

Increasing income and nutritional benefits through kitchen gardening

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ABSTRACT : Malnutrition is a penetrating problem in India. Malnutrition is dominantly found in rural areas due to lack of vegetables availability. It results poor physical, mental growth and different diseases due to unavailability of vegetable throughout the year. In Uttar Pradesh, underweight prevalence in children (0-5 years) is 40%, percentage of women with low BMI is 25% and Anemia in women and girls (15-49 years) is 52% (National Family Health Survey-4, 2015-16). In rural area vegetables and fruits are only source of micro-nutrient in family diet (Yadav *et al.*, 2016). Vegetable and fruit produced at kitchen garden may offer direct access to rural people that may not easily available within their economic reach. Hence Kitchen Gardening (Christensen, 2011) is an important intervention to improve household nutritional security. Present study has conducted in Ghazipur district of Uttar Pradesh to assess the impact of kitchen gardening to improve nutritional security of households in rural area. There are many social benefits emerged from Kitchen Gardening; better health, increased income, food security within family. The result revealed that Kitchen gardening has played a significant role in livelihood plan for poor farmers in terms of increasing income and nutritional security.

Key Words: Kitchen gardening, vegetables, fruits, nutritional security, better health, increased income, food security.