

Empowering Urban Youth: Innovative Approaches to Tackle Malnutrition through School-Based Nutrition Programs in Bangladesh

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School-Based Interventions

Problem



Urbanization causes a "double burden" of malnutrition: **undernutrition** and **obesity**.

- Limited **access** to diverse, nutritious diets.
- Risk of long-term **health issues**.



NICE Project Overview

- **Objective:** Enhance urban food systems for health, nutrition and poverty reduction.
- **Focus:** Build resilient food systems in 6 secondary cities, creating jobs for women and youth through multi-sector collaboration. <



Key Interventions

- **School Engagement & Capacity Building:**
 - 40 Boot camps & Training of Trainers (TOT)
- **Nutrition Clubs:** Weekly sessions on health, food safety, hygiene, nutrition, and diets.
 - Incl. peer learning, outreach, competitions
- **Student-led Gardens** → home garden expansion.



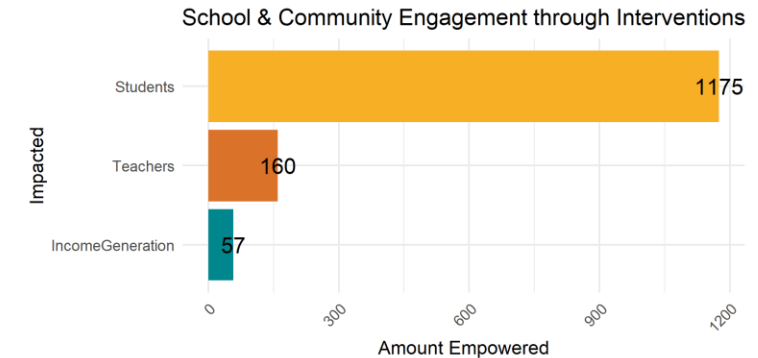
- **Cooking Demonstrations:** About nutrition-sensitive value chains and diverse diets through hands-on cooking sessions with local ingredients.
- **5 School Canteens Operated by Local Women:** Empowerment and income generation.

Results and Impacts

40 Schools

40 Communities

- Equip students and teachers with vital **nutrition knowledge**
- Establish **sustainable practices** in schools and communities
- Provide **healthy meals** through canteens
- Support sustainable **livelihoods** and income generation



Conclusions & Lessons Learnt

- School-based nutrition hubs provide practical skills and healthy food access through nutrition clubs, gardens, and canteens.
 - Collaborating with local entities enhances their impact.
- Students lead community change by sharing knowledge and promoting healthy practices and learning with their families.