



fintrac

*Agricultural solutions to end hunger and poverty*

## Health and Nutrition:

### Providing the Essentials for Food Security

Every day Fintrac delivers practical assistance to help tens of thousands of vulnerable households produce the food they need – because the health and well-being of rural families depends on their ability to maintain balanced and adequate diets.

[www.fintrac.com](http://www.fintrac.com)

Diversified and increased production improves the health of rural families not only by providing a higher-quality diet, but also by generating profits from surplus. And when smallholders have more income, they consistently report that health services are one of their top two expenditures. Fintrac also integrates improved sanitation and hygiene into the agricultural value chain to improve standards of living on multiple levels.

#### **Analyzing Malnutrition to Target Assistance**

Fintrac uses vulnerability assessment tools to identify populations that have the highest levels of malnutrition within individual countries. With this data, it is then possible to determine the supplemental food required to achieve minimal caloric intake for two subpopulations that are at greatest risk: pregnant and lactating women and children under age two. On behalf of the USAID Office of Food for Peace, we have completed malnutrition and supplemental food needs analyses in Bangladesh, Burkina Faso, Burundi, Ethiopia, Guatemala, Liberia, Madagascar, Malawi, Sierra Leone, Zambia, and Zimbabwe.

#### **Cultivating Kitchen Gardens**

Fintrac designs kitchen gardens for vulnerable populations to meet their nutritional needs and generate income from surplus production. Our innovative production techniques are continually evolving to increase yields of root crops, vegetables, fruits, and grains.

*In Nepal* – where many of the women and children who live in our areas of operation are underweight, malnourished, and suffering from anemia and night blindness – Fintrac has ramped up production of nutrient-rich foods such as leafy green vegetables. We have helped more than 1,200 women plant and cultivate kitchen gardens, and one-third of them sell surplus produce at local markets.

*In Kenya*, Fintrac and local partners have been introducing kitchen garden crops that enhance the effectiveness of anti-viral drugs for people living with HIV/AIDS.



*In El Salvador*, Fintrac worked with the government to establish school gardens in conjunction with a “Healthy Schools Initiative” to provide children with nutritionally balanced meals.

### **Introducing Small-Scale Infrastructure and Equipment**

Fintrac has provided grants to local community groups for the construction of small-scale infrastructure projects, including latrines and hand-washing stations, which improve sanitation and prevent the spread of fecal-borne illness and disease. We also purchase equipment, such as cleaner-burning cooking stoves, to support health and nutrition goals.

*In Nepal*, Fintrac recently installed 1,229 cooking stoves that reduce the risk of inhaling dangerous smoke while freeing up the portion of household income that is typically spent on firewood or charcoal. We also helped villagers build sanitary outdoor latrines.

### **Addressing HIV/AIDS**

For 15 years, Fintrac’s multi-year agricultural development projects have integrated education on the prevention and treatment of HIV/AIDS and malaria. We are using PEPFAR funding for HIV/AIDS activities within larger USAID value-chain and food security initiatives in East Africa.

Fintrac also works with local organizations to advocate for the adoption of HIV/AIDS policies by commercial farms. Such policies can minimize the possibility of HIV infection among project staff and their dependents; ensure a supportive work environment for employees who are affected by HIV/AIDS; manage and mitigate the impact of HIV/AIDS on the work of the project; and eliminate stigma and discrimination in the workplace based on workers’ real or perceived HIV status or their vulnerability to HIV infection.

*In Ethiopia*, Fintrac collaborates with the Kulich Youth Reproductive Health Development Organization (KYRHDO) to educate local communities and youth about HIV/AIDS and introduce a workplace HIV/AIDS policy to commercial farms, most of which have never before had a comprehensive policy. Through an agreement with the Ethiopian Horticulture Producers and Exporters Association, KYRHDO has been able to work with 30 companies and 30,000 young farm employees. With Fintrac’s help, KYRHDO has expanded its reach beyond the city of Addis Ababa and Oromia Region to include tanneries, farmer unions, and fruit and vegetable farms located in Ethiopia’s Eastern Shewa and Rift Valley areas.



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