GROWING REGENERATIVE LOCAL CULTURES
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FSL CLUSTER MEETING SERIES 4 21/05/2021
BUILDING BACK BETTER
RESILIENT NUTRITION

#GROW your Own, COOK your Own,
EAT your Own
THE CALL
HIDDEN HUNGER

Elderly
- Increased morbidity (including osteoporosis and mental impairment)
- Higher mortality rate

Baby
- Low birth weight
- Higher mortality rate
- Impaired mental development

Child
- Stunting
- Reduced mental capacity
- Frequent infections
- Reduced learning capacity
- Higher mortality rate

Adult
- Reduced productivity
- Poor socioeconomic status
- Malnutrition
- Increased risk of chronic disease

Pregnant women
- Increased mortality
- Increased perinatal complications

Adolescent
- Stunting
- Reduced mental capacity
- Fatigue
- Increased vulnerability to infection
CURRENT PATHWAYS

Green schools for nutrition enhancement and climate resilience – **School based feeding**

81 schools – 9820 - 41800 learners (coP)

- Improved growing and intake of balanced diets – (Growing and consumption of four star diets)
- Energy giving foods; cereal, sweet potato, cassava
- Protective foods; fruits & vegetables
- Protein from animal source; chickens, eggs, fish
- Protein from plants; legumes/pulses

[https://photos.app.goo.gl/WNAUDwwchYHKCBBF9](https://photos.app.goo.gl/WNAUDwwchYHKCBBF9)

Urban food - cultures – female youth nutrition enhancement – **ROL lunchbox**

285 women

- Increased consumption of micronutrient rich foods amongst girls aged 15 - 24, and women age 25-35
- Address the gaps of micronutrient deficiency particularly iron and vitamin A
- Child health and maternal care
Green schools Kitchen garden
Female youth food cultures
COOK YOUR OWN!!
THE KIDS LUNCHBOX
Permaculture & Ecovillage Principles

A design system for ecological and sustainable living, integrating plants, animals, buildings, people, and communities.
WHOLE SYSTEMS DESIGN

- Find strengths, weaknesses, and leverage points in all areas
- Engage all stakeholders in designs for the future
- Identify the right scale for each solution
- Honour traditional wisdom and welcome positive innovation
- Learn from nature and practise whole systems thinking
- Build networks for mutual support
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Current funding partners

- Brot für die Welt
- The Tudor Trust
- Global Ecovillage Network
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