

CENTER FOR SUSTAINABLE DEVELOPMENT

Food Security, Nutrition and Home Gardens Online Learning Course Begins October 30, 2012

Dear PreventionWeb Colleagues,

What is Food Security? What is good nutrition? What garden activities show evidence of supporting them? Learn: What works, how to introduce food gardens to communities, how to conduct a baseline survey, and how to implement a 12-month family garden project.

For many people living in the cycle of poverty, the idea of starting a kitchen garden might seem overwhelming. It could be the time investment, it might be perceived costs. It might be a lack of know-how: what to plant, how to plant, and how to care for a garden. However, the positive benefits make it worthwhile enabling community members in gardening for nutrition.

Community members learn about their family's nutritional deficits, and are given ideas of what they could grow to offset this challenge. We encourage you to work with an agriculturalist in your area to list plants rich in vitamin A, and fruits and vegetables that offer protein and fats like avocados. She can help the villagers pick the things from the list they would be interested in growing first.

Each class assignment is a concrete step in developing a 12 month family garden project. Participatory community workshops, baseline survey, project planning, and planting real food gardens with your community. [See an example assignment from a student project in Western Kenya](#)

303. Food Security, Nutrition, and Home Gardens

Next Course: October 30, 2012 - January 7, 2013 (includes a 2 week break for new year).

Implement a 12-month family gardening project. Learn about food security, good nutrition, and the garden activities that support them -- and then learn how to build a project that puts your community on the path to using their own skills to address their specific needs. Become a Solution.

Complete information:

<http://www.csd-i.org/ol-303-food-nutrition-gardens1/>

If the goal of this course is to get a nutritious garden planted, in [OL 304, the second of this pair of courses](#), the goals are to learn how to care for the garden, how to increase family understanding of nutrition - including using delicious, nutrition packed recipes, and how to plan for next season's garden.

We supply two levels of mentoring. Each week's assignment will be accompanied by a clear, professional example of what we want you to achieve that week. We will also provide comments, suggestions and encouragement for each one of your assignments individually. We want you to develop high quality outputs, and we also want you to understand the hows and whys.

The classes are designed to be fun and interactive: you will not only be working with your community, you will be collaborating with colleagues from around the globe. Who should attend? Southern and Northern development students, field staff, grant writers, project managers, and directors.

Course syllabus

Week 1: What is Food Security? What's necessary for good nutrition? Scientific Evidence on Gardens and Nutrition: What works? Organize a Participatory Garden Nutrition Workshop.

Week 2: Develop both a Workshop Lesson Plan and a Baseline Survey that will let us gain a better understanding of community food security and family nutrition.

Week 3: Lead a Participatory Workshop on Family Nutrition and Gardens. Share how planting a garden can increase the food a family receives. Demonstrate plants that provide essential vitamins, proteins and oils, and how harvests can coincide with the months when food reserves are low.

Week 4: Use the community feedback and the results of the baseline to plan a one-year nutrition and family garden project. Establish food security goals. Research solutions to special problems.

Week 5: Develop a project logframe, budget and schedule. They will communicate to donors and partners exactly what you are trying to accomplish and can be used for effective project management.

Week 6: Organize the first garden planting workshop. Partner with experts. Find a location and assemble tools and supplies. Coordinate with nutrition and garden experts. Schedule the workshop with the community.

Week 7: How will you transfer the gardening information to the community? Turning your set of planting activities into a lesson plan and a take-home, how-to card.

Week 8. Kitchen Gardens Workshop: Dig beds, plant seeds. Participants can have a successful first-year garden, even if small. Discuss the importance of organic matter in the soil. Dig garden beds, and provide and plant seed for nutritious, vitamin A rich, local vegetables.

Online course participants are using CSDi courses to develop on-the-ground projects with real communities; students from [140 different countries](#) and 425 organizations have developed projects impacting 260,000 community members. To learn more about the students, the climate smart agricultural projects they have developed and about their communities, be sure and read our [CBA Newsletter](#) and our compilation of [Adaptation projects](#).

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CSDi is a 501(c)(3) registered non-profit organization

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CSDi provides the following continuing learning resources

All learning resources and course materials are freely downloadable from the course site and include:

- Scholarship opportunities for citizens of developing nations
- 200 manuals & field guides of CBA activities
- 300 Community Based Adaptation for Climate Change field activities
- Compilation of 50 program outlines for use in Community Based Adaptation Projects
- Instructors that provide project consulting, suggestions, and encouragement individually for each student's assignment

Who should participate? Course participants are of all different ages, genders and professions—and have included Northern and Southern staff from INGOs, field staff from in-country NGOs, donors, executive directors, students, scientists, consultants and people who would like to transition into development work. Northern participants who don't have community access are partnered with Southern participants that do have community access.

Questions? Please contact:

Online.Learning@csd-i.org

Sincerely,

Tim Magee, Executive Director
Center for Sustainable Development

The Center for Sustainable Development is a 501(c)(3) nonprofit organization specializing in providing sound, evidence-based information, tools and training for humanitarian development professionals worldwide.

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