

NUTRITION FAIR

on 24 th September 2018
in Anandpuri, Banswara district, Rajasthan



Developing Women Led Entrepreneurship model of Realigning agriculture to improve Nutritional outcomes for Pregnant Women , Lactating mothers and Children under Age 2 among 14000 Households of Anandpuri Block, Banswara District, Rajasthan, India



Objectives of the program:

- ◆ Introduce farmers to the sustainable integrated farming system
- ◆ spread awareness of safe food practices
- ◆ encourage farmers to grow their own traditional and local food
- ◆ presentation of local and traditional seeds, vegetables and organic manure
- ◆ spread the knowledge of nutritional values of sprouts and minor millets and promote their usage
- ◆ promote usage of organic and traditional crops among farmers

Activities during the fair

During the fair on the 24th September 2018, several different activities took place and were offered, which are described below in more detail. On the one hand side, there was a formal part of the program with short speeches on different subjects delivered by staff members of Vaagdhara, as well as a less formal part where the participants could look at different seeds and vegetables, compost, homemade fertilizers, a food pyramid, banners with information on sustainable farming, varieties of vegetables and grains, hygiene and much more, and the option to taste nourishing foods. These offers also encouraged all sort of informal conversation and interaction with staff members. Moreover, the complementing distribution of leaflets with information about the different subjects were supposed to achieve a more sustainable and lasting effect of the event.

Talks on several subjects by different staff members of Vaagdhara and a guest speaker

There were several short talks on different subjects by staff members in order to inform about relevant topics concerning nutrition and agriculture.





First, Mr. P.L. Patel, operator of the program, welcomed the guests who were invited. He told about the main purpose of the fair that is to promote sustainable and integrated farming and also local and traditional foods and their nutritional value. The fair is a one day program to promote nutrition and

traditional farming in tribal community with the support of ANNAPURNA MODLE.

As a second speaker, Mr. Sohan Nath Jogi told about sustainable integrated farming systems and what it is. The sustainable integrated farming system is farming system combining animal husbandry, fishing, farming, farm industry. It is a closed cycle of production; it ensures resource management and availability of resources to tribal farmers. He told about crop cycles in this mixed crop, inter crop, relay crop, or crop rotation and multistory cropping. This farming system is supposed to enhance diversity of animals, plants, tree, crop, land, fodder, fruit and vegetables.



Mr. Sohan Nath Jogi also told about the benefits of all this; these are reduction of disaster risk, reduction of climate hazard risk, reduction of health risk, reduction of market dependancy, improvement soil health, improvement of the farmers' health, improvement of livestock health, improved links between farmers and markets, improved energy

flow within the system and also improvement of fuel availability and increased



diversified income, farm output, time of harvesting, diet, and job options. He also told about the use of organic manure and pesticides, seed production & preservation, soil and water conservation by the SALT (sloppy agricultural land technology) method.

The third speaker, Mr. Rakesh Singhada, president of the program, told to the farmers about the importance of local products and requested them to use local and traditional vegetables and grains. He also talked about the harms of vegetables and other raw edible products which are purchased from market and may cause cancer, heart attack, high blood pressure etc. The danger arises from the fact that the vegetables available in market are often contaminated by chemicals and may be hybrids.



Mr. Suresh Patel, the chief guest (Youth leader), told to the farmers about the purpose of the fair and talked about why was Vaagdhara organizing this fair. The answer he told that the farmers should spread the knowledge about traditional and local foods. He told about the presented stalls of Traditional Seeds, Traditional and organic vegetables. Moreover, he told to the farmers to produce traditional crops like kangdi, maal, vati, makki, pathariya haal etc. and use them as their own food, and also about all types of seeds they could grow and eat them themselves. He also encouraged them to use traditional minor millets and vegetables in their daily diet, and not to purchase them from markets because of the risk of potentially contained chemicals. He told the



farmer to grow and use chemical-free food. Last, but not least, he thanked Vaagdhara for the good work they are doing in education, nutrition, and agriculture.

Next, Mr. Rohit Samariya told about nutritional advantages of sprouts and minor millets (ragi). Moreover, he stressed the health benefits about local and traditional vegetables, pulses, grains etc. Another topic were the food pyramid and the advantages of including sprouts in one's daily breakfast. He told we should adopt traditional food practices for better health which promotes nutrition security and reduces diseases. He said that when a person is healthy he is able to produce livelihood in the right way for his family.



Next Mr. Sandip Janawat from HEIFER INTERNATIONAL told about the livelihood & nutrition. He explained how to increase the livelihood by animal husbandry, how income can be increased by livestock like goats, sheep, poultry etc. And how to increase their livelihood by following these animals, the entire process was explained in detail.

As a last speaker Mr. Majid Khan expressed his gratitude to all farmers, present guest, Vaagdhara team members and JSS (Janjatiya Swraz Sangthan) team members who all contributed to the success of the event.

Presentation of different seeds and vegetables, and organic manure

There was a presentation of a great variety of different seeds for grains, including different varieties of wheat, maize in several colours, pulses, spices and vegetables. The seeds of the different plants were complemented by small signs telling their name, the name of the subspecies, the months of seeding and harvest. Moreover, there were information on the nutritional values of the edible parts of the plants. Next to the seeds, all sorts of vegetables were displayed as well as fresh compost and



homemade fertilizers. Additionally, all these things were complemented by leaflets with additional information about nutrition and farming practices, to have something to take home and better memorize the given information.



Food pyramid

Next to the vegetables and organic fertilizers, a food pyramid was displayed. The food pyramid was equipped with real food items for better visualisation and illustration. In the aim of the promotion of a balanced and healthy diet different food groups were ordered starting from the ones which should be consumed in smallest quantity (like oils and sugar) to the ones which should be the largest food group of your daily plate (cereals including rice, wheat, millets, maize, and the vegetables).



Food tastings of locally grown, highly nutritious foods

In order to appeal to all senses and encourage not just the farming of a great variety of healthy foods but also promote their consumption, different foods were offered. These included a sweet local dish, (Ragi ka halwa) containing some variety of red minor millet as the main ingredient, and also different types of sprouts (mung bean, chickpea, etc.) and herbs. For sustainability and prevention of unnecessary waste, small plate made out of leaves were provided.



Inclusion of Media

The local media was also informed about the event and reported about it on the next day (25th September 2018).

On the right hand side is the article from Rajasthan Patrika and below from Danik Bhasker.



Conclusion

Many people, young and old, men and women and children, attended the event. We estimate the total number of participants to be between 1800 and 2000. The participants showed a great interest in all the presented topics and seemed to enjoy the whole event. There was a great interest in the talk as well as the local seeds and vegetables and the prepared leaflets on the different topics were gladly taken by many people. Also, the prepared food found many happy consumers.





Thank you

