



# Fish for Livelihoods

## WorldFish Myanmar

### Nutrition Update

November 2020

**Fish for Livelihoods project farmers adopt integrated farming system**

*"After a few months of stocking fish in my homestead pond, I planted vegetables along the pond dike to have an additional source of food and the surplus of vegetables can be sold for income. And now, I am happy to say that the fish are growing well and we are eating fresh vegetables regularly. Thanks to Fish for Livelihoods project!"* **U Thein Win, Inn Kone Village, Madaya Township<sup>1</sup>**

U Thein Win's story is one of the many Fish for Livelihoods funded by USAID project farmers who adopted stocking of large fish species (e.g. Rohu, common carp) with small indigenous fish species, and pond dike vegetable production; creating an integrated farming system to increase their income and improve dietary diversity.

Currently, there are over 260 small scale famers who integrated nutrient-rich small indigenous fish species (SIS) e.g. mola, Burmese loach, spotted barb in their homestead ponds and 360 farmers who planted vegetable and fruits e.g. carrots, pumpkin, papaya, along pond dike and backyard gardens in Fish for Livelihoods project areas.

These activities helped in addressing the barrier of access to nutrient-rich small fish brood stock and vegetables seeds among project farmers; aligned to the project's aim which is to improve consumption of diverse, nutritious food with inclusion of animal source food in the first 1,000 days- from conception until 2 years of child's life.

Moreover, in the coming months, set gill nets are distributed to ensure farmers are able to partially harvest and consume SIS regularly. SIS eaten together with diverse vegetables/fruits, and beans provide a nutritious and balanced meal for the whole family.

Furthermore, different IEC materials such as pamphlets, posters and videos focusing on benefits of consuming nutrient-rich small fish, dietary diversity and how to partially harvest small indigenous fish are used during field activities to trigger adoption of good nutrition behaviors among project participants.

<sup>1</sup> The story is taken from the Annexes of Fish for Livelihoods Annual Report 2020