



Tanzania. © CARE/Evelyn Hockstein

CARE 2020 PROGRAM STRATEGY: Food and Nutrition Security and Resilience to Climate Change



By 2020, as part of the CARE 2020 Program Strategy, CARE has committed to support 50 million poor and vulnerable people to increase their food and nutrition security and their resilience to climate change.

Why does food and nutrition and resilience to climate change matter?

As the world continues its trend of rising inequality, increasingly unjust and broken food systems have led to over 800 million people going hungry today. This trend, if not addressed, will result in a staggering 1.4 billion food insecure people by 2050. CARE knows that just and sustainable food systems are possible, but only if we actively address injustice and build systems that serve the needs of the entire population.

Rising food and nutrition insecurity in the face of climate change is a defining challenge of the 21st century. Gender inequalities and climate change are major contributors to rising food and nutrition insecurity, which increase poverty, vulnerability, and injustice. Widespread food and nutrition insecurity is closely linked to the **low social and educational status of women.**



 **Food systems**
cannot be just and sustainable
if they do not have
gender equality and
women's empowerment
at their heart.



Evidence from a number of sources, as well as CARE's analysis of the underlying causes of poverty across its programs, demonstrate that gender discrimination - or the denial of women's basic human rights - is one of the major causes of poverty and food and nutrition insecurity. Women play key roles in feeding the world (as farmers, caregivers, producers) but have unequal access to food and to the resources, services and assets that could increase their yields and incomes or caregiving skills. While men control household resources, social norms also exclude them from caregiving responsibilities and nutrition information, leading to sub-optimal health and feeding practices and distribution of resources within the household.

For many women, poverty doesn't just mean scarcity and want. It means rights denied, opportunities curtailed and voices silenced. The benefits of women's empowerment are not limited to women. Global evidence suggests that men and women in more equitable societies are, on average, wealthier, healthier, and better educated than in countries where women are most marginalized. We know that if women farmers had the same access to resources as men, the number of hungry people in the world could be reduced by up to 150 million people.

Our goal is to improve the food and nutrition security of 50 million people by 2020, and aggressively address the injustices in global food systems. We focus on directly saving lives and promoting long-term development through our programs, and multiplying impact through evidence and influencing at a global scale. Our vision is a world free of hunger today and for generations to come.

Where will we achieve impact?

We have identified Southern, Central and Eastern Africa as priority regions to focus for impact on food and nutrition security and resilience to climate change. CARE also has significant food security programs in South Asia and Latin America and the Caribbean.

What we do

The CARE 2020 Program strategy lays out the three key roles we play for impacting poverty and social injustice, in our efforts to achieve lasting impact at scale.



HUMANITARIAN ACTION

CARE commits to ensuring timely and effective emergency food security interventions that can save the lives of women, girls, men and boys; reduce suffering, protect livelihoods, and enhance resilience.

We know that the populations we serve move between crisis and stable situations— with increasing frequency due to climate change—and that it is critical to build development programming that makes communities more resilient to shocks, and humanitarian actions that promote long-term sustainability.



PROMOTING INNOVATIVE SOLUTIONS FOR SUSTAINABLE DEVELOPMENT

CARE believes that no intervention can create just and sustainable food systems by 2020 if we cannot build an adequate response to climate change. The increasing frequency and intensity of shocks (climate and otherwise), threatens the food security of millions of people.

CARE's long-term food and nutrition security and resilience to climate change programs focus on nutrition, sustainable economies, and sustainable agricultural systems in order to build communities' and individuals' abilities to realize their right to available and accessible quality, nutritious food. Research and learning about key blockages in agricultural production, climate smart and gender-appropriate technology, or the politics of land governance, enable CARE

to pilot innovative solutions and demonstrate successful approaches that meet the needs of poor and vulnerable women, girls, men and boys. Climate change and increasing frequency of shocks are only two trends that will be critical to making CARE's work relevant now and in future years. Two other trends that food systems are facing are the increasing importance of youth and the urbanization of populations. CARE has innovative pilots and work in these areas, and a rich set of possibilities to explore and scale up. In the next five years, CARE will use its pilot programs with youth and urban consumers to generate evidence, develop and scale up approaches, across food systems that meet the right to food for everyone—urban and rural, youth, and producers and consumers.



MULTIPLYING IMPACT

Our current food and nutrition programming reaches 5.2 million people in humanitarian and development contexts through more than 320 programs in 58 countries. While we are proud of this accomplishment, to truly achieve just and sustainable food systems, CARE cannot act alone. One of our key activities is to strengthen the capacity of country-level partners (civil society, government, academia, and the private sector) to manage and promote gender-sensitive community food and nutrition programs. CARE will multiply its impact by bringing the learning from our own evidence and our partners' programs into processes and decisions for policy change at national and global levels. Multiplying impact means advocacy with governments, donors, the private sector, partners, and all power-holders in food systems to promote pro-poor policies, with a special focus on the rights of women and girls.

CARE works to promote pro-poor, gender-equal institutions and policies, protecting and promoting food and nutrition security and resilience to climate change among women and girls.

How we do it

We focus on building SuPER food systems that address the needs of today's world, and the needs of future generations. SuPER Food Systems are:

- **Sustainable:** Grounded in healthy ecosystems, stable, accountable and enduring institutions and sustainable financing.
- **Productive:** Increases smallholder farmer's production levels and the profit earned through intensification that increases returns on investment, including of labor, by farmers, results in nutritionally balanced diets, and is climate 'smart'.
- **Equitable:** Enables equal rights, opportunities, resources and rewards for poor and vulnerable people, with a special focus on the needs and constraints of women, and supporting access to affordable nutritious food by rural and urban consumers. This includes equality within the household, within communities, and across local and global value chains.
- **Resilient:** Allows individuals, families, communities and systems to be able to withstand shocks and stresses, including climate impacts and other risks.

Investment required

We need investment in all priority areas to advance program quality, technical excellence, and learning; leverage organizational experience and skills; build strategic partnerships for influencing; and identify, advance, and scale innovations emerging across CARE and its partners. An investment of **US\$ 100 million** will enable us to scale up programs in priority regions.

Examples of our successful programs

Working with more than 3 million people since 2005, the SHOUHARDO Program in **Bangladesh** was able to increase household incomes and reduce stunting by more than 13 percentage points, more than double the national average. Dietary diversity nearly doubled for families in the SHOUHARDO program, and families' income grew by 85%. Families in SHOUHARDO saw the number of months out of the year that they spent without enough food drop from 6.1 to 1—an 83% improvement. SHOUHARDO supported improved seeds and irrigation, access to the tools to make fisheries, homestead gardening, and new income generating activities. Up to 90% of food producers adopted these technologies, which greatly increased production. SHOUHARDO also focused on infant and young child feeding practices, which takes improved production and profitability and channels it into nutrition outcomes. Most importantly, the project significantly empowered women.



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Ethiopia. © CARE/Michael Tsegaye

CARE works to help the poorest and most vulnerable people in **Ethiopia** to improve their food security through a variety of interventions—from financial services to nutrition and agricultural practices. Taken together, these interventions allow families to gain enough traction to graduate from poverty, rather than one-off trainings that do not lead to long-term change. In addition, most participants reported that women had increased household decision-making abilities and USAID, the main donor for these actions, indicated that CARE Ethiopia's work on women's empowerment had the biggest impact of any of its programs.

In **Peru**, CARE built from an evidence base of nutrition programming to scale up interventions through the government, thereby reaching 600,000 children. As a result, between 2007 and 2014, stunting in Peru fell from 28% to 14%, a 50% reduction in 7 years, with most of the impact happening in the rural areas where malnutrition was highest. CARE Peru now chairs the global Civil Society Network for Scaling Up Nutrition, and is working to bring its advocacy methods and evidence to global nutrition summits.



Peru. © CARE Peru/Zak Bennett

PLEASE SEND ANY COMMENTS OR QUESTIONS TO:

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