

Enhancing Household Nutrition in Bangladesh through Participatory Cooking Demonstrations and Nutrition Education

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1. Motivation & Method

- Cooking methods significantly affect nutrition, with improper techniques causing nutrient loss, indigestion, and obesity.
- The NICE project in Bangladesh promotes nutritious foods produced using agroecological practices and provides education on healthier, sustainable diets.



Assessment highlighted demand for healthy cooking. Demonstrations focus on using local ingredients and collaborate with city corporations and BIRTAN.

Conducted training on nutrition-sensitive value chains, with pre/post evaluations to measure the impact.

80 interactive cooking sessions in Rangpur & Dinajpur targeted slum areas, schools, women & youth groups, and community healthcare workers.

Need assessment Collaboration



Evaluation Implementation

2. Results

The program successfully empowered

 **1146 women (67%)**
562 men (33%)

across
22 communities, 40 schools and 10 Health institutions



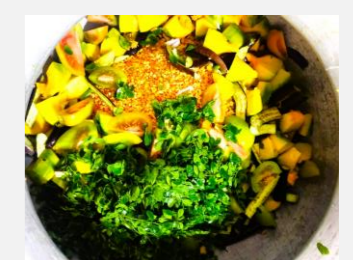
Equipped with the **skills** to prepare higher-quality meals for their families and encouraged to share their experiences with others.

3. Contribution to Sustainable Food Systems and SDG

- The initiative advances nutrition education and promotes the consumption of healthy foods produced using agroecological practices, cross-cutting across SDG



4. Conclusion



- This initiative highlights the effectiveness of **community-based approaches** to enhance nutrition and suggests scalability. local collaboration improved participants' knowledge and cooking skills.

Partner/Sponsor:

