



## Description

In 1998, The Hunger Project had all of its staff and worldwide supporters confront the truth that the most fundamental cause of the remaining hunger in the world is the severe subjugation, marginalization, and disenfranchisement of women. This mobilization evolved THP's methodology and the empowerment of women became the highest priority in all of The Hunger Project's programs.

Both THP's Women's Empowerment Program (WEP), and its specialized animator trainings in Africa, empower women to seek positions of leadership and train all of our partners, both men and women, to take responsibility for improving the lives of people in their communities.

To enhance our impact, THP created the Women's Empowerment Index to measure progress in the multidimensional aspects of women's empowerment. This index is unique to The Hunger Project and informs and improves our programs that target empowering women.

## Why does THP work on Women's Empowerment?

Overcoming gender inequality is absolutely critical to achieving the end of hunger. Women often bear the responsibility for meeting the needs of their family. However, they are frequently denied the resources, information and freedom of action to fulfill this duty. When women are empowered, all of society benefits. Their families are healthier, birth rates, childhood malnutrition and child mortality are reduced. More children go to school, including girls, agricultural productivity improves, and incomes increase. Therefore, women's empowerment is an essential component of all of The Hunger Project's programs.



Uganda, 2017

## Key Activities

The following activities are key to achieving success in this program:

Activity	Description
Women's Empowerment Program (WEP) Workshop	This specialized program provides an intensive series of trainings to both women and men about women's legal and reproductive rights, as well as workshops for women and men to raise community-wide awareness of women's vital and often overlooked contributions to her family and to her community.
Animator Training in WEP	THP offers trainings for animators in the Women's Empowerment Program. Male and female WEP animators are the perfect messengers of change as they can explain when women are empowered. It is essential to have a mix of men and women in order to provide personal testimony, hands-on demonstration and encouragement for the adoption of new practices.
Health and Nutrition Training	At THP's epicenter trainings, women attend workshops in which healthcare professionals explain the basics of nutrition for both children and mothers, and the importance of pre- and postnatal care.
Microfinance Program	THP trains and empowers community members in microfinance with a special focus on women food farmers, who grow 80 percent of the household food in sub-Saharan Africa. Participants learn how to increase their incomes and use their savings to improve the health, education and nutrition of their families. Sixty percent of THP's Microfinance Program participants are women.

## The Hunger Project.



Ghana, 2016

## Known Challenges

**Low Male Participation in WEP Training Sessions:** THP's WEP offers a variety of trainings to both women and men within its epicenter communities. Since men in some communities think that WEP trainings are only for women, they often do not attend these trainings. To face this challenge, THP works with village chiefs to encourage men to attend these sessions. Additionally, the possibility of WEP animator sessions exclusively for men has been discussed.

**Scheduling for Women:** In the developing world, women in particular bear responsibilities for most of the routine household work and caregiving, such as preparing meals, fetching water, doing laundry, and taking care of the children. Therefore, it is hard to schedule training time for women in some areas. For higher attendance, it is important to identify the routines of women in the communities first and schedule workshops at a time that women can attend.

The Hunger Project measures each community's progress in all the Goals. Using the indicators, the community knows their progress towards self-reliance and is able to reflect on their progress and set new targets each year.



## Goal 2 Empower Women and Girls in Rural Communities



### Introduction

The Hunger Project (THP) firmly believes that empowering women to be key change agents is an essential element to achieving the end of hunger and poverty. Wherever THP works, its programs aim to support women and build their capacity. Achieving real progress toward the end of hunger and poverty means mobilizing women - and men - within all sectors to ensure women's access to the rights, resources and inputs required to lead healthy and productive lives.

### Objectives

- 1) Increase women's leadership and agency at the local level
- 2) Expand economic opportunities for rural households, especially for women
- 3) Improve health outcomes for women and girls
- 4) Foster an environment for female leadership and agency
- 5) Improve gender parity in education

### Metrics

<ul style="list-style-type: none"> <li>Number of trainees in WEP</li> <li>Number of animator trainees in WEP</li> <li>Proportion of women serving in executive positions on committees</li> </ul>	Indicators that demonstrate women's capacity building
<ul style="list-style-type: none"> <li>Number of women accessing clinic services during pregnancy</li> <li>Number of births attended by licensed healthcare professional</li> </ul>	Indicators that demonstrate women's access to and use of health services
<ul style="list-style-type: none"> <li>Number of children enrolled in nursery schools</li> <li>Prevalence of child marriage</li> </ul>	Indicators that increase women's free time and agency
<ul style="list-style-type: none"> <li>Women's Empowerment Index</li> <li>Minimum Dietary Diversity for Women</li> </ul>	Indicators that demonstrate women's agency and health

## The Hunger Project.

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Ending hunger starts with people.



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