



# Behaviors Surrounding Ration Use in a Blanket Supplementary Feeding Program in Burkina Faso

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## BACKGROUND & OBJECTIVE

The **Food Aid Quality Review project of Tufts University** aims to answer important questions that will improve nutrition among vulnerable people receiving food aid (<https://www.foodaidquality.org>).

From 2014 to 2016, a trial was conducted through an existing blanket supplementary feeding program in Burkina Faso to assess the **effectiveness and cost-effectiveness of 4 food aid products** used for prevention of stunting and wasting in young children.



We aimed to understand the factors that influence comparative effectiveness of the 4 supplementary food aid products by exploring behaviors surrounding use of the foods.

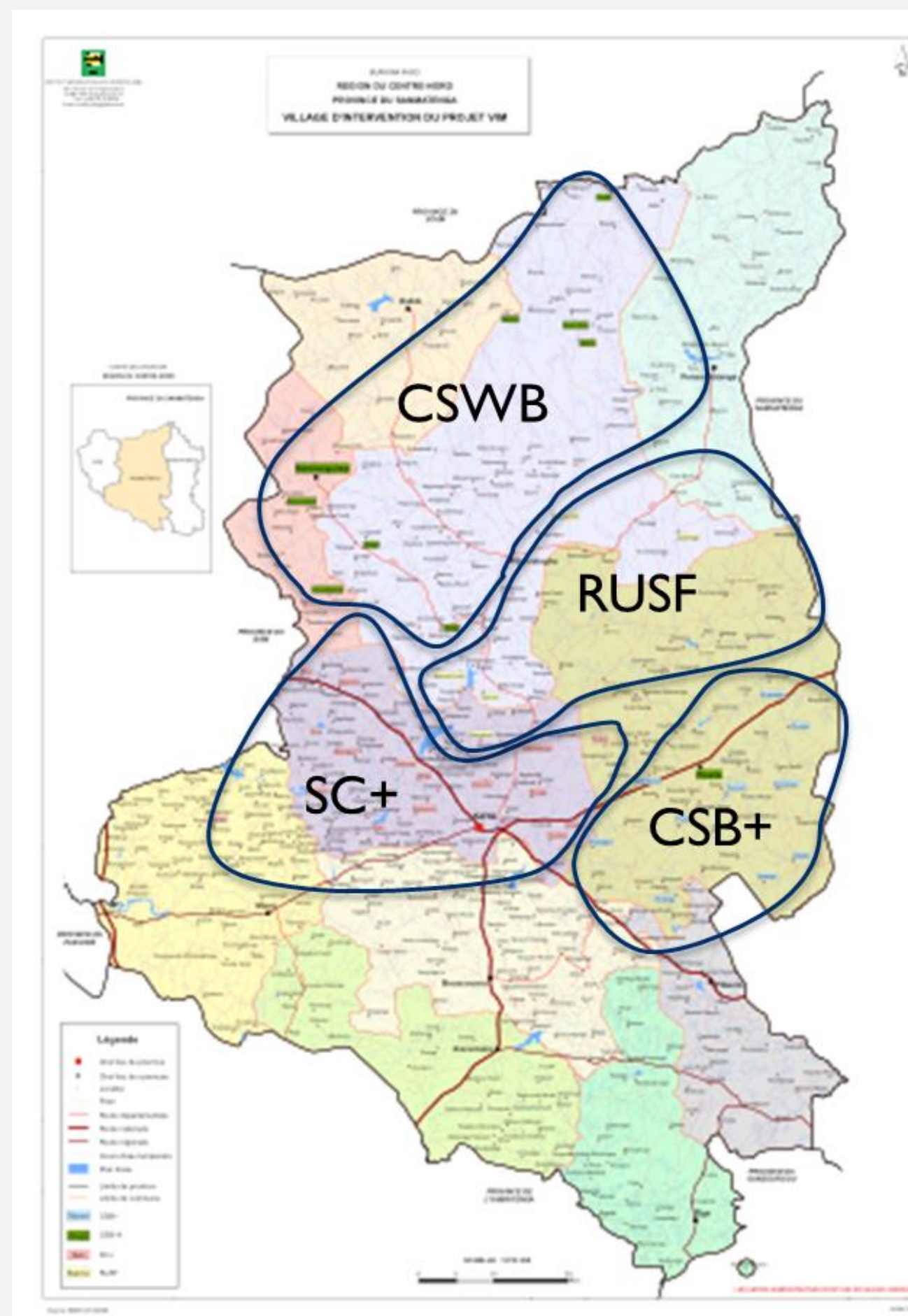
## STUDY SETTING & METHODS

❖ **Sanmatenga Province, Burkina Faso**

❖ **Existing Title II USAID supplementary feeding program** targeting all children 6-23 months

❖ Geographically clustered, 4-pronged **longitudinal study** with random assignment

❖ **Enrollment of 6,112 children** at age ~6 months, followed for 18 months



❖ **Sub-samples of caregivers** randomly selected for: structured interviews, in-home observations, focus group discussions

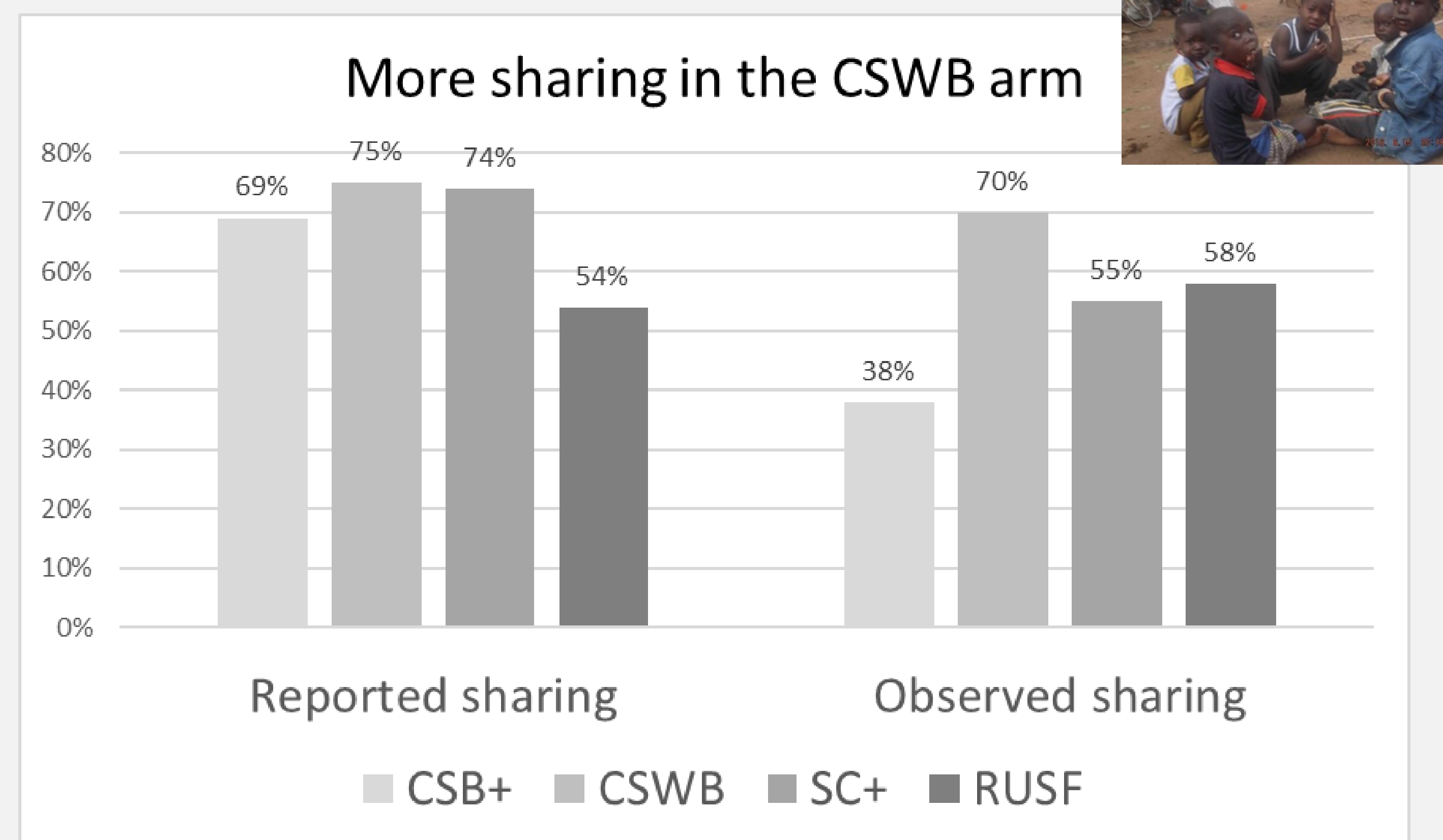
❖ **Sharing & diversion, preparation, and consumption** behaviors were explored

❖ **Reported diversion** defined as: anyone other than the beneficiary child ate the food the last time it was served or normally eats the food, usage of the food for family meals, or giving the food away

❖ **Observed sharing** defined as consumption of the study food by anyone other than the beneficiary child

## FINDINGS

❖ A total of n=1463 caregivers were interviewed, 209 of whom also had an in-home observation over 4 consecutive days



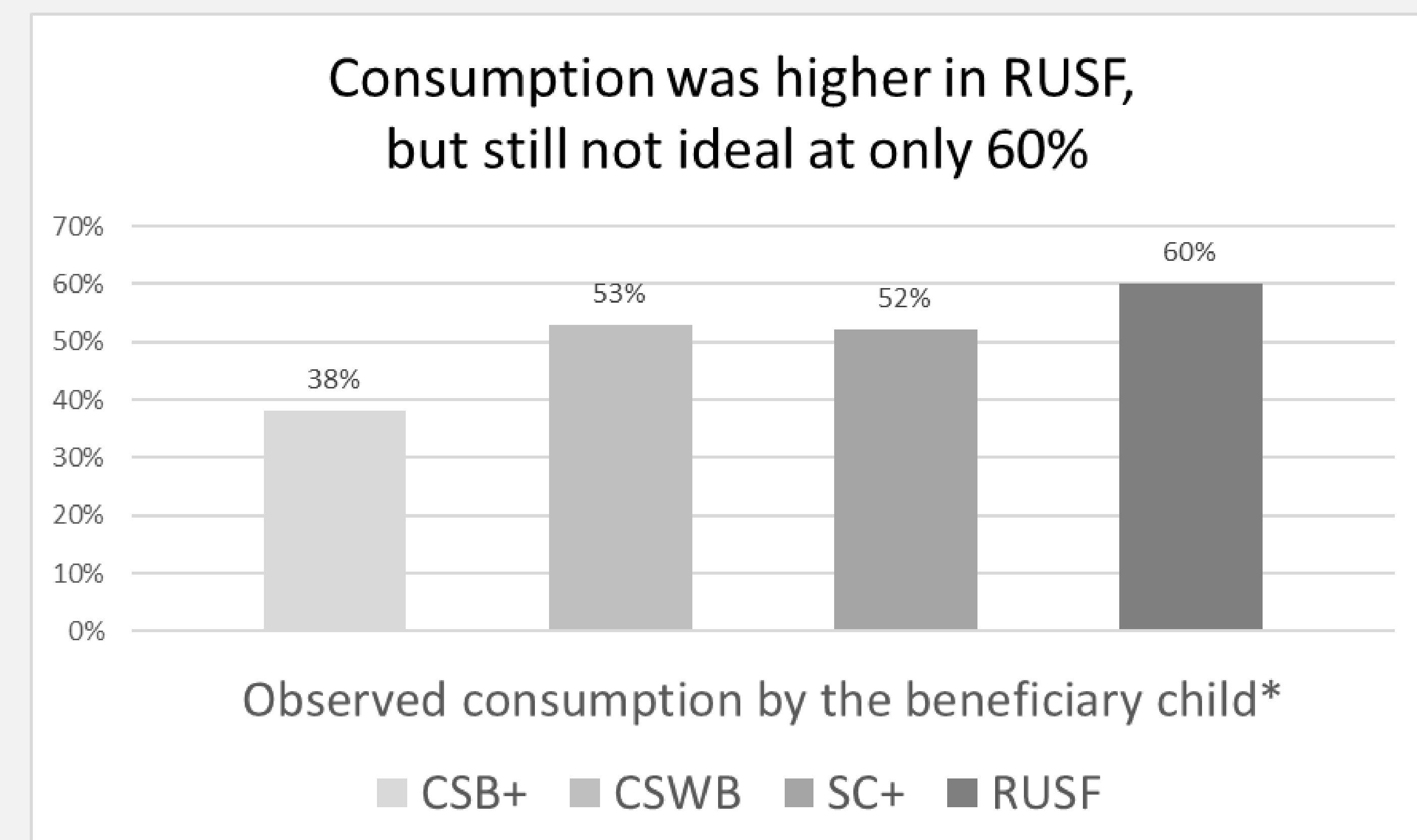
❖ There was no reported or observed selling

❖ 8-13% reported giving the ration away

❖ 43%-75% reported that the ration does not last the entire month as intended, with the highest in CSWB

❖ Eighteen to 21% reported and 9 to 20% were observed using the ration oil for other household cooking in CSWB and CSB+, respectively

❖ Household porridge samples indicate lower fat content than expected if porridge were prepared as recommended, 7.3g/100g CSB+, 6.6g/100g CSWB



\*Percent of households observed where study food was present, averaged over 4 days

## Selection of quotes from focus groups

"They told us that if the **mother eats** some herself at night, the next morning she will have **plenty of milk** for her child."

"Even when we are getting ready to make porridge, the big brother can approach and say 'can I have some?'. We **cannot refuse** so we give him a bit. **Everywhere, it's the same.**"

"Well, if I make porridge today for him and he doesn't want it, and tomorrow again it's the same thing, I **can try to make couscous with a bit of oil to see if he'll eat that**. If he eats it once or twice, you know that the **child prefers couscous to the porridge** and I make that from now on all the time for him. And vice versa."

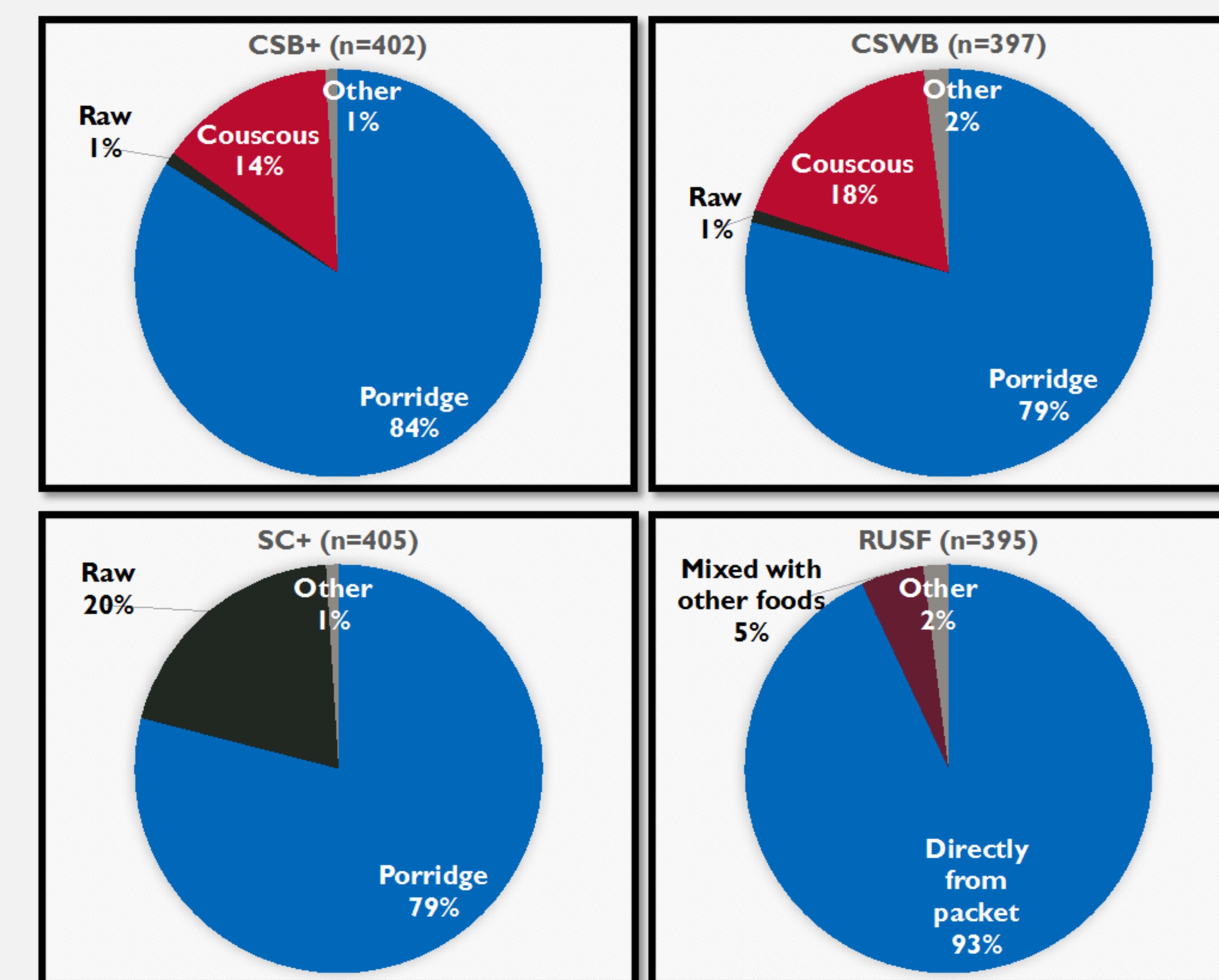
"**Often the mother tastes a bit** and if the big brother of the child is nearby we also give him some."

"They told us that **if the child does not like** the porridge, we can simply give him the **flour for him to eat raw.**"

"It's true that it was said that it is for the child only, but **often we give some to his older brothers**, that's how it is. If we do not give it to them they will cry, so we give them a bit to calm them down and we save the rest."

"Last month, the flour they gave us could not be used, besides giving it to the animals. **Even the animals don't want it. It's very bitter.**"

## Reported form in which the ration is consumed



❖ In adjusted analysis, CSWB had the lowest reported consumption in the recommended form (61%)

## CONCLUSIONS

**Food aid products were delivered to households for consumption by beneficiary children, but there was evidence that much of the food was not consumed as directed. CSWB was shared more and eaten less frequently by the intended beneficiaries. These findings are important in understanding the effectiveness of these products and have implications for program-specific outcomes. To achieve intended impacts, supplementary feeding programs should support improved adherence by beneficiaries to recommended uses of nutritionally-enhanced food aid products.**

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