

The more you learn, the more you earn; and more self-confidence you shall have.

Kanti Devi Koiri born and raised in Terai community of Nawalparasi District is pretty familiar with poverty, malnutrition and illiteracy. Her husband who recently retired from Nepal police, Mr. Sugrib Koiri is the only source of income to feed fifteen family members including four children under five year's age. Remittance earned from labor work in India and Nepal was another secondary source of income to make sure the whole family is fed all year round. Even though, Mrs. Koiri has managed to feed the family, her children are malnourished as the quality of food is not enough to provide essential nutrients for the child's growth and development.

The fact that her children being malnourished and deprived from proper food always concerned her. Meanwhile she got to know about the project regarding Food Security and Livelihood implemented by Action Against Hunger/MADE Nepal partnership to address malnutrition. She then became a part by joining Jana Jagriti Farmers group. She then got to know about malnutrition and importance of nutritious food. She even was made aware about the outcomes of malnutrition. *'Action Against Hunger/MADE Nepal staff helped me to understand the causes of malnutrition and how green vegetables and protein plays a significant role to avoid malnutrition'* says Kanti Devi Koiri. Although she was reluctant about vegetable farming at first, field staffs from MADE Nepal encouraged and motivated her for vegetable farming. She took part in different vegetable production trainings including home gardening. Her husband Sugrib Koiri also supported in the production and helped her in the farm.

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"Action Against Hunger/MADE Nepal provided the seeds of Cucumber, Bottle Gourd, Sponge Gourd, Bitter Gourd, Pumpkin, Knapsack sprayer and micronutrients along with watering can which helped us start the vegetation" recalls Kanti Devi which was a motivational factor for her to start vegetable farming. At present, she has 2 *kattha* of land full of grown vegetables like cucumber, pumpkin, bottle gourd and lady finger. Kanti Devi admits, it's not the first time she is engaged in vegetable farming. She practiced vegetable farming in the past but lack of quality seeds and technical knowledge led to dissatisfaction because of poor yield. She confesses she did not have proper idea about varieties and seasonality. The failure resulted on refraining from vegetable farming again. And after the intervention by Action Against Hunger/MADE Nepal she feels grateful for the provision of quality seeds along with technical assistance.

Her husband who was planning to go for foreign employment is now considering to stay at home and start commercial vegetable farming. The cucumber and pumpkin production is already on surplus and they already sold vegetables worth NPR. 3000 rupees. *'We will make sure they get to eat green leafy vegetables and balanced diet and prevent our children from malnutrition'*, affirms Koiri couple.

