

CALL FOR PROPOSALS

Development of Nutrition Training Manual NIGI (Nutrition and Income Generation Intervention) Project

1. Background

The nutrition and income generation intervention (NIGI) project is a two-year project funded by Embassy of the Kingdom of Netherlands in Kampala. NIGI seeks to provide innovative, sustainable and scalable solutions to improve the nutrition and food security for people in and around refugee settlements in Northern Uganda. In particular, to address the urgent need for available and locally produced nutritious food, notably vegetables and fruits, for communities in West Nile Region which have experienced the influx of large numbers of refugees. The overall goal of NIGI is improved access to and consumption of nutritious crops and increased income for refugees and hosts in refugee settlement areas in West Nile Region. This goal is to be achieved through 4 primary outcomes: household nutrition, commercial vegetable production, quality seeds and systems Innovation. The project is being implemented in Omugo sub county (host community) and Omugo zone 7 (refugee settlement in village 2, 3 and 4). NIGI is implemented in a consortium between East West Seed-Knowledge Transfer (EWS-KT) and Wageningen UR Uganda (WUU).

Forced displacement is highly correlated to poor nutrition and food security outcomes. People are forced away from their lands, impacting agriculture and food production systems, and placing a huge strain on the local resources, jobs and markets for the host community.

In the West Nile Region of Uganda refugees are often dependant on a monotonous diet of cereals, pulses and oil which are supplied by the World Food Programme, with little or no access to fresh fruits or vegetables. The global acute malnutrition rate for children in settlement areas in Uganda is high, at 7.3 percent, with some of the highest rates found in the west Nile Region (UNHCR Sept 2018).

The focus of the intervention is on horticulture in particular vegetables and fruits. The intervention also considers bio-fortified crops such as iron rich beans and orange flesh sweet potatoes as anaemia and vitamin A deficiency are common problems amongst both refugees and host population in the refugee settlement areas.

Refugee households and host communities within West Nile region are supported with capacity building on best agricultural practices for vegetable and fruit production as well as awareness raising about the importance of good nutrition in regard to vegetables/ fruits/legumes/tubers and bio-fortified crops. This has led to increased access and consumption of nutrient rich foods including vegetables/ fruits/legumes/tubers and bio-fortified crops, leading to improved food security and dietary diversity at the household level.

2. Purpose and objectives

- a. Develop a comprehensive and user-friendly fruit and vegetable household (family) nutrition training manual that can be used by NIGI staff to support their efforts to improve nutrition knowledge, attitudes and practices around consuming more vegetables and fruits within the communities in which they work.
- b. Contribute a resource that can be used by staff of various organizations and institutions in the West Nile region and beyond the life of the NIGI project.

- c. To document best practices of what has been effective in teaching families about nutrition and fruit and vegetable consumption. (What messages have been most effective? What are commonly asked questions and answers? What (if any) are common limiting beliefs when it comes to consuming nutritious foods (for example, vegetables as a poor man's food)?

3. Target Audience

The manual will be targeted to users with little or no experience promoting consumption of fruits and vegetables to improve household nutrition. It will mainly be used in the West Nile region but will be for both host and refugee populations, so it should take into account the traditional diets and recipes of both of these groups. Targeted users of the manual will be those with potential to train others but with guidance from a master trainer hence the manual should be comprehensive enough to support the trainers such as:

- Extension workers
- Community health workers
- Community resource persons/trainers
- Livelihood and nutrition instructors/trainers/coaches

The training manual will also be used as reference or resource by:

- Researchers
- Implementing partner organizations/government agencies

Small pictorial nutrition handbooks in English, Lugbara, Kakwa and Sudanese Arabic will target

- Refugee households
- Host households
- Farmers and farmer groups

4. Manual

The manual will include:

- Basic nutrition technical information
- Key messages for each nutrition topic with specific illustrations on Key messages.
- A clear outline of training objectives which should be simple to understand.
- Training materials required to deliver the BCC (behavior change communication) messages
- Trainers pre-training instructions.
- Guidelines and methods for communicating nutrition messages.
- Simple participatory activities or tools that trainers can conduct in their communities (outlined step-by-step) during nutrition sensitizations.
- Health nutrition benefits for daily consumption of fruits and vegetables.
- Guidelines for fruit and vegetable handling and cooking demonstrations with nutrient preservation including local recipes (provide general fruit and vegetable preparation techniques and recommendations for different members of the household in regard to their age groups and vulnerability i.e. complementary feeding for infants, feeding for school going children, youth, men, elderly, women, expectant and lactating mothers, the sick)
- Focus on family nutrition with respect to fruits and vegetable consumption (provide general guidelines for meeting fruits and vegetable household nutrition needs for each member of the household)
- The role of home gardening in improving household daily dietary diversity/nutrition.

5. Methodology

The consultant will:

- Review background material related to the NIGI project, the nutrition situation in the West Nile region and existing household nutrition guidance manuals used in this and other contexts.

- Review current drafts of NIGI nutrition training materials and related nutrition training manuals from the Ugandan government and other partners to ensure nutrition messages do not contradict each other.
- Gather information from nutrition technical team to inform development of the manual.
- With technical input from the nutrition technical team, write content for manual.
- Develop and/or adapt participatory exercises for each topic/chapter.
- Create a user-friendly format/outline.
- Develop small pictorial nutrition hand books. Information in these handbooks majorly be in clear and simple elaborative pictorial formats with less of texts to enable users that cannot read to ably understand key nutrition messages on vegetable household nutrition.
- Translate small pictorial nutrition hand books into selected local languages (Lugbara, Kakwa and Sudanese Arabic)
- Guide testing of materials in selected communities.
- Review and revise materials and tools with input from a selected committee/team and based on experience in field testing the manual. This should also include engagement with nutritionists from the Ministry of Health (MoH).
- Finalize manual in English and translated small pictorial nutrition handbooks respectively (with input from NIGI nutrition technical team).
- Print manual in English and translated small pictorial nutrition handbooks respectively.

6. Outputs and deliverables for the assignment

- Final tested and approved soft copies of nutrition training manual in English.
- Final tested and approved soft copies of small pictorial nutrition hand books in English, Lugbara, Kakwa and Sudanese Arabic.
- Hard copies of nutrition training manual in English.
- Hard copies of small pictorial nutrition hand books in Lugbara, Kakwa and Sudanese Arabic.
- Document of references used in development of manual.

7. Duration and timeline

The consultant will be expected to complete this task within fourteen (14) working days based on an 8-hour day (8am – 5pm).

8. Qualification and experience

- Advanced university degree for in Nutrition, Food Science, Nutrition and dietetics and related field.
- Significant experience in nutrition related programming, analytical work or capacity building.
- Significant demonstrated expertise in process and team management, especially related to design and development of technical/practical manuals or guidelines in relation to nutrition sensitive agriculture specifically horticultural.
- Ability to simplify complex technical topics into non-technical language.
- Strong analytical and English writing skills.
- Fluency in English
- Previous experience with Refugee contexts will be considered desirable.
- Flexible and open to feedback and suggestions.

9. Requirements

Interested Consultants/ Firms are requested to submit;

- An expression of interest (EOI) highlighting the specific experiences and expertise that qualifies you for the task(s).

- Detailed resume (max. 4 pages), highlighting previous relevant experiences in development of training manuals. Resume should have three reference clients' email and telephone contacts.
- A sample of a recent training manual and any BCC (behavior change communication) materials previously developed by the consultant.
- A technical Proposal of no more than seven pages (as a Word document or PDF), detailing consultant's understanding of the TOR; methodology of the assignment and work plan.
- A budget in Excel, which includes consultant's fee on a daily rate and any other relevant cost associated to this task.

10. Application procedure

Interested consultancy firms/individual consultants are encouraged to submit full application package justifying their competences, skills and experience to handle the task to hr@issduganda.org not later than **6th of June 2020**.