### Summary

Some insights into many of the typical problems found in the food security and nutrition technical sector, illustrations of the minimum standards and associated key indicators, as well as a practical hands-on exercise.



### Aim

This module aims to provide participants with a better understanding of how the Sphere standards and indicators for the food security and nutrition technical chapter, together with the rights-based approach, can assist them and the people they serve in humanitarian preparedness and response.

### Learning objectives

*By the end of this session, participants will be able to:*

* Locate the technical chapter on food security and nutrition in the Sphere Handbook and describe some of its minimum standards associated key indicators, key actions and guidance notes
* Illustrate how the minimum standards and key indicators can be practically implemented
* Advocate for the implementation of the Sphere minimum standards.

### Key messages

* The 18 food security and nutrition standards and their supporting activities and indicators form an integrated system for assessment, programme design and management, and advocacy.
* All staff and field practitioners should understand the basics of food security and nutrition programmes, and this chapter explains the associated terminology and key concepts.
* The food security and nutrition technical chapter standards cannot be achieved without also taking into account the Sphere Humanitarian Charter, the Protection Principles and the Core Standards, as well as the cross-cutting themes and the other technical chapters.

#### Preparation & resources

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| For the facilitator | For each participant | For each group of 3-5 participants |
| * Sphere Handbook * Review slides 2 to 19 and preselect a few problems of specific interest to your participants (about 3 out of the 15 problems). Mask the slides you won’t use by right clicking on the slide and selecting ‘mask’ at the bottom of the list so they do not appear in the presentation. | * Sphere Handbook & highlighter * Print Handout ‘The minimum standards in food security and nutrition’ in colour, if possible. Cut out all 19 images/slides and place in an envelope. There should be one envelope per table/group. | * Flipchart stand, paper and marker pens (various colours) |

### You may also want to look at:

* **Module A1-A2-A3** – What is Sphere?
* **Module A4-A5** – Sphere in context
* **Module A7** – Sphere cross-cutting themes
* **Module A8** – Sphere Core Standards
* **Module A9-A13** – Sphere and the Rights-Based Approach (RBA)

### To know more:

* **Browse** ‘The Sphere Project in brief’: [www.sphereproject.org/about](http://www.sphereproject.org/about)
* **Read** the chapter ‘What is Sphere?’ of the Sphere Handbook (p. 4-17)
* **See** the video ‘Humanitarian Standards in Context – Bringing the Sphere Handbook to Life’: [www.sphereproject.org/resources](http://www.sphereproject.org/resources)

#### Session plan

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| --- | --- | --- |
| Activity | Description | Timing |
| Introduction | The Sphere food security and nutrition standards and indicators, together with the rights-based approach, can assist you and the people you serve in humanitarian preparedness and response. | 5' |
| Slide presentation  ‘Some problems in food security and nutrition’ | Present the preselected slides (you should have chosen in advance about 3 out of the 15 problems of specific interest to your participants and context from slides 2 to 19). Keep the session engaging and moving quickly.  Explain how the preselected slides depict the various types of recurring problems that often arise in disaster-affected areas.  Present each problem. Use your own examples and stories to illustrate each of the problems and call for examples from others in the group who may have encountered them. Prompt participants to share about other problems they may have faced in disaster response situations, from camp and/or other environments. | 20' |
| Group work  ‘Sphere minimum standards in food security and nutrition’ | Divide participants into 4 groups of 3-5 people. If some participants have a relevant technical background, make sure to assign them to different groups as resource persons.  Distribute one envelope per group. Each envelope should contain 18 pictures + 1 overview picture (see Handout ‘The minimum standards in food security and nutrition’).  In each group, have one participant choose a picture and read the corresponding standard aloud to the group. All group members should look for this minimum standard in the Handbook. The participant who has chosen the picture should make sure it is clear to the rest of the group. Next, have another participant choose a picture, etc., until all 18 have been presented. The overview picture, which could come up at any time and which names the 18 food security and nutrition standards (highlighted in the diagram, p.142) should also be presented.  In every case, challenge the group to ‘test’ the standard and agree whether or not it is, in fact, universal in nature and globally applicable. | 25' |
| Slide presentation  ‘Visualising some of the food security and nutrition indicators and guidance notes’ | Show slide 20 and highlight the relationships between the components of the Sphere Handbook. Point out that indicators should be selected and adapted to one’s context.  You should have chosen in advance the examples most appropriate for your context from slides 22 to 27. Run the presentation with the corresponding slides. Use the questions in the presentation to elicit active participation from the group. Clearly read aloud one key action and one guidance note associated with each indicator to ensure that participants understand the structure: Minimum standards / Key actions / Key indicators / Guidance notes. | 25' |
| Plenary brainstorm and session wrap-up  ‘Sphere RBA and transversal aspects’ | While doing this exercise, ask the following questions:   * How have you considered the Humanitarian Charter, the Protection Principles, the Core Standards, the cross-cutting themes and all the technical chapters? * How did you coordinate with other groups who had the same mission?   Ask participants how they feel and what they would do differently next time.  Recap the key messages of the module and use slides 28 and 29 (and notes below the slides) to conclude the session. | 15' |

### Tips for facilitators

* If you are not an expert in food security and nutrition, you may want to ask professional nutritionists, food aid planners, logisticians, or other experts in food security and nutrition to support you during this session. Ideally, this person is one of the participants.

**Acknowledgement**: InterWorks Sphere technical sectors course materials have been used and adapted to design this module: [www.interworksmadison.com/publications-training-resources/sphere](http://www.interworksmadison.com/publications-training-resources/sphere).