

Enhancing Nutrition Advisory

Healthy nutrition is one of the main contributors to human well-being. Eating healthy diversified foods enables physical and mental development and reduces the risk of many illnesses. Potato is a major food crop in 16 highland Counties of Kenya. It is a highly nutritious crop as it contains Vitamin C and B, potassium, magnesium, zinc, iron and folic acid. Despite food availability from potato production, cases of malnutrition such as stunted growth are still reported in some of these areas. This implies that food availability does not directly translate to nutrition security without further sensitization and trainings on nutritional knowledge for the highland communities.

Challenges

Before the project's intervention:

- Malnutrition in these highland areas was mainly due to limited nutrition knowledge on balanced diets resulting in consumption of less nutritious food, especially proteins;
- Households living in the potato growing areas had a high degree on land utilization for cash crops, with limited emphasis on production of nutritious crops for self-consumption;
- There was a limited knowledge on proper food preparation methods, e.g. overcooking of food thus loss of nutrients which is a major cause of malnutrition in the region; and
- Limited knowledge on child care practices as well as on basic hygiene measures contribute to the occurrence of diseases such as diarrhea.

Achievements

- Nutrition training at village level and integrated into the FFBS reached **22,287 participants** (57% women-15-49 years).
- Improved nutritional diversity for an estimated **18,166** (51% women-15-49y) nutrition training participants [IDDS* from 4.1 to 6.3]
- The knowledge on appropriate nutrition and basic hygiene has **increased by 80%** in the target communities
- **81%** of the trained beneficiaries **have adopted innovations** such as hand washing facilities, kitchen gardens, nutritious cooking methods and recipes

Our Approach

NuSePPP in collaboration with the Ministry of Health (MoH) and Ministry of Agriculture, Livestock, Fisheries and Irrigation (MoALF&I) developed materials for equipping trainers with "state of the art" nutrition knowledge. After the trainers were trained, they conveyed their gained knowledge to rural settlers, using existing county health and agriculture extension networks. These trainers conducted Nutrition training at the village level (NCDGs) and Nutrition integration into the FFBS. Participants gained knowledge about:

- Food preparation
- Feeding and care practices
- Nutrition aspects of different foods
- Hygiene in the household
- Household food production storage and preservation

NuSePPP also promoted the introduction of low-cost innovations such as basic hand washing facilities ("tippy taps") as well as kitchen gardens.

Project Description

Project Title: Nutrition-sensitive Potato Partnership Project (NuSePPP)

Commissioned by: German Federal Ministry for Economic Cooperation and Development (BMZ)

Overall Term: July 2016 to June 2023

Region: Kenya (Nyandarua, Bungoma, Trans-Nzoia and Elgeyo Marakwet Counties)

Implementing Partners: Agriculture and Health Departments of the Counties, National Potato Council of Kenya (NPCK), International Potato Center (CIP), Kenya Agricultural and Livestock Research Organization (KALRO), local and international companies

Lead Executing Agency: Ministry of Health (MoH)



Cooking Demonstration



Cooking Demonstration



Beneficiaries rear small-stock animals



Tippy-tap Demonstration



Kitchen Gardening Practice

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