



More vitamins

Project to improve
family nutrition and hygiene
in Burkina Faso



Improve the availability of foods rich in micronutrients

More than 60 vegetable gardens and community fields have been promoted by the federally owned enterprise GIZ (Deutsche Gesellschaft für Internationale Zusammenarbeit GmbH) in cooperation with Health Focus GmbH/IAK Agrar Consulting GmbH and on behalf of the German Federal Ministry for Economic Cooperation and Development (BMZ). These gardens are a source of balanced and nutrient-rich foods for women and their families all year round. Thanks to the support of GIZ, today they grow many varieties of vegetables: tomatoes, cabbages, eggplants, onions, but above all, foods rich in vitamin A such as orange-fleshed sweet potato, amaranth leaves and Moringa.

Why

Moringa?

Moringa is a plant of particularly high nutritional value. It is rich in iron, proteins and vitamins. In this way it contributes to the mental and physical growth of children.

- The powder obtained from dried leaves can be added to dishes and drinks.
- Moringa seeds are used for water purification.
- A high-quality soap is produced from moringa powder.



Drop by drop irrigation



During the dry season, there is often not enough water for vegetable gardens in southwestern Burkina Faso. Through a low-cost technique, women not only use less water but also have less work.

They cut the bottom of old plastic bottles and stick the bottleneck into the ground. They then fill the bottle with water which seeps slowly into the ground and directly to the plant through the narrow bottleneck. The water of the bottle is sufficient to irrigate the plant for three days. This way, women can water plants less often, using less water.



Who we are?

The objective of the PAH project (Projet d'amélioration de l'Alimentation, de la nutrition et de l'Hygiène en milieu familial) is to improve the nutrition and health of women of childbearing age and their children. This project has been funded by the German Federal Ministry for Economic Cooperation and Development (BMZ) as part of the special initiative „ONE WORLD – No Hunger“ since 2015 and trains people in southwestern Burkina Faso in terms of balanced diet, methods of cultivation and food hygiene. It targets 24,000 women and 6,800 children aged 6 to 23 months.

What we are doing?

Improving the availability of healthy food

- Cultivation of vegetable gardens and community fields
- Introduction of innovative irrigation methods
- Cultivation of agricultural plants rich in vitamins and minerals such as moringa



Supporting a healthy and balanced diet

- Cooking demonstrations and competitions using locally available foods that are rich and nutritious
- Production of an enriched flour mix to improve nutrition of children and women
- Communication activities in small groups using pictures

Improving cleanliness in households and health centers

- Training on food hygiene
- Radio broadcasts, theatre performances and film screenings
- Training on hygiene and sanitation in health centres

Why all this?

In Burkina Faso, 80 percent of the population work in agriculture. Families mostly practice subsistence farming and primarily grow cereals. More than half of the households do not have access to a healthy and diversified diet.

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