



PB INSTITUTE OF RESEARCH AND TECHNOLOGY

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Nairobi - Kenya

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Food Security, Nutrition & Sustainable Development Training

Duration: 5 days

On-Site

01 Who Should Attend

- Food security and nutrition professionals
- Nutritionists and dietitians
- Agricultural and rural development professionals
- Food systems and agricultural policy specialists
- Public health professionals
- Development practitioners
- NGO and humanitarian programme staff
- Government officials and policymakers
- Community development professionals
- Monitoring and evaluation specialists
- Project and programme managers



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02 About the Course

The **Food Security and Nutrition Training Course** provides participants with practical knowledge and skills to understand, assess, and address food insecurity, malnutrition, and nutrition-related challenges at household, community, national, and organizational levels.

The course explores the key dimensions of food security—**food availability, access, utilization, and stability**—and examines the economic, social, environmental, agricultural, and policy factors that influence food and nutrition outcomes. Participants will learn how to assess food security conditions, identify vulnerable populations, design appropriate interventions, and develop sustainable strategies for improving food and nutrition security.

The training also covers nutrition-sensitive agriculture, food systems, dietary diversity, maternal and child nutrition, food safety, climate change, market systems, emergency food assistance, and monitoring and evaluation. Through practical exercises, case studies, and real-world scenarios, participants will develop the ability to contribute effectively to food security and nutrition programmes.

03 Workshop Objectives

- Analyze the causes and consequences of hunger and malnutrition.
- Evaluate the role of agriculture in food security.
- Design sustainable agricultural interventions.
- Develop community-based nutrition programs.
- Formulate food security policies.
- Promote intersectoral collaboration for food security.
- Monitor and evaluate food security programs.

04 Module Topics

Module 1: Principles of Food Security and Nutrition



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- Defining food security and its dimensions
- Understanding essential nutrients and their functions
- Exploring global and regional food security trends
- Analyzing the double burden of malnutrition
- Examining the link between nutrition and health

Module 2: Causes and Consequences of Hunger and Malnutrition

- Identifying the root causes of food insecurity
- Analyzing the impact of poverty on nutrition
- Understanding the effects of malnutrition on human development
- Exploring the role of conflict and displacement
- Examining the consequences of micronutrient deficiencies

Module 3: Role of Agriculture in Food Security

- Evaluating the contribution of agriculture to food production
- Understanding the impact of agricultural policies on food security
- Analyzing the role of smallholder farmers
- Exploring the potential of sustainable intensification
- Examining the challenges of climate change

Module 4: Sustainable Agricultural Interventions

- Promoting agroecological pImplementing climate-smart agricultureractices
- Implementing climate-smart agriculture
- Enhancing soil health and fertility
- Improving water management for agriculture
- Diversifying crop and livestock systems

Module 5: Community-Based Nutrition Programs



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- Designing nutrition education programs
- Implementing behavior change communication strategies
- Promoting breastfeeding and infant and young child feeding
- Establishing community gardens and food banks
- Addressing food loss and waste at the community level

Module 6: Addressing food loss and waste at the community level

- Analyzing national and international food security policies
- Evaluating the effectiveness of social safety nets
- Understanding the role of trade in food security
- Examining the impact of food subsidies and price controls
- Formulating policy recommendations

Module 7: Intersectoral Collaboration

- Promoting collaboration between agriculture, health, and education
- Engaging with stakeholders from civil society and the private sector
- Building partnerships for food security
- Strengthening institutional capacity
- Facilitating knowledge sharing and networking

Module 8: Monitoring and Evaluation

- Module 8: Monitoring and Evaluation
- Implementing monitoring systems
- Conducting impact evaluations
- Using data for decision-making
- Reporting on program outcomes