

Indicator: # Number of female direct participants of USG nutrition-sensitive agriculture activities consuming a diet of minimum diversity (AG_FTF_037)**AGRICULTURE SECTOR** **Type:** Outcome**Unit of Measure:** Female participants**Disaggregation:** Female by age: 0–9, 10–14, 15–19, 20–24, 25+age**Outcome Measured:** Female direct participants of USG nutrition-sensitive agriculture activities consuming a diet of minimum diversity**Precise definitions****Requirements for consuming a diverse diet:** A woman is considered to be consuming a diverse diet if she consumed at least five of the 10 food groups listed below during the previous 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

Data collection**Tool:** The Women’s Dietary Diversity Assessment Tool used by all Volunteers in the Agriculture sector working on increasing the dietary diversity of households. Posts will need to customize this tool with local foods in each group before sharing with Volunteers.**Frequency of data collection and tracking:****Time 1 (T1)—End of each year of working with the individual:** At the end of each year of the intervention, the Volunteer will conduct the Women’s Dietary Diversity Assessment with all women who meet the minimum requirements described below (see “Who to measure”). Record the individual’s name and whether or not she consumed each food group in the Women’s Dietary Diversity Tracking Sheet (below). Note: There is no pre-intervention measure for this indicator.**Data should be collected at the same time of the year for all Volunteers reporting on this indicator since the indicator will display considerable seasonal variability. Also, do not collect data on special occasions, celebrations, or holidays as food consumption is likely to be abnormal around those times.****Who to measure:** For this outcome measurement, Volunteers should only include women with whom they have worked regularly over the course of a year on one or more of the following activities focused on increasing dietary diversity:

1. Conduct one-on-one teaching of WRA and/or key household decision makers about the importance of consuming a diverse diet that includes nutrient-rich foods
2. Conduct group training of WRA and/or key household decision makers about the importance of consuming a diverse diet that includes nutrient-rich foods
3. 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
4. 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: A woman will be considered to consume a diverse diet if she consumed at least five of the 10 specific food groups listed on the Women’s Dietary Diversity Assessment Tool during the 24 hours before the survey.

- For all women who consumed a diet of minimum diversity, place a Y in the last column in the Women’s Dietary Diversity Tracking Sheet in the appropriate age column (below).
- For all women who did not consume a diet of minimum diversity, place an N in the appropriate age column.
- 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.

IMPORTANT NOTE ON LIMITATIONS OF THIS INDICATOR: This indicator is not to be used on an individual level nor is it to be used for targeting purposes due the natural variance in an individual’s diet day to day. One individual cannot be compared to herself over time. Additionally, no conclusions or interpretations can be made at an individual Volunteer level. Data may only be interpreted at the post level and/or across multiple posts at the global level.

