

| | | |
|----------|--|-----------|
| 1 | Introduction | 1 |
| 1.1 | Purpose and structure of the module | 1 |
| 1.2 | The inter-generational cycle of malnutrition | 2 |
| 1.3 | Efficacy of supplementary feeding | 4 |
| 1.3.1 | Effects on young children | 5 |
| 1.3.2 | Effects on adolescent girls | 9 |
| 1.3.3 | Effects on pregnant women | 11 |
| 1.3.4 | Effects in lactating women | 14 |
| 1.4 | Effectiveness of supplementary feeding programs | 15 |
| 2 | Problem Analysis | 19 |
| 2.1 | Process | 19 |
| 2.2 | Assessment of malnutrition | 21 |
| 2.3 | Causal analysis | 22 |
| 2.3.1 | Immediate causes | 24 |
| 2.3.1.1 | Dietary intake | 24 |
| 2.3.1.2 | Disease and infection | 25 |
| 2.3.2 | Underlying causes | 26 |
| 2.3.2.1 | Household food security | 26 |
| 2.3.2.2 | Care for children and women | 28 |
| 2.3.2.3 | Health and environment | 32 |
| 2.4 | Summary core indicators | 34 |
| 3 | Relevance, Feasibility and Efficiency | 35 |
| 3.1 | Relevance | 35 |
| 3.1.1 | Priority target: Inadequate dietary intake in a food-insecure household | 38 |
| 3.1.2 | Inadequate dietary intake in a food-secure household | 41 |
| 3.2 | Feasibility | 42 |

| | | |
|----------|--|-----------|
| 3.3 | Efficiency | 43 |
| 3.3.1 | Clarifying terms..... | 44 |
| 3.4 | Conclusion | 49 |
| 4 | Project Planning | 51 |
| 5 | Targeting | 55 |
| 5.1 | Needs criteria | 55 |
| | Stage 1: Geographic targeting | 57 |
| | Stage 2: Vulnerable group targeting..... | 58 |
| | Stage 3: Individual targeting..... | 59 |
| 5.2 | Capacity criteria | 61 |
| 5.3 | Politics | 61 |
| 6 | Food Strategy | 65 |
| 6.1 | Nutrient content of food supplements | 65 |
| | Nutrients Recommended Daily Requirements | 66 |
| 6.2 | Types of foods | 67 |
| | Summary checklist for designing an adequate ration ... | 69 |
| 6.3 | Distribution systems | 70 |
| 6.4 | Timing of distribution | 72 |
| 6.5 | Frequency of distribution | 73 |
| 6.6 | Duration of supplementation | 73 |
| 7 | Complementary Strategies | 75 |
| 7.1 | Complementary actions through the health services | 75 |
| 7.2 | Growth promotion and communications for behavioral change | 77 |

| | | |
|---|--|-----------|
| 7.3 | Improving household food security | 79 |
| 7.4 | Training | 82 |
| 7.5 | Ensuring complementarity through partnership | 83 |
| 8 | Monitoring and Evaluation | 85 |
| 8.1 | Monitoring | 85 |
| 8.2 | Model proforma | 86 |
| 8.3 | Evaluation | 90 |
| ANNEX I: World Food Programme Policy | | 93 |
| Bibliography | | 95 |