Fill the Nutrition Gap (FNGAP) Impact Assessment Report
Kyaka II, Kyegegwa District

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Abbreviations and Acronyms

1. CBLF - Community-Based Livestock Facilitator
2. CBT - Community-Based Trainer
3. CDO - Community Development Officer
4. FFBS - Farmer Field and Business School
5. FGD - Focus Group Discussion
6. FNGAP - Fill the Nutrition Gap
7. HHD - Household
8. JESE - Joint Effort to Save the Environment
9. KII - Key Informant Interview
10. MEAL - Monitoring, Evaluation, Accountability, and Learning
11. NGO - Non-Governmental Organization
12. PLW - Pregnant or Lactating Woman
13. RA - Research Assistant
14. VHT - Village Health Team

Executive Summary

The Fill the Nutrition Gap (FNGAP 1) project was implemented in Kyaka II refugee settlement, Uganda, from January 2023 to June 2024 by CARE and JESE, with funding from the Church of Jesus Christ of Latter-day Saints. The project aimed to mitigate food insecurity and improve nutrition for vulnerable groups, including children under five and pregnant or lactating women. Through innovative interventions such as rabbit farming, home-based horticulture, and community empowerment, FNGAP 1 adopted a holistic approach to enhance household nutrition, resilience, and income generation. This report provides an evaluation of the project's impact and offers lessons and recommendations to inform future nutrition and food security initiatives in Kyaka II settlement.

The impact evaluation employed mixed methods to assess the effectiveness of FNGAP 1, combining quantitative household surveys, focus group discussions (FGDs), and key informant interviews (KIIs). The assessment covered 327 households, selected through stratified random sampling from 37 out of 40 Farmer Field and Business School (FFBS) groups. Data collection was conducted by a multidisciplinary team, which included project staff from CARE and JESE, trained research assistants (RAs), local translators, and community-based trainers (CBTs). The study also incorporated data from secondary sources, such as health facility records and end-of-project reports, to enrich the analysis.

The evaluation of the FNGAP 1 project revealed significant improvements in both nutritional and economic outcomes. Over half (53%) of households reported consuming three meals daily, indicating improved food security, while 83% consumed iron-rich foods 3–5 times per week, driven by expanded horticulture and rabbit farming. 94% of households adopted better child feeding practices, resulting in reduced malnutrition and illness. Economically, households experienced a 20% average income increase from the sale of vegetables and rabbit products, and 76% achieved financial stability, investing in education and healthcare. The adoption of rabbit farming and vegetable gardening contributed to diverse diets and income sources, while collaborative farming systems strengthened household resilience. Gender dynamics also shifted, with women taking the lead in farming decisions, and men becoming more involved in nutrition and childcare through campaigns like "Men in the Kitchen." Community structures, including Village Health Teams (VHTs) and FFBS groups, played a key role in promoting sustainable practices, with 93% of respondents deeming them effective. However, challenges persisted, including crop and livestock diseases (85%), water scarcity (57%), and limited market access (42%), along with cultural resistance and resource limitations hindering full adoption of the new practices.

To enhance the impact of the FNGAP 1 project, several critical recommendations are proposed. These include strengthening agricultural support through advanced training in farming techniques, pest control, and improving access to veterinary services and quality inputs. Financial empowerment can be furthered by introducing microcredit programs, savings groups, and providing training in financial management and marketing. Structural barriers should be addressed by developing irrigation systems to combat water scarcity and establishing secure storage facilities to reduce post-harvest losses. Interventions should be tailored to cultural preferences and dietary restrictions, while fostering community-wide engagement to overcome resistance to new practices. Finally, expanding community engagement by strengthening the capacity of Village Health Teams (VHTs), community-based trainers (CBTs), and FFBS groups, along with collaborating with local NGOs to enhance service delivery and resource mobilization, is essential for sustainability.

The lessons learned from the FNGAP 1 project highlight the importance of several key factors. First,

integrated approaches that combine nutrition-focused interventions with income generation have a holistic impact, strengthening household resilience and food security. Second, community structures, particularly grassroots organizations, are essential for knowledge dissemination and promoting sustainable practices. Third, gender-inclusive programming, such as initiatives like "Men in the Kitchen," promotes equity by addressing traditional gender roles and enhancing household collaboration and decision-making. Fourth, the persistence of challenges like resource shortages and cultural resistance emphasizes the need for systemic, context-specific solutions. Finally, continuous capacity building through sustained training and follow-up support is critical to maintaining and scaling program benefits.

Introduction

Background and Objectives

According to *Office of the Prime Minister, UNHCR, Government latest* report 2024[1], Uganda hosts a population of over 1.7 million refugee and asylum seeker, of which 7.5% (131,994 in Kyaka II). The **Fill the Nutrition Gap one (FNGAP 1) Project** was a vital project implemented from January 2023 to June 2024 in the Kyaka II refugee settlement, Uganda, by CARE and JESE, with funding from the **Church of Jesus Christ of Latter-day Saints**. It aimed to mitigate food insecurity and enhance nutrition for vulnerable groups, including children under five and pregnant or lactating women, in an environment constrained by resource shortages and frequent climate challenges. FNGAP 1 introduced innovative solutions centred on rabbit farming, home-based horticulture, and the empowerment of community structures to foster sustainable food production and improved dietary practices among refugee households.

According to the end-of-project report, rabbit farming emerged as an accessible, protein-rich food source, significantly enhancing dietary diversity among beneficiary households. The report further highlights those horticultural activities enabled families to cultivate vegetables locally, thereby improving nutritional intake and reducing reliance on external food sources. Community structures, such as Community-Based Trainers (CBTs) and Village Health Teams (VHTs), played a crucial role in disseminating knowledge and promoting sustainable agricultural and nutritional practices. By addressing both immediate nutritional needs and long-term income generation, FNGAP 1 adopted a holistic approach to enhancing health, resilience, and self-reliance within the refugee community. Building on the project's successes, an impact assessment was conducted to evaluate the outcomes of the initiative in Kyaka II, contributing to a body of knowledge that will inform future program strategies. The findings aim to provide a comprehensive understanding of the project's reach and impact on nutrition, livelihoods, and social structures, ultimately guiding strategic planning for continued support and development in Kyaka II

Purpose of the Impact Assessment

With the completion of the first phase of FNGAP, this impact assessment seeks to measure and document the outcomes of key project interventions on nutrition, economic stability, and community empowerment in Kyaka II. Specifically, it focused on evaluating the contributions of rabbit farming, horticulture practices, and community structures in driving improvements in household nutrition, income generation, and gender dynamics. By employing a mixed-methods approach, this report aims to provide a comprehensive evidence base to assess the efficacy of FNGAP 1 interventions and inform future programmatic decisions.

Scope of the Assessment

This assessment encompassed sampled and selected households within **Kyaka II Refugee Settlement** in Kyegegwa District, Uganda, particularly among the 40 Farmer Field and Business School (FFBS) project groups that participated in the initial FNGAP 1 intervention. The assessment considered diverse data points gathered through quantitative household surveys, focus group discussions, and key informant interviews with stakeholders, including local leaders, project implementers, and health workers. While the project was implemented from January 2023 to June 2024, the assessment looked at the entire life of the project focusing on key activities implemented by the project as per the assessment objectives.

[1] https://data.unhcr.org/en/country/uga

Methodology

The methodology for this impact assessment employed a mixed-methods approach to capture a holistic view of FNGAP's effects on nutrition, income, and community dynamics in Kyaka II. This mixed-methods design was chosen to provide both measurable data on nutrition and income levels (quantitative) and deeper contextual insights into community perceptions, behaviour changes, and program challenges (qualitative), ensuring a comprehensive assessment of FNGAP's impact.

Data Collection Methods

To evaluate the impact of the FNGAP 1 project in Kyaka II, the assessment employed a mixed-methods approach, integrating quantitative and qualitative data sources to gain a comprehensive perspective on nutrition, income, and behavioural changes.

1. **Quantitative Surveys**: Structured household surveys were conducted (sample tool attached) to gather specific data on nutritional practices, dietary diversity, and income levels among participating households. These surveys have provided quantifiable insights into how FNGAP 1 interventions influenced household food security and economic stability.

2. **Qualitative Methods**:

    - **Focus Group Discussions (FGDs)**: The Focus Group Discussions (FGDs) included direct project beneficiaries from the Kyaka II settlement, capturing firsthand insights into household experiences with nutrition, income changes, and family dynamics.
    - **Key Informant Interviews (KIIs)**: The Key Informant Interviews (KIIs) involved 23 stakeholders, representing roles critical to project implementation and impact, including the Camp Commandant (1), Community-Based Trainers (7 CBTs), Community-Based Livestock Facilitators (6 CBLFs), Village Health Team (8 VHT) members, and the Community Development Officer (1 CDO).

3. **Secondary Data Review**: The assessment incorporated health facility records and end of project reports offering a historical context to the changes observed in the community over the project period.

Sampling and Participants

The assessment used a scientifically computed sample of 327 households within Kyaka II, representing a cross-section of all community groups that benefited from FNGAP 1 interventions. For each group, the group chairperson provided member lists (register) to the RAs that formed the sampling frame, from which participants were randomly selected—eight members per group—with replacements made as necessary for non-availability. This sample was designed to capture diverse demographic profiles, reflecting a broad range of experiences across gender, age, and household size. Data collection team was led by MEAL advisor, supported by FNGCAP project staff (1), JESE staff (2), RAs (5), and the trained Community-Based Trainers (40 CBTs) attached to each group for coordination mobilization purposes and supported by translators. Additionally, Research Assistants (RAs) underwent targeted two-day training (September 24-25, 2024) on focusing on data collection methodologies, ethical considerations, and cultural sensitivity. To maintain data quality, CARE and JESE staff conducted continuous spot checks, including sit-in sessions and backstopping missions throughout data collection. After-action reviews were held daily for the first three days to clean and validate data, reinforcing accuracy and reliability in the final dataset. All qualitative data was gather electronically using Kobo collect and smart devices.

Limitations of the Study

The study encountered several challenges that required adaptive approaches but did not compromise data integrity. These included the unavailability of some group members, delays in securing repeated approvals for camp access, and ongoing refinement of data collection instruments to address emerging needs – thus longer interviews while logistical hurdles such as language barriers and accessibility issues added complexity to the data collection process, a team of translators played a vital role in mitigating these, replacements and re-scheduling of appointments was also done. Despite these limitations, rigorous quality control measures ensured that the data's validity and credibility were maintained throughout the assessment

Study Findings

4.1 Demographic Overview

The assessment engaged 327 households across 37/40 community groups within the Kyaka II settlement, a sample that reflects a cross-section of gender, age, and household size. Among these households:

- **Household Composition**: Majority were male headed (60.6%), with an average household size of 6.83 members, aligning with the typical family structure in Kyaka II as per current UNHCR[2] and OPM reports.
- **Gender Distribution of Household Heads:** Male: 198 households (60.6%) and Female: 129 households (39.4%), with 67% female-headed households noted in other studies[3].

Figure 1: Gender distribution

- **Presence of Vulnerable Groups**: Nearly 40.7% of households included at least one child under two, and around 60.6% had children under five years old, which underscores the need for focused nutritional support. This demographic profile represents a largely productive, workforce-ready population with high potential for ongoing community engagement and economic activity.
- **Age Distribution of Household Heads:** Mean Age: 40.4 years, Standard Deviation: 11.8 years, Range: 19 to 75 years, Quartiles: 25th Percentile: 32 years, 50th Percentile (Median): 38 years, 75th Percentile: 47 years. This data suggests a generally middle-aged population of household heads, with a broad age range.

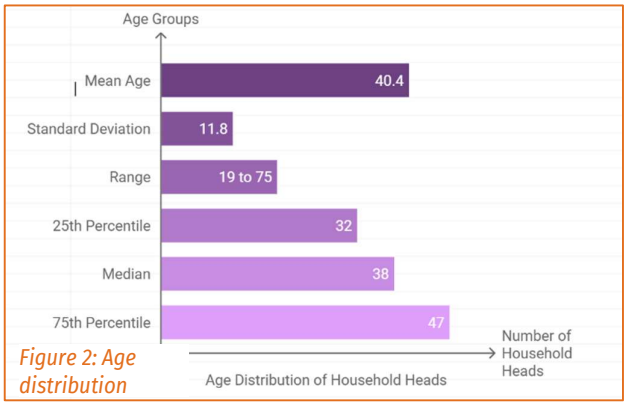

Figure 2: Age distribution

- **Household Size Distribution:** Mean Household Size: 6.8 members, Standard Deviation: 2.6 members (While most households cluster around the mean, there are outliers with significantly larger or smaller family sizes.), Range: 1 to 15 members, Quartiles: 25th Percentile: 5 members, 50th Percentile (Median): 7 members, 75th Percentile: 9 members. This data highlights a predominance of medium to large household sizes within the surveyed group.
- **Age Group of Household Heads:** Early middle-aged (30-39 years): 123 households (37.6%), Late middle-aged (40-49 years): 80 households (24.5%), Young adults (18-29 years): 52 households (15.9%), Older adults (50-59 years): 46 households (14.1%), Senior citizens (60+ years): 26 households (8.0%)

[2] https://data.unhcr.org/es/documents/download/70473
[3] https://data.unhcr.org/es/documents/download/71912

The data reveals notable demographic patterns across the Kyaka II zones, with a total of 327 households surveyed, where 39% were female-headed and 61% male-headed. Kyabakura II had the highest representation (27% of all households), followed closely by Kakoni B (25%).

A significant proportion of household heads fell within the early middle-aged group (30-39 years), comprising approximately 28% across all locations, while senior citizens (60+ years) represented only about 6%. Key insights include a strong male presence in middle and older age groups across locations, and a consistent distribution of young adults (18-29 years) contributing to household diversity and resilience as highlighted in **Table 1**

Table 1: Location, Gender and Age group data distribution, n=327

Location Site	Female	Male	Grand Total
Byabakora I	20	33	53
Early middle-aged (30-39 years)	9	11	20
Late middle-aged (40-49 years)	4	9	13
Older adults (50-59 years)	2	5	7
Senior citizens (60+ years)	2	2	4
Young adults (18-29 years)	3	6	9
Byabakora II	32	55	87
Early middle-aged (30-39 years)	13	20	33
Late middle-aged (40-49 years)	6	14	20
Older adults (50-59 years)	4	10	14
Senior citizens (60+ years)	2	4	6
Young adults (18-29 years)	7	7	14
Byabakora III	19	32	51
Early middle-aged (30-39 years)	9	8	17
Late middle-aged (40-49 years)	5	12	17
Older adults (50-59 years)	2	5	7
Senior citizens (60+ years)	2	2	4
Young adults (18-29 years)	1	5	6
Kakoni A	25	30	55
Early middle-aged (30-39 years)	12	14	26
Late middle-aged (40-49 years)	4	6	10
Older adults (50-59 years)	4	2	6
Senior citizens (60+ years)	2	4	6
Young adults (18-29 years)	3	4	7
Kakoni B	33	48	81
Early middle-aged (30-39 years)	11	16	27
Late middle-aged (40-49 years)	8	12	20
Older adults (50-59 years)	5	7	12
Senior citizens (60+ years)	2	4	6
Young adults (18-29 years)	7	9	16
Grand Total	129	198	327

The assessment engaged a total of 37 unique groups within the Kyaka II settlement. On average, each group comprised approximately 22.3 female members and 7.0 male members as highlighted in the **Figure 3**

Figure 3: Average group member by gender, n=327

To understand the household composition and dietary habits within the FNGAP project, the assessment analysed key demographics and food consumption patterns:

- **Children Under 2**: On average, each household had approximately 1 child under two years, consuming an average of 3 food groups in the past 24 hours shown in **Figure 4**. Households with 0 children under 2: 158 households (48.3%), 1 child under 2: 133 households (40.7%), with 2 children under 2: 32 households (9.8%), with 3 children under 2: 3 households (0.9%), with 4 children under 2: 1 household (0.3%). This distribution shows that nearly half of the households do not have children under two, while a substantial portion has one child in this age group

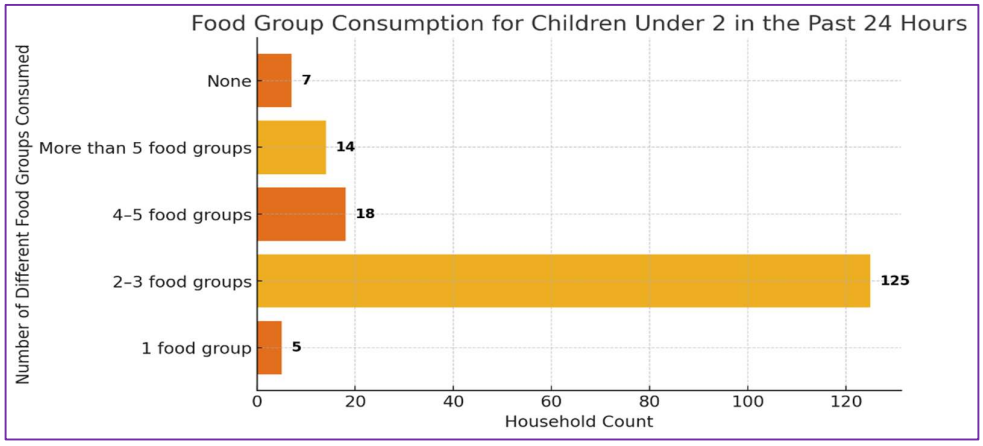

Figure 4: Food group consumption for Children under 2 years in the past 24 hours, n=327

- **Children Under 5**: Households included an average of 2 children under five, with these children consuming around 3 food groups daily as shown in **Figure 5.** The data on households with children under five reveals the following distribution: No children under 5: 82 households (25.1%), 1 child under 5: 100 households (30.6%), 2 children under 5: 98 households (30.0%), 3 children under 5: 39 households (11.9%), 4 children under 5: 6 households (1.8%), 5 children under 5: 1 household (0.3%). In total, 74.9% of households have at least one child under five

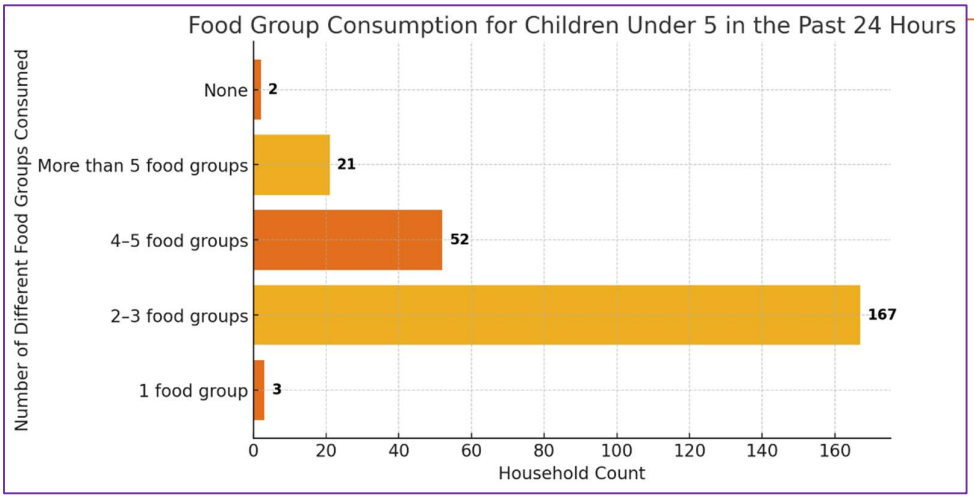

Figure 5: Food group consumption for Children under 5 years in the past 24 hours, n=327

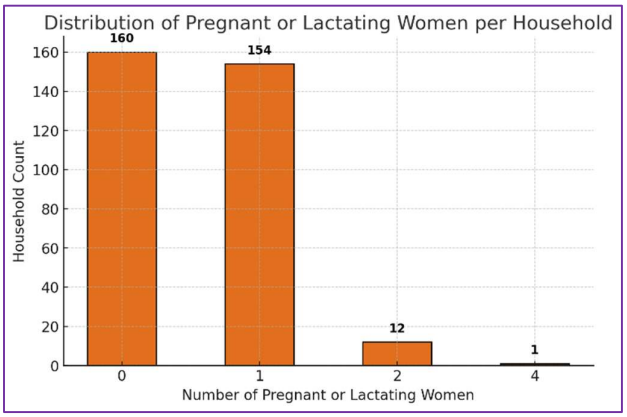

Figure 6: Distribution or Pregnant or Lactating per HH, n=327

- **Pregnant or Lactating Women (PLWs)**: The average number of PLWs per household was approximately 0.91, indicating nearly one PLW in most participating households. This chart illustrates that the majority of households (49%) in the assessment reported no pregnant or lactating women, while 47% had one. Households with two pregnant or lactating women were relatively rare (4%), and only a single household reported four. The assessment also conducted data to ascertain of the total sample how many were participating FNGAP 2, About **94.7% of households** reported active participation in the second year of the FNGAP project.

4.2 Nutritional Outcomes

To understand the nutritional outcomes, the assessment focused on specific variables that provide insights into meal frequency, iron-rich food consumption, and overall dietary diversity within households. Key measures include **Household Meal Frequency**, which captures the average number of meals consumed daily, serving as an indicator of food security. **Iron-Rich Food Consumption** tracks weekly intake of nutrient-dense foods such as red meat, liver, and leafy greens, essential for preventing anaemia and supporting maternal and child health. We also examine **Changes in Eating Habits** to reflect shifts since the project began, helping gauge FNGAP's impact. **Dietary Diversity** considers the variety of food groups consumed, such as leafy greens, root vegetables, fruits, legumes, meat, and dairy, offering a comprehensive view of nutrient diversity. **Availability of Fresh Vegetables** in meals highlights the inclusion of essential vegetables for balanced nutrition, while **Specific Dietary Changes** monitor which household members benefit most from improved diets, with a focus on child nutrition and caregiver feedback.

- **Meal Frequency and Dietary Diversity**: 53.4% of households now consume three meals daily, with only 42% still consuming two meals, suggesting ongoing progress in food security. Children under two consume an average of 2.86 food groups daily, reflecting a marked increase in dietary diversity since the project's inception.
    - **Quote**: "*There has been a visible improvement in dietary diversity, with households consuming more vegetables, which has positively impacted health outcomes.*" (Community-Based Trainer)

- **Iron-Rich Food Consumption**: The inclusion of iron-rich foods like green vegetables and rabbit meat has increased significantly, with 83% of households consuming iron-rich foods 3–5 times per week. This is largely attributed to the expanded horticulture and rabbit farming activities introduced by FNGAP, which has contributed to reduced malnutrition among children.
    - **Quote**: "*Since the introduction of FNGAP, families are more secure with their access to fresh produce and protein, leading to a marked decrease in malnutrition rates*." (Camp Commandant)

4.3 Economic Impact

The integration of rabbit farming and horticulture has fostered new revenue streams for participating households:

- **Income Growth**: Households reported an average 20% increase in income, with revenue generated from the sale of rabbit meat, manure, and vegetable produce. These additional income sources have been pivotal in covering essential needs, such as food, school fees, and healthcare.
- **Spending Patterns**: Increased income has been directed towards basic household needs, with a notable portion allocated to children's education and healthcare expenses, reflecting the project's impact on financial stability.

4.4 Adoption of Farming Practices

The FNGAP interventions have encouraged greater adoption of both nutrition-sensitive and income-generating agricultural practices:

- **Participation in Rabbit Farming and Vegetable Gardening**: Households have widely embraced these practices, reported improved productivity and enhanced dietary options. Rabbit farming has led to increased protein intake, crucial for the development of children under five.
    - **Quote**: "*Households are now preparing more nutritious meals and have embraced good hygiene practices such as hand washing before cooking.*" (Village Health Team Member)
- **Integration of Livestock and Horticulture**: Families have diversified their farming systems, combining vegetable cultivation with livestock to improve both food sources and income.
    - **Quote**: "*Families have diversified their farming systems by combining vegetable growing with livestock, which has improved their food sources and income.*" (Community-Based Trainer)

4.5 Gender Dynamics and Behaviour Change

FNGAP's gender-focused initiatives have contributed to notable shifts in household roles and decision-making:

- **Increased Female Leadership**: The project has empowered women to take on leadership roles in household food production and farming decisions.
    - **Quote**: "*FNGAP has empowered women to lead household farming activities, while men have started supporting nutrition initiatives, leading to more equitable dynamics*." (Community Development Officer)
- **Collaborative Decision-Making**: The project's initiatives, such as the 'Men in the Kitchen' campaign, have fostered a collaborative household environment where men and women share responsibilities in nutrition, childcare, and financial decisions.
    - **Quote**: "*The men are increasingly joining discussions on meal planning, and it has become a shared responsibility*." (Village Health Team Member)

4.6 Community Engagement and Structures

Community structures, including Village Health Teams (VHTs) and Farmer Field and Business Schools (FFBS), have played a crucial role in ensuring FNGAP's success:

- **Knowledge Transfer and Resilience**: These groups have been instrumental in transferring knowledge on farming techniques and nutrition, enhancing household resilience and capacity for sustainable practices.
    - **Quote**: "*FFBS provide a platform for learning and practicing new farming techniques, which has helped families optimize productivity*." (Community Development Officer)
- **Collaborative Partnerships**: Partnerships with NGOs and local services, such as Caritas and Adventist Development and Relief Agency (ADRA), have extended project resources and support, further strengthening community cohesion and nutritional resilience.
    - **Quote**: "*We partner with local health centres and agricultural services, which reinforces our efforts and maximizes the reach of the project*." (Community-Based Trainer)

4.7 Behaviour and Practices

To understand the extent to which the FNGAP project influenced household behaviours and practices, the assessment sought to explore changes in nutrition habits, decision-making dynamics, gender roles, and the adoption and sustainability of key interventions.

- The findings reveal that the FNGAP project has significantly influenced household behavior regarding nutrition. Of the 327 households surveyed, **324 (99.1%)** reported noticeable changes in their nutritional practices since participating in the project, while only **3 households (0.9%)** stated no such changes.

Building on the finding that **99.1% (324 households)** reported noticeable changes in nutritional practices, the assessment further explored the specific nature of these changes to understand their depth and impact. Respondents were asked to detail improvements in their household's nutrition habits since participating in the FNGAP project. The results reveal substantial positive shifts:

- **Improved Child Feeding Practices**: **307 households (94%)** reported adopting better feeding practices for children, demonstrating enhanced care and attention to child nutrition.
- **Increased Consumption of Vegetables**: **301 households (92%)** noted higher vegetable consumption, a direct outcome of horticultural training and awareness efforts.
- **Increased Consumption of Iron-Rich Foods**: **278 households (85%)** improved their intake of iron-rich foods, such as meats and leafy greens, addressing critical dietary gaps.
- **Better Food Preparation Techniques**: **229 households (70%)** implemented improved cooking methods, reflecting the effectiveness of nutrition education initiatives.
- **Reduced Food Wastage**: **222 households (68%)** highlighted reductions in food wastage, underscoring sustainable consumption behaviours.
- **More Frequent Meals for Children**: **255 households (78%)** provided children with more frequent meals, indicating improved food security and care practices.
- **Improved Dietary Diversity**: **288 households (88%)** diversified their diets, incorporating multiple food groups for enhanced nutrition.

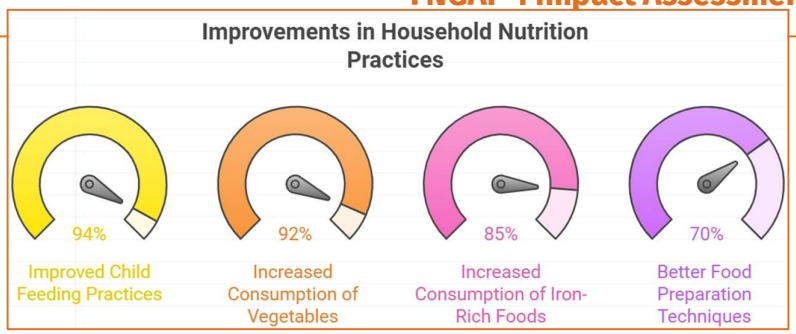

Figure 7: Improvement in Household Nutrition Practices

These findings underscore the FNGAP project's success in transforming household nutrition practices, demonstrating its effectiveness in promoting sustainable dietary improvements across the community. Building on the widespread adoption of improved nutrition habits, the assessment further examined the frequency with which households applied these new practices. The findings reveal a high level of consistency in practice application. The frequency of applying new nutrition practices learned from the FNGAP project highlights the following:

- **Always**: 264 households (80.7%) report consistently applying the nutrition practices.
- **Often**: 28 households (8.6%) apply these practices frequently but not always.
- **Sometimes**: 33 households (10.1%) apply them occasionally.
- **Rarely**: Only 2 households (0.6%) apply the practices infrequently.

The data shows a strong adherence to the new nutrition practices, with most households (over 89%) either always or often incorporating these practices into their routines,

Leveraging on the finding that most (89%) households frequently apply the new nutrition practices, the assessment further explored specific challenges that could hinder consistent adoption. Understanding these barriers is critical to addressing gaps and ensuring sustainable behavior change across the community but also an opportunity to provide insightful lessons for future engagements. Here are the key challenges identified from the data.

1. **Lack of Resources (e.g., money to buy food, cooking equipment)**:
    - **89 households (27%)** reported a lack of financial and material resources as a barrier. This limitation highlights the need for financial support or resource access to ensure households can maintain diverse diets and use the necessary cooking equipment.
2. **Time Constraints**:
    - **32 households (9.8%)** cited time constraints as a factor limiting the adoption of new practices. This would suggest that, while there is a willingness to improve nutrition habits, day-to-day responsibilities may interfere, particularly in larger or more resource-constrained households.
3. **Resistance from Family Members**:
    - **20 households (6.1%)** encountered resistance from family members, which could stem from ingrained habits or scepticism about the changes. This indicates that family-wide engagement and sensitization could help foster more supportive environments for implementing these practices.
4. **Lack of Knowledge or Confidence**:
    - **15 households (4.6%)** lacked sufficient knowledge or confidence in applying the practices, underscoring the need for continued training and follow-up support to reinforce these practices, especially for new or complex nutrition techniques.
5. **Cultural or Traditional Practices**:

- **27 households (8.3%)** faced challenges due to cultural or traditional beliefs, particularly regarding dietary preferences. For example, some households avoid consuming rabbit meat due to cultural or religious reasons. This finding emphasizes the importance of culturally sensitive approaches when promoting new dietary behaviours.

6. **Theft of Livestock and Vegetables**:
   - **41 households (12.5%)** reported theft as a major barrier, particularly affecting livestock and vegetable crops. This not only disrupts food security but also discourages households from investing in these resources. Addressing security issues or providing secure storage options could mitigate this barrier.
7. **Other Challenges (e.g., Pest and Disease Issues, Water Scarcity, Storage Problems)**:
   - A significant number of households mentioned issues like pest and disease affecting crops, scarcity of water for irrigation, and inadequate storage facilities. **49 households (15%)** cited these additional challenges.

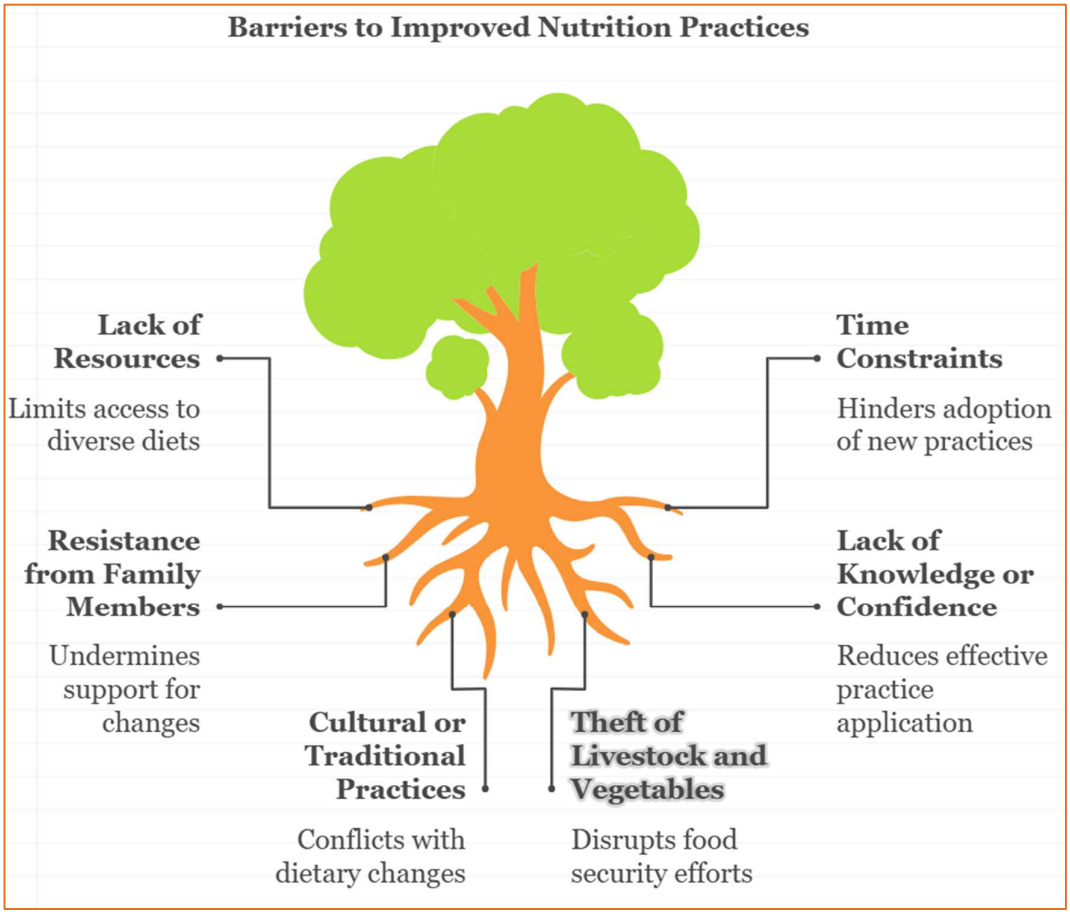

Figure 8: Barriers to improved nutrition practices

These insights underline that while there is a strong willingness to adopt new practices, external and structural barriers—such as financial limitations, cultural norms, and environmental challenges—play a critical role in limiting full adoption.

Key Findings on Behavioural Sustainability

To better align with the goal of fostering sustainable behavioural changes, the assessment explored the continued practice of nutrition, hygiene, and childcare behaviours introduced through the project. The assessment specifically sought to understand which nutrition, hygiene, and childcare behaviours introduced by the FNGAP 1 project were still being practiced by households.

1. **Handwashing**:
    - **82%** of households report that they continue to practice regular handwashing, reflecting a strong adherence to basic hygiene practices. This habit is critical for reducing the risk of disease transmission and supporting overall household health.

2. **Improved Food Preparation**:
    - **78%** of respondents noted that they have maintained improved food preparation techniques learned from the project. This practice enhances food safety and contributes to better nutrition, particularly when preparing meals for young children and pregnant or lactating women.

3. **Breastfeeding Practices**:
    - **65%** of households with young children reported that they continue to follow recommended breastfeeding practices. This behavior supports child health by ensuring that infants receive essential nutrients during critical developmental stages.

4. **Rest for Pregnant and Lactating Women (PLWs)**:
    - **60%** of households have implemented and sustained practices allowing more rest for pregnant and lactating women. This recognition of maternal care needs supports the health of both mothers and infants, which is crucial for reducing maternal fatigue and improving childcare.

5. **Regular Visits to Health Centers (Antenatal/Postnatal Care)**:
    - **55%** of households reported regular antenatal and postnatal visits, a key health behavior that aids in monitoring the health of mothers and infants. These visits are crucial for early detection and management of potential health issues.

6. **Referrals for Malnutrition**:
    - **40%** of households reported that they still make referrals for malnutrition when necessary.

7. **Other Practices**:
    - Additional practices such as ensuring household cleanliness, washing children's clothes, and maintaining sanitation were also cited by several households.

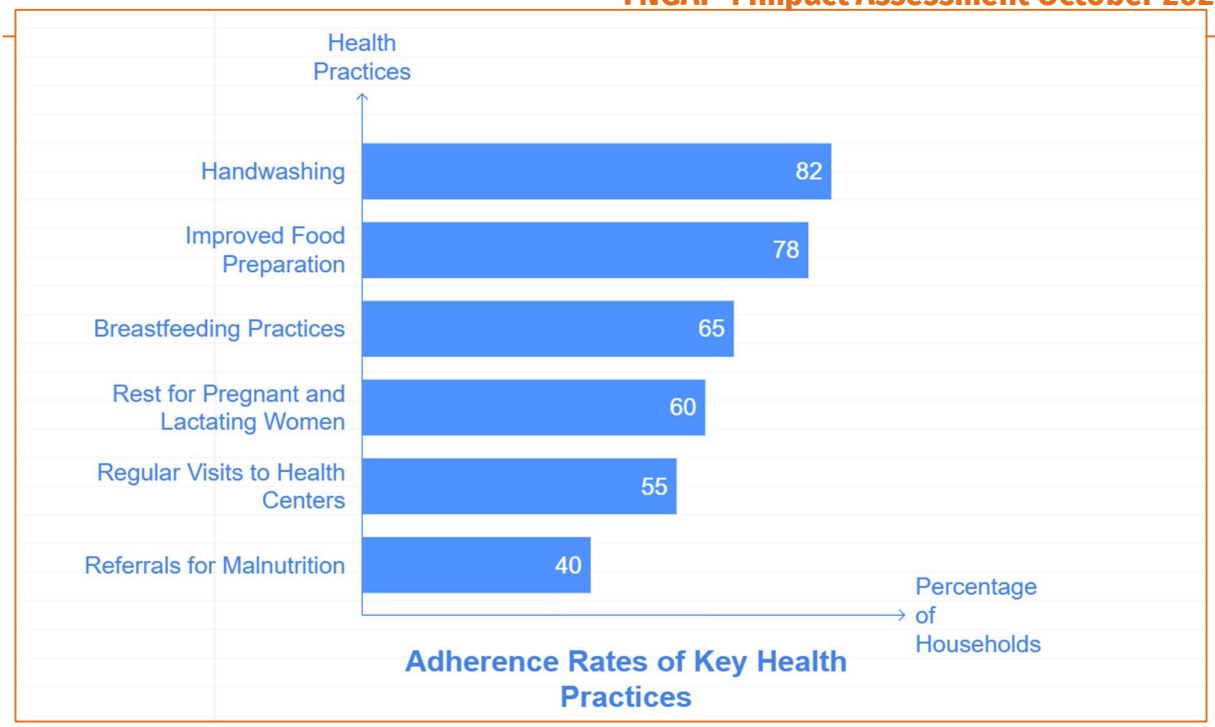

Figure 9: Adherence rate for key health practices

The high rates of continued practices such as handwashing, food preparation, and regular health visits suggest that the FNGAP project has successfully instilled sustainable behaviours that contribute to long-term health improvements. These behaviours not only improve the immediate health of household members but also foster resilience by equipping families with practices that prevent illness and enhance nutrition.

Shift in Financial Control Towards Women

The assessment sought to understand whether the FNGAP interventions shifted financial control in households more toward women. This included exploring the extent to which women gained financial autonomy and what specific changes occurred.

Financial empowerment is a cornerstone of gender equity. When women have greater control over household finances, it often leads to improved decision-making regarding nutrition, education, and overall family welfare. Understanding the impact of FNGAP on financial autonomy can help gauge its success in advancing women's empowerment.

Findings:

- **Shift Reported:** 72% of respondents indicated a shift in financial control towards women due to FNGAP interventions.

- **Key Contributors to the Shift:**
  - **Women's Earnings from Vegetable Sales:** Reported by 58%, showing how small-scale farming created direct income sources for women.
  - **Savings and Investments:** 34% mentioned that women's participation in savings groups enabled them to accumulate and manage funds.
  - **Business Ownership:** 20% of respondents noted that women started small businesses, a reflection of enhanced entrepreneurial confidence.

This data demonstrates that FNGAP's economic initiatives have catalysed a significant shift in financial dynamics within households. We also examined whether the changes in nutrition practices and gender roles introduced through FNGAP 1 are likely to persist in the long term. Respondents were asked to justify their views on sustainability.

Findings:

- **Long-Term Sustainability Confidence:** 80% of respondents believe the changes will endure.
- **Reasons for Sustainability:**
    - **Family Unity and Collaboration:** 65% attributed sustainability to improved household unity, with shared responsibilities becoming the norm.
    - **Gender Equality:** 50% highlighted that equitable sharing of tasks, such as cooking and childcare, contributed to lasting change.
    - **Empowered Decision-Making:** 45% mentioned that women's increased role in financial and nutritional decisions fosters long-term stability.

This high level of confidence in sustainability underscores the program's success in reshaping household behaviours and norms. To measure participation in FNGAP 1 training activities and identify the types of training attended. We asked, respondents on their level or training participation during the life of the project.

Findings:

- **Participation Rate:** 87% of respondents participated in at least one training.

- **Training Type Breakdown:**
    - **Nutrition and Food Preparation (Men in Kitchen Campaigns):** 70% attended, this is in alignment with earlier stats of the program's success in engaging households to rethink traditional roles.
    - **Vegetable Gardening and Horticulture:** 68% participated, thus further reinforcing the link between training and enhanced food security.
    - **Gender Roles in Farming and Nutrition:** 60% attended, reinforcing the focus on gender equity.

- **Observed Outcomes of Training:**
    - **Improved Nutrition Knowledge:** 78% of participants self reported increased understanding of nutrition.
    - **Better Child Feeding Practices:** 55% saw improvements in how they feed their children.
    - **Male Involvement in Nutrition:** 47% noted increased male participation in household nutrition tasks.

The high participation rate and notable outcomes validate the effectiveness of FNGAP's training activities. These findings further illustrate FNGAP's impact across financial empowerment, sustainability of practices, and training participation:

1. **Shift in Financial Control:** Demonstrates progress in empowering women, with tangible economic benefits such as earnings, savings, and business ventures.
2. **Sustainability of Practices:** Reflects confidence in the program's ability to create lasting changes, supported by strengthened household dynamics and gender equality.
3. **Training Participation and Outcomes:** Highlights the effectiveness of training programs in transforming knowledge into action, fostering sustainable changes in nutrition and gender roles.

The assessment aimed to identify training gaps and evaluate the impact of gender-focused initiatives, building on previous insights into participant benefits and challenges. Respondents were asked to highlight any areas of training they felt would be beneficial but had not yet been covered.

Findings:

1. **Training Gaps Identified:**

    - **Advanced Farming Techniques:** Highlighted by 85% of respondents.
    - **Marketing and Selling Farm Produce:** Noted by 60%.
    - **Financial Management and Budgeting:** Reported by 55%, showing participants' interest in managing household and farming finances more effectively.
    - **Advanced Nutrition and Food Preparation Techniques:** 40% identified this as a gap.
    - **Other Areas:** Specific suggestions included veterinary services, childcare training, and skills for post-harvest handling, cited by 15%.

2. **Impact of Gender Dialogues and Campaigns:**

    Among participants involved in these initiatives:

    - **Increased Male Involvement:** 70% reported that men are now more engaged in household nutrition and childcare, showing a shift in traditional gender roles.
    - **Enhanced Collaboration:** 65% observed greater cooperation between men and women in farming activities, underscoring the success of campaigns in promoting shared responsibilities.
    - **Women's Empowerment:** 55% noted that women have gained more control over household income, reflecting positive strides toward gender equity.
    - **No Significant Change:** 10% indicated that these activities had limited impact, suggesting the need for tailored approaches in some communities.

4.8 Evaluating the Benefits, Challenges, and Opportunities of the FNGAP Project Interventions

From exploring Behavior and Practices, the assessment sought to evaluating the tangible benefits, persistent challenges, and emerging opportunities associated with the FNGAP 1 project interventions. With the overarching goal of improving household nutrition, economic stability, and sustainable farming practices in sight, this section delved into the specific impacts of the project on participants' livelihoods and well-being. Respondents were asked to highlight the most significant benefits, any observed health improvements in their children, challenges in farming and maintaining home gardens, and the economic effects of the interventions. Additionally, the adoption and impact of energy-saving solutions and obstacles in marketing farm products were assessed to identify areas for enhancement.

Table 2; Key Findings on various paraments, n=327

Benefit	Count	Percentage (%)
Improved nutrition for children and household members	294	89.9%
Increased income from selling vegetables	253	77.4%
Increased savings or financial stability	250	76.4%
Increased knowledge and skills in farming and nutrition	231	70.6%
Improved food security (more stable food availability)	227	69.4%
Improved community cohesion and collaboration	178	54.4%
Increased income from selling rabbits	139	42.5%

Greater resilience to shocks (e.g., food shortages, economic challenges)	134	41.0%
Reduced reliance on food aid	117	35.8%
Other (Specify)	18	5.5%

- **Nutrition**: Improved nutrition for children and households was the most significant benefit, impacting almost 90% of respondents.
- **Income from vegetables**: A high proportion of respondents (77.4%) indicated increased income from selling vegetables, highlighting its economic impact.
- **Savings**: Over three-quarters (76.4%) reported increased savings or financial stability, showing the project's financial empowerment.
- **Knowledge and Food Security**: Significant gains were reported in knowledge (70.6%) and food security (69.4%), addressing critical livelihood aspects.
- **Community Cohesion**: Over half (54.4%) highlighted improved community relationships, suggesting a social dimension to the program's success.

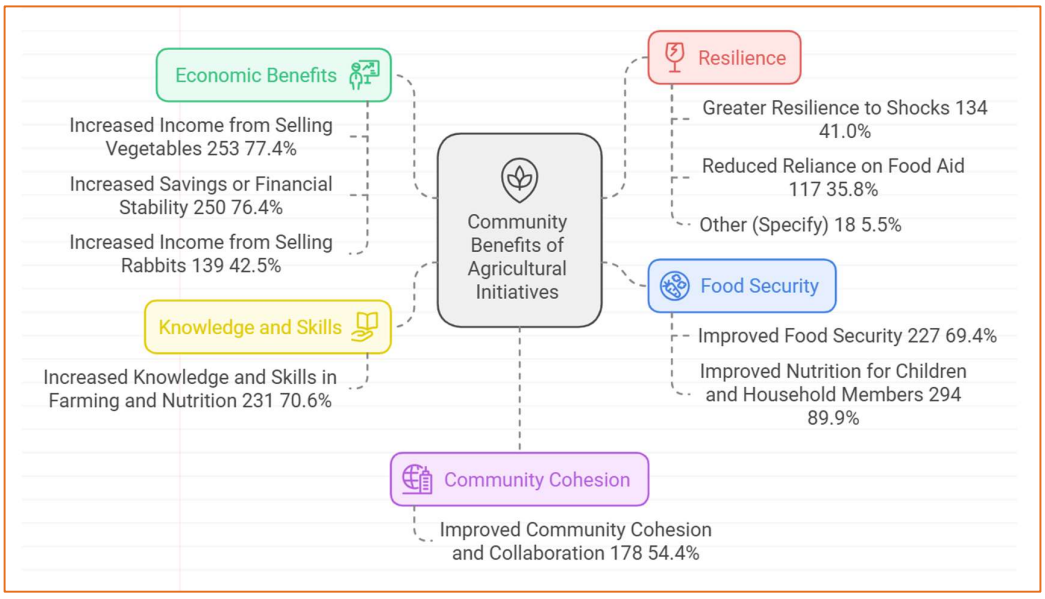

Figure 10: Community Benefits of Agricultural Activities

Child health and nutrition are key indicators of a household's overall well-being and resilience. As part of the assessment, respondents were asked whether they had observed a reduction in illness or malnutrition in their children since participating in the project. This question served as a proxy to evaluate the direct impact of the FNGAP initiative on improving children's health outcomes. The findings revealed significant insights into the impact of the FNGAP initiative:

- **Yes:** 294 respondents (90%) observed a reduction in illness or malnutrition among their children, highlighting the initiative's effectiveness in improving child health and nutrition outcomes.
- **Not sure:** 26 respondents (8%) were uncertain about changes, indicating a need for further awareness or monitoring to assess the full impact.
- **No:** Only 7 respondents (2%) reported no reduction, suggesting minimal areas where the initiative might need to adjust or enhance its focus.

To further explore the positive impact of the FNGAP 1 project, we sought to understand the specific changes observed by 90% respondents in their children's health and nutrition. Through an open-ended question, participants were asked to describe the improvements they had noticed since joining the project. This allowed for a deeper, qualitative insight into the tangible effects of the project. The responses revealed key

themes that demonstrate significant advancements in nutrition, health, and overall household well-being, as outlined below.

Table 3: Summary of Themes and Frequencies, n=294

Theme	Frequency (%)
Improved Nutrition and Diet Diversity	43%
Reduction in Malnutrition	38%
Reduction in Anaemia	26%
Improved Child Health/Immunity	47%
Reduction in Disease Cases	35%
Improved Food Security	29%
Enhanced Hygiene Practices	12%

To understand the barriers and difficulties experienced by participants in implementing the farming practices introduced through the FNGAP 1 project, we asked respondents about the challenges they faced in farming, including rabbit farming and horticulture. This exploration aimed to identify specific obstacles hindering the success of project-supported activities, providing an opportunity to derive lessons learned and inform potential solutions for enhanced project outcomes.

A significant 85% of respondents reported challenges with diseases and pests affecting crops and rabbits. Indicating a critical barrier to productivity that could undermine the success of the farming activities, key challenges like lack of inputs (59%), water scarcity (57%), and limited access to veterinary and agricultural extension services (46%) highlight systemic constraints that impede farming efficiency. Difficulties in market access (42%) and low produce prices (32%) underscore economic barriers that restrict profitability as shown in Table 4.

Table 4: General Barriers and difficulties experienced by Farming participants, n=327

Challenge	**Count**	**Percentage (%)**
Lack of inputs (e.g., seeds, rabbit feed)	194	59.33
Lack of technical knowledge or skills	25	7.65
Diseases and pests affecting crops or rabbits	278	85.02
Market access (difficulty selling products)	136	41.59
Lack of storage facilities	64	19.57
Low prices for produce/rabbits	106	32.42
Limited access to veterinary or agricultural extension services	152	46.48
Water scarcity or poor irrigation	187	57.19
Time constraints (balancing farming with other responsibilities)	23	7.03
Theft of rabbits or vegetables	34	10.40
Other (Specify)	66	20.18

The economic well-being of households serves as a critical indicator of the overall success of development interventions. To gauge the economic impact of the FNGAP project, respondents were asked how the interventions had affected their household's economic situation. An overwhelming majority (97%) indicated improvements, with 61% reporting significant economic stability and 36% noting slight improvements. This demonstrates that the project has positively influenced household incomes and financial security.

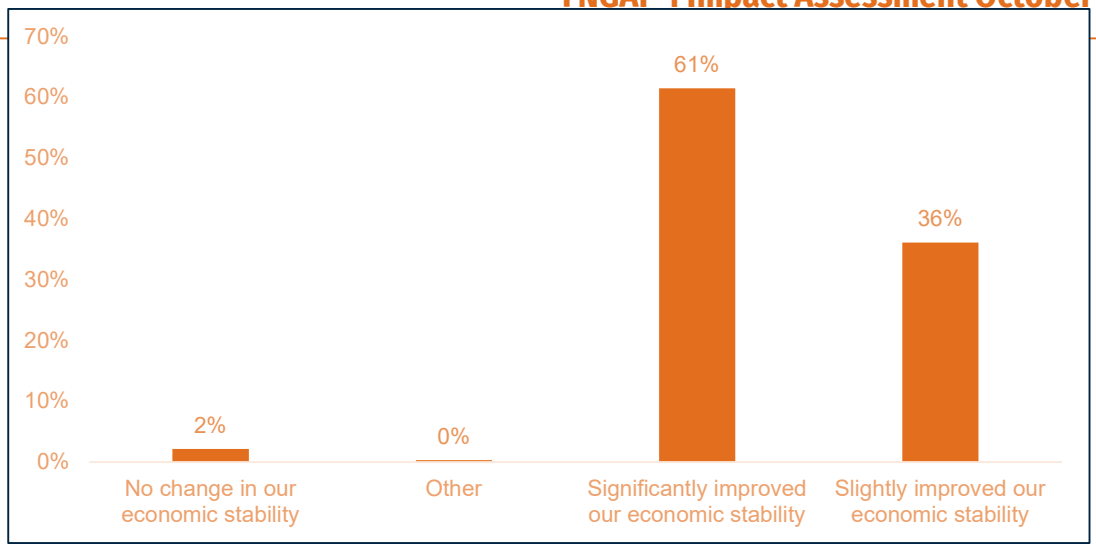

Figure 11: Economic Impact of FNGAP Interventions on Household Stability, n=327

In agreement with these findings, qualitative insights further highlight the transformative economic impact of FNGAP 1. For instance, during a Focus Group Discussion (FGD), one participant shared, *"Our household income has grown because we can now sell vegetables and rabbits. Before, we only depended on subsistence farming, but now we have surplus to sell."* This is echoed in a Key Informant Interview (KII) with a community leader, who noted, *"The project has built resilience by enabling households to diversify their income sources. Families are no longer entirely reliant on one crop or external aid."* Another FGD participant emphasized the shift in household dynamics, stating, *"With the additional income, we have been able to send children to school and access better healthcare."* Together, these perspectives underline that the reported improvements in economic stability are not just statistical but are deeply felt and life-changing at the household level.

Home gardens have emerged as pivotal in enhancing household food security and nutrition under the FNGAP initiative. However, their success often depends on participants' ability to navigate challenges and leverage opportunities presented in their environments. To further understand the barriers faced by households in maintaining these gardens, the survey explored respondents' experiences with the question: *"What challenges have you faced in maintaining your home garden?*

- Among the respondents, pests and diseases emerged as the most prevalent challenge, reported by an overwhelming 90.49% of households.
- Lack of water, affecting 34.36% of respondents, underscores the significance of consistent and accessible water sources for successful gardening
- While issues such as poor-quality seeds (3.68%) and limited land tenure (2.15%) were less frequently reported, they remain relevant for targeted interventions.
- Additionally, the 17.18% who cited "other challenges" highlight a diverse range of obstacles, including unfavourable weather conditions like excessive sunshine and drought, infertile soils, and the lack of essential agricultural inputs such as watering cans, sprayers, and manure. Issues such as animal encroachment from *neighbours' chickens,* theft of vegetables, and a lack of agricultural extension services further complicate garden maintenance.

Key Supports to Enhance Farming and Nutritional Practices

To further explore the types of additional support required to enhance farming and nutritional practices, the survey asked participants about their specific needs. Respondents were provided with multiple-choice options, including key supports like access to seeds, training, financial services, and market linkages. The

data reveals key areas where respondents indicated the need for additional support to enhance their farming and nutritional practices. The analysis highlights the following findings: The high demand for training and access to veterinary services underscores a gap in agricultural knowledge and technical support.

1. **Better Access to Veterinary or Agricultural Support Services**:
    - **Count**: 196 HHDs.
    - **Percentage**: 59.94%
    - The most cited need, reflecting challenges with technical agricultural services, such as veterinary care and extension services
2. **Training in Advanced Farming Techniques**:
    - **Count:** 186 Households (HHDs.)
    - **Percentage**: 56.88%
    - Training is the most requested form of support
3. **Access to Credit or Financial Services**:
    - **Count**: 148 HHDs.
    - **Percentage**: 45.26%
    - Financial access remains a critical need
4. **Improved Market Access (e.g., Transportation, Buyers)**:
    - **Count**: 104 HHDs.
    - **Percentage**: 31.80%
    - This indicates that respondents face barriers in selling their produce, which hampers economic benefits from farming.
5. **Group Savings and Loans Programs**:
    - **Count**: 78 HHDs.
    - **Percentage**: 23.85%
    - A significant number of respondents value collective financial mechanisms to improve their financial resilience.
6. **Improved Storage and Preservation Facilities**:
    - **Count**: 104 HHDs.
    - **Percentage**: 31.80%
    - Respondents recognize the importance of proper storage in reducing post-harvest losses and preserving produce quality.
7. **Other (Specify)**:
    - **Count**: 79 HHDs.
    - **Percentage**: 24.16%
    - "Other" responses include suggestions for better quality seeds, diversified farming options (e.g., livestock), and provision of additional farming tools and resources.

Qualitative insights align closely with the quantitative findings, emphasizing the need for additional support to improve farming and nutritional practices. For instance, community members highlighted challenges like water scarcity and poor access to quality inputs, which limit productivity and sustainability. One participant noted, *"Households often struggle with water availability, especially during the dry season, which affects the viability of their gardens"*, the lack of veterinary support was underscored by a community facilitator who stated, *"The sustainability of rabbit farming is limited by a lack of quality feed and veterinary services"*.

Recommendations for Improving FNGAP Interventions

The recommendations provided by respondents were categorized into key thematic areas to identify recurring needs and suggestions for improving FNGAP interventions. Below are the themes and their respective highlights

1. **Financial Support and Access to Credit**
    - Provide financial support for business startups and agricultural inputs (16 mentions).
    - Offer financial literacy and management training (6 mentions).
    - Establish group savings and loan programs.
2. **Equitable and Adequate Resource Distribution**
    - Ensure fair distribution of resources like rabbits, poultry, and seedlings among members (33 mentions).
    - Provide sufficient and timely agricultural tools and inputs for all beneficiaries.
3. **Agricultural Support Services**
    - Expand veterinary and agricultural extension services for crops and livestock (15 mentions).
    - Supply fertilizers, pesticides, and watering cans to address farming challenges (20+ mentions).
    - Improve market access and storage facilities for produce.
4. **Training and Capacity Building**
    - Deliver advanced training in farming techniques, especially rabbit and poultry farming (9 mentions).
    - Conduct nutrition training and financial management workshops.
5. **Livestock and Livelihood Diversification**
    - Introduce alternative livestock such as pigs and goats, which are more resilient (5 mentions).
    - Enhance veterinary support to reduce livestock mortality.
6. **Vocational Skills Development**
    - Offer skills training in areas like tailoring and hairdressing to diversify income sources (4 mentions).
    - Broaden the scope of livelihood activities.
7. **Timely Input Provision**
    - Ensure timely delivery of seeds, fertilizers, pesticides, and equipment (10+ mentions).
    - Provide adequate tools like watering cans, sprayers, and storage materials.

- Many recommendations directly address persistent challenges like resource scarcity, pests, and market access.
- There is a clear call for alternative livestock options, such as pigs and goats, due to challenges with rabbit farming.
- Respondents highlighted the need for equitable resource distribution and inclusive training opportunities to strengthen community cohesion.

Other tracked parameters in the Assessments

- The data reveals that a significant majority of respondents, 88.7% (290 out of 327), have received training or information on energy-saving solutions, such as briquette making and energy-saving stoves, through the project. In contrast, only 11.3% (37 respondents) reported not receiving such training. When further exploring the impact of these trainings or the adoption of energy-saving solutions on their households, the findings show that 16% of respondents mentioned reduced firewood consumption, 14% reported reduced time spent collecting firewood, 8% experienced improved household energy efficiency, and 10% noted improved health due to reduced smoke exposure. A small portion, 3%, mentioned that there was no significant impact.

- To explore the specific challenges faced by farmers in selling their farm products, such as rabbits or vegetables, an addition section was included to identify the key barriers encountered in the local market. The Findings highlighted several key obstacles, with the most prominent being low market prices and high transportation costs, both of which were cited by 60% of respondents. Other significant challenges included competition with other farmers, a lack of buyers in the local market, and seasonal fluctuations in demand, all reported by 46.67% of participants. Additionally, 40% of

respondents noted issues with poor product quality due to pests or diseases. A smaller proportion, 26.67%, identified other unspecified challenges.

- To assess the success of the FNGAP 1 project from the participants' perspective, the assessment evaluated using *"In your opinion, what has been the most successful aspect of the FNGAP project?"* question in the assessment tool. The goal of this question was to understand which elements of the project participants found most beneficial and impactful in their lives. The findings reveal that improved household nutrition was the most successful aspect, as reported by 302 participants (92%), following this, increased household income from farming activities was cited by 264 participants (81%), Empowerment of women in household and farming decisions was also recognized by 190 respondents (58%). Another notable success was the strengthened community collaboration and support, identified by 200 participants (61%). Additionally, transfer of farming and nutrition knowledge to households was reported by 207 participants (63%). Furthermore, improved access to nutritious foods, particularly through initiatives such as rabbit farming and horticulture, was highlighted by 256 participants (78%), showing that the project successfully increased food security by diversifying food sources.

- Agriculture in refugee settlements presents a unique opportunity to improve livelihoods and food security, yet it is often hindered by significant challenges. In assessing the main barriers to implementing rabbit farming and horticulture under the FNGAP initiative, respondents highlighted critical issues such as disease outbreaks (82%), insufficient resources (59%), and water scarcity (58%) as highlighted in Table 5

To provide insights into the program landscape and assess potential overlap or complementarity of interventions within the target communities, the assessment explored respondents' involvement in other food security or nutrition programs aside from FNGAP 1. The findings revealed that an overwhelming majority 280 (86%) of households were not engaged in any additional food security or nutrition initiatives other than FNGAP 1, thus underscoring the attribution of the findings to FNGAP 1.

Among the 47 respondents who indicated participation in other programs, the most frequently mentioned project included:

1. **Nsamizi:** Mentioned several times, highlighting its presence in the target communities.
2. **AVIS:** A commonly referenced program, sometimes mentioned alongside others such as "Kulea Watoto."
3. **KRC (Kabarole Research and Resource Centre):** Another frequently cited organization, suggesting its role in food security or nutrition-related activities.
4. **ADRA Uganda:** Noted by multiple respondents, reflecting its involvement in community support.
5. **Kulea Watoto:** Highlighted repeatedly, emphasizing its focus on child-related interventions.
6. Some respondents expressed difficulty in recalling specific project names – which indirectly speaks to the visibility of projects of this nature.

The Role of Community Structures in Advancing Livelihood and Nutrition Behaviours

To explore the influence of community-driven approaches on promoting livelihood and nutrition behaviours, the assessment delved into the role of community structures such as Women Mentors, Role Model Men, Community-Based Trainers (CBTs), Community-Based Livestock Facilitators, Farmer Field and Business Schools, and Village Savings Groups as grassroots-level implementation, fostering peer-led learning, shared accountability, and localized support mechanisms. Understanding their perceived impact provides valuable insights into their effectiveness in driving sustainable behaviour change within the community. As shown in the figure below, 93% indicated that these structures have been very effective.

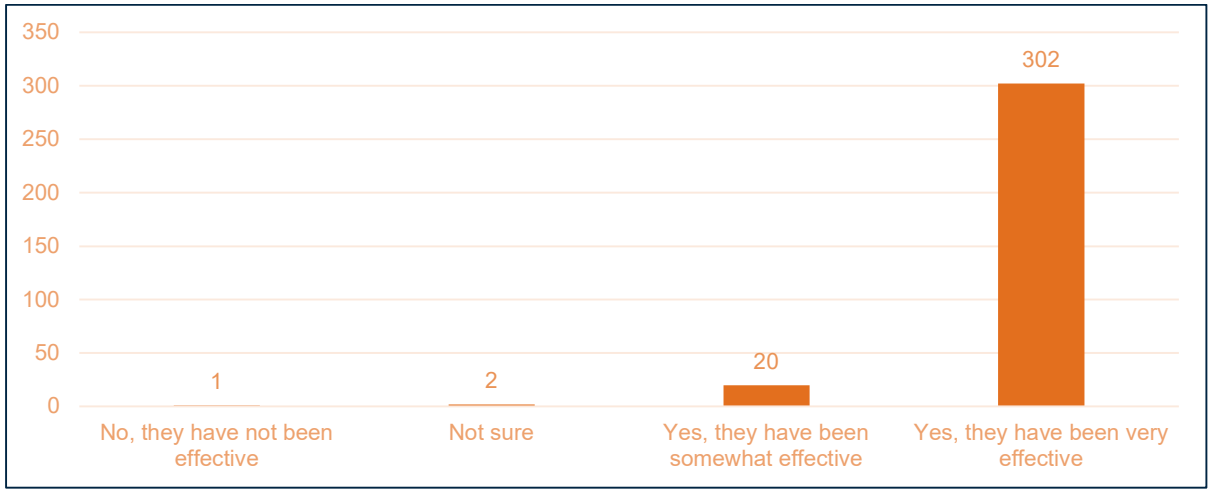

Figure 12: Perceived Effectiveness of Community Structures in Promoting Livelihood and Nutrition Behaviours, n=327

To understand their impact more comprehensively, the assessment explored how these structures contribute to promoting farming, nutrition, and other livelihood practices. Respondents who acknowledged the effectiveness of these structures highlighted various ways they have influenced their communities, as outlined below: The insights reveal the multifaceted roles community structures play in driving progress across key livelihood and nutritional areas

Key Insights

1. **Sharing Knowledge on Farming and Nutrition Practices**
    - Cited by 315 respondents (96.9%), this was the most frequently acknowledged role of community structures, underscoring their educational influence.
2. **Encouraging Behaviour Change at the Household Level**
    - Identified by **310 respondents** (95.4%), reflecting a strong emphasis on fostering practical, positive changes at the family level.
3. **Supporting Group Activities (e.g., Farming, Savings)**
    - Highlighted by **301 respondents** (92.6%), demonstrating the structures' role in enhancing collective action and economic resilience.
4. **Providing a Platform for Discussions on Livelihood, Health, and Nutrition**
    - Recognized by **297 respondents** (91.4%), indicating the importance of dialogue facilitated by these groups.
5. **Helping Households Access Resources (e.g., Seeds, Tools, Training)**
    - Mentioned by **275 respondents** (84.6%), showcasing their contribution to resource mobilization and accessibility.
6. **Promoting Gender Equality in Farming and Nutrition Decisions**
    - Reported by **249 respondents** (76.6%), highlighting efforts to ensure inclusivity and equity in decision-making processes.
7. **Other Contributions**
    - A smaller proportion of respondents (**6 respondents**, 1.8%) mentioned additional benefits

While community structures have been largely effective in promoting positive behaviours around livelihoods and nutrition, it is crucial to understand the challenges that hinder their optimal functioning. To explore this, respondents were asked to highlight the factors they believe prevent community structures from functioning effectively.

1. **Resource Shortages**
    - Over two-thirds (70.8%) of respondents flagged the lack of critical resources as the primary barrier. Common issues include delays in facilitation, lack of essential farming tools, and insufficient support for group activities.
    - Several respondents across KI interviews emphasized the scarcity of resources like feed, seeds, and veterinary care. For instance, a Community-Based Livestock Facilitator (CBLF) noted, *"The sustainability of rabbit farming is limited by a lack of quality feed and veterinary services"*.
2. **Coordination and Leadership Gaps**
    - Nearly half of the responses (44.6%) pointed to poor coordination and leadership as significant barriers.
    - Effective group functionality is hindered by weak communication and leadership accountability.
3. **Insufficient Project Oversight**
    - About 30.2% highlighted insufficient support from implementers, emphasizing the need for timely input delivery and follow-through. "*The CBLF doesn't effectively provide the necessary support, which has resulted in losses like the death of poultry and rabbits*." Mentioned one Key informant interview respondent.

4. **Cultural and Gender Challenges**
    - While less common, 23.1% of respondents indicated that cultural resistance and traditional gender norms posed limitations on inclusivity and behaviour change.
    - A Village Health Team (VHT) member observed, *"Households are sometimes resistant to adopting new hygiene or nutrition practices"*.
5. **Dependency and Inequities**
    - A smaller but important proportion (16.6%) noted that dependency on individuals and inequitable resource allocation undermined group dynamics.

To identify practical pathways for enhancing nutrition and economic resilience among beneficiaries, the assessment sought suggestions for future interventions. Respondents highlighted that financial support (20% of responses) and equitable distribution of resources (22%) are essential to overcoming current challenges. Many suggested direct aid, startup grants, and vocational training to foster diversified income sources. Enhanced agricultural support (24%), including better tools, seeds, and livestock options like pigs and goats, was also a priority, alongside calls for better market access and advanced farming training. Addressing land access issues and ensuring inclusivity in resource allocation were emphasized as crucial for building community resilience and sustainability.

As part of CARE Uganda's strides to strengthen feedback and accountability mechanisms within its programs, the assessment sought to identify the community's top three preferred methods for providing feedback. The assessment gathered insights into various feedback channels, ranging from interpersonal, direct methods to formal and technology-driven approaches.

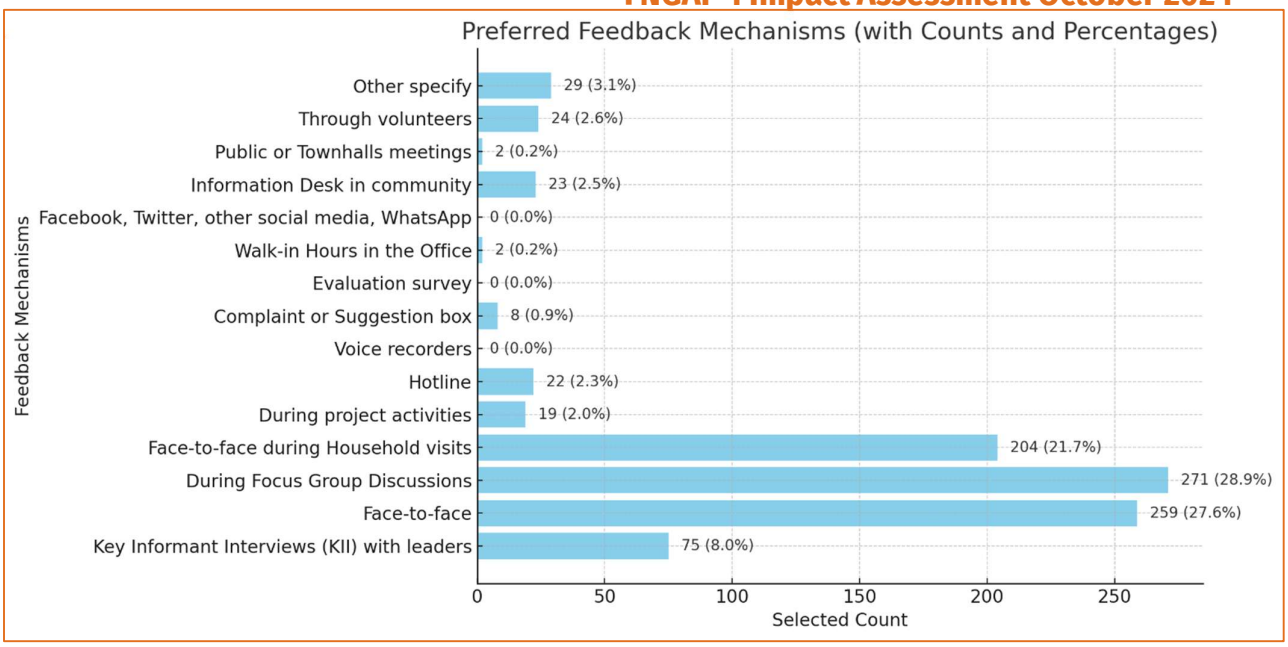

Figure 13: Preferred FAM Channels, n=327

From the assessment, the top three mechanisms for providing feedback emerged as the most preferred by participants. During Focus Group Discussions was the leading choice, with a total of 271 (82%) selections, reflecting its prominence as a collective feedback platform. This was followed by Face-to-face, chosen 259 (77%) times, underscoring its value as a direct and personal interaction method. Lastly, Face-to-face during Household visits garnered 204 (62%) selections, highlighting its importance in reaching individuals in their home environments for more personalized engagement.

Recommendations

Based on the findings of the **Fill the Nutrition Gap (FNGAP) 1 Impact Assessment**, the following recommendations are proposed to enhance future programming and address identified gaps:

1. Financial Support and Resource Allocation

- **Equitable Resource Distribution**: Ensure fair and adequate distribution of critical resources, including agricultural tools, seeds, and livestock, to all program participants. Address delays in resource delivery to strengthen group dynamics and reduce dependency complaints.
- **Access to Credit and Financial Services**: Introduce microfinance and group savings initiatives to empower beneficiaries to sustain and expand their farming and nutritional practices.

2. Advanced Training and Capacity Building

- **Farming Techniques**: Offer advanced training on pest and disease management, integrated farming, and post-harvest handling to address productivity challenges.
- **Market Access and Financial Literacy**: Conduct training on marketing farm produce, negotiating fair prices, and financial planning to enhance income generation and savings capacity.
- **Gender Equity Workshops**: Continue and expand gender dialogues to promote equitable roles in household decision-making, with an emphasis on male involvement in nutrition and childcare.

3. Agricultural and Veterinary Support

- **Technical Services**: Strengthen partnerships with agricultural and veterinary extension services to ensure timely access to inputs, pest control, and disease management support.
- **Diversified Farming Options**: Introduce more resilient livestock (e.g., pigs and goats) to address sustainability challenges with rabbit farming.

- **Water Resource Development**: Invest in water harvesting and irrigation systems to mitigate the impact of water scarcity on home gardening and farming practices.

4. Community Structure Strengthening

- **Leadership and Coordination**: Enhance the capacity of Community-Based Trainers (CBTs), Village Health Teams (VHTs), and Farmer Field Schools to effectively coordinate and lead initiatives.
- **Monitoring and Accountability**: Increase project oversight by implementing structured monitoring and regular review sessions with community structures to ensure alignment with program goals.

5. Nutrition and Behavioural Change Sustainability

- **Incorporate Cultural Sensitivity**: Tailor nutritional and behavioural change interventions to align with local cultural norms to minimize resistance.
- **Ongoing Education**: Maintain periodic follow-ups on nutrition practices, particularly with households showing inconsistent adoption, to reinforce sustained behaviour change.

6. Feedback and Accountability Mechanisms

- **Enhance Feedback Channels**: Strengthen community engagement platforms like Focus Group Discussions (FGDs) and face-to-face interactions, which were identified as the most effective feedback mechanisms.
- **Digital Tools**: Pilot technology-driven feedback systems such as mobile surveys or WhatsApp channels to expand accessibility and efficiency.

Lessons Learned

1. Success in Behavioural Change

- The project achieved significant changes in household nutrition practices, with 99.1% of households reporting improved dietary habits and increased dietary diversity. This underscores the importance of integrating practical, hands-on training with community-led reinforcement structures.

2. Economic Impact and Income Diversification

- Rabbit farming and horticulture provided notable income streams, reducing dependency on external aid and improving household resilience. However, persistent market access and price challenges indicate the need for stronger linkages to broader value chains.

3. Gender Inclusion

- Campaigns like "Men in the Kitchen" successfully shifted gender roles, empowering women in financial and farming decisions. Sustained engagement with men is critical to ensuring long-term gender equity.

4. Community-Driven Approaches

- The use of community structures (CBTs, VHTs) was instrumental in disseminating knowledge and fostering behaviour change, highlighting the value of peer-led initiatives.

5. Challenges with Rabbit Farming

- High mortality rates and theft indicate the need for improved veterinary care and security solutions for livestock farming.

Conclusion

The FNGAP 1 project has demonstrated measurable success in improving household nutrition, fostering economic resilience, and promoting gender equity in Kyaka II refugee settlement. By combining innovative agricultural interventions with community-led structures, the project effectively addressed immediate food insecurity while laying the groundwork for sustainable change. Despite challenges like resource limitations, pest and disease issues, and market access barriers, the positive shifts in dietary diversity, income generation, and gender dynamics underscore the project's overall impact.

Annexes

Table 5: Summary of Key Challenges in Rabbit Farming and Horticulture Interventions:

Summary of Key Challenges in Rabbit Farming and Horticulture Interventions:
1. **Diseases Affecting Rabbits or Crops (269 responses, 82%)**
○ The most significant challenge faced by respondents.
2. **Insufficient Resources (e.g., rabbit feed, seeds, tools) (193 responses, 59%)**
○ A major barrier impacting the ability to effectively carry out farming interventions.
3. **Limited Access to Water or Poor Irrigation Systems (190 responses, 58%)**
○ Water scarcity remains a critical challenge
4. **High Cost of Inputs (e.g., fertilizers, feed, veterinary care) (169 responses, 52%)**
○ The financial burden of farming inputs limits participation and sustainability.
5. **Market Barriers (155 responses, 47%)**
○ Poor access to markets and lack of buyers were highlighted as key economic constraints.
6. **Cultural Barriers (85 responses, 26%)**
○ Cultural resistance to certain farming methods indicates the need for tailored, community-sensitive approaches.
7. **Lack of Technical Knowledge or Training (60 responses, 18%)**
○ Insufficient training points to a need for skill-building programs.
8. **Security Concerns Affecting Farming Activities (70 responses, 21%)**
○ Security challenges directly impede farming operations in the settlement.
9. **Other Challenges (54 responses, 17%)**
○ This category includes specific and localized barriers, these have been thematically analysed below.
10. **Lack of Coordination Between Project Stakeholders (14 responses, 4%)**
○ Indicates potential inefficiencies in project management and collaboration.
The challenges captured in the "Specify" responses reveal critical barriers to effective farming in refugee settlements, particularly with respect to land access and utilization. These challenges include: ○ **Unfavourable Land Tenure Systems**: Multiple respondents highlighted the restrictive land tenure arrangements within the settlements, which hinder large-scale farming and result in frequent encroachments or re-distribution of plots for new settlers. Phrases such as "gardens being destroyed" or "gardens re-distributed to new settlers" emphasize the instability of land access. ○ **Limited Land for Farming**: The repeated mention of "lack of enough land to farm" underscores the pressing issue of land scarcity, which limits agricultural expansion and the potential for large-scale farming initiatives. ○ **Encroachment and Destruction**: Respondents also noted the destruction of gardens by animals, including livestock owned by neighbours, as well as the encroachment of farmland for purposes such as planting trees or resettling refugees. ○ **Soil Fertility Concerns**: Over-ploughing and long-term use of small plots have led to land degradation and reduced soil fertility, further compounding farming challenges.

Refugees and Asylum Seekers by district

JSON

The category "Other" includes refugees in transit/reception facilities pending relocation to settlements.

Location name	Source	Data date	Population
Madi Okollo & Terego	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	13.4% **236,851**
Adjumani	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	12.8% **226,508**
Isingiro	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	12.1% **213,435**
Yumbe	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	11.5% **203,203**
Kampala	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	8.7% **154,312**
Kikuube	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	8.1% **143,520**
Obongi	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	7.7% **136,373**
Kyegegwa	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	7.5% **131,994**
Kiryandongo	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	7.4% **131,785**
Kamwenge	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	5.6% **99,532**
Lamwo	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	4.8% **85,204**
Koboko	*Office of the Prime Minister, UNHCR, Government*	31 Oct 2024	0.4% **6,218**

Figure 14: Refugee and Asylum Seeker by Location; Source OPM & UNHCR 2024

FNGAP Impact Assessment Data Coll

Figure 15: FNGAP Impact Assessment Data Collection Tool

KII Guide for Selected Officials_25092024_RV

Figure 16: KII Guide for Selected Officials

Figure 17: Some of the respondents during the assessment

Figure 18: RAs, CBTs, during training pretest and pilot of tools

Figure 19: One of the respondents in their gardens

END