



## Short Title: Promoting vegetables consumption in School Feeding Program

Vegetables are an important part of diet particularly for children who are still growing and need foods that provide essential nutrition for their growth and development. The HealthyFoodAfrica project's Food System Lab in Tamale aims to promote the consumption of vegetables in school feeding. This was done with the establishment of school vegetable gardens with both indigenous and exotic vegetables to be used in feeding school children in selected basic schools within Tamale Rural communities.

Ten functioning school vegetable gardens were established in ten selected basic schools that are beneficiaries of the government of Ghana school feeding program within Tamale rural communities.

It was found out that the gardens could provide enough vegetables for the school kitchen to use in feeding the children only during the rainy season because there is no water available to water the vegetables during the dry season. Also, the school feeding menu did not cover the use of some of the vegetables cultivated in the school vegetable gardens.

Understanding the local circumstances is vital to enhance the cultivation and consumption of vegetables in schools to improve child nutrition.



*Mango saplings to be planted in school garden in Tamale.*