

# Recipes for Success

Enhancing productivity and consumption of indigenous horticultural food crops for better nutrition and health through enhanced communication of research results in community-run resource centres.

**Recipes for Success** is a one-year pilot project supported by the International Cooperation Development Fund, Taiwan, through the Global Horticulture Initiative, that investigates ways to increase the nutritional status of underprivileged groups in Benin, Kenya and Tanzania through better production of and access to traditional fruits and vegetables...



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The central piece of this project is the establishment of 'Health Clubs'. These are community-run resource centres where clients can receive and exchange information about healthy eating habits, cookery or processing training and advice for indigenous fruit and vegetable species. Here they can access information about production and market opportunities, and purchase quality seed of priority species.

Several research and development components will provide inputs to the services offered by the "Health Clubs":

- 1) A study about the current and potential production of indigenous crops and their contribution to local health will produce information kits and guidelines for communities on the selection and production of promising crops.
- 2) Research on local processing methods, nutritional composition of selected indigenous crops and the effect on available nutrients of varied processing methods will yield a collection of healthy recipes for the communities.
- 3) Provision of better seed of priority species will aid better productivity and quality of produce.
- 4) Provision of market links will facilitate entry into the market with fresh and processed produce.

We expect that the activities will greatly enhance options for better nutrition in the communities.

Our key stakeholders are rural communities, in particular women. In addition we aim for an intensive dialogue with the national governments and health systems in Benin, Kenya and Tanzania, local support institutions, entrepreneurs and opinion leaders in the project locations. As the project is a one-year pilot, we aim to build strong connections to other – complementary – projects in our implementation areas, as well as with similar projects in other countries and with donor organizations who are interested to be engaged in the further evolution of this project. We are keen to learn from the experience of others and welcome a dialogue to exchange learning.

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