

Food security

Key objective

To enable group members to improve their diet and nutrition by acquiring skills and techniques in grain storage, food preservation and processing

TOOLS required

Improving Food Security, Healthy Eating, Facilitation Skills Workbook.

Personnel required

Trainer to share skills in facilitation and to give confidence to group facilitators, ideally with some experience of food storage and grain banks.

Anticipated outcomes

- Increased awareness of the extent of post-harvest losses due to pests and diseases
- Improved diet and overall nutrition
- Increased awareness of the benefits of maintaining genetic variability and traditional crop varieties
- Evidence of use of new techniques such as clamps and drying in preserving fruit and vegetables
- New food processing techniques such as making jams, chutneys and juices being used
- Grain banks used at local or community level to improve food security.

Suggested approaches

- Work through 'Improving food security' with a local community group, implementing the new ideas which are relevant to local needs
- Use 'Improving food security' in a workshop setting, with community leaders
- Implement relevant new methods of either preserving or processing foods to add value and as the basis of a micro-enterprise.

Case studies

- Women in the Deborah movement built solar driers following the instructions in 'Improving Food Security' and have used them effectively to dry mangoes.