



SUSTAINABLE AGRICULTURE AND PRODUCTION LINKED TO IMPROVED NUTRITION STATUS, RESILIENCE, AND GENDER EQUITY

## INTEGRATED ENHANCED HOMESTEAD FOOD PRODUCTION (IEHFP) AND FAMILY NUTRITION CENTERS

### ABOUT SAPLING

The USAID-funded Development Food Security Activity, Sustainable Agricultural Production Linked to Improved Nutrition Status, Resilience, and Gender Equity (SAPLING) program launched in 2015. The program has since operated in five sub-districts (upazilas) of the Bandarban District in the remote Chittagong Hill Tracts region of Bangladesh.

### Integrated Enhanced Homestead Food Production (IEHFP)

Total participants

 **49,226**  
Households

Women participation

 **98%**

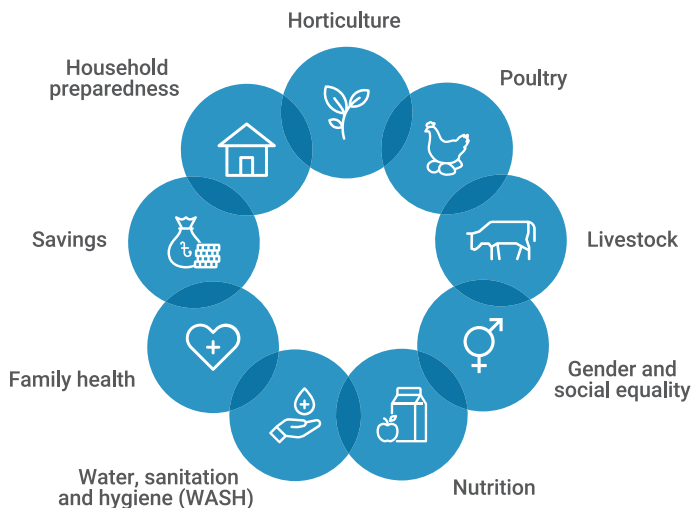
### The approach

- Includes frequent and meaningful engagement in which messages are continually reinforced and deepened.
- Synthesizes group participation and fosters a sense of unity and peer support.
- Builds an enabling environment to encourage sustained behavior change.



*IEHFP is designed to increase gender-equitable food and nutrition security, nutrition, and resilience.*

## (IEHFP) Participants learn about:



## Evolution of SAPLING IEHFP to Family Nutrition Centers (FNCs)

SAPLING's IEHFP approach evolved by applying learnings and adaptive management. At the start of 2019 SAPLING transitioned from independent Learning Centers to 2,260 group-managed Family Nutrition Centers (FNCs).

FNCs are participant-focused production centers that provide nutritious food, agriculture inputs (e.g., seeds, seedlings), and income for members, all the while building agency and self-efficacy.

### FNC Formation

Each IEHFP group received a conditional cash transfer for the establishment of an FNC, following which community leaders and IEHFP families:

- Identified plots of land for production
- Defined what they would grow
- Divided labour amongst families
- What they would sell, if anything at all
- How incomes would be distributed
- How incomes would be invested

Groups are led by a Family Nutrition Leader. The leader is responsible for promoting behavior change and social cohesion, and promoting learning within her group. Leaders are provided with additional technical and leadership training to support success.

## Effecting change

To effect change, people need to see the change, believe it is possible, and develop a road map to execute it. IEHFP and FNCs are designed to inspire participants to want to change and assist them in envisioning and achieving those changes.

The group membership creates an environment of trust and support among the participants.

The curriculum uses a structured process to facilitate change. Activities under the curriculum include visioning exercises and developing activity plans where participants draw out goals and identify the steps required to achieve them.

## Improvements as a result of IEHFP



Participants applying improved agricultural technologies

FISCAL YEAR 2017

84%

FISCAL YEAR 2020

96%



Average score on Homestead Food Production Knowledge Index

FISCAL YEAR 2017

53

FISCAL YEAR 2020

95



Women with improved minimum dietary diversity

FISCAL YEAR 2017

95%

FISCAL YEAR 2020

35%

This document is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of Hellen Keller Intl and do not necessarily reflect the view of USAID or the United States Government.

**SAPLING's IEHFP approach has resulted in an increase in knowledge and adoption of climate-smart agricultural nutrition sensitive practices.**