Emergency Food Security Assessment (EFSA) Malawi

July 2013

Carried out by the Malawi Vulnerability Assessment Committee (MVAC) with support from WFP and UNICEF

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Acronyms and Abbreviations

CSI	Coping Strategy Index
EFSA	Emergency Food Security Assessment
FCS	Food Consumption Score
FISP	Farm Inputs Subsidized Programme
MoAFS	Ministry of Agriculture and Food Security
MVAC	Malawi Vulnerability Assessment Comity
NGOs	Non-Governmental Organizations
NSO	National Statistical Office
PDA	Personal Digital Assistant
UN	United Nations
UNICEF	United Nations Children's Funds
VAM	Vulnerability Analysis and mapping
WFP	World Food Programme
WASH	Water, Sanitation and Hygiene

EXECUTIVE SUMMARY

The Emergency Food Security Assessment (EFSA) was carried out in May and June 2013. The main premise of the assessment was to find out the primary causes leading to food insecurity in the country, as well as determine the nutritional status of under-five children.

The EFSA involved all the relevant Government ministries in the country and stakeholders, especially MVAC, WFP, UNICEF, and Lilongwe University of Agriculture and Natural Resources (LUANAR) Bunda College.

Information was collected from 2,840 households in 15 districts, considered to be likely food insecure during 2013/14 consumption season, after consultation with the Ministry of Agriculture and Food Security (MoAFS). Additionally, 3,332 children 6-59 months of age were assessed.

The key findings of the Emergency Food Security Assessment are as follows:

- A significant proportion of households (13 percent) in the targeted population were having poor food consumption during the time of assessment. At regional level, the majority of the households with poor food consumption were from the southern region, and more than 20 percent of the households in Balaka, Nsanje and Chikwawa were having poor food consumption. Female headed households, households headed by an illiterate person or a person without education are more likely to have poor food consumption.
- A large proportion of households (66 percent) were engaging in some form of coping strategies to access food. The most commonly employed coping strategy was reliance on less expensive food (77 percent) followed by reduction in number of meals consumed per day (55 percent) and limiting portion sizes at meal times (53 percent).
- Expenditure on food was more than 75 percent for 42 percent of the households. The highest proportion of households spending more than 75 percent on food was found in the southern region. These households are likely to become more vulnerable to food insecurity as the consumption year progresses.
- A large proportion of the households (74 percent) in the 15 assessed districts are asset poor, with only 1 percent of the households being in the asset rich category.
- The main livelihood sources were agro-based engaging 50 percent of the households.
- Most of the household interviewed (84 percent) were engaging in maize production mainly for food consumption. Whereas, fewer proportion of household were engaging in cash crops production, especially tobacco and cotton, 14 percent and 9 percent respectively.
- The major shocks experienced were high food prices, poor harvest and health related costs.
- Out of the interviewed household, 81 percent reported to have received assistance the last year.
- Findings from this assessment show that majority of the assessed districts had high stunting rates for children 6-59 months of age ranging from 40-50 percent. The highest stunting rates are found in Mangochi (50.8 percent), followed by Ntchisi (49.8 percent) and Mchinji (48.6 percent).
- Acute malnutrition was low with wasting level ranging from 0.9 to 5.4 percent. Nsanje is the most at risk, with 5.4 percent wasting prevalence.

- Around 50 percent of the children in the 15 districts only received food from 1 to 2 food groups, meaning that their dietary diversity is low and they do not receive enough nutrients required for growth.

The Emergency Food Security Assessment findings show that a lower proportion of households in the assessed districts are experiencing acute food insecurity, while the majority of households have experienced chronic food insecurity in the past five years and the situation have not changed.

As Malawi is faced with climate change challenges, land degradation and increased pressure on natural resources, it is becoming increasingly difficult for households to rely on own production as a sustainable source of food. Furthermore, households' access to food is limited by low wages and high food prices and the majority of the households are spending more than 65 percent of total monthly expenditure on food. This makes them extremely vulnerable to price increases, and with the high inflation rates currently experienced in Malawi, the situation is severe. Considering that the assessment was carried out during the harvest season, the food consumption situation was anticipated to be better, and is expected to deteriorate in the upcoming lean season.

With all these factors taken into account, it is clear that the households with poor and borderline food consumption will require food assistance as early as possible in order to avoid engagement in negative copying strategies and reduce stress on the households.

However, as the causes of food insecurity and malnutrition in Malawi are chronic, it is important to not only provide food, but to think of long term solutions to reduce food insecurity and malnutrition in the country and build resilience of local communities.

A resilience approach should include building partnerships with government, NGOs and UN agencies and develop integrated programs (livelihood, environment, nutrition) that are more suitable to address the multi-dimensional aspects of chronic food insecurity.

As such the main recommendations are:

Short term intervention

- Providing food and cash assistance were feasible.
- Targeted nutrition interventions and training for mothers on child care practices.
- Public works programmes for asset creation activities can be used for water harvesting and irrigation, to improve production and enhance the adaption to climate change.

Medium to long term intervention

- Promotion of irrigation to reduce heavy resilience on rain fed agriculture.
- Enhance resilience abilities among local communities through programmes such as conservation agriculture, reforestation, crops diversification, etc.
- Intensification of development projects supporting livestock keeping and production.
- Increase the support of programmes related to water, sanitation and hygiene (WASH).
- Promote dietary diversity initiative for both children and adults.
- Conduct a follow up food security and nutrition assessment later in the year.

1.0 INTRODUCTION

1.1 Background

In recent years, environmental, economic, and population pressures have created highly difficult conditions for Malawi's vulnerable population. Households in the most food insecure districts persistently face both acute and chronic food insecurity, as well as malnutrition. Degradation of natural resources compounded by natural disasters such as floods, prolonged dry spells and droughts have significantly contributed to high levels of food insecurity. High population density, high dependence on rain fed agriculture, and limited economic diversification alongside economic shocks such as the devaluation of the local currency have further increased the vulnerability in the country.

Due to this situation the Malawi Vulnerability Assessment Committee with support from WFP and UNICEF conducted an Emergency Food Security Assessment.

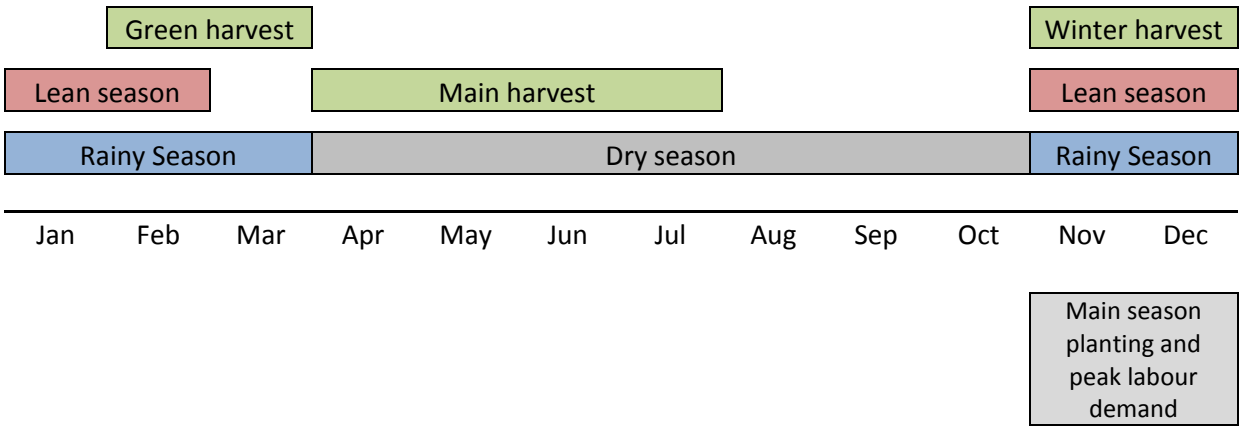
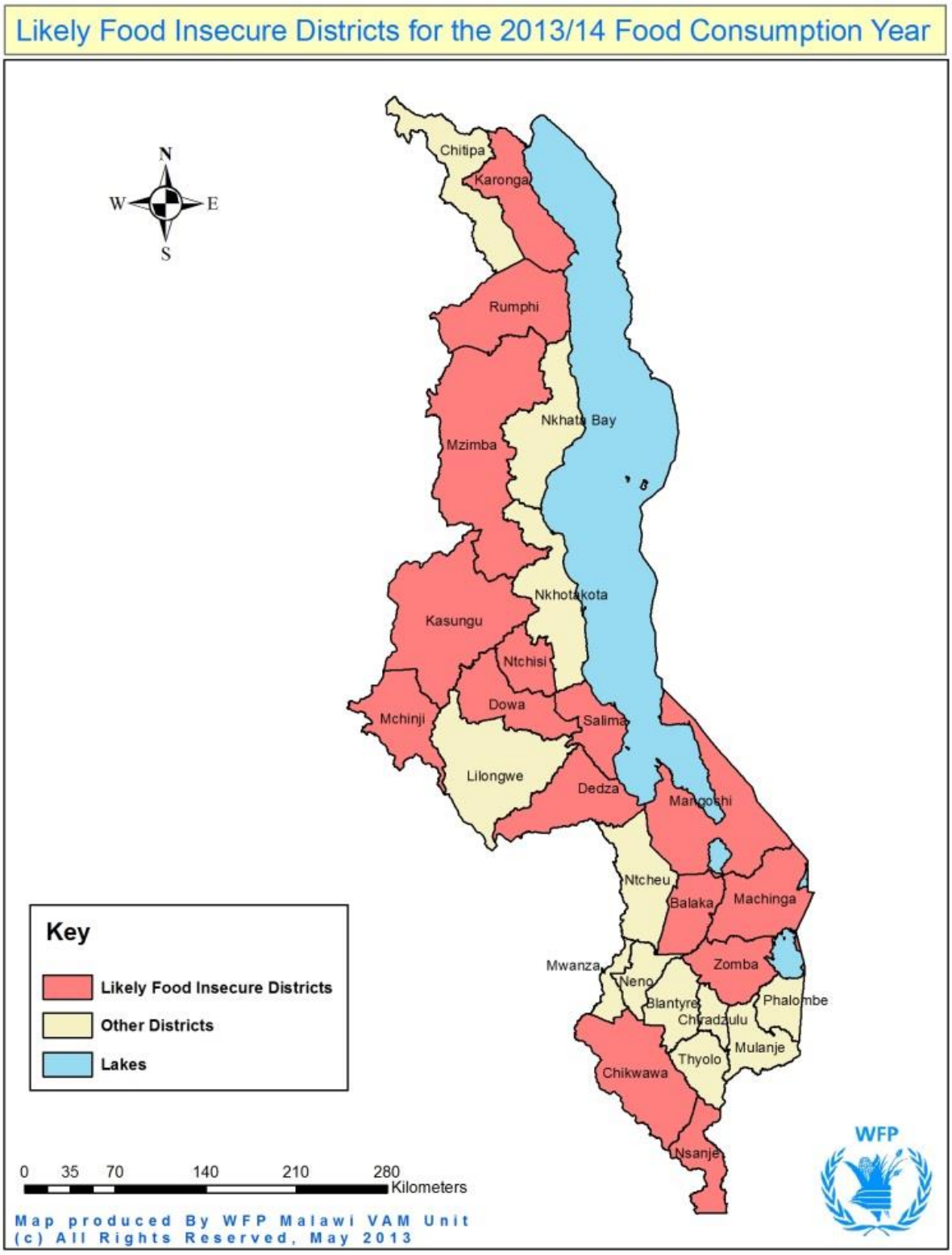


Figure 1. Seasonal Calendar Malawi

1.2 Scope of the Emergency Food Security Assessment

The Emergency Food Security Assessment was carried out from the 26th of May to 8th June, 2013. The assessment was conducted in 15 districts of the country, which were expected to be food insecure during the consumption season 2013/14, according to the indication of the Ministry of Agriculture and Food Security. Those districts included Karonga, Rumphi and Mzimba in the northern region, Kausngu, Dowa, Mchinji, Ntchisi, Salima, Dedza in the central region, Mangochi, Balaka, Machinga, Zomba, Chikwawa and Nsanje in the souther region (Map 1).



Map 1. Malawi – Food insecure districts.

1.3 Objectives of the Assessment

The main objective of the assessment was to establish the drivers of food insecurity in the assessed districts (e.g. socio-economic issues, recurrence of environmental hazard, food availability, access and utilization).

1.3.1 Specific objectives

The specific objectives of this Emergency Food Security Assessment are:

- Describe the food insecure in terms of their individual and socio economic characteristics (e.g. gender, livelihood, wealth, etc.).
- Determine whether food insecurity is chronic or transitory.
- Obtain additional information regarding the food security and nutritional status of the vulnerable people in the country through the analysis of standard indicators (e.g. FCS and CSI, wasting rate, stunting, etc.).
- Propose short, medium and long term interventions.

2. Methodology

2.1 Study Design

A cross-sectional study design was used in the Emergency Food Security Assessment in the 15 targeted districts.

Data collection questionnaires for food security assessment at household level and child level data were adapted from previous food security and nutritional surveys. To standardise data collection, questionnaires were translated into Chichewa. Household level data were directly captured using Personal Digital Assistants (PDAs).

All households were targeted for food security and nutrition assessment. In addition, households with children aged between 6 and 59 months were targeted for anthropometric measurements of child, in order to understand their nutritional status and its risk factors.

2.2 Sampling

A minimum of 180 households from 20 randomly selected clusters (villages) were sampled in each of the 15 districts using a 20 x 9 sampling strategy. The clusters were selected using a probability proportional to village level population to ensure self-weighting, so that villages with large population were more likely to be selected for the survey. National Statistics Office (NSO) maps showing enumeration areas for the sampled areas were used for identifying the villages. Selection of the required households from each cluster was done using a spin a bottle method to select initial household for interview in each of the 20 villages sampled in a district. Sampling intervals were used to select subsequent households in the predefined direction (the right hand side of the previous household). In case the minimum number of children of 9 per cluster was not reached after visiting the 9 targeted households, then further households were sampled. In the selected households mothers or caretakers were targeted as respondents. A household in this survey was defined as people living together and sharing same cooking pot.

3. Emergency Food Security Assessment Findings

3.1 Demographics

3.1.1 Human capital

Findings from the assessment show the average household size is 5.2 people and 19 percent of the interviewed households are headed by a female. Around one fourth of the households are headed by an illiterate person, and 7.4 percent of the households' heads are disabled.

The table below shows the distribution of the level of education for the household heads. Around 16 percent of the heads do not have any education, while the majority (62 percent) have primary education. Around 20 percent have secondary education, while only a very small percentage of household heads have higher education.

Table 1. Level of education

Level of education	Percentage of HH head
None	15.9%
Primary	61.8%
Secondary	21.1%
Higher	1.2%

3.1.2 Physical capital

Out of the interviewed households, 93 percent report to own their houses. The most common housing construction materials are traditional mud, grass, followed by semi-permanent structures, and a smaller percentage of permanent brick and cement housing (Table 2).

Table 2. Housing material

Housing construction material	Percentage of households
Permanent bricks, iron sheet, cement	16.2%
Semi- permanent mix of tradition and permanent	31.8%
Traditional mud, grass	52%

The most common toilet facility is traditional pit latrine (92 percent), followed by improved latrine. Only a very small percentage uses flush latrine or open air.

Table 3. Toilet facilities

Toilet facilities	Percentage of households
Traditional pit latrine or without slab or open pit	91.8%
Improved latrine with cement slab	5.8%
Flush latrine	0.2%
Open air	2.1%

When analysing water sources, findings show that the majority of the households rely on borehole/hand pump (69 percent), followed by public standpipe (13 percent) and unprotected dug well (7.5 percent) as shown in table 4. When asked if they treat the water before drinking it, 80 percent of the households reply no. Of the households treating the water before drinking, 18 percent treat it with chlorine/water guard.

Table 4. Water sources

Water sources	Percentage of households
Borehole/hand pump	69.4%
Public standpipe	13.2%
Unprotected dug well	7.5%
Protected dug well	3.8%
Household connection	2.6%
Rivers or ponds	1.9%
Unprotected springs	1.3%
Protected spring	0.2%

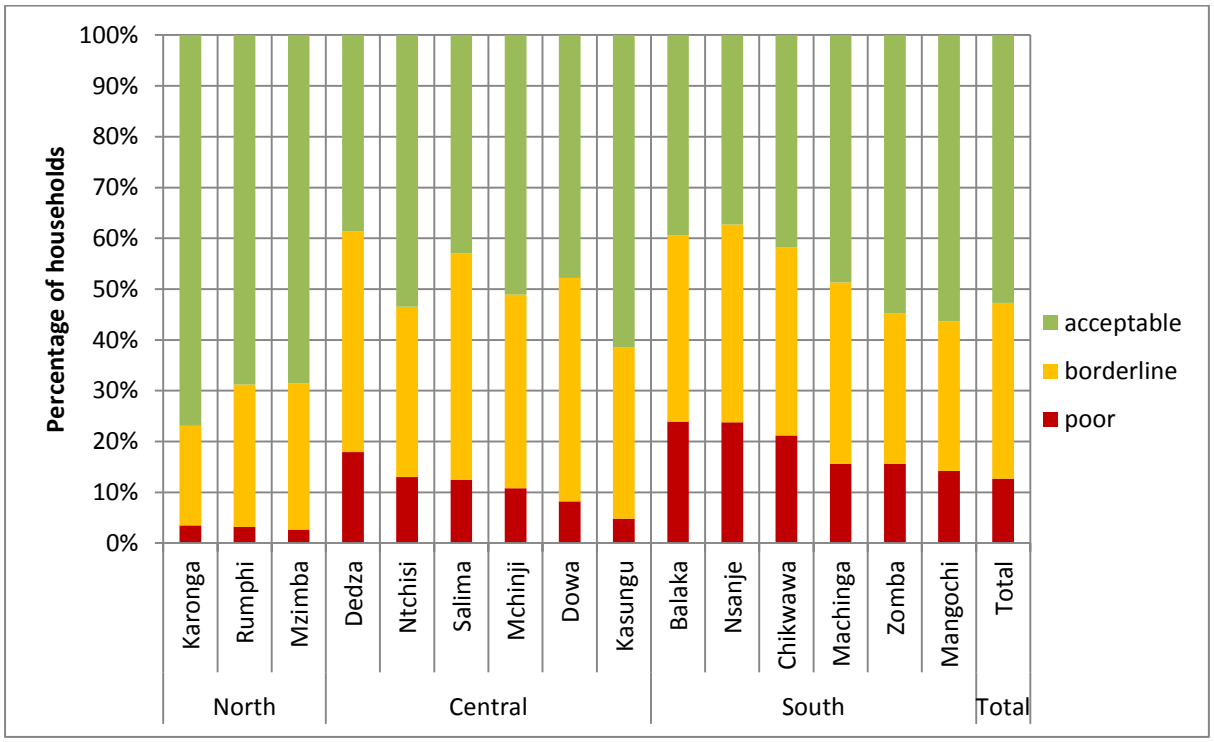
3.2 Food Consumption Patterns

A Food Consumption Score (FCS) measures the frequency and diversity of a household's diet over seven days. Households are asked how often (the number of days) they had consumed items from different food groups in the last 7 days. Each food group is allocated a weight based on its nutritional value; food groups with high nutritional value such as meat and milk are given higher weights than oil and sugar.

The score is calculated by multiplying the frequency of consumption of foods in a certain food group over seven days by the weight of that food group. The lower the score, the poorer the household consumption is. The scores are then categorized into poor, borderline and acceptable consumption.

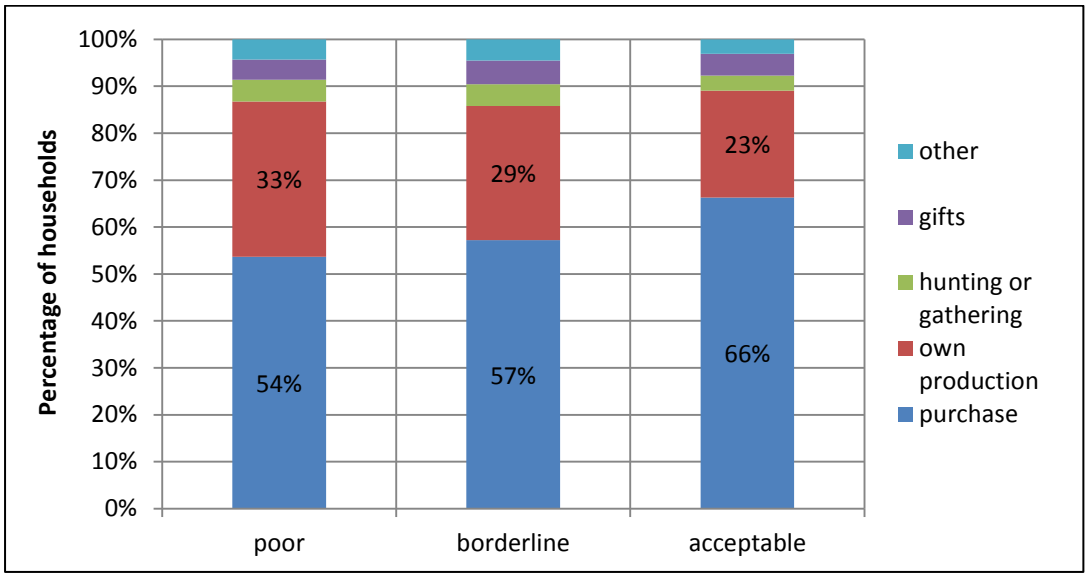
Up to 13 percent of households had poor consumption (Figure 2). However, more than half of the households were having acceptable consumption. At regional level, the majority of the households with poor consumption were from the southern region, with Balaka, Nsanje and Chikwawa having at least 20 percent of the households with poor consumption. The northern region had the majority of households having good consumption patterns, with 70 percent or more having acceptable consumption.

Figure 2. Food Consumption



The major sources of food consumed over the past seven days were purchases and own production (Figure 3). Households with poor consumption had less purchasing power as compared to those with borderline and acceptable consumption. The contribution of own production to the sources of food for the households with poor consumption was higher than for the other groups because of the limited financial resources to purchase food.

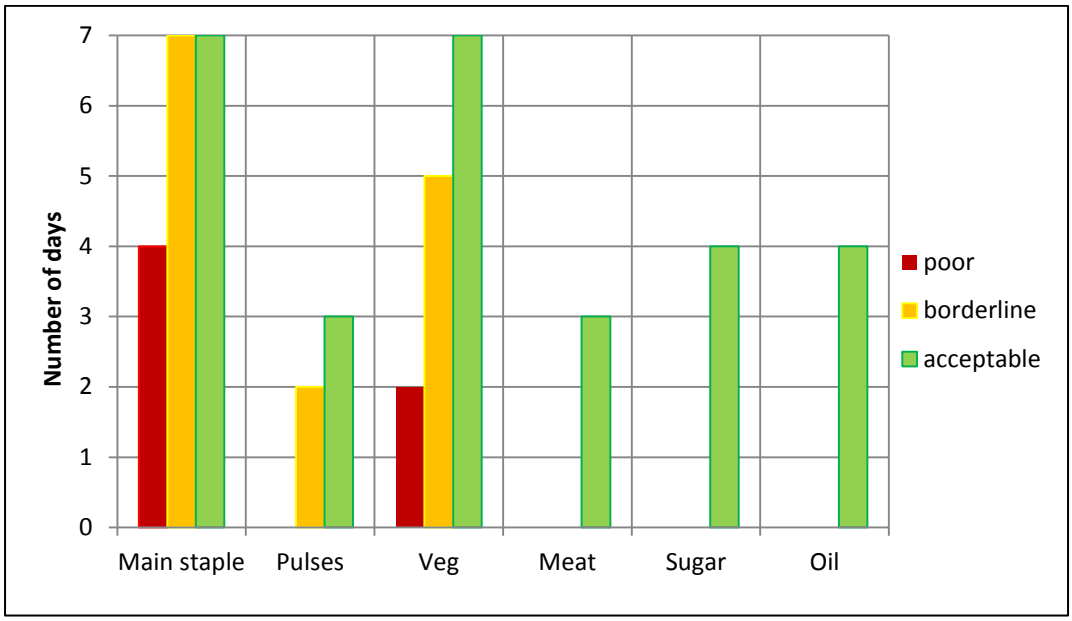
Figure 3. Sources of food consumed in the last seven days by food consumption category



The typical food basket of households with poor production was staple cereals and vegetables (Figure 4). An example of a poor diet would be that comprising of *nsima* and vegetables only. Households with poor consumption consumed staple cereals and vegetables only for an average of 4

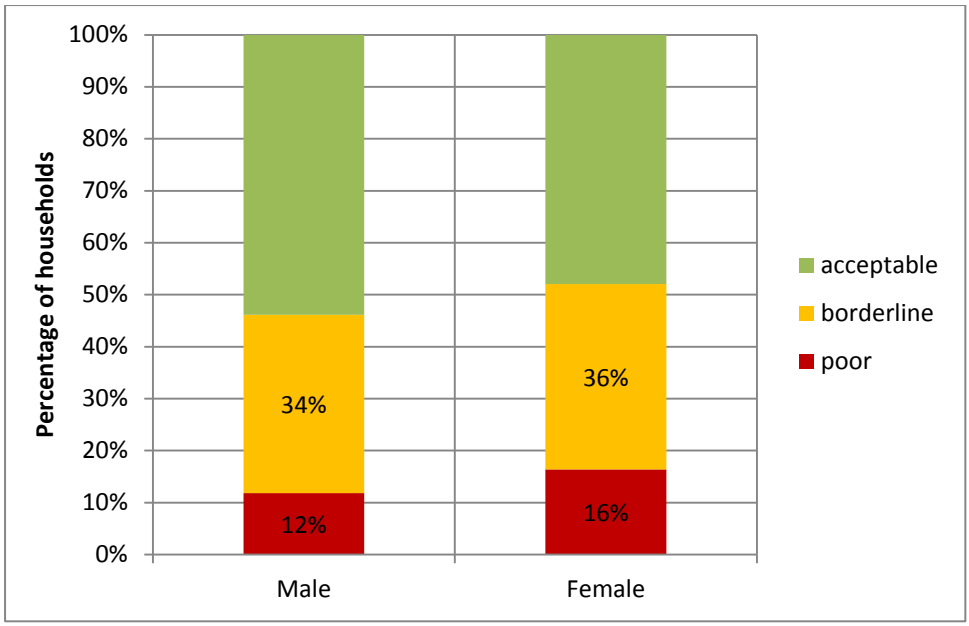
and 2 days respectively in a week. This constitutes a grossly inadequate diet. Households with borderline consumption complimented the typical diet of staple cereals and vegetables with pulses. Those with acceptable consumption had a more diverse diet that also includes meat, sugar and oil.

Figure 4. Dietary Diversity by Food Consumption Group



This assessment wants to get a better understanding of the characteristics of the households with poor food consumption. When analysing food consumption by gender of household head, findings show that a higher percentage of female headed households are in the poor and borderline food consumption category.

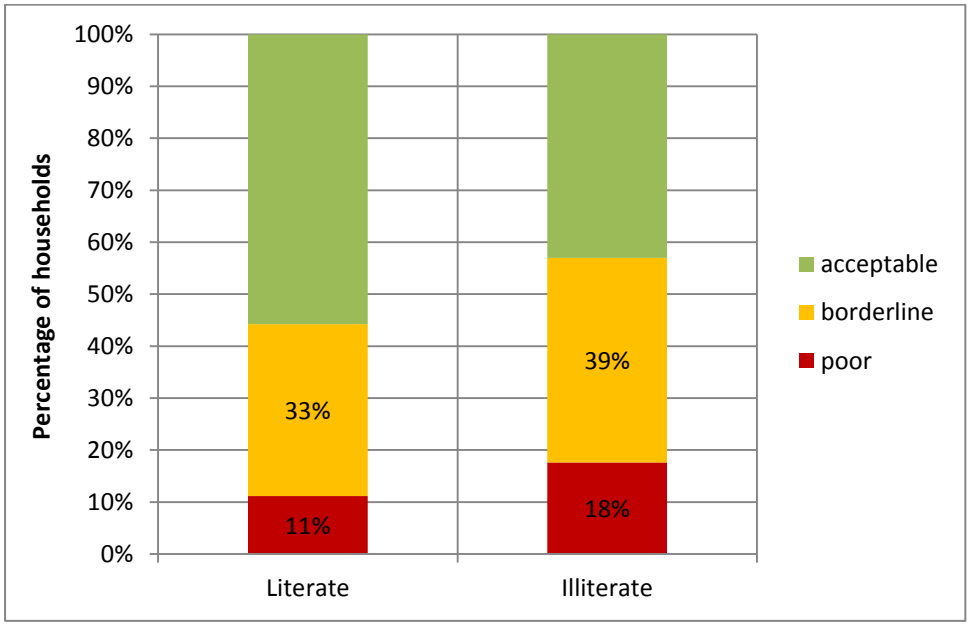
Figure 5. Food consumption by gender



Illiteracy level has also an impact on the food consumption situation of a household. Of those households headed by a literate person, 11 percent have poor food consumption, while 33 percent

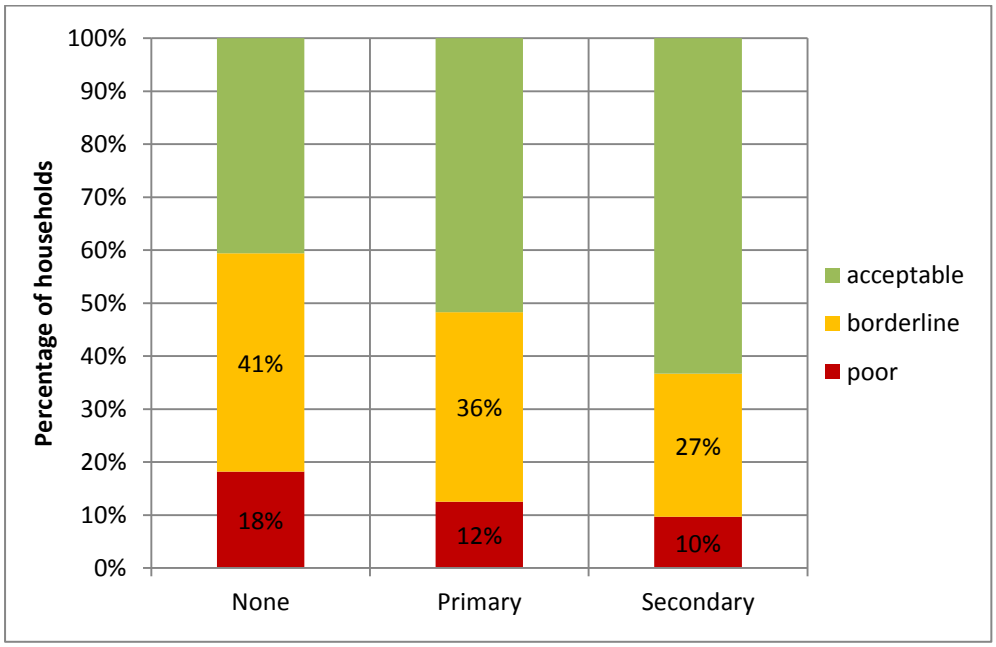
have borderline food consumption. For households headed by an illiterate person, 18 percent have poor food consumption and 39 percent borderline food consumption.

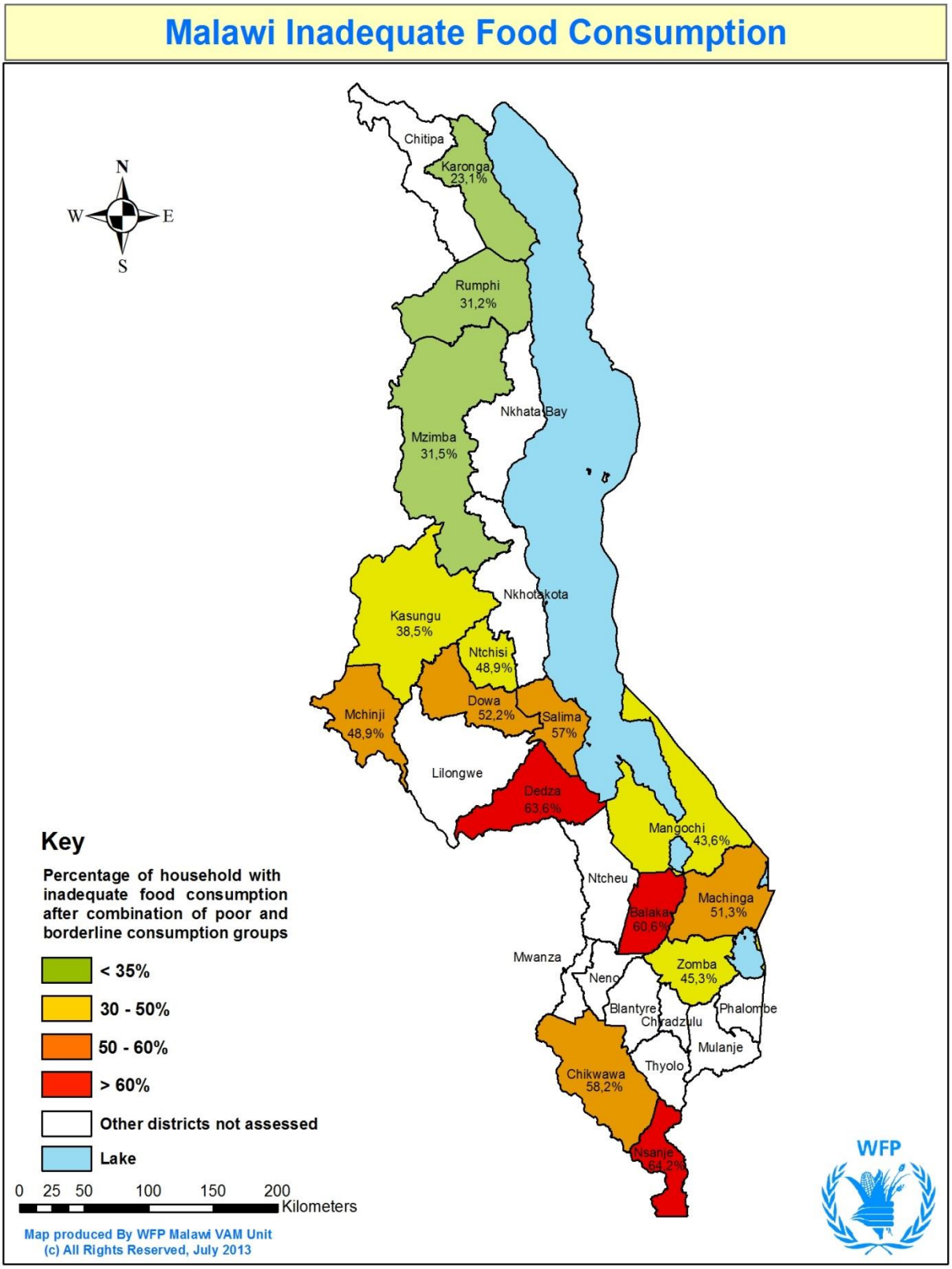
Figure 6. Food consumption by literacy



Level of education of the household head has a clear impact on the food consumption status of the households. The higher levels of education the household head have, the lower the percentage of households with poor and borderline food consumption. Of the households headed by a non-educated person, 18 percent have poor food consumption and 41 percent borderline, compared to 10 and 27 percent of households headed by someone with secondary education.

Figure 7. Food consumption by education





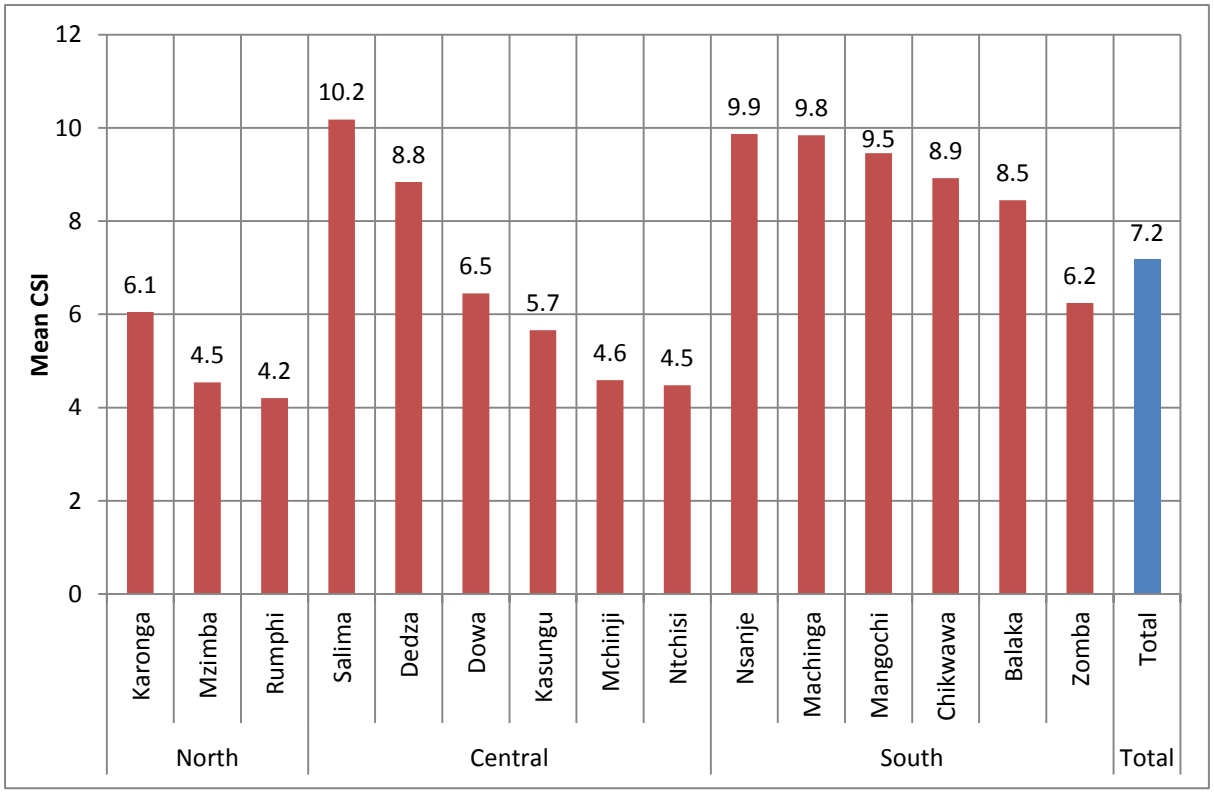
Map 2. Malawi – Inadequate Food Consumption

3.3 Consumption Coping Strategies

The Coping Strategy Index (CSI) is a tool for rapidly measuring food security by assessing consumption behaviours when households cannot access enough food, or do not have enough money to purchase food. In other words, it measures behavioural responses to food insecurity, such as reducing the frequency of meals, reducing the portions and number of meals consumed, relying on cheaper and less preferred foodstuffs and reducing the number of consumers. Households were asked to recall the strategies they had engaged in during the last seven days. A severity score is assigned to each coping strategy. The higher the CSI score is, the higher the stress on households' access to food.

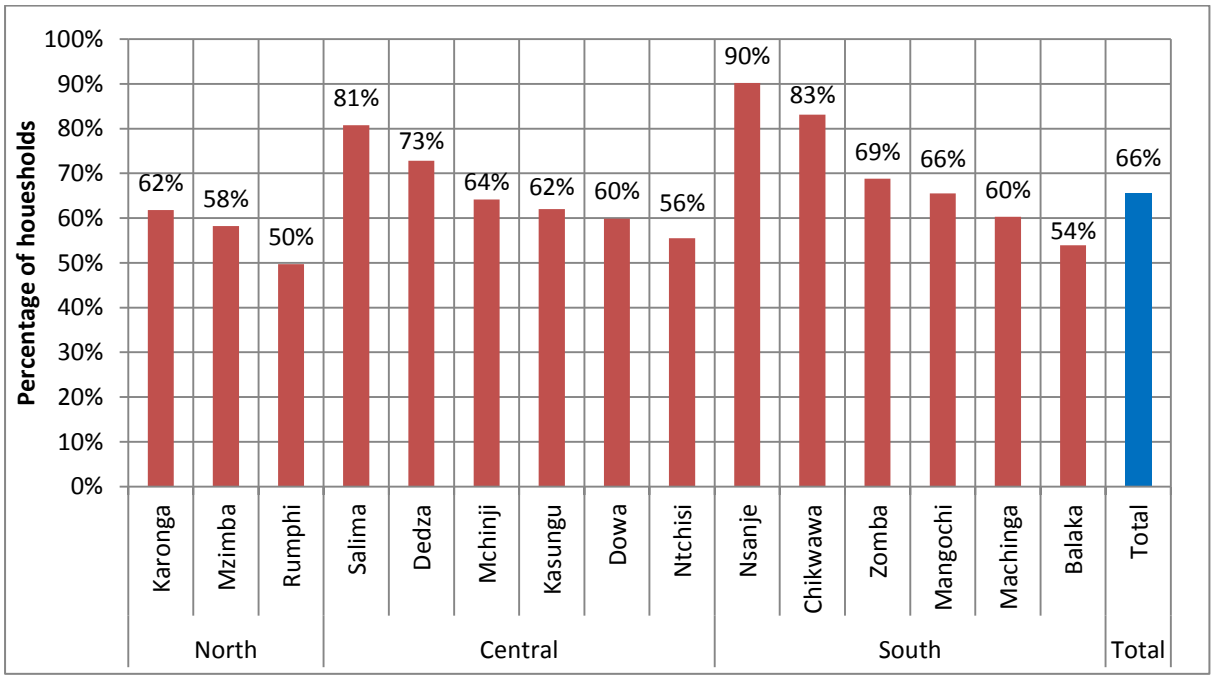
Households in the southern region were the most stressed in accessing food. Figure 8 show that this region had the most districts with CSI higher than the national average namely Nsanje, Machinga and Mangochi. Salima district in the southern region recorded the highest CSI (10.2) across all districts. This pattern follows a similar trend found for the food consumption.

Figure 8. Mean Coping Strategy Index



Around two-thirds of the households had engaged in some sort of coping strategies in the last seven days (Figure 9). The southern region had the highest proportion of households engaging in these coping strategies, with the highest percentages found in Nsanje (90 percent) and Chikwawa (83 percent) districts. Salima district in the central region had also a high proportion of households (81 percentage) reporting to have engaged in coping strategies the last 7 days. The northern region is better off with all three districts below the national average.

Figure 9. Households engaged in coping strategies



Across all districts, the most commonly employed coping strategy was reliance on less expensive food (77 percent) followed by reduction in number of meals consumed per day (55 percent) and limiting portion sizes at meal times (53 percent). Reliance on less expensive foods is considered a less severe coping strategy than reducing number and portions of meals consumed per day.

3.4 Livelihood Activities

Livelihood activities are means that households employ to earn income either in cash or in-kind. This section examines households' most commonly reported livelihood activities with a recall of six months.

Table 5: Livelihood Sources

Livelihood activity	Percentage of households
Casual labour	14.6%
Small business	14.6%
Sale of cash crop	14.2%
Sale of cereals production	12.7%
Agricultural wage labour	8.4%
Self-employment	6.4%
Petty trade	6.0%
Non-agricultural wage labour	5.1%
Sale of vegetables or fruits	4.1%
Private company or NGO employee	3.0%
Sale of animals or animal product	2.4%
Government employee	2.3%
Other activities	1.9%
Remittances	1.8%
Handicraft/artisan	1.3%
Brewing	1.1%

The findings shows that the main livelihood sources for the households in the last six months were agro-based, summing up to around 50 percent. This implies that most of the households' livelihood sources are likely to be negatively impacted by shocks such droughts, dry spells and floods. The main livelihood sources were casual labour (ganyu) and small businesses each engaging 14.6 percent of the households (Table 5). Generally, casual labour is poorly paid with the minimum wage rate per day currently standing at Mk317 (Ministry of Labour, July 2012). Additionally, income from casual labour is irregular and therefore less sustainable. Small businesses included sale of home prepared foods, small non-food items, etc. Other main livelihood sources were sale of cash and cereal crops engaging 14.2 percent and 12.7 percent of the households respectively.

Figure 10. Livelihood sources by food consumption categories

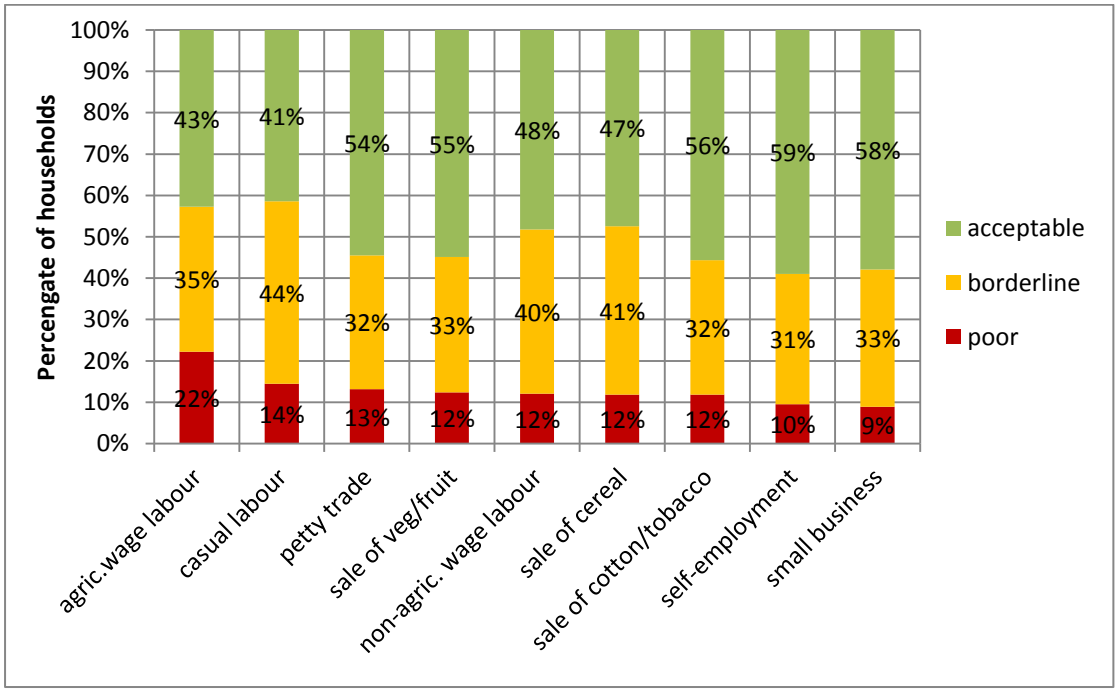


Figure above shows the distribution of households in the food consumption categories within the different livelihood sources. Households with poor food consumption were mostly engaging in agricultural wage labour while those with borderline food consumption were engaging mostly in casual labour, not necessarily agricultural based. The highest proportion of households with acceptable consumption was found in the self-employment and small businesses category which have higher and more stable incomes.

3.5 Asset ownership

Asset ownership refers to ownership of items such as household furniture or equipment (e.g. TV, oven or radio). Furthermore, included in the assets are productive (e.g. agricultural tools machetes and hoes) and non-productive (e.g. tables and chairs) assets.

During the survey, information from households was gathered regarding ownership of assets[1]. Information was used to compute the household asset ownership, which is defined on the basis of

[1] The list comprises of fridge, oven, television, satellite dish, radio, cell phone, sewing machine, oxcart, farm machinery, agricultural tools, bicycle, motorbike, car/truck, cash/other savings, bank account, household furniture (table/chairs).

the number of different types of productive and/or non-productive assets owned by a household. This indicator is classified as:

- Asset Poor: 0 to 4 different types of assets.
- Asset Medium: 5 to 9 different types of assets.
- Asset Rich: 10 or more different types of assets.

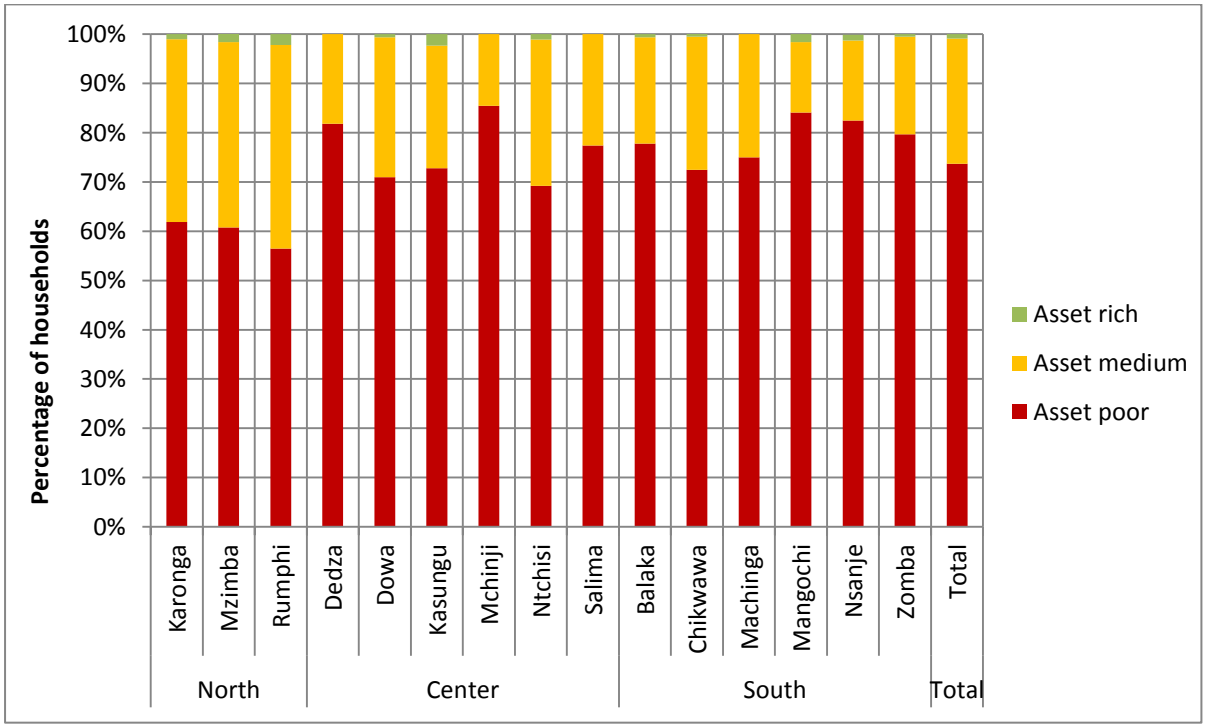
The assessment shows that a large proportion of the households in the 15 assessed districts are asset poor (74 percent), with only 1 percent of the households being in the asset rich category (Figure 11). When analysing asset ownership by gender, findings show that a higher percentage of female headed households are in the asset poor category - 83 percent of the households compared to 72 percent of male headed households (Table 6).

Table 6. Asset ownership by gender

Gender of HH head	Asset poor	Asset medium	Asset rich
Male	71.6%	27.3%	1.1%
Female	83.1%	16.7%	0.2%

When analysing assets by region and districts, the North region has a higher percentage of households in the asset medium category compared to Center and South. The highest percentages of households that are asset poor are found in Mchinji (86 percent), followed by Mangochi (84 percent), Nsanje (83 percent) and Dedza (82 percent).

Figure 11. Asset ownership by district



3.6 Expenditure on food

Expenditure patterns of the households were examined. Information was collected on household expenditures on food and non-food items. The average household and per capita monthly expenditures on food were estimated at Mk 7,685 and Mk 1,663 respectively. The highest monthly average expenditure was recorded in the northern region, particularly Karonga district (Mk 12,999) while the lowest was recorded in Machinga district (Mk 4,876) in the southern region. A similar trend was noted in the monthly per capita food expenditures (Table 6).

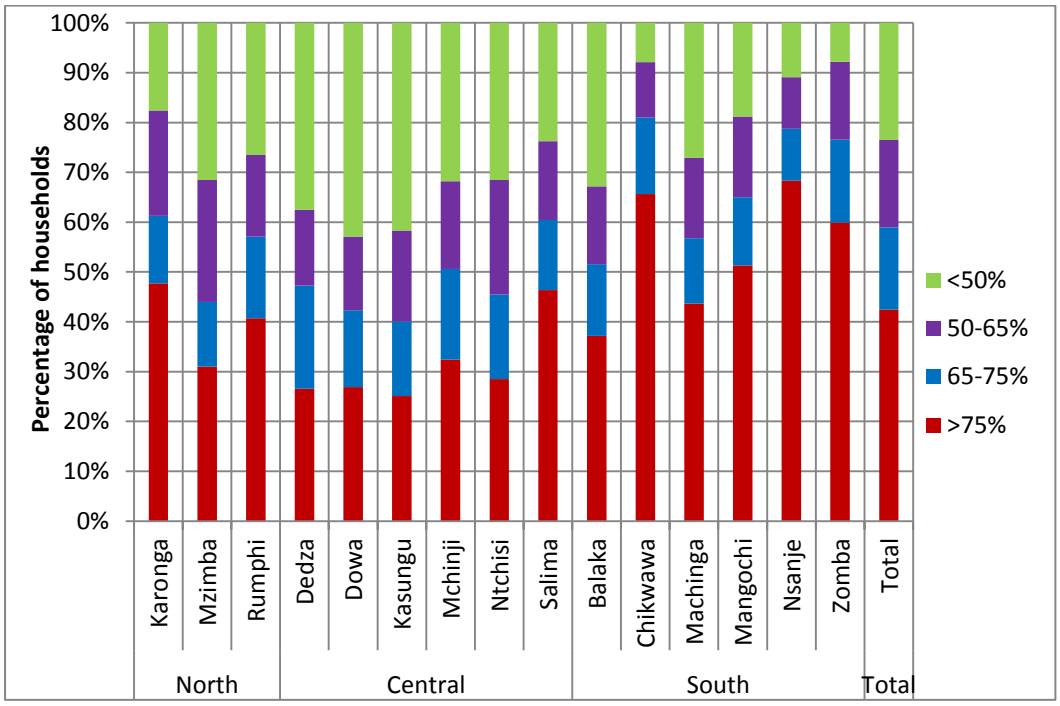
Household expenditure on food was on average 65 percent. However, some households in the southern region were spending more than 65 percent on food namely those in Chikwawa (79 percent), Nsanje (77 percent) and Zomba (75 percent) districts. The southern region is a chronic grain deficit area and prices of cereals are generally higher than the rest of the regions. The situation is likely to be compounded by possible increase in food inflation. The households spending more than 75 percent on food are at risk of failing to access adequate food and other essential services such as health and education.

Table 7: Household and per capita food expenditure and percentage expenditure share on food.

Region	District	Monthly Food Expenditure (Mk)	Percentage share of Expenditure on Food	Per capita food expenditure (Mk)
North	Karonga	12,999	69%	2,605
	Rumphi	10,886	65%	2,245
	Mzimba	9,447	60%	1,909
Central	Dedza	5,970	56%	1,483
	Dowa	7,234	56%	1,668
	Kasungu	6,566	56%	1,395
	Mchinji	5,694	60%	1,235
	Ntchisi	7,016	58%	1,487
	Salima	11,072	67%	2,390
South	Balaka	5,080	61%	1,031
	Chikwawa	8,629	79%	1,903
	Machinga	4,876	64%	957
	Mangochi	7,705	70%	1,568
	Nsanje	7,062	77%	1,705
	Zomba	7,305	76%	1,662
TOTAL		7,713	65%	1,663

At national level, 42 percent of the households were spending more than 75 percent on food (Figure 12). The highest proportion of households spending more than 75 percent on food was found in the southern region. These households are likely to become more vulnerable to food insecurity as the consumption year progresses.

Figure 12. Household share of food expenditure



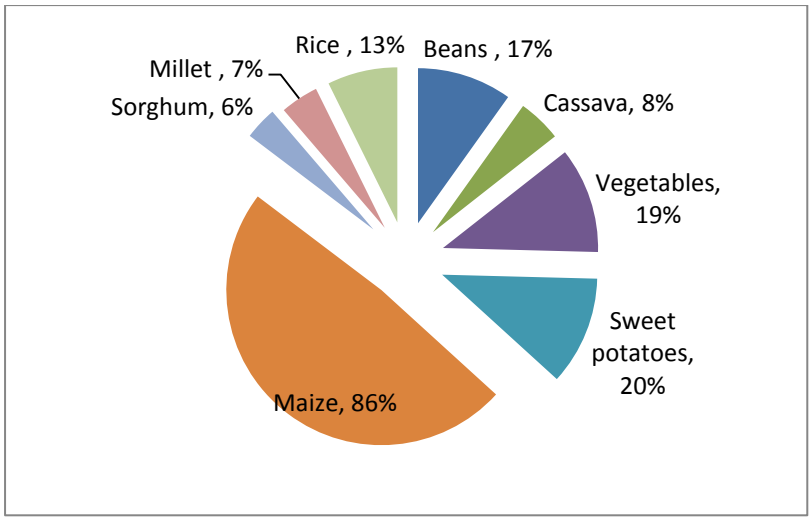
3. 7 Agriculture and Livestock

3.7.1 Subsistence crop production and access to land

Crop production is a very important livelihood activity in the rural areas across the country.

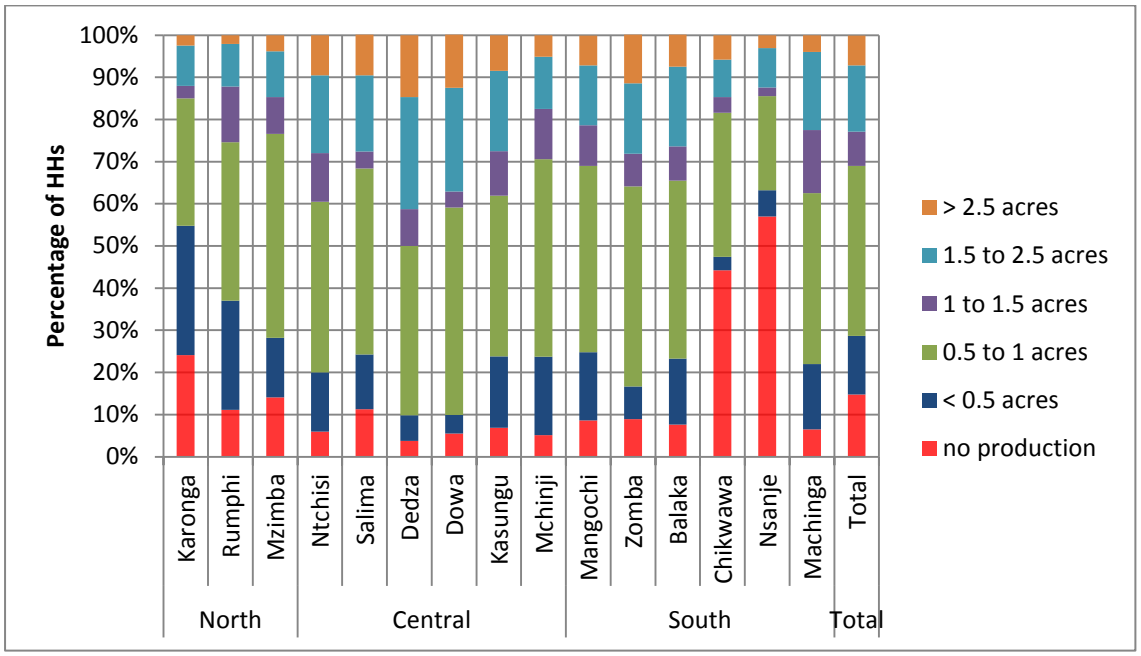
About 86 percent of the households interviewed reported to have cultivated maize during the past agricultural season, which confirmed the importance of this staple crop in the country. Sweet potatoes production is following with 20 percent of households engaging in it. This crop is mainly used as snack. Also vegetables and beans are important products of the diet of the people and the proportion of households cultivating these crops are 19 percent and 17 percent respectively (Figure 13).

Figure 13. Proportion of household engaging in crop production



Due to the importance of maize production only 14 percent of the households interviewed indicated that they did not plant maize, while the majority of them (40.3 percent) is using between 0.5 to 1 acres of land for maize production (Figure 14). The ability to produce food depends on household's access to land. Those household cultivating more land, are likely to be more food secure compare to those with lower access to land. Typically, in Malawi most of the vulnerable people cultivate small amount of land, on average 0.2 acres, and mainly use it for subsistence agriculture.

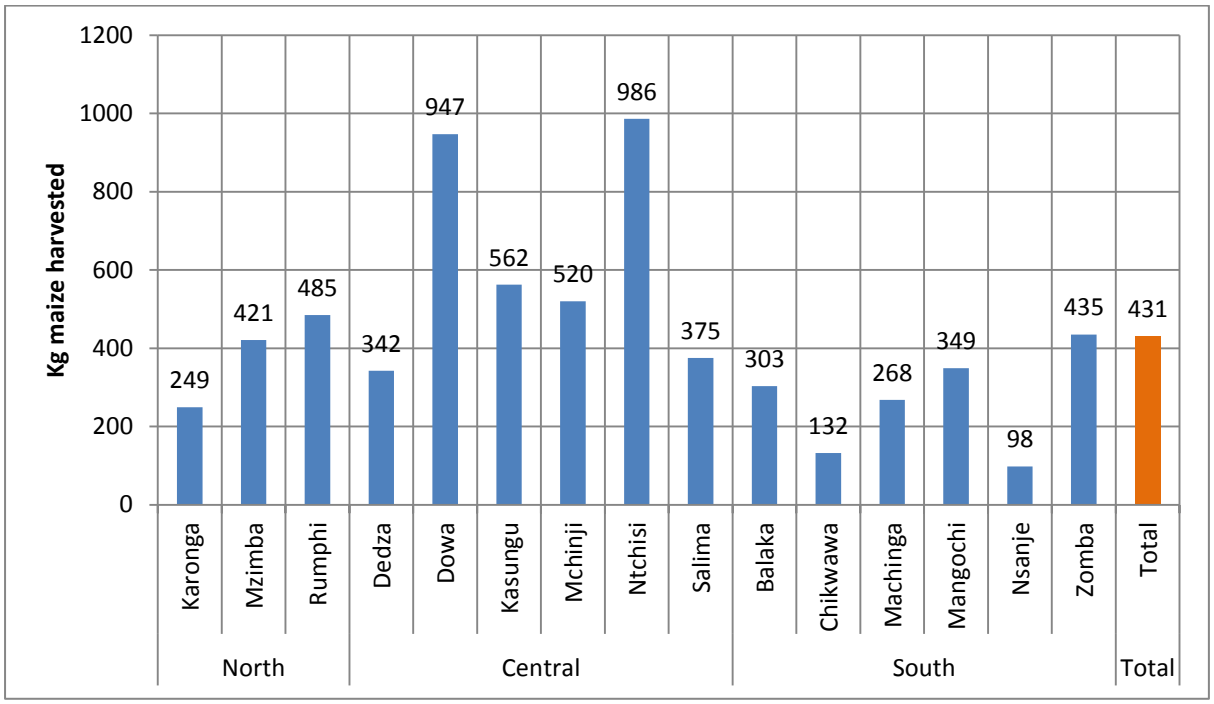
Figure 14. Proportion of households cultivating maize



In terms of production, among all the assessed districts, Nsanje and Chickwawa are the one with the highest proportion of households not cultivating maize. This is due to the adverse climate condition in these areas which force farmers to grow more drought tolerant cereals such as sorghum or millet.

Most of the household interviewed indicated that dry spells experienced during the tasseling of maize, had adverse impact on crop production this year. The household's average maize production among the 15 assessed districts was 431kg. The districts in the central region experienced higher production compared to the northern and the southern regions (Figure 15).

Figure 15. Households' average maize production

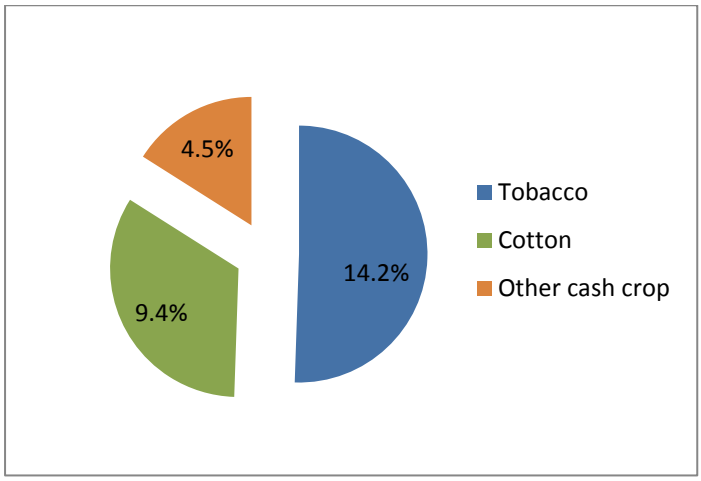


Generally, the south is the deficit area of the country, more prone to natural hazard such as dry spells and where people own smaller amount of land due to higher population density. The central and northern regions are considered to be the food basket of the country.

3.7.2 Cash crops production

About 14.2 percent of the interviewed households reported to have cultivated tobacco as the main cash crop in the last agricultural season, followed by cotton (9.4 percent). Among other cash crops, sugar cane, sun flower and ground nuts are also being cultivated. However, only a small proportion of the interviewed households cultivated cash crops as most of them use land for maize cultivation. In fact, considering the difficulties of land accesses as well as the high cost of agricultural input, most of people prefer to invest in maize production to secure food for home consumption and engage in casual labour to cover other household's expenditure (e.g. health, education, etc.).

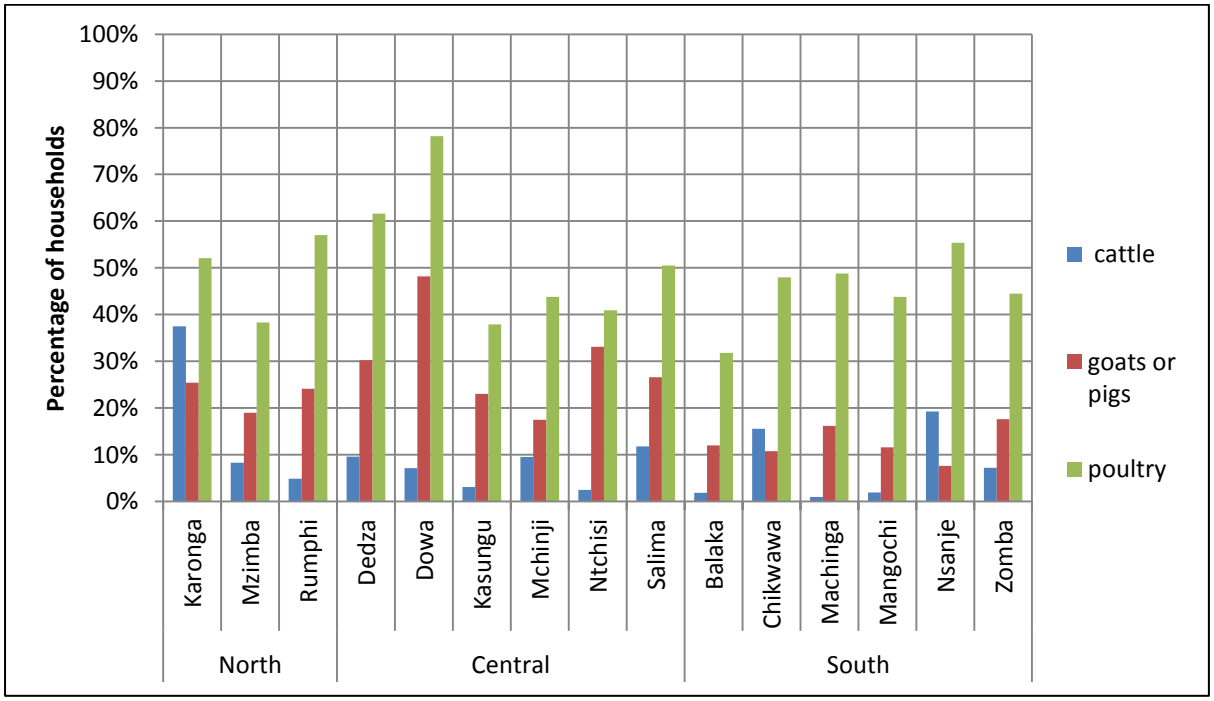
Figure 16. Proportion of households cultivating cash crops



3.7.3 Livestock ownership and production

The assessment revealed that cattle, goats, pigs and poultry are among the most commonly owned livestock (Figure 16). Livestock ownership is considered to be an important indicator of the status of vulnerable people in the country. In normal circumstances, households owning cattle, goats and pigs are considered to be better off, compared to those owning only chickens. However in the northern region owning cattle is part of the controverting cultural practice of "lobola", whereby families receive cattle in exchange of their young female members. Hence, most of the households in the northern districts, especially in Karonga, own cattle (Figure 17). Also in other districts of the southern region, mainly Chikwawa and Nsanje, cattle are commonly owned since these areas are very suitable for their rearing. Among all the households interviewed, chickens are is the most popular livestock. Chickens are easy to keep and are mainly used for eggs production, as well as sold during the lean season when people start to deplete their assets and need more availability of cash to purchase other food commodities. In the past year, goats and pigs are becoming more popular in the country due to many governmental and non-governmental programmes providing these types of livestock to rural communities. The final aim is to increase the availability of these livestock for home consumption, as well as increase the income generating activities.

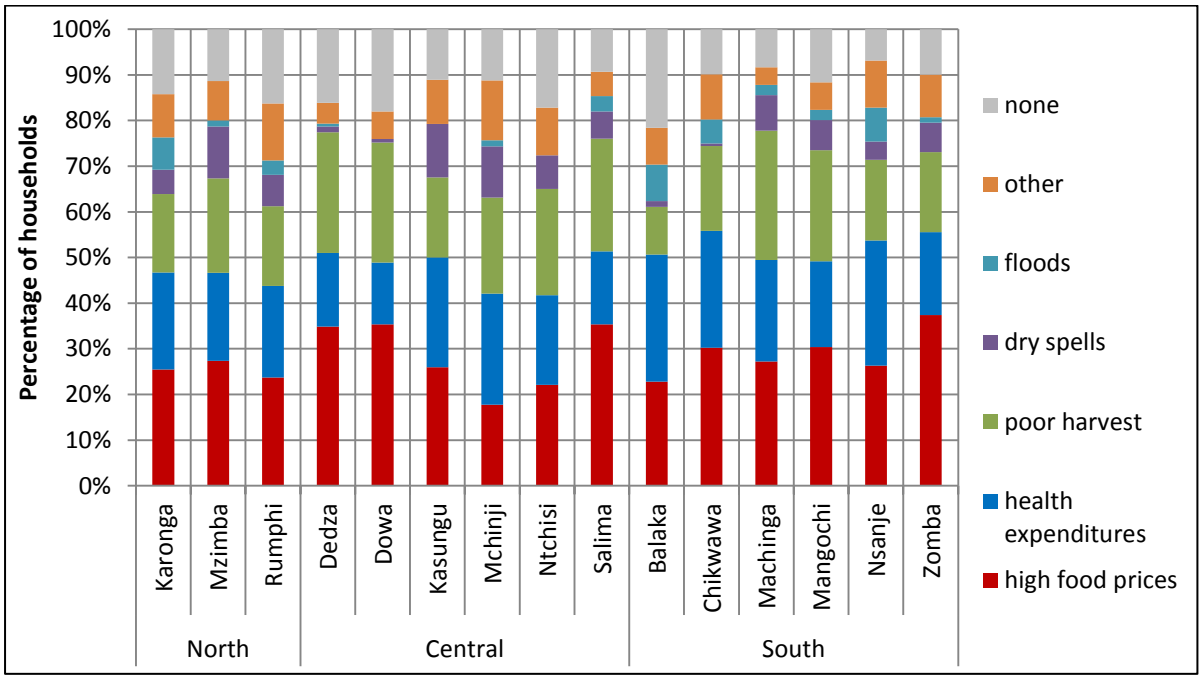
Figure 17. Proportion of households owning livestock



3.8 Main Shocks

In the context of food security, a shock is described as natural, economic, and political event that is sudden or slow onset and likely to impact negatively on households' access to food. The most commonly reported shocks in the last six months were high food prices followed by poor harvest and health expenditure (Figure 18). These findings explain why household share of expenditure on food was high for a large proportion of the households.

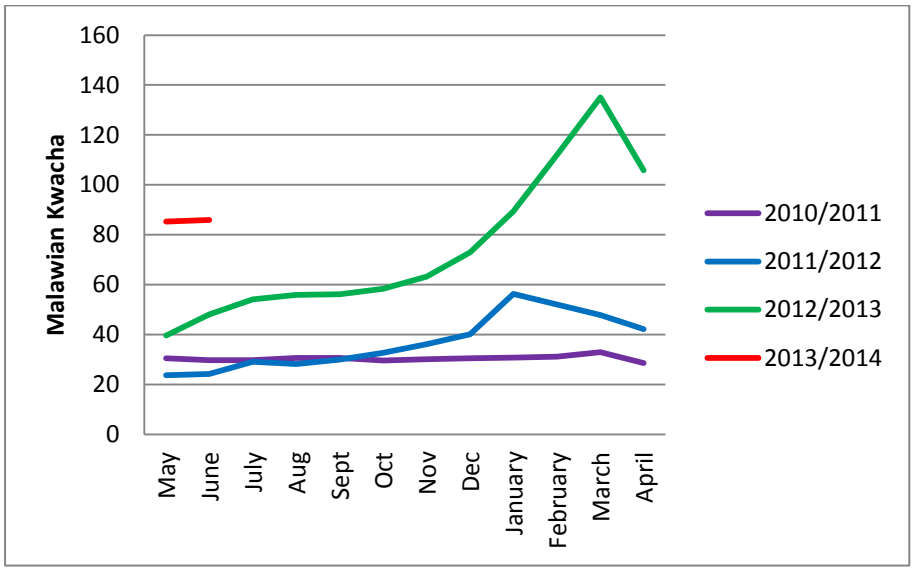
Figure 18. Shocks experienced by households in the last six months



3.8.1 Food price increase

Prices to access maize in the country have been following increasing trend during the past year (Figure 19), especially after the devaluation of the Malawian Kwacha (49 percent) against US$, in May 2012. Currently the average maize price in the country have reached 85.99MK ($0.26) per kg compared to 48.04MK ($0.15) per kg during the same period last year, showing an increase by 78.9 percent (MoAFS, 2013). The high inflation rate currently standing at 31 percent (NSO, 2013) coupled with depreciation of the Malawian Kwacha against US$, is contributing to the increased cost of living in the country and diminishing the purchasing power of the people. Considering the current trend of maize prices, an addition increase is expected especially toward the lean season period. This situation might lead to higher problems of food accessibility in the country.

Figure 19. Maize prices trend (1US$=319.24 Mk)



3.9 External Assistance

In this assessment, the households were asked if they had received any cash, food and non-food assistance during the last 12 months. Out of the interviewed household, 81 percent reported to have received assistance the last year. This shows the vulnerability of these households, which are highly dependent on external assistance.

For the households receiving assistance, the most common was mosquito nets (76 percent), followed by fertilizer under the governmental Farm Inputs Subsidized Programme (FISP) (51 percent), seeds (27 percent) and food (16 percent). Around 3 percent had received cash assistance (Table 8).

Table 8. Type of assistance

Type of assistance	Percentage of households
Mosquito net	76.1%
Fertilizer under FISP programme	51.1%
Seeds	23.8%
Food assistance	16.4%
Agriculture hand tools	6.0%
Veterinary services	4.0%
Cash	3.3%

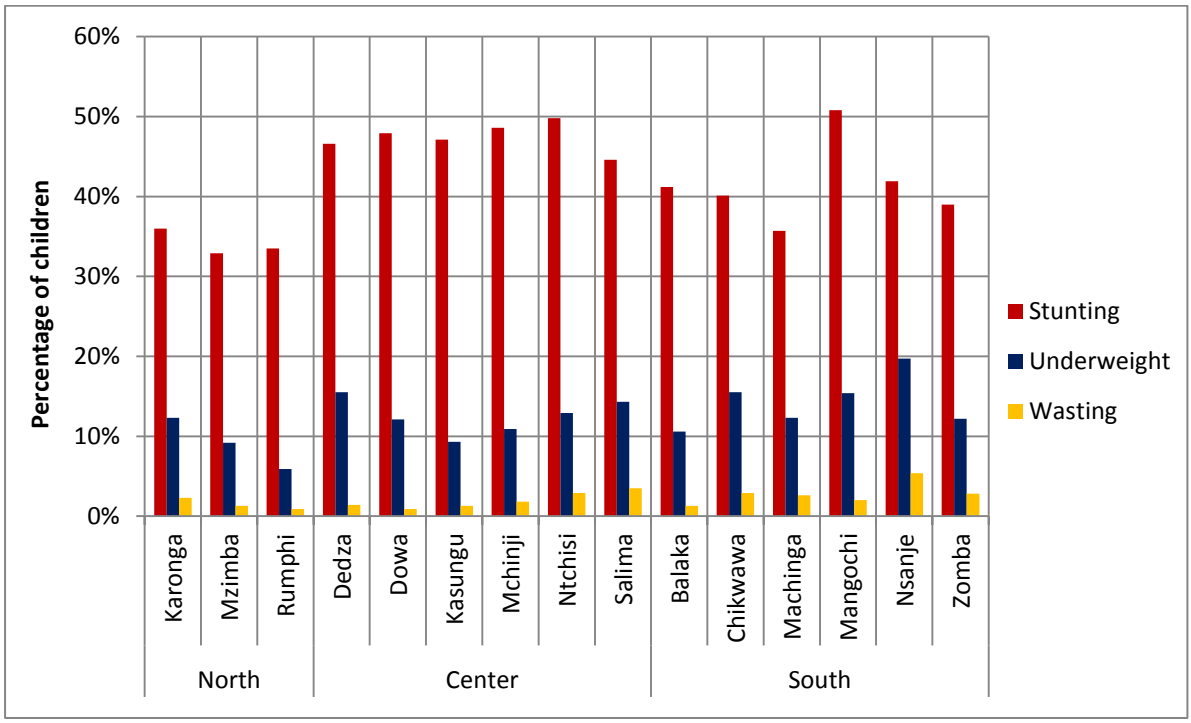
4. Nutrition

Malawi has one of the highest levels of chronic malnutrition in Africa with rates standing at 47 percent. The level of wasting is 4 percent and the prevalence of underweight people is at 13 percent (Malawi Demographic and Health Survey, 2010). In this assessment, 3,332 children were surveyed.

Findings from this assessment confirm this, and the majority of the assessed districts have stunting rates between 40 to 50 percent. The highest stunting rates are found in Mangochi (50.8 percent), followed by Ntchisi (49.8 percent) and Mchinji (48.6 percent). The lowest stunting rates are found in the North, nevertheless, also in this region the rates are above 30 percent.

Underweight percentages range from 5.9 percent in Rumphi to 19.7 percent in Nsanje. Nsanje also has the highest percentage of wasted children (5.4 percent).

Figure 20. Malnutrition by district



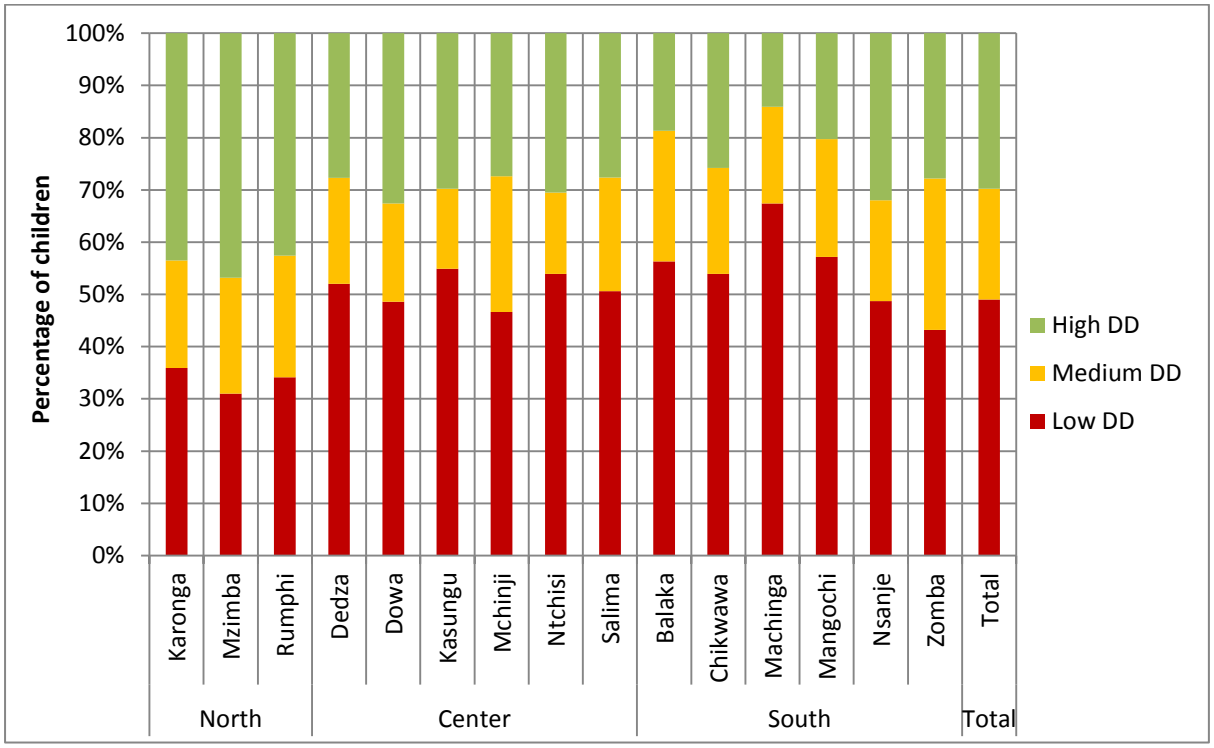
When analysing diseases reported for children during the last 2 weeks, Nsanje showed the highest percentages both for fever with chills (proxy for malaria) (50 percent) and diarrhoea (32.1 percent).

The caregivers were also asked about the food given to the child with a recall of 24 hours, and the responses were categorized into low, medium and high dietary diversity. Low dietary diversity is 1-2 food groups a day, medium dietary diversity is 3 food groups, and high dietary diversity is 4 or more food groups.

In total, around 50 percent of the children are having a low dietary diversity (Figure 21). Similarly to findings for food consumption, the northern region is best off, with a higher percentage of children having high dietary diversity compared to the Center and South. The highest percentages of children with low dietary diversity are found the southern region; Machinga (67 percent), followed by Mangochi (57 percent) and Balaka (56 percent). When the children are being given food from only 1

to 2 food groups, their dietary diversity is very low, and the children are not given enough nutrients required for growth.

Figure 21. Child dietary diversity by district



5. Conclusion and Recommendations

- A significant proportion of households (13 percent) in the targeted population were having poor food consumption during the time of assessment, a situation less expected during post-harvest season.
- A large proportion of households (66 percent) were engaging in some form of coping strategy to access food.
- Expenditure on food was more than 75 percent for 42 percent of the households.
- The main livelihood sources were agro-based engaging 50 percent of the households.
- The major shocks experienced were high food prices, poor harvest and health related costs.
- The following districts had poor food security indicators implying that households in these areas were facing major food access challenges: Balaka, Nsanje, Chikwawa, Machinga, Mangochi and Salima.
- About 74 percent of the households in the 15 assessed districts assessed are asset poor, only 1 percent of the households are falling into the category asset rich.
- About 81 percent of the households reported to have received external assistance the last year.
- Findings on the nutritional status of under-five children show that majority of the assessed districts have stunting rates between 40 - 50 percent. The highest stunting rates are found in Mangochi (50.8 percent), followed by Ntchisi (49.8 percent) and Mchinji (48.6 percent).
- Prevalence of acute malnutrition was low ranging from 0.9 – 5.4 percent.
- Around 50 percent of the children in the 15 assessed districts only receive food from 1 to 2 food groups, meaning that their dietary diversity is low and that they do not receive enough nutrients required for growth.

Food security indicators are anticipated to worsen as consumption season progresses, and deteriorate even more towards the beginning of lean season (Nov. - Feb.). Food prices, which have been reported to be among the main shocks experienced from the households, are expected to increase even more during the consumption season, thus increasing food accessibility related problems. Additionally, the low yield obtained from staple crops, especially maize, will lead to more dependency on external sources of food such as local markets. The low wage rates and the low employment opportunities registered in the country are also important factors limiting households' access to food.

As Malawi is one of the countries in Africa with the highest rates of stunting and malnutrition, more specific intervention are needed in order to reduce the proportion of children affected.

With all these factors take into account it is clear that the causes of food insecurity and malnutrition in Malawi are chronic and require not only short term interventions such as food assistance but more long term solutions to reduce food insecurity and malnutrition and build resilience of local communities. Resilience building can be defined as "increasing the ability of individuals, households, communities and systems to better prepare, mitigate, adapt to and recover from chocks and crisis as to be able to meet basic food and nutrition requirements".

A resilience approach should include building partnerships with government, NGOs and UN agencies and develop integrated programs (livelihood, environment, nutrition) that are more suitable to address the multi-dimensional aspects of chronic food insecurity.

Short term intervention

This type of intervention applies particularly to the population that have poor and borderline food consumption.

- Food assistance is required as early as possible, in order to avoid engagement in negative copying strategies and reduce stress on the households.
- Cash assistance could have a positive effect for the beneficiaries, but a market assessment is necessary to verify the capability of the markets to absorb an increased demand of food commodities.
- Strengthening and scaling up certain safety net programmes (e.g. food for work, cash for works, school feeding programmes).
- Increase targeted nutrition interventions in the most affected area.

Medium to long term intervention

- Establishment and expansions of irrigation schemes to reduce reliability on rain fed agriculture and allow increased production throughout the year.
- Strengthen the resilience among rural communities through various activities such as conservation farming, introduction of drought crop tolerant varieties, crops diversification, reforestation, etc.
- Support the enrollment of an increased number of beneficiaries in programmes promoting livestock production.
- Increase Water, Sanitation and Hygiene (WASH) related programmes and initiatives.
- Promote nutrition programmes focusing on dietary diversity for both children and adults in rural areas.
- Continue to monitor the food security situation and carry out a food security and nutrition assessment update towards the beginning of the lean season.

Bibliography

Emergency Food Security Assessment Handbook (second edition), January 2009

National statistical Office (NSO) website http://www.nsomalawi.mw/

Malawi Demographic and Health Survey, 2010

Ministry of Agriculture and Food Security website http://www.moafsmw.org/

Ministry of Labour website http://www.malawi.gov.mw/

Annex 1

Malawi EFSA Household questionnaire

COMPLETE BEFORE THE INTERVIEW

Date :	**|__|__| / |__|__| / 2013** *Month* *Day*
Interviewer ID:	**|___|___|___|**
Supervisor ID:	**|___|___|___|**
Location ID :	***Region:*** **|_____|** **1** = North **2** = Central **3** = South ***Cluster/EA*:** **|_____|_____|_____|** ***Household:*** **|_____|_____|** ***Village:*** **|_____|**

Questionnaire number:

\|___\|___\|___\|___\|___\|

Note
Use the **same Location ID information and Questionnaire Number** in the Mother and Child Sections

Consent: Greet the family, ask authorization to enter and thank them for receiving you. Introduce yourself and explain that the purpose of your visit is to collect information on the nutrition and food security situation of the family. Explain that you will also weigh and measure the children who are younger than 5 years of age. Make sure they understand that there will be no economic, financial benefits or any handout resulting from this interview; therefore remove any expectation related to local context. Tell them the survey will last for approximately one hour and apologize for the time taken from them. Clarify that all the shared information will not be displayed or made available to anyone. This is voluntary interview and they are free to answer or not; however remind them that this information is very important. Ask if all is clear and whether they have any question before the start of the interview. After that ask if you can begin the interview.

YES_____ **NO_____**

SECTION 1 – DEMOGRAPHICS

A household is defined as a group of people who eat daily or at least frequently from the same pot and live in the same compound (or physical location). It is possible that they may live in different structures

1.1	**What** is the sex **of the household head**?	Male = 1	Female = 2	
1.2	What is the **age** of the household head? (*in years*)	|__|__| years		
1.3	What is the **marital status** of the head of household?	1= Married 2=Widowed 3=Separated/divorced 4=Cohabiting 5=Never		|__|
1.4	**Can** the head of household **read and write**? *(in any language)*	Yes = 1	No = 0	|__|
1.5	**Is** the head of household functionally **disabled**?	Yes = 1	No = 0	|__|
1.6	What is the **level of education of the household head**?	1= Primary 2= Secondary 3= Tertiary 4= University 5= None		
1.7	**How many** people in total are currently **living** in the household?	|__|		

How many children and adults are currently living in the household?	Male	Female	
0-5 years	|__|	|__|	
6-11 years	|__|	|__|	
12-17 years	|__|	|__|	
18-60 years	|__|	|__|	

Above 60		|__|	|__|	
1.8	What is the **level of education of Caretaker** for under 5 aged children?	1= Primary 2= Secondary 3= Tertiary 4= University 5= Don't Know		
1.9	For the past 12 months are there any adult (18-59 years) household members who have been sick or not fully functional for at least 3 months? Write "0" if there are none or total number of people who are chronically ill.			|__|
1.10	Did all primary school going children regularly attend school in the past 6 months?	0=No 1=Yes 99= not applicable		

What was the **main reason** for these children not regularly attending school in the past 6 months?	**1.11** Girls	**1.12** Boys
1=Sickness/handicap 2=Cannot pay school fees, uniform, textbooks 3=Cannot pay transportation/faraway 4=Early marriage (girl) 5=Absent teacher/poor quality 6=Poor school facilities (building, toilets, etc.) 7=No schools for girls/female teachers available 8=No boarding school available 9=Domestic household unpaid (e.g. casual work, petty trade, begging) 10=Child works for household unpaid (e.g. farming, family business) 11=Child works for cash or food (e.g. casual work, petty trade, begging) 12=Not interested 13=Other reasons (specify)_____ 99=not applicable	|__|	|__|

SECTION 2 – HOUSEHOLD CIRCUMSTANCES

2.1	Observe and note the general **type of construction material of the household dwelling unit**	Permanent (bricks, iron sheet, cement))	**1**
		Semi-permanent (mix of tradition and permanent)	**2**
		Traditional (Mud, grass)	**3**

2.2	Do you own or are purchasing this house, is it provided to you by an employer, do you use it for free, or do you rent this house?	Owned	**1**
		Being purchased	**2**
		Employer provides	**3**
		Free authorized	**4**
		Free not authorized	**5**

	What is the **main source of drinking water** for the household?	
2.3	Choose only one option from the below and insert in box	|__|__|
	household connection	**01**
	public standpipe	**02**
	borehole / hand pump	**03**
	protected dug well	**04**
	unprotected dug well	**05**
	protected spring	**06**
	unprotected spring	**07**
	UN/NGO tanker/truck water	**08**
	vendor provided water	**09**
	rainwater collection	**10**

	rivers or ponds	**11**

2.4	**Do you treat the water** before drinking it? 0=No 1=Yes, if they treat with chlorine/water guard 2=Yes, if they treat by boiling 99=Do not know	**At the moment**	**6 months ago**
		|__|	|__|

2.5	What is your **main source of fuel for cooking**? 1= Fuel wood 2= Animal dung 3= Electricity 4= Gas 5= Coal/charcoal 6= Other (specify)	**At the moment**	**6 months ago (From Nov.)**
		|__|	|__|

2.6	What kind of **toilet facility** does your household use? ***CIRCLE ONLY ONE OPTION***	Traditional pit latrine/ without slab/ open pit	**1**
		Improved latrine with cement slab	**2**
		Flush latrine	**3**
		Open air (bush, stream)	**4**

SECTION 3 – CROP AND LIVESTOCK PRODUCTION

3.1	Did you plant any food crops during 2012/13 growing season (both irrigated and rain fed crops)?		1= Yes 0 = No

If the household did not cultivate, go to column G below, ask about each crop and continue with columns H and I

Main food Crops and Fruits	**A** **Do you usually cultivate these crops?** 0=No 1=Yes If No, do not ask other questions for these crops	**B** **What area of land have you planted these crops this season (acres/ beds/ trees)?**	**C** **How much did you harvest? (use conversion tables to estimate harvest in Kgs)**	**D** **What proportion of your harvest has been lost or damaged?**	**E** **How much of these products did you sell?**	**F** **How much income did you realize from the sales (MK)**	**G** **How much of these products do you usually BUY for family consumption during the year?**	**H** **How much do you have in stock currently (production, purchase, gift, food aid, etc.)?**	**I** **How long will the stocks last for family consumption?** Write 0 if less than 1 month
Maize	|__|	|__|acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Sorghum	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Millet	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Rice	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Irish potatoes	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Sweet potatoes	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
cassava	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Pigeon Peas	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Cow Peas	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Beans	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Groundnuts						Mk |_____|			
Soya Beans	|__|	|__| acre	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Vegetables (tomatoes, onions, etc.)	|__|	|__| beds	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths
Fruits	|__|	|__| trees	|__|	|__|%	|__|kg	Mk |_____|	|__|kg	|__|kg	|__|mths

3.2	Did you plant any cash crops during 2012/13 growing season (both irrigated	1= Yes 0 = No

	and rain fed crops)?	

If the household did not cultivate, go to 3.4

Main cash Crops	**A** **Do you usually cultivate these crops?** 0=No 1=Yes If No, do not ask other questions for these crops	**B** **What area of land have you planted these crops this season (acre)?**	**C** **How much did you harvest? (use conversion tables to estimate harvest in Kgs)**	**D** **What proportion of your harvest has been lost or damaged?**	**E** **What is the total quantity sold?**	**F** **How much income did you generate?**
Tobacco	|__|	|__|	|__|	|__|%	|__|kg	|__|kg
Tea/Coffee	|__|	|__|	|__|	|__|%	|__|kg	|__|kg
Cotton	|__|	|__|	|__|	|__|%	|__|kg	|__|kg
Sugarcane	|__|	|__|	|__|	|__|%	|__|kg	|__|kg
Sunflower	|__|	|__|	|__|	|__|%	|__|kg	|__|kg
Other (specify)	|__|	|__|	|__|	|__|%	|__|kg	|__|kg

3.3	Will you **plant the same major cash crops next season**?	0=No 1=Yes
3.4 If you will NOT plant next season, why not?		
Garden or land far away		|___|
Insecurity when cultivating or harvesting		|___|
Land under water/washed away		|___|
Lack of seeds/seedlings		|___|
limited access of water bodies for irrigation or drought condition prevent cropping		|___|
Lack of fertilizer/poor soil fertility		|___|
Lack of pesticide		|___|
Crop disease		
Lack of tools/farm machinery		|___|
Lack of storage facilities		|___|
Losses during storage		
Lack of workforce		|___|
Lack of market for produce sales		|___|
Will be absent during planting season		|___|
Poor prices during previous consumption season		|___|
Going for off-farm livelihood strategies		|___|

3.5 Do you own livestock? No=0 Yes=1 If no proceed to section 4.

Ask questions column by column	**Cattle**		**Goats**		**Poultry (Chickens, ducks, pigeons)**		**Pigs**	
How many of these livestock do you currently own?	|__|	**3.6**	|__|	**3.15**	|__|	**3.24**	|__|	**3.33**
Did you **own these livestock 6 months ago?** 0=No 1=Yes	|__|**If no go to 3.15**	**3.7**	|__| **If no go to 3.24**	**3.16**	|__| **If no go to 3.33**	**3.25**	|__| **If no go to 3.42**	**3.34**
Have you **sold any livestock** during the **past 6 months?** 0=No 1=Yes	|__| **If no go to 3.13**	**3.8**	|__| **If no go to 3.22**	**3.17**	|__|**If no go to 3.31**	**3.26**	|__| **If no go to 3.40**	**3.35**
If yes, how many did you sell?	|___|	**3.9**	|___|	**3.18**	|___|	**3.27**	|___|	**3.36**
If yes, have you sold reproductive females? 0=No 1=Yes	|___|	**3.10**	|___|	**3.19**	|___|	**3.28**	|___|	**3.37**

What was the **main reason for selling livestock** (reproductive or not)? 1=Lack of food 2=Need of money 3=Old age/sickness 4=Infertility 5= Lack of water 6=Other reason (specify)	|___|	**3.11**	|___|	**3.20**	|___|	**3.29**	|___|	**3.38**
Did you **sell more livestock than usual** for this time of year? 0=No 1=Yes	|__|	**3.12**	|__|	**3.21**	|__|	**3.30**	|__|	**3.39**
Have some livestock died during the **past 6 months?** 0=No 1=Yes	|__| **If no go to 3.15**	**3.13**	|___| **If no go to 3.24**	**3.22**	|__| **If no go to 3.33**	**3.31**	|__| **If no go to 3.42**	**3.40**
What was the **main cause of death?** 1=Old age/sickness/lack of veterinary services 2=Injury 3=Lack of water 4=Lack of fodder/animal feed 5=Other (specify)	|__|	**3.14**	|___|	**3.23**	|__|	**3.32**	|__|	**3.41**

What are the **main difficulties with animals rearing?**		
3.42	Lack of money	**0=No 1=Yes**
3.43	Lack of water	|___|
3.44	Lack of pasture/animal feed expensive	|___|
3.45	Lack for shelter of animals	|___|
3.46	Animal disease/lack veterinary service	|___|
3.47	Lack workforce to look after the animal	|___|
3.48	Lack of market to sell animals/products	|___|
3.49	Theft/looting	|___|
3.50	Terms of trade	|___|
3.51	Other constraint (specify)	|___|

SECTION 4 – INCOME, ASSETS AND LIVELIHOOD SOURCES

4.1	How many household members earn income	Currently |__|	6 months ago |__| (from Nov.)
What is the **most important source of income for this household?** What comes second?		**4.2 Most important source**	**4.3 Second most important source**
1= Sale of cereal production (maize, rice, sorghum, millet) 2= Sale of vegetables or fruits 3= Sale of cotton, tobacco, or other cash crops 4= Sale of animals/animal product 5= Agricultural wage labour (employed for farm work) 6= Non-agricultural labour (employed as store guard, domestic worker, etc.) 7= Self-employment (carpenter, electrician, brick making, bicycle taxis etc.) 8= Government employee (teacher, health agent, administration) 9= Private company or NGO employee 10= Irregular daily labour, casual worker 11= Sale of handicrafts 12= Petty trade 13= Brewing 14= Business (larger scale) 15= Pension		|__|	|__|

16= Benefit from social cash transfer 17= Remittances from migrants (inside or outside the country 18= Other (specify)		
4.4 What **share of your total income** do these two sources of income provide? Use proportional piling if needed Total may not =100% if there are more than 2 sources of income, but should not be more than 100%	|__|%	|__|%
4.5 Are these two sources of income regular? 1= temporary/casual 2= seasonal 3= stable/permanent	|__|	|__|

4.6	Are there members of your household who are not working but are **currently looking for work?**	0= No 1= Yes	|__|

4.7	Has your household **income changed in the past 6 months** 1= No change 2= Decreased 3= Increased	|__|% If NO change, go to 4.7

4.8	When you are in need, **do you receive food or other form of assistance from relatives, neighbors or friends?**	0= No 1= Yes	|__|
4.9	Have you **received such support in the past 6 months?**		|__|
4.10	**Are you supporting relatives with food or with cash at the moment?**		|__|

4.11	Do you have any family members who **have migrated out?**	0= No 1=Yes	|__| If NO go to 4.15

		Migrant No. 1	**Migrant No.2**	**Migrant No.3**
4.12	**When** did they leave? 1= Less than 1 month ago 2= Less than 6 months ago 3= 6-12 months ago 4= More than 1 year ago 99= No 2nd migrant, or no 3rd migrant	|___|	|___|	|___|
4.13	**Why** did they leave? 1= Work 2= Studies 3= Health treatment 4= Family reunion 5= Insecurity/threats 6= Food insecurity 7= Others (specify) 99= No 2nd migrant, or no 3rd migrant	|___|	|___|	|___|

4.14	Do any of the migrants **send money back?**	0= No 1= Yes If no move to question 4.15	|__|
4.15	**How much on average do you receive every month?**	1= Between MWK 1,000 and MKW 5,000 2= Between MWK 5,000 and MKW 10,000 3= More than MWK 10,000	

	Do you currently own?	0= No 1= Yes			
4.16	Fridge	|___|	**4.17**	Farm machinery (plough, tractor, other)	|___|
4.18	Oven (electric, gas)	|___|	**4.19**	Agricultural tools (machete, hoe, etc.)	|___|
4.20	Television	|___|	**4.21**	Bicycle	|___|
4.22	Satellite dish	|___|	**4.23**	Motorbike	|___|
4.24	Radio	|___|	**4.25**	Car, truck,	|___|
4.26	Cell phone	|___|	**4.27**	Cash, other savings (e.g. jewelry)	|___|
4.28	Sewing machine	|___|	**4.29**	Bank account	|___|
4.30	Oxcart	|___|	**4.31**	Household furniture (Table, chairs)	|___|

SECTION 5 – EXPENDITURES

		5.1 - How much did you spend on each of the listed food items the **last 7 days** for domestic consumption?		**5.2** - During the last **30 days** did your household consume the following items without purchasing them? If no, enter '0' and proceed to next food-item. If yes, ask: What was the **main source** of the item? 1=own production 2= gathering/hunting 3=donation/food aid/gift 4=received in exchange for labour/items	**5.3** - Estimated value of the non-purchased food items consumed during **the last 30 days prior to the survey day** (*this question refers to the consumption reported in **6.2**) Establish quantity of food item secured in order to estimate its value, based on prevailing market price*
	Commodity	**Cash local currency**	**Credit local currency**		**Local Currency**
1	Cereals (maize, rice, sorghum, wheat, bread)	|___|	|___|	|___|	|___|
2	Roots & Tubers (sweet potatoes, cassava)	|___|	|___|	|___|	|___|
3	Pulses (beans, peas, groundnuts)	|___|	|___|	|___|	|___|
4	Fruits & vegetables	|___|	|___|	|___|	|___|
5	Fish/Meat/Eggs/poultry	|___|	|___|	|___|	|___|
6	Oil, fat, butter	|___|	|___|	|___|	|___|
7	Milk, cheese, yogurt	|___|	|___|	|___|	|___|
8	Sugar	|___|	|___|	|___|	|___|
9	Salt	|___|	|___|	|___|	|___|
10	Tea/Coffee	|___|	|___|	|___|	|___|
11	Insect	|___|	|___|	|___|	|___|
12	Other	|___|	|___|	|___|	|___|

5.4 - Did you purchase the following items during the **last month** for domestic consumption?

If yes estimate expenditure during last month.

If none, write 0 and go to next item

Make a note to the enumerator to inform the respondent that barter is included in the question being asked, and is considered expenditure as well.

		Local Currency (MK)
12	Alcohol & Tobacco	|___|
13	Soap & HH items	|___|
14	Transport	|___|
15	Fuel (wood, paraffin, etc.)	|___|
16	Water	|___|
17	Electricity/Lighting	|___|
18	Communication (phone cards)	|___|
19	Other	|___|

5.5 - In the past **<u>6 months</u> how** much money have you spent on each of the following items or services?

If yes estimate expenditure during the last 6 months.

If none, write 0 and go to next item

Make a note to the enumerator to inform the respondent that barter is included in the question being asked, and is considered expenditure as well.

		Local Currency
20	Medical expenses, health care	|___|
21	Clothing, shoes	|___|
22	Education, school fees, uniform, etc.	|___|
23	Debt repayment	|___|
24	Celebrations / social events	|___|
25	Agricultural inputs	|___|
26	Constructions or house repairs	
27	Other	|___|

SECTION 6 – FOOD SOURCES AND CONSUMPTION

6.1 - How many days during the past week, did members of your household eat the following food items, prepared and/or consumed at home, and what was their source?

(Use codes below, write 0 if not consumed in last 7 days)
Note for enumerator: Determine whether consumption of fish, milk was only in small quantities.

	6.2 Food groups	**6.3** Past **24 hours** **No=0** **Yes=1**	**6.4**- Number of days eaten in past **7 days** *If 0 days, do not specify the main source.*	**6.5**- How was this food acquired? **Write the main source of food for the past 7 days**
1	**Cereals and grain:** Rice, pasta, bread / cake and / or donuts, sorghum, millet, maize, etc.	|___|	|___|	|___|
2	**Roots and tubers:** potato, yam, cassava, sweet potato, and / or other tubers	|___|	|___|	|___|
3	**Legumes / nuts :** beans, cowpeas, peanuts, lentils, nut, soy, pigeon pea and / or other nuts	|___|	|___|	|___|
4	**Orange vegetables (vegetables rich in Vitamin A):** carrot, red pepper, pumpkin, orange sweet potatoes,	|___|	|___|	|___|
5	**Green leafy vegetables:**, spinach, broccoli, pumpkins and / or other dark green leaves, cassava leaves	|___|	|___|	|___|
6	**Other vegetables:** onion, tomatoes, cucumber, radishes, green beans, peas, lettuce, etc.	|___|	|___|	|___|
7	**Orange fruits (Fruits rich in Vitamin A):** mango, papaya, apricot, peach	|___|	|___|	|___|
8	**Other Fruits:** banana, apple, lemon, mango, avocado	|___|	|___|	|___|
9	**Meat:** goat, beef, chicken, pork (meat in large quantities and not as a condiment)	|___|	|___|	|___|
10	**Liver, kidney, heart and / or other organ meats**	|___|	|___|	|___|
11	**Fish / Shellfish:** fish, including canned tuna, and / or other seafood (fish in large quantities and not as a condiment)	|___|	|___|	|___|
12	**Egg**	|___|	|___|	|___|
13	**Milk and other dairy products**: fresh milk / sour, yogurt, cheese, other dairy products	|___|	|___|	|___|

	(Exclude margarine / butter or small amounts of milk for tea / coffee)			
14	**Oil / fat / butter:** vegetable oil, palm oil, butter, margarine, other fats / oil	|___|	|___|	|___|
15	**Sugar, or sweet:** sugar, honey, jam, cakes, candy, cookies, pastries, cakes and other sweet (sugary drinks)	|___|	|___|	|___|
16	**Condiments / Spices:** tea, coffee / cocoa, salt, garlic, spices, yeast / baking powder, tomato / sauce, meat or fish as a condiment, condiments including small amount of milk / tea coffee.	|___|	|___|	|___|
17	**Insects**	|___|	|___|	|___|
18	**Alcoholic beverage**			
19	**Other**	|___|	|___|	|___|

Food acquisition codes
1 = Own production (crops, animal)
2 = Fishing / Hunting
3 = Gathering
4 = Loan
5 = Market (purchase with cash)
6 = Market (purchase on credit)
7 = Beg for food
8 = Exchange labor or items for food
9 = Gift (food) from family relatives or friends
10 = Food aid from civil society, NGOs, government, WFP etc.

SECTION 7 – COPING STRATEGIES AND SHOCKS

7.1 - During the last 7 days, how many times (in days) did your household have to employ one of the following strategies to cope with a lack of food or money to buy it? **READ OUT STRATEGIES**	Frequency (number of days from 0 to 7)
1. Relied on less preferred, less expensive food	| __ |
2. Borrowed food or relied on help from friends or relatives	| __ |
3. Reduced the number of meals eaten per day	| __ |
4. Reduced portion size of meals	| __ |
5. Reduced quantities of food consumed by adults/mothers and young children	| __ |
6. Sent household members to eat elsewhere (optional)	| __ |
7. Went an entire day without eating (optional)	| __ |
8. Other	| __ |
7.2 - During the past **30 days**, did anyone in your household have to engage in any of the following activities because there was not enough food or money to buy food? READ OUT ACTIVITIES	1 = No, because I did not face a shortage of food 2 = No, because I already sold those assets or have engaged in this activity and cannot continue to do it 3= Yes
1. Sold household goods (radio, furniture, refrigerator, television, jewellery etc.)	| __ |
2. Sold productive assets or means of transport (sewing machine, wheelbarrow, bicycle, car, etc..)	| __ |
3. Reduced essential non-food expenditures such as education, health, etc..	| __ |
4. Spent savings	| __ |
5. Borrowed money / food from a formal lender / bank	| __ |
6. Sold house or land	| __ |
7. Withdrew children from school	| __ |
8. Sent an adult household member to seek work elsewhere (regardless of the usual seasonal migration)	| __ |
9. Begging	| __ |
10. Other (theft, prostitution, etc.)	| __ |

	1st difficulty	2nd difficulty	3rd difficulty
7.3 What have been your **main difficulties or shocks** in the past 6 months? **Do <u>NOT</u> list, leave the household to answer spontaneously, then ask the household to rank the 3 most important** 1= Loss employment/reduced salary 2= Sickness/health expenditure 3= Death of household member/funerals 4= High food prices 5= High fuel/transportation prices 6= Rent payment 7= Debt 8= Electricity/fuel wood/kerosene 9= Insecurity/theft 11= Poor harvest 12= Floods, heavy rains, landslides 13= Erratic rainfall/dry spells 14= Other shock (specify)	|___|	|___|	|___|

7.4	Over the past 6 months, have there been times when you did not have enough money to buy food or cover other essential expenditures (health, cooking fuel, school, etc.)?	0=No 1=Yes If no go to next section (8)	|__|

SECTION 8 – FOOD, CASH AND NON-FOOD ASSISTANCE FROM GOVERNMENT AND NON-GOVERNMENTAL ORGANIZATIONS

During the last 12 months have you received any cash, food and non-food assistance from government and non-governmental organizations			
ASK FOR EACH ITEM		***Circle Yes or No***	
8.20	Agricultural hand-tools	Yes = 1	No = 0
8.21	Seed	Yes = 1	No = 0
8.23	Livestock feed	Yes = 1	No = 0
8.24	Veterinary services	Yes = 1	No = 0
8.25	Pots or other utensils for cooking	Yes = 1	No = 0
8.26	Plates, cups, or other utensils for eating	Yes = 1	No = 0
8.27	Buckets	Yes = 1	No = 0
8.28	Jerry can	Yes = 1	No = 0
8.29	Blankets	Yes = 1	No = 0
8.30	Soap	Yes = 1	No = 0
8.31	Plastic sheet	Yes = 1	No = 0
8.32	Sleeping mat	Yes = 1	No = 0
8.33	Mosquito net	Yes = 1	No = 0
8.34	Cash grant for petty trade or other small business to generate income	Yes = 1	No = 0
8.35	Credit for petty trade or other small business to generate income	Yes = 1	No = 0
8.36	Fertilizers under the FISP	Yes = 1	No = 0
8.37	Food Assistance	Yes = 1	No = 0
8.38	Cash Assistance	Yes = 1	No = 0

SECTION 9 – NUTRITION OF CHILDREN 0-59 MONTHS AND THEIR CARE GIVERS

This section should be filled out only for the mothers of children of ages 0 (birth) to 59 months of age or pregnant.

INFANT AND CHILD FEEDING

Applicable to the youngest child of the HH child mother / caretaker

D1	Youngest Eligible Child Name	……..	
D2	Youngest Eligible Child Date of birth (day/month/year)	/____/____/20__/ Verified in a health document……1 Reported by mother/caretaker…..2	
D3	Youngest Eligible Child Age *(completed months)*	/___/___/	
D4	Youngest Eligible Child Sex	Male ……..1 Female ……..2	
D5	Mother / Caretaker *Age (in completed years)*	/___/___/	
Breastfeeding			
D6	How long after birth "Child Name" was first put to the breast?	Within the first hour……..1 After the first hour……..2 Never……..3 Don't know/don't remember…….4	
D7	Has "Child Name" received the first milk (colostrum)?	Yes ……..1 No…. ……..2	
D8	Has "Child Name" ever been breastfed?	Yes ……..1 No…. ……..2	
D9	Since "Child name" was born, did you ever give him any of the following? Yes…..1; No……..2; Don't know/don't remember……3	Vitamins, minerals supplements /__/ Plain water /__/ Sweetened/flavoured water /__/ Tea or infusion /__/ Fruit juice /__/ Infant formula /__/ Tinned, powdered or fresh milk /__/ Other liquids /__/ Porridge /__/ Mashed or solid food /__/	
D10	When did you start other food apart from breast milk?	/_____/_____ months	
D11	If yes in D8, Is "Child Name" still breastfed?	Yes ……..1 No…. ……..2	
D12	Has "Child Name" ever been or is bottle-fed?	Yes ……..1 No…. ……..2	
Complementary feeding			
D13	Did "Child Name" receive food in the past 24 hours?	Yes ……..1 No…. ……..2	**2 ⇒ D16**
D14	How many times "Child Name" receive food in the past 24 hours?	Once……..1 Twice……..2 Three times...3 Four times……..4 Five times……..5 More than Five times…6	
D15	What kind of food did "Child Name" receive in the past 24 hours? Yes……..1; No ……..2	Staples ……../__ Vegetables……/__ Fruit Legumes……../___ Food from animals../___ Sugar / Fats ……../__	
D16	Did you prepare food specifically for the child "Child Name" in the past 24 hours?	Yes ……..1 No…. ……..2	**2 ⇒D18**

D17	Specify composition of special meal (Any food prepared specifically for the child only) for "Child Name"? YES……..1 No……2	Staples ……../___/ Vegetables……../___/ Fruits……../___/ Legumes……../___/ Food from animals./___/ Fats/sugar ……/___/	
D18	What prevented you to prepare "Child Name" special meals in the past 24 hours	Don't know how to do……..1 Lack of time……2 Miss food……3 Other (specify) _____4	

Minimum Acceptable Diet			
D19	Did you ever breastfeed (NAME)?	YES……..1 NO……2	
D20	Is he/she still being breastfed?	YES……1 NO……..2	➔ D23
D21	NON BREASTFED CHILD: Did (NAME) eat any solid or semi-solid food in the last 24 hours?	YES……1 NO……..2 DON'T KNOW……..98	 ➔ END ➔ END
D22	NON BREASTFED CHILD: How many times did you feed (NAME) solid or semi-solid food in the last 24 hours? PROBE: ANY MORE?	 NUMBER OF TIMES	➔ DD1
D23	BREASTFED CHILD: How many times did you breastfeed (NAME) in the last 24 hours? PROBE: ANY MORE?	 NUMBER OF TIMES	
D24	BREASTFED CHILD: Did (NAME) eat any solid or semi-solid food in the last 24 hours?	YES……1 NO……..2 DON'T KNOW……..98	 ➔ END ➔ END
D25	BREASTFED CHILD: How many times did you feed (NAME) solid or semi-solid food in the last 24 hours? PROBE: ANY MORE?	NUMBER OF TIMES	

This section is determining the dietary diversity of the child. The questions are asked about THE CHILD'S DIET during the past 24 hours.

Now I would like to ask you some questions about (NAME's) diet.
Please tell me everything that **(NAME)** ate yesterday during the day or night, whether at home or outside the home, either separately or combined with other foods.

INSTRUCTIONS FOR DATA COLLECTORS:
AS THE RESPONDENT RECALLS FOODS, ASK THE NUMBER OF TIMES THE CHILD ATE THAT PARTICULAR FOOD. MARK THE NUMBER IN THE COLUMN TO THE RIGHT OF THE FOOD GROUP CALLED "NUMBER OF TIMES". LEAVE BLANK THE COLUMN MARKED "TABULATION ONLY".
IF THE FOOD IS NOT LISTED IN ANY OF THE FOOD GROUPS BELOW, WRITE THE FOOD IN THE BOX LABELED "OTHER FOODS". IF FOODS ARE USED IN SMALL AMOUNTS FOR SEASONING OR AS A CONDIMENT, INCLUDE THEM UNDER THE CONDIMENTS FOOD GROUP.

PROMPTS:
- *Think about when (NAME) woke up in the morning, did (NAME) eat anything at that time? Please tell me everything (NAME) ate? Anything else?*
- *What did (NAME) do after that? Did (NAME) eat anything at that time? Please tell me everything (NAME) ate? Anything else?*
- *Repeat the above questioning until the respondent states that (NAME) went to sleep for the night*

IF RESPONDENT MENTIONS MIXED DISHES LIKE A SAUCE OR STEW, PROBE:
*What ingredients were in that **(MIXED DISH)**? PROBE: Anything else? Until the respondent says, 'nothing else'*

No.	Food Groups	NUMBER OF TIMES	TABULATION ONLY
D25			
A.	**INFANT FORMULAR, MILK OTHER THAN BREAST MILK, CHEESE OR YOGHURT OR OTHER MILK PRODUCTS**		
	A.1 **Commercial produced infant formula** *IF YES: How many times did (NAME) drink infant formula? NUMBER OF TIMES DRANK*		
	A.2 **Milk such as tinned, powdered, or fresh animal milk** *IF YES: How many times did (NAME) drink milk? NUMBER OF TIMES DRANK*		
	A.3 Yogurt IF YES: How many times did (NAME) drink/eat yogurt? NUMBER OF TIMES DRANK/ATE		
B.	**FOOD FROM GRAINS, ROOTS, AND TUBER INCLUDING PORRIDGE AND FORTIFIED BABY FOOD FROM GRAINS**		
	B.1 **Baby cereals/foods** Any Cereals (Likuni Phala, Nestum, Purity, Sibusiso)?		
	B.2 **Porridge, cereals/grains, noodles and bread** Ex: porridge, bread, biscuits, , rice, bulghur wheat, cornmeal, quaker oats, cream of wheat, nsima, , potatoes Buledi, bisiketi, mchewere, Mapira, Chimanga, mpunga, tirigu, nsima, phala, thobwa, mawere ndi chikondamoyo, mikate, sikono, chitumbuwa, mandasi, cake, Tondido/mbanjiwa		
	B.3 **White tubers and roots** Mbatata yoyera, koko, chinangwa, kachewere/mbatatesi, zilazi Nyika		
C.	**VITAMIN A- RICH FRUITS AND VEGETABLES (and red palm oil)**		
	C.1 **Vitamin A rich vegetables and tubers** Maungu, kaloti, mbatata yachikasu, phonda zachikasu		
	C.2 **Dark green leafy vegetables** Masamba obiliwira monga: Bononongwe, chisoso/kazota, luni, mwamuna aligone, chigwada, kholowa, nkhwani, khwanya, chitambe, kamuganje, mpiru, lepu, Chinizi, kamwamba/sagowa, kadzulo, denje, nsendeka, mnadzi		
	C.3 **Vitamin A rich fruits** Mango akupsa, mavwembe, mapapaya,		
D.	**Other fruits and vegetables;**		

	D.1 **Other Fruits** Zipatso zolimidwa kapena zopezeka mtchire: masuku, madimu, maorenji, mandalane/nachesi, bwemba, malambe, manyumwa, chitimbe		
	D.2 **Other vegetables** Matimati, anyezi, mabiligano/mabilunjala, kabichi,therere lobala/chithanda, kadzinje/kalire, bowa, nkhaka, kayimbi, zipwete, zikanyanga, kwasakwasa/zikhupule		
F. Meat, poultry, fish, and shellfish (and organ meats)			
	F.1 **Organ meat (Iron rich)** Ziwindi, Impso, mtima, kapamba/sathamagazi, utchazo/uwende, nthumbwana, mapapo		
	F.2 **Flesh Meats** Nyama ya: Ng'ombe, nkhumba, nkhosa, mbuzi, kalulu, nyama za nthengo, nkhuku, bakha, nkhanga, khuku ndembo, nkhunda, mbira, mbewa ndi mbalame zina monga: nsanasana Msuzi wa nyama		
	F.3 **Fish** Nsomba zaziwisi kapena zowuma (chambo, matemba, usipa,, ndi zina)Msuzi wa nsomba		
	F.4 **Eggs** Mazira a bakha, nkhuku, nkhanga, nkhwali, mazira ang'ona		
	F.5 **Insects and Larva** Mphalabungu, inswa, mafulufute, nkhululu, bwanoni, matondo, mabwabwa, malasa nkhuli, sesenya, dzombe, ziboli, nkhungu, bobo/numkhadala, nkhunguni Msuzi		
G. Legumes and nuts			
	G.1 Nyemba/mbwanda, nandolo, khobwe, nseula, nzama, mtedza, nkhungudzu, chitowe, kapena chakudya chopangidwa kuzimenezi, soya, mphodza, ntchana, nsawawa, kamumpanda, kalongonda		
H. Oils and Fats			
	H.1 Mafuta anyama, Majarini, butter, mafuta ophikira		
<u>OTHER FOODS</u>: PLEASE WRITE DOWN OTHER FOODS IN THIS BOX THAT RESPONDENT MENTIONED BUT ARE NOT IN THE LIST ABOVE:			

CHILDREN MORBIDITY

Morbidity and child Care

E1	In the past 2 weeks, did any children between 6-59 months have any of the following illnesses?	Fever with Chills .....1-Yes ; 2- No Fever with difficult breathing.....1-Yes ; 2- No Diarrhoea.....1-Yes ; 2- No	**1** ⇒ E**2**
E2	During Diarrhoea illness, what did you do?	Continue to breastfed / increase food intake.....1 Cease breastfeeding / giving food.....2 Give ORS for diarrhoea at home.....3 Go to church / preacher ..... 4 Go to traditional healer.....5 Go to health centre-post / hospital.....6 Zinc.....7 Nothing..... ...8 Other (specify) _____8	
E3	During fever with chills (malaria), what did you do?	Continue to breastfed / increase food intake.....1 Cease breastfeeding / giving food.....2 Give LA at home.....3 Go to church / preacher ..... 4 Go to traditional healer.....5 Go to health centre-post / hospital.....6 Nothing..... ...8 Other (specify)	
E4	During fever with difficult breathing (ARI), what did you do?	Continue to breastfed / increase food intake.....1 Cease breastfeeding / giving food.....2 Give antibiotics at home.....3 Go to church / preacher ..... 4 Go to traditional healer.....5 Go to health centre-post / hospital.....6 Nothing..... ...8 Other (specify)	
E5	Ever visits "Growth Monitoring Clinics" for any of your children between 6-59 months?	Yes .....1 No..... 2	
E6	Still visiting "Growth Monitoring Clinics" for any of your children between 6-59 months?	Yes .....1 No..... 2	

6-59 MONTHS CHILDREN ANTHROPOMETRY, VITAMIN A, FEEDING PROGRAMME

Child No	**Sex 1=Male 2=Female**	**Date of Birth (dd/mm/yy)**	**Length /Height (cm)**	**Weight (Kg)**	**MUAC (cm) left arm (>12mos)**	**Bilateral pitting Oedema** None=0 Feet=1 Feet&legs2 Generalized(feet, legs Plus other body parts)=3	**Measles ***	**Vit A (in the last 6 months) ***	**** Child in feeding prog. last 6 mos If yes specify. No=0**	****Child in feeding program now. If yes specify. No=0**
1										
2										
3										
4										
5										

Key:

*Measles &Vitamin A: 1=Yes with health passport confirmation; 2=Yes without health confirmation; 3=No;4=Not applicable.

**Feeding program: 1=Nutrition Rehabilitation Unit (NRU); 2=supplementary Feeding Programme (SFP); 3=Community Based Therapeutic Care/Out Patient Therapeutic Programme (CTC/OTP); 4=Other specify_____