



A guidance note on impact pathways for mainstreaming nutrition based on a case study from Uganda



An evidence-based literature review (also available in French): maximizing nutrition in forestry using a food systems approach

# Maximising nutrition into the forestry sector : from theory to practice using a stepwise impact pathway approach

by Food and Agriculture Organization of the United Nations (Tikian.Seow@fao.org)  
World Vision (sstepanovic@worldvision.org)  
Action Contre la Faim (bmahaman@actioncontrelafaim.org)



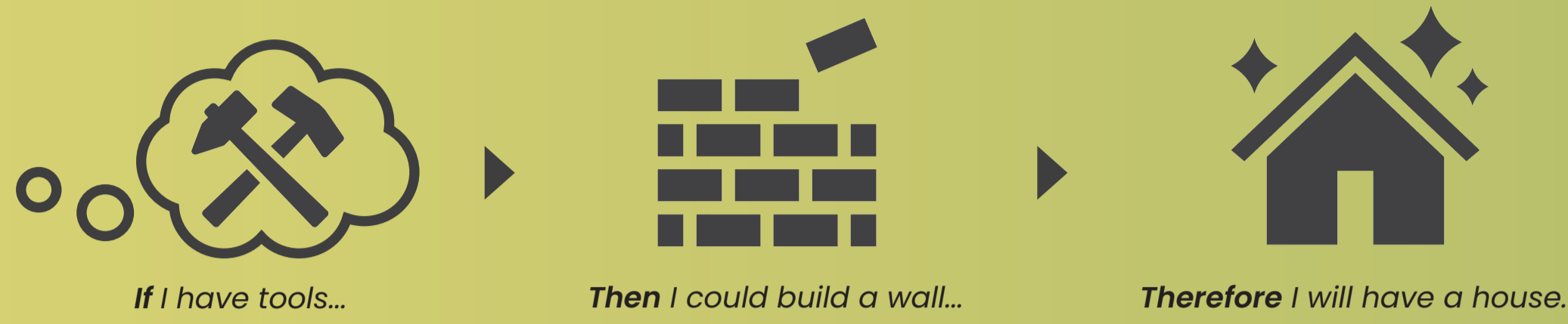
A guidance note (only available in French) Une approche innovante appliquée à sept pays d'Afrique francophone



A literature review (only available in French) Une revue de la littérature fondée sur des données probantes

## What is theory of change (TOC)?

A theory of change gives a comprehensive description of how and why a desired change is expected to happen in a specific context and/or domain.



## What is impact pathway?

Impact pathway is a sequence of stages between activities and the impact of these activities over time. A Theory of Change adds to an impact pathway by describing the causal assumptions behind the links in the pathway.

## The key steps of the methodological process

### Step 1. Situational analysis

- Scientific literature review
- Identify key participants from the forestry sector in the selected country
- Identify sector challenges using the food system framework
- Validate findings of the situation analysis

### Step 2. Develop the theories of change

- Prioritise the challenges to be addressed by the theories of change
- Develop theories of change for each identified priority

### Step 3. Define impact pathways based on practical experiences

- Identify the relevant sub-sectors
- Map policies and actions from selected sub-sectors
- Define practice-based impact pathways for each sub-sector based on existing

### Step 4. Theories of change and impact pathways validation

- Assess critical hypotheses and trade-offs
- Consolidate the theories of change based on the impact pathways
- Providing indicators to measure the expected changes
- Consult stakeholders and validate findings

## CASE STUDY 1

### Wild food system in UGANDA

Both approaches in the case studies were based on the food systems framework from the nutrition and food systems report by the HLPE 2017

The approach involved expert stakeholders within the forestry sector of Uganda. This collaborative method identified a specific and detailed set of gaps within the forestry food system and offer targeted solutions

### Situational analysis

- Between 2015 and 2020 deforestation drove losses of ten million hectares per year in Ugandan forests
- The losses are likely permanent and have reduced the resilience of forest food systems and those who rely on them
- Forest and agriculture policies must protect the livelihoods of forest-dependent communities by explicitly safeguarding forestry landscapes and ecosystems

### Theory of Change

- A forestry system that maintains fair and inclusive land rights, equitable policies and contemporary research, investment, communication and outreach will strengthen forest dependent communities and support sustainable forest development

- As a result, more wild foods will be produced and consumed and forest value chains will become more resilient, leading to greater dietary diversity

### Example Impact pathway:

#### Creating an enabling policy and legal environment

- A cross cutting pathway that targets all the domains of the food system
- The policy environment should protect the rights of forest-dependent communities and ensure wild foods are sustainably and safely produced
- Linkages to consumers should be made through investment, planning, value chain development and safety and quality regulations
- Targeted policy interventions and improved value chains will strengthen the livelihoods and dietary diversity of both forest dwellers and the wider community

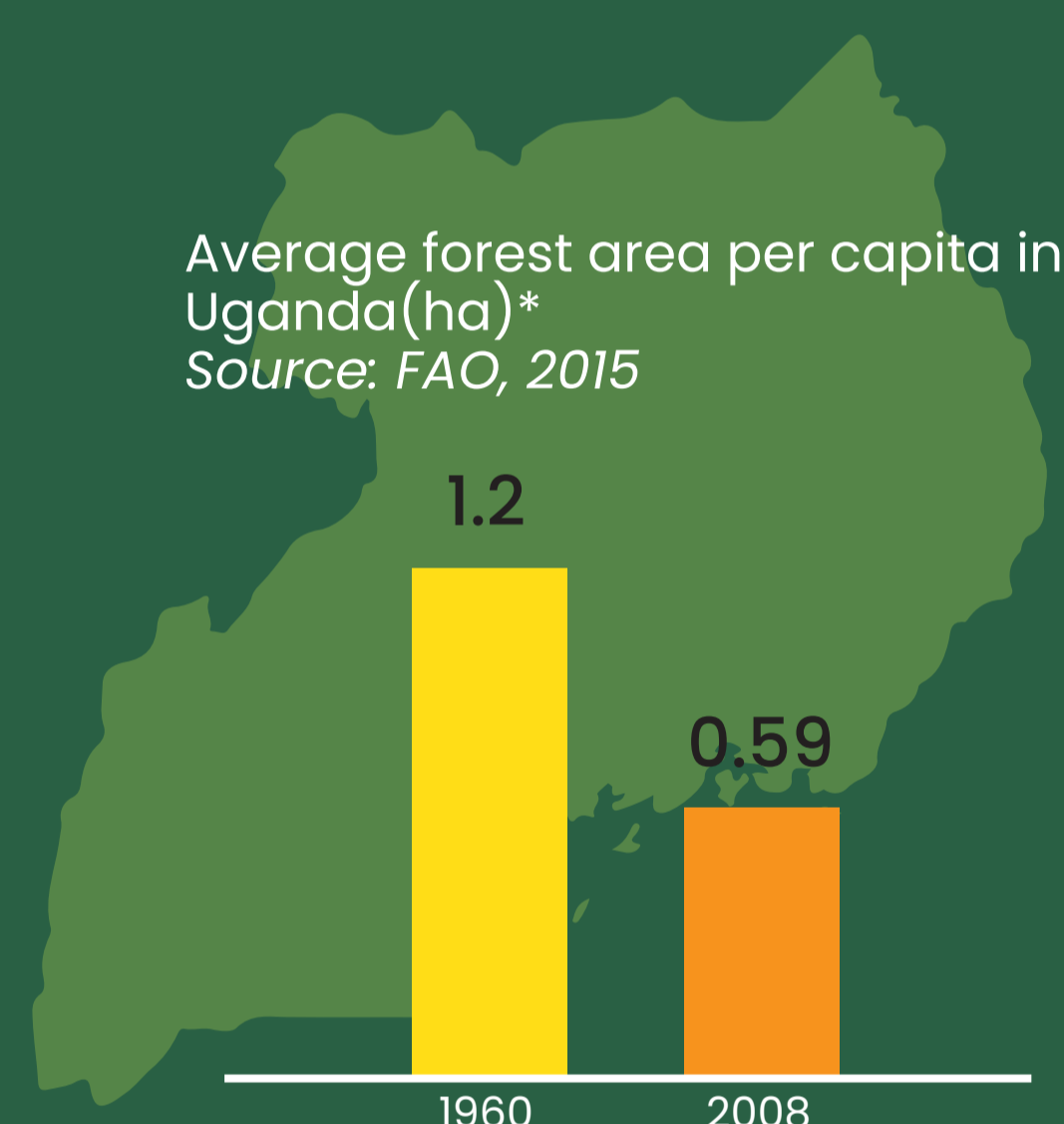
### Recommendations

- Increase visibility of forestry wild foods in policies and programmes
- Develop inter-ministerial support for vulnerable forestry groups

### For more information



Brief: Maximizing nutrition in the forestry sector in Uganda



## CASE STUDY 2

### Non wood forest products (NWFPs) sector in African francophone countries

Cross-country approach focused on the following countries: Burkina Faso, Chad, Côte d'Ivoire, Democratic Republic of the Congo, Mali, Mauritania and Senegal. The process involved expert stakeholders within the sector and looked at a range of countries for each sector. The approach led the project to identify a broad and multifaceted set of gaps and solutions.

### Situational analysis

- Lack of health and hygiene standards guidance's on non wood forest products (NWFPs) harvesting, processing and packaging at local and national levels.
- Forest / rural vulnerable communities have insufficient conservation skills and capacities in terms of harvesting, processing and packaging NWFPs.
- Forest / rural vulnerable communities have a lack of capacity and equipment for processing and maintaining adequate temperature for the conservation of NWFPs
- Forest / rural vulnerable community's producers, processors and retailers are not well structured/ organized along the value chain.

### Theory of Change

Improving market access to NWFPs requires improving methods of NWFP harvesting, production and conservation, as well as better structuring of actors in the forestry value chain.

NWFPs are more integrated into consumers' diets when production and processing conditions, as well as promotional actions, make these NWFPs desirable.

### Example Impact pathway: Safety and quality standards

- Promotion of the shea sector with forest
- Rural vulnerable communities in semi-arid regions

### Recommendations

- Support processing and packaging of NWF by-products with high nutritional value to improve nutrition and generate new incomes.
- Establish norms and quality standards and promote the development of marketable NWFPs in more profitable markets.

### For more information

Brief (only available in French): Intégration de la nutrition dans le secteur de la foresterie en Afrique subsaharienne: de la théorie à la pratique



## EVIDENCE GAPS

Fill evidence gaps on wild food species by systematically identifying, describing, evaluating and investing in the vast array of NWFPs.

## TRADE-OFFS

Expansion of NWFP value chains should consider the additional burden on women and children, in order to avoid conflict and deterioration of nutrition outcomes.

NWFP development may also endanger vegetation cover and threaten species and landscape diversity. Appropriate safeguards must be put in place.