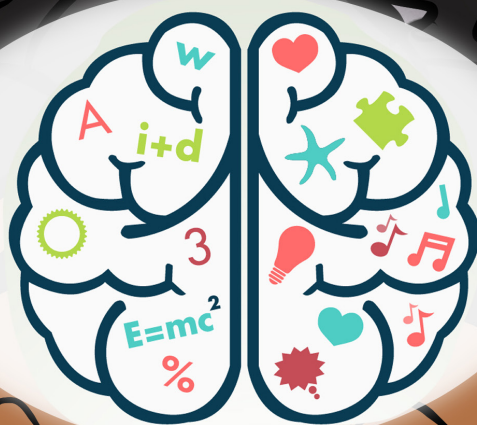


LET ME
TELL YOU



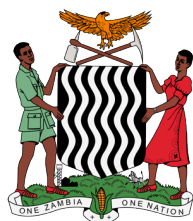
FISH FOR FOOD



EAT HEALTHY
EAT DIVERSE
EAT DIFFERENT
FOOD GROUPS

Contributors

Zambian Government



NFNC

Idah Chama Mulenga, Belinda Tshula, Gladys Kabaghe

GIZ

Fish for Food Security Project (F4F), Food and Nutrition Security, and Enhanced Resilience Project (FANSER)

Dennis Lohmann, Samanta Mapfumo, Julia Kirya, Eunice Namwizye and Given Liswaniso

Sources

GIZ, NFNC, Care Groups.

Arts and Designs

Agricomm, Anthony Zaza

This comic booklet was published by



Fish for Food Security (F4F) and Food and Nutrition Security, Enhanced Resilience (FANSER) Projects in Zambia.

Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

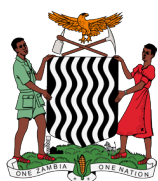
1st Floor Evexia Office Building

Plot No. 1014 Church Road, Fairview

Private Bag RW 37X Lusaka, Zambia

On behalf of the Federal Ministry for Economic Cooperation and Development (BMZ) Germany

© Text and Pictures 2021 GIZ Any reproduction in full or in part must mention the title and credit the above-mentioned publisher as the copyright owner



Implemented by

giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH

About this comic booklet

This comic booklet was produced under the Fish for Food Security project (F4F) and Food and Nutrition Security, Enhanced Resilience (FANSER) Projects in Zambia. FANSER and F4F have been initiated and commissioned by the German Federal Ministry of Economic Cooperation and Development (BMZ) as part of the Special Initiative ONE WORLD – No Hunger. The initiative aims to address the challenges of hunger and malnutrition.

As part of the national Scaling Up Nutrition process and the 1000 Most Critical Days Programme (MCDP) II, FANSER reaches out to 110,000 women and 70,000 children in Eastern and Luapula Provinces. The following fields of interventions are being covered by the project:

1. Increase knowledge about nutrition, change attitudes positively.
2. Increase knowledge about hygiene, change attitudes positively.
3. Increasing the year-round availability of nutrient-rich foods / nutrition-sensitive agriculture.
4. Developing improved strategies for households to manage their household and productive resources.
5. Strengthening nutrition governance at the district, provincial and national level.

Furthermore, the F4F project in Zambia aims to improve access to sustainable fish products for people facing food insecurity. To achieve this the project assists artisanal fishers and fish farmers in operating sustainably and efficiently, while curbing illegal fishing. Thereby having local communities' benefit from improved and sustainable livelihoods in fishing and fish processing, as well as gaining access to a broader range of fish products.

Through these approaches and by focusing on women in the fish value chain, the project helps to combat hunger, malnutrition and poverty. Creating linkages between food and income security, environmental and resource conservation, education and women's empowerment. The F4F project intends to educate and create awareness on the nutritional value of fish and sustainable fisheries within the designated target groups.

Based on the Social and Behaviour change (SBC) concept and national communication strategies, the project together with NFNC produced an animated series called 'let me tell you'. The series is available as an animated TV series, being aired on radio and as a comic booklet. This comic booklet gives an overview of the importance of Omega 3 fatty acids to human body.

Julia Kirya

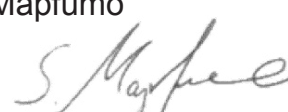
Signature:



Project Coordinator FANSER Zambia

Samanta Mapfumo

Signature:



Project Coordinator F4F Zambia



Implemented by

giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



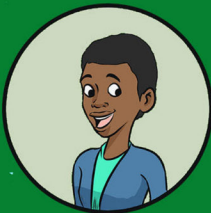
CHIMWEMWE
(Grandma)



LIMBANI
(Dad)



CHISENGA
(Mom)



MAPALO
(Brother)



DALISANI
(Sister)



CHISOMO
(Brother)



MALUBA
(Sister)



MULILO
(Brother)



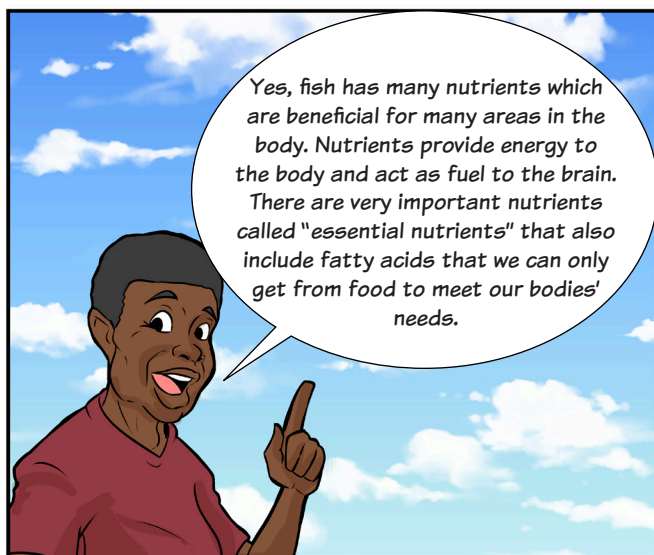
ALINAFE
(Sister)



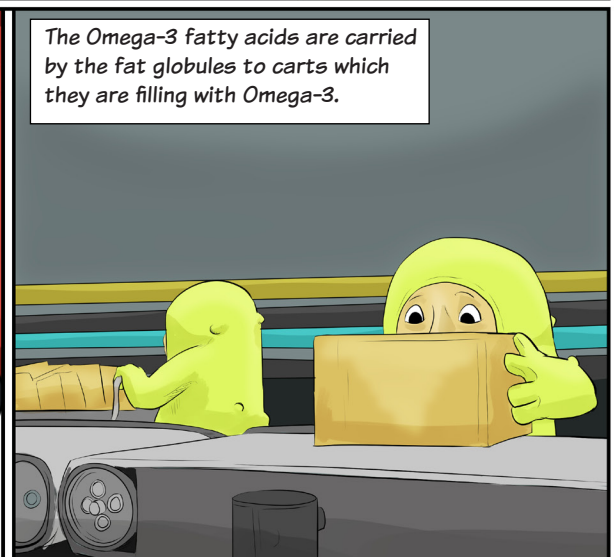
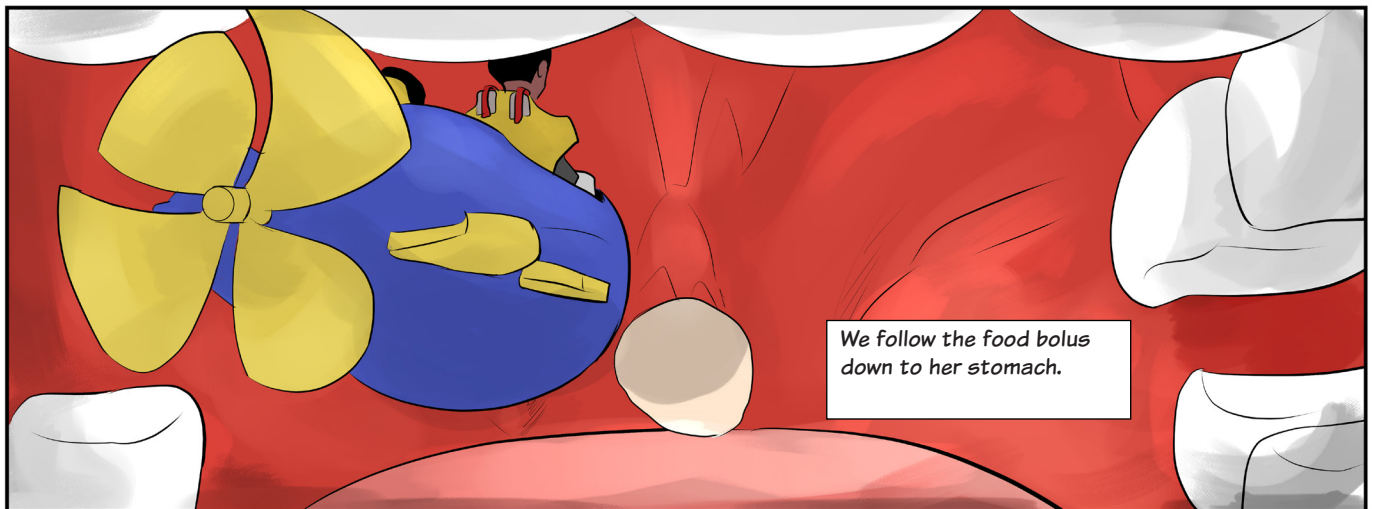


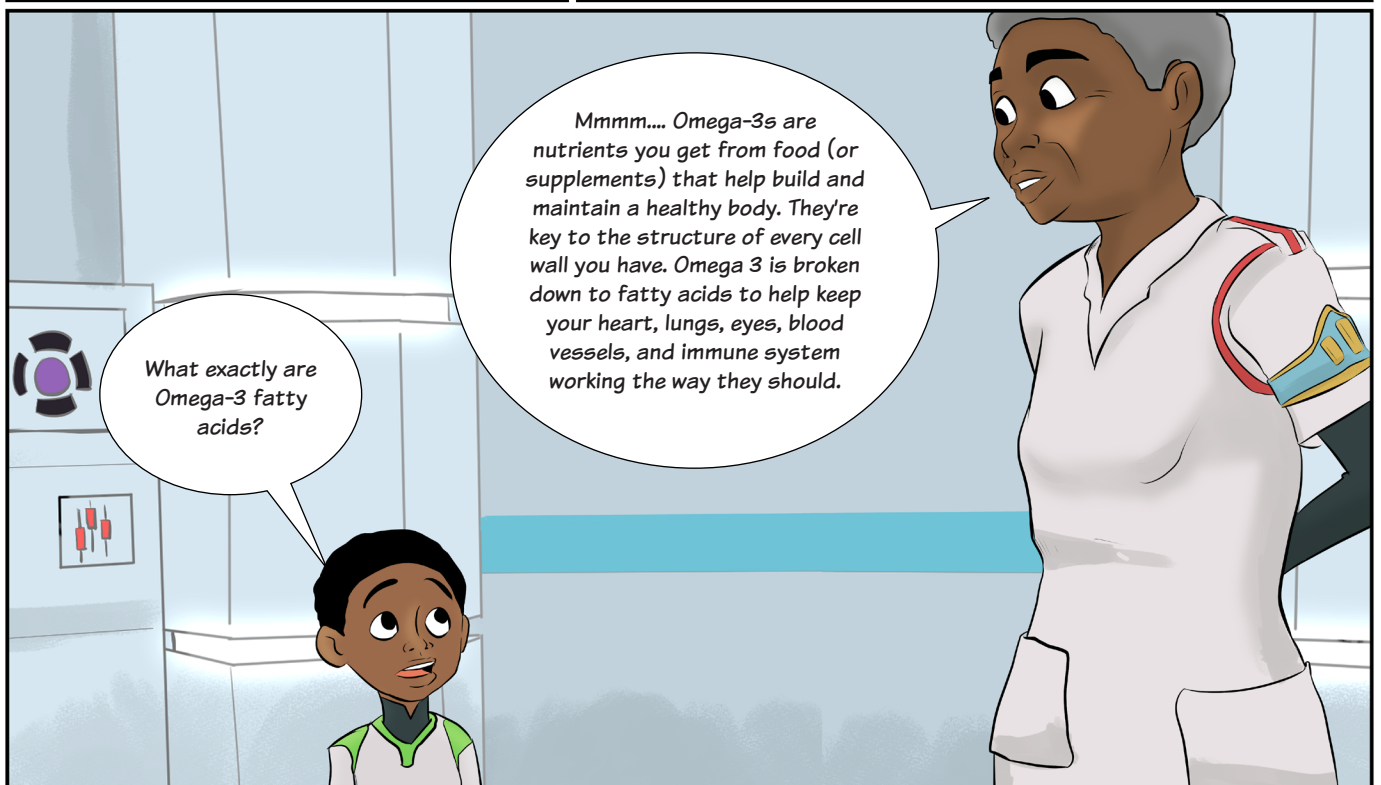
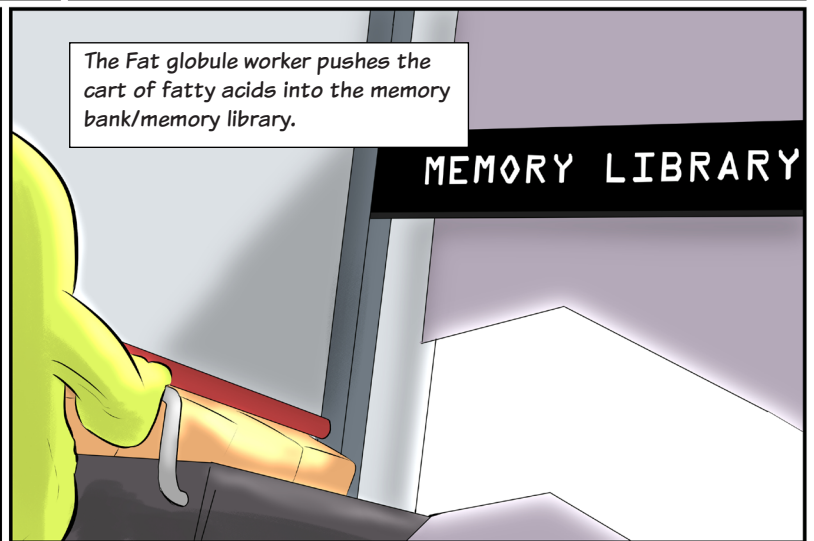
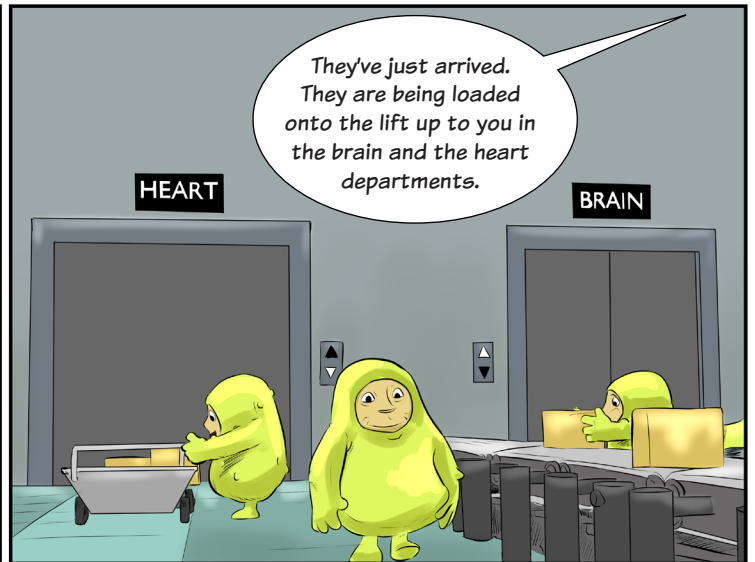
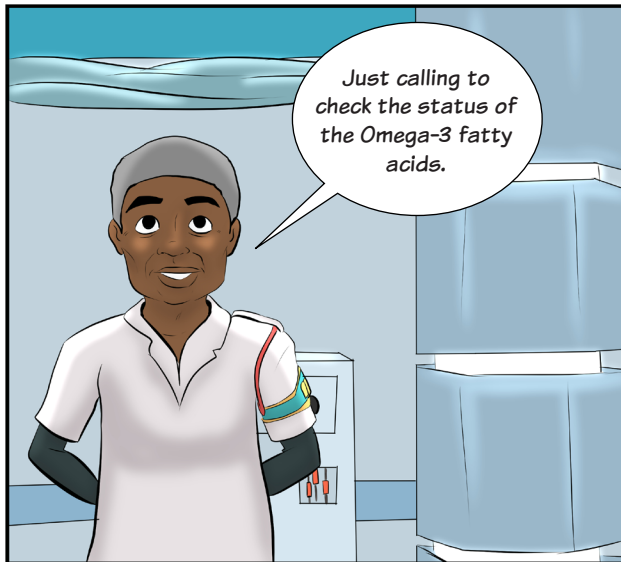


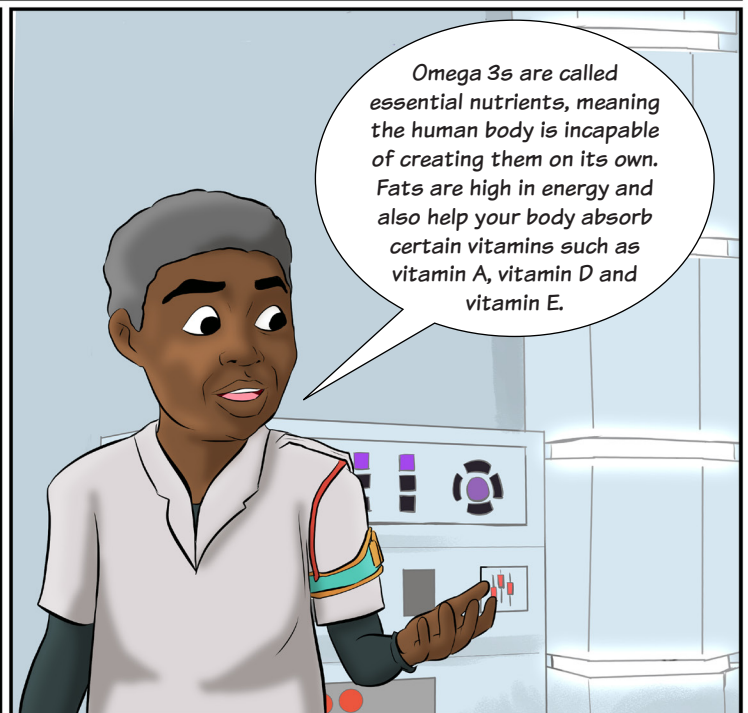
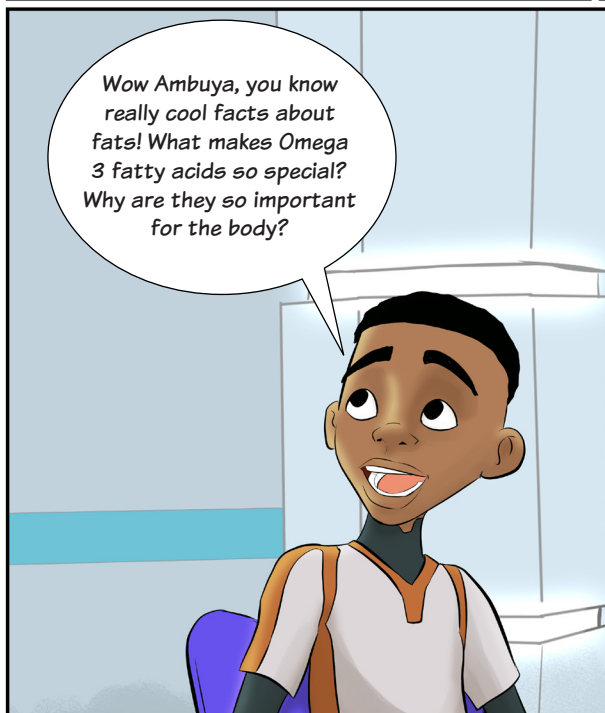
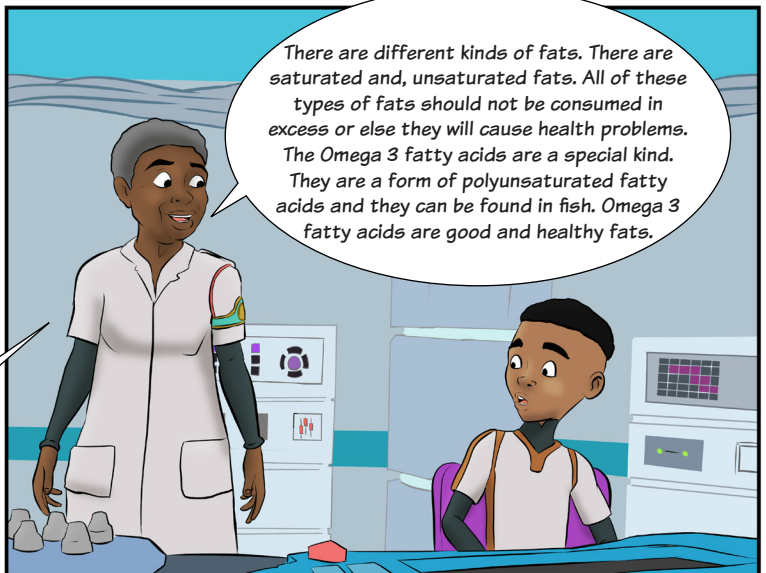
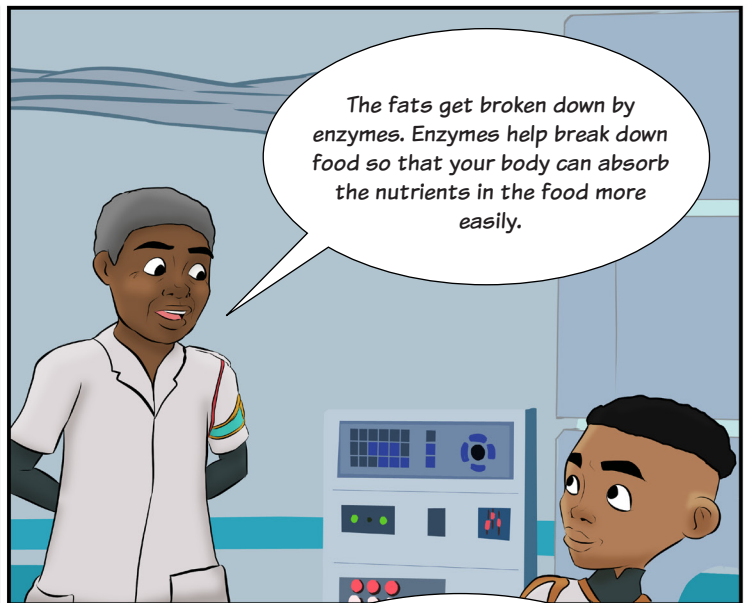


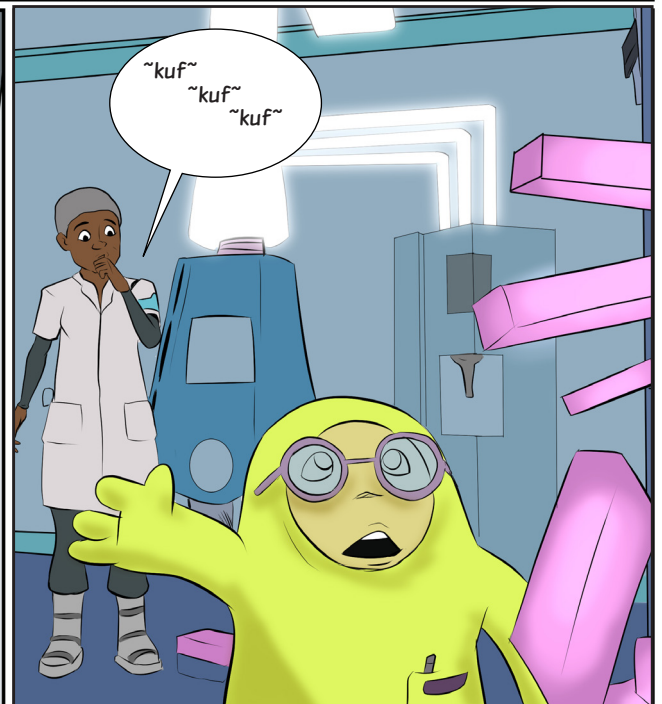
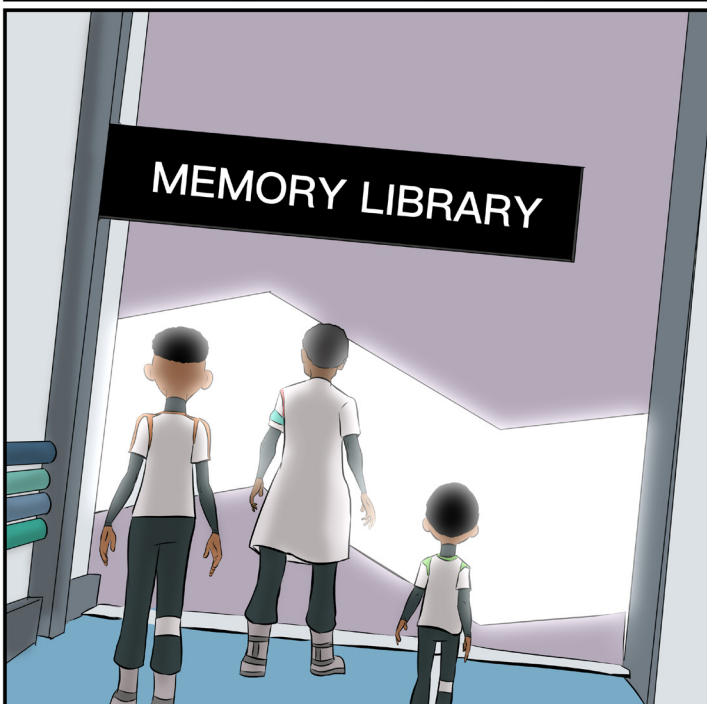
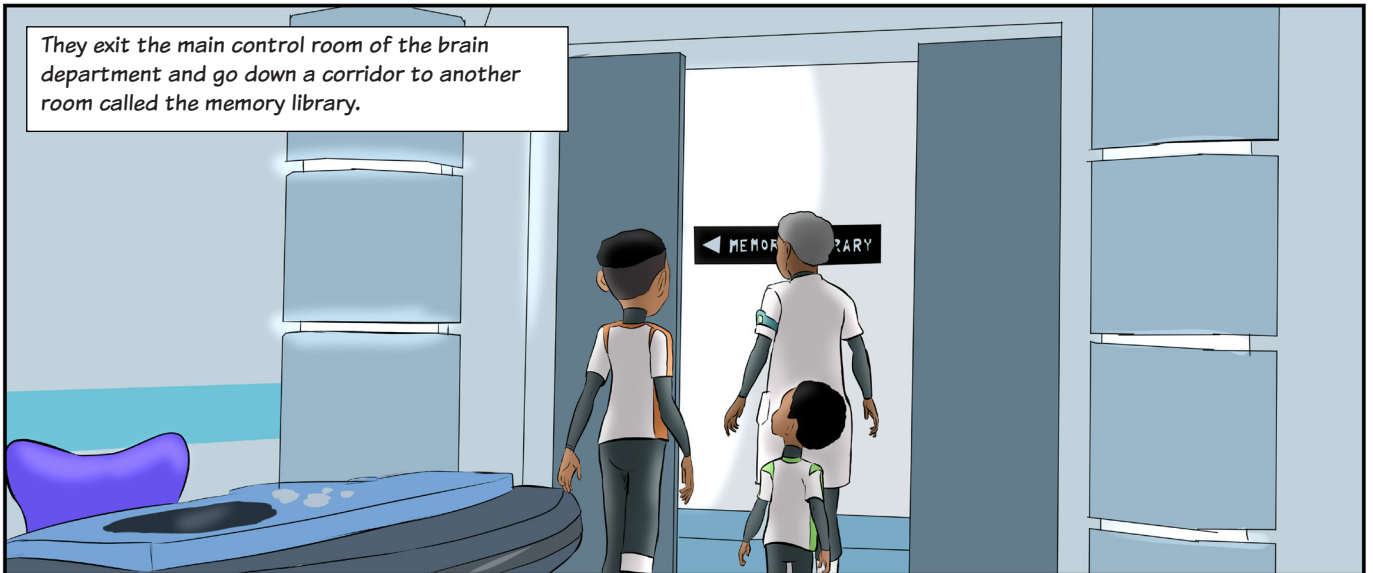












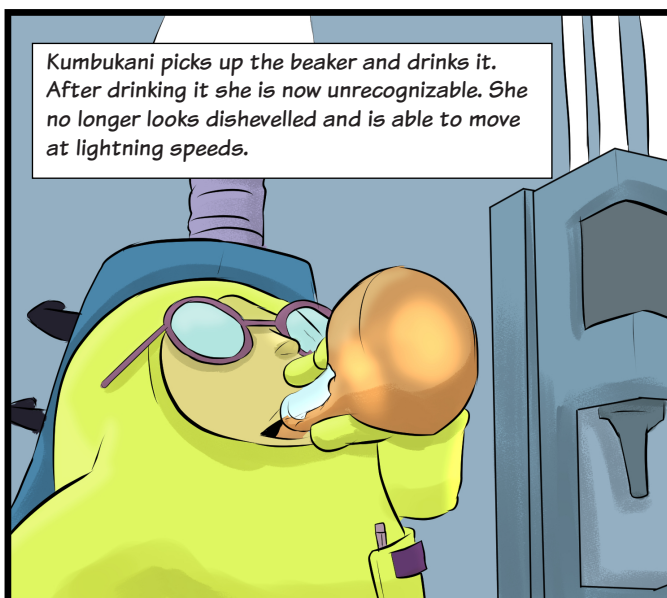




She puts the Omega-3 globules into what looks like a large furnace or processor.



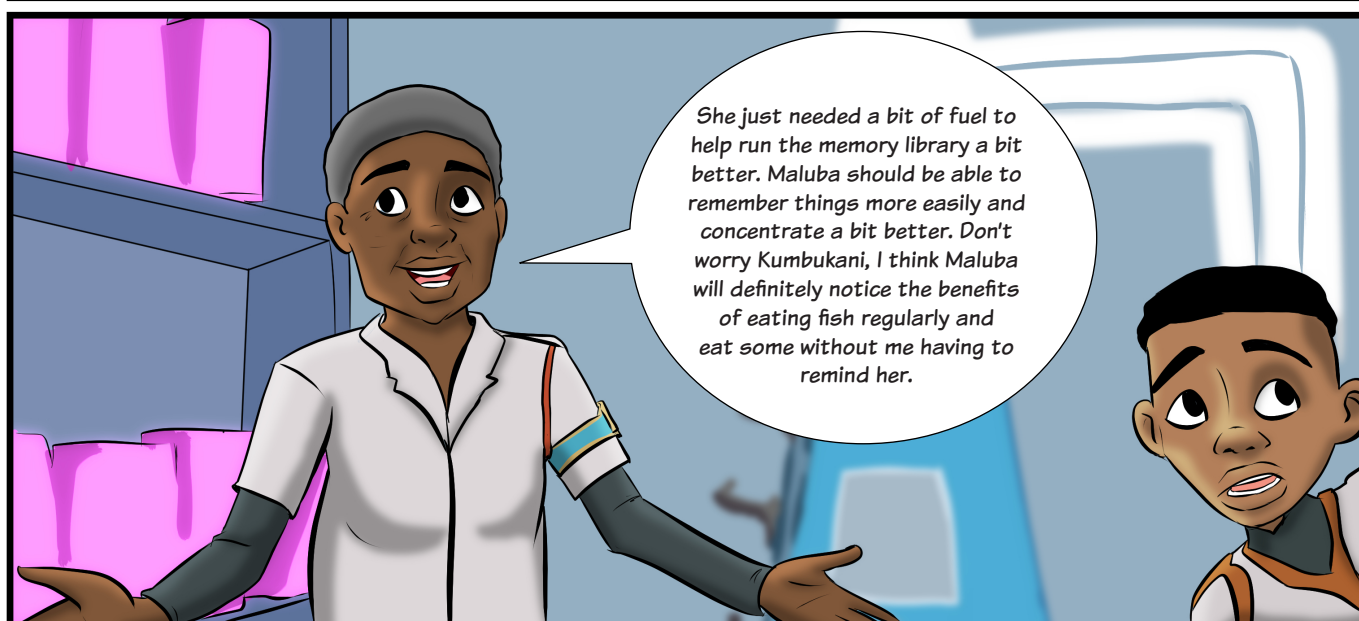
The globules are transformed into what looks like a liquid which drips into a beaker.



Kumbukani picks up the beaker and drinks it. After drinking it she is now unrecognizable. She no longer looks dishevelled and is able to move at lightning speeds.



She runs around at lightning speed organizing all the books, picking them up off the floor and putting them on the shelf properly.



We see them waving goodbye to Kumbukani and they walk out the memory library and walk back to the main room of the brain.



Is everything now in order Ambuya?

Yes, everything is in order. The memory library just needed a bit more help.



Ambuya, what happens to extra fat that you don't need?

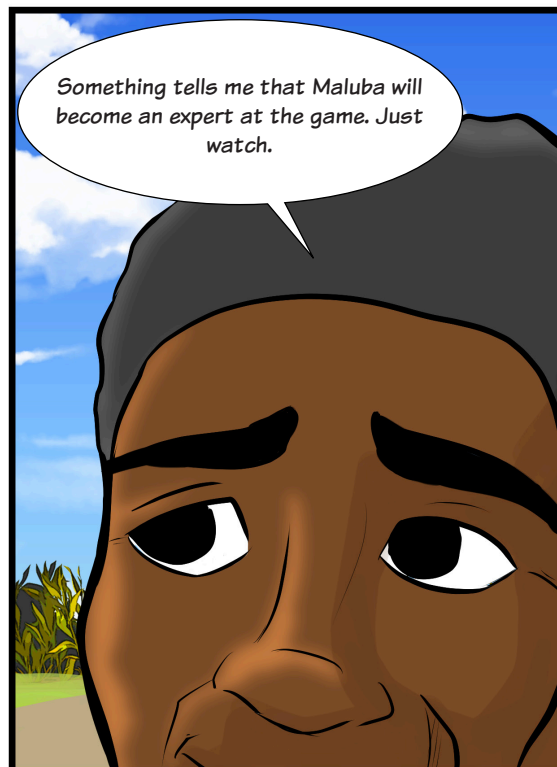


Well you need to burn it off with some sort of physical activity. So walking, running around in the yard, harvesting fish... Activities like these burn off extra fat and also help build muscle.



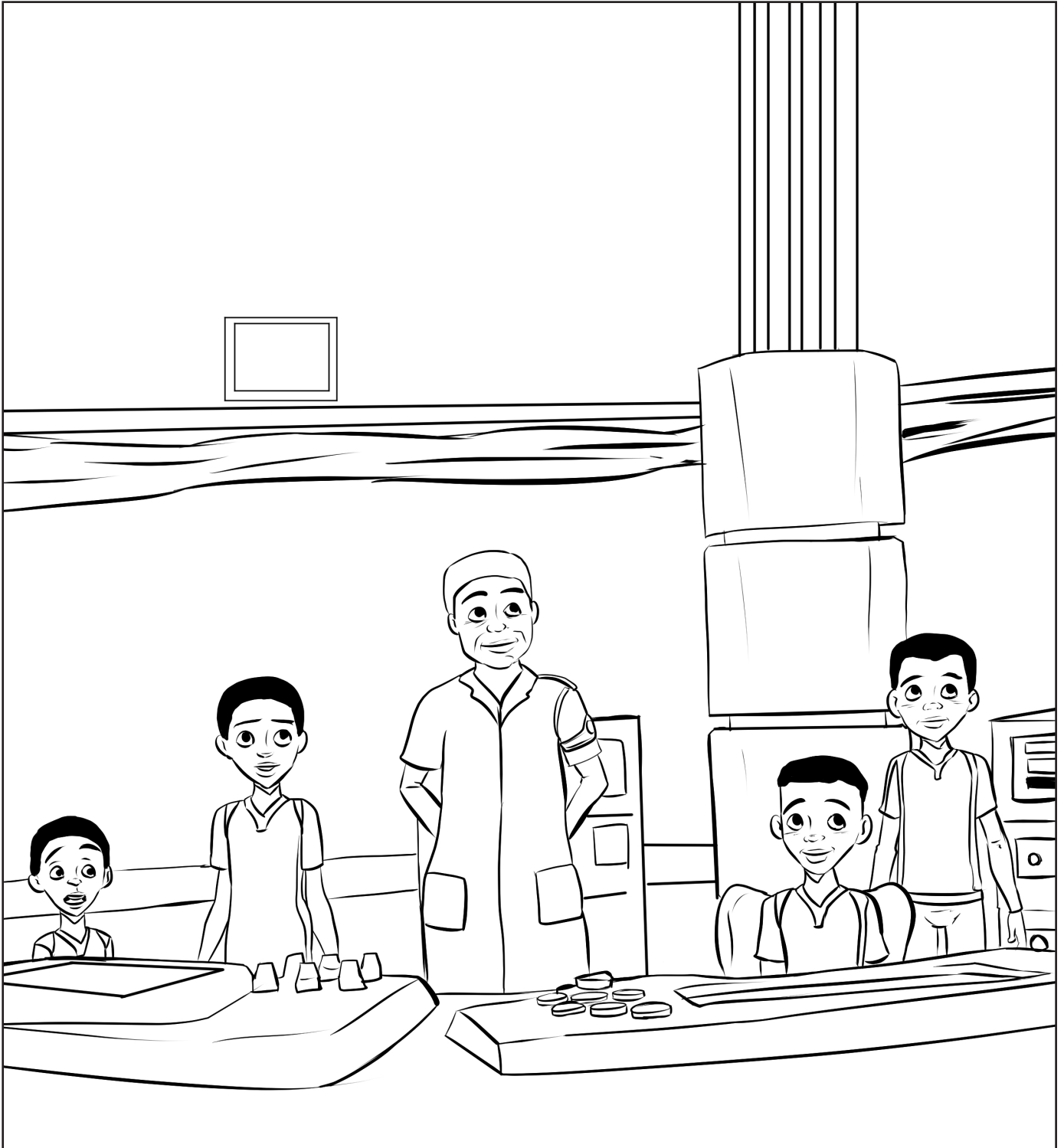








COLOUR HERE



COLOUR HERE



COLOUR HERE

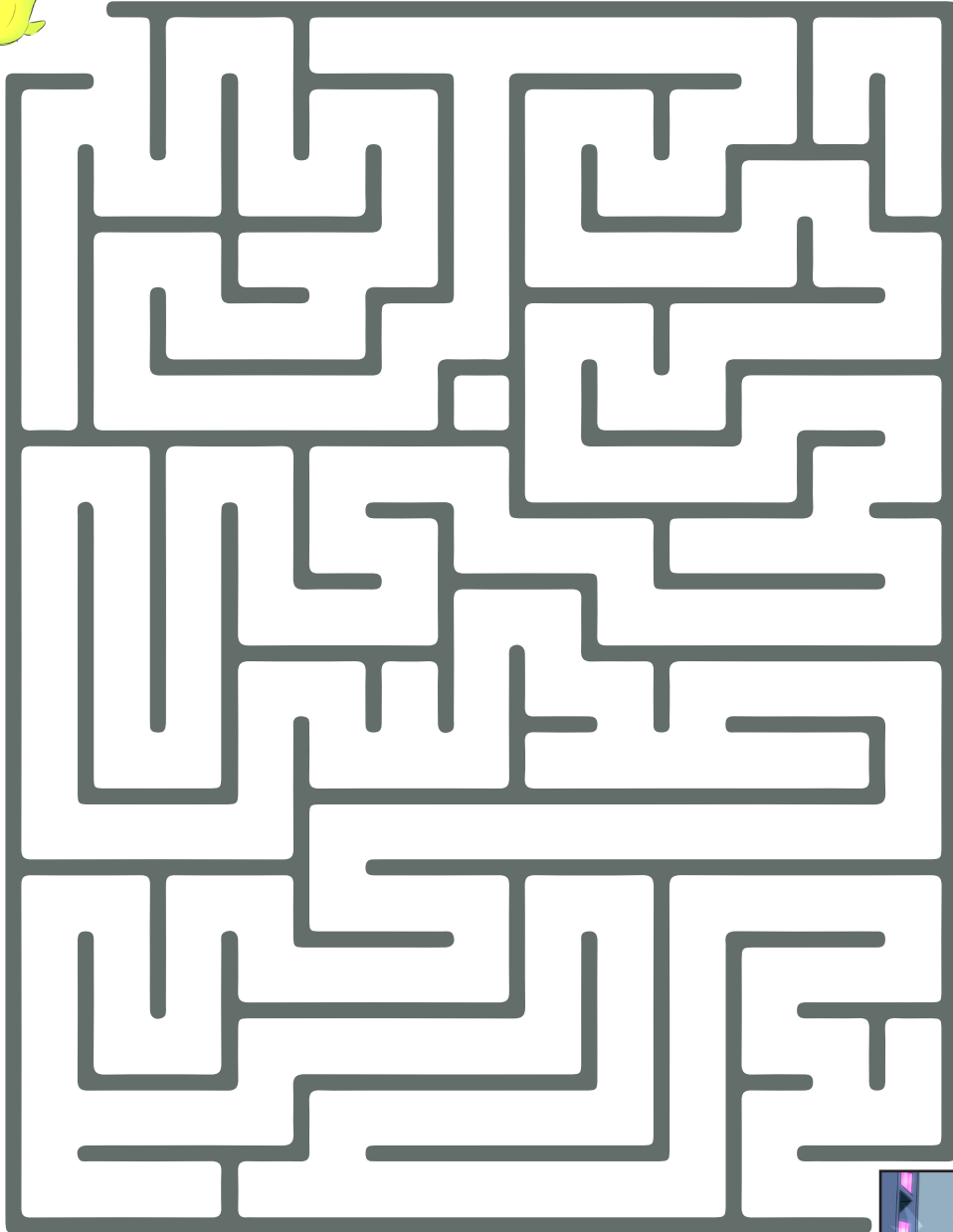


COLOUR HERE



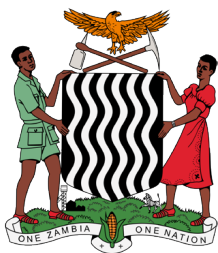
PUZZLE MAZE

Start



End

A publication by the
Fish for Food Security (F4F) and
Food and Nutrition Security,
Enhanced Resilience (FANSER)
Projects in Zambia.



Implemented by

giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH