Vulnerable groups are people who frequently have been shown to be at increased risk of various problems in diverse emergencies, including women, children, elderly people, persons experiencing severe social stigma (e.g. Dalit), detainees, young men at risk of detention, abduction or being targets of violence, extremely poor people, refugees, internally displaced persons (IDPs) and migrants in irregular situations, people with pre-existing, severe physical, neurological or mental disabilities or disorders, as well as persons suffering from chronic illness

- Have traditional food habits of the community been assessed?
- Have efforts been made to ensure a gender balance in distribution teams and food distribution committees?
- Is the delivery of food items to all members of the family ensured by the existing food distribution mechanism? Are vulnerable members of the community receiving food?
- Have child headed households, unaccompanied and separated children, and female-headed households been issued ration cards in their own names?
- Are the beneficiaries able to carry the quantities of food to their homes?
- Are the food distribution points organized in a way that maximizes the opportunity for child headed, female headed, disabled and elderly to access them? (near water points, in schools, with adequate shade)
- Do distributions end early enough so there are enough daylight hours for beneficiaries to return to their shelters before dark?
- Are food items designed in a manner that takes into account the special needs of vulnerable groups such as pregnant and lactating women, under 5 year olds and elderly?
- Does the monitoring mechanism capture any gender-, caste- based or other discriminatory issues related to food-security?
- Are all the displaced informed about their right in terms of quantity, quality and location of services?
- Are beneficiaries clear that they are not expected to give anyone anything in return for the food?
- For infants whose mothers have died or cannot lactate, have substitute mothers (wet nurses) from the community who have been breast-feeding their own infants been sought; traditional and cultural infant feeding practices explored; development of support groups with community participation for breastfeeding explored?
- Do both men and women have access to cash and food-for work opportunities, credit and agricultural inputs?
- Do people unable to work have access to equitable benefits as those participating in the cash and food for work programmes?

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