"NutVal: A spreadsheet application for planning and monitoring food assistance"
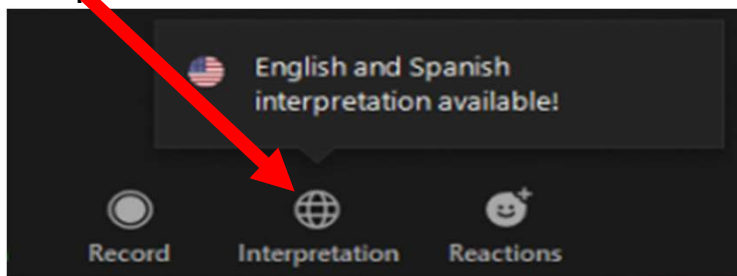
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يمكن الاستفادة من الترجمة الفورية عن طريق النقر فوق رمز الكرة الأرضية أسفل الشاشة.

Use of Cost of Diet and Nutval for the calculation of CVA for nutrition transfer value'

"NutVal: A spreadsheet application for planning and monitoring food assistance"

Date: 07/12/2023   Time: 14:00 UTC

Webinar Working Group

Supporting Donors

Note: *This webinar is made possible by the generous support of all of our donors, however, the contents are the responsibility of the GNC Technical Alliance and the individual presenters and do not necessarily reflect the views of these donors.*

Introduction

- Practitioners have reported various challenges and practices with calculating the food and nutrient requirements of emergency affected populations and then converting those requirements into a cash transfer equivalent.
- A number of different software tools are available, but it is not always clear which tool is best suited to a particular situation or problem.
- This seminar series aims to explore current practices and the challenges that people are encountering and describe some of the available software tools and their advantages and disadvantages.

Webinar Series

- Seminar 1 – Overview of Current Practices, Challenges and Available Tools
- Seminar 2 – CotD: an overview for users
- **Seminar 3 - NutVal: an overview for users**

Webinar Agenda

- Introduction (5 mins)
- Presentation
  - Recap diff between CoD and NutVal (10 mins)
    - Poll 1
  - Introduce NutVal 4.1 (15 mins)
    - Poll 2
  - Case study of how it has been used (25 mins)
    - Poll 3
  - Overview of proposed CVA functions in NutVal v5.0 (15 mins)
    - Poll 4
- Q&A (15 mins)
- Closing (5 mins)

Today's Facilitators and Presenters

Name: Diane Moyer
Title : Nutrition Advisor
Organisation: Concern

Name: Maggie Holmesheoran
Title : Nutrition Advisor
Organisation: USAID

Name: Marina Tripaldi
Title Senior CVA Advisor
Organisation Save The Children

Name: Andrew Seal
Title : Associate Professor
Organisation: UCL

NutVal and Other Software Tools

Andrew Seal

Software Tools: Past, Present and Future

- NutCalc
- NutVal
- Cost of Diet (CotD)
- Optimus
- ENHANCE
- Commercial nutrition software and online databases
- User designed spreadsheets, etc.

Summary Comparison of CotD and NutVal

Features/functions	CotD	NutVal
Comprehensive food database	+++	++
Detailed optimisation of national/local diets	+++	+
Calculation of MEB	++	+
Planning for food distributions	+	++
Planning for CVA	+++	+
Programme monitoring	++	++
Use in PDM	-	
Ease and speed of use	+	+++
Availability in languages other than English	-	-
Online downloads	+++	+++
Freeware	+++	+++
Software updates	+ (new version coming)	+ (new version coming)

NutVal and the Calculation of CVA Transfers

- The focus today is on the use of NutVal for the calculation of the CVA transfer value needed to achieve a nutritional adequate diet

- Going to ask now for your participation in the first of a series of audience polls. We want to find out more about how people use NutVal and what you would like to see in the next version.

Zoom Poll 1

1. Have you ever used NutVal in your work?
    a) Never
    b) Occasionally
    c) Often

2. Have you ever received training on how to use NutVal?
    a) Never received
    b) Did some training a long time ago
    c) Did some training recently

3. What level of user do you think you are?
    a) Beginner
    b) Intermediate
    c) Expert

An Overview of NutVal Version 4

- NutVal is a spreadsheet application developed in Excel for the planning, calculation and monitoring of the **Nut**ritional **Val**ue of food assistance.

- NutVal is *designed* to make the job of programme managers, nutritionists and health staff easier and more effective.

- It *aims* to help ensure that nutritionally adequate food assistance is provided so as to minimise public health problems, particularly micronutrient deficiencies.

An Overview of NutVal Version 4

NutVal 4 has 5 main functions:

1. *Food and Nutrient Database*: contains information on the nutrient content of common food assistance items

2. *Ration Calculator*: for calculating the nutrient content of a food assistance ration for an individual

3. *Logistics Calculator*: for planning a food assistance programme

4. *Ration Tracking*: provides tables and graphs for comparing the content of different rations

5. *On-site Distribution Monitoring*: a software tool for food basket monitoring

Downloading and Setting up NutVal

http://www.nutval.net

Once the file has downloaded open Excel and enable macros! Macros contain the VBA code that makes the NutVal functions work.

Please note that you can also *download training PowerPoints* in *English* and *French*

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NutVal 4.0

A spreadsheet application for planning, calculating and monitoring the Nutritional Value of food assistance

Developed for WFP and UNHCR by the UCL Institute for Global Health

UCL

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The *Food and Nutrient Database* and *Ration Calculator* can help you select commodities and products and calculate the nutrient content of food assistance rations. The *Logistics Calculator* can be used to calculate food requirements and costs for programmes. Rations can be saved and compared using the *Ration Tracker* function. The *On-Site Distribution Monitoring* function is for collecting and analysing distribution data (also called food basket monitoring). NutVal 4 is <u>not</u> designed for calculating diets for the treatment of malnutrition but therapeutic and supplementary feeding products are now included in the database for easy reference. To use NutVal you must *enable macros* when you start the application. Click one of the buttons to start or read the help pages for more information.

Function buttons

| Food and Nutrient Database | Ration Calculator | Logistics Calculator | Ration Tracker | On-Site Distribution Monitoring |

Help and Information

What's new in NutVal 4.0?
Optimising your screen view
How to enable macros
Food and nutrient composition data
Planning and calculating a ration
Using the Logistics Calculator
How to track nutrient content over time
On-Site Distribution Monitoring
Acknowledgements
Abbreviations

Links to help pages

Full Screen View

Click this to get a better view

© 2014-2015   Email: *support@nutval.net*   Web site: *www.nutval.net*

Database – *Filtered* to show Cereals and *sorted* by energy content

NutVal 4.0 Food and Nutrient Database

Home | Ration Calculator | Help | View Vitamins | Macronutrients and Minerals

Select food types to display: CEREALS

Sort list by: Energy

Nutrients per 100 grams of raw portion

Food Type	Food Commodities and Products	Energy kcal	Vitamin A µg RAE	Thiamine Vitamin B1 mg	Riboflavin Vitamin B2 mg	Niacin Vitamin B3 mg	Pantothenate Vitamin B5 mg	Pyridoxine Vitamin B6 mg	Folate Vitamin B9 µg DFE	Cobalamin Vitamin B12 µg	Vitamin C mg	Vitamin D µg	Vitamin E mg	Vitamin K µg
CEREALS	SOYA FLOUR, FULL FAT, RAW	436	6	0.58	1.16	4.3	1.6	0.5	345.0	0.0	0.0	0.0	2.0	70.0
CEREALS	OATS, FLOUR, PART DEBRANNED	404	0	0.69	0.13	1.5	0.2	0.1	32.0	0.0	0.0	0.0	0.7	3.2
CEREALS	OATS, WHOLE	389	0	0.76	0.14	1.0	1.3	0.1	56.0	0.0	0.0	0.0	-	-
CEREALS	MILLET	378	0	0.42	0.29	4.7	0.8	0.4	85.0	0.0	0.0	0.0	0.1	0.9
CEREALS	COUSCOUS, DRY	376	0	0.16	0.08	3.5	1.2	0.1	20.0	0.0	0.0	0.0	-	-
CEREALS	RICE, WHITE, LONG GRAIN, PARBOILED	374	-	0.22	0.05	5.0	0.7	0.5	8.0	0.0	0.0	0.0	0.0	0.1
CEREALS	MILLET FLOUR	373	-	0.41	0.07	6.0	1.3	0.4	42.0	-	0.0	-	0.1	0.8
CEREALS	PASTA, MACARONI	371	-	0.09	0.06	1.7	0.4	0.1	18.0	0.0	0.0	-	0.1	0.1
CEREALS	MAIZE MEAL, FORTIFIED [USAID]	370	121	1.80	0.45	5.0	-	0.6	184.0	11.0	0.0	2.0	0.1	0.0
CEREALS	MAIZE MEAL, WHITE, DEGERMED	370	0	0.14	0.05	0.9	0.2	0.2	30.0	0.0	0.0	0.0	0.1	0.0
CEREALS	MAIZE MEAL, WHITE, DEGERMED, ENRICHED (USA)	370	0	0.55	0.38	5.0	0.2	0.2	335.0	0.0	0.0	0.0	0.1	0.0
CEREALS	MAIZE MEAL, YELLOW, DEGERMED	370	11	0.14	0.05	0.9	0.2	0.2	30.0	0.0	0.0	0.0	0.1	0.0
CEREALS	MAIZE MEAL, YELLOW, DEGERMED, ENRICHED (USA)	370	11	0.55	0.38	5.0	0.2	0.2	335.0	0.0	0.0	0.0	0.1	0.0
CEREALS	MAIZE MEAL, FORTIFIED [WFP]	366	165	0.58	0.31	4.5	0.3	0.3	208.0	0.8	0.0	0.0	0.2	-
CEREALS	MAIZE GRAIN, WHITE	365	0	0.39	0.20	2.2	0.4	0.6	-	0.0	0.0	0.0	-	-

Soya Flour, Full fat, Raw is the cereal with the highest energy content

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Zoom Poll 2

1. **Have you ever used the NutVal Food Basket Monitoring/On-site distribution monitoring functions in your work?**

   a) Didn't know they were there
   b) They are not useful for me
   c) I have used them occasionally
   d) I use them often and find them useful

An Overview of NutVal Version 4

The live demo will cover:

1. *The Food and Nutrient Database*

2. *Ration Calculator*
    a) Selection of population groups
    b) Adjustment of general ration
    c) Entering food items and adjusting amounts
    d) Viewing results
    e) Saving rations

3. *Ration Tracking*: provides tables and graphs for comparing the content of different rations

4. Exporting data for use in CVA calculations

Live demo of NutVal Version 4

Case Study in Using NutVal v4 in Calculation of CVA Transfers

Maggie Holmesheoran

Welcome to YumYum Land!

Scenario:

You have been working in YumYum Land for the last two years as a nutritionist. YumYum Land has experienced high levels of displacement due to a political crisis, and people have been displaced for years. In the areas where displaced people come there are functional markets and a broad set of humanitarian services being provided.

As a nutritionist you have noticed that women's and children's minimum dietary diversity scores are routinely low in spite of the presence of a functional market that includes nutritionally diverse foods. You know that displaced households are receiving value vouchers for basic food security.

What options do you have to improve diet adequacy?

You are thinking about using **Value Vouchers for PBWG** to try to address the nutritional issues you are seeing, but you are not sure what the nutrition gaps are.

You form a group of interested stakeholders and decide to use NutVal to see what nutrients might be missing from diets of PBWG as a starting place.

What assumptions do we make?

- The PBWG receives an equal share of the HH-level food resources
- The food assistance MEB is the least-cost option given market circumstances- allowing us to use the illustrative commodities in our estimates

RATION CONTENTS

RATION CONTENTS	Daily Ration g/person/day	Energy kcal	Protein g	Fat g	Calcium mg	Copper mg	Iodine µg	Iron mg	Magnesium mg	Selenium µg	Zinc mg
RICE, WHITE, MEDIUM GRAIN	83	299	5.5	0.5	7	0.1	-	0.7	29	-	1.0
BEANS, DRIED	41	139	9.0	0.5	58	0.4	-	2.5	71	5.6	1.1
OIL, VEGETABLE [WFP]	11	97	0.0	11.0	0	-	-	0.0	-	-	-
GROUNDNUTS (PEANUTS), DRY	8	45	2.1	3.9	7	0.1	-	0.4	13	0.6	0.3
SALT, IODISED [WFP]	3	0	0.0	0.0	-	-	120	-	-	-	0.0
SUGAR	6	23	0.0	0.0	0	0.0	-	0.0	0	0.0	0.0
MAIZE MEAL, WHITE, WHOLE GRAIN	137	496	11.1	4.9	8	0.3	-	4.7	174	21.2	2.5
OIL, PALM, UNFORTIFIED	6	53	0.0	6.0	0	0.0	-	0.0	0	0.0	0.0
Ration totals:	**295**	**1,153**	**28**	**27**	**81**	**0.8**	**120**	**8.3**	**287**	**27.4**	**4.8**
Beneficiary requirements for: Lactating		2,900	72.5	64.4	1,000	1.3	200	30.0	270	38.5	21.1
% of requirements supplied by ration:		40%	38%	42%	8%	64%	60%	28%	106%	71%	23%
% of energy supplied by protein or fat:			9.6%	20.9%							

Ration Name: PLW Lean Season
Date: 07/08/2022

Wheat-Based | Maize-Based | Rice-Based Example | Clear!

Energy Pie Chart | Vitamin Bar Chart | Vitamin Radar Plot | Mineral Bar Chart | Mineral Radar | Save Ration | Load/ Delete | Export Data

RATION CONTENTS	Daily Ration g/person/day	Energy kcal	Vitamin A µg RAE	Thiamine Vitamin B1 mg	Riboflavin Vitamin mg	Niacin Vitamin B3 mg	Pantothenate Vitamin mg	Pyridoxine Vitamin mg	Folate Vitamin B9 µg DFE	Cobalamin Vitamin µg	Vitamin C mg	Vitamin D µg	Vitamin E mg	Vitamin K µg
RICE, WHITE, MEDIUM GRAIN	83	299	-	0.06	0.04	1.3	1.1	0.1	7	0	0.0	0.0	-	-
BEANS, DRIED	41	139	0	0.28	0.08	0.8	0.4	0.2	183	0	1.7	0.0	0.1	3.2
OIL, VEGETABLE [WFP]	11	97	99	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.8	-	-
GROUNDNUTS (PEANUTS), DRY	8	45	0	0.05	0.01	1.0	0.1	0.0	19	0	0.0	0.0	0.7	0.0
SALT, IODISED [WFP]	3	0	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0
SUGAR	6	23	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0
MAIZE MEAL, WHITE, WHOLE GRAIN	137	496	0	0.53	0.28	2.8	0.6	0.4	34	0	0.0	0.0	0.6	0.4
OIL, PALM, UNFORTIFIED	6	53	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	-	1.0	0.5
Ration totals:	295	1,153	99	0.9	0.4	5.8	2.2	0.8	244	0.0	1.7	0.8	2.3	4.1
Beneficiary requirements for: Lactating		2,900	850	1.5	1.6	17.0	7.0	2.0	500	2.8	70.0	5.0	7.5	55.0
% of requirements supplied by ration:		40%	12%	61%	26%	34%	31%	38%	49%	0%	2%	17%	30%	7%

+ -

Wheat-Based | Maize-Based | Rice-Based Example | Clear!

Ration Name: PLW Lean Season
Date: 07/08/2022

Energy Pie Chart | Vitamin Bar Chart | Vitamin Radar Plot | Mineral Bar Chart | Mineral Radar | Save Ration | Load/ Delete | Export Data

NutVal analysis shows us that the PBWG diet is lacking overall kilocalories, and doesn't meet SPHERE Standards for minerals, and all micronutrients.

Could we just provide more of the same foods? Or are other foods needed?

What foods that are available in the markets may meet these gaps? How would we find out this information?

- Data from national statistics agency (market information) OR
- Pre-existing datasets (CotD, other market monitoring) OR
- Do your own survey OR
- Ask program staff who know the context and triangulate

RATION CONTENTS

Ration Contents	Daily Ration g/person/day	Energy kcal	Protein g	Fat g	Calcium mg	Copper mg	Iodine µg	Iron mg	Magnesium mg	Selenium µg	Zinc mg
RICE, WHITE, MEDIUM GRAIN	100	360	6.6	0.6	9	0.1	-	0.8	35	-	1.2
BEANS, DRIED	170	578	37.5	2.0	241	1.5	-	10.5	293	23.1	4.6
OIL, VEGETABLE [WFP]	11	97	0.0	11.0	0	-	-	0.0	-	-	-
GROUNDNUTS (PEANUTS), DRY	170	964	43.9	83.7	156	1.9	-	7.8	286	12.2	5.6
SALT, IODISED [WFP]	10	0	0.0	0.0	-	-	400	-	-	-	0.0
SUGAR	6	23	0.0	0.0	0	0.0	-	0.0	0	0.0	0.0
MAIZE MEAL, WHITE, WHOLE GRAIN	137	496	11.1	4.9	8	0.3	-	4.7	174	21.2	2.5
OIL, PALM, UNFORTIFIED	6	53	0.0	6.0	0	0.0	-	0.0	0	0.0	0.0
Ration totals:	**610**	**2,571**	**99**	**108**	**414**	**3.8**	**400**	**23.9**	**788**	**56.6**	**13.8**
Beneficiary requirements for: Lactating		2,900	72.5	64.4	1,000	1.3	200	30.0	270	38.5	21.1
% of requirements supplied by ration:		89%	137%	168%	41%	303%	200%	80%	292%	147%	66%
% of energy supplied by protein or fat:			15.4%	37.9%							

Ration Name: PLW Lean Season

Date: 07/08/2022

Wheat-Based | Maize-Based | Rice-Based Example | Clear!

Energy Pie Chart | Vitamin Bar Chart | Vitamin Radar Plot | Mineral Bar Chart | Mineral Radar | Save Ration | Load/ Delete | Export Data

RATION CONTENTS		Daily Ration g/person/day	Energy kcal	Vitamin A µg RAE	Thiamine Vitamin B1 mg	Riboflavin Vitamin mg	Niacin Vitamin B3 mg	Pantothenate Vitamin mg	Pyridoxine Vitamin mg	Folate Vitamin B9 µg DFE	Cobalamin Vitamin µg	Vitamin C mg	Vitamin D µg	Vitamin E mg	Vitamin K µg
RICE, WHITE, MEDIUM GRAIN		100	360	-	0.07	0.05	1.6	1.3	0.1	9	0	0.0	0.0	-	-
BEANS, DRIED		170	578	0	1.17	0.35	3.2	1.5	0.8	758	0	6.8	0.0	0.3	13.2
OIL, VEGETABLE [WFP]		11	97	99	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.8	-	-
GROUNDNUTS (PEANUTS), DRY		170	964	0	1.09	0.23	20.5	3.0	0.6	408	0	0.0	0.0	14.2	0.0
SALT, IODISED [WFP]		10	0	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0
SUGAR		6	23	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0
MAIZE MEAL, WHITE, WHOLE GRAIN		137	496	0	0.53	0.28	2.8	0.6	0.4	34	0	0.0	0.0	0.6	0.4
OIL, PALM, UNFORTIFIED		6	53	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	-	1.0	0.5
Ration totals:		610	2,571	99	2.9	0.9	28.1	6.4	1.9	1,209	0.0	6.8	0.8	16.0	14.1
Beneficiary requirements for:	Lactating		2,900	850	1.5	1.6	17.0	7.0	2.0	500	2.8	70.0	5.0	7.5	55.0
% of requirements supplied by ration:			89%	12%	190%	56%	165%	92%	96%	242%	0%	10%	17%	213%	26%

Ration Name: PLW Lean Season

Date: 07/08/2022

Wheat-Based | Maize-Based | Rice-Based Example | Clear!

Energy Pie Chart | Vitamin Bar Chart | Vitamin Radar Plot | Mineral Bar Chart | Mineral Radar | Save Ration | Load/Delete | Export Data

Sentinel Food List with Prices

Food group (local name)	Average Price/ 100g	Price Range (YumYum/ 100g)
Legumes, nuts and grains		
Groundnut (Gyada)	123	68-176
Soybean, dried (Waken soya)	45	37-54
White bean, dried (Farin Wake)	60	55-67
Red bean, dried (Jan Wake)	63	53-67
Sesame seeds	109	68-229
Eggs		
Chicken egg, raw (Kwai Kaza)	109	84-132
Flesh Foods		
Dried fish	278	178-408
Sardine (in oil)	199	165-253
Chicken (whole)	216	139-348
Goat meat	132	84-166
Beef meat (with bone)	145	80-203
Milk & milk products		
Cow cheese (Chuku)	445	445
Powdered milk (Madara)	264	184-351
Yogurt, plain (Nono)	65	42-90
Fruits		
Pineapple (Abarba)	55	73
Banana (Ayaba)	41	32-61
Baobab fruit (monkey bread) (kuka)	35	26-74
Lemon/lime lemon (tsami)	64	29-101
Dates, raw (Dayan Dabino)	73	22-157
Dates, dried (Dabino)	119	95-172
Guava (Goba)	23	19-28
Mango (Mangoro)	24	14-51
Melon	23	22-25
Orange (Lemon zaki)	17	13-27
Grapefruit	392	188-667
Papaya (Bambus)	78	29-112
Watermelon (Kankana)	32	14-81
Tamarind, dried (Tsamiya)	24	22-27
Tomato (Tumatur)	63	43-102
Vegetables		
Eggplant, African (white) (Yalon bello)	29	17-40
Carrot (Karas)	56	36-93
Cabbage (Kabeji)	30	14-55
Cucumber (Gurji)	63	16-165
Leaf, baobab, raw (Dayen kuka)	18	18
Leaf, baobab, dried (Kuka)	38	25-58
Leaf, pumpkin, raw		
Leaf, cassava, raw (Doya rogo)		
Leaf, moringa, raw (Zogale)	32	18-42
Leaf, sweet potato, raw (Dankali hausa)		
Leaf, bean, raw (Wake)		
Leaf, roselle, raw (Zobo)	26	26
Okra, raw (Dayen Kubewa)	42	26-56
Spinach	22	10.5-47
Okra, dried (Busheshe n Kubewa)	113	66-177
Green bean, raw	79	53-94
Lettuce	69	28-96
Green onion (Albasa)		
Onion, red (Albasa)	30	26-34
Onion, white (Albasa)	34	24-55
Bell pepper (Tattasai)	168	100-282
Oils & fats		
Vegetable oil, fortified (Mai)	143	127-178
Palm oil, red	81	70-98

Just adding more of the same foods still leaves food gaps.

Other nutrient-rich foods are available in the market, and we have a basic price list.

So now how do we actually make an add-on basket that:

- Meets nutritional gaps
- Is reasonable for local diets
- Isn't too expensive

Remember:

- The basket is ILLUSTRATIVE
- Hold all else equal (presumes no changes in the MEB)

RATION CONTENTS		Daily Ration g/person/day	Energy kcal	Protein g	Fat g	Calcium mg	Copper mg	Iodine µg	Iron mg	Magnesium mg	Selenium µg	Zinc mg
RICE, WHITE, MEDIUM GRAIN	▲▼	100	360	6.6	0.6	9	0.1	-	0.8	35	-	1.2
BEANS, DRIED	▲▼	170	578	37.5	2.0	241	1.5	-	10.5	293	23.1	4.6
OIL, VEGETABLE [WFP]	▲▼	11	97	0.0	11.0	0	-	-	0.0	-	-	-
GROUNDNUTS (PEANUTS), DRY	▲▼	170	964	43.9	83.7	156	1.9	-	7.8	286	12.2	5.6
SALT, IODISED [WFP]	▲▼	10	0	0.0	0.0	-	-	400	-	-	-	0.0
SUGAR	▲▼	6	23	0.0	0.0	0	0.0	-	0.0	0	0.0	0.0
MAIZE MEAL, WHITE, WHOLE GRAIN	▲▼	137	496	11.1	4.9	8	0.3	-	4.7	174	21.2	2.5
OIL, PALM, UNFORTIFIED	▲▼	6	53	0.0	6.0	0	0.0	-	0.0	0	0.0	0.0
LEAVES, DARK GREEN, e.g. SPINACH	▲▼	250	58	7.2	1.0	248	0.3	-	6.8	198	2.5	1.3
FISH, DRIED, SALTED	▲▼	50	135	23.5	3.8	172	-	-	1.4	-	-	-
GOAT MEAT, RAW	▲▼	50	55	10.3	1.2	7	0.1	-	1.4	-	4.4	2.0
ORANGE, RAW	▲▼	100	63	1.3	0.3	70	0.1	-	0.8	14	0.7	0.1
MILK, GOAT, WITH ADDED VITAMIN D	▲▼	50	35	1.8	2.1	67	0.0	-	0.0	7	0.7	0.2
EGG, WHOLE, CHICKEN, FRESH	▲▼	50	72	6.3	4.8	28	0.0	-	0.9	6	15.4	0.6
BANANA	▲▼	100	89	1.1	0.3	5	0.1	-	0.3	27	1.0	0.2
Ration totals:		1,260	3,076	150	122	1,010	4.4	400	35.4	1,039	81.3	18.2
Beneficiary requirements for: Lactating ▼			2,900	72.5	64.4	1,000	1.3	200	30.0	270	38.5	21.1
% of requirements supplied by ration:			106%	208%	189%	101%	355%	200%	118%	385%	211%	86%
% of energy supplied by protein or fat:				19.6%	35.6%							

RATION CONTENTS	Daily Ration g/person/day	Energy kcal	Vitamin A µg RAE	Vitamin B1 mg	Vitamin B2 mg	Niacin Vitamin B3 mg	Vitamin B5 mg	Vitamin B6 mg	Folate Vitamin B9 µg DFE	Vitamin B12 µg	Vitamin C mg	Vitamin D µg	Vitamin E mg	Vitamin K µg
RICE, WHITE, MEDIUM GRAIN	100	360	-	0.07	0.05	1.6	1.3	0.1	9	0	0.0	0.0	-	-
BEANS, DRIED	170	578	0	1.17	0.35	3.2	1.5	0.8	758	0	6.8	0.0	0.3	13.2
OIL, VEGETABLE [WFP]	11	97	99	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.8	-	-
GROUNDNUTS (PEANUTS), DRY	170	964	0	1.09	0.23	20.5	3.0	0.6	408	0	0.0	0.0	14.2	0.0
SALT, IODISED [WFP]	10	0	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0
SUGAR	6	23	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0
MAIZE MEAL, WHITE, WHOLE GRAIN	137	496	0	0.53	0.28	2.8	0.6	0.4	34	0	0.0	0.0	0.6	0.4
OIL, PALM, UNFORTIFIED	6	53	0	0.00	0.00	0.0	0.0	0.0	0	0	0.0	-	1.0	0.5
LEAVES, DARK GREEN, e.g. SPINACH	250	58	1,173	0.20	0.47	1.8	0.2	0.5	485	0	70.3	0.0	5.1	1,207.3
FISH, DRIED, SALTED	50	135	0	0.04	0.06	4.3	-	-	0	-	0.0	-	-	-
GOAT MEAT, RAW	50	55	0	0.06	0.25	1.9	-	-	3	1	0.0	-	-	-
ORANGE, RAW	100	63	13	0.10	0.05	0.5	0.3	0.1	30	0	71.0	-	-	-
MILK, GOAT, WITH ADDED VITAMIN D	50	35	29	0.02	0.07	0.1	0.2	0.0	1	0	0.7	0.7	0.0	0.2
EGG, WHOLE, CHICKEN, FRESH	50	72	80	0.02	0.23	0.0	0.8	0.1	24	0	0.0	1.0	0.5	0.2
BANANA	100	89	3	0.03	0.07	0.7	0.3	0.4	20	0	8.7	0.0	0.1	0.5
Ration totals:	1,260	3,076	1,396	3.3	2.1	37.4	8.2	3.0	1,770	1.0	157.4	2.5	21.7	1,222.1
Beneficiary requirements for: Lactating		2,900	850	1.5	1.6	17.0	7.0	2.0	500	2.8	70.0	5.0	7.5	55.0
% of requirements supplied by ration:		106%	164%	221%	131%	220%	117%	149%	354%	37%	225%	50%	290%	2222%

Now that we have NutVal basket that meets most nutrient requirements, how do we cost this basket?

- Export to Excel
- Use the market survey information to cost the basket

Commodity	G/p/day	MEB	Supplemental Amount	Cost per 100g	Cost/p/day
RICE, WHITE, MEDIUM GRAIN	100	83	17	28	4.76
BEANS, DRIED	170	41	129	60	77.4
OIL, VEGETABLE [WFP]	11	11	0		0
GROUNDNUTS (PEANUTS), DRY	170	8	162	123	199.26
SALT, IODISED [WFP]	10	3	7		0
SUGAR	6	6	0		0
LEAVES, DARK GREEN, e.g. SPINACH	250		250	22	55
MAIZE MEAL, WHITE, WHOLE GRAIN	137	137	0		0
OIL, PALM, UNFORTIFIED	6	6	0		0
FISH, DRIED, SALTED	50		50	278	139
GOAT MEAT, RAW	50		50	132	66
ORANGE, RAW	100		100	17	17
MILK, GOAT, WITH ADDED VITAMIN D	50		50	32	16
EGG, WHOLE, CHICKEN, FRESH	50		50	109	54.5
BANANA	100		100	41	41
				TOTAL	20,366

What Next?

Now that we have a costed basket we can design a program that includes:

- A reasonable way to give participants access to the funds they need for nutritious foods (modality choice);
- An appropriate set of nutrition messages to ensure appropriate use of the transfers;
- Connections to other necessary services like
  - Health services
  - WASH
  - Child development support
  - Etc…
- Plan to monitor your program prices, and reevaluate basket transfer value and contents as needed

Zoom Poll 3

1. Have you ever used NutVal in your work to calculate a CVA transfer value?

    a) Never

    b) Occasionally

    c) Often

2. Was your approach similar to that presented by Maggie?

    a) Never done it

    b) Used the same approach

    c) The approach was a bit different

    d) I used a very different approach

Proposed Enhancements for NutVal Version 5

Andrew Seal

NutVal.Net

The planning, calculation, and monitoring application for food assistance programmes

INSTITUTE FOR GLOBAL HEALTH

Welcome to the on-line home of NutVal, the spreadsheet application for planning and monitoring the nutritional content of food assistance.

Downloads Join Users Group Make Suggestions Report Bugs

You can email comments or questions to: support@nutval.net

NutVal 5: The Poll Results Are In

06 June 2018

Thanks to everyone who voted in the recent on-line poll or provided feedback in other ways. In total, 118 votes were cast on-line. The results from the poll indicated that most votes were in favour of adding more foods to the database (33%), making NutVal more friendly for planning cash based interventions was the second priority (31%), with slightly less people voting to make the application usable on smart phones (26%). Eight % of votes were cast for other modifications.

Based on these results we will now be starting work on producing NutVal 5. We are also looking forward to the opportunity to get additional feedback from users/potential users at the Tufts University Food Aid Quality Review (FAQR) meeting in Washington DC, at the end of this month.

0 comments

NutVal has been funded by:

- UNHCR
- WFP
- Global Nutrition Cluster
- USAID/OFDA via
- ENN
- UCL Futures

UNHCR

WFP

Global NUTRITION CLUSTER

IASC Nutrition Cluster

USAID FROM THE AMERICAN PEOPLE

USAID/OFDA

UCL

UCL Futures

An Overview of NutVal Version 5

Current aims of the update are to:

1. Increase the number of items in the NutVal database

    (NutVal 4.1 has 188 items in the food and nutrient database. Version 5.0 plans to have +230)

1. Make the nutritional requirements for population sub-groups adjustable to allow calculation of, for example, a SFP that supplies 50% of the kcals for a pregnant woman

2. Add a ration requirement for people in detention

3. **Make the application more user friendly for work with CVA programmes**

4. Retain the look and feel of version 4 including simplicity and ease of use

An Overview of NutVal Version 5

Will now briefly present how we are planning to implement those changes and then ask for your feedback on the changes relating to CVA transfers.

Live demo of NutVal Version 5

Zoom Poll 4

Do you think that the following proposed updates, related to CVA transfer calculations, will be useful:

1. Ability to enter, save, and recall costs of foods?
   a) Not useful
   b) Occasionally useful
   c) Very useful

2. Inclusion of inflation in the calculation of CVA food transfer values?
   a) Not useful
   b) Occasionally useful
   c) Very useful

3. Inclusion of the CVA & food transfer programme calculators?
   a) Not useful
   b) Occasionally useful
   c) Very useful

4. Are there other cost categories that should be included in the calculator?
   a) Yes
   b) No
   c) Not sure

5. Would you like a way to include non-food items in the calculation of cash transfer amounts in NutVal?
   a) Yes
   b) No
   c) Not sure

Q&A

Next steps
and closing!

Looking for support in Nutrition in Emergencies?

	Type of supported needed	Provider
1	I want remote or in-country technical support	GNC Technical Alliance
2	I want to hire a consultant directly	GNC Technical Alliance Consultant Rosters
3	I want quick technical advice	GNC HelpDesk
4	I want peer support	www.en-net.org

Visit: https://nutritioncluster.net/ and click "Request Support"

Where to find the Alliance

nutritioncluster.net

Please fill out the brief webinar evaluation
it will take less than 5 minutes
(*it will pop up when you close the webinar*)