

## Participant information Sheet

This brochure is to inform you about the *'Improving dietary quality and livelihoods using farm and wild biodiversity through an integrated community-based approach in Kenya'* that's being conducted in Turkana county. This study is about how we can use foods that are available locally including those from the wild to improve the diets of the families, especially young children and women; and to improve the incomes and food security and livelihoods of the members of this community.

### What is agrobiodiversity?

Agrobiodiversity is a term that is used to refer to all plants and animals that are involved in food and agriculture. This includes all the crops that are cultivated in our farms, all the plants that are collected for food for example as vegetables, fruits and other forms, all the domestic animals that are used for food and all the wild animals that are hunted for food from the wild.

To stay healthy, we need an adequate nutrition. An adequate nutrition is one that has a wide range of nutrients that we can only get from eating different types of foods. These foods come from different plants and animals. This is why it is important to study agrobiodiversity. In this project we will focus mainly on the wild plants that are harvested and used for foods eg as fruits or vegetables.

### What will this study do?

Bioversity International is an international organization that does research so as to inform about development projects. In this study we (Bioversity International) are working together with the government, GIZ and Save the Children. Our aim is to assess the availability of the wild foods in your community including the seasons when they are harvested and factors that determine their harvesting. We will then take samples of some of the fruits and vegetables and analyse their nutrient compositions and try to find ways in which they can be prepared well and be consumed by the members of the community. To do this, we will work together with members of the community including women, men, youths and the elderly. We will also guide the community to come up with ways in which the foods can be used to improve the nutrition of this community. In addition, the outcome of this study will inform the county government on how to improve the nutrition services in this county.

### Who can participate?

This study aims to generate two kinds of information, that on agrobiodiversity so as to devise the ways in which they can be used well in this community and another on diets of young children and women. Anyone in this community with good knowledge of the foods that are grown, bought, sold or consumed in this community is eligible to participate in the study that aims to generate information on available agrobiodiversity. As for diets of young children and women, only women with children aged between the ages of 6 – 59months can participate. We will thus only select households with children within this age group to take part in the study. Nevertheless, everyone is free to attend the nutrition education sessions in which we will teach on the ways of improving diets, specifically diet diversification.

### Voluntary participation

Your participation in this research is completely voluntary. You will make the choice about whether you and your child will participate or not. If you choose not to take part, you will be free to discontinue at any given moment during the study without any consequence on other services such as Health services in your community.

### Confidentiality

The research being done in the community may draw attention and if you participate you may be asked questions by other people in the community. We will not be sharing information about you to anyone outside of the research team. The information that we collect from this research project will be kept private. Any information about you and your family will have a number on it instead of your name and will be known to the researchers only.

### **What Is Involved in this Project?**

This project will be implemented in phases and will run for about one year. In the first phase of this project, we are going to collect information about your community from some representatives of your community and from data that were collected by other projects in your community. This will be followed by survey where we will visit some households in your community to ask about what is eaten in this community especially by women and children.

The project will then begin with a kick-off meeting in which all members of the community including your leaders will be invited to participate in the activities marking the start of the project.

This will then be followed community meetings where the results from the first phase of this research will be shared with the members of the community and nutrition education offered. The aim of this education will be to encourage dietary diversification through consumption of locally available plant and animal species. We expect that this will lead the community to develop an action plan and implement the plan leading to improved nutrition and increased utilization of the locally available foods. We will also link your community members with other experts in agriculture and livestock to conduct trainings on agriculture in the community.

At the end of the project we will again conduct another survey to assess the success of the project.

### **What are the Risks?**

There are no foreseen risks in participating in this study.

### **What will you gain from this project?**

You will be taught about good nutrition and how to care for your child well. In addition, your participation is likely to help us find out more about how to improve the nutrition and health of women and children in this community. We expect to come up with good ways in which the wild foods found in your community can be used to improve the diets in your community and to earn incomes. This will also lead to improved livelihoods on your community.

### **For questions and/or information about the study please contact:**

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For questions about your rights and safety as a participant in this study please contact:

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