

Nutriculture Program

Creating Awareness for Community Nutrition

Introduction

Diet related diseases continue to be problems of great public health importance in Nigeria. Despite being a lower-middle-income country, Nigeria has the highest number of stunted children under age five in sub-Saharan Africa, and the second highest in the world, with 37% of all children under five classified as stunted and 19% as severely stunted. Additionally, micronutrient deficiencies, which may be hidden to the naked eye, are persistent throughout Nigeria with vitamin A, zinc, iron, folic acid, and iodine being the most common. Also of public health importance is the rising prevalence of overweight and obesity, which is affecting more and more Nigerians. There are many causes of malnutrition in Nigeria, but the most obvious are poor knowledge of food resources and best feeding practices; a lack of effective sensitization for awareness and absence of strategic promotion of household level small food businesses.

Diet-related non communicable diseases (DRNCDs) are becoming widespread in the communities including diabetes, cardiovascular (high cholesterol) disease, high blood pressure, obesity, ulcer, typhoid fever, malnutrition etc. Northwest of Nigeria (Kano included) has the highest child malnutrition in the country; stunted growth 54% and wasted 14% against the least in the country South east stunted 14% and wasted 7%.

Reference: (UNICEF, UKAID, 2014)

NUTRICULTURE

Nutriculture program is about developing community nutrition awareness to assist individuals and groups with knowledge and skills on food preparation and feeding best practices under four thematic approaches. The aim is to improve healthy eating and prevent diet-related diseases.

1) Nutriculture Training

Nutriculture training is targeted to interested participants particularly women, adolescent youths and new catering entrepreneurs. The training–

- Concentrates on balanced nutrition for children under five (during and after weaning) and child bearing women.
- Focus on diet-related home remedies against typhoid, diabetes, ulcer etc.
- Stresses the importance of dealing with the causes of malnutrition
- Have a practical bias and concentrates on teaching participants how to prepare and cook nutritionally balanced meals using locally available foods
- Exposes participants to strategies for setting up small food business that sells nutritional, safe and affordable meals

2) Rural-Urban Nutriculture Network

Rural farm producers are trained on best practices in handling

fresh fruits and vegetables meant for supply to urban consumers. Trained farm producers are linked to trained participants of the FNVC Nutriculture program to enable them properly execute learnt food service skills.

3) Nutriculture Business Development

Participants are exposed to processes and procedures of establishing homebound small food businesses that benefit local communities socially and economically. Notable among them are: -

- School meal package
- Ramadan Iftar package
- Social ceremony package

4) Nutriculture Exhibition

Nutriculture Exhibition is an annual forum conducted to complement WORLD FOOD day of the United Nations on 16th October every year.

The exhibition focuses on creating community awareness about knowledge and skills given to participants during the training. The main attractions of the exhibition include

- Exhibition by stakeholders in the food and nutrition value chain
- Display of food skills by trained participants especially combination of local and exotic food resources for improved nutrition and better health
- Award giving ceremony



Nutriculture is community nutrition awareness program by Food and Nutrition Vocational Center (FNVC) Kano. Tutorial class at Community School, Federal Housing Estate, Sharada Phase II, Gwale LG Kano State. Training intake is ongoing.

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Food and Nutrition Vocational Center (FNVC) is voluntary organization registered in 2005 under the Agency for Mass Education Kano State AME00122

The Proprietor of FNVC is a member of the International Vocational Education and Training Association (IVETA)

