

RIGHT TO FOOD, WATER AND NUTRITION



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## INTRO

CARE International draws on decades of work protecting and enhancing food, water and nutrition security for the most vulnerable.

Over the life of our **2020 Program Strategy**, CARE and partners have helped

**22 MILLION PEOPLE  
IN 52 COUNTRIES  
INCREASE FOOD  
SECURITY**

or improve nutrition or sustainable agriculture. In addition, we have helped 8.2 million people in 18 countries access new or improved clean water or sanitation services.

Our 2030 impact strategy builds on those achievements.

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**GOAL** *75 million people, the majority of them women and girls, increase their fulfilment of their right to adequate food, water and nutrition.*

## WHY

We, the people, and the food and water systems that support us, are at a crossroads. We have less than a decade to deliver the **Sustainable Development Goals**, yet we are faced with an unprecedented global crisis precipitated by COVID-19. Realizing rights to food, water and nutrition, which are systematically denied to many in our world, will require all our energy and creativity. Food and water systems face serious challenges and are characterized by multiple, concurrent drivers and risks.

In 2019, almost  
**690 MILLION PEOPLE**  
(8.9% of the global population)  
were malnourished

An estimate of the effects of the COVID-19 pandemic shows an additional 140 million people were living in extreme poverty on less than US\$1.90 per day in 2020. An estimated two billion people do not have regular access to safe, nutritious, and sufficient food. One in nine people do not have access to clean water close to home, and one in four people do not have access to adequate sanitation. Millions are affected in many complex and conflict-affected environments.

CARE has a strong reputation and trust with national and local governments and communities around the world. We have spent decades working at the community level; this deep connection to communities and community well-being, and trust earned is at the heart of CARE's work.

We have cultivated strategic partnerships to enable the empowerment of poor women and girls to realize gender-equitable food, water, and nutrition security, to scale our impact for long-term social change and to elevate the principles of sustainability, productivity, equity, and resilience.

# WHAT

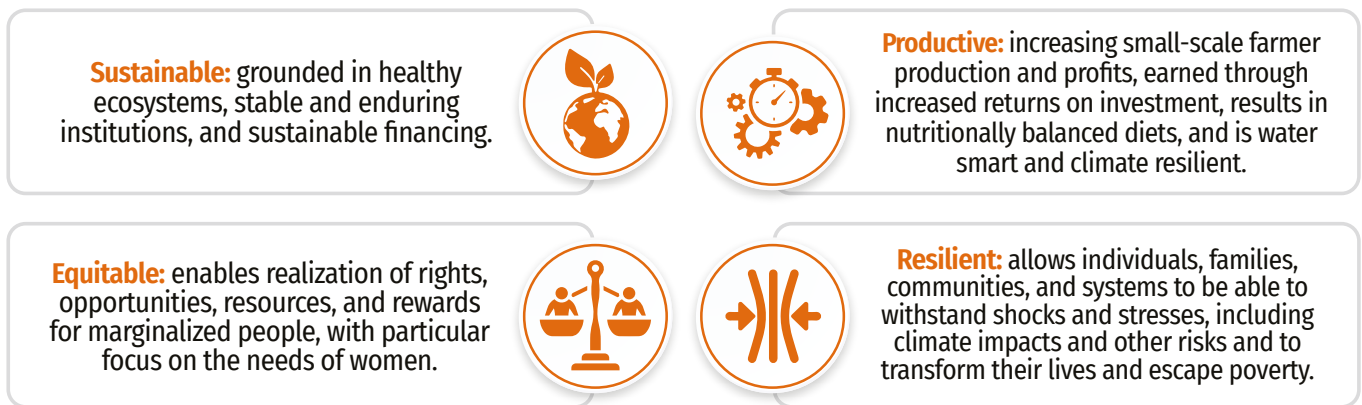
Our intent is to, in the upcoming 3 years, support at least 25 million people (at least 55% of them women), to produce more and more healthy food, have better access to water and sanitation, and improve the nutrition. This will include women small-scale food producers, women and girls living in water scarcity or water stressed areas, and refugees and internally displaced people.

CARE will achieve this goal by building the agency of food and water insecure women and girls, changing inequitable power relations, and supporting the transformation of structures that sustain inequality and discrimination.

The strategy is based on an integrated model (*She Feeds the World*) involving 8 inter-related pathways of change:



CARE’s work in food and water systems adheres to the principles of sustainability, productivity, equity, and resilience (*SuPER*), which aim to address the needs of today’s world, and future generations:



Out of the more than 100 countries where CARE works, we will prioritize 40 countries where CARE has a significant record working on food and water systems and whose Global Hunger Index in 2020 was either *serious* or *alarming*.

# WITH WHOM

Partnership is central to CARE’s approach and thus we will support and leverage the expertise, autonomy, and agency of partners to advance practices and policies that meet the needs and protect and promote the rights of women, girls, and other vulnerable groups in food and water security. CARE has hundreds of partners across its food, water, and nutrition portfolio, from social enterprises to community-based organizations and local NGOs, to governments, multi-laterals and all forms of private sector actors, feminist and women-led organizations, and research institutions.

Our rationale for partnership is wide and varied and includes resource mobilization, implementation, and influencing. In the next three years, CARE’s work on the right to food, water, and nutrition will require reflection on and challenging of the power structures than have shaped our partnerships. We will sustain key strategic partnerships but seek to decentralize learning, research, and implementation approaches with more outreach to and empowerment of southern civil society actors and social movements.





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## CASE STUDIES

1. Precious is one of 75,000 people in Zimbabwe who now have access to clean drinking water, through CARE and the [Chivi Rural District Council](#)'s efforts under the Australian Government-funded [Chivi WASH project](#).

*"When we used to go to the river, we would drink dirt. Cattle would drink in the mud and we would also drink there, having no idea at all how safe it was. Even goats would walk in our drinking water... People will be singing, men will be whistling, celebrating the borehole. ...I am so happy to have seen our water coming out. I feel happy, I played with the water, I washed with it and I stomped in it. And I poured it over myself."*

*"I stood in the water, and I jumped up and down in it. We need to take care of the borehole, so that it doesn't break down... I am happy because the river is quite a distance from here. It was the norm to get there and find a long queue of people waiting for their turn to get water. There is a large population here, and I waited sometimes until it got dark. And one is bound to come across many things at night. No crocodiles are found at the borehole. Nothing there poses any danger."*



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2. The gender transformative approach of the [Win-Win project](#) in Burundi led to increases in rice production, food security, and incomes, as well as feelings of safety and attitudes rejecting gender-based violence. Adapting the EKATA (gender-transformative Empowerment through Knowledge And Transformative Action) model from CARE's work in [Bangladesh](#), women's solidarity groups and community dialogue helped women access the support they need to change discriminatory social and gender norms.

THE APPROACH PRODUCED A  
**\$5 FOR \$1**  
EVERY  
INVESTED

compared to a \$3 return for every \$1 spent using a gender-light approach that just shared messages on gender equality.





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### 3. Suaahara II in Nepal

HAS CONTRIBUTED TO  
 **REDUCING FOOD INSECURITY**  
BY 12.5% INCREASING FOOD SECURITY FOR  
**1.6 MILLION PEOPLE**

Working with 4 local partners ([DBI EAN](#), [ENPHO](#), [NTAG](#), and [VDRC](#)) as part of a consortium coordinated by [HKI](#), the US Government-funded program works in 42 of Nepal's 77 Districts.

The project has successfully scaled up a participatory health mapping tool at the national level (Self-Applied Technique for Quality Health ([SATH](#)), as well as Community Health Score Boards ([CHSB](#)) to promote social accountability).



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