

*Improved women's livelihoods,
enhancing social and economic
resilience of women.*

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SAHEL Consulting
(A Case Study)

Overview

Across three communities in Plateau state, SPRING-supported interventions combined livelihoods, nutrition, and environmental sustainability to strengthen resilience. In Zagun, 50 women consisting of 25 pastoralist and 25 crop farmers transformed vocational training into a peace-focused cooperative, improving incomes, cohesion, and agency.



Source: SAHEL Consulting

In Mista Ali, nutrition education and participatory cooking shows led to better food choices, hygiene practices and household dietary diversity. In Ganawuri, 150 women pastoralist and crop farmers turned organic waste into compost, reducing input costs, improving soil fertility, and boosting productivity. Collectively, the project, delivered by SAHEL Consulting show that locally led, practical interventions can drive behaviour change, empower women, and deliver integrated peacebuilding, health, and livelihood outcomes at the community level.

Context

Women in the target communities faced intersecting challenges of poverty, food insecurity, limited livelihoods, and weak social cohesion. Without intervention, these conditions risked deepening household vulnerability, poor nutrition outcomes and local tensions. Addressing these issues was critical to prevent further marginalisation of women and to strengthen community resilience, stability, and wellbeing.

Approach and Activities

The intervention delivered **integrated, women-led solutions** that combined livelihoods, nutrition, and environmental sustainability to strengthen resilience and social cohesion.

The programme began with **community engagement and needs assessments**, followed by targeted training in enterprise development, nutrition education and compost production. Women's groups were then supported to apply skills through **cooperatives, cooking demonstrations and practical farming activities**.

Ongoing **mentoring and peer learning reinforced adoption**. Local women's associations, community leaders and implementing partners played a critical role in mobilisation and delivery, laying a strong foundation for the longer-term sustainability of outcomes.



Source: SAHEL Consulting

Results

The activity directly benefited women as primary participants, improving their skills, incomes, nutrition knowledge, and confidence. At least 200 households experienced better dietary diversity, reduced food costs, and improved food security. 150 women pastoralists and crop-farmers across Exland, Gashish, and Ganawuri communities of Barkin Ladi and Riyom Local Government areas, increased productivity through affordable composting, while cooperatives strengthened social cohesion and collective action. Three Community leaders in Ganawuri, Exland, and Mista Ali reported greater participation of women in local initiatives and improved collaboration, contributing to more resilient and peaceful communities overall.

The most significant achievement was measurable improvement in women's economic and food security outcomes. At baseline, women relied largely on irregular and seasonal income sources. Programme monitoring and participant feedback indicate that the 300 women (including youth and PWD) involved in cooperatives and compost production across Exland, Gashish, Zangun, Mista Ali and Ganawuri communities experienced more reliable and diversified income streams, reflecting improved livelihood stability rather than one-off or seasonal earnings, demonstrating livelihood diversification. Nutrition education led to improved household dietary diversity and food preparation practices among women in Ganawuri, Exland, Zangun, and Mista Ali communities, contributing to better nutrition indicators.

The cooperative invested its savings purchase of large-scale cooking utensils. The women now rent out the large-scale cooking utensils within the community during events like weddings, naming ceremonies, and the like, generating regular income for the cooperative.

Lami Joshua
Leader, Aminchi Women Cooperative

Before the intervention, women farmers relied on purchased fertiliser or depleted soils, contributing to higher input costs. The adoption of composting reduced the need for external fertiliser purchases and was associated with improved soil quality and crop performance, as reported by participating farmers, supporting resilience indicators. These results were important because they addressed interconnected drivers of vulnerability (income, nutrition, and environmental sustainability), while reinforcing women's leadership and social cohesion, complementing the programme's broader peacebuilding and resilience objectives.

Lessons

This intervention shows that community projects are most impactful and sustainable when they are locally driven, practical, and integrated; combining livelihoods, a focus on women, behaviour change, and environmental sustainability, to strengthen resilience and social cohesion.

About the SPRiNG Programme

Strengthening Peace and Resilience in Nigeria (SPRiNG) is a UK-funded initiative designed to support a more peaceful and climate-resilient Nigeria. By addressing the root causes of conflict and vulnerability, SPRiNG works to reduce violence, strengthen local systems, and promote inclusive governance across conflict-affected areas in North-West and North-Central Nigeria.

SPRiNG is grounded in a politically informed, evidence-based approach that integrates environmental science, political economy, and conflict analysis. Our goal is to create a more stable and peaceful Nigeria where citizens benefit from reduced violence and increased resilience to the pressures of climate change.



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