

5.3 THE MOBILE TEACHING KITCHEN MODEL: Innovative solutions to Malnutrition and Diet-Related Challenges

Malnutrition, which includes undernutrition, obesity, and micronutrient deficiencies, is a leading risk factor for ill health, affecting about 30% of the world's population and an even greater percentage in India. In response, TIGR²ESS researchers at NNEdPro Global Centre for Nutrition and Health have developed the 'Mobile Teaching Kitchen' (MTK) Initiative.

This is an award-winning scalable micro-model launched in February 2018 in two urban slums in Kolkata, India. The MTK trains marginalised women to become microentrepreneurs and culinary health educators, with the potential to improve nutrition-related Knowledge, Attitudes and Practices (KAP) across multiple sectors of society. By training just 12 women, approximately 4000 people are being impacted on a monthly basis, getting nutritious food and nutrition advice which they can further disseminate to their communities.

The idea is simple: Local volunteers trained in healthy cooking transfer core principles through cooking demonstrations of sustainable, nutritional, and affordable meals. They follow a 'See One, Do One, Teach One' model to transfer knowledge to their peers. This model aims to create a sustainable solution that will enable the rural-urban slum dwellers across regions of the world to challenge food insecurity and malnutrition.

MTKs have a really big reach. Each mobile unit is staffed by 5-6 champions, and serves about 100 meals a day, and therefore has the potential to reach 24,000 people a year.

The project has a positive impact on the health and nutritional status of the wider community and potentially creates livelihood opportunities by empowering women with catering skills.

After successful impacts in India, the Mobile Teaching Kitchen model has been proposed to eight other existing regional NNEdPro networks: Australia and New Zealand, Brazil, Italy, Mexico, Morocco, Switzerland, the USA, and the UK.

'This project has transformed groups of untrained women into MTK Champions, who can be advocates in their local communities. Similarly, the TIGR²ESS project has been producing exemplary outputs that involve many partners and stakeholders. I strongly support and recommend the continuation of this great work done by TIGR²ESS partners'

Lord Diljit Rana,
Honorary Joint President of NNEdPro

'I was always a cook but now I have learnt to prepare a balanced diet and about nutritional values for the first time'
Anumati Sardar, MTK Champion



Picture: Debashis Chakraborty (NNEdPro)

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