

SPRING

MULTI-SECTORAL ACTION, DURABLE RESULTS



FARMER NUTRITION SCHOOLS

SPRING pioneered the farmer nutrition school approach in Bangladesh by innovatively combining the proven “farmer field school” and “essential nutrition actions” methods. Farmer nutrition schools enabled pregnant and lactating women and mothers with children under two to adopt improved nutrition and hygiene practices, and to improve production and consumption of diversified, micronutrient-rich foods.

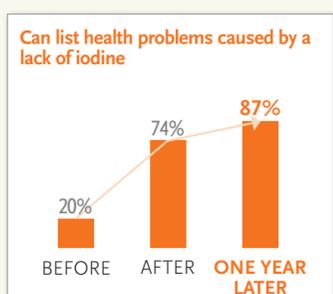
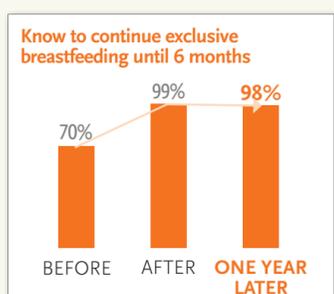
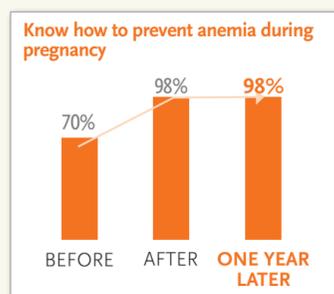
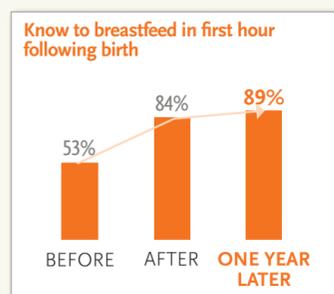


GAINING AND RETAINING KNOWLEDGE

Female farmer nutrition school participants **gained knowledge** to improve women’s nutrition and child feeding.

One year later, the women **retained the knowledge** and passed it on to their neighbors.

PERCENT OF WOMEN WHO:

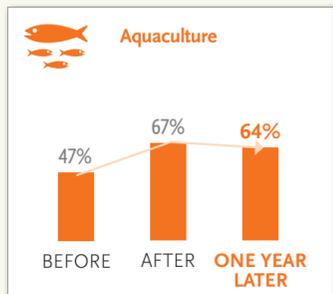
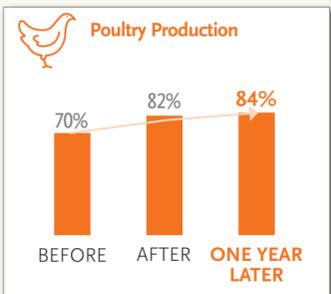


MOVING FROM KNOWLEDGE TO ACTION

Female participants adopted food production practices in the intervention’s three target areas: **homestead gardening, poultry production, and aquaculture.**

One year later, women **sustained the practices at the same or higher levels** than before attending SPRING’s farmer nutrition schools.

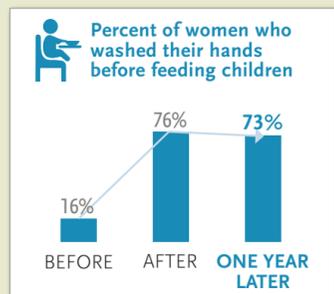
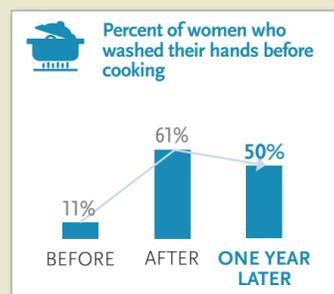
PERCENT OF WOMEN WHO ADOPTED PRACTICES IN THE THREE TARGET AREAS



NUTRITION-SENSITIVE HIGHLIGHT: HANDWASHING

Improving handwashing practices prevents infections that can lead to malnutrition. Women in SPRING’s farmer nutrition schools adopted better handwashing practices compared to women who did not participate.

One year later, **handwashing behaviors continued at higher levels.**



“We decrease diarrhea by using the tippy tap and washing our hands regularly.”
—Female participant



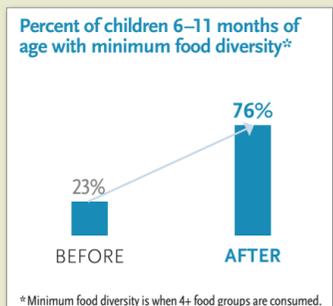
NUTRITION-SPECIFIC HIGHLIGHT: DIETARY DIVERSITY

By eating more food groups, families gain a variety of vitamins and minerals, contributing to a healthier life.

Female participants in SPRING’s farmer nutrition schools **adopted recommended practices of eating from more food groups**, and their dietary diversity significantly improved.

Their children’s food diversity also significantly improved.

One year later, **women continued the practices.**



SPRING’s farmer nutrition school approach can be adapted in other countries. For more information on these findings and tools to assist in starting a similar approach, visit: www.spring-nutrition.org/fns