

Notes from the field

YOUR MONTHLY GUIDE TO THE NUTRITION-SENSITIVE SIDE OF PINS

Marya and Marvi Shine at the LSO Convention!

We're proud of Marya Pratab, General Secretary of LSO Digh Mori, Tano Muhamad Khan and Marvi Channa, Treasurer of LSO Sindhu Darya, Larkana of how they represented PINS at the LSO Convention which for the first time was held virtually on 8th April, 2021.

Both LSO representatives highlighted the impact of PINS in their communities through increasing the availability of diverse foods and access to safe drinking water and by improving community practices around sanitation and hygiene. Both presenters also spoke of the lifesaving access to treatment for severely malnourished children and of how both the child and mother receive treatment in such cases both at the OTP sites and at home.

The highlight of their presentation was their emphatic commitment to keep this work going to help their communities become healthier. Marvi summed up her experiences and signaled her intent to keep working towards better and better nutrition:

Our Promise to Sindhu Darya



These three years have helped us understand how important it is for us to keep working on nutrition, to give our children a future that they can thrive in and most of all, deserve. Until we have PINS, we want to use this as an opportunity to learn and grow to be able to work to give our children and the generations after a healthier future.

[Click here to watch the LSO Convention.](#)



Key Experts from the EU Mid-Term Review team started their review by spending one week in Thatta conducting their fieldwork together. The three experts plan to spend May visiting the remaining 9 PINS Districts.

The People of PINS

Saeeda and her husband Gul Hassan are Agriculture Entrepreneurs who run a Farmer Field School (FFS) in VO Samani, Sujawal. They, like other Agriculture Entrepreneurs, have been active in encouraging communities to plant moringa saplings which they raise at their FFS.

Saeeda and Gul have themselves raised over 30 trees to maturity in their home and around the village .

“ We think that showing people how things are done makes people curious and encouraged them to ask questions and try for themselves. ”

Their personal example is the key which they hope will encourage all the households in their village to grow their own Moringa. Together, they prepared a nursery of 400 saplings to transplant across their village making it not only a little greener.



But more than making their village green, Saeeda's 'favourite' buffalo (jokes Gul Hassan) is proof that moringa lives to its reputation as the miracle tree. In January, the buffalo developed a fever and could no longer stand. Neither their local vet nor the Community Livestock Extension Worker could explain why. After a few weeks, everyone except Saeeda had given up hope. She was already using

Moringa leaves and pods for cooking at home and after learning about the benefits of Moringa for livestock, through the PINS digital toolkit , she started incorporating fresh Moringa leaves in the buffalo feed. It took a few weeks but the Buffalo slowly gained its strength and towards the end of March, her favourite buffalo was standing up and is now healthy and productive.



Saeeda is happy to report that her buffalo is walking and she credits moringa for its recovery. She also feels a boost in her own energy levels since she started using moringa and has encouraged women who visit her FFS to add it to their diets by planting more trees, allowing them to pick leaves off the trees she and Gul Hassan has planted until their own mature.

Getting our Fish Activists Ready

For our community-managed fish ponds, a series of two-day workshops were held in Shikarpur, Larkana, Tando Allahyar, Tando Muhammad Khan and Jamshoro. These trained 50 local fish activists and 20 Community Institution members, through interactive and practical sessions, on fish pond management including stocking, feeding, water quality testing, pond health checking, fish growth and harvesting and distribution of fish harvest to households in the LSO catchment – all of which are crucial to sustain these ponds beyond the Programme run.

The aim of these community-managed fish ponds is to provide a steady local supply of fish at reasonable rates to around 12,000 community members, improving dietary diversity and access to nutritious and balanced foods.

Moringa Promotion Campaign

As part of our efforts to see greener and healthier PINS communities, our moringa promotion campaign that was initiated in March is now in full swing. Agriculture Entrepreneurs (AEs) across 193 Union Councils have been actively working with our communities to plant more moringa trees. Along with using its leaves as a nutritional supplement, the trees planted help in reducing soil erosion in the area.

So far, nearly 130,000 households across 10 districts have taken part, planting at least one tree in their home and more in their villages. AEs make home visits to follow-up with those who have already planted and address any issues. Our previously published digital toolkit on moringa is being used to keep the momentum going, and has been raising awareness on the methods of cultivation and reinforce the benefits of growing and consuming moringa.



SIAPEP Enabling Kitchen Gardening for Rural Households

The World Bank (2012) states that most rural women walk up to 4 km or more to get water each day, spending around 4 to 6 hours collecting and carrying water. This is an unfortunate reality for many of the women in the communities that PINS works with.

To overcome this, we collaborated with the Sindh Irrigated Agriculture Productivity Enhancement Project (SIAPEP) to install drip irrigation kits which are a smart way to conserve water in areas prone to water shortages. So far, nearly 1,200 kits have been installed in households that struggle to access water for their household-level agriculture. With households using drip irrigation kits, the time spent on maintaining kitchen gardens is significantly reduced.



Zahida, a member of VO Haseeb Chandio, Larkana received a drip irrigation kit last year. She uses it to cultivate her kitchen garden, growing both fruits and vegetables. While the fresh vegetables from her kitchen garden were nothing less than a blessing for Zahida, regular watering of her 20 ft x 25 ft vegetable garden was an onerous task.

The drip irrigation kit has made things easier for Zahida. "Filling containers multiple times for watering the kitchen gardening while managing 4 children was not easy. I would be so tired by the end of it." Now that she has more time, she sometimes assists the Agriculture Entrepreneur in her VO and also looks after the vegetables and fruit trees that the community has grown together at the local Imam Bargah.

She's grateful for her kit which allows her to stay dedicated to cultivating her kitchen garden despite water shortages.



What We're Cooking Up Next

- Preliminary discussions on social norms have been planned to be conducted in Tando Mohammad Khan and Thatta. This is so that we can develop a framework to ensure that VOs working with us are able to maintain their status as open defecation free sustainably. These discussions will be conducted with both ODF and non-ODF VOs in both districts to devise a strategy and a structured plan for scaling up this activity through the findings.
- Based on the findings of our second internal assessment, a policy paper for small farmers is currently under development. This will highlight ways through which Government's Agriculture Extension Department can contribute in enabling improved crop methods across programme areas to ensure higher yields.



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