



NNEdPro Global Centre for Nutrition and Health

Advancing and implementing nutrition knowledge to improve health, wellbeing and society

Save the dates for NNEdPro's 10th Anniversary Week

- NNEdPro Cambridge Summer School in Applied Human Nutrition: 14th-17th July 2018
- International Summit on Medical Nutrition Education and Research in Cambridge: 19th & 20th July 2018

Authors and Editors: James Bradfield, Ananya Roy, Selvarani Elahi, Dr Minha Rajput-Ray and Prof Sumantra (Shumone) Ray

I-KANN-25: A Case Study from India

Using Teaching Kitchens in Urban Slums for Nutrition Education and Population Health

The International Knowledge Application Network in Nutrition Project 2025 (I-KANN 25) is a joint initiative of NNEdPro with the Global Open Data initiative for Agriculture and Nutrition (GODAN), supported by the Laboratory of the Government Chemist (who manage the successful Food Authenticity Network: www.foodauthenticity.uk). I-KANN-25 will promulgate high quality, scalable nutrition education to achieve sustained impact in global healthcare systems.

Teaching Kitchens: A Nutrition Education Model for Population Health Improvement

This case study within the I-KANN-25 is a nutrition education model for population health improvement using Teaching Kitchens in slums as an intervention for developing countries.

In line with the UN Sustainable Development Goals and United Nations Decade of Action on Nutrition 2025, the Teaching Kitchens recognise maternal nutrition education as distinct from general education for mothers, and as a vehicle for improved health literacy and creating social change.

The key aims of the kitchens are to improve awareness (Knowledge, Attitudes and Practices) of diet diversity and disease prevention by using locally sourced foods and cooking skills as a medium for nutrition education.

The impacts of these interventions were measured via indicators of nutritional health whilst simultaneously providing resources and signposting for food security; promoting social empowerment and preventative health.

Pilot Teaching Kitchens launched in Kolkata (India)

The Teaching Kitchens model was developed following the World Congress of Public Health 2015 in Kolkata, and was launched in two

slums (Chetla and RG Kar Canal) in Kolkata in October 2017.

Led by NNEdPro, with impact acceleration support from the University of Cambridge, the Economic and Social Research Council and the Remedy Clinic Study Group in India, the slum visits were then followed by an inter-disciplinary workshop held in Kolkata with over 80 stakeholders from beneficiaries, local and global NGOs, civil society, health practitioners, academia, Government and other influencers.

Support the Teaching Kitchens:

www.justgiving.com/crowdfunding/teachingkitchens

Blog:

<https://blog.nnedpro.org.uk/2017/10/26/teachingkitchensempower/>

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Chetla and RG Kar Canal were selected to receive the kitchens following an evaluation of its inhabitants, which included a nutrition needs assessment that addressed educational gaps relating to dietary and related practices.

The kitchens comprise of two fixed 'docking areas' with adaptable space that will be complemented by a mobile Teaching Kitchen unit that will rotate between sites. This will enable cooking demonstrations and engagement with the community on preparing local, sustainable, nutritionally balanced, hygienic, well-presented and affordable meals, as well as providing training in the core principles of nutrition and health.

The space will also enable the delivery of health and malnutrition-related screening, as well as allied efforts towards disease prevention and control.

Health & Beyond: Creating wider social change through empowering local women

The Teaching Kitchens potential is not just limited to creating powerful behaviour change for improved health within local communities. In addition to improving the wellbeing of the community, the model can potentially create livelihood opportunities through empowering women with catering skills and having a positive impact on the health and nutritional status of the wider community.

Forty-eight per cent of children under the age of five years in India are chronically malnourished¹ and such a Teaching Kitchen model, combined with the I-KANN-25 platform, can share lessons learnt for regional to international scaling up of efforts.

1. Sachin Singh Yadav *et al.*, An Epidemiological Study of Malnutrition Among Under Five Children of Rural and Urban Haryana (2016)

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