

Meeting Minutes

Location: Microsoft Teams at 11:00AM - 13:00PM

Date: 12.03.2021

Meeting Recording: http://bit.ly/fslc_meeting_12032021

Agenda

1. Notes and comments on previous MoM
2. Growing Through Challenging Times: unpacking wellbeing. (Monique WFP)
3. FSLC Gap Analysis Map presentation
4. 2020 ZimVAC Urban Livelihood Assessment Report: major findings for food security.
5. Best Practices series: Resilient sustainable agriculture and livelihoods (Linda Kabaira - Schools and Colleges Permaculture Education (SCOPE))
6. Open contributions from Partners about any significant programmes' modifications due to COVID-19
7. Updates from Partners
AoB

Participants

Action Against Hunger, ADRA, Assemblies of God Zimbabwe, British Red Cross, CAFOD, CARE, Caritas Zimbabwe, Christian Aid, Christian Blind Mission (CBM), Christian Care, COSV Zimbabwe, DanChurchAid, DG-ECHO, FACT Zimbabwe, FAO, FCDO, Food and Nutrition Council GNC Technical Alliance, GOAL, Help from Germany, IFRC, International Institute of Rural Reconstruction (IIRR), IRC, Jairos Jiri Association, LEAD, LGDA, MDTC - Mwenezi, MDTC Chiredzi, MDTC -Mwenezi, MDTC-Mwenezi, MeDRA, Mercy Corps, Nutrition Action Zimbabwe, Oxfam, Plan International, Practical Action, Sustainable Agricultural Livelihoods Technologies (SALT), TDH Italy, Tearfund, Trócaire, UNDP, UNHCR, UN-OCHA, USAID, Welthungerhilfe, WFP, World Bank, World Vision, Zimbabwe Council of Churches, Zimbabwe Project Trust, Zimbabwe Red Cross Society,

Discussion

1. Notes and comments on the previous MoM: 26th Feb 2021 MoM

No feedback on the previous minutes of the meeting held on 26th February 2021. Minutes approved without any further comments and amendments.

2. Growing Through Challenging Times: unpacking wellbeing. (Monique WFP)

We are faced with challenges these days, professionally and also linked to covid, and we are trying to cope, continue with our work and meet our expectations. Challenges make life interesting, and overcoming those challenges makes them meaningful.

We don't look to eliminate challenges but rather, manage and ride through them to come out on the other side in a productive and positive manner.

Our health has three parts, physical, emotional, and mental health, and it is important to know that the three are interdependent like three legs of a tripod. If any of them becomes weak, the whole tripod falls. It is important to take care of all three. Sometimes we focus on one or two but at some point, we plateau and the whole tripod comes tumbling down because lack of balance makes the tripod unreliable. It is therefore important to take care of physical, emotional, and mental health.

Physical health

Exercise, sleeping, drinking water, and eating nutritious balanced meal also referred to a fabulous four. Doing all these four activities solves majority of our physical health problems

Exercise: movement or activity that gets your heart rate up and helps develop muscles. It doesn't have to be going to the gym but finding something that you enjoy doing that keep your body moving and which you can include in your daily routine. Anything that gets your body moving is good for you.

Sleep: Your sleep is very important, and it may be much more in supporting you than you may believe. We have all heard that we need to get eight hours sleep. It is not only good for our physical health but also mental and emotional health.

Eight hours is the average sleep time. While this time varies from person to person, what is important is that you get enough sleep for your body to be able to do everything that it needs to do while you sleep. Develop a sleep routine and do get help with your sleep issues if you fall asleep just fine but have difficulty staying asleep.

You can train your body to function with less sleep, of around 4 or 5 hours. However, this does not mean that your body doesn't suffer from lack of sleep. Sleep experts have now determined that if you deprive your body of sleep regularly through adult life or through a certain number of years like around 10 years, it increases the probability that you will have memory related illnesses like dementia and Alzheimer's later on in life.

Water: The magic number recommend is eight glass of water a day. This is because our bodies are primarily made up of water. We also know that organs like our heart and brain and lungs are 75% and 85% made of water, so when you don't take an adequate amount of water, the body is deprived of its normal water requirements and will not be able to function to the best of its capacity. Keep in mind that your body is made up of water so when you don't drink water, you're starving your body of its primary make-up.

The damage done to our body could be permanent when it does not get enough water and must choose where to allocate the little water that it has to some of the crucial parts of the body where it is needed more. That means that other organs will not get adequate water and not function to the best of their capacity.

Nutrition: We remember the food pyramid - a representation of the optimal number of servings to be eaten each day from each of the basic food groups. You need to get more whole grains in your diet and then move up the pyramid as the proportions change. Sometimes people go to extremes of drastic diet and decide not to consume for example fat or sugar. All these groups of food are included in the pyramid because they are needed in our diets. For example, your central nervous system's primary fuel comes from fats so if you deprive your body of fat then your central nervous system might suffer. Everything in the food pyramid is essential, the only question is the proportion.

Those are your fabulous four to help to take care of your physical health. Make sure you are moving your body, get sufficient sleep, make sure you drink enough and make sure you are eating balance nutritious meals. Doing that takes care of most physical health issues.

Emotional health:

Dealing with emotions is a necessary part of a human being. One of the things we do sometimes when we find challenges is stive to stifle emotions and we don't express them as they come up. The danger with this is that when your emotions feel that they are not able to be expressed, they build up until they come out with strength and power and in a way that is difficult for to manage and control. We then have problems because stifling emotions is dangerous for physical health.

It is not good for emotional health to stifle because expressing feelings as part of the human experience. People used to stifle emotions find difficulty in communicating and creating positive relationships, be it professional or personal as well as difficulty dealing with challenges in life. If you are not emotionally healthy, it weighs on your mental health as well.

Mental Health

We live with a whole lot more mental health issues and we realize there are a lot of things in dormant state and as long as we take care of ourselves, they remain dormant in life and we don't experience. There are mental health issues that we have within us that would not have been tragic if we can take a care of our emotional health and should welcome emotions because they're coming anyway. Welcome them and work on your mental health.

Work on your emotional vocabulary and express yourself using the right words which helps in knowing and understand yourself better when you can make that difference

Part of mental health is how we express creativity and people can be creative in many ways, how do we challenge ourselves or put ourselves in situations that challenge us e.g., solving puzzles, accepting the first thing that comes to our mind, etc.

Covid is here to stay and during this time, it is important to take control of our emotion and since we cannot all get together, let us use available platforms to connect with family and friends. Use your resources where they will do you well by having the courage to accept the things we can change and the serenity to address the challenges accepting the things we cannot change and the wisdom to tell the two apart.

Where can we begin?

- Exercise and make sure you sleep
- Look at your meals and make sure they well balanced
- Express yourself, call someone, your sister, best friend and talk to someone
- Explore things that you like to do and make time for yourself
- Challenge my thinking is that oh my gosh talk about so many things how can
- If cannot go to the gym, walk around the neighbourhood

3. FSLC Gap Analysis Map presentation

Presentation of a new gap analysis map for January 2021. Gap analysis is done by comparing the number of people targeted vs number of people reached under the HRP 2021, by district. The proportions are represented as pie charts.

In the background, IPC Phase classification is used as a guide to show the current projected needs for January – March 2021.

Q: Have you tried doing the gap analysis using IPC data as well?

A: Essentially, HNO 2021 figures are derived from IPC phase classification. All the possible available assistance from both the government and humanitarian community are considered before establishing the number of vulnerable people in need, and therefore the overall target.

Link to gap analysis map on FSLC Website: [Gap analysis](#)

4. 2020 Zimbabwe Vulnerability Assessment Committee (ZimVAC) Urban Livelihood Assessment Report: major findings for food security.

Objectives of ZimVAC were:

- To estimate the urban population that is likely to be food insecure in the 2020/21 consumption year, their geographic distribution, and the severity of their food insecurity
- Assess impact and severity of COVID-19 on urban livelihoods.
- To assess the nutrition status of children of 6 – 59 months.
- To describe the socio-economic profiles of and urban households in terms of such characteristics as their demographics, access to basic services (education, health

services and water and sanitation facilities), assets, income sources, urban agriculture, incomes and expenditure patterns, food consumption patterns and consumption coping strategies.

- To determine the coverage of humanitarian and developmental interventions.
- To determine the effects of shocks experienced by communities on food and nutrition security.
- To document opportunities for enhanced urban livelihoods.

Methodology used:

- 95% confidence with 38 reporting domains made up of cities, towns, service centres and growth points
- 9,474 households covering medium-density, high density, and peri-urban areas

Food Security Analysis:

- Mashonaland East (53%), Midlands (47%), Manicaland (48%) and Mashonaland Central (43%) are projected to have the highest proportion of cereal insecure households, above the national average of 42%.
- Approximately 2,4 million people were food insecure compared to 2,2 million in 2019.
- Harare (1,152,388) had the largest food insecure population, Mashonaland Central (33,213) had the least.
- Nationally, total monthly cereal requirements are 29,992 metric tonnes
- The proportion of cereal insecure households is projected to be highest in Ruwa-Domboshava-Goromonzi (72%), Chinhoyi (63%), Kwekwe (63%) and Epworth (62%). The lowest proportions are projected to be in Kadoma (18%) and Gwanda (21%).

Conclusion and recommendations

- Only 19% of the urban households were practising urban agriculture in 2020. About 20% were also undertaking livestock production. No access to land for households 64.7% of HHs.
- Income levels of urban households (ZWL 15,805) were way below the total consumption poverty line (ZWL 23,350). The purchasing power of the Zimbabwe dollar has been heavily eroded by inflation and negative economic effects of COVID-19
- There was an increase in the food expenditure ratio from 48.6% in 2019 to 55% in 2020, which shows an increase in urban household poverty,
- The prevalence of urban cereal insecure households increased to 42% from 30% reported in 2019. This translates to 2,431,816 people in the urban areas.
- The majority of households (84%) could not meet their food needs.
- Most vulnerable groups: female headed, elderly headed, and child headed households.
- The prevalence of Global Acute Malnutrition (GAM) based on MUAC for Age was ranging between 3% and 5% across all domains.
- Urban populations continue to consume poor diets as evidenced by the decrease in acceptable food consumption score from 62% in 2019 to 54% in 2020. Women of childbearing age were also consuming only 3.4 out of the recommended 9 food groups.
- Food product/supplies were the most difficult to access during the lockdown with 31% of interviewed households reporting so.
- Nationally, support in the form of livelihoods programming from the government (1.7 %), UN/NGOs (1.4%), and private sector (0.3%) were low.
- The most predominant shocks were economically driven and were worsened by COVID-19 national lockdown related challenges. These shocks were having a severe impact on

households and having negative impact on food security as households began to reduce food consumption (quantity/number of meals).

Q: Has there been a comparison between Urban and Rural ZimVAC?

A: Most of the indicators are comparable but haven't come up with a direct comparative analysis between rural and urban ZimVac assessments results.

Q: When the assessment was done?

A: The assessment was done in December 2020, and training of enumerators was done virtually

The full report available at the following link: [ZimVAC Urban Assessment](#)

5. Best Practices series: Resilient sustainable agriculture and livelihoods (Linda Kabaira - Schools and Colleges Permaculture Education (SCOPE))

SCOPE

- Officially launched in 1994, SCOPE offers experiential learning for children, youth, educators, and adult groups on sustainable living.
- Its core work is in assisting schools and communities to redesign and rationalize land use for sustainable resource use.
- With an ardent focus on land care, creating a favourable learning environment in schools,
- nutrition enhancement, climate resilience and livelihoods livelihood development through connecting schools to their communities and the knowledge and resources that lie therein

Vision: Green schools and communities that serve as learning and demonstration centres in building a citizenry that is eco-conscious

Mission: To increase the level of environmental knowledge and stewardship among all sections of the community including the children, youths, policy makers and the business world to achieve sustainable development goals through an integrated approach.

Thematic areas are environment, Regenerative agriculture and food sovereignty and Inclusive and holistic education

SCOPE's work is in four dimensions and design namely Social, Cultural, Economic and lastly ecological.

Q: Where is the demonstration centre location?

A: The demonstration site is located at Eco Village in Chitubu, around 23 km west of Harare

Comments (Maria Goss): This is also to emphasize as said by the presenter, the linkages of how these technologies are also impacting the communities. For these initiatives to work, there has to be creativity, and this is why we have to thank the presenter very much for such a presentation, and please update partners on how this develops further.

Full presentation available at the link: [Growing regenerative local cultures](#)

Food Security Cluster Zimbabwe

WFP/FAO Harare