

Domain 12: Nutrition & Food Security

Mapped SDG Goals:

- **SDG 2:** Zero Hunger
- **SDG 3:** Good Health and Well-being
- **SDG 12:** Responsible Consumption and Production
- **SDG 1:** No Poverty
- **SDG 13:** Climate Action

Domain 12: Nutrition & Food Security

Key Objectives:

- Assess the nutritional status and food availability in rural households.
- Raise awareness on balanced diets, child and maternal nutrition, and kitchen gardening.
- Promote sustainable and affordable practices to improve food security.

Activities:

1. Conduct nutritional awareness sessions for children, women, and elders.
2. Help families understand the components of a balanced diet using visual charts.
3. Survey households on food availability, meal frequency, and malnutrition indicators.
4. Promote kitchen gardening using local seeds and organic compost.
5. Educate on the importance of iron, protein, and micronutrient-rich foods.
6. Collaborate with Anganwadis or PHCs to gather nutrition data.
7. Support immunization and Vitamin A/Iron supplementation drives.
8. Organize cooking demos of nutritious low-cost meals.
9. Identify malnourished children and recommend local health resources.
10. Create nutrition posters and handouts for distribution.

Sample 10-Day Schedule:

| Day | Activity |
|---------------|--|
| Day 1 | Introduction to food security and nutrition in the community. |
| Day 2 | Household-level survey on food access and dietary habits. |
| Day 3 | Awareness session on balanced diets with Anganwadi collaboration. |
| Day 4 | Demonstration on kitchen gardening (selection of location, seeds). |
| Day 5 | Cooking demo: local, low-cost nutritious meals. |
| Day 6 | Visit to local PHC/Anganwadi for nutritional record review. |
| Day 7 | Nutrition camp focused on children and pregnant women. |
| Day 8 | Preparation and Submission of Final Report and Presentation |
| Day 9 | Preparation and Submission of Final Report and Presentation |
| Day 10 | Preparation and Submission of Final Report and Presentation |

Household-Level Survey Questionnaire (Yes/No):

1. Does your family eat three meals a day regularly? (Yes/No)
2. Do children in your family consume fruits or vegetables daily? (Yes/No)
3. Is anyone in your household facing chronic underweight or anemia? (Yes/No)
4. Do you have access to affordable and nutritious food? (Yes/No)
5. Are you aware of the concept of a balanced diet? (Yes/No)
6. Do you have a kitchen garden or grow any food at home? (Yes/No)
7. Do pregnant or lactating women in your home get extra nutrition? (Yes/No)

Community/Village-Level Survey Questionnaire (Yes/No):

1. Is there an active Anganwadi center in the village? (Yes/No)
2. Are nutrition awareness sessions regularly conducted? (Yes/No)
3. Is child malnutrition observed in the village? (Yes/No)
4. Are children and women receiving mid-day meals or supplementary nutrition? (Yes/No)
5. Is kitchen gardening practiced at a community level or promoted locally? (Yes/No)
6. Are there local sources of nutritious food (e.g., pulses, fruits, dairy)? (Yes/No)
7. Is there a community space for health or nutrition workshops? (Yes/No)