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Today, Colombia is changing. As the Government and the Revolutionary Armed Forces of Colombia (FARC) advance in peace negotiations, the country may soon see a progressive end to the conflict. Nevertheless, the country still faces considerable challenges to achieving food and nutrition security for all. Inequalities among regions and ethnic groups, limited access to basic services, and internal displacement affecting one in eight people, are some of the main drivers of food and nutrition insecurity. Conflict-affected people living in remote areas are the most vulnerable, especially Afro-Colombians and indigenous populations.

As Colombia changes, so does WFP. In 2014 WFP began adapting its strategy to support peace building processes and laying the foundation to transition from humanitarian, to recovery and capacity development assistance. Of particular importance was leveraging WFP’s operational capacity in support of national priorities and the goals laid out in the Zero Hunger Challenge and the proposed Sustainable Development Goals. As the largest international humanitarian agency in the country, and one with unique technical and logistical capacity, WFP complements government actions, reaching hard to access communities and bridging assistance gaps.

Change comes through experience, analysis and evidence-based learning. In 2014 WFP initiated the documentation of its experiences, both in providing humanitarian assistance and in working closely with Government entities to enhance local implementing capacities and to eliminate malnutrition. Case studies, beneficiary surveys, thematic missions and a partnership review, all helped to identify successes and lessons, highlighting innovative practices.

WFP’s strong collaboration with Government of Colombia entities, such as the Department for Social Prosperity and the Colombian Family Welfare Institute, resulted in reducing malnutrition in young children and building the resilience of their families. A very successful experience was with the Department of Bolivar. Working jointly to eliminate anemia in small children, using an integrated approach that included the distribution of micronutrients and deworming, WFP and the Department of Bolivar were able to reduce anemia by more than 50 percent in targeted children.

Another example of innovation was the introduction of electronic transfers and an electronic platform to track purchases in different sales points. Gradually shifting from in-kind donations to electronic transfers allowed targeted families to access healthier, more diversified foods which were purchased locally. Importantly, vouchers increase the incomes of local farmers and stimulate rural economies, while reducing WFP’s environmental footprint.

Also in 2014, WFP prioritized resilience building in departments affected by climatic shocks. An important first step was to work with indigenous communities in the Department of La Guajira to recover their traditional agricultural practices and understand climate risks in the dry areas of the department. WFP will continue working in La Guajira, strengthening the resilience of indigenous Wayuu communities, and the agriculture and ecosystems they depend on.

Strengthening capacities, listening to the people we assist, collaborating with partners, and intimately knowing environments marked by insecurity and violence helped WFP reach those most in need, delivering assistance with dignity and respect.

We are pleased to share with you our 2014 experiences and results. WFP in Colombia is rising to the challenge of introducing changes to back efforts which build confidence in peace, reduce inequalities, and increase development opportunities. Simply put, WFP is working for a Colombian population that is healthier, children who can learn, and for women, men and children who are better able to seize opportunities for a more secure future. This is only possible thanks to each of the national and international entities that contribute to WFP’s work in Colombia.

Deborah Hines
WFP Representative in Colombia
The Year in Review

- WFP reached 466,000 people, more than half of whom were women. Internally displaced and confined populations represented 90 percent of those benefitting from WFP assistance.

- Afro-Colombians and indigenous populations accounted for 40 percent of the people assisted by WFP, as they were disproportionately affected by violence.

- More than 80,000 people benefitted from an integrated package, allowing them to transition from humanitarian aid to recovery and government assistance programmes.

- Strong partnerships with local authorities helped reduce anemia by more than 50 percent in 61,000 children in the Department of Bolivar.

- In drought affected La Guajira, WFP brought relief to 63,000 people, 70 percent of whom belonged to indigenous and Afro-Colombian communities.

- Approximately 57,000 children received school meals, feeding their minds and bodies.

- Micronutrient supplements were delivered to around 20,000 pregnant and lactating women.

- Electronic vouchers allowed 19,000 people to access fresh, healthier and more diversified foods.

- WFP surmounted immense logistical challenges, bringing humanitarian assistance to isolated communities, where thousands of people could only be reached by boat.
WFP has a demonstrated experience delivering micronutrient powders (MNP) in Colombia, where the national prevalence of child anemia is 27.5 percent. However, the programme “Chispitas de Vida” (Sprinkles of Life) in the Department of Bolivar was unique because it was the first time that WFP partnered with a local government to combat micronutrient deficiencies in young children. The very effective partnership between the Government of Bolivar and WFP prevented and controlled anemia in children between the ages of two and five years old.

By delivering an integrated nutrition package, which included locally produced micronutrient powders or Chispitas, as well as deworming and health education trainings for families, the programme aimed to change dietary habits, in addition to immediately treating the nutrition problem. By focusing on two to five year olds, the local effort complemented national government efforts to deliver micronutrients to children through the local health care system.

Significant results

Under the leadership of the First Lady of Bolivar’s office, the programme reached more than 61,000 children in the department. Also, more than 58,000 children were in need of deworming tablets. A major achievement was the reduction in anemia levels. Blood samples showed that iron deficiency in targeted children was halved; from 25.5 percent in July 2014 when the programme started, to 11.2 percent seven months later.

The partnership to plan, implement, monitor and evaluate “Chispitas de Vida” was successful for several reasons, including the following:

- **Dedication of local government leaders**

The implementation of the programme involved mayors, social managers and other representatives of municipalities’ entities, such as Secretaries of Health, as well as officials from the Department for Social Prosperity (DPS) and the Colombian Family Welfare Institute (ICBF), health centres and other community members. Their personal commitment helped raise awareness about the importance of anemia reduction, and facilitated the management and coordination of the programme.

- **A formal partnership with clearly defined roles, and open communication**

Creating a concrete plan with a detailed timeline helped ensure the successful implementation of “Chispitas de Vida”, and avoid duplication between national and local programmes in Bolivar. The monitoring of activities by WFP field teams helped to identify problems in a timely manner, enabling the immediate implementation of corrective actions. Coordination and frequent meetings between WFP and partners were crucial for effective communication.

- **Combining resources and capacities**

The partnership between the Government of Bolivar and WFP increased capacities to successfully monitor, implement and evaluate the effectiveness of the programme. WFP, with its large-scale operational capacity and technical expertise, provided guidance on designing the methodology and carrying out the programme, including trainings to families in nutrition, procured the Chispitas locally, decreasing costs, and supported its distribution. The field team’s and the local authorities’ knowledge of the area and of the communities was crucial for engaging families and ensuring their participation in the programme.

A Successful Collaboration to Eliminate Anemia in Young Children

Using innovative communication channels

The “Chispitas de Vida” programme used a community-based approach to reach children in Bolivar. Families received training in how to add Chispitas to the meals they prepared, while younger children participated with parents and caregivers in nutrition campaigns held in their community. Information about the programme was spread through moto-taxi drivers, radio stations, and through a strategy called “voz a voz” (“voice to voice”). In these events participants were encouraged to talk about good nutrition with their families, friends, and neighbours, who in turn were asked to spread the message. This proactive promotion enabled staff to deliver the nutrition package throughout the department, even in remote areas, as health workers went house to house to locate children.

Changing the lives of children and their families

“Everything Diego ate would upset his stomach,” recalls Julia, a mother of two little boys who lives in the village of Malagana, Bolivar. Diego, who is four, mumbles that his stomach used to hurt all the time. Julia took him to various doctors, bought him deworming pills, expensive medicines and vitamins, all to no avail. Diego was not able to increase his weight above 12 kilograms. His 2-year old brother, Deymar, was chubby and with a healthy weight, but Julia says he always used to feel tired and lacked energy.

In July 2014, Julia and her family were selected to join the “Chispitas de Vida” programme. “That day our lives changed 180 degrees,” recalls Julia. Today, Diego weighs 16.5 kilograms, while Deymar is more active and enjoys playing with his older brother and his friends.

Julia confirms that, as soon as her children began taking the Chispitas, Diego’s improvement was visible. He gained weight, appetite, and his stomach stopped hurting. Additionally, he was full of positive energy. “All this in less than three months, something not even the most expensive medicines I had bought could achieve,” says Julia. Now it is the children who remind their mother to add the Chispitas to their meals!
Fostering Resilience in La Guajira

The northern Department of La Guajira is one of the poorest in Colombia and is home to a significant portion of the country’s indigenous people. The Wayuu of La Guajira are particularly vulnerable to food and nutrition insecurity, related to climate variability which threatens their livelihoods and traditional ways of life. Government figures show that one child under five died every week in 2014 from malnutrition-related causes, the majority Wayuu.¹

Chronic periods of drought are frequent. However, the current one has lasted for more than two years. In 2014, the Food Security and Nutrition Cluster in Colombia estimated that nearly 510,000 people were affected by food and nutrition insecurity, as well as the water and sanitation crisis. Access to potable water for drinking and food preparation diminished considerably, and the lack of rainfall damaged agricultural crops. The number of cattle and goats per family decreased significantly and the price of basic food items rose substantially. Unsustainable agricultural practices together with desertification processes have exacerbated the effects of the drought. La Guajira has the largest land surface in the process of desertification in Colombia.

Given the chronic nature of the crisis, WFP has taken a longer-term approach to supporting victims of the drought, with the objective of strengthening the resilience of affected people and communities. In 2014, a joint needs-assessment in La Guajira, under the leadership of the Food Security and Nutrition Cluster, with the participation of WFP, UNICEF, UNDP, OXFAM and local agencies found high rates of child malnutrition and food insecurity. In coordination with the Government, WFP initiated a pilot project to develop community resilience models in four Wayuu communities, in addition to providing food assistance to affected populations.

Recapturing the ancestral knowledge of the Wayuu who have lived on lands in the process of desertification and degradation for centuries is central to WFP’s approach. Consultations with affected communities allowed women and men, the elders and the young, to share their insights on the causes of the current crisis. Combined with secondary data analysis, WFP was able to map drought and desertification risks. Based on this information, communities and local authorities also offered possible solutions, for example, the importance and relevance of early warning systems, water storage, irrigation and seed management. Also a recommendation was to facilitate coordination between local Government agencies to create a joint early warning system in order to save children’s lives. WFP started work on this priority, highlighting the importance of information sharing between communities and local authorities.

The community discussions also highlighted the importance of introducing renewable energy such as wind mills and solar panels for pumping water and establishing food banks for people who lose their livelihoods and food security during extended droughts.

**WFP partnering to find longer-term solutions for the Wayuu**

Since 2012 WFP has partnered with Fundación Cerrejón Indígena (FCI) to recover traditional agricultural knowledge and practices, helping communities better cope with shocks and stresses. WFP and FCI improved food and nutrition security by creating community gardens, locally known as rosas, where vegetables are grown for self-consumption. The raising of small cattle – mainly goats – provided income to poor families and reinforced the cultural importance of small animals in this pastoral society. Other actions that build resilience in the face of climate change included vegetation buffers, which provide shade to the rosas and act as barriers against strong winds that literally suck water from the ground.

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¹ Secretaría Departamental de Salud registered 44 children under 5 years of age who died of malnutrition during the first 48 weeks of 2014.
Understanding the Causes of the Crisis

“Some soils are like a cemetery”

During a workshop organized by WFP and FCI, in partnership with the local authorities, representatives of Wayuu communities from middle and high Guajira shared their thoughts on drought and desertification. Everyone agreed that, “before, after a long summer, it would rain from February to March, and then again in May, so we could plant pumpkin (ahuyama) and millet. Now we do not know when the rains will come.” Consequences are dire, added one elder, “Some soils are so dry and hard, they are like a cemetery, and when it rains, water just slides along the surface without penetrating into the ground.” Said one woman, “We must walk for kilometres to look for water. Often we have to cross the main road and the railway, putting people’s and animals’ lives at risk. We need help to build more wells.”

For many of those present, the human being was to blame. “The land is like a child; if one does not feed it and care for it, the land gets sick and dies. The humans cut the forest, they destroyed the land. But if we help care for it, the land can again produce food.”
Introducing Innovative Assistance Models

Worldwide, WFP is increasing the use of the cash and vouchers modality as part of its food assistance strategy. Evidence from WFP-IFPRI studies in Africa, Asia and Latin America supports this change. For example, the Ecuador study found that conditioned food vouchers were the best transfer modality to improve the nutrition of vulnerable populations, when compared to cash or direct food distributions. Importantly, vouchers can be conditioned to participation in food and nutrition security trainings and to what items people can purchase. Depending on the context, distribution costs for in-kind donations may be higher than the voucher option.

In Colombia, WFP expanded the voucher transfer modality during 2014. Initially, families could exchange their vouchers in supermarkets for a list of healthy products: fruits, vegetables, dairy products, and animal proteins. By the end of 2014, a pilot project brought vouchers to isolated communities in the southern Department of Caquetá. Families were able to exchange their vouchers for fresh products purchased from local smallholder farmers via a new electronic tool. Importantly, the use of vouchers was accompanied by trainings, during which families learned about good nutrition, and the preparation of healthy foods.

Results from the pilot project in Caquetá found that WFP had an important role to play in linking smallholder farmers to markets, thus increasing incomes and stimulating local economies. Voucher transfers linked to local purchases emphasized women’s empowerment. By targeting women producers WFP supports family farmers.

The use of conditioned electronic vouchers facilitated physical and economic access to fresh, nutritious foods; fruits, vegetables and proteins which the most vulnerable cannot afford. This diversification in the diet is crucial, as many Colombian families live with micronutrient deficiencies.

Using technology

Vouchers are a very flexible tool and can be adapted to various contexts. This is critical in a country as large and diverse as Colombia. In 2014, vouchers went electronic and were linked to a web-based platform that allowed small shops and farmers’ associations to monitor purchases, as well as check the remaining credit for each customer in real time. Thanks to this tool, WFP could target and input information on participating households directly into the system, tracking consumption patterns and prices for each product purchased. Importantly, the electronic transfer and tracking system enabled WFP to monitor activities and carry out financial reporting.

“I could buy many types of food”

When an illegal armed group came to threaten the indigenous community of Embera Katío, Rosita, together with hundreds of others, had to flee her ancestral lands in the Department of Córdoba and seek refuge in another indigenous reserve. “We suffered a lot on the way. We had no shelter and could not produce any food. My health and that of the children worsened,” says Rosita. Her native language is Embera and she speaks little Spanish.

Rosita’s family was one of the forcibly displaced who benefitted from WFP voucher transfers and the health and nutritional trainings. The day Rosita, voucher in hand, entered a supermarket in the town of Montería will always stay in her memory. “This town was so beautiful, and there were kind people who helped us at the check-out. What I liked most is that I could choose many types of food, which I then cooked for my children. They enjoyed the new foods very much.”

Promoting Healthy, Locally Produced Foods
Considering Gender Dynamics in Conflict Situations

In 2014, WFP renewed its efforts to analyse the different effects that conflict, poverty and inequality have on women and men, on girls and boys. Working with WFP gender and protection experts, an in-depth assessment was undertaken with the objective of strengthening WFP’s humanitarian response by tailoring actions to specific contexts and needs.

The findings of the assessment confirmed that women and girls are most affected by the conflict, and are targets of sexual and gender-based violence. It is estimated that 52 percent of internally displaced women experience domestic abuse, compared to 20 percent of women who are not displaced. Girls are forcibly recruited by armed groups and trafficked into prostitution and forced labour by criminal gangs. As well, the conflict has placed additional and heavy burdens on women; 67 percent of displaced women are single mothers who have to care for their children alone.

Women and girls are not the only victims. For example, young boys are at risk of forced recruitment by armed groups. Also, the assessment found that the prevalence of anemia in displaced children under five years is significantly higher for boys than for girls. While this finding seemed surprising, understanding the cultural context is helping WFP to ensure that both boys and girls are equally considered in its programmes.

New ways of working

WFP in Colombia is committed to the integration of gender and protection in all its activities. This requires designing and conducting gender and protection assessments for all food assistance activities. These assessments help ensure that WFP activities do not aggravate the protection risks faced by affected populations. For example, WFP made distribution points as close as possible to communities, reducing people’s exposure to external security threats; an important achievement in areas where armed groups pose threats to the civilian population on an ongoing basis.

Also because violence in the family and poor food and nutrition security are closely linked, WFP discussed with local governments how to help women who were victims of domestic abuse reestablish their lives and livelihoods. As a first step, WFP began working with municipalities to protect abused women and their children after their initial stay in protective homes, enabling them to transition to a new life. Women receive training to restart their livelihoods and if their children suffer from malnutrition they receive food vouchers and micronutrients.

"Gender inequality is a major cause and effect of hunger and poverty. It is estimated that 60 percent of the world's chronically hungry people are women and girls."
Analysing Different Contexts

People of the mountain rediscover how best to care for their children

In the tropical forests, which cover the mountains close to the Pacific Ocean on the border between Colombia and Ecuador, the Inkal Awá or “people of the mountain” face dangers beyond the snakes that infest the area. Armed conflict, environmental damage, for example from oil spills and the spraying of vegetation, have threatened the livelihoods of this indigenous population, dividing communities and transforming their territory in the Department of Nariño.

These circumstances have made it difficult for parents to properly care for and play with their children, while poor access to quality foods and inadequate eating habits have led to high malnutrition rates. Consequences are even worse when it takes hours on foot to reach the closest health centre. Under the leadership of WFP, the Resguardo Indígena del Gran Sábalo (Indigenous reserve), UNICEF and the Colombian company Ecopetrol worked together to create a protective environment for the girls and boys who live in the most remote areas of the indigenous reserve.

As part of these efforts, women selected by their communities, became “Messengers of life in the home,” or “Awá kuattuzpa yalta yalta ishunamakpas”. The women met periodically, sometimes after walking two days carrying their babies in their arms. They shared experiences and traditional ways of caring for their children. WFP food accompanied trainings on nutrition, health, and caring for their families. Once home, the new trainees, who were from twenty indigenous communities, made house to house visits and spread the word on how best to improve family nutrition.

Protecting school children from forced recruitment

The headmistress and staff at a boarding school in the southern province of Putumayo are literally rescuing children from the conflict. José Luis, a 15-year-old Afro-Colombian, began attending boarding school as a little boy. (His name has been changed to protect his identity.) His parents, like many in insecure areas where boys, but also girls, are at risk of kidnapping and forced recruitment by armed groups, preferred this option over the previous school, as before José Luis had to walk every day along an insecure path.

During a school holiday, when José Luis was working on a family farm, armed men forcibly recruited him. Since boarding schools are recognized as protected places for schoolchildren by all, the headmistress was able to successfully negotiate José Luis’ release. José Luis likes his boarding school, not only for the classes, but also for the safety it provides from hunger, violence and landmines present around his village.

WFP, in collaboration with the Ministry of Education, supported boarding schools in border areas, including the one José Luis attends. The delivery of meals and educational materials helps to protect children from violence and forced recruitment. Such institutions are often very isolated, sometimes hours up the river, making outside support crucial.

6. PMA and Econometría 2013. Levantamiento de Línea de Base del Estado Nutricional y Alimentario, y Situación de la Población Desplazada por la Violencia en Colombia, p. 5.
"We in WFP Colombia are like the climbers in the Himalayas. We are members of an expedition who are ascending a peak. We share expectations and emotions, and each and every one of us has a strong personal commitment to our common task.”

These were the words from a WFP field monitor at the end of an all staff retreat in October 2014. People from every WFP office in Colombia participated, sharing experiences and jointly reflecting on the best ways to reach WFP’s objectives.

Staff devised strategies to “ascend the Everest” or quite literally achieve WFP in Colombia’s new strategy in spite of very familiar obstacles: time, communication, coordination, and capacities. According to another staff member, “We can only reach the summit if we are aware of the added value of each and every one of us; when we understand and share what really matters with our colleagues.”

At the end of the retreat, each participant wrote a personal commitment on a prayer flag, similar to those that the people from the Himalayas hang on their mountain summits, asking that their prayers be carried by the wind. These colourful reminders now decorate the WFP office in Bogotá, greeting staff members every morning as they arrive for another daily “ascension”. The flags are a visible reminder that, only as a team, is it possible to obtain the best results for the people that WFP assists in Colombia.
Thoughts from our Team

“It is crucial to respect our principles of neutrality and impartiality in humanitarian assistance.”

“Change is positive.”

“We should always think of the people, listen to them, and find a solution to their needs.”

Our commitments for 2015
Overcoming Challenges to Reach the Right People

The Government of Colombia estimated that at the end of 2014 there were approximately 6 million internally displaced people in the country, with around 140,000 newly displaced during the year. In addition, thousands more were living in situations of “confinement”, with their mobility and access to basic services severely limited as a consequence of the conflict. According to official figures, one quarter of all municipalities in the country faced some type of humanitarian emergency during the year.

A WFP study found that almost 24 percent of displaced children were chronically malnourished, compared to a national average of 13 percent. Thus, WFP complemented government actions to bring assistance to as many of these children and their families as possible, bridging gaps, especially in remote and difficult to access parts of the country. WFP, with the Colombian Family Welfare Institute, delivered Bienestarina (a locally produced fortified blended food) to pregnant and lactating women and young children in some of the most remote parts of the country. Insecurity and logistical obstacles often made reaching those in need challenging. However, collaboration with a variety of partners at national and local level, such as Plan Foundation and the Colombian Red Cross, enabled WFP to access these difficult areas.

Colombia is not only a large country (more than 1 million square kilometres), but it is geographically very diverse with difficult terrain. Reaching confined communities and victims of violence often required relying on dirt tracks or small rivers. WFP was able to deliver kits provided by the Department for Social Prosperity (DPS), enabling communities to cope with their situation. Getting humanitarian assistance to communities meant that WFP field staff had to surmount huge logistical challenges while ensuring that stringent security conditions were respected and people were not put at risk.

“Nothing is impossible.”

Determination to Access the Most Vulnerable

Reaching people, no matter what it takes

On mule, on horseback

It is not easy to reach Alto Naya, a remote region in the northern part of the Department of Cauca. It takes about five hours by vehicle from the closest town, Buenos Aires, on a narrow mud path. From there, the only way forward is either on foot, or with horses and mules.

In September 2014, an interdisciplinary team, composed of WFP staff and departmental authorities, undertook a 12-hour trek to reach 1,500 people dispersed in remote villages. WFP delivered 14.7 metric tons of food. Yet this seemingly simple task required 200 mules and horses, and one whole week to negotiate the steep and slippery ascents to the villages. At the same time health authorities vaccinated children and provided much needed health care. In Alto Naya, the team travelled through spectacular and lush landscapes, the beauty standing in stark contrast to the region’s experience with violence and conflict.

By boat

WFP used boats, and braved low water and huge rocks to reach isolated municipalities. Access to Rio Iró is exclusively by boat. Due to the combination of armed conflict and illegal mining, children suffer from high levels of malnutrition and communities have access to precarious health care services. Rio Iró in the Department of Chocó is one of the most conflict-affected areas in the country.

Few organizations and services ever reach such isolated populations. This humanitarian operation had been carefully prepared in advance with local leaders, department authorities and WFP. Its success showed that obstacles could be surmounted to reach those most in need, opening a much-needed humanitarian space for further interventions. In the words of Weisner Cortés Mina, member of the Municipality of Buenos Aires, “It was unprecedented to reach such a remote area, and this served as a wake-up call for other organizations.”

Following a request by the Rio Iró municipality, WFP brought urgent humanitarian assistance to around 4,500 members of highly vulnerable Afro-Colombian and indigenous communities. Bienestarina was provided to pregnant and lactating mothers, to children with nutritional deficiencies and children attending local schools. Boatmen had to pull their heavily loaded boats through shallow stretches of the river.

In the words of one WFP staff member, “Nothing is impossible”.

9. PMA, Econometría consultores 2013. Levantamiento de Línea de Base del Estado Nutricional y Alimentario y Situación de la Población Desplazada por la Violencia en Colombia, p.4
Strong Collaboration with National and International Entities

Governments and private sector partners united with WFP with a common aim: a world without hunger. We are grateful to our partners, who have extended their support to the Colombian people, funding WFP’s efforts to reach the most vulnerable.

In Colombia, the Government is WFP’s essential partner, contributing more than USD 42 million since 2009, building capacity to implement a range of activities, from reducing malnutrition to improving the resilience and livelihoods.