



# SCALING UP NUTRITION PHASE 2 SUN II

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Update from GIZ FANSER

January to  
December 2023  
**ISSUE 6**

# Welcome Remarks

From National Food  
and Nutrition Commission



**Dr Muntanga  
Kampengele Mapani**

Executive Director, National  
Food and Nutrition Commission

**DEAR READERS,**

Welcome to our latest newsletter that brings heart-warming stories and updates from the field. We are thrilled to share the remarkable progress made through the Scaling Up Nutrition Phase II (SUN-II) Programme, as communities embrace a lifestyle that prioritises nutrition for their households.

In some districts, we celebrate the expansion of beekeeping, goat rearing ventures and empowering mothers economically. These income-generating activities contribute not only to improved livelihoods but also to improved nutrition and food security.

The importance of water has been acknowledged by several stakeholders including traditional leaders, emphasising its role in promoting good health and nutrition. Meanwhile, community gardening initiatives are flourishing, allowing families to grow their own nutritious fruits and vegetables.

Our efforts to enhance nutrition and household food security continue with the construction of fishponds, the promotion of orange-fleshed sweet potatoes and the integration of fish farming practices. These initiatives ensure a diverse and nutrient-rich diet for the communities we serve.

Success stories from our beneficiaries serve as inspiring testimonials to the impact of the SUN-II Programme through the Nutrition Support Groups. Beneficiary households have embraced knowledge and new practices to provide a better future for their children. The SUN-II Programme continues to empower communities and foster collaboration among various sectors, ultimately leading to improved nutrition status for household members.

We extend our deepest gratitude to our cooperating partners, volunteers, and all those involved in making the SUN-II Programme a resounding success. Together, we are transforming lives, nourishing communities and building a healthier future.

Thank you for joining us on this journey, and we hope you find inspiration in the stories shared within this newsletter.



## SUN-II Programme Description

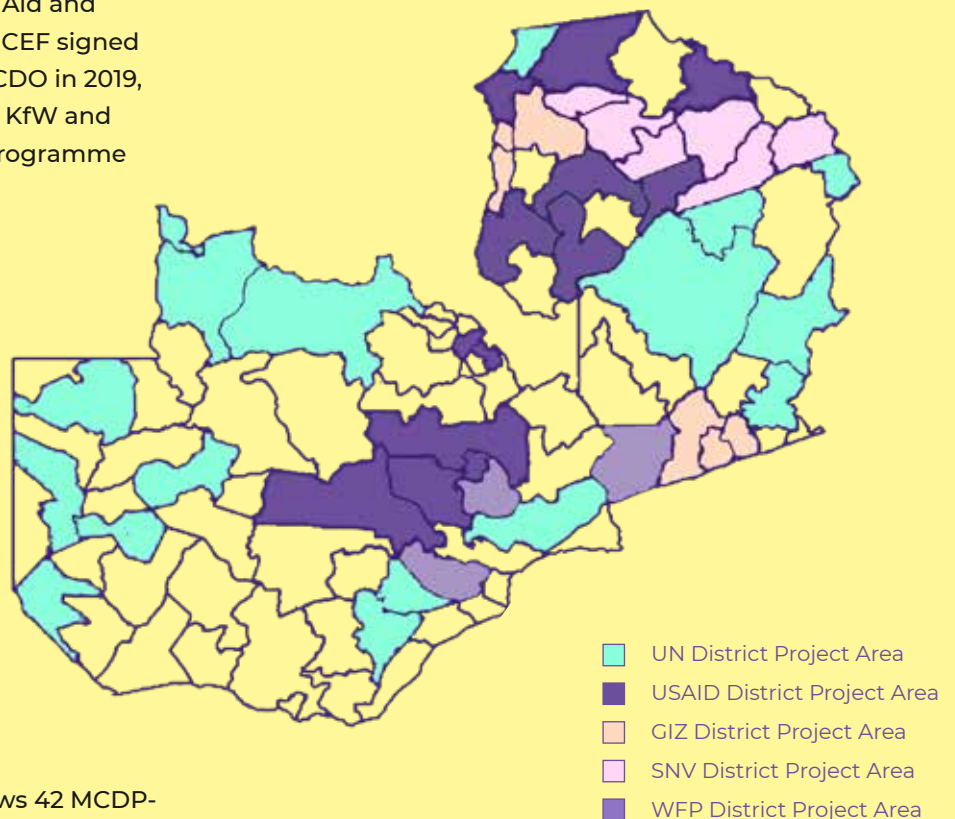
The United Nations Children’s Fund (UNICEF), in partnership with the Food and Agriculture Organization (FAO), the World Health Organization (WHO) and the World Food Programme (WFP), is supporting 17 districts through the SUN-II programme, which is jointly funded by the Foreign and Commonwealth Development Office (FCDO), the Swedish International Development Agency (SIDA), Kreditanstalt für Wiederaufbau (KfW), Irish Aid and the European Union (EU). UNICEF signed agreements with SIDA and FCDO in 2019, with the EU in 2020, and with KfW and Irish AID in 2021. The SUN-II programme

focuses on the multisectoral approach for maximising nutrition impact involving health, WASH, agriculture (including livestock and fisheries) and food security, Early Childhood Development (ECD) and social protection. Gender, Social and Behaviour Change Communication (SBCC) and governance issues are cross-cutting parameters across all sectors and are applied at all stages ranging from programme planning, implementation, service delivery, and monitoring and evaluation.

Building on the experience from the First 1,000 Most Critical Days Programme (MCDP-I), the MCDP II programme brings these sectors together through enhanced coordination at national, provincial, district and ward level. Under the leadership of the National Food and Nutrition Commission

## Programme Coverage

The map below (Figure 1) shows 42 MCDP-II districts supported by different partners. The blue highlighted districts are SUN-II programme districts, which are spread across seven provinces of Zambia.



**Figure 1:** Map of Zambia showing MCDP-II districts supported by different partners



## SUN II Target Groups

Who is supported by the programme?

### 1,000 Days Households

Adolescent girls, pregnant women, breastfeeding women, women and caretakers of children under 2 years of age. 1,000 Days is the window of opportunity from the start of a woman's pregnancy to the child's second birthday, where the nutritional impacts are the highest in terms of stunting reduction.

### Most Vulnerable 1,000 Days Households

Pregnant adolescent girls, low-birth weight babies, under-weight pregnant and lactating women, and/or children with severe acute malnutrition.

## Four key results for SUN-II



Sustained practice of optimal nutrition behaviours amongst adolescents, pregnant women, mothers and caregivers of children under 2 years of age.



Sustained demand for and use of agriculture, health and WASH interventions for adolescents, pregnant women, mothers and caregivers of children under age 2, and communities.



Quality nutrition information is used by communities, government and partners for evidence-based decisions, action and advocacy.



Sustained commitment by the Government of the Republic of Zambia and partners for accountable nutrition governance.





# IMPACT BRIEF 2023



## NUTRITION SPECIFIC INTERVENTIONS



**234,067**

**CHILDREN OUTREACH**



Number of children referred to health facilities (outreach and health facility) for child health services



**3,492,813**

**CHILDREN RECEIVED VITAMIN A**



Children aged 6-23 months reached with Vitamin A



**293**

**HOSPITAL IMPLEMENTING BFHI**



health facilities are implementing Baby Friendly Hospital Initiative with 2,863 health workers trained on Baby Friendly Hospital Initiative



**1,511,869**

**CHILDREN RECEIVED GMP SERVICE**



Children aged 0-23 months reached with Growth Monitoring and Promotion services



**3,949**

**CHILDREN ADMITTED & TREATED**



Severe Acute Malnutrition children aged 6-59 months admitted and treated in Outpatient Therapeutic Feeding



**276,350**

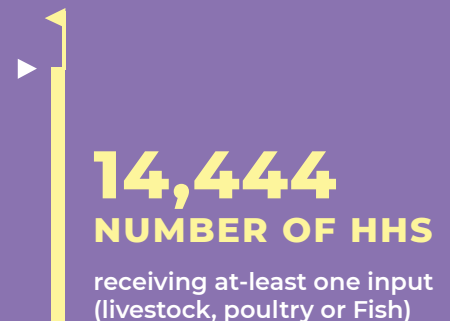
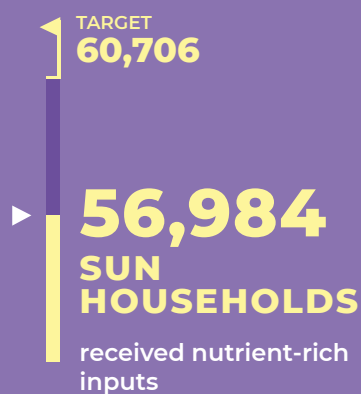
**THOUSAND-DAYS HOUSEHOLDS REACHED**



with lessons by 19,766 Nutrition Support Groups volunteers



# AGRICULTURE, FORESTRY, LIVESTOCK & FISHERIES





# WATER SANITATION & HYGIENE



drilled with 717/959 rehabilitated leading to increased access to basic water supply for 281,500 out of a targeted 300,000 people



reached with hygiene promotion messages bringing the cumulative number to 488,332 people against a target



gaining accessing to basic sanitation



trained in latrine building technology resulting in improved knowledge in supply & demand for stronger and longer lined toilets in communities



# ECONOMIC EMPOWERMENT FOR WOMEN

**1,984 NUMBER OF GROUPS**  TARGET  
**1684**  
 with Women of Reproductive Age trained in saving groups

**28,793 NUMBER OF WOMEN**  TARGET  
**28,794**  
 of Reproductive Age participating in saving groups

**839 GROUPS**  
 links to Micro-Finance Institutions

Cumulative value savings  
**ZMW 24, 647,086**



## SOCIAL PROTECTION

**12,904** HHS SUPPORTED WITH CASH TRANSFERS WITH FOUR PAYMENT CYCLES COMPLETED.

These were linked to Nutrition Support Groups able to support them with lessons, cooking demonstrations and to enhance the nutrition and dietary knowledge and practices to improve the wellbeing of the mother and the child.



## CROSS CUTTING INTERVENTION

**4,096** COMMUNITY BASED VOLUNTEERS TRAINED

Multi-sectoral nutrition information system rolled out in 7 districts for use by sectors with over

**1194** RADIO SPOTS

broadcasted in eight official languages reaching an estimated listenership of 14,241,669 individuals

Social and Behavioral Change Communication toolkit fully launched in Chipata & Lundazi in collaboration with Early Childhood Development





# Sun II Events



## UNICEF, WFP, FAO and WHO supported the NFNC in preparing and conducting the Multisectoral Nutrition Planning Workshop in Zambia in May 2023.

The purpose of the workshop was to sensitise the Directors of Planning, Planners and Nutrition Focal Point persons from different Ministries, Departments and Agencies (MDAs) on the nutrition situation and operational framework in Zambia; sensitise participants on Government of Zambia's commitments for nutrition and the country's policies and strategies to improve nutrition, and to identify ministries, departments and agencies (MDAs) priorities for the 2024–2026 Mid Term Expenditure Framework) planning for nutrition.



**Ms. Lillian Kapusana,**  
Permanent Secretary  
Administration,  
Office of the Vice President

L-R @NFNC/Zambia/2023

# Sun II Events



**Mr. Patrick Kangwa**  
The Secretary  
to the Cabinet

**Hon. Sylvia T Masebo**  
The Guest of Honour,  
Minister of Health

**Ms. Lillian Kapusana**  
Permanent Secretary  
Administration,  
Office of the Vice President



## SUN National Conference

A 2 day in person SUN National Conference took place 13-14 September at the Radisson Blu Hotel under the theme “Strengthening and accelerating delivery of multisectoral nutrition interventions through evidence-driven programming”. It drew approximately 200 national level decision-makers and stakeholders in Zambia who oversee or support SUN 2/MCDP II implementation. The overall purpose of the 2023 National Conference was to: disseminate to national-level stakeholders the findings of studies, assessments, lessons learnt, best practices, and innovations relevant to SUN 2/First 1,000 Most Critical Days Programme II implementation and provide a forum for national-level stakeholder engagement around the SUN 2/MCDP II programme. The event was officiated by the Minister of Health -Hon. Sylvia T. Masebo.



# Success Stories

## from our community of Nutrition Support Groups



### 200 KALABO MOTHERS VENTURE INTO BEEKEEPING

Written by Lwandamo Katondo

*“Beekeeping is a sustainable venture for honey production. This support will really benefit the mothers in our Nutrition Support Group (NSG) in terms of good nutrition, and empower them economically,”*

Says Lukonga Namatama, mother of a 1-year-old girl.

Namatama, of Lipu village in Lukona ward, is one of the 200 selected beneficiaries in Kalabo district who have ventured into beekeeping with the view to not only address poor nutrition, particularly stunting, and low dietary diversity among children but also to improve income-generation at household level. This follows the installation of 28 beehives in 8 wards of the district,

*Namatama is not only a mother of five children, but also an NSG volunteer. “The NSG lesson received on food processing, preservation and storage will help mothers prepare the honey into nutritious recipes. As a volunteer, I’m promoting beekeeping,”*

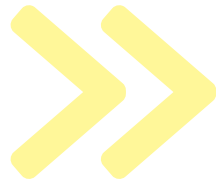
she said

Her sentiments are echoed by Mwangala Pumulo of Liunga village in the same community who warns that stunting inhibits the brain development as well as health of affected children. Pumulo says stunting has negative impacts on an individual, household, community and nation at large, hence the need to promote good nutrition among children within the first 1,000 most critical days.



# Success Stories

from our community  
 of Nutrition Support  
 Groups



*“Venturing into beekeeping will go a long way in improving the livelihoods of SUN-II households, and address household food security challenges. Honey is very nutritious and can prevent malnutrition among children. Honey also stimulates appetite as well as promotes growth and healthy living. Honey consumption will therefore help fight against stunting and other forms of malnutrition among children within the first 1,000 days of life from conception until the child’s second birthday,” Pumulo said*

Through peer-to-peer NSG lessons, mothers are promoting best practices. They also appreciate the value of organic foods such as honey, wild fruits, mushrooms, vegetables, chicken, and fish because they are readily available, accessible, and very rich in nutrients. These foods provide children with adequate quantities of nutrients, such as proteins, carbohydrates, vitamins, and minerals.

*Pumulo observes that honey is a highly priced and sought for foodstuff, adding that some of the honey will be sold and the income used to buy other food stuff, which the household may be lacking. “The honey will be used to feed our children as well as for sale to enhance livelihoods. As an NSG volunteer, I’m grateful to all the sectors, including the Forestry Department, for providing multisectoral services aimed at improving the nutrition status of our children,” she said*

The beekeeping intervention is aimed at enhancing dietary diversity and nutrition among SUN-II households, especially children who fall within the first 1,000 days of life, and to generate sustainable livelihoods among mothers.



# Nutrition Support

group providing links to savings and funds

Written by Stella Chibala, NSG Supervisor

Esther Siadibee is a 34-year-old married woman with three children. Her youngest child is 14 months old. She is currently staying in Madido ward of Chongwe District where she is a volunteer in her community doing piece work in surrounding farms to help support her family.

In November 2021, the SUN-II Programme, implemented by UNICEF in collaboration with Plan International, key line ministries and other UN partners mobilised and brought together all pregnant women, lactating mothers and mothers with children under 2 years in Madido ward of Chongwe district. Esther was one of the volunteers that was chosen under this initiative.



**This is Esther** feeding the Broiler Chickens

Esther and her Nutrition Support Group (NSG) were linked to a Savings for Change group and benefited from Community Development Funds (CDF) for women empowerment. The NSG received about ZMW 20,000. Esther and her fellow volunteers started the broiler chicken business, and they are sharing the profits.

Esther is excited and shows gratitude,

*“I am happy to have joined as the Nutrition support group (NSG) volunteer because I have learnt so many things to help me and my community. I have also had the opportunity to get access to funds. With the profits that we make, I can provide nutritious food for my family, buy school materials for my other children, and also save through village banking, which was taught to us by Plan International staff,” she explained*

Esther is happy about various activities of this programme and that her economic status has changed.

# Nutrition Support

## group lessons improving nutrition and health



### FISH NUTRITION

Written by Kalimukwa Kalimukwa

Fish is a relatively cheap and accessible source of animal protein for human consumption even in rural communities and that is why the government of Zambia developed a strategy that stipulates the avenues for unlocking the country's aquaculture potential. As a highly nutritious food, fish consumption is highly recommended for children and expectant mothers for normal growth and development. For this reason, the SUN II project has identified empowering beneficiaries with fish farming as a viable intervention and one of them, Rebecca Nakanyika shares her story.

Rebecca Nakanyika is a 20-year-old mother of two children resides in Nachikombwe village of Nkombwa ward, Isoka district - Muchinga Province.

**Rebecca**  
feeding her fingerlings



*"My youngest child is 4 months old, and the older the elder brother is over 2 years old", she said. "Household feeding has always been challenging, especially when it comes to accessing a variety of nutritious foods" she continued*

# Nutrition Support

group lessons improving nutrition and health



The situation however changed when she was selected as a SUN II beneficiary in 2021, while she was breastfeeding her first child.

*“After being registered as a beneficiary, the Ministry of Livestock and Fisheries selected the most vulnerable households to empower with fish farming knowledge. I was selected to be part of the beneficiaries. We were trained in fish farming and fish management together with other members while the men led in constructing of fishponds. After constructing the pond, we were given 3,000 fingerlings and feed as start-up capital”, she narrated. “In April, the officers taught us how to catch fingerlings after which we harvested and shared some fish with other beneficiaries.” She continued*

The SUN-II project is using the NSG model and has helped mothers and their families to improve nutrition and health. Delivery of lessons on various nutrition information has helped women adopt a lifestyle that puts nutrition as a priority for their households.

*“After receiving a portion of the harvest from the SUN II fishpond, I was inspired to construct a family fishpond. After constructing our pond, we were given 400 fingerlings to stock it from the SUN II fishpond which now acts as a community breeding pond”. She stated, “We are delighted as a family that we managed to construct and stock our own fishpond; we intend to consume part of the harvest at home and sell some of it to generate income to buy more food and cover other household necessities,” she narrated. “As a family, we are very happy about this development, we actually intend to construct more ponds and expand or market, with household consumption for nutritional purposes remaining the main priority of the family”*  
 She concluded



Fishponds constructed by Rebecca & her household

# UN Partner Feature



*“Dried foods have become my lifeline during lean seasons, providing sustenance when fresh produce is scarce. However, they are much more than mere survival provisions; they have also become a source of income for me. When I have a surplus harvest, I transform the surplus into nutritious dried foods that I can sell.”*

## Nutrition Support Groups promoting positive change in communities

by Muliye Annie - Nakabinga Nutrition Group (Monze, Southern Province)



*“Nutrition groups have created a supportive and empowering environment for many of us here, enabling us to enhance our well-being and undergo a transformative nutritional mindset shift. We used to believe that better nutrition was costly, but now we realise that we can find it even in the foods we have always grown. Through these groups, we have gained knowledge about balanced diets, healthy cooking techniques, and the crucial significance of proper nutrition.”*

*“I’ve witnessed the transformative power of nutritious food choices in shaping the health and well-being of my family. It’s not merely about food; it’s about understanding which foods nourish our bodies. Thanks to the nutrition education I received from the group, I’ve become a passionate advocate for better nutrition within my community. I encourage other women to embark on this path too.”*





# Partner

Feature

**giz** FANSER



## Luapula province Permanent Secretary and NFNC Executive Director supported districts to enhance sustainability of nutrition interventions

From the 25<sup>th</sup> to the 27<sup>th</sup> of April 2023, the Luapula Province Permanent secretary was joined by the National Food and Nutrition Commission (NFNC) Executive Director, Provincial Heads from Ministry of Agriculture, Community Development, Fisheries and Livestock development, Provincial Nutrition Coordinating Committee on a monitoring visit organised by the GIZ Food and Nutrition Security Enhanced Resilience (FANSER) Project, GIZ Fish For Food Security Project (F4F) and the Catholic Relief Services (CRS).

The visit took place in Mwense, Mwansabombwe and Kawambwa districts in Luapula province, Zambia. The focus was to appreciate best practices and have an opportunity to interact with the various implementers and beneficiaries of the key interventions meant to reduce malnutrition. These included increasing knowledge and changing attitudes positively in nutrition

and hygiene, increased availability of locally available macro and micronutrient rich foods, such as Mbereshi beans, vegetables and fish. These foods provide affordable high protein source as well as essential micronutrients, which are important for children as well as the women, in growth, development and maintenance of the body. Another intervention is the participation by the beneficiaries in Savings and Internal Lending Communities (SILC) activities to improve livelihoods.



# Partner

Feature - giz  
& FANSER

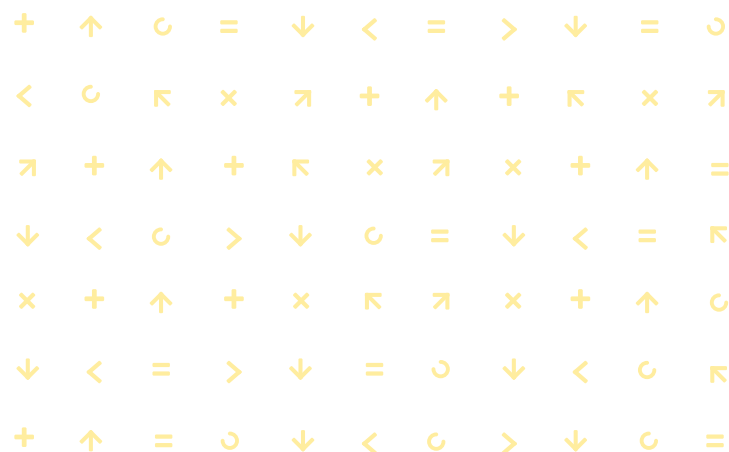
The Permanent Secretary and the Executive Director encouraged the district and subdistrict levels to “proactively take ownership by planning and budgeting for the adopted best practices within the sectors to guarantee sustainability.” Additionally, district and subdistrict implementers were encouraged to continue working in a multisectoral way and ensure that the nutrition coordinating structures are operational and sustained by district mechanisms.



**The women**  
at their monthly meeting.



The delegation paid a courtesy call to the Mwata Kazembe of the Lunda people highlighting the importance of having the support of traditional leadership in achieving nutrition outcomes, The Mwata reiterated by encouraging all present, and especially locals, to take ownership of the interventions even beyond the lifespan of projects.



# Raising chickens, growing vegetables:

## Silina's story of belief



Increasing access to finance is one of the activities the USAID SUN TA Project promotes that has positively changed thousands of households. In Pamodzi Township in Ndola District, 54-year-old Silinia Kabinda had no reliable source of income and struggled to provide for her family of five.

During 2020, USAID SUN TA, in collaboration with the Ministry of Community Development and Social Services, introduced Community Savings and Loans Groups (CSLGs) as a way of increasing access to finance and improving people's livelihoods.

At the time, Silinia knew little about CSLGs: "I would hear people talk about savings groups, but I didn't believe them as I didn't know that one could start saving with a little amount." On a visit to Pamodzi Health Centre in November 2021, Silina found a sensitization meeting conducted by Community Facilitators with mothers who had brought children for the under-five clinic.

*"I asked the facilitator where the money would come from or if he would give us money to start with. The facilitator said no matter how little one had, they could start saving. I was encouraged and went back home to share the word in my neighborhood"*

Recalls Silinia

This was the turning point for her, and she joined the Luwi CSLG. Silinia was later elected chairperson, and even offered her house for the group's meetings. She started saving with K25.00 (\$1.25) and the hope of expanding her backyard garden and raising village chickens. As her small savings grew, she borrowed different amounts and invested in poultry. Today, Silinia sells chickens, eggs, and vegetables from her garden and uses the income to provide for her family. She dreams of constructing a bigger poultry house to accommodate up to 100 chickens. Such seemingly small but important steps are what have changed the lives of thousands of women benefiting from the project. Since its inception in 2020, the USAID SUN TA has formed 224 savings groups in Ndola District with a combined membership of 4091 (376 males, 3715 females), and a total cumulative savings of over K4 million.





# ABOUT SUN II

**Scaling Up Nutrition  
Phase II (SUN II) is  
a four-year programme  
(2019-2023)**

**FOR MORE INFORMATION  
ON SUN PHASE II**

> [unicef.org/zambia/sun-phase-ii](https://unicef.org/zambia/sun-phase-ii)

