

## **Looking Beyond Food for Better Nutrition**

Hunger and malnutrition continue to be major global issues, and we know agriculture is important in the fight against them - a better diet means better health.

But research shows that food alone won't solve the problem of malnutrition,

Which is why we need to look beyond food, to understand other factors affecting nutrition.

We need to grow and raise nutritious foods, but to make an impact, SPRING has found that agriculture programs should also consider a few other things:

What exactly is being raised or grown?

Different populations have different needs when it comes to the food they produce. We should promote foods from multiple sources for healthy diets at home, or for sale.

Who produces the food?

Women play a central role in agriculture. However, women worldwide are faced with inequality in their access to time and resources. We can help them in the fields, at work, and at home by managing demands on their time and maximizing their control of income.

How is food grown and consumed?

The decisions people make about what they consume and how they spend income at home are also critical to nutrition.

Budgeting and discussions about investing in a healthy diet, or health, hygiene and sanitation products and services can have a positive impact on men, women, and their children--especially when we focus on empowering women in those choices.

Though we've found clear routes through which agriculture influences nutrition, designing programs that bring them both together can be a challenge--that's why SPRING is gathering experience and creating global guidance and tools to make this easier, so we can focus on what really matters: results. Join us in looking beyond food and toward progress for nutrition.