



# A healthy mix

Project to improve  
family nutrition and hygiene  
in Burkina Faso



## Healthy and diversified diet

Children need both sufficient as well as diversified food for healthy development. A minimum of four out of seven food groups must be covered every day according to the World Health Organization (WHO). These groups include cereals, fruits, legumes and nuts. However, often these agricultural products are not available, or women have little time to prepare meals. For these reasons, 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) has developed a flour mixture rich in vitamins and minerals.

## The right mix

Women add oilseeds, such as peanuts or sesame, and legumes, such as soy or beans, to the usual flour (millet, sorghum, corn) to enrich the flour with proteins, vitamins and minerals.

The preparation process - from cleaning the seeds, through roasting to grinding - is carried out together. The project supports community fields that are supervised by the agricultural service, to produce the oilseeds and legumes. The men complete the needed cereals from their family production. After the transformation process, the women share the flour between them. They store the flour at home and use it for the children's meals.







## Preparation of the porridge

For a single serving, three spoons of flour are enough. The flour is mixed with some water and boiled. The enriched porridge is prepared in five to ten minutes at home. Depending on availability and the season, vitamin A-rich Moringa powder, fruits, eggs and vegetables can be added. A little lemon juice can enhance the flavor of the porridge.



## 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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