

Cooking demonstration, one of Positive Deviance Hearth Project activities that helps the community to combat the malnutrition.

On the 28/02/2025, Caritas Byumba staffs conducted a cooking demonstration activity in one of the Home based ECD of Kinihira sector, Butunzi cell. The cooking demonstration brought together malnourished children under 5 years and their caregivers to learn on preparation of balanced diet.

Purpose

1. Equip caregivers with knowledge on how to prepare a balanced diet based on the available food in their area.
2. Mobilizing community to participate in interventions made to address malnutrition

Methodology

The cooking demonstration had two sessions:

Nutrition education: participants received an educative session on preparing a balanced diet

Cooking demonstration: caregivers brought food available in their area and Caritas provides materials for balanced diet preparation and teaches how to do.

After the preparation, children are fed a well-balanced diet.

Participants: 40 caregivers of children under 5 years and their children, CHW, Supervisors from HC.