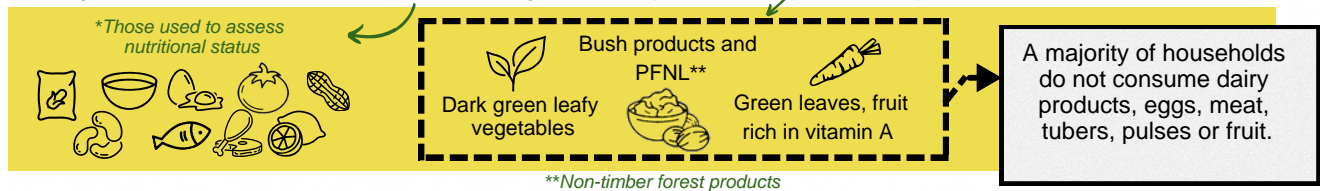


Natural resources: a key factor in household food and nutrition and nutritional security

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Although households have access to all 10 food groups*, only some are systematically consumed :



Opportunities

- 💡 Pick-your-own products are available and accessible in large quantities during the winter and lean seasons.
- 💡 During the lean season, the bush plays an important role in diversifying the diet of households that are not self-sufficient, offering green leaves, wild fruits, meat, etc.
- 💡 These households have a good knowledge of the leaves and fruits harvested and adapt their diet to the members of the household (children, breast-feeding or pregnant women).

The fruit of the baobab tree, known as "monkey pine", contains a pulp rich in minerals including vitamin A, as do the tree's leaves.



Fruit of the oil palm (palm diet) with seeds used to produce palm oil or "red oil", rich in vitamin A.

Challenges

- ❗ Dietary diversity and the quantity of food consumed vary according to season, livelihood and degree of household self-sufficiency.
- ❗ The production of non-self-sufficient households provides only 3 months of food, i.e. 9 months of hunger.
- ❗ Extensive livestock farming techniques degrade natural resources, biodiversity and the environment, and affect food security.

Pro-ARIDES action points

Supporting actions to conserve and regenerate natural resources

- ✳ Raising public awareness : *Watershed and water point management, assisted natural regeneration, bushfire management*
- ✳ Provide technical training for local populations, involve research to disseminate information via endogenous networks
- ✳ Stepping up action to adapt to climate change

Strengthen local planning and management institutions and support their recognition

- ✳ Energize these institutions with accepted and respected rules and procedures: *Respecting rangelands and grazing, logging and gathering periods*

Adding value to PFNLs and improving household incomes

- ✳ Reinforcing best practices : *Processing, preserving and marketing harvested products*
- ✳ Support households, including women, in integrating agro-sylvo-pastoral value chains
- ✳ Developing multifunctional innovation platforms for natural resource development
Shea butter, soumbala, tamarind juice, monkey bread, green baobab leaves, etc.

Enhancing local knowledge of PFNLs in the food industry

- ✳ Take stock of local knowledge on the use of PFNLs and harvested products
- ✳ As well as a capacity-building plan
- ✳ Training in good practices (cooking, consumption) through culinary and nutritional demonstrations

Improved food and nutritional security

Reasoned and inclusive management of natural resources, to ensure the climate resilience of communities