

Module 1: Introduction to the HEA Framework
SESSION 1: BASIC FOOD SECURITY AND LIVELIHOOD CONCEPTS

FACILITATOR NOTES

Presentation	<i>Basic Food Security and Livelihood Concepts.ppt</i>
Handouts	<i>H2.1 Handout – HEA Timeline and Definitions</i>
Practitioners' Guide Reference	Chapter 1: INTRODUCTION - <u>The Origins of the Approach</u>
Guide to HEA Reference	Chapter 1 – <u>Section 2.1</u>
Time	30 minutes

Purpose and content

To introduce participants to the key concepts in food- and livelihood security and the implications for the information required for their analysis.

Objectives

By the end of this session, participants should be able to:

- Describe what food security and livelihood security means
- Describe what an analysis of food security or livelihood security must consider according to this definition
- Describe in broad terms how elements of HEA link to food security and livelihood security definitions

When to run this session

This session shows how HEA links with basic food security concepts and so should be one of the very first training sessions. It should come before the session *Introduction to HEA*.

Handouts

- *H1.1 Handout 1 – HEA Timeline and Definitions*
This handout includes (i) HEA timeline: the milestones in the development of HEA, including some of the early events that shaped thinking on food security; and (ii) a glossary, giving definitions of some of the key terms related to HEA, food security and livelihood security.

Key learning points

- Food security is defined as *secure access by all people at all times to a sufficient quantity and quality of food for an active and healthy life*. Livelihood security can be

defined in similar terms: *ensured access to sufficient resources to ensure immediate and long term survival for all people at all times.*

- Each element of this definition has implications for what we need to look at to understand and measure food security. For example, we need to look at **access** to food: not *what* people eat but *how* they get it; and to see whether they have access to **sufficient** food and income, their access needs to be *quantified* and compared with a *threshold*.
- All the elements of HEA – such as *livelihood zoning*, *wealth breakdowns*, *quantification of baseline livelihood strategies* and *outcome analysis* - represent ways of operationalising the basic definitions of food security and livelihood security, so that each of the principles within them can be applied in practice.

Session plan

Session plan summary		
Activity	Methodology	Timing
Basic food security and livelihood concepts, and how elements of HEA link to them	Presentation	20 minutes
	Discussion in plenary	10 minutes
Total		30 minutes

ACTIVITY: BASIC FOOD SECURITY AND LIVELIHOOD CONCEPTS

(30 MINUTES)

- Distribute *H1.1 Handout – HEA Timeline and Definitions*.
- Go through the presentation *Basic food security and livelihood concepts*. Accompanying notes are provided within the presentation file. In brief:
 - Introduce the principle terms involved in the food security definition and explore the specific analytical and information requirements attached to each of the terms. This shows how the food security definition can be put to work in an operational and practically useful way.
When discussing the concept of ‘access’, refer to the HEA timeline in the handout and point out some of the key milestones in the emergence and acceptance of the concept.
 - Introduce the term ‘livelihood security’ and flesh out the six asset/capital areas.
 - Finally, introduce some of the key terms in HEA. The final slide should be the basis of a brain storming session, rather than a presentation of terms; the aim is to show that each of these HEA elements has not just been made up for the sake of it, but has developed as a result of the analytical and information requirements of the widely accepted food/livelihood security definitions.
Go through each of the terms in turn and ask participants to think how it might be related to the requirements of the food security/livelihood security definitions which have just been outlined. The idea is not to go into depth on any of the HEA steps (which are covered in another session) but to get

participants to surmise how elements within HEA link to broader food security and livelihood concepts.

- Refer again to *H1.1 Handout – HEA Timeline and Definitions*, pointing out some of the key terms that you have been discussing in the list. On the HEA timeline, point out a few dates which you think would be of interest.