

# Community Worker's Handbook

Essential Nutrition Actions (ENA)  
Essential Hygiene Actions (EHA)  
Homestead Food Production (HFP)

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**SPRING**

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## **ABOUT SPRING**

The Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project is a five-year USAID-funded Cooperative Agreement to strengthen global and country efforts to scale up high-impact nutrition practices and policies and improve maternal and child nutrition outcomes. The project is managed by JSI Research & Training Institute, Inc., with partners Helen Keller International, The Manoff Group, Save the Children, and the International Food Policy Research Institute.

## **DISCLAIMER**

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## PREFACE

The Essential Nutrition Actions (ENA) framework delivers a set of evidence-based interventions to improve nutritional status during the critical 1,000 days between conception and two years of age, targeting pregnant and lactating women and their young children. The model defines the right action to be taken by the right person at the right time in the life cycle. This document includes a set of reference tools to be used at the community level to promote and support improved nutrition practices.

The ENA framework promotes a “nutrition through the life cycle” approach, addressing women’s nutrition during pregnancy and lactation, optimal breastfeeding and complementary feeding practices, nutritional care of sick and malnourished children, and the control of anemia, vitamin A, and iodine deficiency.

The Essential Hygiene Actions (EHA) framework delivers a complementary set of evidence-based practices around food hygiene, hand washing, and access to a simple water-source (tippy taps) around toilet and cooking areas.

Implementing ENA/EHA through the agricultural sector represents two different opportunities for individuals to advocate with families – particularly mothers and fathers with children under two years—for specific, relevant nutrition and hygiene actions:

- Farmers as individuals or in groups through agricultural extension agents, farmer networks, and Farmer Nutrition Schools
- Other agriculture platforms such as input provision, veterinarians and financial services and markets

The Homestead Food Production (HFP) model is another complementary community intervention that promotes the production and consumption of vegetables and animal source foods (fish, poultry, and eggs) at the household level. Recommended nutrient-dense vegetables often include sweet gourd, bottle gourd, knolkhol, radish, red amaranth, amaranth, kangkong, Indian spinach, okra, bitter gourd, papaya, ash gourd, country bean, and yard long bean. This intervention is intended to promote high-quality, micronutrient-rich diets for pregnant and lactating women and children from 6 to 24 months of age. For maximum nutritional impact on vulnerable groups, gender considerations must be elucidated at each step; similarly the environmental, socio-cultural, and enabling factors in each setting must be taken into consideration.



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## HOW TO USE THIS HANDBOOK

### The purpose of the handbook is to:

- Be a primary reference during the training of Community Workers.
- Provide key information as a reference to Community Workers on the actions and the benefits of the recommended practices to be adopted by mothers, fathers, households, and communities to improve the nutrition and health of women and children.
- Give simple, action-oriented messages to promote improved behaviors for different household members: mothers, husbands, and mothers-in-law.
- Provide discussion topics surrounding illustrations and practices for use in counseling sessions and group meetings.

The actions in this Handbook are classified into three themes. Community Workers are expected to target counseling to individual needs, and negotiate improved practices that are feasible and realistic in each individual context. Optimal improvement of nutrition behaviors should include all three topics:

1. Key Essential Nutrition Actions
2. Key Essential Hygiene Actions
3. Key Homestead Food Production Actions

## SECTION 1: KEY ESSENTIAL NUTRITION ACTIONS



Figure 1. A Life Cycle Approach Focusing on the First 1,000 Days

## **PRACTICE 1**

### ***Diet for Pregnant Women***

What do you see in this picture? How can we help pregnant women eat what they need? In your community, do husbands advise their pregnant wives to eat additional food? Why? (Discussion)

### **Key Message**

If you are pregnant, eat one extra handful of all different food types in each meal every day. This will not make your baby too big, just strong and healthy.

### **Additional Information**

- Eat many different types of colorful food to be strong and get vitamins, such as sweet gourd, bottle gourd, knolkhol, radish, red amaranth, amaranth, kangkong, Indian spinach, okra, bitter gourd, tomato, papaya, ash gourd, country bean, and yard long bean.
- Eat fish, hicken, eggs, or meat at least once a day; this will make you strong and help you to have a healthy baby.
- Only use iodized salt while cooking family meals.
- Take rest for two to three extra hours during the day and avoid carrying heavy loads. This is for your and your baby's safety.



### **Remember to share the following messages with these family members: HUSBANDS & IN-LAWS**

Make sure that your pregnant mother has one handful of extra food of different types in each meal.

Make sure she rests for two to three extra hours during the day and avoids carrying heavy loads and doing strenuous household chores.





## PRACTICE 2

### Iron Supplementation during Pregnancy

What do you see in this picture? In your community, do pregnant woman get iron supplements from the health facility? (Discussion)

#### Key Message

When you know that you are pregnant, go to the health facility to get daily iron-folic acid (IFA) tablets to maintain your strength and health during pregnancy and prevent anemia.

#### Additional Information

- IFA tablets are important for mothers to stay strong, and they have to take one pill a day as soon as pregnancy occurs and continue for three months after you have delivered.
- Ask the health worker for IFA tablets; these are usually available in health facilities.
- Eat fish, meat, eggs, liver and green leafy vegetables which are also a good source of iron for pregnant woman.
- Take calcium tablets twice a day after meals, every day after 3 months of pregnancy.
- Make sure to receive tetanus shots.
- Make at least four antenatal care (ANC) visits to a health facility to avoid complications during pregnancy and to ensure a safe delivery.

#### Schedule for ANC visit

- 1<sup>st</sup> visit: 16<sup>th</sup> week (4 months)
- 2<sup>nd</sup> visit: 28<sup>th</sup> week (6-7 months)
- 3<sup>rd</sup> visit: 32<sup>nd</sup> week (8 months)
- 4<sup>th</sup> visit: 36<sup>th</sup> week (9 months)

#### Remember to share the following messages with these family members: HUSBANDS

Help your wife get IFA tablets from your health facility, and take her there at least four times during pregnancy.



### **PRACTICE 3**

#### **Early Initiation of Breastfeeding**

What is happening in the picture? Do mothers in your community start breastfeeding immediately after birth, even before the expulsion of the placenta? (Discussion)

#### **Key Message**

Put your baby on the breast immediately after delivery (within one hour of birth), even before the placenta is expelled, to stimulate your production of milk.

#### **Additional Information**

- Do not feed your infant sugar water, honey, water, powdered milk, cow's milk, or goat's milk as this can lead to more illness, such as diarrhea and pneumonia.
- Initiate breastfeeding immediately after delivery (within one hour of birth) to reduce postpartum bleeding.
- The first yell w milk (colostrum) helps to protect the infant from illness.
- The first yell w milk (colostrum) will help to expel the baby's first dark stool
- Seek immediate care from a health worker if you face nipple and breast problems.



#### **Remember to share the following messages with these family members: HUSBANDS & IN-LAWS**

Do not influence the mother to give other things except breast milk and help her to breastfeed the baby immediately after birth.



## **PRACTICE 4**

### **Exclusive Breastfeeding to Six Months of Age**

What do you feed a baby less than 6 months of age? (Discussion)

#### **Key Message**

Feed your baby only breast milk, not water, for the first six months, to help him or her grow healthy and strong.

#### **Additional Information**

- Breastfeed your baby on demand, at least 8-12 times each day and each night, to produce enough milk and provide your baby enough food to grow healthy.
- Empty the first breast before you switch to the other for the baby to receive all the nutrients and fat from the breast milk.
- Never use a bottle to feed your baby, as these are hard to keep clean and may cause illness from contamination.
- Breast milk provides the best nourishment possible for the baby and will protect the baby from diarrhea and respiratory infections.
- If the baby is given water or other liquids, it sucks less on the breast which may lead to poor growth.
- Even in very hot weather, breast milk will satisfy the baby's thirst during the first six months.
- Frequent breastfeeding helps milk flow and ensures baby's healthy growth.

#### **Remember to share the following messages with these family members: HUSBANDS & IN-LAWS**

Help your wife/daughter-in-law on her household work so that she can give more time to breastfeed the baby as well as the privacy to do so.

### Exclusive Breastfeeding Methods

The mother should hold her breast with her fingers in a C shape, not be in a ‘scissorhold’ (two fingers on each side of the nipple) because this method tends to put pressure on the milk ducts, stopping the flow of milk and can pull the nipple out of the infant’s mouth.



### Signs of Proper Positioning

- The infant’s head, back, and buttocks are in a straight line. The infant should be able to look at the mother’s face.
- The infant needs to be close to the mother (stomach to stomach positioning).
- The infant’s nose is straight towards mother’s breast.
- The baby’s whole body should be supported, not just the head and shoulders.



### Signs of Proper Attachment

- Tease the infant’s lower lip with the nipple, in order for the infant to open his/her mouth wide.
- The infant’s chin touches the breast.
- Both lips are turned outwards.
- The infant’s mouth covers a large part of the areola (there is more areola showing above rather than below the nipple).

### Signs of Efficient Suckling

- Slow and regular sucking at the following rhythm: two sucks and one swallow.
- The infant takes slow deep sucks, sometimes pausing.
- Suckling is comfortable and pain free.
- The mother hears her baby swallowing.
- The breast is soft after the feed.



## **PRACTICE 5**

### ***Diet for the Lactating Mother***

What is happening in the picture? In your community, do you give additional meals to mothers who are breastfeeding? (Discussion)

#### **Key Message**

When you are breastfeeding, eat two extra handfuls of different food types during each meal every day to maintain your health and the health of your baby.

#### **Additional Information**

- Eat more and many different types of colorful foods to be strong and get vitamins, such as sweet gourd, bottle gourd, knolkhol, radish, red amaranth, amaranth, kangkong, Indian spinach, okra, bitter gourd, tomato, papaya, ash gourd, country bean, and yard long bean.
- Eat fish, chicken, eggs, or red meat at least once a day to keep you strong.
- Take a vitamin A capsule as early as possible—within 42 days—of delivery. This will fulfill vitamin A requirements for you and your baby.
- Drink plenty of clean water.
- Continue taking IFA tablets for 3 months after delivery.

#### **Remember to share the following messages with these family members:**

##### **HUSBANDS**

Make sure your wife eats different types of food every day to be strong and get vitamins.



## PRACTICE 6

### Introducing Complementary Foods through Diversified Diet

What is happening in the pictures? When should children start eating food other than breast milk? What kinds of food should they start with? (Discussion)

#### Key Messages

- When your child is 6 months old, introduce complementary food (from family meals) so your baby grows to be healthy and strong.
- Continue to breastfeed your baby until they are two years of age (and over two if needed) so the child stays healthy and strong.

#### Additional Information

- After six months, the baby has extra nutritional needs that cannot be fulfilled only by breast milk.
- Begin to give the child **three different types of colorful food daily** (such as orange/red/green leafy vegetables and fruits; eggs/fish/meat/beans/lentils; and milk and dairy products).
- Add animal foods (fish, egg, liver, chicken, and other meat) to at least one meal a day to make your baby strong and healthy.
- Use iodized salt in family meals.
- Add a little spoon of oil or butter to the child's food.
- Mash and soften the foods so your child can easily chew and swallow the food.
- Feed your baby milk & dairy products whenever they are available. Add breast milk to cook *kheer-payesh* (rice in milk) and *suji* in addition to water to enrich food quality.
- Wash child's hands and your hands with soap and water before feeding your child to avoid diarrhea.
- Clean and cook the food well before giving it to your baby and wash your hands before feeding.
- Continue breastfeeding to protect your child from diseases such as diarrhea, pneumonia, and allergies.



#### Remember to share the following messages with these family members: FATHERS

When you go to the market, buy nutritious snacks for your young child such as seasonal fruits. Buy mangos, papayas, sweet potatoes, pumpkins, carrots, and milk instead of biscuits, chocolates, or sweets, which lessen children's appetites for nutritious food.

## Practice 7

### Frequency and Quantity of Feeding for 6-8, 9-11 & 12-24 Month-Old Child

#### Key Messages

- From 6-8 months of age, feed your baby two times a day by using a half bowl of 250 ml of family food.
- From 9-11 months of age, feed your baby three times a day by using a half bowl of 250 ml of family food.
- From 12-23 months of age, feed your child at least three times a day using a full bowl of 250 ml of family foods.
- Also feed your baby one or two other semi-solid nutritious snacks, such as milk or milk products, seasonal fruits, or homemade snacks each day to ensure healthy growth.

#### Additional Information

- Make sure that food for the child is not watery, but thick enough that it slowly falls off a spoon.
- Thin porridge made with water is not healthy for the baby as it does not provide enough of the nutrients to grow strong and healthy.
- Thicken the food more as the baby grows older, making sure the baby is still able to swallow easily without choking.
- By 8 months the baby should be able to begin eating with his/her hands. Give small pieces of ripe mango and papaya, ripe jackfruit, banana, boiled potato, sweet potato, and fried raw banana.
- Wash the outside of the fruit thoroughly and peel with a clean knife and plate.
- Wash both your child's hands and your own with soap and water before feeding your child to avoid diarrhea.
- Be patient with your baby, as it takes a long time for the child to adapt to foods other than breast milk.
- Serve food to your baby in a separate bowl to track how much s/he is eating.



#### Remember to share the following messages with these family members: MOTHERS

Never feed your baby with a bottle because it can carry germs, which can potentially give your baby a disease.



## PRACTICE 8

### Feeding a Sick Child During and After Illness

What do you see in this picture? What do you do when the babies and children get sick?  
(Discussion)

#### Key Message

During illness, increase the frequency of breastfeeding, and for children 6 months and older, offer additional food to help him/her recover faster.

#### Additional Information

For all infants and young children 0 to 6 months:

- Continue to breastfeed during diarrhea; consider breastfeeding more frequently to replace the lost liquid.

For infants 6 months and older:

- When your 6-24 month-old child has recovered from his or her illness, give them an additional meal of solid food each day during the following week to aid recovery.
- Take time to patiently encourage the sick child to eat as her/his appetite may be decreased because of the illness.
- Feed the sick child food in small quantities throughout the day.
- Ensure that the infant does not get dehydrated. In order to prevent dehydration, give the child an oral dehydration solution (ORS).
- Follow the instructions given by the health worker on how to give the zinc to the baby: follow the duration of treatment specified exactly (10-14 days).
- If the condition of the baby does not improve, take the baby to the nearest health center for examination.
- Breastfeeding during illness also gives comfort to the sick child.
- Sick mothers can continue to breastfeed their babies.



**Remember to share the following messages with these family members:**

#### FATHERS

Pay attention to your child and if the condition deteriorates, take the baby to nearest health service immediately.



## PRACTICE 9

### Importance of Vitamin A

What do you see in this picture? Where can you get vitamin A in your community? Why is eating a diversified diet important? (Discussion)

#### Key Messages

- Eat and feed your child green leafy vegetables, colorful fruits, eggs, liver, small fish to avoid blindness and strengthen your immune system.
- Take vitamin A capsules as early as possible—within 42 days—of delivery. This will fulfill the vitamin A requirement for you and your baby.

#### Additional Information

- If you are a pregnant or lactating mother and your baby is more than 6 months, eat vitamin A rich animal-source foods, like eggs, liver, and small fish, because animal-source food is much more effective than vegetables at promoting vitamin A absorption. It is important to give these foods to pregnant and lactating women and children under two as much as possible.
- Ask the health worker to give vitamin A supplementation two times a year to your child when they are between 6 and 59 months of age.
- Vitamin A-rich food will enrich the mother's breast milk with important nutrients to keep the baby healthy and strong.
- Add oil in cooking vegetables which helps to absorb vitamin A properly.
- Take the child to National Immunization Days to get vitamin A supplementation.



#### Remember to speak with these family members about this message:

##### FATHERS

When you go to the market, buy yellow and green vegetables and fruits, such as pumpkin, sweet potato, carrot, spinach, mango, jackfruit, ripe papaya, as well as small fish, liver, eggs, and oil, for your pregnant wife and your children to prevent blindness and strengthen their immune systems.



## PRACTICE 10

### Preventing Anemia

Where can you get deworming medicine for your children? Why is eating a diversified diet important? (Discussion)

#### Key Messages

- If you are pregnant or lactating or your child is older than 6 months, eat or give your child iron rich foods such as fish, meat, lentil, dark green leafy vegetables, or liver to protect from diseases and maintain good health.
- Take IFA tablets to stay strong. You have to take one tablet a day as soon as pregnancy occurs and continue for three months after you have delivered.

#### Additional Information

- During pregnancy iron requirement increases, therefore pregnant women need to eat iron-rich vegetables everyday.
- Iron from animal source foods, such as egg, liver, and fish, is better absorbed by the body so pregnant and lactating mothers need to eat more animal source foods.
- Eat vitamin C-rich food with vegetables for iron absorption by your body.
- Eating iron-rich food will enrich the mother's breast milk with important nutrients to keep the baby healthy and strong.
- When the child is two years old, give deworming medicine every six months because intestinal parasites cause young children to become anemic, which will make them unwell and tired.
- Ask a health worker for deworming medicine to be given two times a year and continue the process up to 5 years.
- Deworming is also offered during National Immunization Day.



#### Remember to share the following messages with these family members:

#### HUSBANDS

Help your wife to get IFA tablets from the health worker and purchase iron rich vegetables such as **small fish, meat, lentils, dark green leafy vegetables, or liver** to fulfill her iron requirement.

## **PRACTICE 11**

### **Using Iodized Salt**

What do you see in the picture? Why is it important to use iodized salt? Can you find it in our community? (Discussion)

#### **Key Message**

Ensure that all family food is cooked using iodized salt so family members remain healthy.

#### **Additional Information**

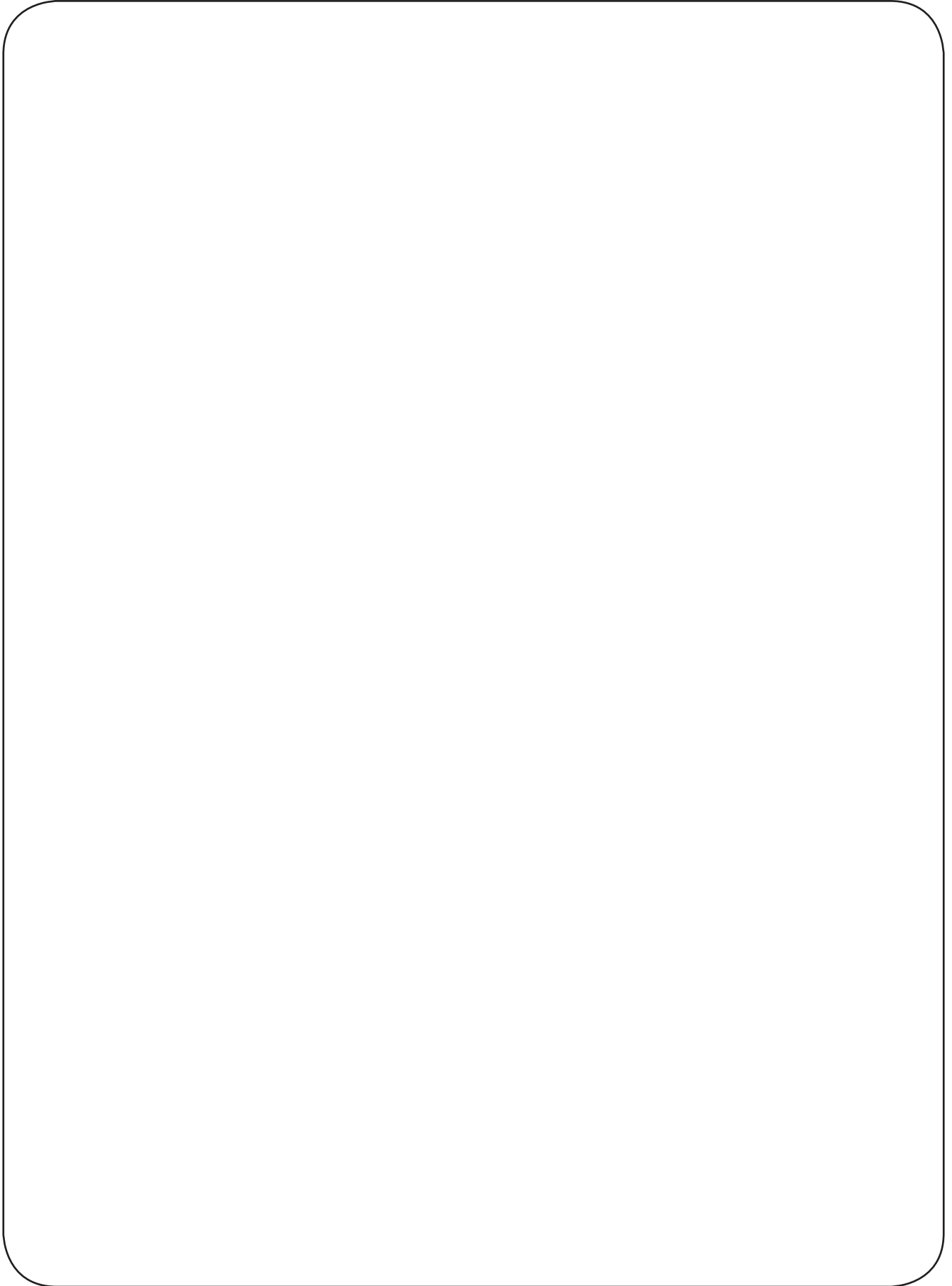
- Pregnant women need to use iodized salt to ensure their health and the health of the new baby as iodine deficiency can increase risk at delivery and the death of the baby.
- Iodine deficiency also can cause developmental delays for children's mental health.
- Iodine deficiency causes goiter.
- Add the iodized salt once you are finished cooking. Preserve iodized salt in glass jar, clay or plastic pot with cover. Keeping iodized salt in the sun or a wet place may reduce the iodine content of the salt.
- Iodized salt is available everywhere.
- You can also get iodine from sea foods.



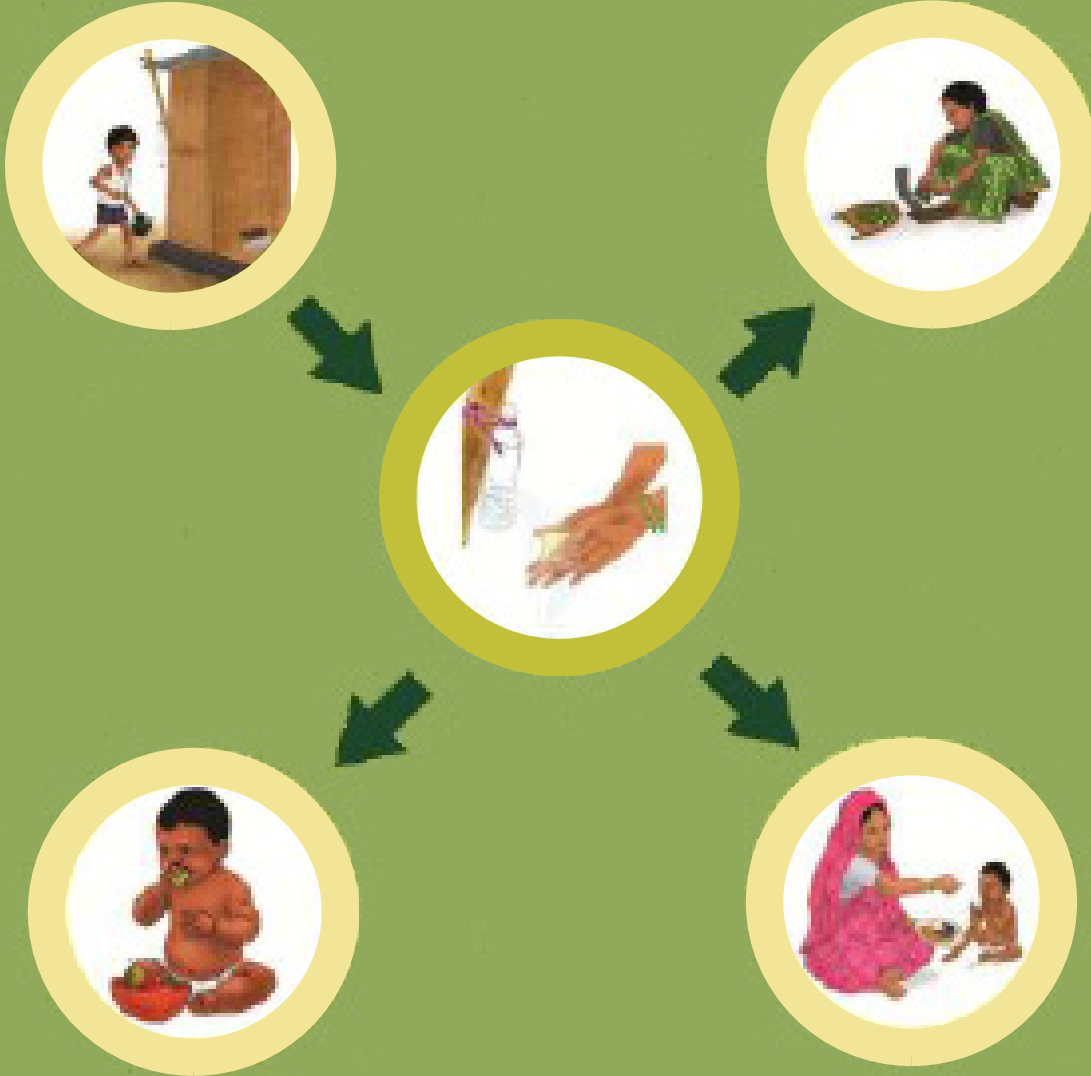
#### **Remember to share the following messages with these family members:**

#### **HUSBANDS**

Always buy iodized salt from the market for your family to keep them healthy and to avoid neurological damage to your child.



## SECTION 2: KEY ESSENTIAL HYGIENE ACTIONS



## PRACTICE 12

### Hand Washing

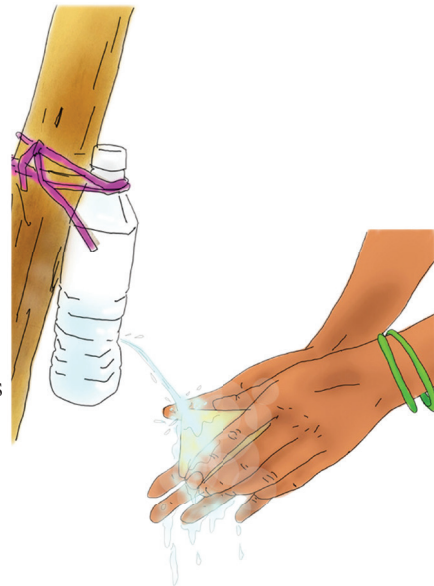
What do you see in the picture? Why is it important to wash hands? (Discussion)

#### Key Message

Wash your hands with water and soap after going to the bathroom, before preparing food, and before eating or feeding, so you and your family do not get sick.

#### Additional Information

- It's important to wash your hands with soap and water. Follow these simple steps:
  - Wet hands and soap with water
  - Rub hands with soap until a lather forms
  - Rub in between fingers and under fingernails for 30 seconds
  - Rinse off the lather with running or dripping water
  - Allow hands to air dry
- Wash your hands after cleaning your children's bottoms and after contact with their stool.
- Wash your children's hands with soap and water often, as they put their hands in their mouths often, even when they are not yet feeding themselves.
- Teach your children to do the same and make it a routine for them: 'wash before eating', etc.



#### Remember to share the following messages with: ALL FAMILY MEMBERS

Make it a habit for you and your child to wash hands with soap before eating and feeding, and after using the bathroom.



## PRACTICE 13

### Making a Tippy Tap for Hand Washing

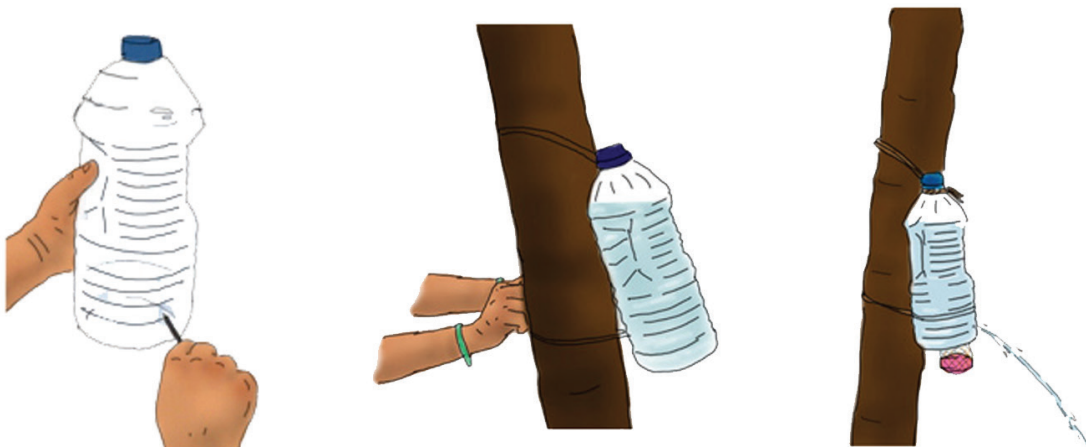
Do you have easy access to water for hand washing? Do you think you need more water for hand washing? (Discussion)

#### Key Message

Place the water source next to the toilet and the cooking area to wash your hands and prevent disease.

#### Additional Information

- It prevents waste of water and motivates people to practice hand washing.
- How to make a Tippy Tap:
  - Collect a clean plastic bottle (preferably a big one), a nail or a small knife, a candle, matches, a rope or string, and if possible a net bag.
  - Heat the nail/knife with the lit candle and make a small hole, as low on the bottle as you can; ideally about 2 cm (two fingers' width) from the bottom.
  - Fill the bottle up with water, close the cap tight and tie the bottle up to a pole with string.
  - Place it near the toilet and the kitchen.
  - Hang a bar of soap next to the bottle with the net bag or a string to prevent it from getting lost or damaged.
  - Open the cap slightly and the water will come out of the hole.
  - Wash your hands with soap and water.



**PRACTICE 14**  
**Keeping the Environment Clean of Feces**

What do you see in the picture? Why is it important to use a sanitary latrine? (Discussion)

**Key Message**

Use a sanitary latrine, teach your children how to use it to keep your environment clean and safe from illnesses by keeping feces out of the environment. Avoid germs from entering your food and water.

**Additional Information**

- Family members, in particular young children, will get diarrhea when the environment is dirty with human and animal feces.
- Build a sanitary latrine if you don't already have one. (if you need help building one, contact the local government, nongovernmental organizations, or the water committee in your community).
- Keep your latrine free of visible feces by washing daily and whenever feces are visible.
- Cover the hole of your latrine to avoid flies.
- Immediately dispose of children's feces into the hole of the latrine.
- Keep your compound clean of garbage/household waste in one place to avoid having flies and getting sick.
- Keep sufficient water on hand to clean the latrine.



**Remember to share the following messages with these family members:**  
**HUSBANDS**

Save some money to build a sanitary latrine for your family to be healthy.



## PRACTICE 15

### Keep Containers and Food Clean

What do you see in the picture? Why is it important to keep containers clean, particularly containers for water storage and young children's bowls? (Discussion)

#### Key Messages

- Clean bowls and spoons with soap and water before you use them to feed your young child.
- Clean all water containers before pouring clean water in them, and store water in a narrow-necked container to keep dirt out.
- Always cover your food and water to protect them from flies .

#### Additional Information

- **Never** clean or dry a container by sticking a rag or cloth inside. *This often introduces more germs than if no cleaning had been done.*
- Clean water could get dirty if left out in the open.
- Flies sit on feces and then on food and water jugs, making them dirty and infecting food and water.





### SECTION 3: KEY HOMESTEAD FOOD PRODUCTION ACTIONS



## PRACTICE 16

### Home Gardening for Food Diversity

When you visit a household or a group of farmers (men and women), explain the importance of homestead gardening for growing diversified crops for pregnant and lactating mother .

#### Key Message

Plant a variety of crops in your garden to obtain maximum vegetable harvests year round and to be able to give at least 2-3 different types of food per meal to your family.

#### Additional Information

- Grow sweet gourd, bottle gourd, knolkhol, radish, red amaranth, amaranth, kangkong, Indian spinach, okra, bitter gourd, tomato, papaya, ash gourd, country bean, and yard long bean to get all kinds of vitamins and iron to be strong and healthy.
- Cultivate intercropping (growing two or more crops at the same time with at least one crop planted earlier). Some vegetables germinate and grow quickly while others take much longer to germinate and mature. (E.g., okra or bean with red amaranths).
- Harvest vegetables and fruit when they are fully ripe for best nutrition to feed your family.
- Keep some of your fruit and vegetables or use profit to buy two to three different types of foods to provide a diversified diet for your family.
- Dry or process some of your fruit or vegetable harvest to eat or sell later.
- Use improved grain storage containers that are rat- and insect-proof.
- When you have money available, buy nutritious food such as sweet gourd, bottle gourd, knolkhol, radish, red amaranth, amaranth, kangkong, Indian spinach, okra, bitter gourd, tomato, papaya, ash gourd, country bean, and yard long bean that give strength and vitamins.
- Reuse the water that has been used for household work (cooking, cleaning, washing hands, and other washing) or collect the water in the rainy season to get water year round.



#### Remember to share the following messages with these family members: HUSBANDS & ALL OTHER FAMILY MEMBERS

Practice homestead gardening and help your wife to get diversified vegetables from your own garden.

## Composting

Compost fertilizer can be prepared at minimal or no cost. It can be produced from organic materials such as animal excrement, urine, trunks and branches of crops and trees leaves, and vegetable rinds or waste. Using compost:

- Increases water retention and fertility of water. The soil becomes aerated and its texture and structure are improved.
- Helps produce sufficient nutrients in the soil for plants, and increases the productivity of earth worms and microorganisms in the soil.
- Decreases the proportion of sand and salinity in the soil.
- Prevents soil erosion.

### Process of preparing compost fertilizer

- Make a hole of a given size, and then make a layer with clay soil.
- Make a raised area with soil surrounding the hole.
- Make a tin shade to protect it from sunshine and rain.
- Fill the hole with stalks of grain, fruit rinds, vegetable peels, leaves, and ash etc.
- Cow dung can also be added.
- When the hole is full, add the mixture into the soil using the following mulching processes to maintain moisture and improve soil conditions.



## Water Management Through Reuse, Harvesting, and Mulching: Mulching and Mulching Materials

- Mulching is a process of covering the soil surface around the plants to create congenial conditions for the crop's growth. It helps moisture and soil conservation, temperature moderation, salinity, weed control, etc.
- Materials for mulches: water hyacinth, straw, leaves, wood dust, coconut hulls, etc.
- Mulching can be used for pit crops in homestead area.



## PRACTICE 17

### Raising and Eating Fish

When you visit a household or a group of farmers (male and/or female), ask them which sources of fish they can easily get for their family? (Discussion)

#### Key Message

Raise fish in the small pond near to our house to provide a more diversified and nutritious diet for your family and to have additional income.

#### Additional Information

- Raise different types of fish, such as Mola Dela, Gangetic Scissortail rasbora, and Puntio fish
- Try to add small fish every day and big fish once a week for your family's meal, in particular for pregnant and lactating women and children under two. There are a lot of vitamins, iron, and zinc in small fish.
- Dry fish for later consumption
- To keep the pond productive and fish healthy:
  - Remove excess mud and unwanted fish
  - Lime at recommended doses and frequency
  - Fertilize at recommended doses and frequency
  - Stock fish as recommended (spaces, number, and size)
  - Protect fish from predators and keep pond water clean
  - Monitor fish growth and health on a regular basis
  - Provide supplementary feed
  - If feasible, harvest fish partially and restock



#### Remember to share the following messages with these family members: HUSBANDS & ALL OTHER FAMILY MEMBERS

Use your nearby pond to raise fish for our family to eat every day to keep pregnant and lactating mothers and children healthy.

## PRACTICE 18

### Importance of Consuming Small Animal Products

When you visit a household, or meet farmers (men and/or women), ask them if they are able to eat animal foods regularly. If not, why? (Discussion)

#### Key Message

Rear poultry and/or small animals to get animal source foods for your family and provide them a diversified diet

#### Additional Information

- Always keep some milk, eggs, and/or meat to eat at home, in particular if there is a pregnant or lactating woman, or a child under two. There are a lot of proteins, vitamins, and minerals in eggs to help woman and children grow strong, smart, and healthy.
- Raising poultry will also provide additional income for the family.
- In order to have healthy livestock, provide animals with appropriate shelter, feed, and health care:
  - Confine small ruminants and poultry in sheds or pens, it is cleaner and healthier for humans and animals, and helps with manure collection for use in the garden
  - Separate chicks from brooding hens right away for the health of chicks and for getting more eggs
  - Use vegetable wastes to feed small ruminants and chicks
  - Set up a shed for poultry that will allow and maintain sufficient air and light
  - Rear poultry in a hygienic place and clean daily
- Chicks need vaccinations too; take them to a veterinarian who will give them at the right time.



#### Remember to share the following messages with these family members: HUSBANDS & ALL OTHER FAMILY MEMBERS

Improve your family's diet by rearing poultry (ducks and chickens) and small ruminants (goats and sheep) around the house to provide animal source foods such as eggs, milk, and meat to your pregnant or lactating wife or children under two.

### Vaccination of Poultry or Small Livestock

Age (days)	Vaccine	Disease	Route of Vaccination	Dose
1-7	BCRDV	Ranikhet	Eye drop	1 drop in each eye
14-21	BCRDV Booster dose	Ranikhet	Eye drop	1 drop in each eye
28-30	Fowl Pox	Pox	Punching with needle under wing(Triangular shape)	1 drop
60	RDV	Ranikhet	Intra-muscular injection	1 cc
75	Fowl Cholera	Cholera	Subcutaneous injection	1 cc
90	Fowl Cholera, Booster dose	Cholera	Subcutaneous injection	1 cc





## Negotiation with Caretakers using GALIDRAA

### Steps

1. **G**reet the caretaker, ask about their family & work, and put them at ease.
2. **A**sk about current practices and the status of the health issue you want to raise.
3. **L**isten to what the caretaker says.
4. **I**dentify potential problems.
5. **D**iscuss with the caretaker different options to overcome the difficult , showing appropriate pictures.
6. **R**ecommend and negotiate doable actions: present options, ask if the caretaker is willing to try a new practice to improve the situation, and help the caretaker select one that can be tried.
7. Caretaker **A**grees to try one of the options, and caretaker repeats the agreed-upon actions.
8. Make an **A**ppointment for a follow-up visit.



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