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Method Form – W+ Domain: Food Security	
Method Number: W+ Food Security 2.0	
Name of the proponent:	WOCAN
Title of the proposed method:	Quantification of Increased Food Security for Women as a result of a Project or Program Level Intervention
Type to which the new proposed method (category) belongs to:	Type I Food Security and Nutrition projects or activities
The accompanying formula may need to be adapted according to numerical values attributed by women themselves for each of the variables in the formula. This method is to be used in conjunction with: • W+ Program Guide • Guidance on stakeholder process (<i>4 Step Process for Stakeholder Analysis</i>) • Project Design Document Template • Food Security Survey Questionnaire (including Do-no-harm Assessment) • Tool for Verification of Financial Payments to Primary Beneficiaries as a result of a Project or Program Level Intervention <i>WOCAN gratefully acknowledges the support for and review of this method (Version 1) by the World Food Programme in Sri Lanka in December 2018.</i>	





Section A: Introduction

The following describes the key elements of the method:

A.1 Typical projects:

Typical projects that can apply this method are as follows:

- Food security and nutrition projects
- Women's social and economic empowerment projects that increase women's income and assets
- Capacity building activities that increase food and nutrition knowledge of women
- Food support programs

A.2 Type of benefit for women:

Project or program interventions that result in women having increased knowledge of food and nutrition, improved access to adequate and nutritious food, and increased engagement in project design, implementation and measurement.

A.3 W+ Project Design Activities:

Project Developers describe the project design elements that are implemented to build readiness for the generation of the benefits for women identified in A.2 and to safe-guard the participation of women in relation to decisions about and control over the use of these benefits.

Typical activities include:

- Stakeholder consultations to raise awareness about the objectives and functioning of W+ Standard, identify women's empowerment needs and select domains of W+ to be used (see *W+ Program Guide*)
- Development of indicators, activities and monitoring plans and mechanisms (see *W+ Program Guide, Monitoring Report Template*)
- Establishment or use of existing women-controlled savings or micro-finance schemes for the processing of W+ linked payments (see *Tool for Monitoring, Reporting and Verification of Financial Payments to Primary Beneficiaries*)

For the purpose of the W+ Domain on Food Security, the approach to the measurement of food insecurity is to assess how food insecurity intersects with the everyday experience of women and men, and how cultural frameworks and social relationships influence food resources and food access - a process that affects entire households.

Conceptualizing the nature of these dynamics involves thinking differently about food insecurity by investigating local actions, meanings, and relationships related to food and how these are connected to broader structures of inequality. The emphasis therefore, is on the experience of food insecurity as it relates to women's everyday realities¹.

¹ Janet Page---Reeves (Ed.) 2014. **Women Redefining the Experience of Food Insecurity: Life Off the Edge of the Table** (p. 5).

Lexington Books



Section B: Scope, Applicability, and Origination Period

B.1 Scope

The scope includes project interventions for use in residential, commercial or institutional applications.

B.2. Applicability

Increases in knowledge of food and nutrition, improved access to adequate and nutritious food, and increased engagement in project design, implementation and measurement shall be accounted for all women in the project area.

These increases must be material and relevant for women, demonstrated as a result of stakeholder consultations, that Food Security is identified as a priority benefit by a simple majority of participants (refer to the guidance on stakeholder process).

B.3 W+ Unit Origination Period

The W+ Unit Origination period refers to the time-period of the project activity or program for which it is permitted to generate W+ units. The W+ Unit Origination period starts from the date of W+ project registration minus two years OR at the start of project operation if project operation commenced less than

two years after W+ registration.

B.4 Normative References

Project Developers need to refer to the following tools and guidance:

- W+ Program Guide
- Guidance on stakeholder process (*4 Step Process for Stakeholder Analysis*)
- W+ Food Security Survey Questionnaires (including Do-no-harm Assessment)
- Guidance on how to carry out survey and baseline (refer to Section C, Quantification of Outcomes)
- Tool for Monitoring, Reporting and Verification of Financial Payments to Primary Beneficiaries

B. 5 Definitions

The definitions provided in the Annex I shall apply.

Section C: Quantification of Outcomes

C.1 Baseline Situation

The baseline is the prevailing practice prior to the implementation of the project's activities or from the date of the last verification. It is established through user surveys (and potentially other means) by implementing the food security survey prior to the start of project activities with identified (representative sample size) women in the targeted community.

C.2 Determination of Food Security Increase as Result of Project Activities

1. Determination of increased food security

Food security increases are determined by comparing the baseline results with the measurement results generated after an appropriate period determined by the Project Developer, as designated in the Project Design Document.

The survey design is in compliance with the general guidance on sampling, as found in Guidelines for Sampling and Surveys for CDM project activities and program of activities: http://cdm.unfccc.int/Reference/Guidclarif/meth/meth_guid48.pdf.

Sample size calculations

- a) Small-scale examples
For small-scale sampling, we require 90% confidence that the margin of error is not more than $\pm 10\%$ in relative terms.
- b) Large-scale examples
For large-scale sampling, we require 95% confidence that the margin of error is not more than $\pm 10\%$ or $\pm 5\%$ in relative terms.

2. Calculation approach/Formula

The total impact of food security on women's empowerment is calculated by the sum of the total difference between Structural Limits to Access to Food (A), plus the sum of Women's Navigation Strategies and knowledge and health dimensions (B), minus the sum of challenges (cost of the navigation strategies) (C) multiplied by the number of women (WL) in the project area households, within a cluster of "like" projects within a verification period.

$$FSI = \text{\#women} \times \frac{[\text{Sum of (A+B +C) at the time of verification - Sum of (A+B) +C) at baseline}]}{\text{Sum of (A- B + C) at baseline}} \times 100$$

Where:

FSI = Food Security Impact

\#women refers to the number of women aged 16 and above who have engaged in income and asset generating activities within the verification period

A refers to the structural limits to access to food. This section deals with the structural limits that determine access to adequate and nutritious food. Structural components can include global and national policies or practices that affect food security. Such global and national structures compound existing gender asymmetries that result from societal and cultural norms and values, to produce even more severe limitations on women's access to food systems. Structural limits imposed on food access are:

- Shortfall in production
- Unequal access
- Disparities in income



A.1 = The average period of food self-sufficiency from farm production per year

A. 2 = The key determinants of food insecurity

A. 3 = The primary sources of household income

A. 4 = The percentage of monthly income expended on food- related expenses during a period of food insecurity

A. 5 =The role of men in food provisioning during period of food insecurity

A.6 = The role of women in food provisioning during period of food insecurity

A. 7 =Access to services and benefits related to food and nutrition related programs

A. 8 = Qualifying criteria to access food sources such as public food support programs, Non-Timber Forest Products (NTFPs) from public forests, other sources

B refers to women's strategies to navigate the food systems landscape. This section outlines the struggles women face to obtain enough and adequate food to feed the family, the potential implications and even violence that occurs when women are NOT able to put food on the table, and the strategic and innovative methods they devise to ensure that their families have enough to eat. These are not commonly measured. Subtleties of the dimensionality of food insecurity in terms of both cause and experience are not revealed through household surveys or statistical analyses of population level food sufficiency. It is one thing to talk about percentage of food insecurity or very low food security, and quite another to envision what that percentage looks like, what it feels like in the kitchen, how it tastes, and how it operates and is manifest in what people eat, or what people are not able to eat.

Specifically, this section deals with “food access expertise” or the multiple ways women procure food. The knowledge associated with “food access expertise” is a combination of:

- Social relationship-building
- Food sourcing
- Production (farming) activity
- Price monitoring
- Navigating abusive gender relationships that limit controls over activities and behavior
- Utilization of multiple food support sources, (food banks, neighbors, relatives, including nutrition education classes)
- Food preparation and cooking practices

B. 1= The cultural knowledge of food insecurity expressed through songs, sayings, stories and local myths is an important window into understanding people's experiences and resilience in dealing with long- term food insecurity, and shows how such knowledge could inform intervention strategies for their participation in project decision- making.

B. 2= Skills for food provisioning. Identifying and utilizing food provisioning sources during periods of food insecurity is a key skill that will determine the quality and quantity of food available to the family. Food can be sourced from their own agricultural products, community gardens, home gardens, forest products, purchased from local markets, food banks, emergency aid or other sources.

B. 3 = Sufficient income to purchase food is key for families that may not be able to produce sufficient food on their lands. At such times, income can come from selling family jewelry, borrowing from family, friends or money -lenders at considerable interest payments, or local credit schemes if these are available.



B. 4 = Food preparation and consumption strategies are also employed, sometime at risk to the women's and family's nutritional well-being. These practices, particularly for women, can include eating last in the family, or limiting adult food intake, watering down foods while cooking, or compromising on cultural significant foods.

B. 5= Challenges that women face during periods of food insecurity. There are also significant challenges that families, and women in particular face during periods of food insecurity. These could be structural in nature, such as lack of relevant assistance from national or regional sources, or increased food prices in the markets, or lack of financial resources etc. For individual families, there could be increased indebtedness from loans. For women, they could face sexual harassment from those in more powerful positions when seeking assistance to enable food sourcing for their families.

At times, women are also likely to become victims of abusive relationships at home, which may become more pronounced during periods of stress for the family. For women, there is also the social stigma of not being able to provide food for the family since women's roles are care givers in charge of food preparation is so deeply embedded in cultural and social norms of most communities.

B. 6= Intra-household decision making with regard to production and marketing of agricultural products has important bearings on food availability and types of food produced. For instance, crop production for markets could result in mono cropping, whilst contributing to lesser quantity and diversity of food for home consumption. Additionally, income from marketing crops could be utilized for any number of purchases (alcohol, and non-food items)for instance) by men rather than for purchasing nutritious food for family consumption.

B. 7= Intra household decision making for dietary concerns.

Another component of intra household decision-making revolves around who makes decisions regarding the dietary concerns of the family. This is the intimately linked to gender roles and responsibilities, where women largely assume responsibilities associated with home care, such as cooking and taking care of the family. This often 'unrecognized' work of women adds a 'triple burden' on women, who also contribute to production and community related work. As a result, women are time poor, and cannot often engage meaningfully in program interventions that are targeted for their well- being.

B. 8= Opportunities for women that arise from periods of food insecurity.

Often, situations of crises produce 'opportunities' for women's agency through their actions that under 'normal' circumstances would be considered 'men's work'. In such situations, women may emerge as decision makers for households, especially if men are unavailable. Women are forced to establish new networks while sourcing food, while also increasing their mobility. As a result of their actions necessitated by their new situations, women may gain in self-confidence, and resist traditional gender roles of subjugation.

B.9 refers to the health dimensions of food insecurity. In this section, the relationship between food insecurity and health is considered through a focus on the social determinants of health, and the extent to which individuals are embedded in contexts that can nurture wellness or produce illness. Health is considered to include both women's psychosocial well-being and diet related diseases.

This focus allows us to think differently about food insecurity as a public health issue, to consider:

- Knowledge of psychosocial illness
- Knowledge of diet related illnesses
- Knowledge of nutrition
- Counterproductive food choices

C. 1= Knowledge associated with common diseases

The extent to which can women name common diseases that are prevalent in the community, even in normal times, is an important component of their knowledge base.

**C. 2 = Associations between diseases and food quality**

Such knowledge of women can also extend to naming diseases and making associations between diseases/illnesses that are linked specifically to poor quality, non-nutritious food. These can include range from obesity, diabetes, malnutrition, weight loss, etc.

C. 3 = Ability to recall knowledge acquired from trainings on food security and nutrition

Another component of women's knowledge can be determined through their levels of confidence in their ability to recall knowledge of nutrition and food habits derived from trainings they have attended. Their ability to recall such knowledge is an important step in determining behavioral change that could emerge from capacity development interventions of programs on nutrition and food security.

C. 4= Behavioral changes affected through acquired knowledge from trainings

Behavioral changes from capacity interventions could be determined in the several ways that women who attend trainings are utilizing the information they have received through their participation. Have they made changes in their own food habits, have they passed on this information to family, friends and neighbors, or themselves provided 'training' to others?

C. 5= Counterproductive food strategies adopted by women

Knowledge can also be counterproductive, especially when women make food decisions based on common misconceptions about food and nutrition. For instance, they could be replacing easily available packaged foods with local foods; or, they could be making associations between higher costs of certain packaged foods with better nutrition content; or viewing locally available nutritiously food as 'inferior'.

C. 6= Food and nutrition knowledge as trade-offs

Knowledge associated with food choice could also be a conscious 'trade-off', with women choosing packaged foods from the market to replace traditional foods to save time, or because it is associated with social prestige.

C. 7= Cultural norms and practices that affect nutritional health

Are women aware of how cultural norms and practices surrounding the 'cooking pot' may affect the nutritional health of women and men differently? For instance, it is not uncommon for women to eat last, after feeding all family members. Such feeding practices could potentially determine the quantity and quality of food available to them, thus impacting their nutritional status and health.

C. 8= Psychosocial diseases related to food insecurity

In addition to physical health, the psychosocial health of women in particular, during times of food insecurity is an important component of health in general. The lack of psychosocial well-being could potentially arise from feelings of inadequacy at being unable to provide food to family members, particularly children. This is associated with gender roles and responsibilities that women assume as 'care givers'. Lack of psychosocial well-being could manifest as fear, anxiety, depression and shame.

C. Challenges that come from strategies**C.9: Food diversity**

Section D: Monitoring Plan for Output and Outcome Indicators

Description of the Monitoring Plan and System

Describe in the Project Design Document (PDD) how the project will measure results, through specific indicators, means of verification and procedures for obtaining, recording, compiling and analyzing data and information important for quantifying and reporting of increased food security.

Explain the organization chart, and persons responsible for each task.

D. 1 Data and Parameters Available at Validation and Verification of Output and Outcome Indicators

The monitoring of outcome indicators associated with Food Security is required for the application of the W+ Food Security Domain. The Project Design Document (PDD) shall describe how the project will measure results, through specific indicators, means of verification and procedures for obtaining, recording, compiling and analyzing data and information important for quantifying and reporting of Food Security units.

The following should be described in the PDD and reported in the Monitoring Report:

- Expected Changes (based on qualitative and narrative indicators) that show a change in the ability to access food and the application of acquired knowledge of food and nutrition
- Project indicators, targets, and logic chain that link all the elements of the results chain, as below:

Provide data/parameter which will be required for calculation during validation and verification. Copy/ paste each table with parameter. See samples in the boxes below:

SL no.	1
Monitoring parameter name	Number of households / beneficiaries of intervention
Indicator	
Data Sources	Survey report
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	2
Monitoring parameter name	Average food sufficiency period annually
Indicator	Number and quantity of meals per day

Data Sources	Survey report Government data Food intake survey data
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	3
Monitoring parameter name	Determinants of food insecurity
Indicator	Limited resources (land, water, food banks, seeds, agriculture extension services etc)
Data Sources	Survey report
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	4
Monitoring parameter name	Income sources
Indicator	Wage labor Income Remittances
Data Sources	Survey report
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	5
Monitoring parameter name	Percentage of monthly income expended on food during period of food insecurity
Indicator	Food purchase expenses are greater than income
Data Sources	Survey report Expenditure statement
Monitoring requirements/frequency	At each survey At each verification



Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	6
Monitoring parameter name	Role of men in food provisioning during food insecurity
Indicator	Income expended on food versus non-food items Additional time contributions by men
Data Sources	Survey report, Activity profile Expenditure profile
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	7
Monitoring parameter name	Role of women in food provisioning
Indicator	Food sourcing activities
Data Sources	Survey report Activity profile of men and women Access profile of men and women
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	8
Monitoring parameter name	Access to food related services and benefits
Indicator	Number of services that are easily accessible
Data Sources	Survey report, Local records of government, NGOs, food banks

Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	9
Monitoring parameter name	Qualifying criteria to access food sources
Indicator	Economic status Ethnicity Geographic location Membership in forest user groups
Data Sources	Survey report, Government policy By-laws of user groups Criteria statements of NGO and Food banks
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	10
Monitoring parameter name	Cultural knowledge of food insecurity
Indicator	Stories Legends Origin myths Songs
Data Sources	Survey report, Sayings and proverbs Studies
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	11
Monitoring parameter name	Food provisioning skills



Indicator	Number of food sources identified
Data Sources	Survey report
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	12
Monitoring parameter name	Accessing Emergency cash
Indicator	Strategies employed to generate cash
Data Sources	Survey report
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	13
Monitoring parameter name	Food preparation strategies
Indicator	Cooking and feeding strategies to make food last longer
Data Sources	Survey report Stories Recipes
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	14
Monitoring parameter name	Challenges confronting women
Indicator	Abusive domestic relations Sexual harassment Limited access to resources (food banks, loans etc)
Data Sources	Survey report Interviews with service providers, NGOs, women's shelters

Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	15
Monitoring parameter name	Household decision making related to food production
Indicator	Intra-household decision making strategies
Data Sources	Survey report Decision tree
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	16
Monitoring parameter name	Household decision making related to food preparation
Indicator	Decision making strategies for reproductive care work (e.g. cooking, food purchase, food preparation)
Data Sources	Survey report Decision tree Activity profile
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	17
Monitoring parameter name	Opportunities related to periods of food insecurity
Indicator	Increased mobility Increased networks Counter narratives
Data Sources	Survey report Mobility maps Women's stories

Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	21
Monitoring parameter name	Women's knowledge of diseases linked to food quality
Indicator	Disease associations with food quality and quantity
Data Sources	Survey report Stories Sayings
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	22
Monitoring parameter name	Knowledge recall
Indicator	Knowledge recall and its application
Data Sources	Knowledge survey
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	23
Monitoring parameter name	Behavioral changes from trainings
Indicator	Changes in their food habits Knowledge dissemination
Data Sources	Survey report Interview Post workshop evaluations

Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	25
Monitoring parameter name	Counter-productive food strategies
Indicator	Attitudes and values towards locally available versus fast foods
Data Sources	Survey report Market assessment
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	26
Monitoring parameter name	Food and nutrition trade-offs
Indicator	Decision making strategies for food choices
Data Sources	Survey report Decision trees
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	27
Monitoring parameter name	Knowledge of cultural practices affecting nutritional health
Indicator	Knowledge of health and nutrition associations
Data Sources	Survey report Training context
Monitoring requirements/frequency	At each survey At each verification



Justification of data source	Representative sample
QA/QC procedures	
Any comment	

SL no.	28
Monitoring parameter name	Psychosocial diseases related to food insecurity
Indicator	Knowledge of stress and food insecurity associations
Data Sources	Survey report Training content
Monitoring requirements/frequency	At each survey At each verification
Justification of data source	Representative sample
QA/QC procedures	
Any comment	

Section E: Do No Harm Indicators

Do No Harm Indicators specific to the Food Security Method are described below. Corresponding questions should be included in the survey questionnaire.

Do No Harm Indicators and Questions

Indicators for the Food Security Domain	Not less than 97% of both women and men report that the project has not denied them access to participate in the project/program through a selection process that excluded them.
Question (s) for the Food Security Domain	Have you been denied opportunities to participate in or receive benefits from the program/project on food security?

Section F: Stakeholder processes

Project Developers should refer to the **4 Step Process for Stakeholder Analysis** document for guidance on stakeholder processes

Section G: Annexes

Annex 1 – Defining Food Security

Food security has been variously defined. The initial definition provided by the World Food Summit in 1974 defines food security as:

“availability at all times of adequate world food supplies of basic foodstuffs to sustain a steady expansion of food consumption and to offset fluctuations in production and prices.”¹

In 1983, FAO expanded on the concept to include securing access by vulnerable people to available supplies: *“ensuring that all people at all times have both physical and economic access to the basic*

¹ UN, 1975. **Report of the World Food Conference**, Rome, 5-16 November.



food they need.”²

In 1986, the World Bank offered a further elaborated definition: *“access of all people at all times to enough food for an active, healthy life.”³*

In 1996, the World Food Summit adopted a more complex definition:

“Food security, at the individual, household, national, regional and global levels is achieved when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”

Although the concept of food security has undergone various definitions, useful working definitions of food security and food insecurity are as follows:

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life. Household food security is the application of this concept to the family level, with individuals within households as the focus of concern.

Food insecurity exists when people do not have adequate physical, social or economic access to food as defined above

² FAO, 1983. **World Food Security: a Reappraisal of the Concept and Approached**. Director General's Report

³ World Bank, 1986. **Poverty and Hunger: Issues and Options for Food Security in Developing Countries**