

Notes from the field

YOUR MONTHLY GUIDE TO THE NUTRITION-SENSITIVE SIDE OF PINS

More Moringa!

If we had to pick some of our favourite plants, moringa would definitely be one of them. It's easy to grow, helps reduce soil erosion and best of all, a superfood that is packed full of vitamins, minerals and antioxidants.



We've been working with our communities to grow moringa trees and distributed nearly 250,000 saplings to date. To keep the momentum going, we're now holding awareness sessions across our farmer field schools (FFS) using the brand new moringa digital toolkit that we've produced which covers everything in its lifecycle, from growing it to its multiple uses and benefits. These sessions are in full swing and over a 100,000 households will attend them at their local FFS.

Zulekha, from VO Bhambore, Thatta, said, *'I had an idea about Moringa being beneficial but didn't know I could use it in so many ways. I've planted three trees at my home and look forward to using its leaves, especially in my cooking!'*

[Click here to watch our moringa digital toolkit.](#)



PINS ER-3 collaborated with the Sindh Irrigated Agriculture Productivity Enhancement Project (SIAPEP) to install over 1,200 drip irrigation kits at households that are struggling to cultivate their kitchen gardens due to water shortages.

Shamshad from VO Mumtazabad, Qambar Shahdaddkot, received one last year and used it to cultivate her kitchen garden this past Rabi season.

'It's so easy to use - even my daughter can operate it!'

PINS Person of the Month



Khadija

Khadija is a mother of five with her sixth one on the way. When she collapsed during her last pregnancy nearly three years ago, she was told that she was severely anaemic and needed transfusions that were difficult to afford on her husband's daily wages.

'This pregnancy is easier than the last one,' she says with a quiet smile.

When her youngest was 2 months old, she was given a grant by PINS to purchase two goats that would help increase the supply of dairy for her family and her. Since then, her herd has grown to 6. *'When we first got the goats, I would make sure that my children drank the milk and I would drink whatever was left. As my herd grew, I started drinking a full glass, something that I was not used to but something I feel has increased my energy levels.'* Khadija was also quick to pass on a goat to her brother who was struggling financially so that at the very least, his two young children would be able to have a glass of milk every morning.

She is also an avid kitchen gardener and grows her vegetables and maintains a small area for her goats to graze on. *'The CRP mentioned that spinach is high in iron which I need so I grow as much as I can and try eating it at least 4 to 5 times a week.'* She also planted moringa and is waiting for her trees to grow so that she can start incorporating it in both her cooking and to feed her goats.

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'These small changes have made quite the difference in how I feel and I'm determined to keep at it so that my children and I are healthy. As a mother, that's the best thing I can do while setting an example for them so that they never have to feel as weak as I once did.'

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Capturing the Impact of our Interventions

The Monitoring and Evaluation team is conducting the second round of internal assessment to measure immediate and intermediate level outcomes from our interventions. This survey is currently underway in all 10 districts of PINS ER-3 and will be finalised by April 2021.

It seeks to capture the changes in knowledge, attitude and practices (KAP) and in community behaviour from our interventions in

WASH (open defecation free status, community physical infrastructures) and the impact of our agriculture and food security interventions (kitchen gardening, farmer field schools, tree plantation, CLEWs, provision of goats, community poultry entrepreneurs, small farmers, community-managed fish ponds).

A similar approach is being used to assess the acceptability and replication of the pilots in PINS (chlorine production, paddy-fish farming, and zinc fortification). In each area, data collection on themes of disaster risk reduction, gender mainstreaming, and child rights is considered and assessed.



A SUCCESSful Collaboration

We at PINS love our agriculture entrepreneurs - aside from running our 1,938 farmer field schools (FFS), they're a key resource for our communities to grow and maintain their own kitchen gardens and improving their consumption of seasonal organic produce.

Over time, some of them have performed exceptionally well with their commitment evident in how their farmer field schools have flourished. To help them reach their full potential, we're partnering with Sindh Union Council and Community Economic Strengthening Support (SUCCESS) to award 17 female agriculture entrepreneurs (FAEs) from its Community Investment Fund (CIF) to set up fruit plant nurseries at their FFSs in Larkana and Qambar Shahdadkot.

To further support them in this, a capacity-building 10-day training is in action, where FAEs are learning everything there is to know about raising fruit plant nurseries. After this training session, each FAE will qualify to receive a loan ranging from PKR 30,000 to PKR 50,000 for raising fruit plant saplings at their FFS.

A big shout out to our implementing partner, Sindh Rural Support Organisation (SRSO), for continuously working to develop sustainable linkages, which will promote nutrition-sensitive interventions in our communities.

Here's to more collaborations with SUCCESS in the future!



Getting our Fish Ponds Right

This year we've harvested and distributed over 2,000 kgs of fish across 10 districts. However, the results from our community-managed fish pond were mixed - with some significantly performing better than others. Before the next round of ponds, we wanted to reflect on our learnings from the first ten fish ponds. For this, we conducted a workshop with our partners to discuss the lessons we learnt and improve the processes for better results across all the ponds.

Key drivers of success identified were:

- Optimum site selection (availability of water, soil composition, etc.)
- A transparent dialogue with the land-owners (recognising them as a key stakeholder with clear terms of partnership)
- Sound fish pond management (timely seed stocking, regular feeding and health checks)
- The Programme teams providing both technical support and robust oversight (for more clarity towards the community's roles)
- For the LSO/VO to have a more integral role in all of the above

Keeping these factors in mind, our teams are committed to ensuring that the fish pond management process is structured to avoid confusion and mismanagement.

Introducing our MIS 2.0!

We've been working to revamp our management information system (MIS) and make it entirely KPI-based. As of now, there is real-time KPI-tracking which allows us to see progress against the targets set and generate detailed module reports. The data is further broken down to the districts we are in to understand and address their area-specific challenges. The dashboard has also been revised to improve the user-experience while giving a brief and visual overview of the nutrition-sensitive component from population distribution to a graphical representation of programme activities.

The new version also includes modules on:

- Celebration of International Days
- Quarterly Meetings of Working Group on WASH
- Households Financial Support for the Construction of Latrines
- LSOs Pilot Chlorine Production and Promotion
- Cash Reward for Clean Village Campaign through VO
- District ODF Certification Committees Formation and Notification
- WASH Supply Chains Developed at UC Level
- Tree Plantation Campaigns
- VOs Promoting Production and Consumption of Moringa

We're also working on developing modules on CLEWs and the status of our Village Action Plans which are expected to be completed in March.

Click here to check out our MIS!



What We're Cooking Up Next

- For the first time during PINS' run, our communities, both for KGs and tree plantations, are sourcing their own seeds. We expect over 90,000 households to buy and plant their own seeds and are excited to see how this season unfolds, paying attention to how we can fine-tune this process and assisting them to ensure sustainability beyond the programme run.
- We are exploring research opportunities with the Lahore School of Economics, Duke University and the University of Michigan focusing on the aspect of behaviour change within PINS.
- We are getting ready to work with our Female Agriculture Entrepreneurs across all 10 Programme districts. So far, we've had focus group discussions to understand their experiences in setting up enterprises, specifically their challenges. Through this, we hope to better equip them as they take on entrepreneurial ventures focusing on improving nutrition within their communities.

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