CFI Conference
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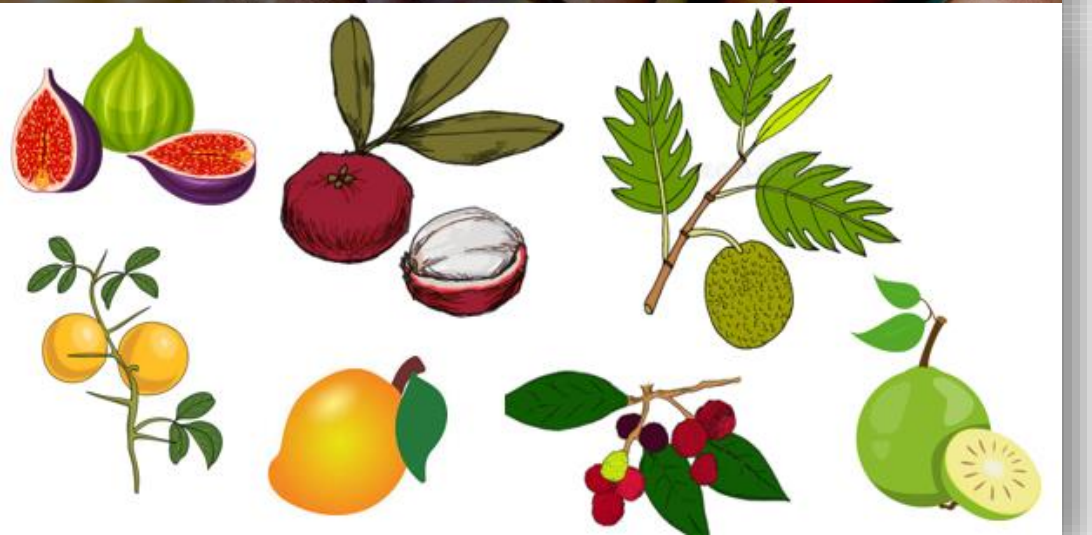


Fruitful India – Safal Bharat

Presentation for CFI conference

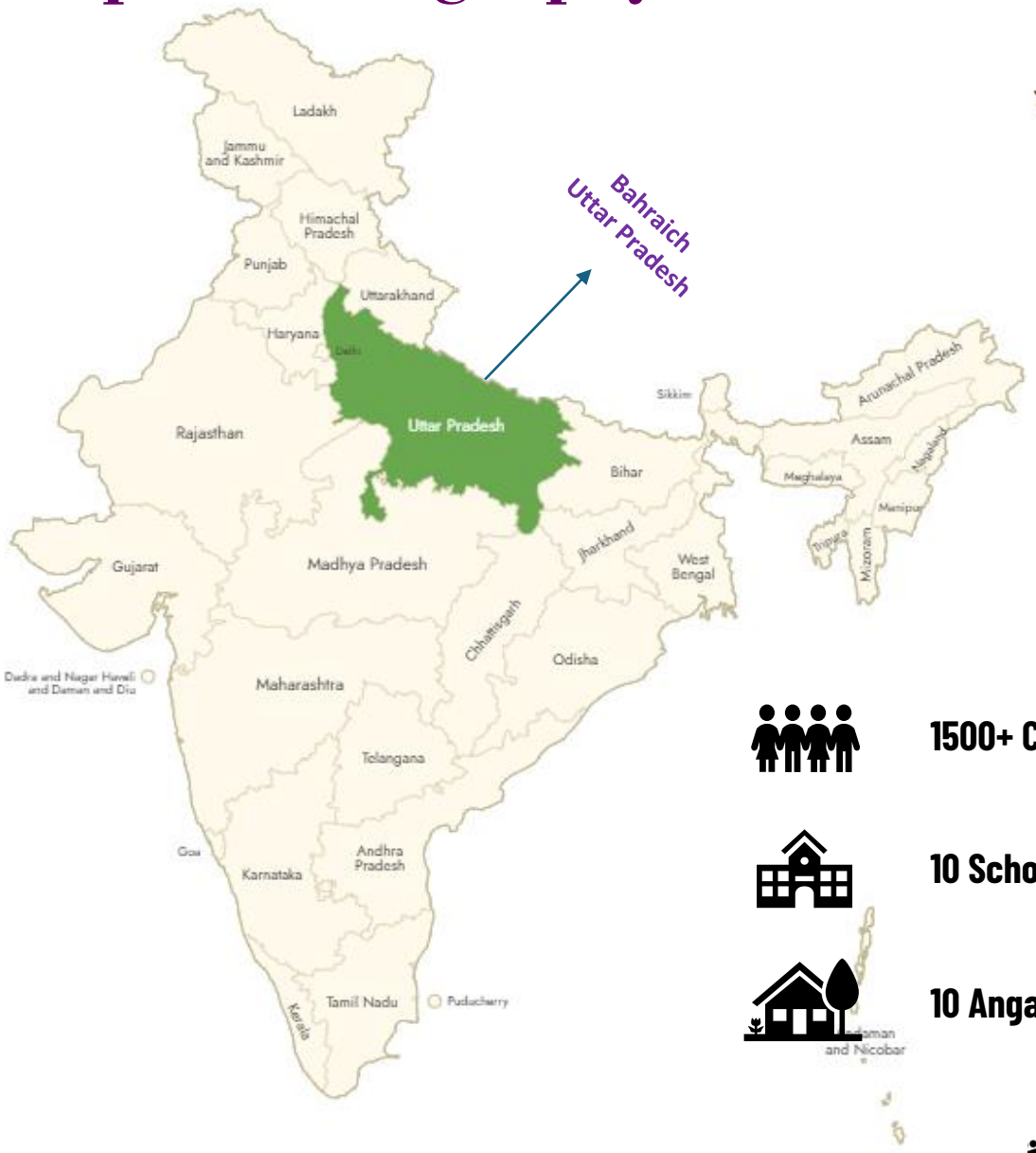
19th November 2025

Project Name: Implementation of Locally Adapted Fruit and Nutrition Gardens in Anganwadi Centres and Schools of Bahraich District, Uttar Pradesh

Presented by:

AGA KHAN FOUNDATION

Proposed Geography:



1500+ Children

10 Schools

10 Anganwadi

1. Introduction:

Why Bahraich ?

- High levels of child anaemia.
- 40% children are underweight
- Fruit consumption is minimal
- Poor dietary diversity

The project addresses these nutritional gaps by establishing community-led fruit gardens in schools and Anganwadis—improving child nutrition, dietary diversity, and community resilience while aligning with POSHAN Abhiyaan and CFI's mission.

Why Aga Khan Foundation?

2010: AKF initiated its work in Bahraich with long-term commitment to the region.

2010–Present: Established strong local partnerships with SHGs, PRIs, and local administration.

Ongoing: Developed and implemented a robust monitoring and evaluation (M&E) system.

Tree plantation of 345,000+ saplings in Uttar Pradesh, comprising 57% fruit-bearing species, with an observed survival rate of 80%.

2. Project Objectives:

Barriers to Fruit Consumption– Identify factors limiting community access to and consumption of fruits.

Nutritional Impact– Assess improvements in dietary diversity and fruit intake among children and families.

Community Engagement and Ownership– Evaluate the role of community groups in nutri-garden management and examine shifts in dietary practices resulting from the intervention.

Ecological Outcomes– Identify locally suitable fruit varieties and measure associated benefits, such as enhanced rural biodiversity.

3. Methodology and implementation approach(1):

Multi-sectoral, participatory approach combining nutrition, ecology, and social mobilization to promote fruit consumption and sustainable practices.

Guiding Principles

- **Community Ownership:** Women's SHGs, parents, and teachers as lead custodians.
- **System Convergence:** Integration with ICDS, Education, and PRI structures.
- **Sustainability:** Use of low-input, organic, and climate-resilient practices.
- **Evidence-Based Learning:** Participatory monitoring for adaptation and replication.

3. Methodology and implementation approach(2):

Core Methodological Steps:

Baseline & Planning (Months 1–3): Assess nutrition, dietary diversity & fruit access; site selection with ICDS, Education & PRI.

Garden Establishment (Months 3–6): Select climate-resilient species (guava, papaya, moringa, banana, lemon); train community on organic practices.

Capacity Building & Nutrition Education (Months 6–36): Engage SHGs, parents & teachers; introduce 'Living Classrooms' for children.

Monitoring & Documentation (Throughout): Track garden performance, participation & learning; refine for replication.

Social and nutrition impact pathway – Project outcomes/Impact:

Short Term

- **Improved access to fruits** for children and families through 20 community-led Nutri-Gardens (10 schools + 10 Anganwadi Centres).
- **Enhanced dietary diversity** — at least **50% increase** in weekly fruit consumption among target children.
- **Increased awareness** and positive behaviour change on fruit-based nutrition among caregivers and teachers.
- **300+ SHG members, teachers, and frontline workers trained** in sustainable nutrition-sensitive practices.
- **Reduction in childhood anaemia by 10–15%** through improved iron and vitamin C intake (from guava, amla, moringa, lemon).
- **Reduction in underweight prevalence by 15–20%** due to better dietary quality and energy intake.

Long Term

- Improved child growth and learning outcomes through sustained access to micronutrient-rich diets.
- Women's SHGs leading local nutrition and resilience initiatives, strengthening gender equity.
- Enhanced soil health and biodiversity through low-input, organic fruit cultivation.
- Schools and Anganwadis evolve as "Nutrition & Ecology Hubs", integrating learning with local food systems.

Environmental and Climate advantages

- Develop climate-resilient fruit and nutrition gardens with locally adapted species — Guava, Papaya, Lemon, and Drumstick (Sahjan) — suitable for Bahraich's soil and climate.
- Promote organic and low-input cultivation, reducing dependence on chemical fertilizers and enhancing soil fertility through composting and mulching.
- Strengthen biodiversity and ecological balance by creating green spaces that attract pollinators, birds, and beneficial insects.
- Improve microclimate and water conservation around schools and Anganwadi centres through continuous green cover and root zone moisture retention.
- Contribute to carbon sequestration, with each fruit tree absorbing on an average 20–22 kg of CO_2 annually—making school and community gardens natural carbon sinks.

Scaling, sustainability and cost efficiency:

🌿 Community Structures for Sustainability

- Garden Management Committees (GMCs) in schools & AWCs.
- Women's SHGs lead garden upkeep & composting.
- PRIs ensure land use & long-term support.
- Local capacity built for ownership beyond project period.

🔁 Replication & Scale-Up Pathway

- Model designed for low-cost replication.
- Schools & AWCs serve as 'learning hubs.'
- Toolkits & documentation for district-level adoption.
- Cross-learning with SHGs, FPOs & ICDS networks.

💰 Cost Efficiency & Convergence

- Alignment with government schemes:

a. MGNREGS: land & water works.
b. ICDS/Poshan: nutrition education.

- Encourages community in-kind inputs.
- Low-input, organic practices reduce cost.

8.Budget summary and risk and mitigation strategy:

Key Budget Heads

Broad Cost Head
Human Resource
Community Mobilization, Training & Capacity Building
Communication, Awareness & Behavior Change (IEC/BCC)
Garden Establishment & Inputs
Monitoring, Research & Documentation

Risk Mitigation Strategy

Risk	Mitigation (Brief)
Seedling Mortality	Use locally adapted species, proper planting & mulching, regular early monitoring and timely gap-filling.
Drought / Water Scarcity	Promote greywater use, mulching, water-saving methods (pitcher/drip), and a summer watering plan.
Grazing by Animals	Install low-cost tree guards/fencing and involve community/PRI in protection.
Low Community Ownership	Form garden committees, assign clear roles, and involve SHGs, parents & children.

Alliance
Bioversity & CIAT

CGIAR

Thank you