

## Case Study

# Nutrition Garden Initiative

Project Code: P0857 | Location: HRDP Project Villages



## Introduction

Malnutrition and lack of dietary diversity are persistent challenges in rural communities. To address these issues, Suvidha, in partnership with HDFC Bank Parivartan, initiated the Nutrition Garden Program under the HRDP project. The initiative aimed to ensure access to fresh and nutritious vegetables at the household level, enhance food security, and promote sustainable home-based agriculture practices.

## Project Objective

- Improve household nutrition through regular access to fresh vegetables.
- Promote dietary diversity among rural families, especially women and children.
- Empower communities with skills and resources for home-based cultivation.
- Reduce dependency on market-purchased vegetables.

## Intervention Details

### Key Features of the Nutrition Garden Program:

- Total Nutrition Gardens Established: 200
- Coverage: 13 project villages under the HRDP initiative
- Support Provided:
  - o Hands-on training on cultivating a home nutrition garden
  - o Distribution of seeds for seasonal vegetables
  - o Provision of essential gardening tools

## Community Impact

### Before Implementation:

- Lack of awareness about the importance of nutrition and dietary diversity.
- Limited access to fresh vegetables led to nutritional deficiencies.
- Dependence on external sources for vegetable supply.

### After Implementation

- 200 households now maintain their own nutrition gardens.
- Increased consumption of vegetables led to improved dietary habits and nutrition.
- Empowerment of families, especially women, in managing home gardens.
- Enhanced community awareness around food and health.

## Sustainability and Future Plans

- Beneficiaries are encouraged to save seeds and adopt composting techniques.
- Continued support and refresher training will be provided to interested households.
- Plans to replicate the model in other villages through peer learning.



## Conclusion

The Nutrition Garden initiative under the HRDP project has made a tangible difference in the lives of 200 families across 13 villages. By equipping communities with the skills and tools to grow their own food, the project has not only improved health and nutrition but also fostered a culture of self-reliance and sustainable living.

