

STANDARD SECTOR INDICATOR CODE: HE-102	Demonstrated How to Make a Nutritious Meal for Children Under 5: Number of individuals who demonstrate how to make a nutritious meal from locally available foodstuffs. ¹	
HEALTH SECTOR	Sector Schematic Alignment <ul style="list-style-type: none"> • Project Area: Maternal, Neonatal, and Child Health • Project Activity Area/Training Package: Infant and Young Child Health 	
Type: Short-term Outcome	Unit of Measure: Individuals	Disaggregation: Sex: Male, Female Age: 0-9 years, 10-14 years, 15-17 years, 18-24 years, 25+ years

To be counted for this indicator the following criteria must be met:

- The individual must have been able to demonstrate how to prepare a meal for a child 24-59 months old that contains all the essential nutrients and uses at least 3 locally available foods from 3 out of the 7 following food groups {(1) grains, roots 2)legumes and nuts,3)dairy product 4)flesh foods,5) eggs 6)Vitamin-A rich fruits and vegetables 7) other fruits and vegetables } under the supervision of the Volunteer or their partner

The cooking demonstration must adhere to safe food preparation methods.

Definitions:

Demonstrate is defined as to show or prove competence in certain skill/s before practicing the skill independently.

Meeting nutritional needs of children 24-59 months should receive at minimum 2 feedings of milk each day AND at least 4 or more feedings of solid/semi-solid foods from 4 or more food groups out of the 7 following groups {(1) grains, roots 2)legumes and nuts,3)dairy product 4)flesh foods,5) eggs 6)Vitamin-A rich fruits and vegetables 7) other fruits and vegetables} . Foods can be family foods, chopped or mashed as necessary. They should also receive supplemental Vitamin A according to national health protocols.

Safe food preparation means that the food is prepared safely (hands correctly washed with soap before preparing foods, foods cleaned and are cooked or boiled for an adequate amount of time), and minimizes the risk of contamination by harmful pathogens.

¹ This indicator targets food preparation for children 24-59 months of age. For food preparation activities around complementary feeding, use indicator HE-098: *Demonstrated How to Prepare Weaning Foods*

WHO Feeding Recommendations ²		
Age Range	Feeding Amount	Feeding Frequency
< 6 months	Exclusive Breastfeeding	On demand – from eight to twelve times daily
6 to 8 months	Start with 2-3 tablespoonful per feeding, increasing gradually to ½ of a 250 ml cup	2-3 feedings daily + 1 or 2 snacks (small bits of fruit etc.) ³ + continued breastfeeding on demand
9 to 11 months	½ of a 250 ml cup/bowl	3-4 feedings daily + 1 or 2 snacks + continued breastfeeding on demand
12 to 23 months	¾ to a full 250 ml cup/bowl	3-4 feedings daily + 2 snacks + continued breastfeeding on demand
24 to 59 months	Full 250 ml cup/bowl	4+ feedings daily + 2 snacks + 2 servings of milk ⁴

Rationale: The period from pregnancy through a child's second birthday remains the most critical for positively impacting upon the nutrition of the child and preventing lifelong negative impacts associated with sub-optimal nutrition. Nonetheless, after age two children remain vulnerable to acute and chronic malnutrition. While intervention after the child's second birthday is unlikely to result in catch up growth/catch up development, improvements in this period can still improve the lives of children. This indicator highlights the importance of food diversity and the need for micronutrients (iron status, in particular) for child health and development. Child anemia is associated with adverse consequences for child growth and development, including increased morbidity and impaired cognitive development

Measurement Notes:

- 1. Sample Tools and/or Possible Methods (for Peace Corps staff use):** Volunteers should use data collection tools to measure progress against project indicators. A data collection tool to measure this indicator could be based on one of the following methods—checklist and observation—though there may be other data collection methods that are appropriate. Please check PCLive for data collection tools. Once a tool has been developed, post staff should have a few Volunteers and their partners pilot it, and then distribute and train Volunteers on its use.
- 2. General Data Collection for Volunteer Activities:** All Volunteer activities should be conducted with the intention of achieving outcomes – knowledge change (short-term), skills demonstration (intermediate-term), and behavioral changes (intermediate to long term) as defined by the progression of indicators within the objectives of a project framework. The progression of measurement for all Volunteer activities should begin with baseline data being conducted prior to the implementation of an activity (or set of activities), followed by documenting any outputs of the activities and then later at the appropriate time, measurements of specific outcomes (see the bullet on “frequency of measurement”).
- 3. Activity-Level Baseline Data Collection:** This indicator builds off of indicator **HE-100: Educated on Nutritional Needs of Children from 12 to 59 months of age**, as it measures the skill and knowledge needed to demonstrate preparation of a nutritionally appropriate meal for this age group. Therefore, baseline data collected in the form of a pre-test for HE-100 would apply to this indicator as well.

² World Health Organization. <http://www.who.int/features/qa/21/en/>

³ Depending on appetite

⁴ Breastfeeding can be displaced during this period, but animal milks are advised to take its place in optimal child feeding.

Because Volunteers are expected to implement relevant and focused activities that will promote specific changes within a target population (see the “unit of measure” above), taking a baseline measurement helps Volunteers to develop a more realistic snapshot of where individuals within the target population are in their process of change instead of assuming that they are starting at “0.” It also sets up Volunteers to be able to see in concrete terms what influence their work is having on the individuals they work with during their service. Please note that data collection is a sensitive process and so Volunteers will not want to take a baseline measurement until they have been able to do some relationship and trust-building with the person/people the Volunteer is working with, and developed an understanding of cultural norms and gender dynamics.

- 4. Frequency of Measurement:** After taking the baseline pre-test, Volunteers must take a minimum of one measurement with the same individuals to assess whether they have gained the skills needed to build their own water station or tippy tap. This measurement is typically taken after completing one or more activities focused on achieving the outcome in this indicator and once they have determined that the timing is appropriate to expect that the outcome has been achieved. Once Volunteers have measured that at least one individual has achieved the indicator, they should report on it in their next VRF.

Volunteers may determine to take more than one baseline and one follow-on measurement with the same individual (or group of individuals) for the following valid reasons:

- Volunteers may want to measure whether or not any additional individuals initially reached with activities have now achieved the outcome in the indicator, particularly for any activities that are on-going in nature (no clear end date);
- Volunteers may want to enhance their own learning and the implementation of their activities by using the data collected as an effective monitoring tool and feedback mechanism for the need to improve or increase their activities;
- A Peace Corps project in a particular country may choose to increase the frequency of measurement of the indicator and Volunteers assigned to that project will be required to follow in-country guidance.

In all cases, any additional data collection above the minimum expectation should be based on the time, resources, accessibility to the target population, and the value to be gained versus the burden of collecting the data. Following any additional measurements taken, Volunteers should report on any new individuals achieving the outcome in their next VRF.

- 5. Definition of Change:** The minimum change to report against this indicator is an individual was able to demonstrate preparation of a nutritionally appropriate meal for children 24-59 months old. In the case of this indicator, if the person the Volunteer/partner works with already has the skills and knowledge to satisfactorily demonstrate preparation of a nutritionally appropriate meal for this age group before beginning to work with the Volunteer/partner, then the Volunteer would not be able to count him/her for this activity because the Volunteer’s work did not actually lead to the desired change. However, if as a result of working with the Volunteer/partner, the individual was able to demonstrate appropriate meal preparation, that would count because the Volunteer’s work provided the individual with the training needed to be able to do so.
- 6. General Reporting in the VRF:** The “number achieved” (or numerator) that Volunteers will report against for this indicator in their VRFs is the number of people who, under supervision of an instructor, demonstrate preparation of a nutritionally appropriate meal after working with the Volunteer/partner. The “total number” (or denominator) that Volunteers will report on for this indicator in their VRFs is the total number of individuals who participated in the activities designed to meet this indicator.

7. Reporting on Disaggregated Data in the VRF: This indicator is disaggregated by “Sex” and “Age.” When reporting in the VRF, a Volunteer should disaggregate the individuals who achieved the outcome based on male and female as well as the appropriate age category.

Data Quality Assessments (DQA): DQA are needed for each indicator selected to align with the project objectives. DQAs review the validity, integrity, precision, reliability, and timeliness of each indicator. For more information, consult the Peace Corps MRE Toolkit.

Alignment with Summary Indicator: No Link