

Urban Vegetable Gardening for Food and Nutrition Security

FACT SHEET

Urban agriculture is an activity that produces, processes and markets food and fuel, largely in response to the daily demand of people within a town, city, or metropolis, or land and water dispersed throughout the urban and peri-urban area, by applying intensive production methods, using and reusing natural resources and urban wastes to yield a diversity of crops and livestock. Urban agriculture involving vegetable gardening is a viable adaptation strategy that provides multiple benefits to impoverished people.

Malnutrition in all of its forms – undernutrition, micronutrient deficiencies (hidden hunger), obesity and diet-related non-communicable diseases – imposes excessively high economic and social costs on the FSM. Both undernutrition and obesity coexist, a situation referred to as the multiple burdens of malnutrition. This situation clearly points to a failure in getting the right foods to those who need it when they need it. It is one of the utmost impediments to human and national development. Malnutrition adversely affects physical growth as well as cognitive development of the unborn and young children, undermining the capacities of individuals and communities. With less than 400 days left to the 2015 deadline, the FSM is still off the track in achieving the Millennium Development Goal 1 (Eradicate extreme hunger and poverty) and Goal 5 (Improve maternal health).

Eradicating malnutrition and its associated social and economic costs must begin with agriculture and food systems. The role of agriculture in producing food, generating income and supporting livelihoods is fundamental, and its direct role in enhancing nutrition deserves greater attention. **Vegetable gardening is the answer!**



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Social protection interventions play key roles in reducing hunger and poverty. First, it helps households to overcome undernourishment by providing direct access to food. Second, it increases agricultural productivity, improves livelihoods and nutrition, and promotes social inclusion. **Vegetable gardening is the answer!**

Eradicating poverty needs effort to build more productive, diversified and resilient island local economies through accelerated adoption of climate-smart and sustainable agriculture practices. Evidences show that compared to general growth, agriculture's impact on poverty reduction is five times greater. **Vegetable gardening is the answer!**



Addressing undernutrition will contribute to poverty reduction by enhancing economic capacity, human capability and earnings potential, through better physical and cognitive development and sufficient dietary energy to be productive. **Vegetable gardening is the answer!**

Climate change represents a serious threat to island food security by affecting all four dimensions, viz. food availability, food accessibility, food stability, and food utilization. Addressing climate challenges requires specific climate-smart agriculture practices that suit local conditions. **Vegetable gardening is the answer!**



Responses to new challenges to eradicate hunger and poverty need concerted effort, context-specific strategies and impoverished people-centered approaches. **Vegetable gardening is a good starting point!**