



## Food and Nutrition Security Community



### Community Update

No. 44: 31 December 2009

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#### From the Resource Team

Dear Members,

We bring you the last community update for the year 2009. Congratulations for completing yet another year of active knowledge sharing where we all pooled our ideas, experiences, suggestions and references. We hope Solution Exchange has been able to contribute towards the goals each of you are trying to achieve towards development effectiveness and hope to further it in the years to come.

During the year 2009, Food and Nutrition Security experienced extremities of climate, soaring food prices, financial recession, and the number of hungry people plummeting beyond one billion - noted as 'our tragic achievement in these modern days' in one of the FAO meetings. Pessimists predict that the worst is yet to come.

Despite such depressing notes, we welcome the New Year with optimism and caution. We have to be much more persistent; we have to be much more resilient; we have to be innovative in searching out alternatives. The culture of consultation and thinking together, that we assiduously promote, will surely turn out to be effective and useful in leveraging our collective knowledge and experience to fight against hunger and malnutrition. Let's cherish that hope as said - deep in our heart, we do believe, we shall overcome .....

As we step into the New Year let us resolve to rededicate ourselves to pursue our objectives. Let us keep ourselves geared up to face the new challenges emerging in the fast changing scenarios of global and local dynamics. We are sure of your commitment and engagement in this knowledge community - as demonstrated by your active participation to keep the practice of knowledge sharing more vigorous and vibrant.

We thank you all for your continued encouragements, initiatives and participation in the community activities in the year just gone by. We also take this opportunity to wish you all, a very **'Happy and Successful New Year'** - both at personal and professional domain.

Gopi Ghosh and T N Anuradha  
Resource Team  
Food and Nutrition Security Community

## Network Activity

### Consolidated Replies Issued

**FOR COMMENTS: Revising the Food Security, Nutrition and Food Aid Components of Sphere Handbook from Susan Thurstans (Save the Children UK), Paul Turnbull (WFP), Walter Middleton (World Vision), Devrig Velly (ACF).** Issue Date: 22 December 2009. Food and Nutrition Security and Disaster Management Community, Solution Exchange India and Global Forum on Food Security and Nutrition, FAO, Rome  
Available at <http://www.solutionexchange-un.net.in/food/cr/cr-se-food-drm-04110901.pdf> (Size:75 KB)

*Comments upon the food security, nutrition and food aid components of the Sphere Handbook*

**Role of Pre-packaged Nutritious Food in Addressing Malnourishment (Referrals; Advice) from Sindhu, Independent Consultant, Bengaluru.** Issue Date: 29 December 2009. Solution Exchange for the Karnataka Community and Solution Exchange for the Food and Nutrition Security and Maternal and Child Health Community

Available at: <http://www.solutionexchange-un.net.in/food/cr/cr-se-kar-food-mch-17110901.pdf> (Size: 165 KB)

*The discussion looked at the effectiveness of proposed scheme for provision of pre-packed food the Karnataka Government in addressing malnourishment.*

**Discussion – Part III: Alternative Institutional Arrangements for Corporate and Contract Farming, from Sankar Datta, The Livelihood School, Hyderabad. Issued on 31 December 2009. Cross Posted with Work and Employment Community**

Available at <http://www.solutionexchange-un.net.in/emp/cr/cr-se-emp-food-16110901.pdf> (Size: 120 KB)

*Provides in depth comparison of the institutional arrangements of Cooperatives and Producer Companies*

**Low Cost Designs for Poultry Shelter (Experiences; Referrals) from Pramod Kumar Sharma, Centre for Environment Education, Ahmedabad. Food and Nutrition Security Community. Issued on 30 December 2009**

Available at: <http://www.solutionexchange-un.net.in/food/cr/cr-se-food-07120901.pdf> (Size:130 KB)

*Provides useful insights on low cost poultry shelter designs and examples of successful initiatives of poultry enterprise*

### Member Postings

### Workshops, Conferences & Courses

### Upcoming

**Global Meet on Green Revolution II, 8-9 February 2010, New Delhi**

For more details click [here](#) for the brochure and contact Dr. O. S.

## Community News

*From Food & Nutrition Security (FNS) Community*

### Open Queries

**[se-food] FOR COMMENTS: Defining Role of National Institute of Abiotic Stress Management. Reply by 5 January 2010.**

*Please send your comments to [se-food@solutionexchange-un.net.in](mailto:se-food@solutionexchange-un.net.in)*

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### Other Communities

### Recently Held

**National Workshop on Enabling Provisions of Cooperative Acts in the context of Financial Inclusion and Microfinance,** Microfinance Community, 26 – 27 November 2009, Bhopal. For Details, please contact Navin Anand or Monika Khanna at [se-mf@solutionexchange-un.net.in](mailto:se-mf@solutionexchange-un.net.in).

### From our Partners



### Food and Agriculture Organization of the UN

**Act fast, get it right and make it work**

*Food security can't wait, neither can action on climate change*

Advocates to Reduce emissions remove greenhouse gases and ensure food security; Adapt food systems to climate change; Capture synergies between food security and mitigation. Read [more](#)

**Food prices up again 09-12-2009: Grain stocks buffer against 2008 crisis replay**

Tyagi, [ombeertyagi@assochem.com](mailto:ombeertyagi@assochem.com) for participation.

**Indian Seed Congress 2010, 12-13 February 2010, Bangalore**  
(from Manoj Singh, Agri Consultant, New Delhi)

The National Seed Association of India hosts its first National Congress in Bangalore. The theme of the Congress is 'Seed for Global Food Security' and the focus is on issues that threaten food security in India and the world. For details write to [chandelagro@gmail.com](mailto:chandelagro@gmail.com)

**National Symposium on Food Security in Changing Climate, 20-21 February 2010** (from H P Pandey, ISD College, University of Allahabad)

Please write to [bps.nature@gmail.com](mailto:bps.nature@gmail.com) for further details and find the symposium details [here](#)

**Community Journalism Program** (from Rajen Varada, United Nations, New Delhi)

VIVIDH – a Community Journalism Program is offering fellowships to 60 local activists from across the country. It will train the selected activist in video journalism. The long-term outcome of the program is to create a video news agency from the poorest parts of the world that enables news agencies to access stories of social change and human rights from the most rural and remote parts of the country. For more details, please visit (<http://www.videovolunteers.org/community-journalism-program-our-new-initiative/>).

### Recently Held

**"Workshop on System of Crop Intensification", Institute for Defence Studies & Analyses, New Delhi 23 December 2009.**

(from D. Narendranath, PRADAN, New Delhi)

Organised under the aegis of the National Resource Centre for Rural Livelihoods in Pradan and Sir Dorabji Tata Trust. Please write to [wsci@pradan.net](mailto:wsci@pradan.net) for workshop proceedings.

### Recommended Reading

**Moving Towards An Outcomes-Oriented Approach to Nutrition Program Monitoring: The India ICDS Program** by Saroj K. Adhikari and Caryn Bredenkamp

Focusing on the Integrated Child Development Services (ICDS), India's largest nutrition and early child development program, this paper describes the political, organizational and technical challenges in building and sustaining an outcomes-oriented approach to nutrition program monitoring. Read [more](#)

**Management of Children with Severe Acute Malnutrition (SAM) –A National Priority** (from Umesh Kapil, AIIMS, New Delhi)

Provides an overview of the scientific evidence presented in the accompanying compendium of research (Volumes I and II) on the contribution of SAM to child mortality; detection and management of SAM among children aged 6-60 months; and the management of SAM with other conditions (for example HIV/AIDS). Read [more](#)

**Assessment of IEC Activities of Government Health Centers and ICDS Anganwadis – Towards Reduction of Undernutrition**

Global food prices are on the ascent again with the FAO Food Price Index – a food basket composed of cereals, oilseeds, dairy, meat and sugar – registering four straight monthly rises. However market conditions are different from those that triggered the food price crisis that started two years ago, FAO said in its December [Food Outlook](#) report.

**Gender equity in agriculture and rural development A quick guide to gender mainstreaming in FAO's new strategic framework**

To achieve FAO's vision of a world free of hunger and malnutrition, its new strategic framework places gender equity alongside such "traditional" key concerns as raising levels of nutrition and the sustainable intensification of crop production. The framework mainstreams gender equity in all of FAO's programmes. This quick [guide](#) outlines the gender dimensions of each strategic objective, and FAO action to achieve gender equity in agriculture and rural development.

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## Memberspeak

*As a FNS Community member, I have been receiving information and views on different issues from the Community members, associated with variety of Organizations and rich experience on various aspects. The information received from SE, help me to understand the matter raised, from varied focus. It helps me to know about the different implementation and monitoring strategies being practiced by various institutes, across the country. The SE information from the members give an overall idea and its global perspective on particular issue. It certainly help me to enrich my know how on various topics of my interest.*

### **in Gujarat Project Highlights** by Shubhada Kanani

Summary report of a project carried out with Government of Gujarat for a survey of nutrition-health related IEC activities in Gujarat state. Click [here](#) for the report

### **Climate Change: Perspective from India**

Climate change has emerged as one of the biggest developmental challenges for the planet. Its economic impacts, particularly on the poor, make it a major governance issue as well. To dialogue, particularly from the perspective of the poor, is one of UNDP's contributions to overall development process. The publication captures perspectives on climate change from the Indian context and intends to ferment a debate that links climate change to overall development. Read the [full publication](#) [PDF; Size: 1.35 MB]

### **Catalogue of Agriculture and Horticulture Books New India Publishing Agency** (from Sumit Pal Jain, New Delhi)

Click [here](#) for the catalogue or write to [newindiapublishingagency@gmail.com](mailto:newindiapublishingagency@gmail.com) for further details

### **Good Practice Notes on Backyard Poultry and Common Property Resources on Common Property Resources – Livestock** (from Ruchita Khurana, South Asia Pro Poor Livestock Policy Programme, New Delhi)

#### **Management of Rangelands Through Controlled Shrub Burning (BHGP10)**

Authors: Tshering Gyaltzen, Mr. Herilal Nerula, Yonten Dorji, Gyem Thinley, Nidup Tshering, Community of Soeyaksa, SA PPLPP Regional Coordination Team

<http://sapplpp.org/goodpractices/CPR-Livestock/BHGP10-management-of-rangelands-through-controlled-shrub-burning/>

#### **Willow Silage: An Alternative to Winter Fodder (BHGP13)**

Authors: Karna Bahadur Ghalley, Livestock Production Supervisor – I, Livestock Sector, Thimphu Dzongkhag, Bhutan

<http://sapplpp.org/goodpractices/CPR-Livestock/BHGP13-willow-silage-an-alternative-to-winter-fodder/>

#### **Securing Community Tenure over Common Lands (SAGP13)**

Authors: Archana S, Varun Sharma

<http://sapplpp.org/goodpractices/CPR-Livestock/SAGP13-Securing-Community-Tenure-over-Common-Lands/>

### **Report / FIAN, 'The New Right to Food and Nutrition WATCH 2009'** (from Sarah Figge, Solution Exchange, New Delhi)

This year's edition focuses on the question of "Who controls the governance of the world food system?" – a burning issue in light of the current World Food Crisis. The WATCH, available in three languages. Read full report [here](#)

### **Request for Articles**

Regional Centre for Development Cooperation (RCDC), Bhubaneswar, Orissa, is publishing a News Bulletin on Small holder Agriculture under IASU programme of Oxfam, New Delhi. For the purpose Mr. Ardhendu Chatterjee, DRCSK, Kolkata has given his kind consent. You may

*The overall outcome due to association with SE, has been satisfactory and knowledge gaining. The discussions and suggestions on various issues help in better understanding and executing the similar developmental concepts in routine work.*

*V.R.Jani, The Panchmahal DCMPU Ltd.,  
Godhra (Gujarat).*

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### **Food Safety Tips**

Balance of cooked rice, i.e., unconsumed portion of rice, can be preserved by putting the same in cold water, overnight, in such way that rice is fully immersed in water. Next day, morning this will be very cool, with slight fermentation effect, which is indicative of presence of vitamin B. In olden days, this used to be the morning dish in households. They used to take this with little salt and green chilli or with palmgur, and was a kind of health food.

This way wasting of valuable food is avoided and value addition is possible. I share this simple method for wider knowledge.

**B. Ramachandran Nair, NCDC, Thiruvananthapuram**

### **'Healthy Cooking'**



- Vegetables should not be over-cooked. The more they are cooked, the less nutrition you will get from them. Fresh and tender vegetables cook quickly and do not need a lot of seasoning and spices to taste good.

contribute articles, short communiqués relating to your experience on the smallholder agriculture issues. For further details please feel free to contact Mr. Chatterjee on his Mob No-09830073241 and E-mail [ID-ardhendu.sc@gmail.com](mailto:ID-ardhendu.sc@gmail.com)

### *Awards and Recognition*

Chanu Handa of Lady Irwin College New Delhi has been awarded Young Scientists Senior Award in experimental nutrition at the Nutrition Society of India (NSI) 41st annual conference held at Hyderabad in November 2009. Heartiest Congratulations!

- Most of the vegetables are covered with fertilisers and pesticides. To remove them, wash the vegetables in a sink full of potassium permanganate. Then rinse them with plain water. Cut and cook.
- Green leafy vegetables should not be cooked in acids like lime or tamarind, as the olive green colour of the green vegetables indicates difficult absorption of the nutrients from green vegetables.
- To ensure that food is not overcooked in a pressure cooker, first boil the water without putting the lid on the cooker. Then when it is boiling add the ingredients and cover the lid tightly and cook on low flame for some time till you feel the food is cooked instead of pressure cooking on high flame with many whistles of the cooker.
- Onions are a rich source of quercetin which is a very important phytochemical and antioxidant. But the mistake we make is that we cut them immediately before having it. Onion should be cut and kept for at least 10 minutes before serving as oxidation helps quercetin to get activated.
- Pyrex and stainless steel is the safest cookware.

*From Sveta Bhassin*

***Food for the Month – 'GUAVA'***



One of the most gregarious of fruit trees, the guava, *Psidium guajava* L., one of the best fruits available. Guava's are cholesterol, saturated and sodium free, plus low in fat and calories. Guava is high in fiber.

Skin color varies from yellow to green to pink. Flesh may be pale yellow to bright red. It tastes sweet to sour, so eat only when very ripe. Choose tender fruit with some yellow; store at room temperature until soft.

Good quality guavas should be firm and free of bruises. Ripe guavas should exhibit a fragrant fruity aroma. They will continue to ripen after harvest and should be stored at room temperature unless it is very ripe it should be refrigerated. Guavas like other tropical fruits should not be refrigerated unless over ripe.

The edible rind of a guava contains 5 times more vitamin C than an orange. Guava is a great fruit because it contains key nutrients like vitamin C, carotenoids (vitamin A), folate, potassium, fiber, calcium and iron.

Sources:

[http://www.bellybytes.com/food/guava\\_fruit.html](http://www.bellybytes.com/food/guava_fruit.html)

<http://thebest-healthy-foods.com/guava-fruit/>

[http://www.twowests.co.uk/weblog/archives/2006/10/guava\\_fruit.html](http://www.twowests.co.uk/weblog/archives/2006/10/guava_fruit.html)

## Just A Quick Hint Before You Buy

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To eat raw guava it needs to be very ripe so when you select one, squeeze the fruit gently to see if it gives under the pressure of your fingers ... if it does it's ready to eat.

Usually things packed with all this goodness are found within something that tastes really bad, but with the guava it's actually the opposite ...



The tikuna Indians decoct the leaves or bark of guava as a cure for diarrhea for sore throats, vomiting, stomach upsets, for vertigo, and to regulate menstrual periods. Tender leaves are chewed for bleeding gums and bad breath, and it is said to prevent hangovers.

Guava fruit is also a good source of pectin – a dietary fibre, and carotenoids, which have a protective effect against the harmful rays of the sun.

***Many thanks to all who contributed to this issue!***

*If you have items to feature in this News Update, please send it to Solution Exchange for the Food and Nutrition Security Community in India at [se-food@solutionexchange-un.net.in](mailto:se-food@solutionexchange-un.net.in) . In case your email does not support viewing this news update, please visit [http://www.solutionexchange-un.net.in/food/comm\\_update/food-update-44-31120901.pdf](http://www.solutionexchange-un.net.in/food/comm_update/food-update-44-31120901.pdf) to view the original. To view the previous updates, please visit [http://www.solutionexchange-un.net.in/food/comm\\_update/](http://www.solutionexchange-un.net.in/food/comm_update/) .*

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