

Role of Women In Improving Household Nutrition

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.

Community Nutrition Kitchen

Women learn by doing how to prepare healthy meals and use traditional recipes that were modified to have higher nutritional values. Nutrition messages adapted to the local context are shared in a convivial manner and through the participating women disseminated to family, relatives and neighbors. Women acquire also knowledge on meal planning and budgeting and food storage strategies in a participatory way.

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.

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.



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.

Project Objective and Results

Empowering women with the nutritional knowledge, skills, tools and financial backing enable them to take matters into their own hands and ensure better nutritional outcomes for their families, especially for children under the age of five years. The project resulted in:

- 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, and business and marketing.
- Improved productivity and income.



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Project for Improving Household
Food and Nutrition Security in Egypt