

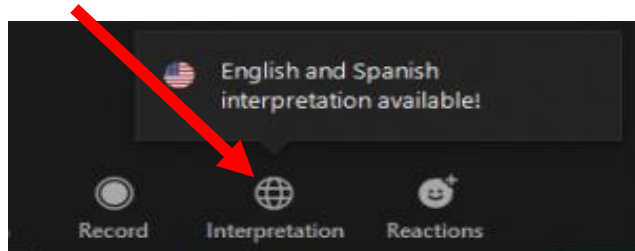
Use of Cost of Diet and Nutval for the calculation of CVA for nutrition transfer value”

Software Tools for Calculating Food Assistance and Cash & Voucher Transfer Values

Translation is accessible by clicking the globe icon on the bottom of your screen.

La traduction est accessible en cliquant sur l'icône du globe terrestre au bas de votre écran.

Se puede acceder a la traducción haciendo clic en el icono del globo en la parte inferior de la pantalla.



يمكن الاستفادة من الترجمة الفورية عن طريق النقر فوق رمز الكرة الأرضية أسفل الشاشة.

Seminar 1: Overview

Software Tools for Calculating Food Assistance and Cash & Voucher Transfer Values

Date: 11/10/2023

Time: 14:00 (UTC+1)

Following a request from practitioners, we would like to invite you to a series of webinars to orient practitioners on the use of the software tools, NutVal and Cost of the Diet, and their potential utility for calculating the transfer values required for CVA nutritional programming.

Webinar Working Group



Supporting Donors



Note: This webinar is made possible by the generous support of all of our donors, however, the contents are the responsibility of the GNC Technical Alliance and the individual presenters and do not necessarily reflect the views of these donors.

Introduction

- Practitioners report various challenges and practices with calculating the food and nutrient requirements of emergency affected populations and then converting those requirements into a cash transfer equivalent.
- A number of different software tools are available, but it is not always clear which tool is best suited to a particular situation or problem.
- This seminar series aims to explore current practices and the challenges that people are encountering and describe the available software tools and their advantages and disadvantages.

Webinar Series

- Seminar 1 – Overview of Current Practices, Challenges and Available Tools
- Seminar 2 – CotD: an overview for users [16th Nov]
- Seminar 3 - NutVal: an overview for users [week of Nov 27th (after American Thanksgiving)]

Webinar Agenda

Seminar 1 –

Overview of Challenges and Available Tools

- Introduction
- Overview of the current practices & challenges facing practitioners
- Presentation & Comparison of Tools
- *Audience Poll*
- Case study from Malawi: use of CotD
- Case studies from Nigeria: use of NutVal
- Discussion and Q&A

Today's Facilitators and Presenters



Name: Diane Moyer
Title : Nutrition Advisor
Organisation: Concern



Name: Marina Tripaldi
Title Senior CVA Advisor
Organisation: Save The Children



Name: Joud, Damien
Title : Programme Officer
Organisation: Global Food Security Cluster



Name: Maggie Holmesheoran
Title : Nutrition Advisor
Organisation: USAID



Name: Andrew Seal
Title : Associate Professor
Organisation: UCL



Name: Masud Rana
Title : Nutrition Advisor
Organisation: Save The Children



Technical Alliance



Designing CVA transfer values for Nutritional Adequacy: Current Practices and challenges

Marina Tripaldi & Damien Joud

CVA for Nutrition Transfer Design

Table 6. Objective of CVA component and corresponding content of different expenditure baskets

Immediate objective of CVA	Type of CVA	Content of expenditure basket	Available tools
Access nutritious diet	Household CVA or individual feeding CVA	<ul style="list-style-type: none"> Minimum food basket meeting the nutritional requirements/gap of households or individuals 	NutVal Cost of the diet
Access basic needs goods and services, including a nutritious diet	Household CVA	<ul style="list-style-type: none"> Minimum food basket meeting the nutritional requirements of a household Non-food expenditure, including housing, health, water, hygiene, sanitation, communication, transportation, etc. 	MEB decision making tool (CaLP) MEB Interim Guidance (WFP)

CVA NUTRITION TRANSFER DESIGN

- Practitioners are used to design a transfer value that is based on energy diet only- and that misses the micronutrient required for a Nutritious Diet/ nutritional adequacy for PBW and CU5. The Nutval and the Cost of the Diet can help to make it nutrition sensitive.
- When CVA is designed to access basic goods and services, the expenditures that are relevant for nutrition are food, hygiene, health, and transport (often used to access to markets and health services).



Designing CVA transfer values for Nutritional Adequacy: Current Practices and challenges

For the Food Security Cluster and its members, there are usually 3 approaches:

1. Rights-based approach
2. Expenditure based
3. Mixed approach (which is a combination of the two first approaches)

Rights-based approach:

- The most used approach
- Energy based diet of 2,100 Kcal/per/day (with consideration of the % of energy from fat and protein) targeting **households** => no specific targeting for the needs of individuals at risk - like PLW, CU5
- The MEB can be based on the standard food ration **or** from the most consumed food in specific region
- NutVal is usually used to calculate a 2,100 kcal ration/diet; FSC usually receive support from NC or a nutritionist (from WFP, NGO)

Designing CVA transfer values for Nutritional Adequacy: Current Practices and challenges

Expenditure-based approach:

- Based on Household Economy Approach studies
- Usually, data is collected from the poor wealth group => focus on household
- Often, their diet or their food expenditures are not very nutritious - lot of cereals, limited protein and vitamins/minerals).

The **Transfer Value** for the food assistance could be the same as the value of the food component of the MEB or only a portion of it.

Households have often capacity to cover by themselves some of their basic needs.

Humanitarian actors would then opt to transfer a cash value which corresponds to the gap between the MEB value and the household's own capacity.

The average percentage of the food component in the MEB is about 60 to 70%.

A few countries have a Survival MEB (SMEB) which includes the goods and services to satisfy ONLY basic survival needs (like Burkina Faso).

Design transfer value of CVA for Nutritional Adequacy: Current Practices and challenges

Other observations:

- Decisions on transfer value design are influenced by staff capacities, competing methodologies, donor priorities and budget, project duration;
- Coordination with Cash Working Group and Nutrition Cluster is essential
- Evidence and Guidance Note on CVA for Nutrition recommends the CVA transfer value covers both needs of households and individuals at risk, for higher impact;
- Evidence and Guidance note recommends using NutVal and CotD to improve nutritional adequacy (by adding a top up and/or taking into account the need for nutritional adequacy of the food basket (making the food MEB nutrition sensitive)

Comparison of Software Tools

Andrew Seal & Masud Rana



NutVal.Net
The planning, calculation, and monitoring application for food assistance programmes



Software Tools: Past, Present and Future

- NutCalc
- NutVal
- Cost of Diet (CotD)
- Optimus
- ENHANCE
- Commercial nutrition software and online databases
- User designed spreadsheets, etc.

Focus of Seminar

We will focus on ***Cost of Diet (CotD)*** and ***NutVal*** for the following reasons:

1. Available at no direct cost to the user
2. Can be used to help design transfer values for individuals or households that are nutritionally adequate (macro and micronutrients)
3. Recommended by the Evidence and Guidance Note
4. Used widely in the humanitarian sector by many different agencies
5. Designed for use in specific contexts where we work
6. Other tools are agency specific and/or under development, e.g. Optimus and ENHANCE

Presentation of tools

Cost of the Diet (CotD)

- Software tool (includes food composition table and human nutrient requirement database)
- *Methodology* for assessment
- Resource available including practitioner's guide

<https://heacod.org/cotd/>

<https://resourcecentre.savethechildren.net/article/cost-of-the-diet/>

NutVal

- Software tool that can be applied in different contexts as required by the user.
- Only available in English but training materials are also available in French.

<https://www.nutval.net/>

<https://www.nutval.net/2007/05/downloads-page.html>

Purpose

Cost of the Diet (CotD)

CotD was designed to estimate the lowest **cost**, the **quantity** and **variety** of local foods that are needed to provide a typical **family or individual** with foods that meet their average needs for **energy** and their recommended intakes of **protein**, **fat** and **micronutrients**.

NutVal

NutVal was designed to try and make the job of programme managers, nutritionists, and health staff easier and ensure that nutritionally adequate food assistance is provided, so as to minimise public health problems, particularly micronutrient deficiencies.

Functions

CotD

CotD can be used to:

1. Conduct formative research
2. Design SBCC/IEC materials
3. Defining CVA transfer values
4. Programme performance evaluation
5. Identifying & promoting low-cost nutritious diets

NutVal

NutVal can be used to:

1. Find information on the nutrient content of common food assistance items
2. Calculate the nutrient content of a food assistance ration for an individual
3. Plan a food assistance programme
4. Provide tables and graphs for comparing the content of different rations
5. Assist with *On-site Distribution Monitoring* (food basket monitoring)

Application

CotD

The CotD has been applied in over 40 countries by 29+ organisations in both humanitarian and development contexts, to:

- Promote affordable & nutritious diets
- Inform Social Protection / CVA initiatives
- Informing national / sub-national advocacy initiatives

NutVal

NutVal has been applied in many operational contexts by WFP, UNHCR, ICRC, and many NGOs. It was originally focussed on refugee camps settings but it has been used in a much wider range of settings.

Both Software Tools Require Local level data to be available to allow calculation of transfer values for a CVA programme

Data Required	Examples of Possible Sources of Data
List of available foods	CotD, NutVal, Fill the Nutrient Gap FNG report, other
Prices of identified foods in the targeted location	VAM, CotD, FNG report, FAO, FSNAU, FEWS-NET, other
Nutritious food items preferred by Pregnant and Breastfeeding Women, young children, elderly	IYCF research reports, CotD, other
Information on food sources for poor and very poor	HEA, national statistics, other
For affordability gap, information on level of income and expenditures	HEA, national statistics, other

Summary Comparison of CotD and NutVal

Features/functions	CotD	NutVal
Comprehensive food database	+++	++
Detailed optimisation of national/local diets	+++	+
Calculation of MEB	++	+
Planning for food distributions	+	++
Planning for CVA	+++	+
Programme monitoring	++	++
Use in PDM	-	
Ease and speed of use	+	+++
Availability in languages other than English	-	-
Online downloads	+++	+++
Freeware	+++	+++
Software updates	+ (new version coming)	+ (new version coming)

Poll

Question:

Which of the following guide/tools used to design CVA for Nutrition transfer value are you familiar with. (select all that applies)

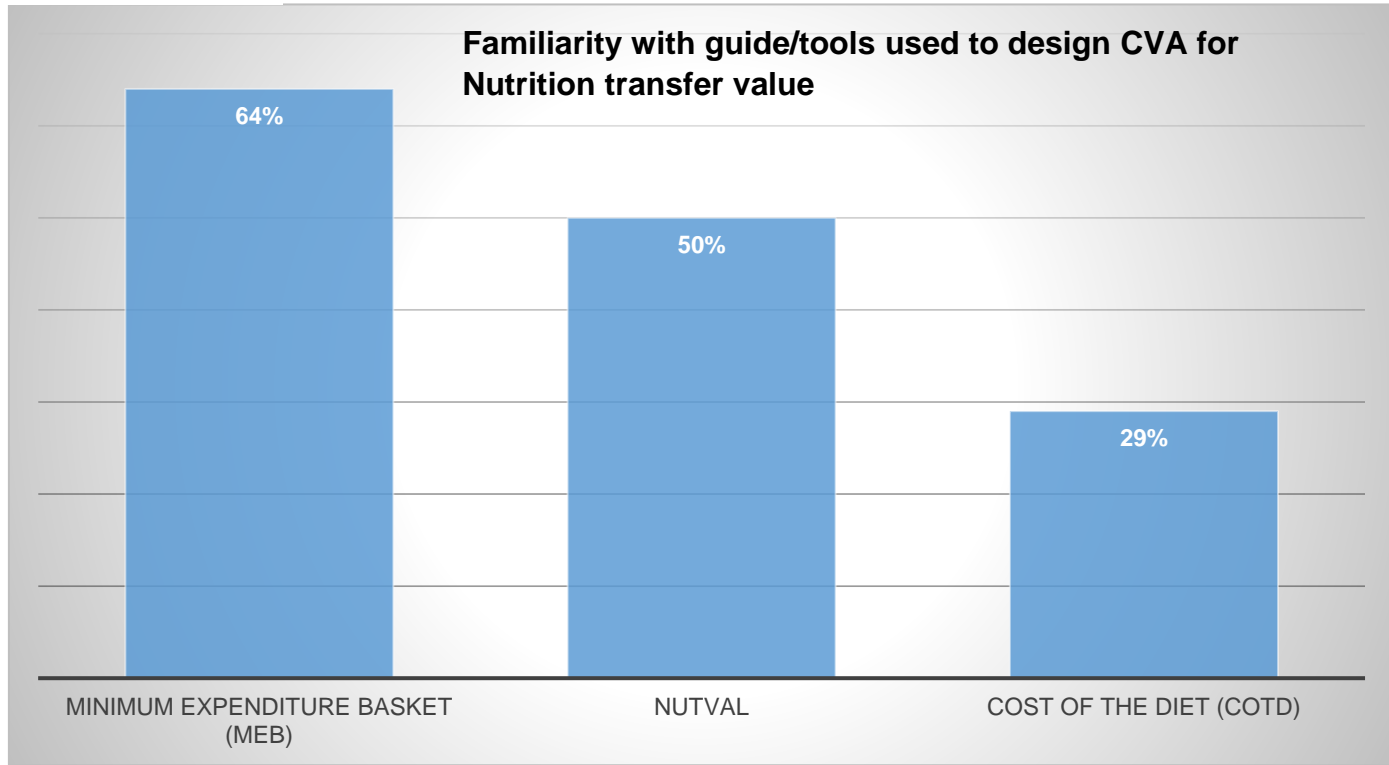
- a) Minimum Expenditure Basket (MEB)
- b) NutVal
- c) Cost of the Diet (CotD)

Poll Results

Webinar Topic: Global Orientation on Cost of Diet & Nut Val tools: How to select the right tool

Question	Answer	% of Votes	No. Of Voices
Which of the following guide/tools used to design CVA for Nutrition transfer value are you familiar with. (select all that applies)	Minimum Expenditure Basket (MEB)	64%	72
Which of the following guide/tools used to design CVA for Nutrition transfer value are you familiar with. (select all that applies)	Nutval	50%	56
Which of the following guide/tools used to design CVA for Nutrition transfer value are you familiar with. (select all that applies)	Cost of the Diet (CotD)	29%	33

Poll Results



Case study on the use of Cost of Diet Software

Masud Rana



**CotD and Malawi Case
Study**



**Save the
Children**

Context



Source: Malawi Poverty Report 2020

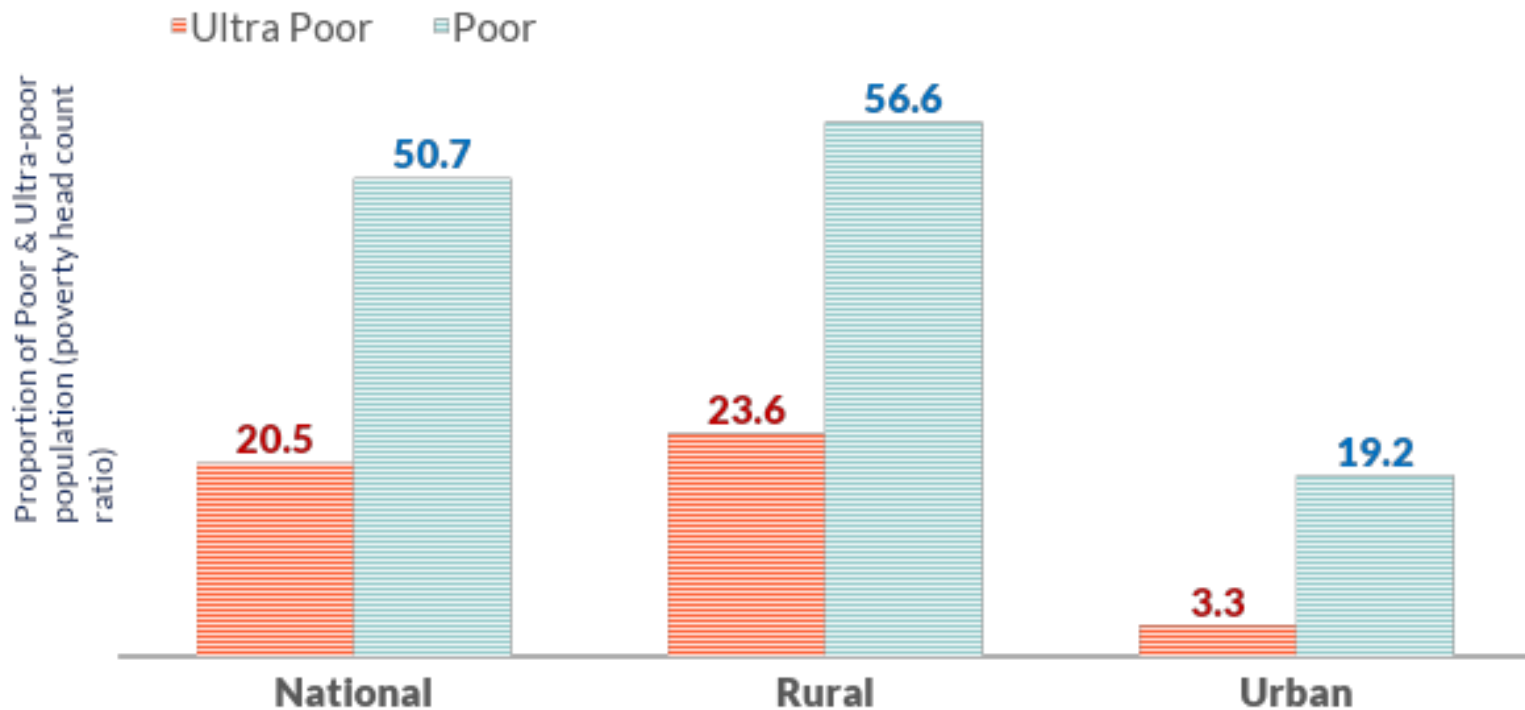
37.1%

Children Stunted

70% of the
population lives below
the international
poverty line

Context

Scale of Poverty in Malawi



Source: Malawi Poverty Report 2020

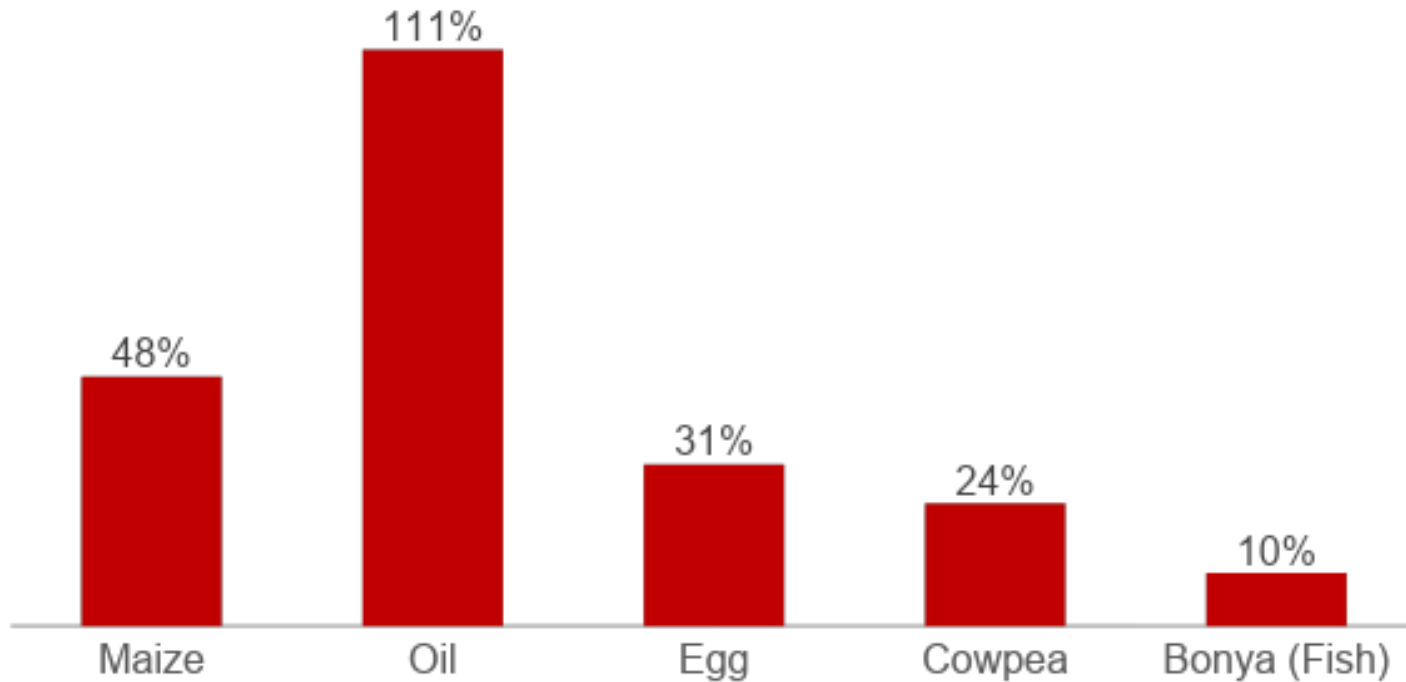
MAZIKO: Overall Programme Objectives

- To reduce malnutrition (stunting) among children under 2 years in programme areas
- To generate evidence on the optimal design and feasibility of a universal cash plus for nutrition intervention.
- To pave the way for govt and partners to scale up nationally a mother and child grant for children under 2 years

“FUNDAMENTALLY WE ARE BUILDING THE FOUNDATIONS OF A FUTURE MOTHER AND CHILD GRANT IN THE WORLD’S 5TH POOREST COUNTRY”

Food Prices

Percent change in food prices (5 selected food items)
between April 2021 and March 2022



The Diet

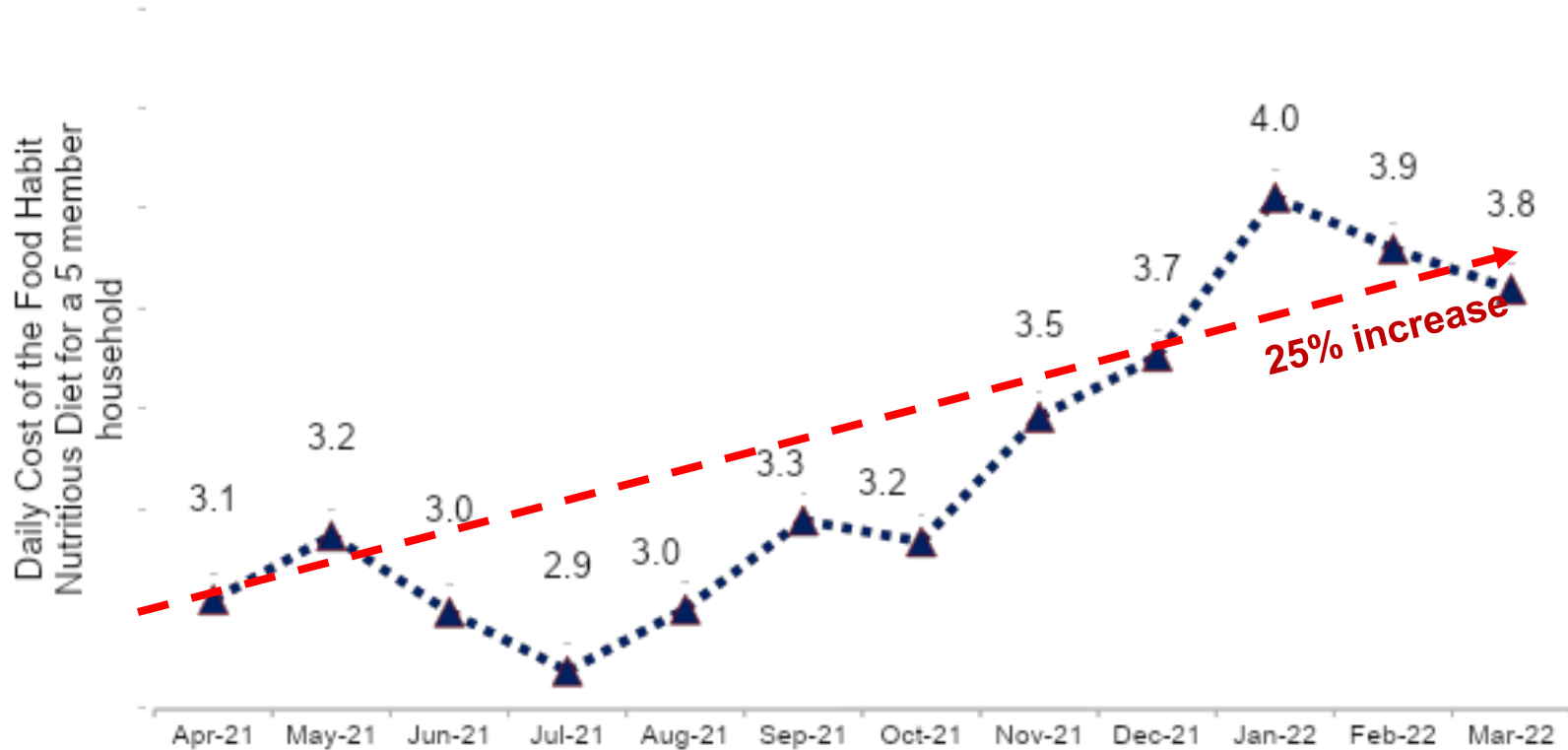
Quantity and cost of the foods selected for the family

Food List	Quantity (Kg)	% quantity	Cost (MWK)	% cost	% energy	% protein	% fat	% vit A	% vit C	% vit B1	% vit B2	% niacin	% vit B6	% folic acid	% vit B12	% calcium	% iron	% zinc
Anyezi (Onion tuber)	43	1.8	30 678	2.7	0.5	0.5	0.1	0.0	0.3	0.5	0.3	0.5	1.1	0.8	0.0	0.3	0.0	0.3
Bonongwe (Leaf, amaranth, raw)	63	2.6	31 349	2.7	0.6	2.0	0.2	7.0	4.0	0.7	6.7	1.2	2.3	6.3	0.0	7.0	0.7	1.7
Bonya (Fish, sardine, lake, whole, dried, Usipa Owuma)	17	0.7	106 775	9.3	1.6	9.4	1.7	0.5	0.0	0.3	3.9	11.0	10.7	0.3	91.0	7.0	3.7	15.7
Breast milk	194	7.9	0	0.0	3.3	1.7	7.7	4.5	1.1	1.1	2.2	1.7	0.4	2.1	2.7	1.6	0.0	0.9
(Cabbage, chinese, pak choi, raw)	63	2.6	13 485	1.2	0.2	0.8	0.1	6.5	4.0	0.7	1.4	0.6	2.4	5.3	0.0	1.9	0.1	0.4
(Cassava, root, raw)	108	4.4	52 704	4.6	2.7	0.7	0.2	0.0	3.4	3.0	0.4	1.3	4.4	1.5	0.0	0.4	0.1	0.8
Chitambe (Leaf, cowpea, raw)	63	2.6	39 211	3.4	0.7	2.4	0.2	4.4	5.1	3.5	7.6	2.0	2.9	10.3	0.0	4.9	0.6	1.2
(Egg, chicken, raw)	49	2.0	100 380	8.8	1.7	5.2	4.7	3.6	0.0	0.5	7.3	0.1	1.6	2.9	6.3	0.8	0.8	2.3
Khwanyana (Leaf, green snap bean, raw)	63	2.6	34 886	3.0	0.2	1.2	0.1	4.4	2.2	0.7	1.2	1.0	1.3	5.8	0.0	1.4	0.1	0.5
(Leaf, blackjack, raw)	50	2.0	36 674	3.2	0.5	2.1	0.3	0.0	1.3	0.8	2.3	0.6	2.7	17.4	0.0	18.4	32.6	10.5
(Leaf, rape, raw)	50	2.0	17 588	1.5	0.5	0.6	0.2	13.3	4.2	1.0	1.6	0.6	2.5	12.2	0.0	28.9	54.5	10.9
(Maize, dried, raw)	435	17.7	84 773	7.4	40.8	29.7	15.8	0.0	0.0	47.3	28.3	40.4	25.3	13.8	0.0	0.8	2.7	29.2
Mnkhwani (Leaf, pumpkin, raw)	63	2.6	40 275	3.5	0.4	2.0	0.2	5.6	1.0	1.6	1.6	0.8	2.6	2.9	0.0	0.7	0.2	0.5
Mpiru (Leaf, greens, mustard, raw)	707	28.8	134 001	11.7	4.9	17.1	3.0	49.3	70.0	15.8	25.3	11.5	24.7	10.8	0.0	23.8	2.1	6.6
(Oil, vegetable)	58	2.4	180 692	15.8	13.5	0.0	58.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
(Rice, raw)	72	2.9	63 074	5.5	6.8	4.1	0.4	0.0	0.0	1.2	1.4	3.5	2.0	0.6	0.0	0.2	0.1	3.0
(Sorghum, whole grain, red)	210	8.6	77 535	6.8	18.0	18.2	6.4	0.1	0.0	17.6	6.8	20.8	7.7	3.7	0.0	1.5	1.5	12.5
(Sweet potato, raw)	108	4.4	58 867	5.1	2.7	1.9	0.1	0.0	1.8	3.0	1.1	1.8	4.8	2.2	0.0	0.3	0.2	2.0
(Tomato, red, ripe, raw)	40	1.6	43 017	3.8	0.2	0.3	0.1	1.0	1.7	0.7	0.5	0.5	0.7	1.1	0.0	0.2	0.0	1.0
Total	2 453	100	1 145 964	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
% target met					100	194	101	201	880	187	154	200	233	123	184	208	1063	231

This example is employed solely for illustrative and explanatory purposes.

HH Cost of Diet

Change in the cost of a Nutritious Diet in the last one year



1 USD = 821.642 MWK

Is this diet affordable?

Expense
s

Income

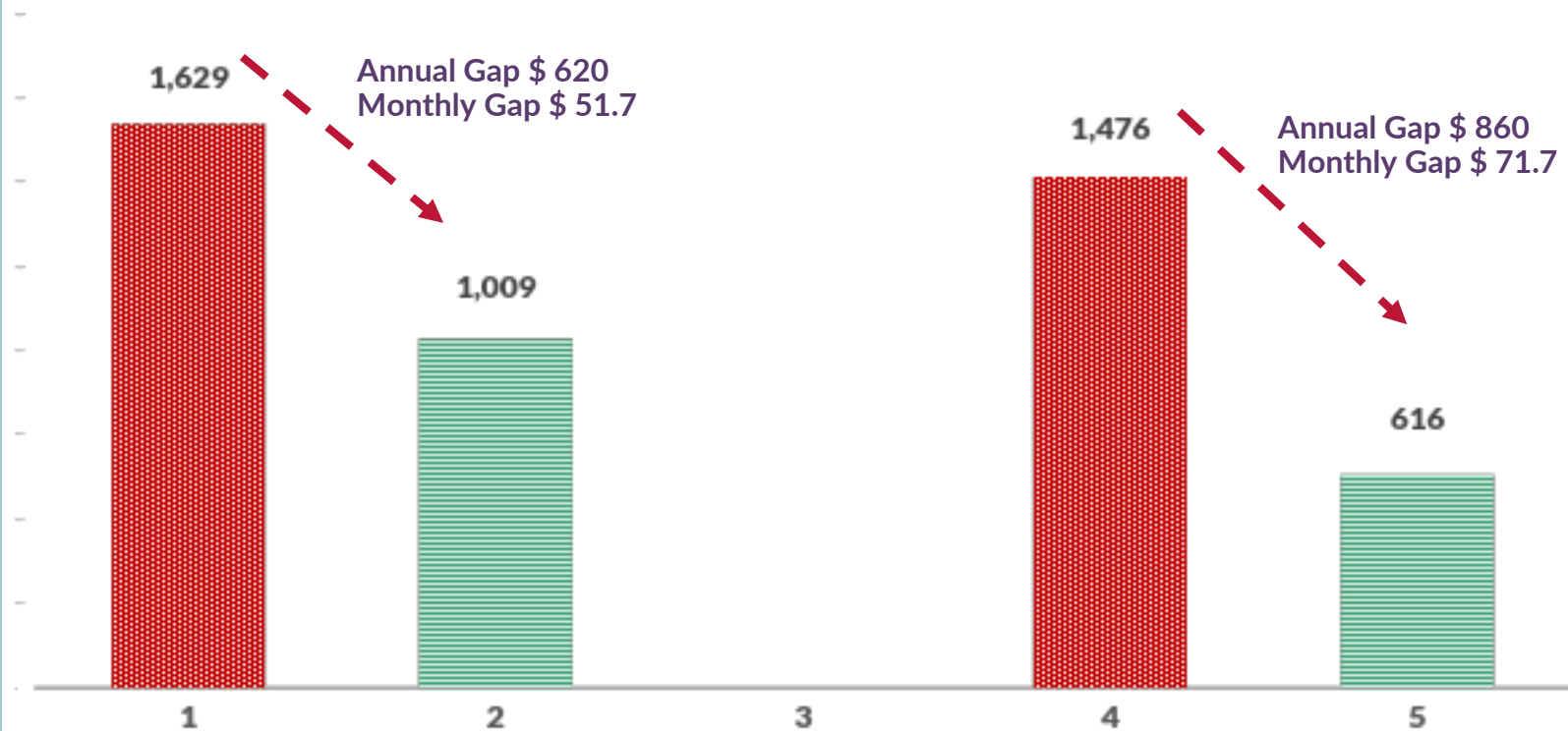
Cost of the Nutritious
Diet

essential Non-food
Expenditure (NFE)

Income from all
sources

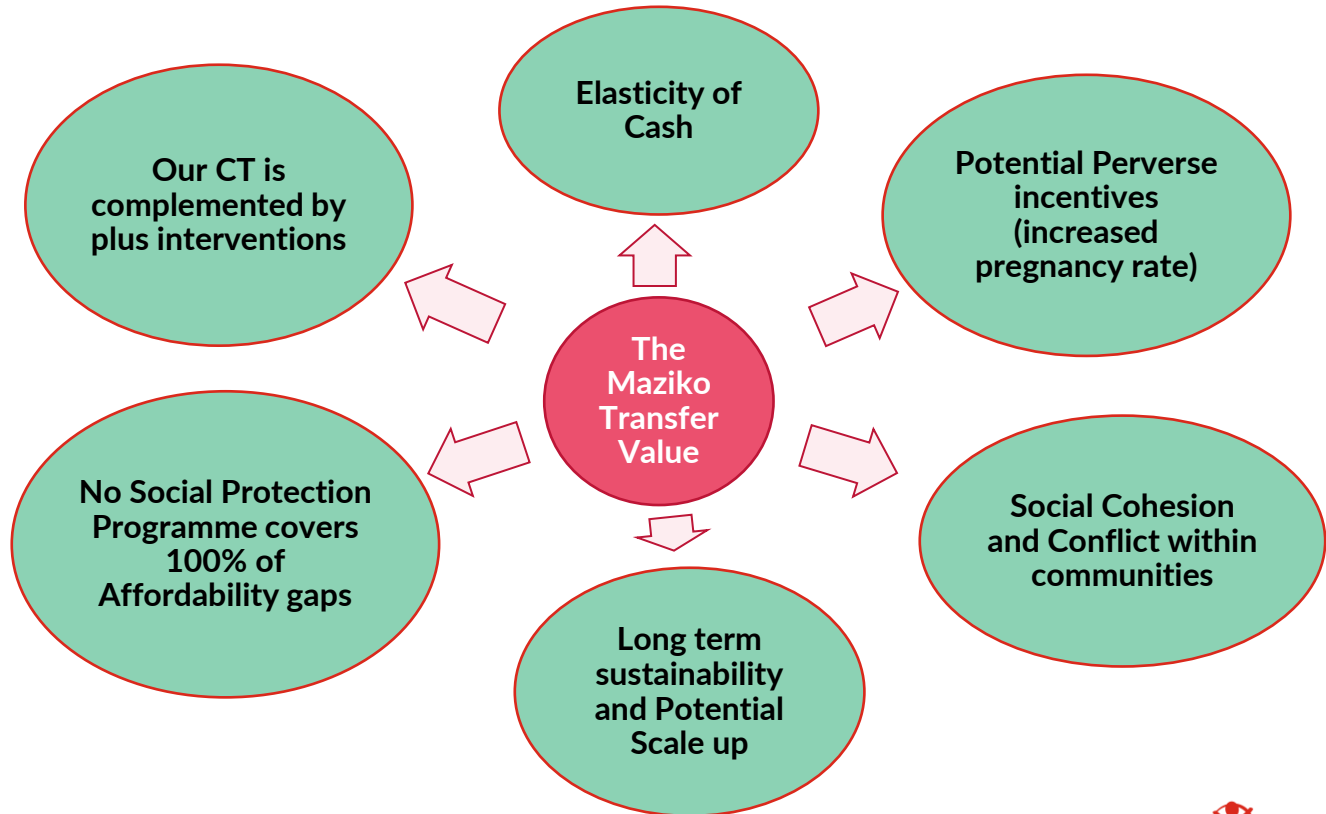
HH Affordability

Affordability of a Nutritious Diet by different households in Malawi



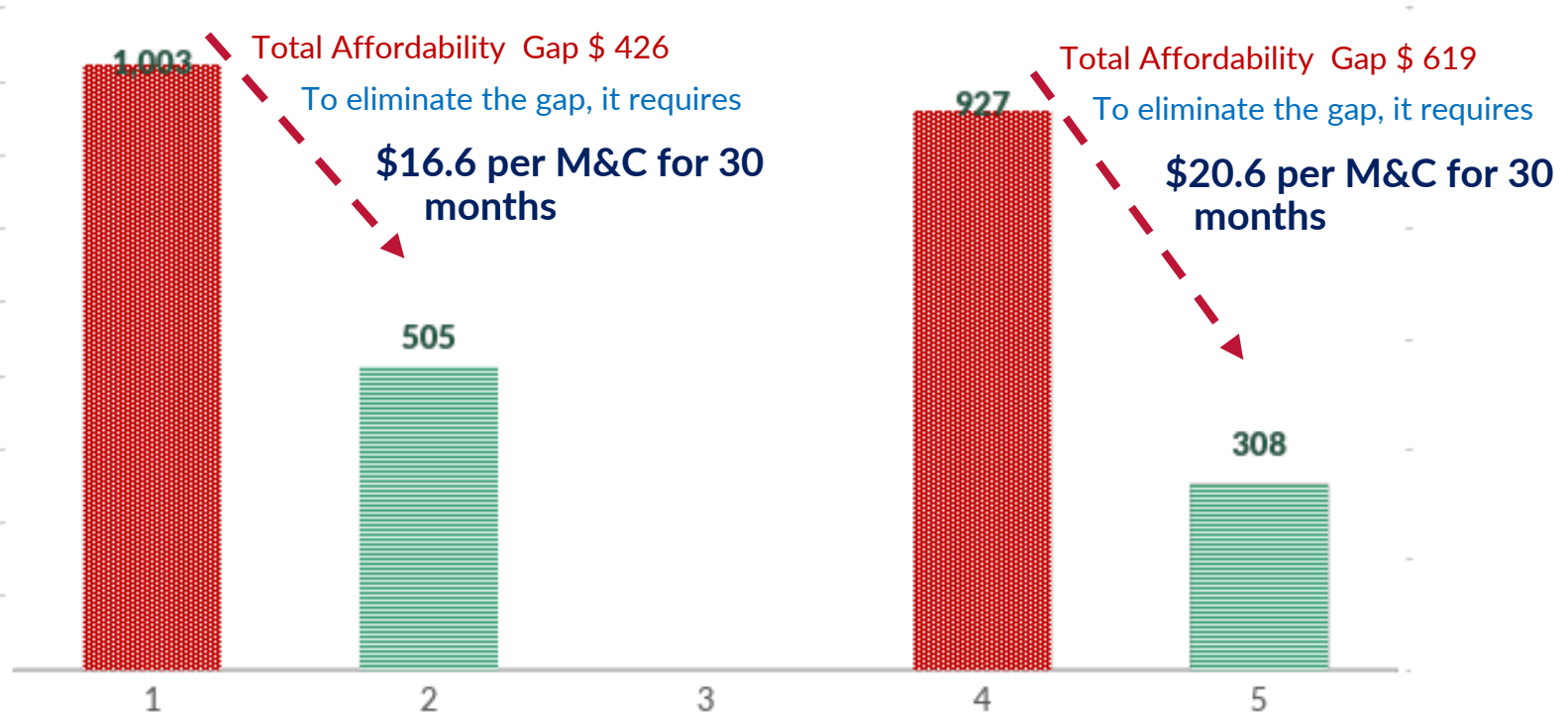
1 USD = 821.642 MWK

Setting a Transfer value for Maziko: What Should we keep in mind?



M&C Affordability

Affordability of a Nutritious Diet by a Mother & Child Pair in the first 1000 days



1 USD = 821.642 MWK

Before you decide the transfer value please keep in mind:

Monthly affordability gap for

a **POOR** M&C **USD 16.6**

an **ULTRA-POOR** M&C **USD 20.6**

Final CT value for Maziko



17 USD per month



THANK YOU





Technical Alliance



Use of NutVal for the NE Nigeria CVA for Nutrition Guidelines

Maggie Holmesheoran

Transfers for Diet Adequacy- What do we need?

- Clear justification for nutritional coverage of transfer value and inherent assumptions (so far... too many black boxes)
- Document the relationship of the nutrition transfer to GFA by target group
- Tools and calculation method that provides the ability to re-justify transfer values in a transparent way at regular intervals
- Calculation equation and rationale is equally or more important than the transfer value itself because of location price variability and shifts in GFA or MPCA MEBs

NutVal for Transfer Value Calculation

- Open source software- values can be revalidated/recalculated easily
- Visualize the actual coverage of current transfers and presumed basket
- Utilized experts to reconcile the ingredients to local food culture/preferences (Reasonableness)
- Utilized food lists/prices from recent CotD
- Can be used by a group to reach consensus

Purpose of the NE Nigeria Exercise

Develop and cost a reasonable set of complementary fresh foods baskets to address nutrients not represented in GFA transfers for PLW and CU5, considering seasonality.

Caveats & Considerations

- Illustrative Vs. Realtime Basket Contents
- Design “holds all else equal”, assuming that:
 - Leakage is hard to measure
 - Other MEBs not being recalculated
- Costing may be outsized because food security transfers are underpowered
- Use of sentinel foods found to be generally representative of key food categories and available in markets



NE Nigeria Sentinel Foods List from FNG CotD Exercise		
Food group (local name)	Average Price/ 100g	Price Range (NGN/100g)
Legumes, nuts and grains		
Groundnut (Gyada)	123	68-176
Soybean, dried (Waken soya)	45	37-54
White bean, dried (Farin Wake)	60	55-67
Red bean, dried (Jan Wake)	63	53-67
Sesame seeds	109	68-229
Eggs		
Chicken egg, raw (Kwai Kaza)	109	84-132
Flesh Foods		
Dried fish	278	178-408
Sardine (in oil)	199	165-253
Chicken (whole)	216	139-348
Goat meat	132	84-166
Beef meat (with bone)	145	80-203
Milk & milk products		
Cow cheese (Chuku)	445	445
Powdered milk (Madara)	264	184-351
Yogurt, plain (Nono)	65	42-90
Fruits		

Grapefruit	392	188-667
Papaya (Bambus)	78	29-112
Watermelon (Kankana)	32	14-81
Tamarind, dried (Tsamiya)	24	22-27
Tomato (Tumatur)	63	43-102
Vegetables		
Eggplant, African (white) (Yalon bello)	29	17-40
Carrot (Karas)	56	36-93
Cabbage (Kabeji)	30	14-55
Cucumber (Gurji)	63	16-165
Leaf, baobab, raw (Dayen kuka)	18	18
Leaf, baobab, dried (Kuka)	38	25-58
Leaf, pumpkin, raw		
Leaf, cassava, raw (Doya rogo)		
Leaf, moringa, raw (Zogale)	32	18-42
Leaf, sweet potato, raw (Dankali hausa)		
Leaf, bean, raw (Wake)		
Leaf, roselle, raw (Zobo)	26	26
Okra, raw (Dayen Kubewa)	42	26-56
Spinach	22	10.5-47
Okra, dried (Busheshe n Kubewa)	113	66-177
Green bean, raw	79	53-94
Lettuce	69	28-96
Green onion (Albasa)		



THANK YOU
USAID

CONCLUSION on Nutval and CotD

SIMILARITIES: softwares for nutritional adequacy, require information on availability and preferences of nutritious food from targeted locations.


DIFFERENCES: CotD require more technical capacities and time investment but more accurate, more adapted for slow onset or protracted crises or social protection programs. Nutval is less complex and can be quickly used to design a top up, even in rapid onset emergencies.

In any case...**Cash or Voucher alone are not enough!**



Technical Alliance

Q&A



Q&A

- **What are the challenges that you are facing with NutVal and CotD?**
 - **What are the opportunities that you had using NutVal and CotD?**
 - **What would you like to learn more in the upcoming webinar?**

RESOURCES

- **Guidance Brief-CVA for Nutrition** is now available in four languages in the GNC library (GNC and others): https://www.nutritioncluster.net/resource/The_Guidance_Brief_on_Cash_and_Vouchers_for_NIE.
- **Evidence and Guidance Note on CVA for Nutrition:** available in English and French (GNC and others): https://www.nutritioncluster.net/resource_Evidence%20and%20Guidance%20Note.
- **Cost of Diet (CotD) Practitioners Guide(pages 14-15):** <https://resourcecentre.savethechildren.net/article/cost-of-the-diet/>
- **CotD resources and reports available at CotD website:** <https://resourcecentre.savethechildren.net/article/cost-of-the-diet/>
- **Nutval, website with software and resources:** <https://www.nutval.net/>
- **Minimum Expenditure Basket (MEB):**
- **CaLP (2020). Practical Support Tools for Minimum Expenditure Basket (MEB) Decision Making:** <https://www.calpnetwork.org/toolset/transfer-value-frequency-and-duration/>
- **Minimum Expenditure Basket, Guidance Note, WFP:** <https://docs.wfp.org/api/documents/WFP-0000074198/download/>



Technical Alliance

**Next steps
and
closing!**

Looking for support in Nutrition in Emergencies?

	Type of supported needed	Provider
1	I want remote or in-country technical support	GNC Technical Alliance
2	I want to hire a consultant directly	GNC Technical Alliance Consultant Rosters
3	I want quick technical advice	GNC HelpDesk
4	I want peer support	www.en-net.org

Visit: <https://ta.nutritioncluster.net/> and click "Request Support"

Where to find the Alliance



Request form

Fill in the form below to get in touch with the **Technical Alliance Team**

Name and Surname

Email Address

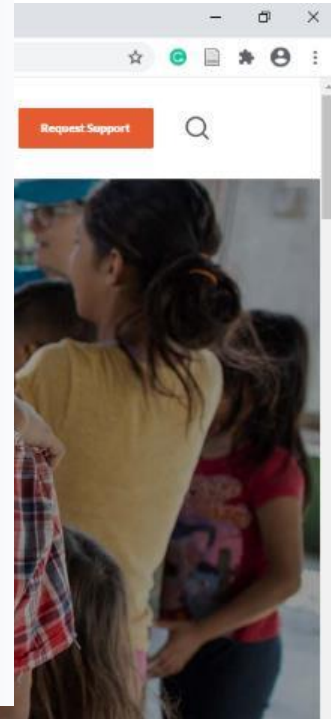
Type of Organization

Location Region

Type of Enquiry Request Urgency

Subject of Request

Description



ta.nutritioncluster.net

Please fill out the brief webinar evaluation
it will take less than 5 minutes
(it will pop up when you close the webinar)