



Short Title: Participatory development of nutrition education materials - key step into food system interventions

Integrating nutrition education into food system interventions can improve consumer diets if materials are locally adapted.

HealthyFoodAfrica project conducted a 2-day workshop to develop materials for nutrition education in Kisumu Food System Lab. Participants were stakeholders from the Ministries of Agriculture and Health, development partners, local NGOs and community-based organizations of Kisumu County. The objective was to look into nutrition education as a strategy in Kisumu and identify gaps and opportunities for planned nutrition education interventions.

The food and nutrition security situation, including dietary diversity in Kisumu and the project sites was presented. To make the workshop participatory, World Café, brainstorm, plenary, and question and answer methods were used to 1) discuss nutrition education as a strategy in Kisumu, 2) identify issues/gaps to be addressed by nutrition education, and 3) identify target audience and lessons learnt.

Twenty six nutrition education materials used in Kisumu were reviewed in different expert groups to see if they addressed the nutrition issues/gaps identified and their applicability in project areas. Missing topics and areas of improvement were identified. The materials were ranked based on a criteria (reach, cost, actionability, clarity & simplicity). Appropriate mediums and

channels for nutrition messaging in the project sites were also identified. Slogans to address message gaps/issues identified were co-created. The participants voted for the best slogan "LISHE BORA - MAZIWA YA MAMA YA BAMBA!" which means literally, "GOOD NUTRITION - BREAST MILK IS BEST!". Stakeholder involvement in the materials development process ensures quality materials that meet the needs of all end users.

1. Muehlhoff, E., Wijesinha-Bettoni, R., Westaway, E., Jeremias, T., Nordin, S., & Garz, J. (2017). Linking agriculture and nutrition education to improve infant and young child feeding: Lessons for future programmes. *Maternal and Child Nutrition*, 13(April 2016), 1–12. <https://doi.org/10.1111/mcn.12411>



The "The Happy Family" Game played during the workshop

