Coping strategies/s

# **Reduced Copying Strategy Index (rCSI)**

This module will allow you to collect information to compute the rCSI

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| **HOUSEHOLD COPING STRATEGIES** |
| During the last 7 days, were there days (and, if so, how many) when your household had to employ one of the following strategies (to cope with a lack of food or money to buy it)? | Frequency (number of days from 0 to 7) |
| 1. Relied on less preferred, less expensive food | |\_\_| |
| 2. Borrowed food or relied on help from friends or relatives | |\_\_| |
| 3. Reduced the number of meals eaten per day | |\_\_| |
| 4. Reduced portion size of meals at meals time  | |\_\_| |
| 5. Restrict consumption by adults in order for young-children to eat | |\_\_| |

# **Livelihood Coping Strategy Index (CARI module)**

The Module below provides an example ‘Livelihood Coping strategies’ module containing 10 strategies from the master list.

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| During the past 30 days, did anyone in your household have to engage in any following behaviours due to a lack of food or a lack of money to buy food? |  | If ‘No’, please clarify: |
| 1= yes  | 1 = No, because it wasn't necessary |
| 2 = No -- clarify response in next column (3.02) | 2 = No, because I already sold those assets or did this activity within the last 12 months and I cannot continue to do it |
| 3 = Not applicable |
| 1.1 Sold household assets/goods (radio, furniture, refrigerator, television, jewelry etc..) | |\_\_| | |\_\_| |
| 1.2 Reduced non-food expenses on health (including drugs) and education | |\_\_| | |\_\_| |
| 1.3 Sold productive assets or means of transport (sewing machine, wheelbarrow, bicycle, car, etc..) | |\_\_| | |\_\_| |
| 1.4 Spent savings  | |\_\_| | |\_\_| |
| 1.5 Borrowed money / food from a formal lender / bank | |\_\_| | |\_\_| |
| 1.6 Sold house or land | |\_\_| | |\_\_| |
| 1.7 Withdrew children from school | |\_\_| | |\_\_| |
| 1.8 Sold last female animals | |\_\_| | |\_\_| |
| 1.9 Begging | |\_\_| | |\_\_| |
| 1.10 Sold more animals (non-productive) than usual | |\_\_| | |\_\_| |

# **Livelihood Coping Strategy Index (light module CARI)**

For lighter questionnaires, and for monitoring purposes, the following livelihood-based coping strategies module is suggested:

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| During the past 30 days, did anyone in your household have to engage in any following behaviours due to a lack of food or a lack of money to buy food? | 1 = No, because I did not face a shortage of food 2 = No, because I already sold those assets or have engaged in this activity within the last 12 months and cannot continue to do it 3= Yes 4=Not applicable |
| 1.1 Sold household assets/goods (radio, furniture, refrigerator, television, jewelry etc..) | |\_\_| |
| 1.2 Reduced non-food expenses on health (including drugs) and education | |\_\_| |
| 1.3 Sold productive assets or means of transport (sewing machine, wheelbarrow, bicycle, car, etc..) | |\_\_| |
| 1.4 Spent savings  | |\_\_| |
| 1.5 Borrowed money / food from a formal lender / bank | |\_\_| |
| 1.6 Sold house or land | |\_\_| |
| 1.7 Withdrew children from school | |\_\_| |
| 1.8 Sold last female animals | |\_\_| |
| 1.9 Begging | |\_\_| |
| 1.10 Sold more animals (non-productive) than usual | |\_\_| |

# **Additional coping strategies options**

* Entire or big part (>50% members) of household migrated
* Prioritized food consumption of active household members
* Looked for additional income sources (e.g. temporary works)
* Purchased smaller quantities of food
* Bought food by the street vendors instead of buying and cooking food at home
* Sent children to less expensive schools
* Attended social events (banquets, religious parties) to eat
* Bartered clothing for food
* Sent children to work
* Selling jewelry/gold
* Children (under 15 years old) are working to contribute to household income (e.g. maid, casual labour)
* Children (15-17) are working long hours (>43 hours) or work in hazardous conditions
* Adults (18+) are working long-hours (>43 hours) or in hazardous conditions
* Marriage of children under 18
* Inter-marriage
* Depending on food rations and/or support from neighbors and relatives as only food/income source
* Collection of firewood for selling (not usual income)
* Selling sharing and exchanging food rations
* Selling non-food items that were provided as assistance
* Selling labor in advance