

Combating Malnutrition with Integrated Nutrition and Garden Training

Gardens for Health's (GHI) model integrates agriculture and nutrition programming to address chronic malnutrition - improving overall health, vegetable yields and livelihoods for severely resource-constrained families. GHI's model has shown that, even with limited land and resources, refugees can have successful gardens to supplement their diets and improve their children's nutritional status. This program provides refugees with a toolkit of skills they can use to improve their nutritional status no matter where they live.

Trainings

GHI's health and nutrition trainings helps refugees to understand what they need to do to keep their families healthy and well-nourished. GHI's agricultural training provides them with gardening skills they need to grow healthy food using materials found at the camp and seeds they can save themselves. The combination of integrated, hands-on trainings make it possible for refugees to make educated decisions about their own food consumption and puts families in control of their nutrition. This is crucial in the transition where food is going to be provided in cash to households.



Impact

Families GHI's work with build lasting, nutrient-secure futures for themselves.



Knowledge

Caregivers scored an average of 78% on a health and nutrition knowledge assessment test, a 33% improvement from before GHI's program.

Nutrition

65% of children on a positive growth trajectory two years after GHI's program.

Agriculture

Families grew an average of 5.7 vegetables 12 months after GHI's program, up from 1.9 vegetables.

UNHCR Website

<http://www.unhcr.org/rw/livelihoods>

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