



INTEGRATED HOME AND SCHOOL GARDENS FOR FOOD SECURITY IN MYANMAR

Myanmar is undergoing a trend of urbanization, bringing new opportunities and challenges, and changing the underlying causes of malnutrition in urban and peri-urban areas. The current project was designed to explore innovative opportunities to reduce food insecurity and malnutrition in Dala and Hlegu Townships, two rapidly changing peri-urban areas in Yangon. The project aimed at improving the diversity and use of nutrient-rich safe foods through a combination of agriculture and nutrition training and the establishment of hydroponic home and school gardens. Target groups included third and fourth grade schoolchildren in five identified schools, teachers/principals, and women from households with school children as well as from households receiving hydroponic gardens.



WHAT DID THE PROJECT DO?

The expected outcome of the project was the sustained provision of diverse, nutritious and safe foods for schoolchildren and households in selected schools and communities. To achieve this goal, the project enhanced the understanding of nutrition and hygiene among teachers and schoolchildren, established school gardens in five schools and home gardens in selected households, and improved knowledge of food and nutrition, as well as appropriate care practices, among women of target households. All activities followed a Behaviour Change Communication (BCC) theory of change, exploring the use of images, digital content and participatory exercises. In this context, the materials produced by the project included a manual on hydroponic gardens and innovative agriculture techniques, posters promoting dietary diversity and encouraging consumption of pulses, and videos on 'Improving dietary habits in Myanmar' and 'Hydroponic garden and nutrition education: a successful approach to improve dietary diversity'. The project beneficiaries comprised 225 households, 250 teachers, 1 223 third and fourth grade students, 323 households (women), and 166 township general administrative department staff members.

IMPACT

In schools, the knowledge obtained through nutrition training has already been integrated into regular classroom teaching, while the information on how to make healthier dietary choices is being put into practice within households through improved cooking methods and the choice of more nutritious food. Households have also started to share this knowledge with friends and neighbours. Su Su Lwin, a 38-year-old woman and one of the project beneficiaries, told the project, "Prior to this project I didn't use to eat pumpkin but now I have learned about the nutritious values of this vegetable and I have started to cook it regularly. During the cooking classes I also learned to add tomato at the end of cooking as in that way it will not lose its precious nutrients."

KEY FACTS

Contribution
USD 400 000

Duration
May 2016 – December 2017

Resource Partners
FAO

Partners
Ministry of Agriculture, Livestock and Irrigation; Ministry of Education; Ministry of Health and Sport; *Terre des Hommes* (TDH) Italy

Beneficiaries
Households, teachers and school children, and township general administrative department staff members



ACTIVITIES

- Inception workshop held with key ministries.
- Baseline data collected from 224 households in project areas and analysed.
- Nutrition training handouts and materials developed.
- Agricultural training materials developed.
- 21 agricultural training sessions conducted for 80 government staff members, teachers, general administrative department and DOA staff members, and 225 households; training report prepared.
- All inputs for construction and maintenance of hydroponic gardens provided. Cooking and supporting materials purchased to organize cooking demonstrations.
- Selection criteria for school and community gardens established.
- Seven-day food diary with third and fourth grade students facilitated by teachers.
- Nutrition messages integrated into lessons on a weekly basis.
- Project sites provided with technical backstopping and monitoring.
- Manual on how to set up a hydroponic garden developed.
- Key farmers identified and training held in hydroponics, banana circle, home-made local pesticide preparation and cooking.
- Nutrition and agriculture training held for 225 beneficiaries, in addition to specific training for women.
- 225 hydroponic gardens set up on household compounds.
- Project sites visited to provide technical backstopping and monitoring.
- Focus group discussions carried out to identify dietary issues. Nutrition education sessions and cooking demonstration designed.
- Materials developed for nutrition and hygiene education, and cooking demonstrations.
- Two videos and five posters produced.
- 21 nutrition training events and six cooking demonstrations implemented.
- Existing nutrition training materials collected and book compiled.
- Six sessions of cooking classes held.
- Cooking utensils provided.



Project Code
TCP/MYA/3505

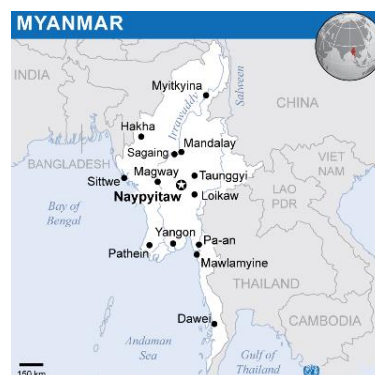
Project Title
Promoting an Integrated Home Garden and School Garden Approach for Food and Nutrition Security

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SUSTAINABLE DEVELOPMENT GOALS



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