

# 5 WAYS TO IMPROVE NUTRITION THROUGH AGRICULTURE



Agriculture plays an important role in providing nutritious foods and sustainable livelihoods. SPRING's work has revealed several opportunities for agriculture to contribute to improved nutrition, especially for those most at risk. By addressing these opportunities in current and new agricultural activities, USAID and its implementing partners can more effectively contribute to better nutrition.

## Here are five things we can do now.

- 1** Increase Availability of and Access to Diverse, Nutritious Foods

- Invest in nutritious food value chains 
  - Improve the availability of nutritious foods year-round through storage
  - Make nutritious foods safe and affordable
  - Promote good agricultural practices that protect the environment 
- 2** Encourage Income Use for Better Diets, Health, and Hygiene

- Improve household budgeting skills to afford the cost of nutritious diets 
  - Stress the importance of investing in diverse foods, proper infant and child feeding, caregiving, and health 
- 3** Recognize the Central Role of Women in Agriculture and Nutrition

- Empower women and promote gender equity and an equitable division of labor 
  - Introduce time and labor-saving farming technologies
  - Support time for self- and child-care, especially for pregnant and lactating mothers
- 4** Generate Demand for Diverse, Nutritious Foods

- Increase consumers' knowledge of nutrition 
  - Make nutritious foods convenient and appealing
  - Overcome cultural barriers to consume nutritious foods 
- 5** Establish Policies and Programs to Support a Broad View of Nutrition

- Advocate for explicit nutrition goals within national policies and development activities 
  - Establish and strengthen multi-sectoral partnerships
  - Collaborate and share knowledge and resources

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[www.spring-nutrition.org](http://www.spring-nutrition.org)  
USAID's multi-sectoral nutrition project

