

5.8 Nutrition Kitchen Pilot conducted by Vertiver and NNEdPro

Vertiver and NNEdPro initiated a Nutrition Education Kitchen Pilot in East Delhi, integrated with Vertiver's existing project on waste management. This pilot was part of a new cradle to cradle model as best practice for policy makers to provide subsidies and other incentives to promote longer term impact in the management of both waste and nutrition.

This pilot was implemented with women in East Delhi communities, predominantly from low-income backgrounds. The area is surrounded by street vendors and hawkers selling cheap, adulterated and unhygienic food. The aim was to change food habits in the local community.

The nutrition kitchen was set up by the women as part of an ongoing pilot, the key idea of which was to create a Circular Economy model in which organic waste is turned to fuel (biogas).

An initiation See-One Do-One Teach-One (SODOTO) training was held for 15 women as a first step in this initiative. This will be an ongoing process to enhance the women's understanding of nutrition, and support them in their entrepreneurial journey in establishing a nutrition kitchen.

Since 2019 Vertiver has been the implementation partner of the Su-Dhara program under the Principal Scientific Advisor (PSA) to the Govt of India's Waste to Wealth mission, working with East Delhi communities and Municipal Corporation of Delhi on creating behaviour change models for waste management.

Key objectives:

- Generate awareness of nutrition and health through healthy, coarse grain nutrient snacks made with biogas
- Build capacity of women to make nutritious food/snacks as part of livelihood generation
- Repurpose organic waste into biogas providing free access to fuel and contribute to waste management.
- Introduce consumption of healthy snacks in a community where there are no healthy alternatives available
- Encourage creation of SHG (Self-Help Groups) as an institutional model for female self- sufficiency
- Collect data and evaluate potential of the NNEdPro SODOTO model to impact nutrition Knowledge, Attitudes and Practices (KAP) as well as establishing microenterprise and health awareness



Future Plans:

- Develop train-the-trainer modules to equip women trained in the pilot to become nutrition champions and spread awareness in their community
- Build awareness in students in EDMC schools across East Delhi on nutrition and waste management

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