

Feed the Future Innovation Lab for Livestock Systems

INNOVATION SUMMARY: TRAINING APPROACH TO INCREASE EGG CONSUMPTION AMONG CHILDREN


This innovation consists of an integrated training package on human nutrition and best poultry production practices to increase egg consumption among young children. The training package includes information about the nutritional benefits of consuming eggs, good animal and household hygiene practices, and improved poultry production practices. Better understanding of the benefits of the training package will result in behavior change that will increase dietary diversity particularly by increasing egg consumption and reduce malnutrition in young children.



INNOVATION QUICK FACTS


Lead Implementing Institution: University of Florida

 **Category:** Nutrition

 **Applied in:** Burkina Faso

 **Innovation Type:** Approach

 **New/Adapted:** Adapted

 **Created for:** Women

 **Nutrition Linkage:** Consumption

THE PROBLEM & ITS IMPORTANCE

Burkina Faso is burdened by high rates of malnutrition in children under 5 years old. Undernutrition can have significant long-term physical and cognitive impacts on a child's development. Animal source foods (ASF), such as eggs, have been shown to improve growth and cognitive development in children. In Burkina Faso, ASF consumption is low, particularly among women and young children, and egg consumption among children is low, despite the ubiquitous presence of poultry. The package aims to (1) increase knowledge and awareness about the nutritional value of eggs; (2) improve poultry management practices; and (3) increase the consumption of eggs among young children.

POTENTIAL BENEFITS

The integration of human nutrition and poultry production information in the training package will result in increased knowledge and improved practices that will increase consumption of eggs among children, particularly among those under two, who need it most. The training challenges cultural beliefs and stigmas around egg consumption and helps to diversify the diets of young children.

APPLICATION OF THE INNOVATION

This innovation can be implemented with or without the transfer of livestock assets (chicken) to the household depending on the resources available. The child's caregiver (most often the mother) receives monthly trainings on a variety of topics, including how to boil and feed an egg to infants from six months to two years of age, as well as improved poultry management practices. Distribution of flipbooks detailing the essential practices in picture format is also part of the intervention. Community health workers, livestock extension staff and/or non-governmental organizations can implement the package to achieve the desired outcomes.