

# Voices

SHAPING IDEAS, GROWING SOLUTIONS.



The newsletter  
for partners of  
Developing  
Countries Farm  
Radio Network

MARCH 2004, NO. 70

## GENDER AND NUTRITION: healthy women mean healthy communities

As a radio broadcaster, you cannot research or discuss your development programs without coming across the word “gender.” But do we really understand what gender in development means and why it is so important to the work we do?

By definition, gender refers to the culturally defined aspects of being male or female – who does what, who has what, who controls what. Sex on the other hand, is the state of being a male or a female. The difference between the two is that gender can vary over time and culture, whereas sex is biologically determined before birth. Gender roles are those activities that are considered by a given culture to be appropriate to a man or a woman.<sup>1</sup>

The focus of gender in development is to improve the lives of women and empower them to become equal partners in society. There have been some successes: female life expectancy is increasing; more girls go to school; more women are paid for their work; and many countries have laws that protect women’s rights. However, women’s needs, their work and their voices are still often not considered a priority in development programming.

This is of particular concern when considering the topic of nutrition. Around the world today, rural women are responsible for half of the world’s food production and between 60 and 80 percent of the food produced in most developing countries. In sub-Saharan Africa, women produce up to 80 percent of basic foodstuffs both for household consumption and for sale.<sup>2</sup> Home gardens planted and tended by women for production of legumes and vegetables provide essential nutrients and are often the only food available during lean seasons or if the main harvest fails. Rural women provide most of the labour for post-harvest activities – storage, handling, stocking, processing and marketing. And they are primarily responsible for meeting the nutritional needs of their families.

In addition, rural women are assuming an even more prominent role in agriculture as armed conflict, rural-to-urban migration of men in search of paid employment, and rising mortalities due to HIV/AIDS have led to an increase in the number of female-headed households in the developing world. In Malawi, for example, the rural male population decreased by 21.8 percent between 1970 and 1990, while the rural female population declined by only 5.4 percent during this same period. Throughout sub-Saharan

Africa, one-third of all rural households are now headed by women.<sup>3</sup> These women tend to be younger, less educated, have less land to work, less capital and less extra farm labour than their male counterparts. One direct result of this has been an increase in malnutrition and food insecurity in these households as women adjust cropping patterns and farming systems in response to shortages of inputs, often resulting in decreased crop production and cultivation of less nutritious crops.

*Women have always been – and remain – the deciding influence on the quality of life and the well-being of their families and communities.*

– Women and sustainable development, UNESCO, 2001

Even though there is no disputing women’s vital role in the nutritional health of their families and their communities, women’s nutrition and survival is still a neglected focus of development programs.<sup>4</sup> If, according to the FAO, to be food secure, households need:

- sufficient resources to produce and/or purchase adequate food;
- the understanding of what constitutes an appropriate diet for health;
- and the skills and motivation to make sound choices on family care and feeding practices;

then this information needs to be aimed at women.

How does this affect your work as a broadcaster?

- Understand the listening patterns of women: when they listen, what formats appeal to them.
- Survey women farmers to find out what information they need.
- Interview successful women farmers and seek out women experts to participate in your programs.
- Remember that women’s and men’s roles in agriculture and food security are not the same, and so the information they need is also different.
- Even if programs focus on women, the message is equally important for men.

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The five radio scripts sent to partners with this newsletter are produced from previously published Network material. They focus on different aspects of women's contribution to food production and good nutrition, and are intended to stimulate discussion about the vital role that women play as farmers, food providers, and caretakers of their families and communities. We encourage you to find out what kind of nutrition information women in your listening audience would like to hear, and adapt the scripts to suit your local cultural settings.

- 70.1 Women produce most of our food**  
The important work of women farmers in food production deserves to be acknowledged and valued.
- 70.2 Sarah's mother goes to work and brings home healthy food**  
A family experiences a "role reversal" when Sarah's mother takes a job outside the home and her father stays home to do the household chores. The income also means more nutritious food for the whole family.
- 70.3 Nutrition – advice to an expectant mother**  
Tips on healthy foods, breastfeeding, and kitchen gardens ensure a good diet for expectant and new mothers and their children.
- 70.4 Families benefit when girls go to school**  
A young school girl helps her brother with her knowledge of nutrition and health.
- 70.5 Making something with nothing: the rubbish garden**  
A women's group improves nutrition and health through trench gardening.
- Many other Network scripts that focus on gender issues in rural communities are available in English and French on our website. Or contact our office if you would like copies of any of the following titles (in English, French or Spanish) by email or snail mail.
- 64.8 Your community group can help in times of disaster
- 62.9 An AIDS widow learns her rights
- 62.6 Women save time on the farm
- 57.12 It's important for women to vote in elections
- 57.11 Women working together can make a difference in their community
- 57.10 My body, myself:  
A bittersweet choice
- 57.9 Land ownership rights: Access denied - why women need equal access to land
- 57.8 Making ends meet
- 57.7 A community school for boys ... and girls!
- 57.5 Women and credit - Part 3: Women set up a purchasing and marketing cooperative
- 57.4 Women and credit - Part 2: Women start a revolving loan fund
- 57.3 Women and credit - Part 1: Women learn about credit
- 57.2 Salma goes into business
- 52.9 Deforestation and health: a woman's perspective
- 51.2 The cow that reunited a family
- 49.9 Woman farmer invents a cassava grinder
- 49.8 Marie and Jean Thomas grow tropical flowers in coconut husks
- 49.3 Learning to manage a loan
- 49.2 Women start a loan fund
- 43.5 A woman farmer fallows with trees
- 37.7 Why women need to know about land rights
- 31.5 Women use wild plants for food and medicine
- 30.5 Women know about food from trees
- 27.3 Changes for men and women on the farm



## Did you know?

- \* Rural women, mainly farmers, number about 1.6 billion – more than a quarter of the total world population.
- \* Women produce more than half of all the food that is grown: up to 80 per cent in Africa and the Caribbean, 60 per cent in Asia, and between 30 and 40 per cent in Latin America.
- \* Women own only 2 per cent of the land and receive only one per cent of all agricultural credit.
- \* Only 5 per cent of all agricultural extension resources are directed to women.
- \* Two thirds of all illiterate people are women.
- \* The number of rural women living in poverty has doubled since 1970.

Source: International Relief Friendship Foundation, Inc.

## Give us your feedback online!

Recent figures show that about 1,500 people visit our web site each month. If you have internet access, we would love to have your feedback on our materials. You can comment on each script individually using the "Comment on script" button at the top of the page, or use the general "Feedback" form to comment on our website, let us know what topics you would like addressed in future packages, or provide any other information about yourself and your program – or ours. Here's what a recent visitor to our site had to say:

*"I found copies of an old [DCFRN] script in one of our cabinets and was surprised to find your materials are still available on the internet. I especially found the script [39.4] on chickens fertilizing and weeding the garden very interesting.*

*We are making a food garden management training video as one of our community service projects and I would like to know if we may use the information in the article on chickens in the video, which will be used to teach communities to start their own vegetable trench beds and to make compost."*

Dr. Wimple Nell, Centre for Agricultural Management, University of the Free State, South Africa, December 10, 2003.

Ed. Note: We are always happy to have our materials reprinted and just ask that DCFRN and the author and original sources are credited.



# BRINGING RADIO TO THE PEOPLE: remember the human factor

*NGOs throughout the globe could not exist without the people who freely give their time to further our causes. Developing Countries Farm Radio Network has always been extremely fortunate with the volunteers who offer their help in many different ways – both in our office in Toronto, and from their homes and places of work around the world. Maria Luisa Diaz first contacted the Network several months ago after coming across our website on the internet. As a student of mass communications at the University of Costa Rica with a keen interest in rural development and women's issues, and a radio producer and script writer, Maria immediately identified with our mission and values, and the relevance of the radio programs we provide to small-scale farmers in rural communities. She particularly liked the simplicity of the information, and wanted to know more about us and how she could get involved. Maria arranged to visit our office during a trip to Toronto in January. Her enthusiasm when we met was certainly uplifting! She has offered to help "in any way I can," including providing Spanish translation of our materials and contacting our Costa Rican partners. Maria wrote the article below based on her experience producing a regional radio show for women.*

*Thank you Maria! We are very grateful to you – and to all of the volunteers who share their time and expertise.*

– Fran Brendon, Editor



Maria Luisa Diaz

## By Maria Luisa Diaz

**LAST YEAR**, I had the opportunity to help produce a radio show for women sponsored by a large transnational corporation. Our goal was to bring useful information to the daily lives of women using an entertaining mix of music, interviews, commentaries and fact vs. myth updates.

One topic we dealt with was women's nutrition. However, the executive producers restricted medical and nutritional information to just two minutes each day, with more time focused on weight-loss diets, healthy low-fat cooking and fast-food restaurant sponsored advertising. For a show airing in Central America, we thought we weren't hitting the right notes. We believed nutrition advice would be more relevant for a low-income woman with children than information about weight-loss diets.

So we opened a mailbox address and made a fax number available. We asked the program hosts to invite the audience to comment on the shows and tell us which issues they wanted covered and why. I clearly remember a letter from a woman in her late forties saying: "I love your show, but here are some issues you should be talking about..." Her list included medical and nutrition information. And others made similar requests.

We took her letter and others to the executive producers, with a proposal to give more air time to listener interests. But our corporate sponsor didn't share our goals, and no changes were made.

The good news is that the rules are different with community radio. The goal of community radio is to develop radio geared to your listeners. To ensure this goal is met, remember these two key points: first, listen to your audience, and second, bring radio to the people.

1. Listen to your audience. Too often, radio is a one-way conversation. But two-way programming (audience to broadcasters, broadcasters to audience) facilitates relevant and creative production. The key is to get feedback. That is, listen to what your audience is saying. For example, in our show we knew we had to talk about nutrition. However, we were focusing on items such as weight-loss diets that were a minor concern to our audience. In order to get feedback, use regular mail, fax, email or one-to-one interviews... whatever suits your needs and resources. And when you learn what your audience is saying, trust them. Their hands-on experience will enhance your programs and revitalize your shows.

2. Bring radio to the people. During the first weeks of our show we explored different styles to approach the audience. One of the easiest formats for broadcasters is the "lecture" style. It is trustworthy, it relies on the opinion of an expert, and a good host just has to be a good interviewer or researcher. But our listeners preferred to listen to a friend rather than a teacher. We had been using long difficult words, technical explanations, and established no real link between our information and our audience's environment. We asked our hosts to bring our show down-to-earth. For this they had to be straightforward and keep it simple. An easy reminder was the "talk one-to-one" motto: broadcast as if you are talking face to face.

This advice may sound easy to follow, but radio is often about making money and these principles don't apply. When working for and through your community, you can't afford to compromise. Just remember to think of the people, and keep it simple. Real human beings are listening to you.

# Partner NEWS & VIEWS

## Welcome to the Network!

We are pleased to welcome six new partners who joined Farm Radio Network in the past few months. Our partners learn about the Network from different sources, including the internet, by word of mouth, and through other organizations. And through them, we reach even more rural women and men with our educational programs for radio.

### Association Koko Mó et Radio Rurale Sikasso • Sikasso, MALI

A community radio station broadcasting programs on sustainable agriculture techniques in Bambara, Dogon, Sonrai, and French.

### Foundation for Rural Education, Empowerment and Development (FREED) – Radio Education Program • Tamale, GHANA

This NGO's radio education program provides lessons to hard to reach and underserved rural schools and also targets adult literacy. FREED programs have a special emphasis on increasing women's participation in decision making processes at home and in public settings, as well as enhancing the image of women in their communities. (Website: [www.gnafreed.org/pages/1/index.htm](http://www.gnafreed.org/pages/1/index.htm))

### Radio Khwezi • Kranskop, SOUTH AFRICA

A community radio station engaged in audio production and media training, with a priority focus on providing educational programs to serve the regional population in Zulu, English, German and Afrikaans. (Website: [www.khwezi.org.za](http://www.khwezi.org.za))

### Radio Phoenix-Université • Katanga, DEMOCRATIC REPUBLIC OF CONGO

Broadcasts programs on development issues in French, English and Swahili.

### Radio Rurale Koutiala • Hamadallaye, MALI

This community radio station was recruited by the Network to participate in the 2003 training needs assessment conducted by email.

### Ugofarm Information Service • Imo State, NIGERIA

An NGO engaged in broadcast and audio production to disseminate information in English and Igbo to rural areas, and produce research work in the field.



*The rainy season has started in the south of the Democratic Republic of Congo and I am pleased to report on work in the fields. We mostly farm corn, and basic food such as beans, peanuts, tomatoes and various other vegetables. We have two young agriculturalists who participate in our broadcasts and explain the right time to sow, how to improve the soil, and select seeds.*

François Ilunga Makungamina, Partner  
Radio Pheonix Université, Democratic Republic of Congo  
November 11, 2003

## AROUND THE WORLD, women in the media make up:

28% of radio presenters

36% of TV reporters

56% of TV presenters

26% of newspaper reporters

Source: Gender and Media Baseline Study 2003 [www.genderlinks.org.za](http://www.genderlinks.org.za)



## Partner PROFILE

### VIJAY ANGADI, Farm and Home Unit, All India Radio, Hassan



Vijay Angadi (left) interviews a farmer – and radio listener – in his field.

Vijay Angadi has worked as a broadcaster and producer at All India Radio, Hassan, in Karnataka, India, since 1991 and joined the Farm Radio Network in 1996. According to Mr. Angadi, people in 5000 villages tune in daily to Farm and Home radio programs – sometimes based on Network material, and covering a wide range of topics including coffee cultivation, views and achievements of older farmers, empowerment of women, food grain storage, sustainable farming practices, kitchen and ornamental gardening, soil and water conservation, and a series about how listeners use the radio programs in their farming practices.

Recognizing the importance of evaluation in communicating for development, Mr. Angadi directed a case study of 25 local farmers who listen to All India Radio, Hassan, to research the effectiveness of farming broadcasts on the local community. The study showed that in most cases the farmers experienced higher yields and lowered both costs and pesticide use as a result of listening to farm radio programming. Interestingly, the study also revealed a unanimous demand for an increase in farming programs and for a change of time in the broadcasts. The station plans to canvass their listeners through mail, telephone, and in person before making programming changes.

In 1996 Mr. Angadi founded the Forum of Eco-Friendly Farmers, which interacts with local farmers through monthly workshops. Workshop participants gather in farmers' fields to listen to practical knowledge from experienced "guest farmers" to improve their farming techniques. To date, a network of 300 farmers has attended more than 41 workshops and agricultural tours.

Mr. Angadi was born into a farming family and now holds a Masters Degree in Agriculture. Clearly he has a deep commitment to food security and rural development through radio. He has been the recipient of several awards for his academic, professional and community service, and was a deserving nominee for the George Atkins Communication Award last year. We look forward to hearing more about his work in the future.

## CELEBRATE RURAL WOMEN!

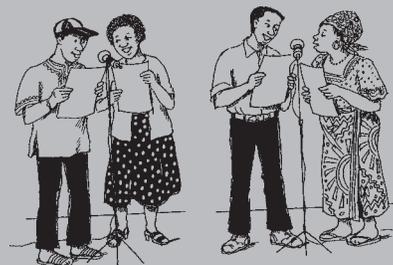
**WORLD RURAL WOMEN'S DAY** takes place each year on October 15th to celebrate the enormous – and largely unnoticed – contribution that rural women make in ensuring food security, and in the development and stability of their communities. On October 15th this year, join the activities of groups in over 100 countries to raise the profile of rural women, and promote action in their support. Here are a few suggestions:

- Mention World Rural Women's Day on your programs and explain why it is important to recognize the role and work of rural women.
- Invite representatives of women's groups to participate in your programs.
- Hold a panel discussion and invite local women and women's NGOs to discuss their needs and present their projects.
- Create an award for local rural women or women's groups.

*The DCFRN texts are of considerable help for our work. [They] assist in our social development education program which offers free instruction to the most deprived following a crisis brought on by five years of war in our country. Thank you again for your impressive texts.*

Michel Balelande Munungu, Partner

Action Chrétienne pour le Développement, Democratic Republic of Congo, November 10, 2003



# LISTENING TO RURAL WOMEN

## listening to radio



Trygve Bolsrud/Panos Pictures

*One day Elephant invited Giraffe to dinner. He decided to serve their delicious dinner on a large flat dish on the ground because his long trunk made it easy for him to pick up the food and eat. But Giraffe with her long neck could not bend down to eat without spilling the food. When she finally got down on her knees to take some food from the plate she found Elephant had already eaten all the tasty pieces.*

*Elephant did not notice that Giraffe could not eat. Both Elephant and Giraffe needed an equal opportunity for nourishment, but Giraffe could not eat without changing the way that the food was served. The lesson to learn from this story is that we should not ignore the barriers to everyday opportunities that exist. Sometimes special arrangements are needed so that everyone can share in the benefits of life.*

The story of Elephant and Giraffe is a story that helps us to remember that our world is not equal and it is certainly not always fair to some people. The uniqueness of radio in communication is that it can support social and environmental change that brings benefits for everyone – women, men, the elderly and youth. But has enough been done to overcome the everyday barriers that prevent women from being part of all aspects of rural radio programming?

Women and men are not the same. They have, for instance, different roles in farming. In Africa, women often have the responsibility of taking care of the seed for food crops and planting. Men may be responsible, on their own or with women, for clearing and cultivating the land. There is also a relation between what women know, feel and do, and what men know, feel and do. This is called a gender relation and it matters a great deal in agriculture because sometimes there is conflict between women and men in what they know. There may also be some complement in the tasks they do on the farm. This is why it is important to consider gender in agricultural communication.

Another reason for taking gender into account in rural radio programming is that research and extension services have often failed to reach rural women. Rural women have many responsibilities – at home, in the fields and sometimes in the market too. Women take care of children and the elderly, and they often are called upon to help the community with a range of development projects. In many countries rural extension services do not have the resources to reach out to women. But radio can reach women listeners in rural areas.

Here are a few examples of radio programs that reach out to rural women and listen to them:

- The Federation of African Media Women (FAMW) uses rural radio listening clubs, often referred to as the “Development Through Radio” approach. The listening clubs bring women together to listen to a radio program, discuss it and ask questions of the program producer. In Zambia, FAMW found that this approach to rural radio played an important role in getting politicians to take action on their campaign promises, and to ensure that public services like wells and schools were provided.
- In Sierra Leone, the Development Through Radio approach is used to help women survivors of the civil war – widows, mothers of lost children, and victims of assault and trauma. The women’s listening clubs define and develop their own agenda and radio programs. Communication specialist Mercie Wambui from Kenya works with approximately 30 women’s groups in and around Freetown to digitize and archive the radio programs and incorporate the use of video with radio.
- In Cameroon, Farm Radio Network partner Martha Biongo leads a well-known radio program for women. Martha also works with a researcher and an extension worker who provide useful farming information for her programs. Farmers are interested in Martha’s program because they know she works in partnership with key information sources. Her listeners like to hear their problems discussed on the radio, and their communities mentioned. The women actively listen and feel more involved because they are shown genuine concern. As Martha notes, “It really reassures them that you have them at heart, and that you think of their problems too.”

Rural radio creates an important place for women to be heard – by other women, by men, by development project leaders, and by politicians. Women need this opportunity to explain in their own words what can be done to improve their lives, and the lives of their families and communities. In the words of a 70-year old leader of a women’s group in western Kenya,

*“...there is no other way for us [women] to go but to talk among ourselves about what we can achieve together. We have seen so many projects come and go. We have worked hard to feed and educate our children and now see them without anything at all. There is only us here to say what we can do.”*

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# Resources

**Food security in Africa: a development challenge** Topics covered include the role of farmers' organizations in improving food security and strategies to improve food security at the community level. Publication available from Technical Centre for Agricultural and Rural Cooperation (CTA). CTA also publishes *Spore*, in French and English (*Esporo* in Portuguese), featuring information, courses and conferences, resources, and news of CTA's activities in agricultural development. Subscriptions are free to individuals and organizations involved in agriculture and rural development from: ITDG Publishing, 103-105 Southampton Row, London WC1B 4HL UK. Tel: 44(0)20 7436 9761, Fax: 44(0)20 7436 2013, Email: cta@itpubs.org.uk Website: www.itdgpublishing.org.uk

**Food and Agriculture Organization of the United Nations (FAO)** provides nutrition education materials - dietary guidelines, food quality and safety, household food security, nutrition requirements - for use at the community level. Contact: FAO Sales and Marketing Group, Viale Delle Terme Di Caracalla, 00100 Rome, Italy. Website: www.fao.org/Gender/gender.htm (English, French and Spanish)

**Caribbean Food and Nutrition Institute** aims to achieve optimal nutritional health and food security for all peoples of the Caribbean. Their monthly publication, *Nyam News*, provides basic nutrition information, including keeping food nutritious, nutrition and AIDS, and healthy eating during pregnancy. Contact: CFNI, PO Box 140, UWI Campus Mona, Kingston 7 Jamaica. Tel: (876)927-1540/1, Fax: (876)297-2657, Email: e-mail@cfni.paho.org Website: www.cfni.paho.org

**AVRDC - The World Vegetable Centre** is an NGO committed to improving the nutritional well-being and raise the incomes of people in rural and urban areas of developing countries through research, development and training in improved varieties and methods of vegetable production, marketing, and distribution. AVRDC's quarterly publication, *Centerpoint*, is available from: AVRDC, PO Box 42, Shanhua, Tainan 741 Taiwan, ROC. Tel: 886-6-581-7801, Fax: 886-6-581-0009, Email: avrdcbox@avrdc.org The newsletter and other information and training opportunities can be found on the AVRDC website: www.avrdc.org

**The Women's Health Exchange** This resource for education and training in women's health is published three to four times a year in English and Spanish (*¡Saludos!*). Each issue focuses on a specific women's health topic

and includes a training guide for community-based education; stories about groups working to improve women's health; resources; and information about new developments in women's health. Available free from: The Hesperian Foundation, 1919 Addison St, Suite 304, Berkeley, CA 94704 USA. Tel: 510-845-1447, Fax: 510-845-9141, Email: hesperian@hesperian.org Website: www.hesperian.org Samples are available for download at: <http://www.hesperian.org/newsletters.htm#whx>

**World Neighbors** is an NGO working to eliminate hunger, disease and poverty in Africa, Asia and Latin America. Their newsletter, *World Neighbors In Action*, published twice a year in English, French and Spanish, focuses on food production, community-based health care, reproductive health and family planning, water and sanitation, environmental conservation and micro-enterprise. Subscriptions in developing countries are free. Contact: World Neighbors, 4217 NW 122nd St, Oklahoma City, OK 73120-8869 USA. Tel: (405)752-9700, Fax: (405)752-9393, Email: order@wn.org Website: www.wn.org

**Publications available at no charge from the International Institute of Rural Reconstruction (IIRR):**

***Environmentally Sound Technologies for Women in Agriculture.***

Contains 60 illustrated technologies to increase the efficiency of women in the home and on the farm (animal husbandry and dairying, vegetables and post-harvest technologies, organic farming, seed production and storage, pests and pesticides, and water management).

***Bio-intensive Approach to Small-scale Household Food Production.***

Low-cost strategies for small-scale household gardening to improve the nutritional status of rural households, as well as supplementing income through the sale of vegetables.

**Contact the nearest IIRR office**

**Regional Center for Asia**, YC James Yen Center, Silang, Cavite 4118, Philippines. Tel: 63 46 414 2423, Fax: 63 46 414 2420, Email: AsiaProgram@iirr.org

**Regional Center for Africa**, PO Box 66873 Westlands, Nairobi, Kenya. Tel: 254-2 444 6522, Fax: 254-2 444 8148, Email: admin@iirr-africa.org

**Regional Center for Latin America**, Hernando dela Cruz, N31-136 y Mariana de Jesus, Quito, Ecuador. Tel/Fax: 593-2 2554 085, Email: Latin.America@iirr.org

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## LISTENING TO RURAL WOMEN LISTENING TO RADIO *continued from page 6*

Rural radio can help to promote a change in the attitudes, behaviours, and structures that prevent women from overcoming the challenges they face. Today women can use radio to share their knowledge, information and skills, as well as to access information on agriculture, health, and nutrition. It used to be that the major concern was that women were not listening to the radio because it belonged to their husbands. These days who owns the radio is less of a concern. What is more relevant is whose voices are being heard.

Programmers and broadcasters in rural radio stations must be responsive to all of their listeners' needs. DCFRN encourages this effort among its partners and seeks to strengthen understanding of and efforts to address rural radio and gender relations. Please share with us your stories about how radio is making a difference in rural women's lives. Let us all listen to women listening to rural radio!

Article prepared by:

Helen Hambly Odame, Assistant Professor  
School of Environmental Design and Rural Development  
University of Guelph, Guelph, Ontario Canada N1G 2W1  
hhambly@uoguelph.ca

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Warnock, K. 2001. DTR Radio Listening Clubs, *Zambia: Impact evaluation report*. Panos Southern Africa. January 15, 2001. <http://communit.com/pdf/zambiaDTR.pdf>

Development Gateway Story of DTR in Sierra Leone. [www.developmentgateway.org/node/133831/sdm/docview?docid=551770](http://www.developmentgateway.org/node/133831/sdm/docview?docid=551770)

# Resources *continued from page 7*

## Radio resources

**Changing Times, Changing Attitudes: Alternative portrayals of men and women** This publication from a joint DANIDA-UNESCO venture, "Special Project for Women and Girls in Africa," includes fourteen gender-sensitive radio scripts on subjects of high priority to African women. Available online at:

<http://unesdoc.unesco.org/images/0011/001197/119793eo.pdf> or from the Division of Basic Education, UNESCO, 7 Place de Fontenoy, 75352 Paris 07 SP France. Tel: (33.1)456 81016, Email: A.Bahdiallo@unesco.org

**Focus on Women: Traditional customs and women's rights** This radio program of the Africa Learning Channel (ALC) questions the current relevance of many traditional rites and customs in Africa. Examples cited include wife inheritance in Kenya and a child bride in Nigeria. ALC (a product of First Voice International – formerly WorldSpace Foundation) uses digital satellite radio technology to serve communities across Africa and Asia. To become a partner contact: ALC, 2400 N Street, NW, Washington, DC 20037. Tel: 202-861-2261, Fax: 202-861-6407, Email: [firstvoiceint@firstvoiceint.org](mailto:firstvoiceint@firstvoiceint.org)

The **Women's International Network of AMARC (AMARC-WIN)** works to ensure women's right to communicate through and within the community radio movement. AMARC-WIN provides training programs and production exchanges at the international and local level. <http://fire.or.cr/amarcpage.htm> (AMARC Latin America and the Caribbean <http://alc.amarc.org>)

**Feminist International Radio Endeavour (FIRE)** began as a bilingual (Spanish and English) shortwave radio program broadcast from Radio for Peace International in Costa Rica, and became the first women's internet radio website to promote women's rights and freedom of expression in mass media. Website: [www.fire.or.cr/indexeng.htm](http://www.fire.or.cr/indexeng.htm) [www.fire.or.cr/](http://www.fire.or.cr/) (Spanish)

**International Women's Media Foundation (IWMF)** The IWMF Network is an international association of women and men which aims to strengthen the role of women in the news media around the world. Financial waivers are available for women journalists working in developing countries who would like to join the IWMF Network. Contact: IWMF, 1726 M Street NW, Suite 1002, Washington, DC 20036 USA. Tel: 202/496-1992, Fax: 202/496-1977, Email: [info@iwmf.org](mailto:info@iwmf.org) Website: [www.iwmf.org](http://www.iwmf.org)

**National Community Radio Forum (NCRF)** is a national, member-driven association of independent community radio stations in South Africa who develop programming activities for sustainable local development. The NCRF Gender Network addresses the needs of women in the community radio sector. Contact: NCRF, Suite 109, Private Bag X42, Braamfontein, 2017 South Africa. Email: [info@ncrf.org.za](mailto:info@ncrf.org.za) Website: [www.ncrf.org.za/Women%27s%20Network.htm](http://www.ncrf.org.za/Women%27s%20Network.htm)

## Internet resources

**Discussion Group on Nutritional Care and Support for People Living with HIV/AIDS. ProNut-HIV (PLWHA)** is a new electronic forum to share information, knowledge and experience on nutrition and HIV/AIDS, and to enhance positive living through nutrition care and support, with a special focus on women and children. Visit [www.pronutrition.org](http://www.pronutrition.org)

**FAO Rural Radio website** focuses entirely on rural radio for development and includes audio resources, publications, training materials, workshop information, and fact sheets. <http://www.fao.org/sd/ruralradio/en/index.html>

## GENDER AND NUTRITION *continued from front page*

With women's contribution to household food security, and their increasingly important role in agriculture, information that will improve women's knowledge of nutrition and food safety, and address food production and processing issues, is essential for the health of rural communities. Women in good health make a better contribution to the health of their families and to local economic development. If women have equal access to information and services that will help them make sound choices, both their families and their communities will benefit.

### Sources

<sup>1</sup>*Gender and food security – Facts and figures.*

Food and Agriculture Organization of the United Nations. [www.fao.org/Gender/en/agrib4-e.htm](http://www.fao.org/Gender/en/agrib4-e.htm)

<sup>2,3</sup>*Gender and food security – The feminization of agriculture.*

Food and Agriculture Organization of the United Nations. [www.fao.org/Gender/en/agrib2-e.htm](http://www.fao.org/Gender/en/agrib2-e.htm)

<sup>4</sup>*Women's Nutrition.* FANTA Food and Nutrition Technical Assistance Project. [www.fantaproject.org/focus/womensnutrition.shtml](http://www.fantaproject.org/focus/womensnutrition.shtml)



**Developing  
Countries  
Farm Radio  
Network**

*Supporting broadcasters in developing countries to strengthen small-scale farming and rural communities.*

416 Moore Avenue, Suite 101  
Toronto, Ontario Canada M4G 1C9  
Telephone: (416) 971-6333 Fax: (416) 971-5299  
Email: [info@farmradio.org](mailto:info@farmradio.org) [www.farmradio.org](http://www.farmradio.org)

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