

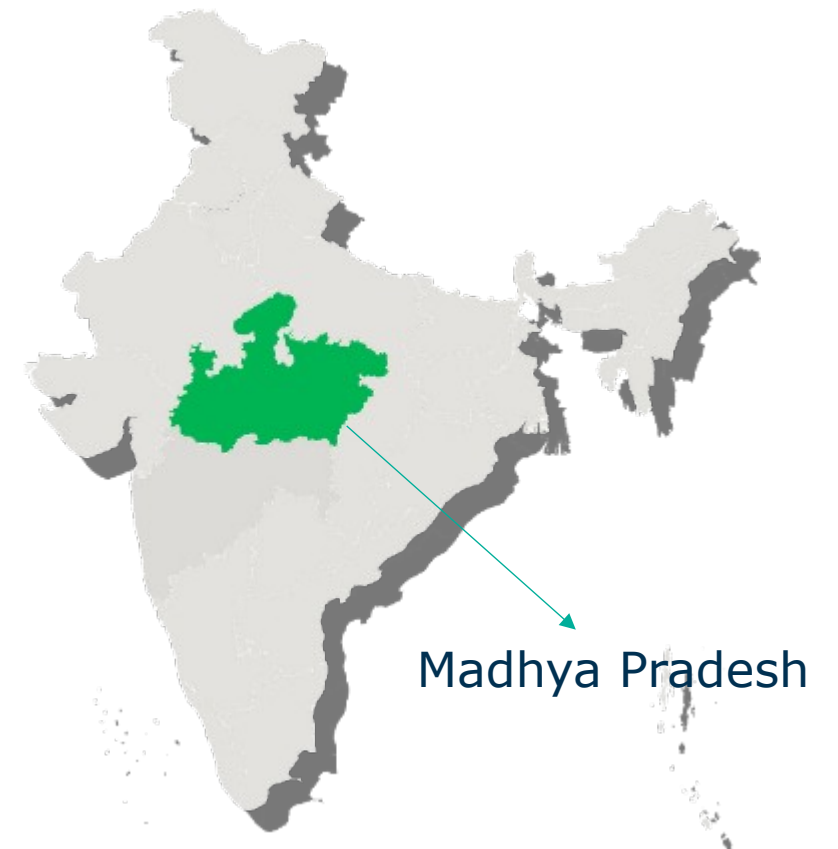
# Intervention for the promotion of Nutrition Gardens among food-insecure families of Madhya Pradesh: A community-based initiative to overcome the challenge of malnutrition

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## Introduction and Background

- ❑ Almost 224 million malnourished people live in India, a quarter of the world's hunger.
- ❑ Madhya Pradesh (MP) is among the poorest states and has a high burden of malnutrition.
- ❑ Lack of Food and Nutrition Security, unequal distribution of food resources, social discrimination and climate change are the major determinants of malnutrition.



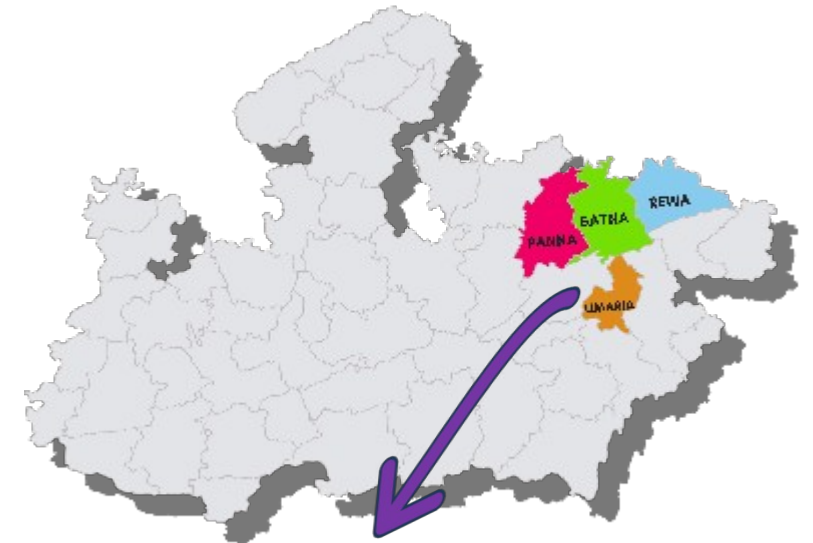
## Approaches

- ❑ To overcome the challenge of malnutrition, Vikas Samvad emphasizes strengthening Food and Nutrition Security.
- ❑ With a **Community-Centric, Right-Based, Sustainable, Climate-Resilient and Evidence-Based Approach**, a Food Security Model has been demonstrated since 2016.
- ❑ Intervention of Nutrition Garden to increase Dietary Diversity and strengthen the food system.



## Intervention Area

- ❑ 100 villages in four districts of Madhya Pradesh
- ❑ Mostly inhabited by tribals and Dalit communities
- ❑ Most of them are day labourers
- ❑ Affected by climate change-induced extreme weather conditions
- ❑ Lack of employment opportunities
- ❑ Migration in search of livelihood
- ❑ High burden of malnutrition and hunger



**District – 4  
Panna, Satna,  
Rewa, Umaria**

## Key Strategies

Capacity Building and Participatory Planning

Input Support for the care of plants, seed management, and preparation of organic manure and pesticides

Convergence with Government Departments for Resource Mobilization

Periodic Monitoring to see the progress and solve problems

Impact Assessment to find out gaps

## Outcomes and Learnings



### **Dietary Diversity and Self-reliance for vegetables is increased:**

8213 households have set up a Nutrition Garden. The consumption of green leafy and other vegetables, fruits, and vitamin-A-rich food has increased.



### **Fraternity is developed to take Shared Responsibility in dealing with Food Insecurity and Malnutrition:**

The excess production is shared with the neighbourhood families who have undernourished children, adolescent girls, or women.



**Challenges and Learnings: The inadequacy of water in the summer season and the damage to crops by animals** are major challenges. The process **needs patience** to bring community-led sustainable change.



## Impact Assessment Study

In May 2023, the data was collected from 400 women from four districts who cultivated vegetables in their Nutrition Garden in one year from March 2022 to April 2023.

### Major Findings

80% planted vegetables throughout the year.

89% reported that the availability of vegetables increased.

89% shared that Dietary Diversity increased in the family.

77% said that there is a reduction in the purchase of vegetables.

5% generating financial support by selling their excess vegetables.

43% shared that Nutrition Gardens supported curing malnutrition and anaemia in their family.

## Case 1

*"There was a severe crisis of food in our family, especially during the rainy and extremely cold days. Sometimes we used to go to sleep after eating salt, roti and dry rice. After knowing the importance of a Nutrition Garden, I started to plant vegetables and After a month, vegetables started being produced on a daily basis.*

*My daughter Janvi was severely malnourished. Nutrition Garden supported me to feed her a variety of vegetables and fruits. Gradually she recovered".- **Rajabai from Satna district***





## Case 2

*"My Nutrition Garden is situated at 2500 square feet and I have been planting vegetables for the last two years for round of the year. In the last year, I produced about 560 kg of vegetables. We used 325 kg of vegetables in our home and distributed 235 kg of vegetables in our neighbourhood.*

*We also save Rs 1500 monthly, the cost of vegetables, which earlier we had to spend to purchase vegetables from the market".-*

**Nisha from Panna District**



## Significance of Intervention

- Ensuring vegetables for 6-8 months to each household.
- Increased Dietary Diversity by incorporating four food groups in daily meals.
- The nutritional status of food-insecure families, especially women and children, is improved.
- Women are taking the lead in increasing food security and reducing malnutrition.
- The intervention is adaptable, sustainable and replicable.



# Thank You!!!

**Nutrition Garden incorporates  
Four Food Groups in daily meals  
out of Ten Essential Food Group**

1. Dark Green Vegetable
2. Other Vegetables
3. Vitamin 'A' Rich Fruits and Vegetables
4. Other Fruits

