

Champa: Improving Nutrition in the Chars

Participant Profile	
Name	Champa
Date of Joining CLP	February 2006
District	Gaibandha
Village	Baze Fulchari
Marital Staus	Married
Implementing Organisation	SKS-G



Champa claims that, before joining the CLP, she had never eaten three meals in one day. She and her husband often skipped meals so that their sons could eat. A typical meal comprised plain rice, with added vegetables once or twice a week. The family's poor diet led them to suffer from severe protein deficiency. A CLP nutrition survey diagnosed Champa's eldest son as extremely malnourished and anaemic.

In February 2006, Champa joined the CLP and was provided with a cow. It soon gave birth to a calf which she sold, along with the cow's milk, and invested the profit in land. The CLP also provided fruit saplings, vegetable seeds and spices. She received training on vegetable production and the nutritional value of different foods. In light of her son's malnutrition, the CLP and local health workers

"CLP has helped us produce our own food. Now we eat much better and don't often go to the doctor's as we are no longer ill"

offered dietary advice and made follow up visits to the home. Champa also attended CLP Social Development meetings where she learnt about nutrition, hygiene, worms and open defecation.

Now, with a varied diet and three meals a day, the family reports much better health. This has been confirmed by subsequent nutrition surveys, which have reported weights and haemoglobin levels to be normal amongst all family members. Most importantly, Champa's son is no longer anaemic.

