



Experience from Koshi, Kamala and Narayani river basins



Livelihood/Nutrition issues after flood

- Water gets contaminated.
- Vegetables die
- Stored grains are either soaked or washed away.
- Houses collapse
- Standing crops are damaged
- Dairy production is reduced
- Vulnerability to diseases and pests increases

Traditional Solutions/approaches

- Relief basically grains
- After flood programming

Being prepared
beforehand is
better but how ?

What We Do ?

Food Security

- Ensure crops withstand flooding
- Diversify agriculture
- Store seeds and grains properly
- Adopt alternative farming methods
- Home gardening- model farms
- Community kitchen

Nutrition

- Nutrition sensitive agriculture
- Nutrition awareness
- Dairy and meat supply are important for family nutrition.
- WASH
- Give priority-children and lactating mothers and elderly
- Dietary diversity



S
a
f
e

w
a
t
e
r



Improving Adaptation



S
a
f
e

s
t
o
r
a
g
e





D
o
d
i
f
f
e
r
e
n
t
l
y





Community
mechanisms





