

A photograph of a woman with dark hair, wearing a blue and white patterned sari, holding a young child. They are both smiling and looking at each other. The background is slightly blurred, showing what appears to be a kitchen or a food storage area with shelves containing various items.

DELIVERING SCIENCE-BASED SOLUTIONS TO CLOSE THE NUTRITION GAP

2022 ANNUAL REPORT

EDITORIAL

DEAR COLLEAGUES,

For more than 35 years, *Sight and Life* has been a think tank and a knowledge contributor to the nutrition community. We recently celebrated 35 years of proven record in bringing out new scientific knowledge and research innovations for nutrition.

But in the recent years the world has changed and with it our ambition has changed.

The global progress on the nutrition agenda is severely affected due to the combined effect of climate change, COVID and conflict. World hunger, already at high numbers, rose sharply in the years after COVID-19, causing further strain on fragile food systems. All of us were still grappling with the aftereffects of COVID at the end of 2021 when 2022 brought in war and aggravated the crises.

Collective effort was required at this stage to rebuild, restore, and move towards progress again. We realized knowledge needed to be translated for local contexts. The parts of the world that bore the disproportionate burden needed locally led sustainable change. Hence we came up with a strategy that can help deliver direct impact on ground. As the chair of the board, I felt that *Sight and Life* was uniquely positioned to contribute towards this. This led to the adoption of the new strategy.

I am very pleased that in 2022 we actively built on our



work and added new capabilities as well as new projects on the ground. I am grateful to our donors who are supporting us in this journey. In a world that is failing, committed and agile teams like *Sight and Life* can make a difference by continuing to find scientific solutions like we have been, but also working more and more with local partners, smallholder farmers, community health workers and entrepreneurs on the ground, and drive sustainable change through a helping people to help themselves model.

In the countries we work, playing a catalytic role in the global battle against the malnutrition crisis does not need giant leaps and huge projects: sometimes it just needs some small step, and I firmly believe the team is taking the right steps in the right direction.

A handwritten signature in grey ink, which appears to read 'Christoph Goppelsroeder'. The signature is fluid and cursive.

Christoph Goppelsroeder
Chair of the Board

THE WORLD HAS CHANGED, AND SO HAS OUR AMBITION

Over 35 years, *Sight and Life* (SAL) has established itself as an expert in bringing out new scientific knowledge and research innovations for nutrition. We continue to build on our core expertise in generating scientific evidence but now apply greater emphasis on how this knowledge leads to impact on the ground.

Our mission is to close the micronutrient, lipid, and protein gap in low- and middle-income countries, especially in women of reproductive age and children. We will do this by innovative nutrition solutions on the ground, working with partners for direct impact and scale.

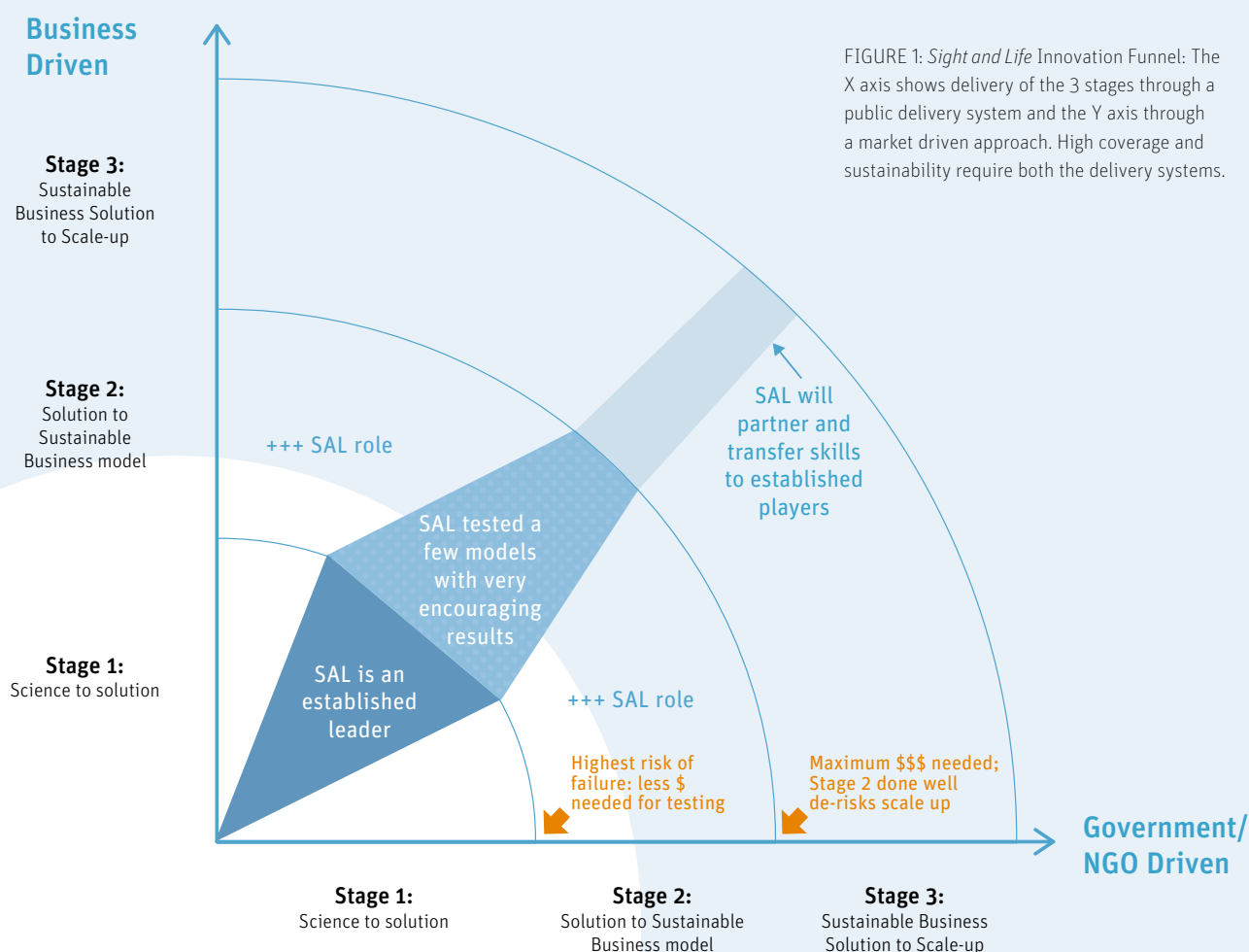


FIGURE 1: *Sight and Life* Innovation Funnel: The X axis shows delivery of the 3 stages through a public delivery system and the Y axis through a market driven approach. High coverage and sustainability require both the delivery systems.

THE 3-STAGE TESTING OF SOLUTIONS

For making direct impact on the ground, 3 stages are required:

STAGE 1: FROM SCIENCE TO SOLUTION

Generating scientific knowledge and converting that into solutions for what needs to be done; providing evidence-based solutions, which is a think tank's core area of work.

STAGE 2: FROM SOLUTION TO SUSTAINABLE BUSINESS MODEL

The knowledge of how to deliver the stage 1 solutions in a sustainable, locally led, efficient way; following the 'helping people to help themselves' model.

STAGE 3: FROM SUSTAINABLE BUSINESS MODEL TO SCALE

Amplify stage 2 to achieve high levels of coverage; impact lives and end public health problems.

When SAL's leadership team studied the ecosystem, it became apparent that the biggest area of need was transition from stage 1 to stage 2. By expanding our work and becoming a specialist in this area, we can become better partners and accelerate impact.

Ambition



Pillars



Enablers

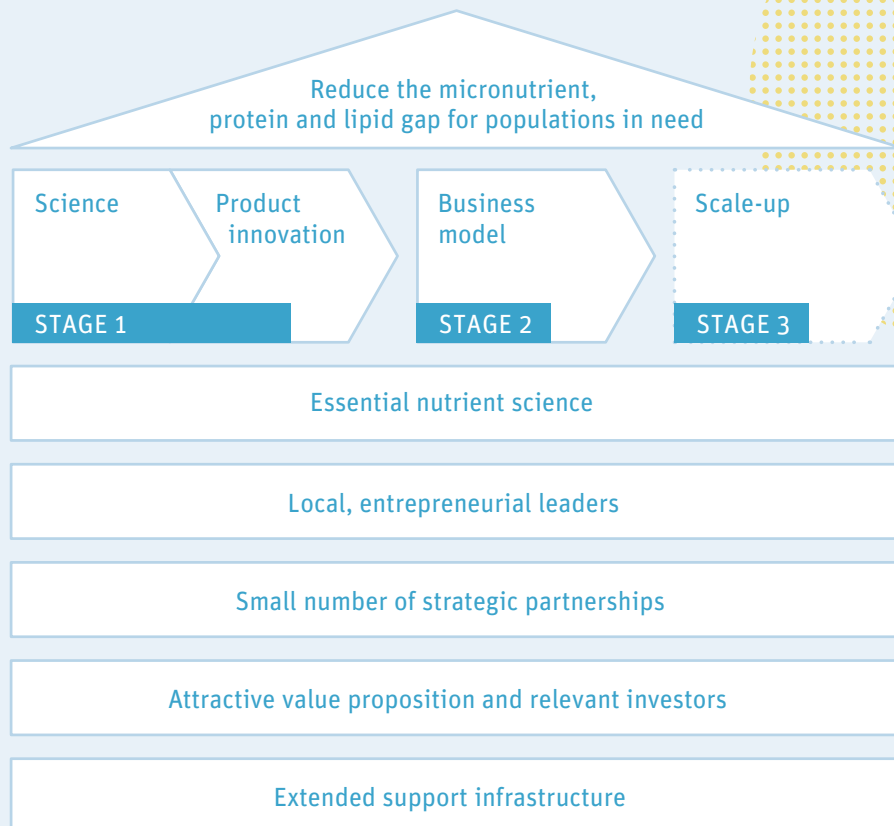


FIGURE 2: The *Sight and Life* Strategy House. We are expanding our work from Stage 1 to also deliver on Stage 2 leading to direct impact on ground, in a locally led, sustainable way. We are developing our organizational capabilities by strengthening the enablers to deliver on our new ambition.

1 TRANSLATING SCIENCE TO SOLUTION

Generating scientific knowledge and converting it into evidence-based solutions ready for proof-of-concept of sustainable, locally-led business models. In 2022, we focused our work on the following themes:



Director of Science Kesso Gabrielle van Zutphen-Küffer prepares blood samples for iron separations to better understand how much iron is absorbed by a woman throughout her menstrual cycle.

ADOLESCENT NUTRITION

In response to the substantial lack of progress in anemia reduction amongst adolescents living in LMICs, *Sight and Life* has identified an alternative approach related to the menstrual period and the contribution of heavy menses to low body iron stores and other micronutrient deficiencies to anemia. *Sight and Life* was awarded a grant by the Swiss National Science Foundation.

- Effect of ibuprofen and multiple micronutrient supplementation on menstrual blood loss and iron stores in menstruating Malawian adolescent girls: a 2x2 factorial, randomized controlled trial: The SPIRIT Trial for four years on adolescent nutrition commencing Q3 2023 covering: Multiple Micronutrient Supplements (MMS), stable isotopes, menstrual health, vaginal microbiota, and gut health.
- Pilot study investigating iron absorption and variations of iron status parameters, hepcidin, inflammatory markers and sex hormones during the menstrual cycle among Swiss women.
- Pilot study measuring menstrual iron loss among Swiss women using the Iron Isotope Dilution Technique and validating it against the Alkaline Hematin method.

The Nutritional Anemia Book was launched at International Union of Nutritional Sciences (IUNS) International Congress of Nutrition (ICN) 2022 in Tokyo.

For Menstrual Hygiene Day we published the blog: [Heavy Menstrual Blood Loss – A missing piece in the anemia puzzle](#)

We also presented on “Adolescent Nutrition and Anaemia” at the NIPN webinar, co-organized by the National Information Platform for Nutrition (NIPN), the Ethiopian Public Health Institute (EPHI), the International Food Policy Research Institute (IFPRI) & the German Agency for International Cooperation (GIZ).

NUTRITION IN CITY ECOSYSTEMS



Secondary cities in LMICs remain untapped potential to change urban food systems to produce and consume nutritious food sustainably. The Nutrition in City Ecosystems (NICE) project works to improve nutrition and reduce poverty by increasing the supply of and demand for nutritious and agroecologically produced foods for vulnerable populations in six secondary cities in Bangladesh (Dinajpur and Rangpur), Kenya (Bungoma and Busia) and Rwanda (Rusizi and Rubavu). The project has an active participatory process with international, national, and city officials from different sectors (agriculture, health, education), local businesses, farmers, civil society, and consumers, with a strong emphasis on the role of women and youth entrepreneurs to achieve four outcomes:

- Governance structures involving women and youth are established, and nutrition action plans are implemented.
- City populations enjoy the enhanced availability and production of nutritious, agroecologically produced local foods.
- City population's knowledge increases, and demand is created for nutritious and agroecologically produced foods.
- City-knowledge hubs ensure horizontal and vertical exchange, thereby shaping urban-rural food environments/informing national and global policies.

Sight and Life led the demand creation efforts by using consumer insights, social marketing, and behaviour change communication to influence both demand and supply across the three countries.

KEY ACHIEVEMENTS IN 2022

- A multi-sectoral platform for nutrition action plans is established and resourced in each city.
- Food value chain analysis & farmer needs assessment completed. In addition, farmer hubs activities initiated across the three countries.
- Consumer insight research completed for three countries.
- Social marketing strategies with consumers and farmers across the three countries have been defined and will be initiated in 2023.
- Publication in *Nature Food*: [Nutrition as a driver and outcome of agroecology](#)
- Book Chapter in Science and Innovations for Food Systems Transformation: [Secondary Cities as Catalysts for Nutritious Diets in Low- and Middle-Income Countries](#)
- Development of “City dashboard” protocol and interviews with multiple stakeholders conducted.



Vegetable vendors packing carrots at the Bazirete market in Rubavu, Rwanda. The NICE project will build a washing station for the Bazirete market. Credit: Alice Kayibanda, Fairpicture for Swiss TPH

LAUNCH OF THE YEAR



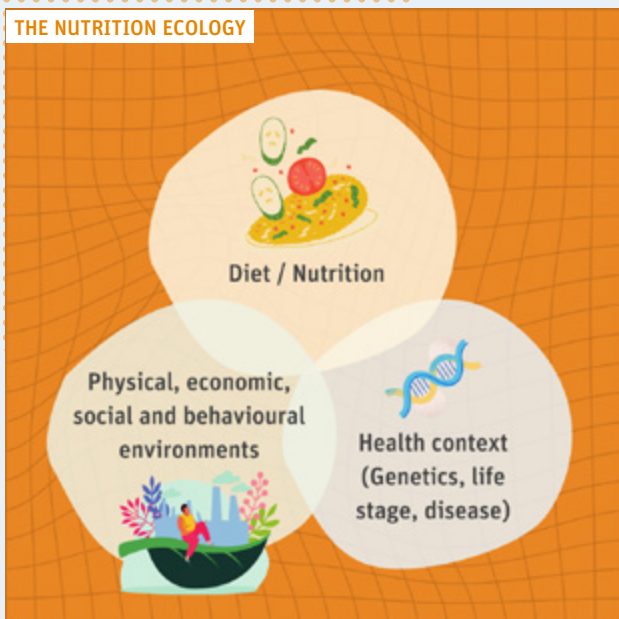
The Brain Food podcast was launched in January 2022, with the first series focused on alternative proteins showcasing Johns Hopkins University students and experts on the topic. Each podcast episode was accompanied by a blog post.

- Episode 1 | *Plant-based meat: Getting the nutrition facts straight*, where experts with different perspectives shed light on the pertinent questions regarding the nutritional value of plant-based meat.
- Episode 2 | *Plant-based meat: Unpacking Consumer Insights* discusses drivers of plant-based meat consumption, market trends, investment challenges, and the impact nutrition science and regulation may have on the future of plant-based products.
- Episode 3 | *Plant-based meats and environmental sustainability: A complex story* unpacks the complexity of assessing the environmental metrics of plant-based meats and how they fit in the broader sustainable food system global agenda.

PRECISION NUTRITION

In 2022, *Sight and Life* led the Swiss Food & Nutrition Valley (SFNV) "Precision Nutrition (PN) for LMIC" impact pot to form partnerships with LMIC nutrition experts to collaboratively leverage the benefits of PN to tackle nutrition challenges in LMIC.

We published the Special Report: *Precision Nutrition For Low - And Middle-Income Countries: Hype Or Hope?* in November. A virtual workshop was conducted with more than 30 key opinion leaders to brainstorm PN proof-of-concepts. We also presented at the SFNV side event for the FAO Science & Innovation Forum 2022: "Transforming food innovation through science and collaboration." *Sight and Life* was invited to give a lecture to Johns Hopkins University (JHU) students on PN. We defined Precision Nutrition and its applications for LMIC populations, and were pleased to find a lot of interest from the students.



2 IMPACTING LIVES WITH ON-THE-GROUND INTERVENTIONS

We partner with local agencies and entrepreneurs to pilot projects based on the evidence and scientific knowledge generated in Stage 1. Here we document the progress in 2022 on our Stage 2 projects.



Photo: MS Bloem

MMS: EVIDENCE-BASED ROUTE TO ADDRESS MICRONUTRIENT DEFICIENCIES IN PREGNANT WOMEN

A total of 40% of pregnant women worldwide are anemic; and many women of reproductive age in LMICs suffer from other deficiencies, such as vitamin D, zinc, and iodine deficiencies - prevalence at 63%, 41% and 40% respectively. Multiple Micronutrient Supplements (MMS) is an evidence-based product that results in a 12% reduction in low birth weight and an 8% reduction in small-for-gestational-age, compared to the business-as-usual, iron and folic acid (IFA) supplement.

Sight and Life has been working on creating an enabling environment on MMS in LMICs across Africa and Asia. Some milestones from 2022:

BANGLADESH

- Supported local partner Social Marketing Company with business analytics and consumer insights enabling reach of 200,000 pregnant women.
- Pilot being scaled and currently selling MMS through 30,000 pharmacies.
- Supported with follow up consumer research and digital strengthening of the project in order to support the scaleup of the project.

ETHIOPIA

- Developed business case to impact 100,000 pregnant women annually.
- A local manufacturer identified in Ethiopia and conversations ongoing with industry and DoH to initiate local production.
- Also supported UNICEF Ethiopia with formative research to understand the key social and behavioural determinants for the acceptance and utilization of MMS in Ethiopia.
- Initiated conversations to encourage local production in Ethiopia.

PHILIPPINES

- Pilot designed to reach 3,000 pregnant women in 4 municipalities, Pasacao, Tacloban city, Bulan, Pio Duran, to introduce MMS through a hybrid model (market + free distribution).
- Formative research conducted in rural Philippines.

NIGERIA, INDONESIA AND SOUTH AFRICA

- Manufacturer prequalification for MMS was completed in South Africa, Indonesia and Nigeria. These 3 manufacturing hubs are expected to add 3-4 billion MMS doses to the global supply capacity.
- Consumer research for a market-ready solution in South Africa completed.

ENABLING TRANSITION TO MMS

- Supply guidance toolkit was developed and finalised in collaboration with UNICEF.
- Presented *Sight and Life's* supply readiness assessments to MoH/DoH of Ethiopia and Philippines.
- *Sight and Life* presented key findings from supply readiness assessment in over 20 countries at Regional MMS conference in Jakarta.
- Funding for MMS Special Report second edition secured.
- Delivered 4 Human Interest Stories for our partners HMHB consortium, to amplify women's voices regarding maternal nutrition and the potential of MMS.
- Supported UNICEF with formative research guidance toolkit that was launched in late 2022.



Human interest story from the DRC

ACCELERATING THE FIGHT AGAINST AFLATOXINS IN RWANDA

Rwanda's maize production has grown 4x since 2007 when the government implemented crop intensification program aimed at improving agricultural productivity and food security. However, about 40% of the maize does not meet regulatory and institutional buyer standards due to contamination with aflatoxin (poisonous compound produced by mold) and ends up either being consumed by farmers or sold into informal markets. Awareness of aflatoxins continues to be low despite government regulations to test for aflatoxins. This necessitates access to low-cost innovative technologies for testing and prevention of aflatoxins in maize.

PILOT SITES IDENTIFIED

Production of maize is the highest in the eastern province where climatic conditions are the most favourable. In the eastern province, Nyagatare and Kirehe were selected as the pilot intervention districts in collaboration with FDA because they



Participants pose after one of the workshops in November 2022

(1) produce the largest quantity of maize (2) were identified by Rwanda FDA as pilot districts for government interventions (3) exhibit relatively high levels of aflatoxins.

BEST PRACTICE SOLUTIONS WORKSHOP HELD

We had set a goal of holding one workshop, but were able to conduct three workshops that:

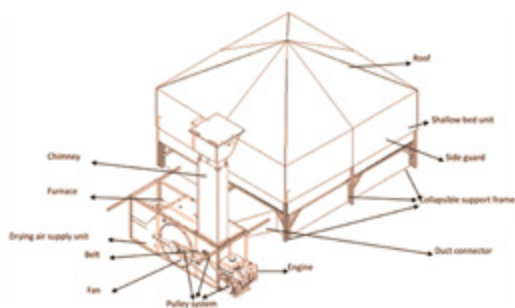
- Sensitized the two maize processors in Nyagatare and Kirehe about Good Management Practices, identified gaps and developed a comprehensive list of action-items to improve food safety, especially regarding identification and mitigation of aflatoxins, will provide continuous support in applying for certification from Rwanda FDA, thus making maize flour manufactured in Nyagatare and Kirehe, aflatoxins free.
- Developed a training module, infographics and coached 200 smallholder farmers on accessible farm practices to stop the growth of aflatoxins.

DIAGNOSTIC KIT TESTED IN ONE MODEL

Aflatoxins testing is mandated across Rwanda. However, officers of the FDA rarely have access to moisture meters or reliable and quantitative aflatoxins testing procedures. This poses significant challenge in detecting poor quality maize. *Sight and Life* therefore trained 20 FDA regulatory officials on the usage of moisture meters and aflatoxins test kits.

DRYING DESIGN & BUSINESS CASE DEVELOPED

We designed a hybrid solar dryer in September 2022 and the dryer model, ahead of the deliverable schedule. The dryer underwent 3 trials successfully – it can successfully reduce moisture levels to below 13.5%, thus arresting the growth of mold-producing aflatoxins. It can dry 500 kgs of maize within 3 hours (compared to 1 month in traditional drying methods). The dryer is optimized to use green air (ensuring clear hot air without smoke and other by-products of combustion). Business case for the dryer is complete and has revealed clear monetary incentives for the farmers – buyers are willing to pay significantly more for higher quality maize. By using the dryer, farmers can nearly double their income from \$270 to \$510, after accounting for the costs of drying. This also allows farmers to store the maize for longer, thus fetching higher prices during lean periods when market supply is low.



NEXT STEPS

Sight and Life will begin by conducting an operational pilot in Rwanda to gain a better understanding of the practicalities involved in implementing a dryer model. This pilot will involve testing the assumptions of the model in real-world conditions. Additionally, in collaboration with FDA and RICA, field sampling, testing, and analysis of aflatoxins will take place in mid-2023. These activities aim to address the issues related to moisture content and aflatoxin contamination in crops, ultimately improving food safety and quality.

EGG HUB ETHIOPIA HATCHED

PROJECT KICK-OFF

Malnutrition continues to be a major problem in Ethiopia, with a childhood stunting prevalence of 37%, a figure that is higher than the 25% average for LMICs.

In September 2022, *Sight and Life*, along with its partners, launched the Egg Hub project, a six-year initiative to improve the consumption of eggs, production safety, profitability, and sustainability of egg production in Ethiopia. The project is funded by CIFF and implemented in collaboration with SNV, a Dutch development organization.

Following the signing ceremony, *Sight and Life* and SNV initiated the project implementation by seeking out appropriate feed millers to collaborate with and manage the Egg Hub project in the Bishoftu area, about 42 km from Addis Ababa, where the project is being executed.

The main activities conducted by *Sight and Life* in 2022:

SELECTION OF EGG HUB OPERATOR

Sight and Life facilitated the selection process, including identifying candidates, their interactions with operators of our existing Egg Hubs in Malawi, Peru, Brazil, and selecting the final operator. We then trained and onboarded ELERE Farms, the selected operator.

SET RIGOROUS CRITERIA FOR EGG HUB OPERATOR SELECTION IN ETHIOPIA

Sight and Life developed the criteria based on our experience and customized them to apply to the context of Ethiopia. Applicants were shortlisted based on the following criteria:

- Technical capability: within 50 km of Bishoftu, owns and runs a feed mill and brooding unit, ability to build supply chains, manage credit.
- Relevant experience: Poultry as the core business, experience with smallholder farmers, past performance, and reputation among clients
- Capacity to invest: Own contribution, either in-kind or cash



SHORTLIST 4 IDEAL CANDIDATES AFTER THOROUGH ANALYSIS

A Request for Proposal (RFP) was advertised to select the Egg Hub operator, leading to a field visit for the shortlisted candidates: Alema Farms, ELERE Farms, Marantha Farms, and Bora Farm. *Sight and Life* facilitated visits of our existing Egg Hub operators from Malawi and Brazil, who joined the Ethiopia team to provide insights and interact with applicants. The advisors conducted a thorough analysis of the candidates, identifying Alema and ELERE Farms as the most suitable choices.

ELERE FARMS SELECTED AS THE OPTIMAL EGG HUB OPERATOR AFTER A RIGOROUS EVALUATION PROCESS

After proposal submission, candidates presented their cases to the selection team, addressing questions and elaborations. *Sight and Life* and SNV established six grading criteria, further divided into 26, to select an Egg Hub operator. ELERE Farms was chosen and onboarded.

PROVIDED EXTENSIVE ONBOARDING AND TECHNICAL GUIDANCE

ELERE Farms received a comprehensive briefing on managing the revolving fund, expectations for the farm, farmers, project implementation team, and technical advisors. *Sight and Life* provided valuable technical guidance during onboarding, covering input packages for farmers and extension support services crucial for the smooth operation of the Egg Hub project.

At the end of 2022, we were on track to launch the Egg Hub by our goal date of mid-2023.

PHYTASE: MAKING DAY-TO-DAY FOOD MORE NUTRITIOUS

Approximately four billion people live primarily on a plant-based diet, out of which 50% suffer from micronutrient deficiencies. High levels of phytic acid in plants are one of the main reasons of the deficiency because it prevents absorption of critical micronutrients, leading to mineral deficiencies, and ultimately, malnutrition. Phytase, an evidence-based solution, degrades phytic acid and increases absorption of calcium, zinc, iron, and other minerals. Phytase in human nutrition is a novel intervention. Through this project, *Sight and Life* will bring two phytase-based market driven food products each to India and Nigeria – the largest consumer markets in South Asia and Africa respectively. In 2022, we achieved the following steps:



MARKET RESEARCH

- Computed phytic acid levels in 72 products and lab-tested 38 food products in India and Nigeria.
- Analyzed the suitability of 48 products for phytase addition by comparing their process conditions with the ideal conditions required for phytase activation.
- Market assessment – Estimated the market size, growth potential of suitable cereal and legume based packaged food products, fortified food products and condiments for next 10 years in India and Nigeria.
- Documented consumption patterns of selected cereal and legume-based products and condiments in India and Nigeria using industry reports.
- Interviewed experts in India and Nigeria to understand the cereal-legume based products and condiments market landscape.
- Identified the product formats for prototype development based on their market size, y-o-y growth rate, consumer trends, and suitability to phytase addition.
- Shortlisted 40 food companies with identified product formats in their product portfolio in India and Nigeria.
- Identified food companies for prototype development and secured initial interest.

CONSUMER RESEARCH

- Conducted exploratory research to understand the usage, formats, and meal moments of condiments among households in India.
- Conducted a pan-India and pan-Nigeria study to explore the most preferred cereals, legumes and condiments packaged formats in the two countries, across households. The study also explored what kind of claims appeal to the general population more and why.
- Conducted a qualitative study to lend direction in terms of preparation methods of popular cereals and legumes.

The next steps will help *Sight and Life* develop and test prototypes in collaboration with food companies, engage regulators through meetings, and develop the business case.

ENGAGING SWISS STAKEHOLDERS

TEAM STRATEGY FAMILIARIZATION TO ENABLE MEANINGFUL ENGAGEMENT

JULY 4-6, 2022

Having adopted the new strategy with the board, the leadership team then sensitized the project leads at *Sight and Life* about how the work changes to adapt to the new strategy. Over 3 days of meetings and discussions, the 13-member team came up with ways to integrate the new strategy and the existing work, leaving out anything that does not fit in with the core idea. At the beginning stage of adopting the new strategy it was of utmost importance that the main project leads understand the strategy fully, and suggest any tweaks or changes they felt necessary. At the end of deliberations, with the common goal of working hard to deliver on the strategy, the country teams came away reenergized and refreshed to continue the work on the ground.

SWISS PARTNERSHIP EVENT FOR SOCIALIZATION OF STRATEGY

NOVEMBER 8, 2022 | ZURICH, SWITZERLAND

Guided by our freshly updated strategy, we recognize the essential role partnering plays in developing sustainable, locally led nutrition solutions. Intentional, diverse, and collaborative engagement is crucial in catalyzing the transformation urgently needed to address these challenges.

As part of our 35th anniversary, on the 8th of November 2022, we invited key stakeholders in the Swiss food and nutrition ecosystem to the Swiss partnering event. The objective of this event was to communicate our newly launched strategy and share knowledge, collaborate, network, and ideate around best practices on how to work together effectively to develop malnutrition solutions with global impact.

The event was structured into three panels and three breakout rooms to explore synergies to:

- 1) Translate Science to Solutions,
- 2) Provide the solution, and
- 3) Scale up for impact.



BUILDING LOCAL LEADERS IN AFRICA & ASIA



There is an immense potential among young entrepreneurs in LMICs that can be leveraged to drive the nutrition innovation agenda – to develop low-cost solutions and use business for scale. The Entrepreneurship Training project will establish the foundation for local entrepreneurs to innovate in future nutrition solutions. In 2022, we floated the course Food Systems Live! where renowned Harvard Business School professors would train young entrepreneurs from Africa and Asia. The idea is for them to be trained and mentored for 6 weeks, with 15 small grants provided to companies with worthy business plans to adopt and scale nutrition innovations.

- The deliverable for the first year was 35 entrepreneurs but we already had almost 400 sign ups from 60+ nations at the end of December 2022. Supported by CIFF and ECF, we offered scholarships to the best applications who needed financial support to take the course.
- Our entrepreneurs form a portfolio of highly motivated disruptive innovators from emerging economies, predominantly, Kenya, Nigeria, Ghana, India, Namibia, Zambia, Ethiopia, Malawi and Zimbabwe.
- Their innovations span across the food systems value chain, from food products, ag-tech platforms, e-commerce, cleantech companies, waste management, and urban food production systems.

**Learn from the best
in the business.**



Carole Elkins
Professor of History and
Visiting Professor of
Business Management,
Harvard Business School
Harvard University

Karim Lakhani
Charles Edward Wilson Professor
of Business Administration
Harvard University

Tarun Khanna
Jorge Paulo Lemann
Professor,
Harvard Business School
Harvard University

Food Systems Live!
Entrepreneurship in Growing Economies



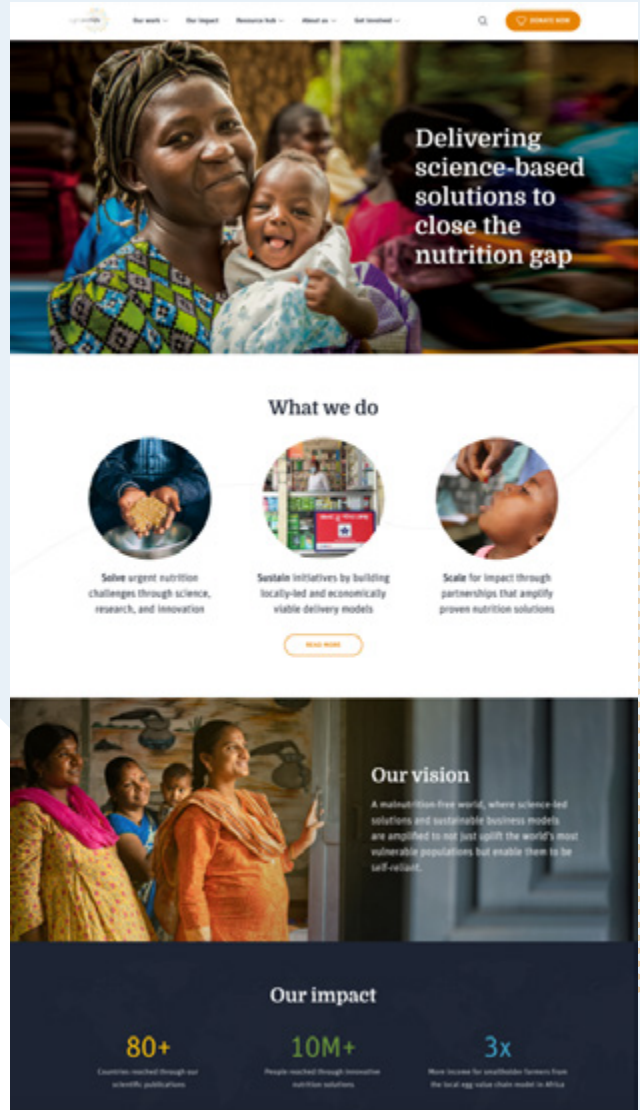
A NEW-LOOK WEBSITE

The *Sight and Life* website had been a sore point for the team and partners alike. It was hard to navigate, and did not tell our story well. In the middle of 2022, we decided to tackle this problem from scratch, and do a complete rehaul of the site. We set an ambitious target to launch the new website in 6 months.

A well-designed website plays a vital role in a charitable trust's credibility, demonstrating professionalism, expertise, and commitment to the cause, thereby building trust among visitors. We wanted the new website to act as a central hub for sharing crucial information about our mission, projects, impact, and initiatives. The aim is not just to tell visitors about work but also raise awareness about why that work is important.

We worked with an external creative agency and a content provider to make our new website visually appealing, intuitive to navigate, and user-friendly. Through extensive research and analysis, we understood our target audiences' needs, translating them into effective design decisions. In today's age, a website is not a luxury but a necessity for a foundation like ours. It enhances branding, credibility, and awareness, while facilitating donor engagement, advocacy, and resource sharing. It enables global reach, accessibility, and integration with social media. Additionally, a website provides a platform for measurement, evaluation, and long-term sustainability.

Our new website was near-ready at the end of 2022 and launched early in 2023, meeting not only the ambitious target date but also all the goals we set out to achieve. It has received wide appreciation from the team, board members as well as our partners and visitors.



AMPLIFYING OUR WORK

FOOD DAY @ETH ZÜRICH 2022

WHEN: 18 November 2022

WHERE: Zurich, Switzerland

Food Day is a yearly public event that brings together a diverse audience from academia, industry, government and international organizations for interactive discussions and workshops on food systems innovation and research.

Sight and Life contributed to a poster presentation: "A participatory journey to select nutritious value chains for implementing agroecological interventions in the Nutrition in City Ecosystems (NICE) project in Kenya"



INTERNATIONAL CONGRESS OF NUTRITION 2022

The International Congress of Nutrition (ICN) is a meeting of the International Union of Nutritional Sciences (IUNS) every four years. It comprises high-level discussions with nutrition, public health, and food systems experts. *Sight and Life* attended the following events:

- Symposium: Micronutrients across a woman's life course: Periconceptional multiple micronutrient supplementation reduces risk of early pregnancy loss in rural Bangladesh: The JiVitA-5 Trial. Organized by Healthy Mothers Healthy Babies Consortium & Micronutrient Forum.
- Symposium: The challenge of Nutrition leadership in a globalized world by *Sight and Life*. Organized by members of the Nutrition Leadership Programs and Platforms, IUNS.
- Seminar: The Power of Micronutrient Supplementation on Health and Economic Outcomes. How to Maximize the Benefits of Micronutrient Interventions in Low- and Middle-Income Countries: Small and Medium Enterprises' Perspective by *Sight and Life*. Sponsored by DSM.
- Symposium Advances in Nutritional Anemia organized by *Sight and Life*.
- Launch of Nutritional Anemia Book co-edited by *Sight and Life*.

WHEN: 6-11 December 2022

WHERE: Tokyo, Japan



AMERICAN SOCIETY OF NUTRITION 2022 CONGRESS

WHEN: 14 – 16 June 2022

WHERE: Online

Sight and Life contributed to a poster presentation: "Determinants for food purchase, preparation and consumption among families of women of reproductive age with low-socioeconomic status living in two secondary cities in Rwanda".

We also presented two articles:

- Formative research to tailor maternal nutrition services introducing Multiple Micronutrient Supplements (MMS) for pregnant women in rural Madagascar
- A comparative analysis of maternal nutrition decision-making autonomy during pregnancy in Burkina Faso and Madagascar – an application of the food choice process model

AGRF SUMMIT 2022

WHEN: 5-9 September 2022

WHERE: Kigali, Rwanda

The AGRF 2022 Summit brought together a diverse range of speakers to showcase the actionable strategies and how pathways previously defined are translating at the country level. The AGRF programme focused on three key pillars: ambition, action and partnership.

Sight and Life organized a panel discussion on "Increasing Access to Healthy Diets in the AU Year of Nutrition"



“TURI IBYO TURYA”

GEARING UP TO EMPOWER
LOCAL COMMUNITIES TO INVEST
IN THEIR NUTRITION

“WE ARE WHAT WE EAT.”

Our Rwanda team prepared a social marketing campaign in 2022, ready to be launched early 2023. Focused on farmers, clinics, and the local markets at select districts, the campaign encourages Rwandans to allow themselves to invest in their nutrition.

The campaign was developed as part of the Nutrition in City Ecosystems (NICE) project.



RESEARCH, PUBLICATIONS & BLOGS

SPECIAL REPORTS

**CELEBRATING
OUR 35TH
ANNIVERSARY**
JANUARY 2022



We are thrilled to share the 35th Anniversary issue of the *Sight and Life* Magazine, celebrating achievements in nutrition to drive the global agenda forward and explore innovations over the last decade. Through these pages, we turn back time on topics including maternal nutrition, vitamin A dosing, and data visualization, and then follow up with the latest perspectives from experts in the fields.



**PRECISION
NUTRITION
IN LOW- AND
MIDDLE-INCOME
COUNTRIES:
HYPE OR HOPE?**
NOVEMBER 2022

In the past decade, significant technological advances have increasingly made a case against the use of a one-size-fits-all approach in public health nutrition. Instead, new concepts, including Precision Nutrition, have surfaced in high-income countries with considerable potential to transform current public health nutrition interventions and improve nutritional outcomes. But where do low- and middle-income countries (LMIC) fit in the picture?

BLOGS

**HEAVY MENSTRUAL BLOOD LOSS –
A MISSING PIECE IN THE ANEMIA
PUZZLE - JUNE 3, 2022**

As the nutrition community is galvanizing efforts to address anemia more effectively and holistically, it is becoming clear that reducing heavy menstrual blood loss is not seen as a possible solution.

**MAKING FOOD SAFER FOR BOTH PEOPLE AND THE
PLANET - OCTOBER 16, 2022**

The seemingly interminable relationship between molds and agricultural produce is a cause for concern among health professionals and farmers across the world. While not all molds are dangerous, some produce poisonous substances called mycotoxins that contaminate food crops. Among the mycotoxins that affect agriculture, and subsequently human and animals, aflatoxins are the biggest threat.

**OBAASIMA | HOW CAN A LABEL
CHANGE NUTRITION FOR GHANA?
OCTOBER 27, 2022**

If you're familiar with *Sight and Life*, you may have already heard of the OBAASIMA project, at some point – but let's briefly set the scene for those of you still wondering, what exactly is OBAASIMA?

RESEARCH

- Women’s health: optimal nutrition throughout the lifecycle
- Effect of multiple micronutrient supplements vs iron and folic acid supplements on neonatal mortality: a reanalysis by iron dose
- A comparative analysis of maternal nutrition decision-making autonomy during pregnancy in Burkina Faso and Madagascar – an application of the food choice process model
- Formative research to tailor maternal nutrition services introducing Multiple Micronutrient Supplements (MMS) for pregnant women in rural Madagascar
- Principles for evidence-based and sustainable food system innovations for healthier diets
- Evaluation of spray-dried eggs as a micronutrient-rich nutritional supplement
- Small and medium enterprises’ perspectives on food fortification amid the growing burden of malnutrition
- Formative research guidance: introducing Multiple Micronutrient Supplements (MMS)
- Nutrition as a driver and outcome of agroecology



13 Principles of Agroecology

and our proposed link to **Nutrition**

Are agroecological foods by default nutritious?

Scroll for key findings >

<ol style="list-style-type: none"> 1. Recycling 2. Input reduction 3. Soil health 4. Animal health 5. Biodiversity 6. Synergy 7. Economic diversification 8. Co-creation of knowledge 9. Social values and diets 10. Fairness 11. Connectivity 12. Land and national resource governance 13. Participation 		<p>Directly linked 54%</p> <p>Indirectly linked 46%</p>
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The most apparent link between agroecology and nutrition is made explicit in only 1 of the 13 principles: **social values and diets, which refers to "healthy, diversified and culturally appropriate diets"**

10. Wozni, A. et al. Agroecological principles and elements and their implications for transitioning to sustainable food systems. *A review*. *Agroecol. Syst. Dev.* 40, 402 (2020).

11. Agroecological and Other Innovative Approaches for Sustainable Agriculture and Food Systems That Enhance Food Security and Nutrition (HLPE, 2019).

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