

Recommendations for Food Assistance

Food Security and Agriculture/Livelihoods Sector - Humanitarian Response Plan 2021

March 2021

- This guidance is developed following consultation with partners and technical working groups across hubs and should be used with sector HRP strategy and supplementary guidance on activity 1.2 – monthly food rations - for background and context. Please use the [annex](#) for more guidance on response packages and household size.
- This guidance is an effort to ensure harmonized response through a minimum package recommended for each of the activity listed under the sector strategy for HRP 2021 and is applicable to all sector partners – HRP or non HRP.
- An estimated USD value for all the response packages has been provided but may vary based on currency fluctuation and various contextual issues across the country.
- The modality for delivering these response package should be contextualized as per the area of operation, implying all response packages can be delivered in kind, cash or voucher based on the feasibility of such modalities.
- For cash and voucher transfer values should be calculated using the following methodology:
 - Use the latest REACH market monitoring report/ analysis¹ to calculate 70-75% of the total food component of the Survival Minimum Expenditure Basket (SMEB) value for the average transfer value for So1 (cash/ voucher) per household or individual transfer value. In December 2020, the regional SMEB was recorded for 72USD. (72x75%=54\$ average per HH's, on individual value based on 6-person family size 54\$/6=9\$.²
 - Ensure coordination on transfer value through hub CWG.

Activity (as per HRP log frame)	Description	Total target	Recommended targeting criteria	Recommended Package	Estimated USD value																									
1.1	Emergency response to crisis affected vulnerable people with short term food assistance through appropriate modalities.	1,000,000	Blanket approach for all newly affected people who need immediate food needs for an initial 5 days and then repeat as per needs. Suggested modality is in kind for easy access to food. However, other modalities can be	<p>Minimum 2100 kcal per person per day Ready to Eat Rations (RTERs). Sample Items for RTER packages for 5 days for a family of 5/6 provided below. In case of households less than 5, divide kit content accordingly for a family size larger than 5/6 provide two kits per household.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Items</th> <th>Quantity in box for 5 persons for five days(Kg)</th> <th>Quantity in box for 6 persons for five days(Kg)</th> <th>Grams/ person/day</th> <th>Kcal</th> </tr> </thead> <tbody> <tr> <td>Fava Beans</td> <td style="text-align: center;">2.8</td> <td style="text-align: center;">3.4</td> <td style="text-align: center;">112</td> <td style="text-align: center;">80</td> </tr> <tr> <td>Chickpea Paste/ Canned Humous</td> <td style="text-align: center;">3.6</td> <td style="text-align: center;">4.3</td> <td style="text-align: center;">144</td> <td style="text-align: center;">239</td> </tr> <tr> <td>Canned chicken</td> <td style="text-align: center;">1</td> <td style="text-align: center;">1</td> <td style="text-align: center;">40</td> <td style="text-align: center;">63</td> </tr> <tr> <td>Canned vegetables</td> <td style="text-align: center;">0.8</td> <td style="text-align: center;">1</td> <td style="text-align: center;">32</td> <td style="text-align: center;">22</td> </tr> </tbody> </table>	Items	Quantity in box for 5 persons for five days(Kg)	Quantity in box for 6 persons for five days(Kg)	Grams/ person/day	Kcal	Fava Beans	2.8	3.4	112	80	Chickpea Paste/ Canned Humous	3.6	4.3	144	239	Canned chicken	1	1	40	63	Canned vegetables	0.8	1	32	22	USD 30-40 ³
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¹ <https://www.reachresourcecentre.info/country/syria/cycle/729/-cycle-729>

² Survival Minimum Expenditure Basket (SMEB), North Syria: Guidance Note – Cash Based Responses Technical Working Group (CBR-TWG): February 2017. Please ask your hub Cash Coordinator for guidance note.

³ Partners should consider additional costs for COVID19 mitigation measures for distribution which will increase cost of in-kind assistance

			<p>used provided its easy to access.</p> <p>Suggested timeline is 1-4 weeks based on needs; and access to cooking facilities to move to monthly food rations.</p>	<table border="1"> <tr> <td>Olive oil</td> <td>0.5</td> <td>0.6</td> <td>20</td> <td>177</td> </tr> <tr> <td>Canned Tuna</td> <td>1.62</td> <td>1.95</td> <td>65</td> <td>121</td> </tr> <tr> <td>Sugar</td> <td>0.5</td> <td>0.6</td> <td>20</td> <td>80</td> </tr> <tr> <td>Zaatar dried</td> <td>0.5</td> <td>0.6</td> <td>20</td> <td>55</td> </tr> <tr> <td>Additional items</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Bread Syrian (4 loaves) * outside box</td> <td>12</td> <td>14</td> <td>480</td> <td>1291</td> </tr> <tr> <td>Total</td> <td>23.32</td> <td>27.9</td> <td>933</td> <td>2128</td> </tr> </table> <p>Alternative items:</p> <p>If any of the above items are not available, those can be substituted as follows: Items such as beans, canned chicken/tuna can be substituted by other legumes available in the market with similar nutritional values. Sugar can be substituted by dried dates, Halva, Jam. Please consider the kcals of all items through https://www.fsnnetwork.org/resource/nutval-40 Powdered juice can be provided only if WASH conditions are suitable). Bread, if not provided in the basket, should be coordinated with local bakery support and/or replaced by biscuits/crackers.</p>	Olive oil	0.5	0.6	20	177	Canned Tuna	1.62	1.95	65	121	Sugar	0.5	0.6	20	80	Zaatar dried	0.5	0.6	20	55	Additional items					Bread Syrian (4 loaves) * outside box	12	14	480	1291	Total	23.32	27.9	933	2128	
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1.2	Monthly food assistance for the assessed food insecure people through appropriate modalities.	7,750,000	<p>Combination of the criteria under the points below to determine the most food insecure.</p> <ul style="list-style-type: none"> Household demographic indicators Vulnerability status of household members Displacements status of households Accommodation status of the household Access to income. Food Security indicators including https://resource.s.vam.wfp.org/CARI 	<ul style="list-style-type: none"> At a minimum 70% of the daily kcal intake which is around 1550 Kcal per person per day in a monthly family food ration. Calculation will be made on a reference family size of 5/6 for a period of 30 days. The monthly food ration can be provided through various modalities such as in kind, cash or voucher as long as the feasibility of that modality is established. The proposed percentage breakdown of the ration is 59% of energy to be contributed by carbohydrates, 12% from proteins and 29% from fat. The sector strongly recommends the feeding period of 30 days and a minimum of 8 distributions (8 months out of 12 months) to the assessed same food insecure households. It is assumed from the Food Security Assessment at household level that in general food insecure households will be able to meet the rest of the kcal/person/day from their own sources where livelihood opportunities are available. However, the sector encourages partners to contextualize this position along two areas (1) by levels of food insecurity at household level and (2) by access and severity of needs. (See here for more details). Households that are severely food insecure or are in hard to reach/newly accessible locations and cannot meet the full daily calorie intake will be provided food baskets for full 2100 kcal person/per day. The sample baskets are for a family size of 5/6. See here for more details on household size. When designing your organization's basket please take necessary steps to harmonize it with other organizations so that locally there are no tensions/competition among communities and a sustained monthly food assistance can be provided. <table border="1"> <thead> <tr> <th>Macronutrients/Food category</th> <th>Major food items in Syria contributing to the macronutrients</th> </tr> </thead> <tbody> <tr> <td>Carbohydrates</td> <td>Rice, Pasta, Wheat Flour (fortified), Bulgur Wheat</td> </tr> <tr> <td>Protein</td> <td>Beans/green peas, Lentils, Split Lentils, Chickpeas Canned meat, Fish</td> </tr> <tr> <td>Fat</td> <td>Oil, Ghee, Olive oil</td> </tr> <tr> <td>Condiments/Misc</td> <td>Tea, Tahini, Thyme, Salt (iodized)</td> </tr> </tbody> </table> <p>Below are sample baskets for a month for a family of 5/6. Please use https://www.fsnnetwork.org/resource/nutval-40 or NUTVAL 4.1 to calculate food basket based on the common items provided in Syria Food Security Sector members with every effort made to harmonize with other organizations, especially in the same operational areas.</p> <p>Sample Basket One for meeting a minimum of 70% daily kcal intake Methodology: Inclusion of food items most commonly used by operational partners across the Syria response. Please note this reference basket does not have wheat flour which may be a crucial need in some areas, especially rural locations. Partners can replace suggested items with other food commodities within the same food group that have similar nutritional calorific value.</p>	Macronutrients/Food category	Major food items in Syria contributing to the macronutrients	Carbohydrates	Rice, Pasta, Wheat Flour (fortified), Bulgur Wheat	Protein	Beans/green peas, Lentils, Split Lentils, Chickpeas Canned meat, Fish	Fat	Oil, Ghee, Olive oil	Condiments/Misc	Tea, Tahini, Thyme, Salt (iodized)	USD 50-70 ⁴																									
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⁴ Partners should consider additional costs for COVID19 mitigation measures for distribution which will increase cost of in-kind assistance. Please use the FSS COVID-19 distribution guidelines for all modalities.

Food Groups	Commodity Name	Daily ration (Grams/Person /Day)	Kcal per person per day (Nutval 4.1 version)	Ration Weight (if family size is 5)	Ration Weight (if family size is 6)
	Rice	83	300 - 312	12.45	15
	Pasta	33	123.6	4.95	6
	Bulgur	56	190	8.4	10
CEREALS					
	Beans	36	118.4 -- 123.3	5.4	6.4
	Chickpeas	28	101.1	4.2	5
	Fish, Tuna	9	17.6	1.35	1.6
	Lentils	56	190.5	8.4	10
PULSES/PROTEIN					
FAT	Oil	44	389.3 - 392.8	6.6	8
	Salt	6	-	0.9	1
	Sugar	28	107.5	4.2	5
	Tomato Paste	9	7.3	1.35	1.6
CONDIMENTS					
	Total	387	1545 - 1566	58.2	69.6

Sample Basket Two for meeting a minimum of 70% daily kcal intake

Methodology: Inclusion of wheat flour and core items recommended in previous guidance issued in 2018

Food Groups	Commodity Name	Daily ration (Grams/Person /Day)	Kcal per person per day (Nutval 4.1 version)	Ration Weight (if family size is 5)	Ration Weight (if family size is 6)
	Wheat Flour (fortified)	100	364	15	18
	Rice	33	120	5	6
	Pasta	33	123.7	5	6
	Bulgur	33	114	5	6
	Red Split Lentils	40	135	6	7
	Lentils	33	112.7	5	6
	Chickpeas	40	135	6	7
PULSES/PROTEIN					
FAT	Oil (fortified)	36	322	5	6
CONDIMENTS	Salt (iodized)	7	-	1	1
	Sugar	33	133	5	6
	Total	389	1,559	58	70

Sample Basket One for meeting full 2100 kcal/person/day

Methodology: Inclusion of food items most commonly used by operational partners across the Syria response. **Please note this reference basket does not have wheat flour which may be a crucial need in some areas, especially rural locations.**

Food Groups	Commodity Name	Daily ration (Grams/Person/Day)	Kcal per person per day (Nutval 4.1 version)	Ration Weight (if family size is 5)	Ration Weight (if family size is 6)
CEREALS	Rice	100	360	15.0	18
	Pasta	73.3	272.1	11.0	13.194
	Bulgur	100	342	15.0	18
PULSES/PROTEIN	Beans	46.67	155.4	7.0	8.4006
	Chickpeas	46.67	169.9	7.0	8.4006
	Fish, Tuna	13.3	27.7	2.0	2.394
	Lentils	46.67	160.1	7.0	8.4006
FAT	Oil (fortified)	48.53	429.5	7.3	8.7354
CONDIMENTS	Salt (iodized)	6	-	0.9	1.08
	Sugar	40	154.8	6.0	7.2
	Tomato Paste	9	7.3	1.4	1.62
	Total	530.14	2078.8	79.5	95

Sample Basket Two for meeting full 2100 kcal/person/day

Methodology: Inclusion of wheat flour and core items recommended in previous guidance issued in 2018

Food Groups	Commodity Name	Daily ration (Grams/Person/Day)	Kcal per person per day (Nutval 4.1 version)	Ration Weight (if family size is 5)	Ration Weight (if family size is 6)
CEREALS	Wheat Flour (fortified)	100	364	15.0	18
	Bulgur	66.67	228	10.0	12
	Rice	100	360	15.0	18
	Pasta	40	148.4	6.0	7.2
PULSES/PROTEIN	Red Split Lentils	40	137.2	6.0	7.2
	Whole Lentils	40	137.2	6.0	7.2
	White Beans	40	133.2	6.0	7.2
FAT	Oil (fortified)	48.53	429.5	7.3	8.7
CONDIMENTS	Salt (iodized)	6.67	-	1.0	1.2
	Sugar	40	154.8	6.0	7.2
	Total	521.87	2092.3	78.3	94

1.3

Supplementary food assistance (top up) to Extremely Food Insecure Households or **Persons with Specific Needs (PSN)** through appropriate modalities (complementary to 1.1 and 1.2 and inter linkage with nutrition sector).

1,200,000

Among the food insecure people specially children under 02 for Blanket Supplementary Feeding (nutrition sector), children, Pregnant and Lactating Women, Elderly and Persons with Disabilities

To meet kcal deficit from the monthly food rations and where micronutrients is the entry point, the sector recommends that households with extreme food insecurities or households with Persons with Specific Needs such as children, Pregnant and Lactating Women, Persons with Disabilities and vulnerable elderly receive access to supplementary food assistance.

To prevent acute malnutrition and micronutrient deficiencies in children, families with children between the ages of 6 and 23 months, receiving GFD, will receive a monthly ration of the Lipid based Nutrient Supplements in coordination with the nutrition sector.

Ideally, the top up basket can be provided to households on GFA by cash or voucher. Coordination and collaboration between actors providing in kind and cash-based response (even for multipurpose cash) is critical for this response package.

Pregnant and lactating women top up to access Fresh Food (dairy products, vegetables, fruits, chicken, meat, fish). The PLW reference basket is calculated based on the micro-nutrient gap between a pregnant woman's requirement for key micronutrients and those provided by the GFA, not kcals. Below is a reference basket only, to refer for designing a PLW top up basket and/or to determine value of the cash/voucher.

Food Items			Essential Micronutrients					
Commodity	Monthly Quantity (Kg)	Value (SYP)	Iron (mg/day)	Calcium (mg/day)	Vitamin C (mg/day)	Folic Acid (mcg/day)	Vitamin A (mg/day)	Zinc (mg/day)
Yogurt	1.8	983	0.03	72.6	0.3	4.2		
Cheese	1	858	0.12	185	-	0		
Dates	2	858	0.6	42.6	0	9.99		0.29
Tomato	3	468	0.27	10	13.7	15		0.17
Parsley	2.5	877	5.16	114.9	110.7	126.6		0.89
Tuna	2	2047	0.43	2.66	-	3		0.31
Ground Beef	0.5	1209	0.25	2.65	0	2.98		0.566
Total	9.5	7300	6.86	430.41	124.7	161.77	0	2.226
<i>Daily PLW Requirement</i>			27	1,000	85	600-800	600	10
<i>Gap after GFD</i>			14.1	866	76	600-800	0	1.38
<i>% of Gap covered by Voucher</i>			49	50	100	27	100	100

Sample items to top up baskets in general (one month) for extreme food insecure of other PSN categories. Below is a reference basket only, to refer for designing a top up basket and/or to determine value of the cash/voucher.

Item	KG	Gm/Person/Day	Kcal
Yogurt	3	20	12.2
Apple	2.7	16	8.32
Tomato	2.7	18	3.24
Chicken	1.95	13	18.59
Bread	14.55	97	353.08
Bulgur	4	27	93.33333333
Total	24.9	164	488.8

USD 20– 30 but needs price monitoring. See [here](#) for guidance on cash transfer values.

1.4	Provision of flour to bakeries	1,500,000	Crisis affected areas/ bakeries where target populations are not able to access subsidized or free bread.	Total raw commodity inputs is based on bakery production capacity - one (1) MT fortified wheat flour requires 400g yeast. Find guidance on bakery support through hub Bread and Bakery WG.	N/A
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