TRANSCRIPT FOR "Farmer Nutrition Schools in Bangladesh"

<https://www.spring-nutrition.org/media/videos/farmer-nutrition-schools-bangladesh>

**Even though Bangladesh has made significant improvements in the health sector over the past few years, rates of malnutrition in the country still remain very high, with indicators such as stunting at 36% and wasting at 14%.**

**The USAID-funded SPRING/Bangladesh project introduced an activity called Farmer Nutrition Schools, in short FNS, to improve the nutrition and hygiene status of the people in the country using simple messages and technologies.**

**FNS is group-based learning approach, developed on the previously proven farmer field school and homestead food production concepts.**

**The program enhances access to diversified nutrient-rich vegetables, poultry, and fish. FNS is designed to improve the nutrition and hygiene status of resource-poor households. The program focuses on pregnant and lactating women and women with children under the age of two. Each of the FNS training sessions integrates agriculture, nutrition, and hygiene.**

**Over a nine-month period, field facilitators train FNS members and work closely with them. They ensure that appropriate vegetable, poultry, and fish production practices are adopted. The goal of the program is to promote better household food consumption, intra-household food distribution, and household dietary diversity. This is especially important for women and children.**

**Murshida Begum: I used to think that a lot of money was needed to buy nutritious food. Then, a woman from SPRING/Bangladesh came and told us that we can all produce nutritious foods, things like gourd, eggs, chicken, liver pumpkin, beans, etc. We can now prepare these and feed them to our children.**

**FNS graduate: We didn’t know that we should only give our baby breastmilk until six months of age.**

**After a community has completed its FNS sessions, the FNS group selects a Community Nutrition Champion to represent them. This champion is a woman from the graduated FNS group and is chosen by her peers. She continues to promote the important nutrition messages, such as exclusive breastfeeding, and provides guidance on homestead food production, such as seed preservation, vegetable gardening, poultry and fish.**

**She also promotes important information on maternal and child nutrition after her FNS has finished, by serving as a vital link to frontline government health services and to her community, especially for pregnant and lactating mothers living near her.**

**Since 2012, SPRING has reached more than 125,000 households with these important messages on nutrition, health and food production. Nearly 6,500 farmer nutrition schools were established across 40 sub-districts of Khulna and Barisal divisions. SPRING/Bangladesh has shown through its innovative FNS work that positive change for better nutrition is possible on a large scale. It has shown that community-led solutions can have an important and lasting positive influence for the future.**