender, in
formal groups: *associations, cooperatives, other*
informal groups: *savings, religious, income-generating, literacy; other*
Women's groups, type and purpose
Preferences concerning **mixed vs women-only groups**
- **Cultural limitations to participation by women** in public life
- **Mutual assistance** at community level: *labour exchange; assistance at childbirth; other*
- **Production support and social services**
Access, by gender, to:
Health services
Schools
Agricultural extension services
Veterinary services
Private/public/cooperative supply of inputs
Processing facilities and technologies
Public/private/credit schemes
Markets/marketing facilities
Rural radio/TV information
- **Adult literacy levels**, by gender
- **Primary school enrolments**, by gender

CONSTRAINTS, INVESTMENT OPTIONS

- **General constraints affecting livelihoods**, as perceived by gender
Ranking
Causes
Consequences
possible solutions
- **Specific production constraints**
 - (a) **Crop production**
Relative importance of constraints, as perceived by gender.
For example:
lack of land, insufficient land, insecure tenure
low soil fertility
low/irregular rainfall
labour shortages
water for irrigation
disease
storage loss
availability/cost of inputs
marketing and prices
lack of financial resources for inputs and investments,
other
 - (b) **Livestock**
Relative importance of constraints, as perceived by gender.
For example:
accessibility of water
labour shortages
quality/accessibility of pastures
fodder
disease
availability/cost of inputs
marketing and prices
lack of financial resources for inputs and investments,
other
 - (c) **Rural enterprise activities**
Relative importance of constraints, as perceived by gender.
For example:
labour
technology
marketing
lack of financial resources for inputs/ raw materials
other
- **Investment options, by gender:**
If additional income or credit were available, **in which productive activities would men and women invest?**

A HOUSEHOLD FOOD SECURITY MATRIX

OUTCOMES FOR HFS

COMPONENT ACTIVITY	AVAILABILITY/ACCESSIBILITY OF FOOD	NUTRITIONAL ADEQUACY
Crop diversification - seed availability - agronomic practices	Broader food base in staples, legumes and oil seeds. Increased food supply through higher yields Increased income through broader cash crop options. Crops and varieties introduced/enhanced with better processing, storage and utilization characteristics.	More diversified diet Increased consumption of vegetable protein (legumes)
Natural resource management and soil and water conservation	Use of food crops/species (e.g. velvet bean) Extended seasonal availability of foods, especially vegetables Use of multi-purpose tree species (fruit, fuel, fodder) for cash and food Protect and enhance “wild” food sources	More diversified diets Higher consumption of foods rich in protein, vitamins and mineral salts Greater consumption of fruit by children Improved food preparation from greater availability of firewood
Animal health and production	Increased meat and milk availability Increased yields from earlier planting Increased income	Increased consumption of meat and milk, particularly by children
Infrastructure - roads	Easier access to markets for purchase of food and sale of produce Increased yields from timely delivery	Increased consumption of nutritionally - important foods that are not home-produced Decrease in disease-related malnutrition and improved nutritional practices as a result of improved access to health services and information networks
Infrastructure - wells/dams	Extended vegetable/fruit-growing season Increased income from vegetables Increase in time available for men and women for income generation and food production due to easier water collection and watering of animals	Decrease in waterborne diseases that cause malnutrition Improved cooking practices through greater availability of water

Information of this nature should be integrated into the project/programme Logical Framework

^{1/} The table is adapted from IFAD's Southern Province Household Food Security Programme in Zambia (1994)

^{2/} DGLV = Dark green leafy vegetables

Contribution of Project/Programme Components and Activities to HFS - Example Adapted from an IFAD Project ^{1/}

SUSTAINABILITY OF RESOURCE BASE	RISKS	RISK MITIGATION MEASURES
Use of legumes Decreased mono-cropping	Increased food crops, diversification and incomes may not translate into improved nutrition Poorer/more food-insecure households and women may not be able to benefit Labour shortages	Culturally appropriate nutrition education/awareness required to translate into increased crop retention and nutritional balance Target crops of interest to women Options for hand-hoe and oxen users Target "lower status" crops Consider women's time constraints for improved food preparation Attention to labour implication of technologies, especially for women
Improved soil fertility and moisture retention Reduced use of inorganic fertilizer	Increased availability of diverse food crops may not translate into improved nutrition Low retention of vegetables for home consumption due to need to market for income Choice of tree crops of no/little nutritional value Poorer/ more food-insecure households and women may not be able to benefit Crop/livestock competition in use of areas with residual moisture Inadequate household labour/time availability for long-term soil and water conservation interventions	Nutritional awareness/ sensitization Vegetable and fruit production should focus on DGLV ^{2/} and dark orange fruits Options for hand-hoe and oxen users Technologies for early and late planting Monitor use of areas with residual moisture Attention to labour implication of technologies, especially for women Sequence interventions
Use of manure Use of crop residues	Benefits from new technologies/high-yielding breeds may be taken over by men Men's increased incomes may not translate into improved nutrition Consumption of milk and meat, particularly by children, may not increase due to nutritional unawareness and unequal intrahousehold allocation of food Poorer/ more food-insecure households and women may not be able to benefit	Monitor access to and control by women of new/enhanced technologies Focus on small stock and poultry for resource-poor households and women Nutritional awareness/ sensitization, particularly of men, on consumption of animal protein (especially by children)
Erosion control measures incorporated	Poorer/ more vulnerable communities not targeted for road improvements Poorer communities unable to maintain road infrastructures	Criteria to target poorer communities correctly identified and applied Low-cost technologies used Attention to labour and financial requirements for maintenance in poor communities
Concentration on rehabilitation to prevent over-exploitation of resources Attention to possible over-grazing around dams	Low retention of vegetables for home consumption due to limited awareness and need to market for income Inadequate water resource management at the community level Non-selective use of water sources (potable and otherwise) Unhygienic domestic water conservation	Strengthen participation of resource-poor households and women in water users' associations Monitor sustained access by resource-poor farmers and women to irrigated land Sanitation and health education to ensure appropriate water use Strengthen water management at the community level

IFAD's strategy for gender and household food security (HFS) is defined by *IFAD's Strategies for the Economic Advancement of Poor Rural Women* (Governing Council, 15th Session, GC 15/L.5, Rome, January 1992 and *Towards a Strategy for Improving Nutrition Through Rural Investment Projects* (Governing Council, 18th Session, GC 18/INF.4, Rome, January 1995). In order to make these principles fully operational within the context of IFAD's mandate and the Fund's orientation towards rural poverty alleviation, the Fund will apply the *HFS and Gender Memory Checks for Programme and Project Design* as a means to formalizing IFAD's existing strategies on gender and HFS in the project cycle and increase consistency, transparency and accountability in decisions concerning the gender and HFS dimensions of IFAD projects. (...)

(From *Procedures for the use of the Memory Checks on Household Food Security and Gender Issues in Programme and Project Design*, President's Bulletin No. 99/06)

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