

# PROMOTING EDIBLE INSECTS

(NORTH BENIN)



## OBJECTIVE:

Promoting edible insects to fight food insecurity by raising awareness of the nutritional benefits of insects and looking at options to increase their consumption.

## OUR ACTIVITIES:

OCT. AND NOV. 2015

### 1 WORKSHOPS ON THE NUTRITIONAL BENEFITS OF EDIBLE INSECTS

BFL will work with children and the Wama community, and with mothers in the regional health centre to raise awareness on the benefits of edible insects. This will build on and reinforce local traditions.

### 2 RESEARCH ON THE POTENTIAL FOR INSECT FARMING

Through research activities with insect consumers, we hope to understand if the Wama would be interested in farming insects. This could increase the availability of insects and become opportunity to earn income from their sale.

### 3 FURTHER DOCUMENTATION OF INSECTS EATEN LOCALLY

BFL will continue documenting and understanding local practices to recognise Wama traditions. We hope to add to the global knowledge on entomophagy and have more detailed information on nutritional values of local species.



**WE CAN'T WAIT TO SHARE OUR RESULTS WITH YOU!**

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