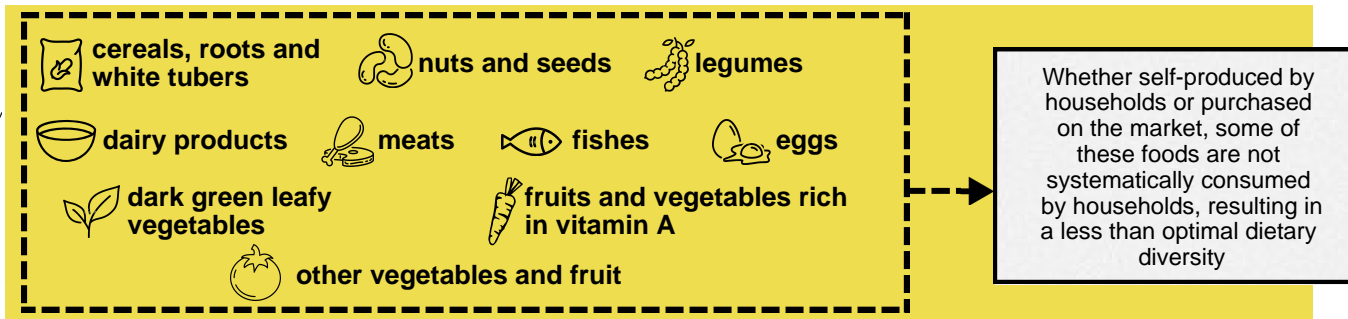




## Food and nutritional security in self-sufficient, market-oriented households and market-oriented households

Content authors : Arahama Traoré, Abdoulaye Dabré. The full technical note is available [here](#).

Self-sufficient farming and agropastoral households have access to the following foods:



### Challenges

- ! Despite strong household purchasing power and good market access, dietary diversity is not present in all diets
- ! Women of childbearing age and young children are particularly vulnerable to this less diversified consumption
- ! Certain foods are not eaten because of taboos, or because their use is reserved for ceremonies of rejoicing, for welcoming important guests...

- ! As livestock are perceived as savings for emergency expenditure, their consumption undermines household resilience
- ! The consumption of cow's milk is perceived as a factor that negatively influences calves' diet and health
- ! Certain products (bambara peas, peanuts, sesame, tomatoes, etc.) are mainly intended for the market and are therefore rarely consumed at the place of harvest
- ! Crops are mainly rain-fed and therefore vulnerable to climate change

peanut



bambara or voandzou peas



### Pro-ARIDES action points

#### Aide à la diversification des activités de productions

- \* Household capacity building using the participatory integrated climate services for agriculture (PICSA) approach
- \* Support for the development of poultry, fish and beekeeping activities
- \* Development of sites of collective interest in rice-growing lowlands and market-gardening sites
- \* Formation of Village Savings and Credit Associations (AVEC)

#### Assessing the impact of diet diversification activities linked to self-production

- \* Qualitative and quantitative data collection

#### Household support based on members' needs

- \* In-depth diagnosis of factors affecting consumption of available products
- \* Improved nutrition awareness and training modules for community-based health workers
- \* Awareness-raising sessions and cooking demonstrations

Improving dietary diversity within households