



Enhancing Nutrition of Upland Farming Families (ENUFF)

End of Project Report (Abridged)

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About SNV

SNV is a global development partner, deeply rooted in the countries where we operate. We are driven by a vision of a better world: A world where across every society all people live with dignity and have equitable opportunities to thrive sustainably. To make this vision a reality, we need transformations in vital agri-food, energy, and water systems. SNV contributes by strengthening capacities and catalysing partnerships in these sectors. We help strengthen institutions and effective governance, reduce gender inequalities and barriers to social inclusion, and enable adaptation and mitigation to the climate and biodiversity crises.

Building on 60 years of experience we support our partners with our technical and process expertise and methodological rigour. We do this in more than 20 countries in Africa and Asia with a team of approximately 1,600 colleagues. By being adaptable and tailoring our approaches to these different contexts, we can contribute to impact at scale, resulting in more equitable lives for all.

About ENUFF

The *Enhancing Nutrition of Upland Farming Families* (ENUFF) project, funded by the Swiss Agency for Development and Cooperation (SDC), aimed to improve family nutrition in remote and ethnically diverse upland farming communities. SNV implemented the ENUFF project from April 2016 to December 2024.

The project's main objectives included improving feeding, caregiving, and dietary practices; reducing the incidence of water, sanitation, and hygiene-related diseases; promoting nutrition-sensitive agriculture (NSA) to enhance the availability and accessibility of diverse nutritious foods; and creating a more supportive institutional framework at the subnational level.

The project targeted 60 villages across four districts: Nga and Beng in Oudomxay Province, and Xiengkho and Viengxay in Houaphan Province.

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The ENUFF project made notable strides, achieving significant reductions in stunting despite challenges such as the pandemic and economic factors

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Cover photo: A family in LAO PDR enjoying a nutritious meal together. Photo credit: SNV

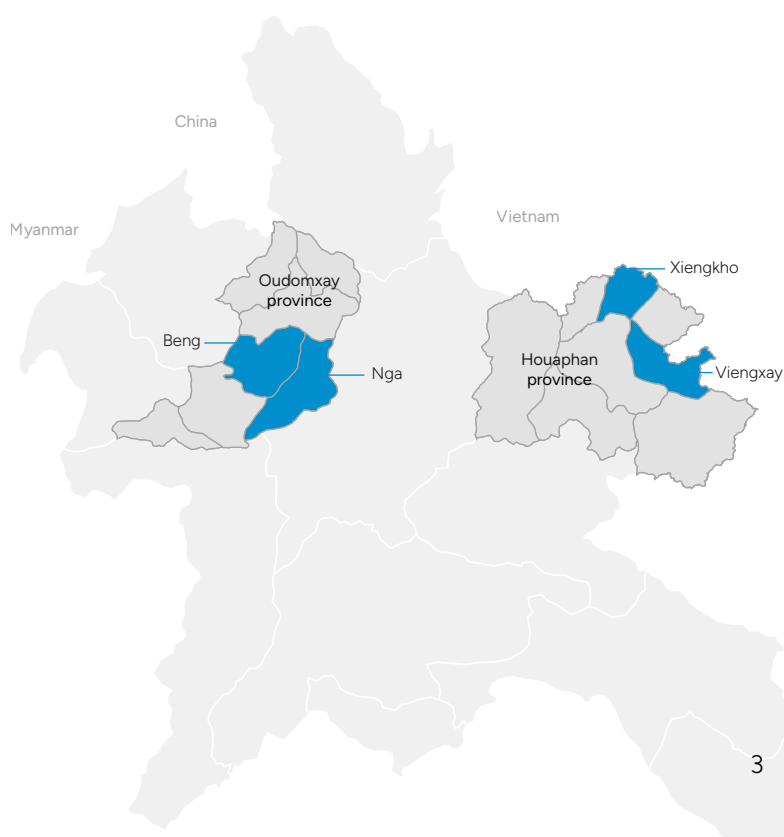
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In March 2024, an endline quantitative and qualitative study was conducted to evaluate the project's impact. The survey included 2,417 respondents from the 60 targeted villages. Both the baseline and endline surveys used a representative sample at the village level, with a 90% confidence level and a 10% margin of error, allowing for conclusions applicable to the entire population of approximately 6,500 households.

This abridged report highlights key findings from the ENUFF project's endline quantitative and qualitative survey.



Map of Lao PDR – target area map (not to scale)



Intervention approach

The ENUFF project uses an integrated approach combining agriculture, nutrition and water, sanitation and hygiene (WASH) anchored on four key pillars:

- 1 Demand creation
- 2 Social Behaviour Change Communication (SBCC) on Nutrition and WASH
- 3 Development of markets and supply chains
- 4 Improvement of Governance

The project supported the rehabilitation of gravity-fed water schemes to meet the increased water demand resulting from project interventions. It has strengthened the capacities of district government staff and village nutrition teams to raise community awareness about nutritional status and inspire village-wide improvements.

By promoting nutrition-sensitive agriculture, ENUFF aimed to increase year-round access to nutritious fruits, vegetables, and other crops. The project promoted appropriate technologies for food processing to address the seasonality of nutrient-rich food supply, add value and increase access to markets.

The project worked closely with the National Nutrition Centre (Ministry of Health) at the national level, Provincial Nutrition Committees (PNCs) at the provincial level, and District Nutrition Committees (DNCs) and District Nutrition Teams (DNTs) at the district level.

The project has contributed to strengthening district-level nutrition committees to improve coordination and facilitate policy dialogues through regular planning, review meetings, and training sessions.

Impact results

Household (HH) diets:

- Minimum dietary diversity of households significantly increased from 44% in 2020 to 60% in 2024.
- 20 percentage point increase in the number of households consuming legumes, seeds, and nuts.
- 18 percentage point increase in the consumption of fruit.
- 17 percentage point increase in the consumption of eggs.
- Increased consumption of legumes, seeds, and nuts is attributed to the project's focus on peanut and bean production.

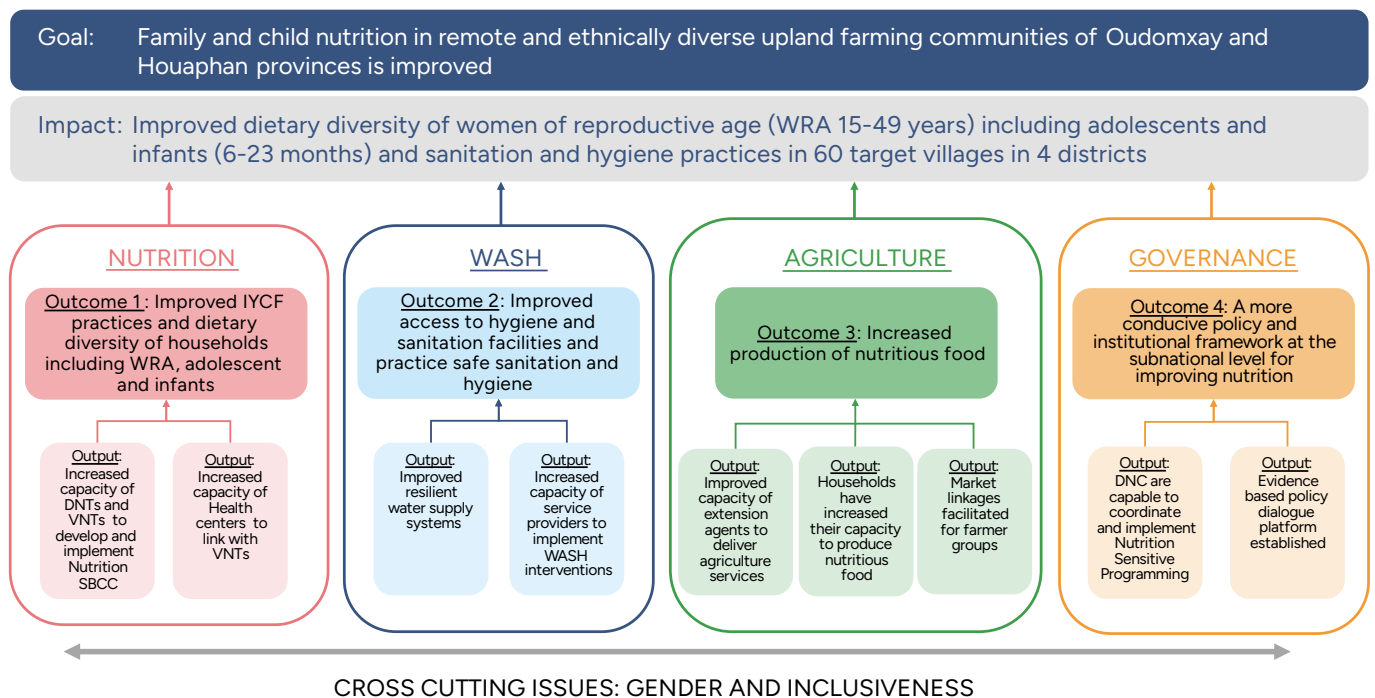
Child stunting:

The project has demonstrated success in reducing stunting¹.

- Stunting rates among children under five decreased from 42.3% to 34.6% in the 40 target villages² receiving interventions since 2016.
- Nationally, there was only a 0.2 percentage point reduction in stunting from 2017 to 2023. This achievement highlights the project's effectiveness in addressing the long-term issue of child malnutrition.

Empowering local leaders and communities is essential for sustaining nutrition interventions

ENUFF theory of change



¹ Children are defined as stunted if their height-for-age is more than two standard deviations below the WHO Child Growth Standards median.

² Stunting reduction in the additional 20 villages targeted in the second phase was not assessed in the context of changed objectives and impact indicators.

Evaluation framework

Effectiveness

The ENUFF project aimed to improve nutrition outcomes through four interconnected pathways: nutrition education, water, sanitation, and hygiene (WASH), agriculture, and governance. The following section outlines the effectiveness of ENUFF's holistic approach in each outcome pathway for improving nutrition.

1. **Improved dietary diversity:** The Minimum Dietary Diversity (MDD) for children aged 6-23 months significantly increased from 36% in 2020 to 58% in 2024, indicating a notable improvement in complementary feeding practices.
2. **Exclusive breastfeeding (EBF) rates:** Of all mothers interviewed, 96% reported adherence to EBF practices. However, the mothers noted some challenges and inconsistencies in following recommended breastfeeding practices. Some challenges included insufficient breast milk, the child refusing to breastfeed, and lack of time to breastfeed.
3. **Water, sanitation, and hygiene:** The project rehabilitated 56 Gravity-Fed Water Systems (GFWS), including 49 systems with HH metered connections, improving access to safe water. Fifty-nine out of 60 villages were declared open defecation free (ODF), and 96% of households (HHs) in target villages had access to pour-flush toilets as a result of the Community-Led Total Sanitation approach and water system rehabilitation. However, there was an unexpected increase of 23% in diarrhoea incidents in target villages compared to the baseline (7%), indicating a need for further investigation into the cause.
4. **Nutrition-sensitive agriculture:** Households producing at least three out of four food groups³ increased from 76% in 2020 to 92% in 2024. Due to the promotion of beans and peanuts as a source of protein, the number of HHs growing legumes and nuts increased significantly from 23% to 58%. HHs with home gardens increased from 59% to 71% within the four-year project period.
5. **Food security:** Only 62% of HHs reported having enough food, a 5% decrease from the baseline in 2020. Key factors that contributed to food insecurity were harsh weather and the impact of inflation on low-income purchasing power⁴. The coping strategies used by more than 80% of the HHs include i) changing diet, ii) foraging, iii) increasing food production, and iv) seeking additional income.
6. **Subnational coordination:** The third round of the Nutrition Governance Index (NGI) assessment reported that 87% of respondents from the District Nutrition Committee and District Nutrition Secretariat sufficiently shared information between departments about their nutrition plans and activities. There was a notable 16 percentage point increase compared to the first round. These positive changes resulted from collaboration with the Centre of Nutrition in a series of capacity building sessions with the DNC members and DNC secretariats on the National Plan of Action on Nutrition (NPAN), sectoral planning and budgeting, and organising regular meetings.



³ Poultry farming; producing vitamin A rich fruits and vegetables; other fruits and vegetables; legumes and nuts.

⁴ SUN CSA Laos Study on Impacts of Inflation on Food Security in Lao PDR. February 2023. 2 Key Findings for the North provinces (Houaphanh and Oudomxay):

- Economic Challenges During the previous year, 91 percent of the population of Houaphanh and Oudomxay faced economic challenges related to cost of living / household costs, equal to the survey's overall average. The biggest challenge faced by households was related to the inflation in the price of fuel and transport (77 percent). The second largest challenge was related directly to farming or business costs (69 percent), followed by the lack of money for food (50 percent). The lack of money for health expenses (48 percent), the lack of food (34 percent) and the lack of money for school fees (29 percent) were also challenges for interviewed households.
- In the past 12 months: 80 percent of respondents surveyed worried about not having enough food to eat; 52 percent of respondents were unable to eat healthy or nutritious food and had at times only eaten a few kinds of food; 50 percent of respondents considered they ate less than they thought they should; When asked the reasons for their economic challenges, the three major responses were the increase of food costs (69 percent), the increase in fuel cost (69 percent) and, their low income (67 percent).

ENUFF generated evidence and learnings for improved nutrition, which have been presented at the national and subnational policy dialogue forums. One notable achievement included the project's influence on the integrated management of acute malnutrition (IMAM) support in the Nga district in Oudomxai, where high wasting⁵ rates were detected in the project target areas. As a result, children with acute malnutrition were able to receive treatment at the district hospital. Another example is the mobilisation of multisectoral government departments to protect water catchment areas, a proactive step resulting from the DNC meeting.



Relevance

Both government stakeholders and communities found the ENUFF project highly relevant. Government officials emphasised its alignment with the National Nutrition Strategy and National Plan of Action for Nutrition. The communities valued its impact on practical issues such as vegetable production, hygiene, and nutrition for children under two years old.

The district staff of Lao Women's Union (LWU) expressed the need for more support in reducing women's workload and increasing income-generating programmes for adolescents and women. Overall, the project was considered a priority for the community and aligned with local needs.

Communities appreciated the project's diverse interventions, including improved water and sanitation, agriculture support, and focus on mothers and children during the critical 1000-days window. Activities such as vegetable gardening, poultry farming, and hygiene promotion were highly valued and contributed to improved food security and health in their HHs. Project activities helped reduce reliance on the forest for food and provided opportunities for income generation through agricultural products. Communities reported decreased malnutrition cases due to increased knowledge and adoption of healthy practices. Communities also expressed a desire for ongoing support in areas such as early childhood nutrition and water system management, indicating that further assistance is still needed even though progress has been made. The community expects support in replacing height and weight measurement equipment if it breaks down and providing ongoing coaching for village water management committees to manage water systems with household-piped connections and water meters effectively.

Sustainability

Empowering local leaders and communities has proven crucial for the sustainability of nutrition interventions. The active involvement of Village Nutrition Teams (VNTs) and local stakeholders has facilitated the management of growth monitoring programmes (GMPs), water management systems, and the production of diversified food, demonstrating the value of local ownership. Health centre staff will continue to work with the Village Nutrition Teams to measure the height and weight of children under five every quarter as part of the health centre's outreach activity. In Houaphanh and Xiengkhouang, SNV, in partnership with World Food Programme (WFP), is replicating the ENUFF approach in

⁵ Children are defined as wasted if their weight-for-height z-score is more than 2 standard deviations below the median on the WHO Child Growth Standards

120 villages under the Asian Development Bank (ADB)-funded Sustainable Rural Infrastructure Management Support Project. The nutrition component of the project is an European Union (EU) grant channelled through ADB.

The District Nutrition Committee (DNC) will continue as part of the official governance system; however, there is a question about how the DNC will be sustained at the current activity level. Several DNC members indicated that the project budget has been essential to supporting meetings. It may be challenging to continue regular meetings without funding from the government or other stakeholders. The lack of financing will also impact their ability to conduct community outreach.

Overall, while the project has built a solid foundation for sustainability in several areas, continued financial and technical support, and monitoring are essential to ensure the long-term impact of the interventions.

Coherence

ENUFF aligns with the following national policies and strategies.

1. Output 2 'Food security ensured, and incidence of malnutrition reduced' under Outcome 2 of the 9th National Socio-Economic Development Plan (NSEDPlan) (2021-2025)⁶.
2. ENUFF also contributed to the objective of ensuring food security and nutrition and aligns with the approaches set under the Agriculture Development Strategy 2025 and Vision 2030⁷, such as activities related to NSA, reducing post-harvest losses (through the improvement of drying and storage systems), and enhancing food stability (through home gardens).
3. The 2021-2025 National Plan of Action on Nutrition (NPAN)⁸ to reduce malnutrition among women and children while meeting its mission of ensuring effective multisectoral coordination.

Project recommendation based on end-line study findings

The Lao Social Indicator Survey III has shown slight progress in child nutrition since 2017, with a small

decrease in stunting rates. In contrast, the ENUFF project has made notable strides, significantly reducing stunting despite challenges like the pandemic and economic factors. This success highlights the impact of ENUFF's comprehensive strategy. Future actions should build on these insights to continue improving nutrition outcomes.

Enabling environment

Government capacity

Strengthening government capacity was essential for effectively scaling the ENUFF approach. This process involved providing support to District Nutrition Teams (DNTs) and enhancing the skills of government staff at all levels. Key areas for development included project planning and management, resource mobilisation, and the technical skills needed for successful project implementation. Comprehensive capacity building like this equipped government teams to effectively advance the ENUFF approach, resulting in sustainable and meaningful improvements in nutrition and health outcomes.

Financial sustainability

The sustainability of nutrition interventions relies heavily on mobilising domestic resources. While donor funding plays a significant role, accounting for more than 90% of the current budget, governments need to develop strategies to increase their share of financial contributions. This shift will ensure long-term sustainability and strengthen national ownership and commitment to nutrition programmes.

Subnational coordination

The DNCs⁹ have been successful in bringing together different sectors in a comprehensive way for nutrition improvement at the subnational level. The regular meetings and structured approach significantly impacted community development. The DNC addressed water fee collection issues in Longlao Village in Viengxay, livestock vaccination drives in Muang Pan, Bopha-North, and Pok villages in Viengxay district, and the promotion of latrine construction in Houaysalak Village in Nga district, which is now ODF. Moreover, collaborating with the District Offices of Forestry, Natural Resources and Environment, and Health to safeguard forests around water catchment areas is an excellent example of the DNC's commitment to environmental conservation and public health. The DNCs should be capacitated and promoted as a dialogue platform to identify and resolve community issues.

⁶ https://data.laos.opendevlopmentmekong.net/lo/dataset/594f94b8-1b77-4225-b779-8c16512bf073/resource/34208f7e-ba9e-4a50-90e3-3632581658be/download/_eng_9th_nsedp_final_print_12.1.22.pdf

⁷ <https://data.opendevlopmentmekong.net/dataset/eb784391-ecc6-48e9-8c2a-3b75527e3c7b/resource/56263bc3-ab78-4bfc-8655-b95ba764acfe/download/mds-2025-and-vision-to-2030-eng.pdf>

⁸ <https://suncsalaos.org/document/npa-2021-2025-eng/>

⁹ Core sectors in the District Nutrition Committee (DNC) include Health, Agriculture, Education and Lao Women's Union (LWU).

Supply side

Community empowerment

Empowering local leaders is crucial for continued engagement in the community. VNTs¹⁰ and VWCs which include village authorities such as village health volunteers and village heads have shown success in managing growth monitoring activity and water system maintenance, along with highlighting the value of local ownership. The Nam Saat programme's health offices' continued support enables village water management committees to manage water systems independently. Reasonable water fees are essential to cover maintenance costs, with many villages currently charging between 500 to 1,000 LAK per cubic metre.

Childcare in rural Laos is shared among HH members, i.e., grandparents, parents, and siblings. Initiatives focusing on involving both parents and grandparents have shown promising results in increasing dietary diversity among children. Implementing the Gender Action Learning System (GALS) at the beginning of project execution can be a powerful approach to empowering HHs to challenge traditional gender roles and foster positive intra-household relationships. Interventions focused on both interhousehold gender dynamics and intergenerational dynamics are crucial for creating a sustained impact on the health and well-being of future generations.

Demand side and SBCC

SBCC strategy

Investments in SBCC strategies that promote key relevant dietary behaviours and positive sanitation and hygiene practices can increase demand and the utilisation of services such as building toilets or purchasing healthier foods. The project has seen positive shifts in dietary behaviours and household gender dynamics. However, long-term investments are required to address some of the deep-rooted cultural norms.

Advocacy and partnership

Active participation in Technical Working Groups – including the Food and Nutrition Security Development Partners Forum and Scaling Up Nutrition Civil Society Alliance – has been crucial for advocating on nutrition security. With these groups, the project has generated evidence to facilitate advocacy initiatives on the impact of hyperinflation on food security and the widespread availability of unhealthy food and drinks, which affect healthy eating habits. Through these efforts, the project contributes to broader discussions on emerging trends in nutrition and actions to improve nutrition and health outcomes.



Monitoring and learning

A robust monitoring system is essential for the success of community-level nutrition interventions. It ensures continuous tracking and assessment of project performance and alignment with goals. ENUFF's use of household identity cards to monitor participation and conducting barrier analysis to identify and address issues led to informed decision-making for adaptive management. This, along with incorporating past learnings, has significantly enhanced the project's effectiveness.

Conclusion

The ENUFF project has made significant strides in enhancing dietary diversity and reducing stunting, highlighting the need for a flexible, multisectoral strategy in the face of socio-economic challenges. The project demonstrated that changing behaviours requires a long-term approach, which is particularly vital in a rapidly changing world that heightens social vulnerabilities. The persistent work of VNTs and local stakeholders is key to sustaining better nutrition practices. Overall, the project has not only improved nutrition outcomes but also improved community livelihoods. Given the limited government financial resources for nutrition, continued collaboration between development partners and the government, as well as adaptive strategies will be crucial in maintaining and expanding upon these achievements for improved nutrition.

¹⁰ The VNT (Village Nutrition Team) work with the DNC and their staff on NPAN activities. VNT members include the VHV (Village Health Volunteer, part of the district health structure), and the village LWU representative.

Objectives and outcome logic

Table 1: Log frame summary

Overall Goal	Improve family nutrition in remote and ethnically diverse upland farming communities in Oudomxay and Houaphan		
Impact: Improved HH nutrition in the target areas	<ul style="list-style-type: none">Number of women from 15 to 49 years of age who consumed food from at least five food groups out of 10 food groups in 60 villages.Percentage of children under five who are stunted in 40 villages of ENUFF Phase 1.The number of males and females who consumed food from five food groups or more in 60 villages		
Outcomes	Indicators	Outputs	Indicators
1: Nutrition			
Improved IYCF practices and dietary diversity of HHs, including WRA, adolescents, and infants in target areas.	<ul style="list-style-type: none">Percentage of children (6-23 months) with minimum acceptable diet (MAD).Percentage of children (0-5 months) who are EBF.	1.1 Increased capacity of village and district-level service providers to implement Nutrition SBCC in target areas.	<ul style="list-style-type: none">Number of service providers trained in triggering and promoting improved IYCF practices and dietary diversity of HHs, including WRA, adolescents, and infants.Number of villages receiving nutrition SBCC intervention from trained service providers.
		1.2 Increased capacity of Health Centres to work with VNTs.	<ul style="list-style-type: none">Number of health centres that have participated in project activities.Number of health centres that have received training on Integrated Management of Acute Malnutrition.
2: WASH			
Improved access to hygiene and sanitation facilities and safe sanitation and hygiene practices in target areas.	<ul style="list-style-type: none">Number of HHs with pour-flush latrine3.Percentage of CU5 who had diarrhoea in the past two weeks.Number of villages that are ODF.	2.1 Improved resilient water supply systems in target areas.	<ul style="list-style-type: none">Number of water schemes rehabilitated and operational.
		2.2 Increased capacity of service providers to implement WASH interventions in target areas.	<ul style="list-style-type: none">Number of service providers trained in CLTS triggering and promoting WASH SBCC in 20 new villages.Number of villages receiving WASH intervention from trained service providers.
3: Agriculture and food security			
Increased access to nutritious food in target areas	<ul style="list-style-type: none">Number of HHs producing from at least three out of four food groups (legumes and nuts, vitamin A rich fruits and vegetables, other fruits and vegetables, small livestock).Number of HHs that are food secure.	3.1 Improved capacity of extension agents to deliver appropriate services to farmers in target areas.	<ul style="list-style-type: none">Number of extension agents trained in NSA production systems (beans and legumes, home gardening, fruit trees, lowland rice fields, raising livestock).
		3.2 HHs have increased their capacity to produce nutritious food in target areas.	<ul style="list-style-type: none">Number of HHs trained by extension agents in producing nutritious food.Number of HHs that have access to inputs through the project.
		3.3 Improved access to markets for increased income in target areas.	<ul style="list-style-type: none">Number of producer groups formed and selling to markets.
4: Governance			
A more conducive policy and institutional framework at the subnational level to improve nutrition in target districts.	<ul style="list-style-type: none">Number of DNCs that have incorporated national nutrition plans of action into their sectoral planning.Number of districts where key sectors have implemented nutrition activities according to NPAN.	4.1 DNC has improved its capacity to coordinate the implementation of nutrition-sensitive programming in target areas.	<ul style="list-style-type: none">Number of biannual meetings organised by DNCs.Number of DNC members participating in trainings and other learning events.
		4.2 Evidence-based policy dialogue platforms are established at the subnational level in each target area.	<ul style="list-style-type: none">Number of DNCs (evidence-based platforms) established and operational at subnational levels.At least three documented evidence-based policy briefs/technical/learning briefs produced and presented at the biannual DNC meeting and used as identified in the communication strategy (out of three, at least one policy brief targets issues of gender and ethnic equality).Participation in knowledge-sharing events (national or international level).

ENUFF impact stories

Strengthening community health with the support of Village Nutrition Teams

Mr. Selakhon, Mr. Budthana, and Mr. Phonsavanh are all members of a Village Nutrition Team (VNT). Their role involves promoting good nutrition and sanitation and supporting the ENUFF project team when they work in the village.

The three have travelled to the district town multiple times with other village teams to receive training, including new technical knowledge and communication skills to engage with the community and facilitate activities. After returning from their training, they conducted further training sessions for others in their community.

Two of the VNT members explained that they were trained to encourage pregnant women to attend antenatal care (ANC) sessions with health staff by informing the community that these sessions provide opportunities for women to be checked at the health centre and receive advice beneficial for both the mother's and baby's health. The team also supports the '1,000 days' initiative, which focuses on the critical period from pregnancy until the child is two years old. They assist the ENUFF district team by gathering mothers to participate in Growth Monitoring and Promotion (GMP) and cooking demonstration activities. Sometimes, they help with taking babies' measurements under supervision. If a baby's growth (weight and height for age) does not improve, they coordinate with the Lao Women's Union (LWU) to provide more personalised one-to-one support.

Communities reported decreased malnutrition cases due to increased knowledge and adoption of healthy practices



They also encourage mothers to care for their babies' health, attend vaccination sessions, use a variety of foods when introducing complementary foods, and ensure they get enough rest. One challenge they mentioned is getting mothers to attend the monthly cooking demonstrations, as they are often busy with farm work. When mothers do not attend regularly and follow the advice, babies do not get accustomed to the taste of the healthy recipes being promoted, leading to mothers not incorporating these options into their cooking. Another significant challenge is poverty. Some households do not have sufficient food, particularly meat, making it difficult to diversify their diet.

Another VNT member focused on promoting good sanitation in the village. He encouraged households to build latrines and use garbage pits for waste disposal. He also taught villagers home gardening and livestock rearing methods. He provides advice during village meetings and believes he has the technical skills to continue supporting these areas in the future, such as when someone wants to build a latrine. He explained that at the start of the project, only a few households in the village had latrines. Now, every household in the village has one, and the number of home gardens has increased. He also noted that livestock activities (such as cattle and buffalo rearing) are particularly relevant to the community, as the surrounding farming area is more suitable for livestock rearing than vegetable planting. This included activities such as planting fodder grass, building fencing and shelters, and ensuring vaccinations.



Ms. Sin committed to improving her child's nutrition and followed the training guidance daily

A mother's journey to overcome malnutrition

Nineteen-year-old Ms. Sin is the mother of a 16-month-old child and recently participated in the monthly Growth Monitoring and Promotion (GMP) activity organised by the project in her village. After giving birth, Ms. Sin exclusively breastfed her baby for the first six months. However, when she began introducing complementary foods, such as boiled meat with rice, her baby refused them.

At 12 months, Ms. Sin took her baby for a weigh-in and measurement conducted by district staff, which revealed that her child was malnourished. To address this, the project team visited Ms. Sin's home three times to provide personalised training on preparing a variety of complementary foods. One dish she learned to make was Khao Piak, a rice porridge enriched with vegetables and eggs. The team also encouraged her to include more fruit in her baby's diet.

Understanding the seriousness of her child's malnutrition, Ms. Sin committed to improving her child's nutrition and followed the training guidance daily. Initially, her baby resisted eating Khao Piak, but after a few tries, she began to eat small portions. By the second attempt, her baby's appetite improved.

Ms. Sin continued attending monthly weigh-ins, and after three months, the district staff informed her that her baby was no longer malnourished. She was delighted to see the positive change on the GMP chart, indicating her baby was now in the green zone, with weight appropriate for her age. In the following months, her child's diet expanded to include a broader variety of foods. Ms. Sin now prepares Khao Piak at least twice a week and remains committed to providing diverse and nutritious meals as recommended by the project.

Transforming lives with reliable water access

Ms. Pai is a mother living in Nga District, Oudomxai. The ENUFF project rehabilitated her village's water system. Previously, she fetched water for her family from a communal tap-stand, but following the rehabilitation, each household now has its own water connection.

Before this improvement, Ms. Pai would go to the tap-stand twice in the morning and twice in the evening to collect water, which was only enough for drinking and cooking. For bathing and washing clothes, they used the tap-stand itself. During the dry season, the water supply was insufficient, forcing her to collect water from a distant stream. Using small jerry cans, she had to make two or three trips per day to meet her household's basic needs. Although jerry cans were easier to carry than buckets, they only held about half the amount of water. Water is essential for

drinking, and having sufficient access is crucial for preparing nutritious meals and maintaining hygiene. Without adequate water, families struggle to prepare safe, healthy food.


The limited water supply also meant her family could not consistently use their latrine.

'Having a water tap in our house makes life much more convenient and reliable,' Ms. Pai shared. 'Now we can bathe, wash clothes at home, and use the latrine.' The ENUFF project also encouraged latrine use in their village, motivating her family to build a new latrine connected to the water supply. This improvement has made their lives easier and has effectively eliminated open defecation. Additionally, Ms. Pai has trained her young children to use the latrine properly.

'Having a water tap in our house makes life much more convenient and reliable, now we can bathe, wash clothes at home, and use the latrine.'

Ms. Pai



A photograph of Mr. Somphone, a middle-aged man with dark hair, wearing a green polo shirt with white and dark grey horizontal stripes. He is standing in a greenhouse, with rows of green leafy vegetables visible in the foreground and background. The greenhouse structure is made of bamboo poles and covered with white plastic sheeting.

'The knowledge I've gained from these visits has helped me develop my production skills in using greenhouses and sustaining my business.'

Mr. Somphone

From basics to greenhouse success

Mr. Somphone, a farmer from Nga District, has transformed his livelihood with the help of two poly-tunnel greenhouses. With support from the ENUFF project, he constructed his first greenhouse using polyethene and materials provided by the project, while contributing the wooden and bamboo frame himself. Building on this foundation, he later expanded his business by independently constructing a second greenhouse. For the past six years, these greenhouses have enabled him to grow a variety of vegetables year-round.

Before adopting greenhouse farming, Mr. Somphone relied on basic methods for vegetable cultivation. Through study tours supported by the project to neighbouring Luang Prabang Province and within Oudomxai Province (Beng and Houn Districts), he gained valuable knowledge and practical skills in

greenhouse production. These experiences allowed him to refine his techniques, sustain his business, and improve his productivity. Today, he grows a diverse range of vegetables, including Chinese mustard, Chinese cabbage, lettuce, onions, and dill.

The greenhouses have been a game-changer, particularly during the rainy season, when most farmers are unable to grow crops. By continuing to produce vegetables when market supply is low, Mr. Somphone benefits from higher prices, creating a significant new source of income. He earns approximately 4 million LAK per month during the rainy season, a sharp contrast to the past when his farming was limited to the dry season. Although his income is lower in the dry season, the greenhouses have provided him with stability and year-round earning potential.



Impact
that matters



Disclaimer: The views and content expressed in this report do not necessarily reflect the position or endorsement of any affiliated institution.

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More on ENUFF here

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