

## **Improving Nutrition**

### **Key objective**

**To enable group members to improve their diet and to become increasingly aware of the nutritional needs of the most vulnerable family members**

### **TOOLS required**

Relevant pages of Healthy eating and Facilitation Skills Workbook

### **Personnel required**

Trainer to share skills in facilitation and to give group facilitators confidence and experience in leading discussion. Some understanding of good nutrition helpful.

### **Anticipated outcomes**

- Greater understanding of the nutritional needs of pregnant and breastfeeding mothers, young children and older people.
- Greater understanding of issues around personal health and hygiene
- Mother to child transmission of HIV reduced through exclusive breastfeeding for six months.
- The variety of household foods improved through doorframe gardens, preserving foods and encouraging the use of valuable traditional foods.
- Increased health and alertness in young children through improvements in diet.
- Reduced attendance at clinics due to improvement in health and disease resistance.
- Gradual abandonment of unhelpful food taboos and customs.

### **Suggested approaches**

- Work through Healthy Eating with a community group
- Community health educators use Healthy Eating as training material or a resource for working with community groups
- Use selected topics of Healthy Eating as posters for Health clinics.

### **Case studies**

- Women in the Deborah movement, Burkina Faso began drying mangoes as a micro-enterprise, which also helped improve nutrition.
- Participants in Brazil contextualised the Healthy eating guide, using familiar foods and new illustrations. This was printed by Ultimato.