

## TOMAK Component 1 Midline: Farmer Group Focus Group Discussion (FGD) Question Guide

### Introduction

Hello, my name is [facilitator's name], and I am a member of a research team doing an evaluation of the TOMAK program. Thank you for taking the time to speak with me today. We would like to talk with you about farming in your community. We hope you will share your experiences and thoughts today. Please know that there are no wrong answers, we would just like to hear your perspectives. All of the information you share will be kept confidential and we will not share your name or details outside the research group. This discussion is voluntary and you can choose not to participate. If you do participate, you can decide to stop at any time. I expect our discussion to take one to one and a half hours.

I will be asking you some questions and taking some notes in my notebook. My colleague, [notetaker's name], will also take some notes. We would also like to audio-record the discussion.

We might also take some photographs during the discussion.

Are you willing to participate in the discussion? Do you give us permission to record the discussion?

### Facilitator to complete:

- Group Type
- Aldeia/Suku/Administrative Post/Municipality

### Collect the following information for each FGD participant:

- Name
- Age
- How long they have been a member of farmer group
- Household head [Y or N]

### General Introduction / Participation in the group

- Why did you decide to become a member of the farmer group?
- In your suku, what type of person participates in this group? (Probe: Women or men, young or old? Why do you think this is? Why do you think [group type] do not participate?)

### Farming: Inputs and harvest

- Could you please tell me about the main farming techniques used by your group members?
  - Has your group always farmed this way? [If not] Tell me about the major changes you have made to the way you farm. Why did you make the changes?
- I would like to hear about the challenges your group/community experiences with farming. Could you please explain the biggest challenges you face? (e.g. access to inputs, access to water, extreme weather conditions, pests/disease, COVID-19)
  - Have the challenges changed over time? How have they changed?
  - Can you tell me about anything your group has done to address the challenges? When did you start doing [practice to address challenge]? Why?

## TOMAK Component 1: Midline Question Guide

- How satisfied are you with the amount of food that is available for your family from your crops?
  - Are group members producing more or less food than before? When did this change and why? (e.g. improved farming techniques to increase harvest, crop storage helps to have food for longer period)
- Does your local extension worker support you and your group with your farming/crops? (Prompt: [If not] why not? [If so] when did they start providing support (before or after you joined the group)? What support do they provide? How helpful is the support?)

## Sales and income

- How satisfied are you with the amount of money you get from selling your produce?
  - Has it always been this way or have things changed? [If changes] What do you think caused the change? When did this occur?

## Gender division of labour/Household decision-making (HHDM)

- Generally speaking, what are the main farming tasks that women do and what are the main farming tasks that men do?
  - How do couples make decisions about who does what task?
- Can you please tell me about how women/men make decisions with their spouse about the farm (e.g. what to grow, what farming techniques to use, what to sell)? (Probe: Do they have a conversation? How often? Do husbands and wives make decisions on their own?).
  - Has it always been like this or has it changed? [If yes] When did it change? Why?

## Training

- What training that you received in this group have you liked the best? Why? Anything else?
- What training that you received in this group have you not liked? Why not?

## Learnings/Sustainability

- Do you think you have learned anything new after participating in this group? Please explain.
- What do you think are the benefits of participating in a farmer group like this?
- What do you think the challenges are to participating in a farmer group like this?
- Sometimes, we hear people say that men are more active than women in farmer groups even though women are also farmers. Why do you think that is?
- What do you think will happen to the group once [NGO name] can no longer continue to support it? (Probe: How do you think this group will change with time? Will you continue doing this the same way? How long do you think your group will continue to meet for? Why?)
  - Do you think that you and the group members will continue practicing the agricultural practices learned in the group in the future? Why, why not?
- Looking to the next few years, what would you like to grow more of, and what would you like to grow less of? Why?
  - Will this be possible? What needs to happen to make this possible?

## TOMAK Component 1 Midline: Savings & Loans (S&L) Group FGD Question Guide

### Introduction

Hello, my name is [facilitator's name], and I am a member of a research team doing an evaluation of the TOMAK program. Thank you for taking the time to speak with me today. We would like to talk with you about farming in your community. We hope you will share your experiences and thoughts today. Please know that there are no wrong answers, we would just like to hear your perspectives. All of the information you share will be kept confidential and we will not share your name or details outside the research group. This discussion is voluntary and you can choose not to participate. If you do participate, you can decide to stop at any time. I expect our discussion to take one to one and a half hours.

I will be asking you some questions and taking some notes in my notebook. My colleague, [notetaker's name], will also take some notes. We would also like to audio-record the discussion.

We might also take some photographs during the discussion.

Are you willing to participate in the discussion? Do you give us permission to record the discussion?

### Facilitator to complete:

- Group Type:
- Aldeia/Suku/Administrative Post/Municipality

### Collect the following information for each FGD participant:

- Name
- Age
- How long they have been a member of S&L group
- Household head [Y or N]

### General Introduction Questions

- Why did you decide to become a member of this group?
- In your suku, what type of person mainly participates in this activity? (E.g. women or men, young or old?) Why do you think this is?

### Loans/Savings

- How satisfied do you feel with the loan system in your group? Why? [Probe: Is the process for deciding who can borrow money fair? Is the loan amount big enough?]
- Has joining the S&L group had any impact on group members' money situation? If so, please explain the impact. (Probe: Has it increased or decreased stresses about money? Do group members now buy more or less of certain items?)
- Are very small loans (less than \$20) ever taken out to buy food for the family? [If yes] How regularly does this happen? What types of foods are purchased?

## Link with nutrition and S&L

- What was learned about nutrition from participating in this group?
  - Have you tried to make any changes to the way your family eats based on this information? What changes? Why?
  - What has helped you make that change? What has been the biggest challenge to making that change?
  - Have you tried to make any changes to the way your family selects which crops to produce based on this information? What changes? Why?
  - What has helped you make that change? What has been the biggest challenge to making that change?
- Is there anything you think households around here should be eating more of? [If yes] what do you think are the reasons they do not eat more [food]?

## HHDM

- Who in your family normally comes to this group meeting (since only one household member can join)? How did you make this decision?
- How do families decide when a loan should be taken out?
- Have there been any changes in the way couples decide to use their money? [If yes] What changed? When did the change occur?

## Training

- What training that you received in this group have you liked the best? Why? Anything else?
- What training that you received in this group have you not liked? Why not?

## Learning/Sustainability

- Do you think you have learned anything new after participating in this group? Please explain.
- What do you think are the benefits of participating in a S&L group like this?
- What do you think the challenges are to participating a S&L group like this?
- What do you think will happen to the group once [NGO name] can no longer continue to support it? (Probe: How do you think this group will change with time? Will you continue doing this the same way? How long do you think your group will continue to meet for? Why?)

## TOMAK Component 1 Midline: Nutrition Group FGD Question Guide (WRA)

### Introduction

Hello, my name is [facilitator's name], and I am a member of a research team doing an evaluation of the TOMAK program. Thank you for taking the time to speak with me today. We would like to talk with you about farming in your community. We hope you will share your experiences and thoughts today. Please know that there are no wrong answers, we would just like to hear your perspectives. All of the information you share will be kept confidential and we will not share your name or details outside the research group. This discussion is voluntary and you can choose not to participate. If you do participate, you can decide to stop at any time. I expect our discussion to take one to one and a half hours.

I will be asking you some questions and taking some notes in my notebook. My colleague, [notetaker's name], will also take some notes. We would also like to audio-record the discussion.

We might also take some photographs during the discussion.

Are you willing to participate in the discussion? Do you give us permission to record the discussion?

### Facilitator to complete:

- Group Type:
- Aldeia/Suku/Administrative Post/Municipality

### Collect the following information for each FGD participant:

- Name
- Age
- How long they have been a member of nutrition group
- Household head [Y or N]
- Number and age of children

### General Introduction Questions

- Why did you decide to become a member of this group?
- In your suku, what type of person mainly participates in this activity? E.g. women or men, young or old? Why do you think this is?

### Nutrition Knowledge & Attitudes/Diet

- What types of food would you like to see families eating more or less of? Please explain why?
- What are some foods that are good and less good to feed young babies (6-23 months)? Why? What do you think are healthy snacks for them?
- What foods do you feed small children when they are sick to help them get better and recover faster? Why?
- What about pregnant women? What foods should they eat more of and not eat? Why?
- What do you think are the main reasons that most mothers give their children 6 months to 2 years plain porridge? (Probe as to whether or not participants feel the following explanations are

a factor, try to ascertain the one or two main reasons)

- It takes too much time to prepare when you add other foods to porridge
- Foods like eggs and vegetables are expensive to add
- Foods like eggs and vegetables are hard to find
- Small children's stomachs are not ready to eat anything but plain porridge
- Older or influential family members advise that children should only eat plain porridge
- Any other ideas?

## **Training**

- What training that you received in this group have you liked the best? Why? Anything else?
- What training that you received in this group have you not liked? Why not?
- Does your local health provider have any involvement in your group? [If not] Why not? [If so] How often do they come? What support do they provide? How helpful is the support?

## **Learning/Sustainability**

- What do you think are the benefits of participating in a nutrition group like this?
- What do you think the challenges are to participating a nutrition group like this?
- Do you think you have learned anything new after participating in this group?
- [Summarise what FGD respondents said they learned] Of all that you learned, what have you been able to start practicing at home, and what can't you practice at home?
  - Can you explain why? [heavy workload, many children to care for, time in field, not enough money, no support from husband/mother-in-law]
  - Are there times of the year where it gets hard to implement these changes? Which months? Why? [Checking for seasonality of foods]
  - Is it the same for all households? Or do you think some households find it easier to implement and other households find it harder to implement? Why?
- Can you describe what you would normally feed your young children before this activity began? What about now? Why?
- What about for you? Are you eating differently now? What types of food do you eat more of now? Why?

## **HHDM**

- Have there been any changes to the way women communicate with their spouse or mother-in-law about how to feed their family? [If yes] What changed? When did the change occur?
- What role do you think fathers should have in their family's nutrition? Do you think that fathers should participate in a nutrition group like this? Why/why not? [If yes] What can we do to get more men to participate?
- What role do you think mothers-in-law/grandmothers should have in their family's nutrition? Do you think that mothers-in-law/grandmothers should participate in a nutrition group like this? Why/why not? [If yes] What can we do to get more older women to participate?
- What if a mother learns something new in this group and wants to try it at home but her mother-in-law doesn't agree with it (e.g. she doesn't think the baby's stomach is ready for eggs/doesn't want to spend the money to buy eggs)? What do you think she should do?

*[For mothers only]*

Do you feel that your husband and/or mother-in-law support you to apply infant and young child feeding practices you have learned from your group at home?

If yes, how do they support you?

If no, why do you think they do not support you?

- What happens if a mother learns something new in this group and wants to try it at home but her mother-in-law doesn't agree with it (e.g. she thinks that the baby's stomach is not yet ready to eat eggs or she doesn't want to spend money to buy eggs)? In your opinion, what should the mother do?

### **Access to info/trusted communication sources**

- When you have questions about nutrition topics who do you normally ask? (Probe: nutrition group facilitator, other group members, neighbour, husband, mother-in-law, health provider)
  - Have there been any changes in how people seek information about the questions they have? [If yes] when did the change occur?
- Have you heard the same messages that you learned in this group from other sources? (Probe: radio, TV, community leader, health provider, print materials)

### **Sustainability**

- What do you think will happen to the group once [NGO name] can no longer continue to support it? (Probe: How do you think this group will change with time? Will you continue doing this the same way? How long do you think your group will continue to meet for? Why?)