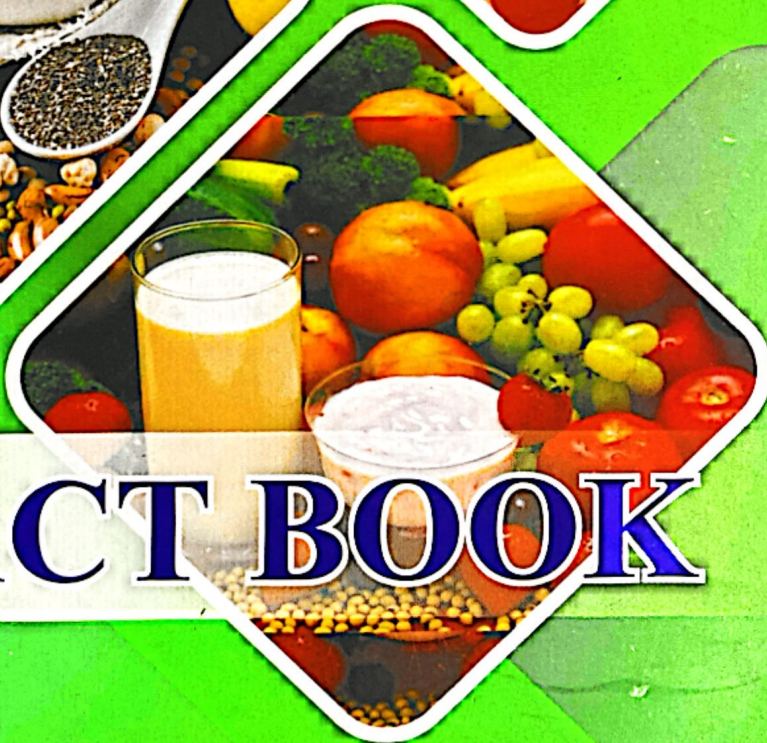
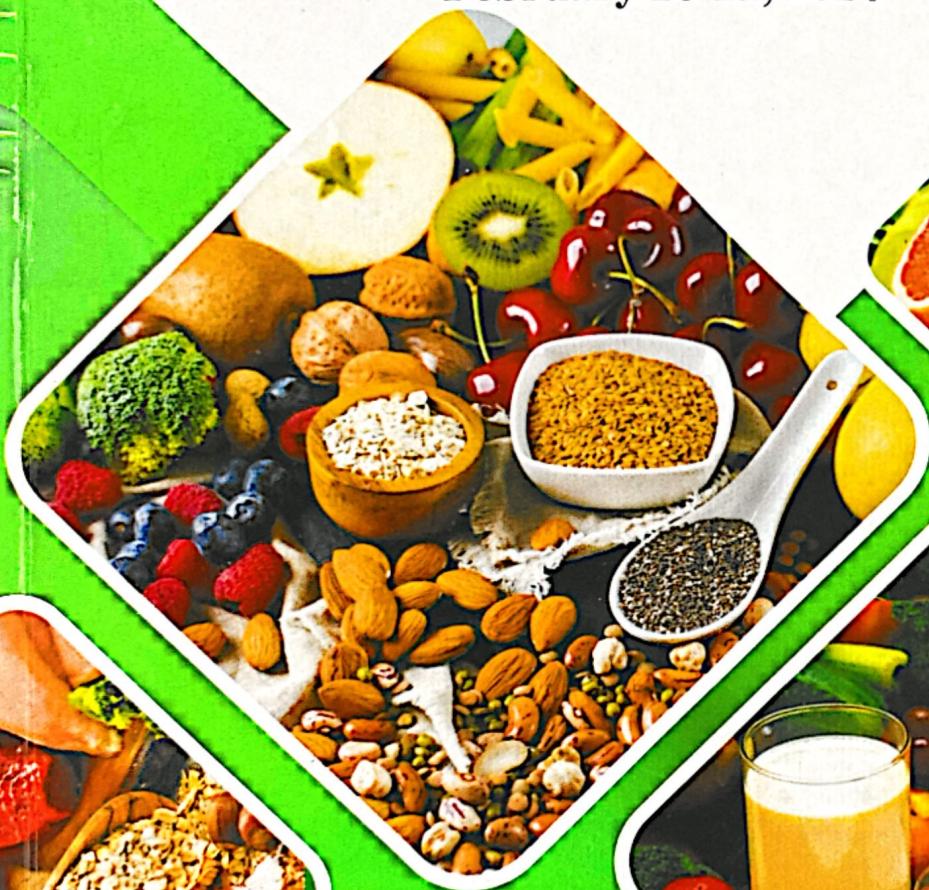




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**2nd PKNC CONFERENCE
on Food, Nutrition and Public Health:
Food And Nutrition Security
Through Innovation Towards a Sustainable Future
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ABSTRACT BOOK

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5 Color Nutrition Sensitive Agricultural Approach

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ABSTRACT

The 5 Color Nutrition-Sensitive Agricultural approach involves color-based cultivation and consumption of diverse food crops, aiming to ensure the availability, accessibility, and affordability of nutritious food for all. Developed through adaptive research in Sindh province, Pakistan, and informed by literature review, this approach utilizes a 3-layer cropping pattern to optimize resource utilization—minimizing costs while maximizing productivity from limited resources such as land, water, soil nutrients, labor, and land preparation equipment.

In this research, various combinations of five color categories—Yellow/Orange, Purple/Blue, Red/Brown, White, and Green—were employed for 3-layer cultivation. This not only guarantees the diversity of nutritious foods and productivity enhancement but also presents an innovative and visually appealing layout for the farming community.

The 5 Color Nutrition-Sensitive Agricultural approach has been integrated into the World Bank Assisted Sindh Accelerated Action Plan (AAP) for Reduction of Stunting and Malnutrition, specifically within the Agriculture for Nutrition Project under the Government of Sindh. A total of 3,190 demonstrations were conducted across 23 districts of Sindh, where communities were trained on the cultivation and consumption of color-based diversified nutritious foods. Under the initiative, 30,202 male farmers were trained through 1,450 Farmer Field Schools (FFS) for males, 17,725 female farmers through 870 FFS for females, and 18,181 housewives/pregnant and lactating women (PLWs) through 870 Kitchen Gardening (KG) Demonstrations. The dissemination of knowledge about the 5 Color Agricultural approach has proven instrumental in promoting nutrition-sensitive agriculture, contributing significantly to the overarching goal of reducing malnutrition.

Keywords: 5 Color Nutrition Sensitive Agriculture, 3-layer cropping pattern, Malnutrition, Farmer