



IMPROVING HOUSEHOLD FOOD AND NUTRITION SECURITY IN EGYPT

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 Estimated people are obese.¹

155 million children under 5 are stunted.¹

In Egypt

above **20%** Stunting among children.²

One in every two children

under 5 suffers from some degree of anemia.²

35% of the disease burden in children younger than 5 is due to malnutrition.²

More than

one in four children in Egypt suffer from some degree of anemia.²

2-6% Stunted children become stunted adults who are less productive than adults of normal stature.²

only One-third of children

aged between 6 and 35 months consumed foods rich in vitamin A on a daily basis.³

1% Decrease in adult stature is associated with a 1.4% decrease in productivity.²

among **29% Stunting rate** in children under the age of five.²

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

