

## Community Diet Diversity Project : Overview

The **Community Diet Diversity project** is a multi- approach pilot project with an aim which focuses on innovative strategies for door-step delivery of vitamin and mineral rich leafy vegetables from community based nutri-garden/ microgreens to overcome the urgent need of micronutrients to combat malnutrition and anaemia within the community using a WEBGIS platform.

Trained Nutri-educators and Mentors will be the motivators and capacity builders for the school and ICDS centers. They will ensure and monitor the participation of schools, ICDS and their beneficiaries. These trainings will be conducted using e-Nutrition Education Programs (e-NEP) for the school children, mukhya sevikas, anganwadi workers. They will in turn enroll and guide the beneficiaries further. The E-NEP would interact with audiovisual materials, quizzes, games and surveys. The participants would be encouraged by mentors to carry out self observation and peer learning it would include concepts such as:

- Dietary Diversity nutri kitchens and microgreens
- Functional and Growth nutrients
- Nutrient dense traditional recipes
- Junk food habits and its impact on health
- Healthy Snack alternatives to Junk foods
- Anthropometric self-assessment
- Importance and inclusion of microgreens in the diet
- Immunity boosting foods and their importance
- Importance of Take Home Rations consumption.
- Breastfeeding practices and complementary feeding

This multi-approach pilot project which involves innovative strategies will create Nutri-leaders from school-going children who have been educated in these concepts of nutri-gardening, microgreens cultivation, nutrition, health and hygiene. These nutri-leaders will , in turn, share the produce with selected Anganwadis teachers who in turn will distribute its precious cargo to selected ICDS beneficiaries (children with SAM, MAM and anemic women and adolescent girls)

On the other hand, the ICDS cadre (Mukhya sevikas and Anganwadi workers) will be trained in the need for dietary diversity, breastfeeding practices, complementary foods, and hygiene practices. The beneficiaries will have direct and quick access where their queries and feedback will reach the anganwadi workers and mentors.

The pilot project is a macro-strategy with a micro-approach where each and every participant and beneficiary is closely touched with the concepts of diet diversity, health and hygiene. Every participant and beneficiary becomes a change agent and causes a ripple effect to bring about a positive behavioural change in the community.

Since this involves a number of participants, their learning, trouble-shooting and coordination of activities, an agile communication system is necessary. Since activities involve growing microgreens in some places and taking them to beneficiaries in several other places, it is necessary to create map based visualisation for all stakeholders to manage logistics.

As such a webgis platform, with features like database content management system, gis and mobile friendly interface will be created. All stakeholders, from school students, intermediaries like sahayika, mukhya sevika, anganwadi teachers to ultimate beneficiaries and managers will, each, have an appropriate login, and interfaces to input information or view reports, all using their mobiles. Language of communication will include english and local languages.

The open source platform created as public domain software will be available free for modification and adoption by anyone.