# JOINT DEVELOPMENT ASSOCIATES INTERNATIONAL

CATALYZING TRANSFORMATIONAL DEVELOPMENT



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# PROMOTING NUTRITION AWARENESS TO FIGHT MALNUTRITION

" I am a mother of six children and was very excited to be in the hygiene and nutrition training. My family would usually start their day without breakfast. The other two meals consisted of bread and tea. This caused us to be weak and it would affect our productivity in our daily activities. I used to think it was all because of the weather, but now I realize it was because of inadequate nutrition. As I began bringing changes to our meals and using more fruits and vegetables, I noticed our strength and appetites have improved. My children are not complaining of weakness anymore."

More than 20,000 women and 2,700 men in 41 villages have attended hygiene and nutrition training. story reflects the lack of health and nutrition awareness that exists in the majority of these rural villages.

Eating well is to provide adequate nutrients to our body through the food we eat. Good nutrition is vital for a healthy and active life. Malnutrition rates in Afghanistan are among the highest in the world where 41% of children under the age of 5 are stunted. Individuals need access to sufficient, safe and good quality food, but that alone will not solve the malnutrition problem.

People need to understand what constitutes an appropriate diet for good health. Many of the causes of poor nutrition among Afghan rural families is their attitudes and practices such as: food taboos, ignorance of food hygiene, or negative attitudes towards vegetables and fruits. One of the most common practices we hear from families is that their meals consist of bread and tea.

JDA understands that education and awareness are key to development. We have 20 trainers who work in communities to inform and motivate families through a series of 10 lessons over five weeks, to start making healthy choices in food preparation and positive behavior changes in hygiene practices. The training also promotes home gardens and individuals receive advice on what crops can easily be grown to improve family meals. Growing their own crops also provides them with the opportunity to make extra income by selling some of their crops to other families. Various fruits, vegetables, and other ingredients are also easily available and affordable at the markets in Mazar-e Sharif. Good nutrition is not only about eating enough food, but also about producing, buying, cooking and eating the many different kinds of foods.



TRAINEES GET TO SEE HOW THEY CAN MIX DIFFERENT FRUITS AND VEGETABLES TO PREPARE NUTRITIOUS MEALS FOR THEIR FAMILIES.



KITCHEN GARDENING GIVES WOMAN THE OPPORTUNITY TO LEARN HOW TO GROW THEIR OWN FRUITS AND VEGETABLES IN THEIR BACK YARDS.