

Rural development, diversified and healthy diets for Families in Burkina Faso



Context

In Burkina Faso, agriculture occupies a prominent place in the national economy. It employs 80 percent of the total population. These are mostly family farmers that focus on subsistence farming, cultivating predominantly grain. More than half of the households have no access to varied and healthy food such as fruit and vegetables. Less than 17 percent of children between 6 and 23 months are given adequate nutrition.

The project region lies in the south-west of the country and has relatively favorable climatic conditions. Yet, research shows that the majority of people are affected by food and nutrition insecurity. Depending on the

season, high-quality and vitamin- and mineral-rich foods are not always available. In addition, people often lack knowledge about how meals can be adequately composed and prepared in order to meet the specific nutritional requirements of women and children. Another factor which has an adverse effect on the nutritional situation in the project region is water deficiency. It leads not only to shortages in the irrigation of vegetable gardens, but in the most unfavorable cases also to infectious diseases which are transmitted due to lack of hygiene.

Activities in Burkina Faso

- **Improving the availability of a wide range of healthy and nutritious foods:** The main focus is on the production of nutrient-rich and so far little used local food crops.
- **Improvement of the family environment through nutrition-relevant information on hygiene:** Existing hygienic practices that have a negative impact on the diet are improved by targeted knowledge transfer.
- **Improving basic services in the areas of nutrition, hygiene and health:** The aim is to strengthen the capacities of decentralized public services and civil society actors. They can widely mainstream their knowledge gained in the areas of nutrition, hygiene and health, particularly for women and children.
- **Strengthening the Scaling Up Nutrition (SUN) process and national policies:** The experiences of the process at local and regional level in different political sectors will be integrated and coordinated at the national level. The aim is to implement initiatives to improve the nutrition situation across the country.

Our Objective

The food situation, especially among women aged between 15 and 49 and children under two years of age, has improved in the target region in south-west Burkina Faso.



Region(s)

South-west region (municipalities: Dano, Diebouyou, Batié und Gaoua)

Duration

04/2015 - 12/2019

Budget

EUR 5.0 Million

Implementing partners

State services, University of Bobo-Dioulasso, NGOs and local self-help organisations

Lead executing agency

Ministry of Agriculture and Water Resources

Target group

5,000 women of reproductive age (15-49 years) and their at least 2,000 children aged 6-23 months



Example of our work

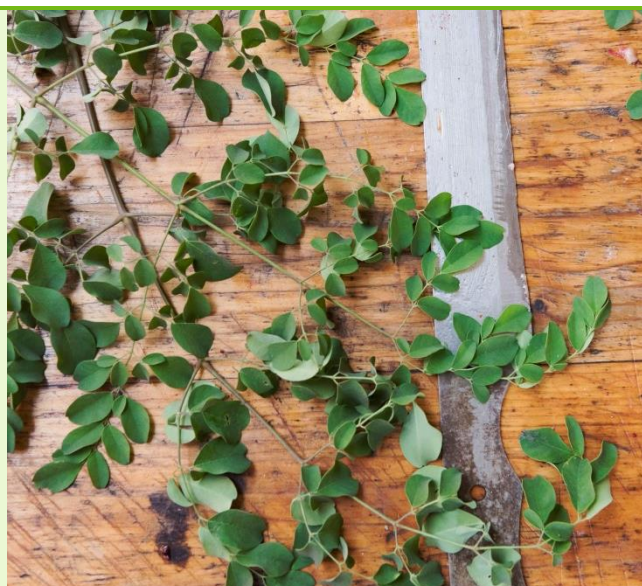
Beatrice lives with her husband and her six children in a village near a small town in the south-west of Burkina Faso. One of her children is eight months old.

The main activity of the family is agricultural production, intended for private consumption. They mainly grow millet and maize. In addition, Beatrice has planted Okra and Hibiscus around the fields. The family is supported by their children, who help with the daily work.

A part of the harvest is kept in the stores and serves for daily meal consumption. Surpluses are sold in the local market. With the merit additional nutritious foods are purchased, thus expanding the family's food and nutrition supply.

Beatrice takes the opportunity to participate in the nutritional counseling offered by the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH. She receives information on adequate preparation of nutrient-rich food for her children and further information on basic hygiene rules.

In order to increase the local availability of varied and healthy food, she also participates in GIZ trainings on the cultivation of Moringa trees.



Results

Beatrice has learned that the food supply of her child needs to be expanded from a certain age, with other nutrient-rich local products to ensure a healthy development of the child.

She used the first harvest of Moringa to enrich her daily meals with the necessary minerals and vitamins - this way improving the nutrition of her family.

Imprint

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GIZ is responsible for the content of the present publication.

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