

Nutri Kitchen Gardens in communities

The Context

India may be the world's second largest food production, but it also has the world's second largest undernourished population. Furthermore, anaemia affects more than half of mothers in India, contributing to the high risk of low-birth weight newborns. A poor diet and a shortage of food are directly connected to high rates of stunting, obesity, and death in children under the age of five. The Indian government has undertaken programmes to provide food security and access to enough quantities of high-quality food. To address the issue of food security, different options must be considered. Community and nutrition gardens can help improve national food security and dietary diversity in order to prevent malnutrition.

Food security continues to be a major concern in India. Despite having the world's second largest food production, India has the world's second largest undernourished population (195.9 million). A review of studies on the relationship between food security and childhood malnutrition reveals a direct link in children in middle-income nations. Another study concludes that undernutrition/stunting is caused by food insecurity in the home.¹

The Problem Statement

Vegetables are essential in human diets, and rural generations should be educated on the value of vegetables (Jain , 2017). In 2017-18, 10.26 Mha of vegetable crops were planted in India, yielding 184.40 MT. Gujarat accounts for around 6.65% of total vegetable production in the country, with 12,254.29 MT (Anon. 2018). Kitchen gardens can provide year-round availability, access, and consumption of an acceptable amount and variety of fruits and vegetables that meet not only the calorific needs of the resource poor but also their micronutrient requirements.²

Solution

To create a sustainable project, it is important to start healthy eating habits from home itself. Hence, we propose nutri gardens to families with **SAM/MAM children, pregnant women and mothers with children who are <5 years old**. This project will target not only the beneficiaries affected with nutritional issues but the entire family. The project will start with an assessment on the eating habits of the households, followed by a kitchen garden solution which will involve crop patterns as per the locations' suitability, including seasonal fruits and vegetables/pulses and herbal plants. In the initial stage, one of the members will be trained on the nutri garden followed by a **"starter nutri kit"** that will be given to these beneficiaries. These kits will contain seeds, a small pack of fertiliser with a manual on how to grow the

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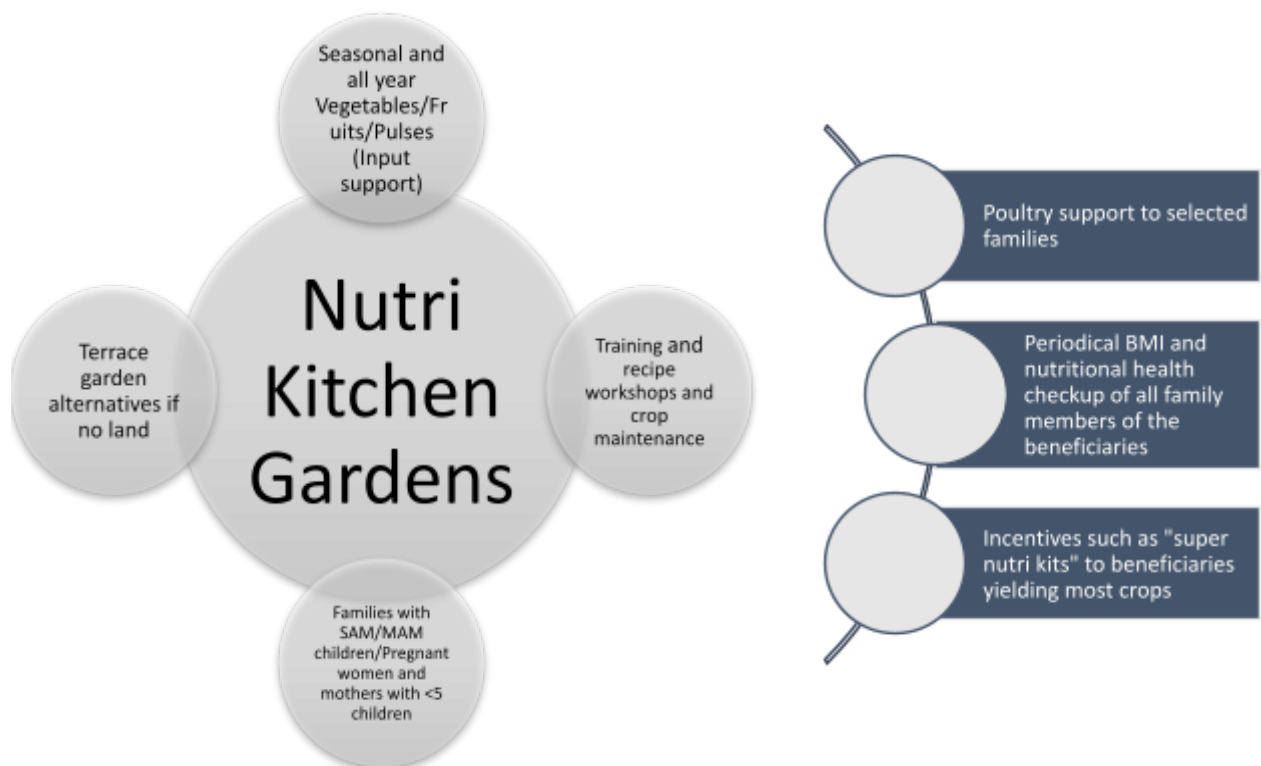
<https://www.orfonline.org/research/nutrition-gardens-a-sustainable-model-for-food-security-and-diversity-67933/#:~:text=Community%20gardens%20can%20play%20an,to%20meet%20the%20family's%20requirements.>

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https://iskv.in/wp-content/themes/iskv/volume-pdfs/5b77f43cc1ee63e943976c1afb2bb5eapages_264-269.pdf

crops and its maintenance. Once the gardens are set and taking shape, there will be several workshops on recipes they can make with the yield, recipes for mothers, young children and SAM/MAM children.

When beneficiaries are yielding good produce, using it for self-consumption and are also showing good health progress, will be given with a “**Super nutri kit**” that will consist of dried foods, fertilisers and new seeds of variety of vegetables and fruits. This initiative will help in motivating the winners as well as the existing ones to take up better health steps through this project.



Key Objectives

- ✓ To bring back the SAM/MAM children to good nutritional health
- ✓ To aid in the prevention of malnutrition and micronutrient deficiencies through the eating of freshly cultivated vegetables.
- ✓ To improve food and nutritional security at a household level
- ✓ Create an impact that sustains in a community

Implementation Plan

STEP 1: Survey on dietary patterns of the location selected/analysis of crops grown in the same

STEP 2: Nutritional Checkup camps and selecting families with SAM/MAM children/Pregnant women and mothers with <5 children

STEP 3: Nutri garden implementation in the selected households through the "starter nutri kit"

STEP 4: Periodical nutritional health checkups of the beneficiaries' health progress to measure the impact

Scale and Geography

Theory of Change

Activity	Outcome	Impact
Provision of kitchen gardens in the selected households	Increased gardening and nutrition knowledge	Reduced Household food insecurity
Trainings and Workshops on nutri gardens and recipes	Increased cooking knowledge of nutritious food	Reduction to risks of NCD and other chronic diseases
Periodical nutritional health check-ups of the households	Access to these health check ups at door step	Reduction in maternal mortality, Stunting of wasting of children's development Creation of a lasting change in the community Contribution to SDGs

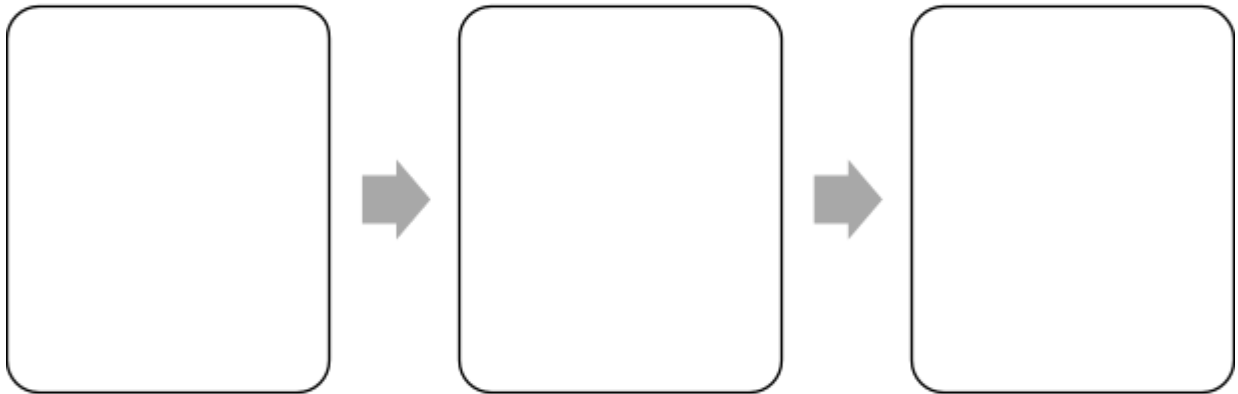
Key Deliverables

- ✓ Total beneficiaries outreached and their garden status (quarterly) through reports
- ✓ Detailed reports of each of the households' health progress post nutri garden usage

- ✓ Detailed reports of each health camp that is conducted (how many showed improvements and how many lagging behind and curate intensive interventions for the same)

Timeline/Duration

Scale up Plan/Replicability



Impact Communication