

Aklima: Diversifying Diets in the Chars

Participant Profile	
Name	Aklima
Date of Joining CLP	September 2008
District	Kurigram
Village	Natun Char
Marital Staus	Married
Implementing Organisation	BDSC



Before joining the CLP, Aklima and her family were very poor. The household's income was dependent on Aklima's husband Bokhul, who worked as a day labourer. His work was irregular and poorly paid. As a result, the family usually ate only once a day, and could not afford to buy meat.

"Before joining the CLP, we were very poor. We only ate once a day"

With the CLP asset transfer grant, Aklima bought a cow for Tk.17,000. One year later she sold the cow for Tk.50,000; about three times the original price. She reinvested this money and bought three more cows, which gave birth to calves. Using her savings from milk production and profit from selling her cows, she purchased an irrigation machine and leased 1.5 *bigha* of land, which Bokhul now cultivates for rice.

"Now we eat rice three times a day, family has a stable and can also eat income, produce fish, milk and eggs. We can buy items better than they we couldn't think of buying before" As a result, the family is eating three times a day, and are increasingly diversifying their diet. Aklima can now afford highly nutritious foods such as meat and fish.

