

FROM FARMS TO FAMILIES: STRENGTHENING NUTRITION, INCOMES, AND RESILIENCE IN KENYA

Location: West Pokot and Isiolo Counties, Kenya

Duration: 12 months

Budget: \$100,000

BACKGROUND AND RATIONALE

Communities in Kenya's arid and semi-arid lands (ASALs), including West Pokot and Isiolo Counties, face persistent food insecurity driven by recurrent drought, climate variability, degraded natural resources, and fragile market systems. Agro-pastoral households rely heavily on rain-fed agriculture and livestock but face limited access to quality inputs, weak extension services, and low diversification into nutrient-rich foods. These constraints reduce both food availability and household income, leaving families highly vulnerable to climate and economic shocks.

Malnutrition remains a serious concern. In West Pokot, 33.5% of children under five are stunted, reflecting chronic undernutrition. In Isiolo, acute malnutrition increased from 13% in 2024 to 17% in 2025, highlighting worsening nutrition conditions. Poor dietary diversity, limited nutrition knowledge, and inadequate infant and young child feeding practices further contribute to poor health outcomes for children and pregnant and lactating women.

Despite these challenges, both counties have strong potential for nutrition-sensitive, climate-resilient value chains—including orange-fleshed sweet potatoes, vegetables, poultry, goats, and honey—that can improve both nutrition and income. However, households require support to strengthen production, improve nutrition practices, and access markets.

Action Against Hunger proposes a 12-month project to strengthen nutrition-sensitive livelihoods among 160 vulnerable agro-pastoral households organized into eight farmer groups. By integrating climate-smart agriculture, nutrition education, and financial inclusion, the project will improve access to nutritious foods, increase household income, and build long-term resilience. Women will be central to the intervention, strengthening their economic empowerment and role in improving household nutrition.





GOAL AND OBJECTIVES

Goal:

To improve household nutrition, income, and resilience among vulnerable agro-pastoral households in West Pokot and Isiolo Counties.

Objectives:

- Increase production and availability of nutrient-rich crops and livestock products
- Improve dietary diversity and nutrition practices among vulnerable households
- Strengthen women's economic empowerment and household income
- Enhance household resilience to climate and economic shocks

TARGET POPULATION

The project will directly support 160 vulnerable households organized into eight farmer groups (five in West Pokot and three in Isiolo). Priority will be given to households with children under five, pregnant and lactating women, and households experiencing food insecurity and malnutrition. Women will be the primary participants, recognizing their central role in food production, childcare, and household nutrition.

Indirectly, approximately 600 household members will benefit through improved food availability, nutrition, and income. Strengthened farmer groups, savings groups, and community support structures will also benefit the broader community through knowledge sharing and sustained economic activity.

PROPOSED INTERVENTION

The project will implement an integrated nutrition-sensitive livelihoods approach focused on three mutually reinforcing pillars:

1. Climate-Smart Production:

Households will receive quality seeds, livestock inputs, and essential farm tools to support the production of nutrient-rich crops and livestock, including orange-fleshed sweet potatoes, butternut squash, groundnuts, vegetables, poultry, goats, and honey. Farmers will be trained in climate-smart agriculture, sustainable natural resource management, and improved livestock husbandry practices. Demonstration plots and farmer learning sites will support knowledge transfer, while value addition and improved post-harvest handling will reduce losses and increase income opportunities.





2. Improved Nutrition Practices:

Community-based nutrition education and behavior change interventions will strengthen dietary practices, particularly for children under five and pregnant and lactating women. Cooking demonstrations, nutrition education sessions, and peer support through Mother-to-Mother Support Groups will promote dietary diversity, appropriate child feeding practices, and improved utilization of locally available nutritious foods.

3. Market Access and Economic Strengthening:

Farmer groups will be supported to aggregate and collectively market their produce, improving income opportunities and market access. Beneficiaries will receive training in agribusiness, entrepreneurship, and financial literacy. Village Savings and Loan Associations will be established or strengthened to improve access to savings and credit, enabling households to invest in livelihood activities and strengthen financial resilience. These community-based structures will continue beyond the project period, supporting sustained economic growth.

EXPECTED RESULTS AND IMPACT

By the end of the project, participating households will have increased production and access to nutrient-rich foods, improving household food security and nutrition. Improved nutrition knowledge and practices will lead to greater dietary diversity and improved nutrition outcomes, particularly among young children and pregnant and lactating women.

Households will increase their income through the sale of surplus production and value-added products, supported by improved market access and financial inclusion. Women will play a greater role in livelihood activities and household decision-making, strengthening their economic empowerment and leadership.

Overall, households will be more resilient to climate and economic shocks through diversified production, strengthened livelihoods, and improved financial capacity. By strengthening local farmer groups, savings groups, and community support systems, the project will create sustainable improvements in nutrition, income, and resilience that extend beyond the project's duration.



THANK YOU FOR YOUR SUPPORT.

Your support empowers communities to build brighter, self-sustaining futures. For more information or any questions, please contact Tori Sayanlar at tsayanlar@actionagainsthunger.org.

TOGETHER, WE CAN END HUNGER, FOR EVERYONE, FOR GOOD.