Malnutrition remains one of the main challenges facing development. The coexistence of both forms of micronutrient deficiencies makes Egypt face the “triple burden” of malnutrition, with what that entails of economic and human costs. “Improving Household Food and Nutrition Security in Egypt by Targeting Women and Youth,” is a project that aims at assisting the Government of Egypt to create a food-secure environment in which women and youth have access to sufficient and diversified food of both animal and vegetable sources and have the necessary knowledge and skills in the use of food to consume nutritionally adequate diets.

The project in brief
Improving Household Food and Nutrition Security in Egypt by Targeting Women and Youth is a project in which nutrition awareness is integrated with food production and income generating activities. It is designed to improve the food and nutrition security of the vulnerable by improving the skills of women and the youth in food production, small animal husbandry and other entrepreneurial activities, in addition to increasing their level of knowledge about nutrition through education and Behavior Change Communication Plans. The project works in five governorates.

Project geographic reach
Assiut, Aswan, Beni Sueif, Fayoum and Souhag.

Project components
Home food processing
Women acquire hands-on knowledge of home processing techniques, food safety and healthy diets using the fruits and vegetables harvested from the field or grown in landless micro-gardens. This includes processing fresh produce into pickles, jams, dehydrated vegetables and fruits in addition to baking bread and making family snacks with higher nutritional value.

10 processing schools, 2 in each of the 5 governorates

KEY FACTS

Worldwide
- 815 million people still suffer from chronic hunger.\(^1\)
- 600 million people are obese.\(^1\)
- 155 million children under 5 are stunted.\(^1\)

In Egypt
- 20% Stunting among children.\(^2\)
- 35% of the disease burden in children younger than 5 is due to malnutrition.\(^2\)
- 2–6% Stunted children become stunted adults who are less productive than adults of normal stature.\(^2\)
- 1% Decrease in adult stature is associated with a 1.4% decrease in productivity.\(^3\)
- 29% Stunting rate in children under the age of five.\(^2\)

One in every two children under 5 suffers from some degree of anemia.\(^2\)

More than one in four children in Egypt suffer from some degree of anemia.\(^2\)

only One-third of children aged between 6 and 35 months consumed foods rich in vitamin A on a daily basis.\(^3\)

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\(^1\) The State of Food Security and Nutrition in the World, FAO, 2017
\(^2\) Egyptian Demographic Health Survey (EDHS), 2014
\(^3\) EDHS, 2005
Educational nutrition kitchen
Women learn by experiencing first-hand how to prepare healthy meals and use traditional recipes that were modified to offer higher nutritional values. Nutrition messages adapted to the local context are shared in a simple manner and through the participating women disseminated to family, relatives and neighbors. Women acquire also knowledge on meal planning, budgeting and food storage strategies in a participatory way.

15 Community Nutrition Kitchens, 3 in each of the 5 governorates

Entrepreneurship and revolving fund
Women develop basic business skills and receive financial support by means of a revolving fund which can be used to finance poultry rearing, raising of small animals such as sheep and goats and equipment, seeds and supplies for landless gardens or food processing. Training is provided for the type of project chosen by women coupled to nutrition education.

175 projects in 3 governorates

Junior farmer field and life schools
Women learn which crops to select and best agricultural practices while developing farming, irrigation, harvesting, storage and marketing skills. Nutrition education and targeted messages make part of the training

15 Farmer Field Schools, 3 in each of the 5 governorates

Women-friendly landless gardens
Women learn how to assemble micro-garden tables, cultivate vegetables and fruits, process and utilize outputs for household consumption in order to increase food diversity, nutritional value and reduce family’s reliance on market food. Surplus produce is sold to the market ensuring income and food and nutrition security.

7 models in 5 governorates

IMPACT
- More food diversity and healthier diets for the family;
- Nutritionally secured households;
- Women empowered with knowledge and skills in horticulture, poultry and small animal rearing, nutrition, business and marketing;
- Improved productivity and income.

7,388 women and youth served by the project