

Policy on

**Help a  
CHILD**

Food Security & Livelihoods



June 2025

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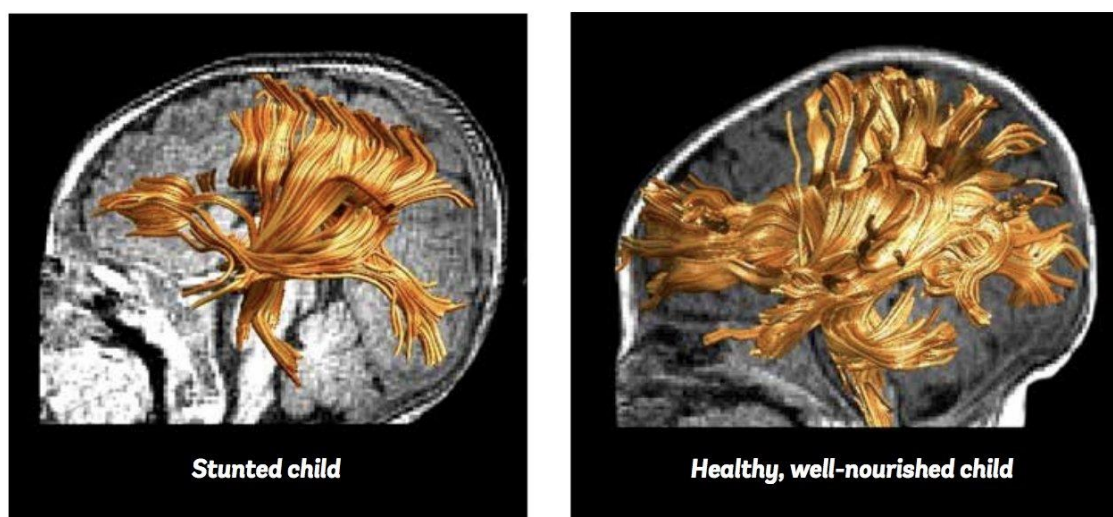
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## 1. Introduction to FSL

About 733 million people around the world are facing hunger. This number comes from the 2024 State of Food Security and Nutrition in the World report recently published by the Food and Agriculture Organization (FAO) of the United Nations.<sup>1</sup> Even more, about 50% of the deaths of children are food and hunger related, and about 148 million children are stunted worldwide.

Help a Child (HAC) is dedicated to support vulnerable children and their families to have a loving and dignified life and a promising future. Help a Child has as its main goal the well-being of children through supportive communities. Food Security & Livelihoods (FSL) within Help a Child programmes is a *supporting expertise* that assists our two main expertise's Early Child development and Child protection.

**Figure 1: Gray-Matter Infrastructure:  
A Healthy, Cared-for Child Has a More Fully Developed Brain than a Stunted Child**



Source: Nelson 2017. Reprinted with permission.

It is known that, for children, continued undernourishment can not only lead to stunted growth, but also less brain development and development of 'neural pathways' (see images), leading to cognitive impairment, diminished educational chances and a lifetime of lower income, continuing a cycle of hunger and poverty.

Our Food Security & Livelihoods interventions underscore our mission to nurture the child and help parents to care for and protect their children. The Food Security & Livelihoods components of our programmes will assist parents by increasing production, diversifying income, saving for the future and ensuring that their children are well-nourished, so that they thrive and reach their full potential.

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<sup>1</sup> [The state of food security and nutrition in the world 2024](#)

## » The International Nurturing Care Framework

Help a Child subscribes to the International Nurturing Care framework, developed by WHO and UNICEF (2018) <sup>2</sup>, as it fits well with the holistic approach of Help a Child. According to the Nurturing Care Framework, 5 interrelated elements are essential to ensure children reach their full potential: Responsive Caregiving, Opportunities for early learning, Good Health, Adequate Nutrition and Security & Safety (see figure). For more info on the International Nurturing Care Framework: <https://nurturing-care.org/>.



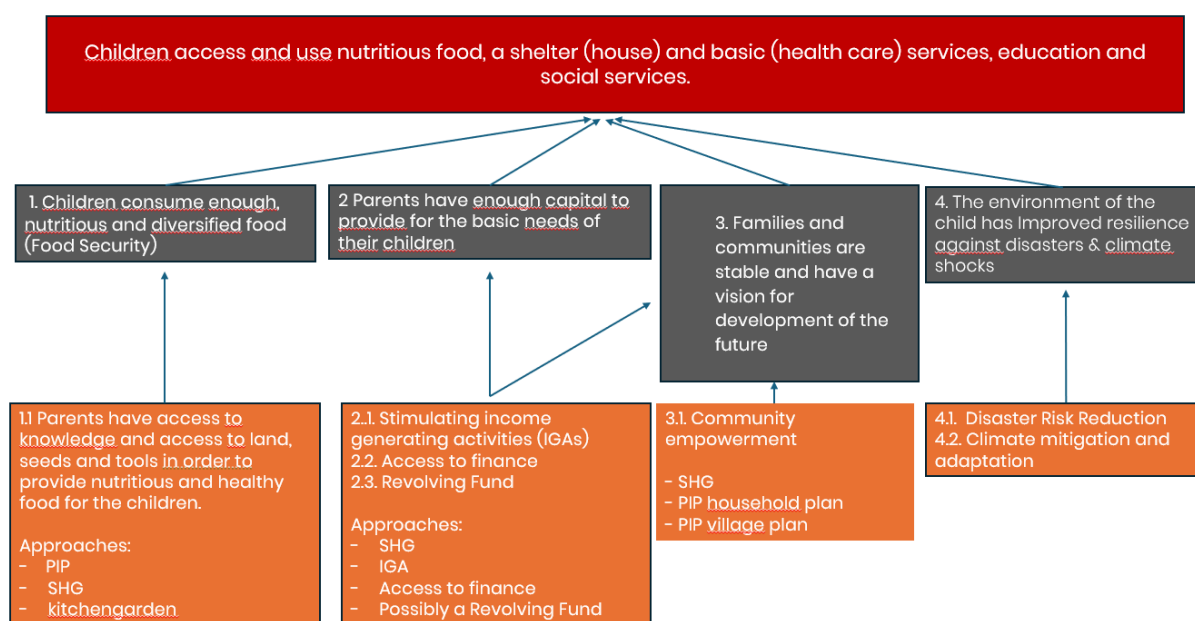
This document focuses specifically on how we, as Help a Child, like to intervene in this crosscutting theme of Food Security and Livelihoods (FSL) towards the well-being of children and their families in our programmes.

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<sup>2</sup>. [https://www.who.int/maternal\\_child\\_adolescent/child/nurturing-care-framework-rationale/en](https://www.who.int/maternal_child_adolescent/child/nurturing-care-framework-rationale/en).

## 2. What does a child need regarding FSL

A child has the right to nutritious food, a shelter (house), basic health care services and social services. Besides, a child needs enough and diversified food for their physical and mental development. A child needs loving parents or caretakers who prepare the child's food. The parents, in turn, need access to land, seeds, and tools in order to provide food for the children. Additionally, parents need sufficient financial resources to meet a child's basic needs. How we do assist children and their families in their food security & livelihoods you can find in the schematic overview of the **Help a Child Food Security and Livelihoods Theory of Change**.



The following approaches will be explained in more detail:

1. Access to healthy food
2. Parents have enough capital to provide for the basic needs of their children
  - 2.1. Stimulating income generating activities (IGAs) (SHG approach)
  - 2.2. Access to finance
  - 2.3. Revolving fund
3. Families and communities are stable and have a vision for the development of the future
  - 3.1. Community empowerment
4. The environment of the child has improved resilience against disasters & climate shocks
  - 4.1. Disaster Risk Reduction
  - 4.2. Climate mitigation and adaptation



## Access to healthy food

Within Help a Child we use the PIP approach, which stands for Participatory Integrated Plan. This approach involves a large group of farmers in a particular community, together with spouses and their older children. For more info regarding the PIP approach and its modules, find here the link: [PIP – Partner Portal Help a Child](#).

The PIP approach aims to build a foundation for sustainable change within individuals, households, farms, communities, and institutions. Key principles of the approach are 'motivation – stewardship – resilience': motivated farmer families who take ownership of their development and become stewards of more resilient farms. Sustainability of this change across households, communities and landscapes is warranted by the PIP guiding principles: 'empowerment – integration – collaboration.

PIP is a family and community-led approach which has proved that due to better communication between husband and wife, cooperation and harmony in the family has significantly improved. By setting clear and manageable goals for the farm and family businesses the food security situation and income of families do improve over time.

## Kitchen garden

A kitchen garden with fresh vegetables and diverse fruit trees around the family house is promoted by the PIP approach and the parenting challenge. A kitchen garden enrich the children's diet, which improves their health and cognitive and physical development. Find here a manual: [Kitchen garden GUIDE ON CONSTRUCTION OF KEYHOLE GARDEN.pdf](#).

## Feeding our children

The Module 'Feeding our children' is one of the basic modules that will be discussed and covered during the parenting challenge. See also our howto portal: [Parenting Challenge - Partner Portal Help a Child](#). Especially nutritious food is essential for the physical, motor and social development of the young child. It fit perfectly with our main objectives within Early Child Development and Child protection. The conclusion of a UNICEF report as stated says it well.

*Improving nutrition and ECD is essential to protecting a country's human capital and economic productivity, both necessary prerequisites for a nation's development. The interaction between nutrition and ECD warrants integrated programming, and evidence suggests that integrated programming that addresses both a child's nutritional status and ECD is highly beneficial. Moreover, integrated nutrition and ECD interventions can have a greater impact on both nutrition and ECD outcomes than single-sector interventions and may also be more cost-effective. While there are many advantages, the infrastructure- and workload-related challenges of using a common provider or platform for delivery must also be considered. Nonetheless, future programs can seize the opportunity to integrate nutrition and ECD interventions that support children's growth and development during the critical first 1,000 days, giving children a promising start in life and the opportunity to reach their full potential<sup>3</sup>*

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<sup>3</sup> [\\*Nutrition-Early-Childhood-Development-Technical-Brief-Jan2016.pdf](#)

## **Parents have enough capital to provide for the basic needs of their children**

The following approaches will be used by Help a Child to improve family income for child wellbeing:

### **The Self-Help Group approach & IGA**

The formation of Self-Help Groups (SHGs) is a method for reducing poverty and providing people with access to loans and training. Help a Child embraces this approach as it empowers people to become self-reliant, and it enables the parents to better provide for the basic needs of their children. Households are organized in groups, where they meet on a regular basis. Within the SHG structure, partner organisations assist SHGs in the principle of saving and lending, which is a good starting point to become more financially aware and understand business principles, including bookkeeping and record-keeping. At a later stage, SHGs will be assisted in starting up viable businesses. These businesses can be group businesses and/or individual family businesses. A pitfall that we have seen over the past years is that SHG members start a business, but their income does not significantly improve. The trick is to find viable businesses that create a sustainable and stable increase in income over the years.

How the SHG approach is embedded in the CCCD programming, you can read in the CCCD manual: [CCCD Manual – Partner Portal Help a Child](#).

### **Target group for SHGs**

As the target group for SHGs, Help a Child aims at parents (father & mother), single parents, or caretakers (grandparents, aunts, uncles, older brothers or sisters, or other extended family members). As a second target group, SHGs can be complemented by poor households that are eager to participate in the development of their community and their livelihoods. Each SHG has around fifteen to twenty members. The members keep a group saving, through which individual members can access a loan, for example, to set up income generating activities or to support family members. After an agreed period, the loan is paid back, and other members can take out a loan on their turn. Over time, the group's capital becomes larger. Gradually, SHG members are encouraged to take loans for investing in business rather than for consuming and domestic purposes.



Besides the economic aspect, SHGs are a very helpful structure for skills training and strengthening social cohesion. Self-Help Group members can discuss all kinds of (social) issues and challenges in (family) life and the wider community. SHGs are also linked with government services and market opportunities. Through the groups, members are made aware of child rights (such as proper health care, access to education, and protection) and learn to lobby for these rights. SHGs are also a good starting point for raising awareness on disaster risk and how it can be lowered locally and how the community can advocate for DRR with relevant local stakeholders. Well-functioning and mature SHGs start to look beyond the needs of their own group members and should become role models for other community members.

To make Self-Help Groups work, they need to meet specific criteria, for example:

- The group must meet frequently;
- Both men and women can attend, depending on the context;
- All members do attend and are committed;
- The group should save and loan (saving without loaning slows down the development process);
- The SHG is guided and trained by a Community Facilitator, who is trained by the implementing partner.

These and other guidelines can be found in the Self-Help Group Manual, developed by Kindernothilfe. And can be found at the Help a Child howto portal: [KNH\\_SHG\\_Engl\\_Ugll.indd](#)

• NOTE: there may be other types of Saving & Loan groups. This is fine, it does not have to bite each other. The primary difference is that many VSLA groups operate for a period of 1 year. At the end of the year, the money is returned, and they start afresh. SHGs will continue and thus build up more capital.

### **Cluster Level Associations (CLAs)**

As SHGs become mature, a Cluster Level Association (CLA) is formed out of eight to ten SHGs; each Self-Help Group delivers one or two representatives. The CLA does not participate in any saving or lending activities but initiates and coordinates development activities at community level. A CLA supports and strengthens SHGs and continues forming new SHGs after the phase-out of the project. Therefore, mature SHGs need to be aware of the issues



that are happening in the community and report those issues to the CLA. The CLA at higher level combines this information and informs the Federation/CBO. The CLAs are empowered in their ability to lobby for access to services by the implementing partner. During the end of the project, Federations or CBOs (see next paragraph) will take their role in capacity strengthening of CLAs.

### **Federations or Civil Based Organizations (CBOs)**

CLAs too, can unite themselves after they are mature and form a Federation, a farm cooperative or Civil Based Organization (CBO). The role of a Federation or CBO is to make the voices of their communities heard at high(er) political and social levels.

You can find more information about the formation of SHGs and IGA, CLA and Federation formation in the SHG manual on our Help a Child howto portal: [KNH\\_SHG\\_Engl\\_Ug11.indd](#)

### **Access to finance**

Improved access to financial services is essential for community resilience and sustainable development of the area. Access to finance is a critical factor in developing self-employment opportunities for parents and the broader community. They usually face considerable constraints when trying to access and use formal financial services. Some significant barriers that communities encounter include:

- Financial products are inaccessible due to the inability of vulnerable community members to provide collateral, for example, land;
- Inappropriate financial products offered by financial service providers;
- Poor financial capabilities of community members.

Access to finance will start in the SHG structure by saving and loaning, as mentioned above. Later in the programme, when CLAs are formed and have a lobby and advocacy agenda, CLA's can advocate for better access to financial services for their community. CLAs can link their community to micro finance institutions, insurance providers, other savings and credit cooperatives. As a bridging alternative in cases, the above institutions are lacking in the area; a Revolving fund can be incorporated in the project.

### **Revolving fund**

A Revolving fund works as follows: In the project countries, contracts are locally made by our country offices with local MFIs. The chosen MFIs that our partners are using, are often local community bank structures. Our country offices do assist, advocate and negotiate for favourable conditions for the loan uptake (as current MFI conditions are often too strict for SHGs). To cover or minimize the risks for the local MFI, a guarantee fund will be deposited from the Revolving fund pool towards the local MFI. All agreements and descriptions of roles and responsibilities are written in a commonly undersigned MoU. Business people and foundations provide funds to Help a Child Netherlands for the Revolving fund pool.

Local partners of Help a Child explain and communicate with the community how the Revolving fund works and introduce the chosen MFI to the community. HAC Country office and HAC partners do have a controlling role to oversee if the local MFI is working according to the MoU.

The farmers or rural entrepreneurs (young parents) can apply for the soft loan by handing in a loan application form whereby they explain where they will use the loan for, their business plan and a budget how to make profit and how they will pay back the loan. Loans will be given out not to individuals, but to SHGs, CLA's and farmer groups. This makes the whole group responsible for the loan uptake and for paying it back. Within one community, the loan amount given to the local MFI, can be given out several times, depending on the contract with the local MFI. When Help a Child is phasing out in the area and the contract is ending, the guarantee fund (or what is left) will be paid back to Help a Child's Revolving fund pool and will be used in a new programme area. So, funding given can be used multiple times! You can read more about the Revolving fund in the policy brief Revolving funds: [Policy brief Revolving funds.pdf](#)

### **Stable families and communities with a vision**

At the centre of HAC's work is the Child Centred Community Development (CCCD) approach. This is a multi-annual Community Development process which has child-wellbeing as its ultimate goal, whereby interventions not only target the child but also its immediate environment, such as its parents/caretakers/family and the community at large. A typical CCCD project has a duration of about 5-7 years whereby HAC and its implementing partner will gradually hand over responsibilities to local structures and eventually phase out of the community. An important feature of the CCCD projects is the establishment of **group structures**, like community mobilization at the start of the project to do community assessment and later formations of groups like parenting groups, Self Help Groups, PIP farmers groups etc. All these group structures play a key role in Food Security & livelihoods approaches mentioned in this policy. At the start of a CCCD project, the community draws a Community Action Plan, which aligns or can be seen the same as the PIP Village Visioning Plan. At household level, PIP farmers learn to make a farm household plan. The PIP family plan, which envisions their goals and action plans for the coming year(s). People with a sharp & bright focused vision are better equipped to break the cycle of poverty.

Community members have limited access to important information that can help them make better decisions. This includes information about profitable markets, prices of commodities, employment opportunities, training opportunities, government subsidies and support programmes, and socio-political conditions.

During interviews with HAC field staff, it was noted that vulnerable community members often have limited access to strategic spaces within the broader community where information is shared and plans are developed. We aim in our project- development that no one is left behind or left out from information needed for their household development. So, farm households, parents and the broader community are well informed and will be assisted to draw their visions for their future development.

### **The environment of the child has improved resilience against disasters & climate shocks**

Besides an environment that is stimulating the economic purchasing power of families and communities at large, even more important is building on the resilience of the child's family and its community. Within the Parenting Challenge and SHGs, there is attention for **social**

**resilience** of parents, families and the wider community. Topics include self-confidence, self-determination, life skills, nutrition, hygiene, and SRH, among others. Under the Food Security & Livelihoods sector we focus on two main areas when it comes to resilience building.

### **Disaster Risk Reduction – Disaster management**

Disaster Risk Reduction and Disaster Response are mechanisms that make communities aware of hazards, how to prepare for disasters, how to mitigate and how to respond to disasters in their community and at family level. Help a Child has written a lot on DRR and DR, which can be found on the howto portal: [Disaster Risk Reduction – Partner Portal Help a Child](#)

### **Climate mitigation and adaptation**

Often disasters are related to erratic climate patterns like prolonged droughts, flooding, heavy winds, heat and/or cold waves. Communities and families within Help a Child projects will be assisted in recognizing patterns and mainstream climate awareness and mitigation efforts on as well community as family level. You can find more here: [Policy brief Climate interventions within HaC programming 2025 2026 – Final.docx](#)

If you'd like to learn more about Climate Smart programming, you can find a report prepared by our intern, Joshua Johnson, which may inspire you. [Report on Climate Smart Programming by Joshua Johnson Spring 2022.pdf](#)

### 3. Food Security & Livelihoods within Disaster Response

In the previous chapter, we explained our FSL Theory of Change. Also, in a disaster setting, we want to assist children directly in accessing nutritious and diversified food. Enable their parents to have access to capital so that parents can provide for the basic needs of their children. And thirdly, to assist the broader community in which the child lives, often via their schools. In the UNOCHA system, food security interventions are combined with income generating activities, this is called the sector of Food Security and Livelihoods (FSL). Most other donors adhere to this categorization.

The table below shows in which circumstances we can opt for different interventions, depending on local context, implementing partners and funding modality. As Help a Child we distinguish two main situations, namely relief for acute needs within the FSL sector and or the recovery period which in general is less acute but will work on the recovery and resilience of the people.

Food security and livelihoods in disaster response by Help a child						
Protection mainstreaming, community engagement, climate smart, inclusive.	Relief	recovery	Expertise area	Modality: depending on context and variety of modalities can be used from different phases	Role of Help a Child	Funding modality
			Resilience building longer term	<ul style="list-style-type: none"> <li>- PIP approach</li> <li>- AVET in combi with PIP (agricultural vocational education and training)</li> <li>- Farmer groups and or SHG (self Help Group)</li> <li>- Life skills &amp; business training &amp; coaching</li> <li>- Link to markets</li> <li>- Community based Disaster Risk Reduction</li> </ul>	Grants, training & coaching, Linking. Market assessment	Hum. And dev. IF foundations, private donors nexus 1-3 year model
	Relief	recovery	Rebuilding of livelihood assets medium term	<ul style="list-style-type: none"> <li>- Agricultural training</li> <li>- Provision of seeds and tools</li> <li>- Kitchen gardens and or small-scale crop production</li> <li>- Small livestock (beekeeping/chicken/pig)</li> <li>- Self Help Groups</li> </ul>	Training, access to finance, agri assistance	Humanitarian IF, foundations, private donors. Nexus 1-3 year model
			Providing life-saving food aid Short term	<ul style="list-style-type: none"> <li>- Provision of food items</li> <li>- Provision of seed and tools</li> <li>- Kitchen gardens</li> <li>- School feeding programs</li> <li>- Children and mother supplementary food assistance and awareness</li> <li>- Cash (multi purpose/unconditional)</li> </ul>	Provide basic needs	Humanitarian, IF, foundations, private donors

The PIP approach is already described in the previous development Chapter 2. Although within Help a Child, the PIP approach is mainly used in a development setting, PIP can also be used in a more nexus setting. Pilots of these settings have been done in DRC, Burundi and South Sudan.

#### Selection of FSL

Whether Help a Child will choose a FSL intervention is based on the following considerations:

- need of the affected population: based on assessments and in some cases the Integrated Food Security Phase Classification used by the FSL clusters, see also <http://www.ipcinfo.org/>;
- whether other actors are engaging in FSL interventions: based on FSL cluster meeting and documentation;
- whether there is a high chance of funding from the donor.

### **Timing of FSL interventions**

Depending on the context, Help a Child uses several types of FSL interventions in short, medium, long term projects. See the overview table above for intervention type based on disaster phase availability of time for the intervention.

### **Quality criteria FSL and type of FSL interventions in Disaster Response**

More details on the quality criteria for FSL interventions and the type of FSL interventions that fit within HAC's FSL strategy can be found in Annexe II at the end of this policy.

### **Nexus within Help a Child**

Nexus is the humanitarian-development link between relief, rehabilitation and development. 'Triple nexus' also includes a peace dimension. Nexus is about cooperation and complementarity between the development world and humanitarian world, in order to address the root causes of worldwide crises and reduce unmet needs. The need for Nexus was driven by crisis being increasingly protracted, conflict-generated and complex. These crisis contexts ask for a different way of working where actors see activities not as separate but as complementary.

Through Nexus, Help a Child is taking the opportunity to combine its expertise in development with its humanitarian assistance. It is a tool to combine 7-8 years CCCD programming and recent disaster response experience, and link policies, tools and funding opportunities as much as possible. Only through Nexus, Help a Child can build the resilience of crisis-affected people in a more sustainable way. The goal is to provide relief aid and make communities at the same time able to cope with current and future risks. Preparedness and Disaster Risk Reduction elements are increasingly included in the design of Help a Child's programs.

### **Research on new approaches for the coming time**

Over the recent years, we have worked on certain nexus approaches in which we combine our development approaches from Chapter 2 with the disaster response approaches of Chapter 3. Examples of these are PIP in a nexus setting, exploration of the Graduation approach, or the development of PIPPA (PIP and parenting). Where possible in protected crises, we want to refrain from hand-out and de-stimulate dependency. These nexus approaches are still in development and will grow over the coming years in line with our shift towards more focus on humanitarian target areas. So, this part will be updated when more material is developed.



## Annexe I: Overview of FSL interventions and their manuals

Intervention	Manual	More info
Cash distribution	See local WFP guidelines	<a href="http://www.WFP.org">www.WFP.org</a>
Food distribution	See local WFP guidelines	<a href="http://www.WFP.org">www.WFP.org</a>
PIP approach	<a href="#">PIP – Partner Portal Help a Child</a>	<a href="#">The PIP approach: building a foundation for sustainable change - WUR</a>
Kitchen garden	<a href="#">Kitchen garden GUIDE ON CONSTRUCTION OF KEYHOLE GARDEN.pdf</a>	
Feeding our children	<a href="#">Parenting Challenge – Partner Portal Help a Child</a>	
SHG and IGA	<a href="#">KNH_SHG_Engl_UgII.indd</a>	
Revolving fund	<a href="#">Policy brief Revolving funds.pdf</a>	
DRR	<a href="#">Disaster Risk Reduction – Partner Portal Help a Child</a>	
Climate interventions within Help a Child	<a href="#">Policy brief Climate interventions within HaC programming 2025 2026 – Final.docx</a>	
Climate Smart Programming	<a href="#">Report on Climate Smart Programming by Joshua Johnson Spring 2022.pdf</a>	
Graduation approach	<a href="#">Microsoft Word – WV-BRAC Ultra-Poor Graduation Handbook.v2_clean</a>	

## **Annexe II FSL: quality criteria and type of interventions in Disaster Response**

### **Quality criteria of FSL interventions**

- All FSL interventions are performed according to World Food Program (WFP) guidelines that are shared in the FSL cluster in the given context. In case no cluster or WFP guidelines are available, there may be government guidelines available at the line ministries. The WFP guidelines prescribe types of food security intervention, quantity per household and time period, e.g. for a period of 2 months a bag of a certain amount of kg's of maize flour, pulses, cooking oil and salt is needed to sustain a household of 6 members.
- The WFP standards are based on the Food Consumption Score and is determined by the WFP itself, often with the help of partners, The Food Consumption Score (FCS) is a more complex indicator of a household's food security status, as it considers not only dietary diversity and food frequency but also the relative nutritional importance of different food groups (on the other hand, its use of relatively long, 7 days recall period, might make the data less precise).
- Often, donors require an FSL before another intervention is approved, e.g., FSL (as a sector) needs to be addressed in your target area (either by your own NGO, another SSJR partner or external partners) in order to program in the sector WASH, Protection, Health, or Multi-Purpose Cash (MPC).
- Additional quality aspects regarding FSL interventions include:
  - Unconditional cash and conditional cash modalities are recommended, unless justified when not feasible or appropriate (based on proper feasibility and market assessments);
  - When and where possible, instead of seed distributions, seed fairs are advisable from a sustainability and resilience point of view, as local seeds are more adaptable to the local context and wishes of the community;
  - Seed germination tests to be included and in collaboration with line ministries;
  - The timing of seed distributions should be considered carefully: prior to the start of the rainy season;
  - All distribution activities need to be followed by Post Distribution Monitoring;
  - Resilience approach to be included within emergency projects, considering especially the multi-year funding committed to the SSJR: strengthened focus on transition from humanitarian assistance to resilience-based programming through VSLA activities as such (or similar resilience-focused groups) are encouraged while organizations are responsible for acquiring the necessary capacity to do so;
  - Any agricultural activities, including livestock should be accompanied with training and vaccinations;
  - Special consideration for GBV integration.
- WFP and FSL cluster guidelines are in line with SPHERE standard 6 on Food assistance. HAC also adheres to this standard (see page 197–210 on the SPHERE manual) which covers:

- General nutrition guidelines;
- Food quality, appropriateness and acceptability;
- Targeting, distribution and delivery;
- Food use (storage and preparation).

## Type of FSL interventions

### Short-term: life-saving food aid

- Provision of food items: this is usually based on WFP guidelines that are shared in the UNOCHA FSL-cluster. If there is no cluster system available, this depends on the local context and preferences. It usually contains an amount of flour, beans, salt and oil.
  - Requires availability of good roads and/or contact with the UN logistics cluster
  - Requires a significant budget for transportation, storage and distribution
- Provision of seeds and tools: this is a suitable modality to move away from direct food item provision and can add a longer-term resilience component to any response programme.
  - Typical kits consist of some kg's of several types of seeds (e.g. maize, sorghum, groundnuts) and tools like a hoe/ maloda.
  - Seeds and tools provision is always combined with agricultural training
  - Whether seeds and tools are appropriate in an immediate disaster response depends on the local timing of the dry and wet season, as well as the used seasonal calendar.
- In line with Help a Child child-centred way of working, it is possible to engage in Children and Mother Supplementary Food Programs and awareness and School Feeding Programs.
- Household level/communal FSL interventions: kitchen gardens.
  - These are plots of 6-20 square meters on household level where crops are grown
  - On communal level these can be up to 700 square meters
  - This modality can be used to supplement food rations of UN-agencies, or even independently if larger/more plots are available
  - Seeds, tools and water availability are key resources for this modality
- Cash: in locations where there is a local market with diversity of suppliers and supply of goods, cash is a great modality to increase ownership and dignity of the beneficiaries and to stimulate the local economy.
  - Help a Child prefers to engage in multi-purpose cash-grants: this means the provided cash can be used for either food, medicines, shelter materials or other items that are in need. This helps households to address their own priority needs.
  - Help a Child prefers to engage in unconditional cash-grants: the grant is based on need established by needs assessments and not dependent on a certain requirement (e.g. to attend certain trainings or undertake work).
  - Depending on the local context, funds can be provided in cash, digital form and vouchers.

- Coordination with other actors and the FSL cluster (or sometimes sub-cluster in Cash in UNOCHA) is of key importance to avoid discrepancies between agencies and populations.
- Market prices, shops and supply lines are studied before a cash intervention is started.

### Medium Term: Rebuilding of livelihood assets

- Agricultural training: this is a more extended version of the training provided in the short-term interventions, including more training on soil health, fertility and integration of different types of crops.
- Self-Help-Groups (SHGs): these groups can be started when there is relative stability and provides a suitable way for communities to become entrepreneurial again and save money on agreed purposes. SHGs are a way of linking disaster response with Disaster Risk Reduction. Please refer to the SHG manual for the Help a Child's methodology for SHGs.
- Small livestock: keeping small animals can be a way of earning a steady income from their products, e.g. honey from bees, milk from goats, eggs from chickens. Help a Child engages in the provision of small livestock like rabbits, Guinea pigs, etc., when the need is clear and enough enthusiastic community members express a desire to work with this modality. The market supply and demand for these products are carefully studied beforehand.

### Longer-term: Resilience

- Agricultural Vocational Education and Training: this is conducted in the Integrated Sustainable Farming Approach (PIP) of Help a Child. Please refer to the manual for this. PIP includes the following principles to this end: integration of optimal livestock and crop types and innovative agricultural technology for sustainable farming for household consumption and income.
- Farmer Groups: training in innovative sustainable land use planning with integrated farming for food security and market requirements.
- Life Skills like decision-making, problem-solving, creative and critical thinking, communication and interpersonal skills, self-awareness and empathy, assertiveness and resilience and coping with emotions and stress.
- Link to markets: farmers and Farmer groups will be linked to (local) markets to sell their produce, thereby generating income and establishing longer term trade relations. This includes;
  - Business skill development
  - Market chain identification
  - Bulk production
- Community-Based Disaster Risk Reduction: based on elements of Participatory Assessment of Disaster Risks. The purpose of the tool is to enable a community to assess the factors that contribute to the size and scale of any potential disaster and to develop a locally owned plan to address those factors, thereby reducing the risk of disaster. It is essentially a community-empowering process, helping people to

understand cause-effect relationships and to realize their own capacities to reduce risks. It also enables them to identify and challenge the social, political and economic structures that contribute to their vulnerability. Such activities may be set within existing development projects. PADR addresses community vulnerabilities and capacities by facilitating a process in which the community itself identifies main risks, underlying and immediate causes, makes a community level risk management plan and a contingency plan.