

Indicator: # Number of WRA and/or key household decision makers who demonstrate the preparation of recipes that incorporate a wide variety of nutrient-rich foods (AG_036)**AGRICULTURE SECTOR** **Type:** Outcome**Unit of Measure:** Individual HH member**Disaggregation:** Sex: Male, Female;
Age: 0–9, 10–14, 15–19, 20–24, 25+**Outcome Measured:** WRA and/or key household decision makers are able to demonstrate the preparation of recipes that incorporate a wide variety of nutrient-rich foods**Precise definitions**

Woman of reproductive age (WRA): A WRA (ages 15–49) who is directly reached by an activity with agriculture-related intervention(s) (e.g., training, technical assistance, input access). Interaction with the activity should be significant, meaning that a woman or key household decision maker reached by an agricultural activity solely through brief attendance at a meeting or gathering should not be counted as a beneficiary.

Key household decision-maker: Person in a household responsible for making decisions about food purchases, meal preparation, and food distribution.

Diverse diet: A diverse diet is one that includes consumption of food from a variety of food groups. “Minimum dietary diversity” (MDD) is defined as the consumption of at least five of the 10 specific food groups listed below during the previous day and night (24 hours). The 10 food groups are:

1. Grains, white roots and tubers, and plantains
2. Pulses (peas, beans and lentils)
3. Nuts and seeds (including ground nuts)
4. Dairy products
5. Eggs
6. Meat, poultry, and fish
7. Dark green leafy vegetables
8. Other vitamin A-rich vegetables and fruit
9. Other vegetables
10. Other fruits

Nutrient Rich foods: Includes legumes, nuts, some seeds (sesame, sunflower, pumpkin), wheat germ; animal source foods (milk, yogurt, cheese), fish, eggs, organ meats, flesh foods, other miscellaneous small animal protein; dark yellow or orange-fleshed roots or tubers; cabbage, mangos, okra, passion-fruit, pineapple and sweet green pepper; bio-fortified foods; any local foods containing the following micronutrients: vitamin A, thiamin, riboflavin, niacin,

vitamin B-6, folate, vitamin C, calcium, iron, and zinc; or foods containing any other micronutrient for which a documented deficiency exists within the target population.

Data collection

Tool: There is no standard tool for this measurement. PCVs will need to create a “recipe preparation check-list” for the specific recipes that they are teaching to their beneficiaries. The checklist should include an assessment of use of nutrient rich foods as well as proper preparation of the recipe. The format of the assessment will depend on how the activity itself is structured and what is logistically and culturally appropriate. If participants are preparing the recipe as the Volunteer demonstrates, the Volunteer could be observing and ensuring that participants are carrying out the steps correctly. Alternatively, the Volunteer might conduct visits to households of individuals to observe their preparation of nutrient-rich recipes.

Frequency of data collection and tracking:

Time 1 (T1)—Completion of the nutrition education activities related to cooking. Each individual who meets the requirements described below (see “Who to measure”) should be assessed, using the recipe preparation check-list developed by the Volunteer. Following the assessment, record the individual’s name, sex, age, and whether or not he or she was able to demonstrate preparation of the recipe in the Recipe Demonstration Tracking Sheet (below).

Note: There is no pre-intervention measurement for this indicator.

Time 2 (T2)—End of subsequent nutrition activities, if applicable: Some individuals may not be able to demonstrate preparation of recipes that incorporate a wide variety of nutrient-rich foods after the nutrition education activities. If the individual meets the minimum requirements described below (see “Who to measure”), the PCV may continue to work with the individual and assess the individual again. Record the findings in the T2 tracking sheet below.

Who to measure: Volunteers should only include women and key household decision-makers for this outcome measurement with whom they have worked on one or both of the following activities focused on nutrition education:

1. Conduct one-on-one teaching of WRA and/or key household decision makers on how to cook recipes that incorporate a wide variety of nutrient-rich foods
2. Conduct group training of WRA and/or key household decision makers on how to cook recipes that incorporate a wide variety of nutrient-rich foods



Reporting

Measuring progress toward the outcome, by sex and age: An individual is considered to be able to demonstrate the preparation of recipes that incorporate a wide variety of nutrient-rich foods if they correctly carry out a demonstration that meets the criteria for preparation of such a recipe.

1. For each individual who is able to demonstrate recipe preparation, place a Y in the cell that corresponds to the individual’s age and sex.
2. For all those who did not demonstrate recipe preparation, place an N in the cell that corresponds to the youth’s age and sex.
3. Record the sum of all Ys + Ns in the row titled “TOTAL REACHED” and the sum of Ys only in the row titled “TOTAL ACHIEVED.” Report both column totals in the VRF.

4. If an individual did not demonstrate preparation of a nutrient rich recipe at T1, use the second tracking sheet with the T2 column to repeat the assessment and reporting process for that individual at the end of the subsequent period of working with the Volunteer.
5. Record the sum of all Ys + Ns in the row titled "TOTAL REACHED" and the sum of Ys only in the row titled "TOTAL ACHIEVED." Report both column totals in the VRF.

Note: Individuals may only be counted once as part of the "TOTAL ACHIEVED" in a Volunteer's service for this indicator. If the same individual is eligible for measurement for another indicator, s/he may be counted for that indicator according to the guidelines in that indicator's definition sheet.

