

Fish on Farms Case Study: Household



Improving food security, nutrition outcomes and livelihoods



Ms. Hong, Mr. Him and their daughter

Ms. Sun Hong, age 34, lives with her husband Mr. Bot Him, her two children and her nephew in Tropaing Pring Village, Damrie Doun Commune, Svay Antor District. Her family has been a part of Fish on Farms since July 2012. Ms. Hong had a home garden before beginning the program, but due to its location she was only able to grow vegetables during the dry season. Now, with advice from the program staff she moved her garden to a new location where she can grow vegetables all year round. The quality, quantity and variety of vegetables that she grows have also improved considerably.

According to Ms. Hong, her family's livelihood has improved a lot because of *Fish on Farms*. In the past Ms. Hong was able to earn about \$7USD per month in the dry season and \$2.5USD per month in the rainy season selling her vegetables. Now, she earns about \$12USD per month in the dry season and \$3.6USD in the rainy season, and they are expecting to begin selling fish for additional income soon. This

income has made it possible for the family to buy an even greater variety of seeds. For example, this year they have been able to buy sugar cane seeds to plant in their garden. Ms. Hong also explained that while they did not yet generate much income from selling fish, they were able to use their fish as payment when their neighbors helped with the rice harvest.

The family also now has access to a much more diverse diet. They now eat fish every day, and they have access to vegetables year round. In the past they only ate fish during the rainy season when they could catch wild fish in the rice fields, and there were certain periods in the year when they had no access to vegetables. Now, thanks to their project fish pond, new garden location, and increased variety of vegetables, they can eat fish and vegetables every day. At the end of the interview Ms. Hong added that they were very happy to be involved with *Fish on Farms* and that they "would like to say thank you to the project [for helping us]."



Mr. Him at the family's fish pond

"Project undertaken with the financial support of the International Development Research Centre (IDRC), www.idrc.ca, and the Government of Canada, provided through Foreign Affairs, Trade and Development Canada (DFATD), www.international.gc.ca"



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