

Local food sources: a cheaper, healthier option

- **Local food sources are better adapted to the local environment and need fewer external inputs.**
- **External inputs are more costly:**
 - Mainly petroleum-based
 - Need transporting

Local food sources: a healthier option

- Foods which travel easily tend to be starches, oils, and sugars. Fresh fruits, vegetables do not travel well. (they like to travel first class).
- This contributes to the narrowing of diets.
- Greater dietary diversity has been shown to correlate with improved nutritional status

A Diversified Meal of Yam, Mixed Vegetables, Spice, Fish, and



Transitioning Into Quick Fix Simplified Meals



A Truly Simplified Meal



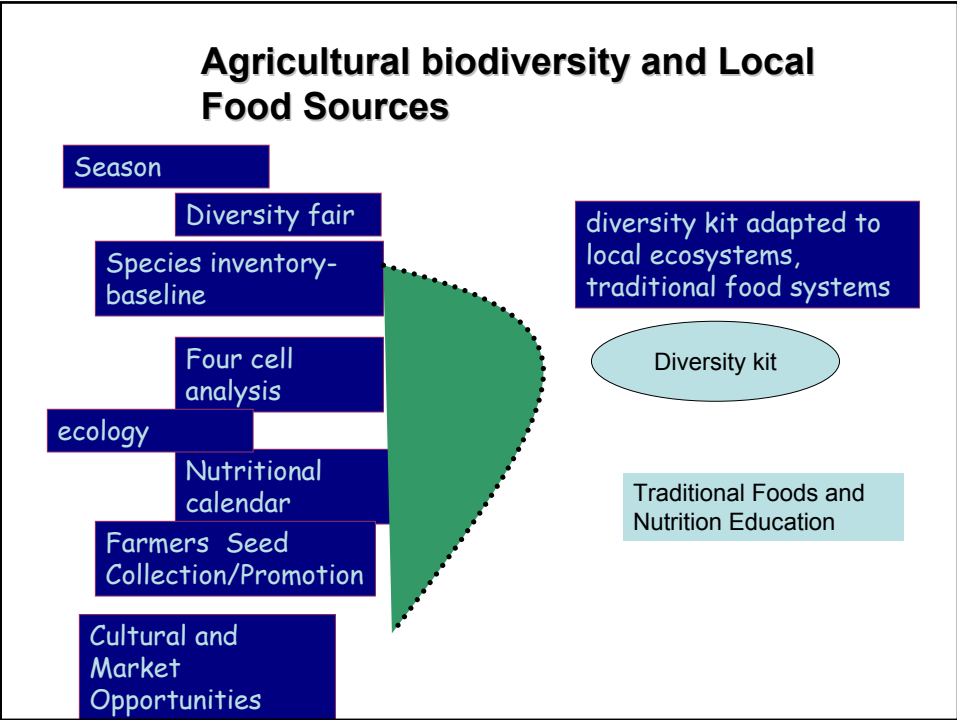
option

WEST AFRICAN INDIGENOUS CEREALS - PROVIDE
ENERGY, PROTEINS, MINERALS & VITAMINS



INDIGENOUS FRUIT AND LEAF VEGETABLES – SUPPLIERS
OF ASCORBIC ACID, MICRONUTRIENTS (Minerals & Vitamins),
ANTI-OXIDANTS





A Nepali family with traditional vegetables from home garden – high nutritional value, low cost, culturally rich, tasty





***Building Biodiversity
at the
Household /
Community
Level***

- Homegardens
- Community Gardens
- School Gardens
- Urban agriculture
- Technical and financial support
- *In situ* conservation

Local food sources: shorter,
more equitable, more
transparent market chains



