

## Appendices

Appendix 1 Questionnaire for calculation of food availability and income from crops in the household

### 1. Crop use

S. N	Name of crops	Total production ( Amount)	Paid to land owner	Feed use	Seed use	Paid kind to the labor	Uses for making alcohol	Sale from production
1								

2. Did you receive any food grains from your relatives or as a wage?

Yes

No

3. If yes please specify the amount you received. (Last year)

Name of food grains	Amounts		Total
	Relatives	Wage	

4. Did you keep any food grains from the last year's production?

Yes

No

5. If yes, please give following information. (from last year's production)

Food grains	Unit	Amount	Remark

6. Have you bought any food grains from the market?

Yes

No

7. If yes, please give us the following information? (Last year)

Food grains	Amount	Total expenditure

## Appendix 2 Household questionnaire

## 1. Household demographics

Please, include details of all members of a household

1. First Name (optional)	2. Sex 1=M 2=F	3. Age	Level of Education 0 = None 1 = Primary 2 = Secondary 3 = Higher Secondary	8. Health status of adults (15-60 yrs) 1 = Good ( <i>little or no sick</i> ) 1 = Poor ( <i>sick more than 3 moths</i> )

2. Land use and land property right (*katha*)

S.N	Land	Own land		Rented land		Total
		Irrigated	Rain fed	Rain fed	Irrigated	

## 3. Uses of Livestock including farm income from livestock

S.N	Types of livestock or product	Unit	Total production (Amount)	Home consumption (%)	Sale (%)	Selling in Rupees

## 4. Income from off- farm production and services

S.N	Description	Total last year	Value in Rupees
1			

## 5. How much proportion of total expenditure had you expended to buy food last year?

.....

## 6. Stability status

S. N	Item	Last 5 year ago	Last 4 year ago	Last 3 year ago	Last 2 year ago	Last year
1	Cereal yield (quintal/yr)					
3	Farm income (Rs/yr)					

## 7. Use of production inputs in farm

- Remarks
- a. Chemical Fertilizer      Sufficient       Insufficient       .....
- b. Organic Manure      Sufficient       Insufficient       .....
- c. Chemical Pesticides      Sufficient       Insufficient       .....
- d. Modern rice variety      Yes       No       .....
- e. Tharu plow      Yes       No       .....

## 8. Do you have access to extension service?

- Yes       No

## 9. What type of facility have you got from local extension office?

a. Demonstration	b. Training
c. Exposure Visit	d. Farmer day
e. Farmer Exhibition (Kishan Mela)	f. Mobilization of Farmers organization
g. Rewards & incentives	h. Others

## 10. How many groups are you involved in social activities of your community?

1. Farmer group      Yes <input type="checkbox"/> No <input type="checkbox"/>	2. Farmer cooperatives      Yes <input type="checkbox"/> No <input type="checkbox"/>
3. Forest user group      Yes <input type="checkbox"/> No <input type="checkbox"/>	4. Water user group      Yes <input type="checkbox"/> No <input type="checkbox"/>
5. saving and credit      Yes <input type="checkbox"/> No <input type="checkbox"/>	6. Others      Yes <input type="checkbox"/> No <input type="checkbox"/>

## 11. Food coping strategies

Which of the following food coping strategies did your household utilize last year?

19.1 Consumption Strategies

19.2 Expenditure Strategies

19.3 Income Strategies

## Appendix 3 Household level cereal grain requirement by age and gender of household

Age (years)	Energy Requirements (kcal pppd)		Energy requirements from Cereal (kcal pppd)		Calculated Cereal Requirements (kg/ person/year)	
	Male	Female	Male	Female	Male	Female
	0-4	1,320	1,250	1122	1063	118.4
5-14	2,175	1,885	1849	1602	195.0	169.0
15-19	2,700	2,120	2295	1802	242.1	190.1
20-59	2,460	1,990	2091	1692	220.6	178.4
60+	2,010	17,80	1709	1452	180.2	159.6

Source: WFP/UNHCR, 1997

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## Appendix 4 Estimation of edible cereal grain from crude cereal grain

Commodity	seed rate kg/ ha	Wastage loss (%)	Extraction rate (%)	Processing loss (%)
Paddy	55	10	62.85	1.75
Wheat	100	10	96	1
Maize	20	10	97	1
Millet	20	10	93	0
Barley	20	10	93	0

Source: Ministry of Agriculture and Cooperatives (MOAC), 2006

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## Appendix 5 Nutrition (calorie) based equivalence scales

Years of age	Men	Women
0 - 1	0.33	0.33
1 - 2	0.46	0.46
2 - 3	0.54	0.54
3 - 5	0.62	0.62
5 - 7	0.74	0.70
7 - 10	0.84	0.72
10 - 12	0.88	0.78
12 - 14	0.96	0.84
14 - 16	1.06	0.86
16 - 18	1.14	0.86
18 - 30	1.04	0.80
30 - 60	1.00	0.82
60 plus	0.84	0.74

Source: Calculated from World Health Organization Data (Cited in Stefan and Pramila, 1998)

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## Appendix 6 Conversion factors from local measurement unit

Area	1 Kattha	0.033 Hectare
	1 Bigha	0.675 Hectare
Weight	1 Pau	0.25 Kilogram
	1 Ser	0.80 Kilogram
	1 Dharni	2.5 Kilogram
Volume	1 Mana	0.57 Liter
	1 Pathi	8 Mana
	1 Muri	20 Pathi
Crop volume by weight	Rice 1 Pathi	2.4 Kilogram
	Wheat 1 Pathi	3.4 Kilogram
	Maize 1 Pathi	3.4 Kilogram
	Rice 41 Pathi	1 Quintal
	Wheat 30 Pathi	1 Quintal
	Rice 30 Pathi	1 Quintal
Currency exchange rate	(On April 2007)	
	65 Nepalese Rupees (NRs)	1 \$ dollar
Calorie conversion		
	Rice 1 kilogram	3460 kcal
	Maize 1 kilogram	3420 kcal
	Wheat 1 kilogram	3410 kcal
	Rice equivalent 1 unit maize	0.988 unit rice
	1 unit wheat	0.986 unit rice

Source: Department of Agriculture (DOA), 2006

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