



# Policy Brief 1:

## Improving Household Nutrition and Dietary Diversity



Website

[www.agresearchlead.org](http://www.agresearchlead.org)



## Issue

Only 27.1% of households consume at least four locally available nutrient-dense foods daily. Poor dietary diversity contributes to malnutrition, micronutrient deficiencies, and stunted child development.

## Policy Objective

To increase household consumption of diverse, nutrient-rich foods through sustainable, community-driven food systems.

## Key Findings



High dependence on starchy staples.




Low intake of fruits, vegetables, legumes, and animal-source foods.




Young and middle-aged household heads are most responsive to dietary change.


## Policy Recommendations




**Promote home gardening and small-scale livestock** to ensure year-round access to vitamin A-rich and protein-rich foods.



**Strengthen local food value chains** to make nutritious foods like cowpeas, orange-fleshed sweet potatoes, and mangoes affordable and accessible.



**Integrate cooking demonstrations** into community nutrition programs to teach practical, affordable ways of preparing balanced meals.



**Target 21–40-year-old household heads** with tailored agricultural extension and nutrition education programs.

## Policy Actions



Include dietary diversity indicators in community health assessments.



Allocate local agricultural budgets to support home gardens and small livestock.