

Multisectoral Food Security in Togo



Context

Maize is the most important staple food in Togo. It is cultivated in large quantities, yet many people - especially women and children are malnourished. Vitamin- and micronutrient-rich foods are often not grown in home gardens or not affordable to purchase in the markets. Many people are lacking knowledge on how to prepare meals properly and the specific nutrition requirements for women and young children. In addition, access to clean drinking

water and public health services and other institutions is limited. Harmful hygiene practices, such as the renouncement of hand washing continue to be widespread. Women of childbearing age and infants under two years are in particular vulnerable. They suffer from undernourishment and malnourishment. The project in Togo therefore focuses on a holistic approach targeting food and nutrition insecurity.

Activities in Togo

- Public and private health and agricultural advisors receive training in nutrition, basic hygiene and the diversification of food production.
- In target-group-oriented lessons, participants are taught practical knowledge, e.g. through cooking demonstrations or planting of vegetable gardens. Information on important hygiene practices are also passed on.
- Women are educated in the cultivation of crops and livestock, which play a minor role in the traditionally starch-rich diet (such as soy, peanut, chicken and vegetable crops). They receive information about new storage and drying methods, increasing the availability of high quality food throughout the year.

- The “Food and security, enhanced resilience” project is a major contributor to the Togo Food Action Plan, which forms part of the national agricultural strategy. The program also contributes to the national strategy on nutrition and supports the implementation of the *Scaling Up Nutrition* (SUN) initiative.

Our Objective

The diet of 6,500 women of childbearing age and 2,200 young children (six to 23 months) in the Maritime region in Togo has improved - through a better and more varied diet.



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Region(s)

Region Maritime (Prefectures: Yoto, Zio-Sud, Vo, Bas-Mono)

Duration

1/2015 - 12/2017

Budget

EUR 3.5 million

Implementation partners

Public Consulting Service (ICAT); *Direction Regionale de Sante Maritime*; *Catholic Relief Service*; OCDI; NGO (Crema, Mopib, Credi)

Lead executing agency

Ministry of Health (*Ministère de la Sante et la Protection Sociale*) & Ministry of Agriculture (*Ministère de l'Agriculture, de l'Elevage et de l'Hydraulique*)

Target group

6,500 Women and 2,200 Children



How we work

In 20 villages, we have already introduced 4,000 women into soya farming. Soya is a nutritious food that is also in demand on the local market. In addition, we have provided 6,000 women with nutrient-rich Moringa and Papaya dice. From August, sweet potatoes, vegetable farming and chicken breed will be promoted, which will ensure a balanced diet in the villages.

Optimal storage and processing of foodstuffs are necessary steps, to ensure the availability of sufficient and nutritious foods even in difficult times. Up to 20 percent of Togo's food harvest is lost due to inadequate storage practices. In addition, harvesting is quickly contaminated by aflatoxins and other harmful fungi due to improper storage. The "Food and security, enhanced resilience" project works with local carpenters in 20 villages to implement solar dryers. Hermetically sealed storage bags, a new, safe storage method, were distributed to 2,000 families in March 2016.



Results

Since July 2016 individual and group consultations on nutrition and hygiene are available in Togo. By this way, women and children have better access to health and nutrition advisory services. 191 advisors and intermediaries were trained, reaching a total of 6,500 women and their children with the help of newly developed teaching materials.

In addition, 71 health workers were trained who use their acquired competences in 18 health centers.

Impressum

Editor

Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH
Headquarter: Bonn and Eschborn
Rural Development and Agriculture
Division G500
Friedrich-Ebert-Allee 36+40
53113 Bonn

T +49 (0) 228 44 60 - 3824
F +49 (0) 228 44 60 - 1766

www.giz.de

Contact

Moritz Heldmann
moritz.heldmann@giz.de

Photographs:

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GIZ is responsible for the content of the present publication

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