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**FACT SHEET**  
**Nutrient-rich small fish production, processing and marketing in Myanmar and Zambia (SPM)**



**Introduction**

Fish and other aquatic foods nourish and provide sustainable diets for many communities in the world (UN Nutrition 2021). In Africa and Asia, where many suffer from malnutrition, fish offers a solution as it is the cheapest and most consumed animal-source food (Kawarazuka 2010). In particular, small fish is a nutritional powerhouse rich in vitamins and minerals that are important for growth and cognition (Bogard et al. 2015). When added to daily meals, small fish increases micronutrient intake among vulnerable groups.

WorldFish was recently awarded a grand prize by the Institute of Food Technologists, an international not-for-profit organization based in the United States. The award was given to expand and scale up the availability of fish in the diets of children under 5 years old and women of reproductive age—two groups that are most affected by undernutrition and micronutrient deficiencies. The project covers Zambia and Myanmar, two markets with significant potential for uptake and impact, and will work with a range of partners in the government and communities, including private companies, to manufacture and distribute affordable and highly nourishing fish-based innovations for poor households.

**Goal**

To promote inclusive and sustainable integrated agriculture and nutrition pathways by improving production, processing and marketing of nutrient-rich fish to increase income, dietary diversity, change nutrition and agriculture/aquaculture behavior, and reduce poverty among vulnerable populations, especially women and children, in Myanmar and Zambia.



**Geographical coverage**  
 Myanmar and Zambia

**Target groups**



Households producing nutritious fish using innovative systems such as pond-based polyculture



Women, children and vulnerable people by improving nutrition through increased consumption of fish and fish-based products



Young people, including women, engaged in marketing and selling fish-based products to increase their incomes



Fish producers engaged as sources of fish used for processing

**Project duration**  
 February 2022 to August 2023

## Food policy domains

### 1. Safe and nutritious food for a healthy diet

The project will make fish accessible and available for direct consumption that improves nutrition by producing and processing fish and fish-based processed products, which are a good source of bioavailable protein and micronutrients. Additionally, dietary diversity will be stimulated by (1) promoting polyculture methods of fish production, (2) employing an integrated system of farming large and small indigenous fish species (SIS) in homestead ponds and (3) using pond embankments to plant vegetables and fruits.

### 2. Sustainable regenerative practices

SIS are widely available from inland water bodies both before and after the rainy seasons. These types of fish are self-recruiting species that can be harvested sustainably without the need for regular stocking. When processed and stored properly, SIS, in the form of dried fish and processed fish (pickled, smoked), can address nutrient gaps during lean periods.

### 3. Empowered, conscious consumer choices

This can be done through social behavior change communication activities that focus on key messages that increase the likelihood of maintaining and promoting positive nutrition behavior among priority groups.

## Impact pathways

The project will deliver impact through the following pathways:

- improved diets among children under 5 years old and women of reproductive age (especially pregnant and lactating women) by consuming products enhanced with nutrient-rich fish
- improved use and enhancement of natural resources, such as SIS, by employing sustainable farming practices

## Impact indicators

- **150** households producing nutritious fish using innovative systems such as pond-based polyculture
- **2000** women, children and vulnerable people with improve nutrition through increased consumption of aquatic food products
- **40** Lead/Model Mothers trained in preparing fish-based foods under the Care Group Model
- **120** young people, including women, engaged in marketing and selling fish-based products to increase their incomes
- **100** fish producers engaged as sources of fish used for processing
- **5000** people reached through various communication platforms to increase their awareness on the importance of fish-based products for improved nutrition

## References

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