

Fish on Farms Case Study: Household



Improving food security, nutrition outcomes and livelihoods

Ms. Set Nan, another *Fish on Farms* program beneficiary tells a very similar story. Ms. Nan, age 33, lives with her husband and 2 sons. She has been a project participant for over a year now, and has already experienced many benefits. Before she was involved in the project, Ms. Nan only grew traditional vegetables in her garden, and she had to buy other vegetables at the market. Now that she produces a much greater variety of vegetables, she never has to buy from other sources. She is also now able to produce vegetables year round unlike in the past. Ms. Nan reports that now she is always growing at least three varieties of vegetables.



As part of the program Ms. Nan has attended training on horticulture, small scale aquaculture, complementary feeding, nutrition and gender, as well as a number of cooking demonstrations. She says that the cooking demonstrations and nutrition training sessions were particularly useful. Now that she has year round access to a variety of vegetables she is more able to provide her family with diverse and nutritious meals.

On a typical day Ms. Nan's day revolves around cooking, caring for her children and working in the garden. She usually wakes up very early so that she can work in the garden before it becomes too hot. After working in the garden she cooks breakfast for her husband and children and then takes the children to school. She then spends the rest of the morning working in the rice fields. Near midday she prepares lunch for her family, and then spends the hottest part of the afternoon resting. She spends the late afternoon and early evening cooking a nutritious meal for her family. Ms. Nan's husband typically works outside the house to generate income, and so it is Ms. Nan's responsibility to care for their homestead food garden. Ms. Nan's husband takes on whatever jobs he can to earn income such as rice harvesting, sugar cane harvesting or construction work. Doing these jobs he can earn about \$4USD per day, but he cannot get work every day. Because of this, the income that the family earns through the *Fish on Farms* project, and the money they save by growing their own vegetables are very important. Through their participation in the family has been able to save money, while improving their nutrition.

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