



Nutrition Basics & Clean Water

Training Highlights

Strengthening Fresh
Food Markets for
Healthier Food
Environments Project

Why it matter



Tips 01

Markets feed thousands every day — yet unsafe water and poor diets threaten both health and income.

Clean water and balanced meals are not luxuries; they're foundations for strong communities.



What We Did



Tips 01

- 💧 Discussed nutrition benefits through role play and storytelling
- 🥬 Hands-on learning of Malawi's Six Food Groups
- 👤 ♀ Peer-led demos in Chichewa for relevance and impact balanced meals

"Idyani zakudya za m'magulu onse ndi zakasakaniza kuti mukhale ndi thanzi."

(Eat from all food groups and mix foods for better health.) ✨ ✨ ✨

Learning in Action



Tips 03

- ◆ Practical water purification using ceramic filters
- ◆ Vendors purified water using buckets and ceramic filters
- ◆ Tested filtered water — safer, cleaner, better taste



Early Impact



Tips 04

- ✓ 14 peer leaders trained (5 women)
- ✓ Increased awareness of clean water handling
- ✓ Vendors now discuss balanced meals with customers





Closing Message



Tips 05

Cleaner water. Smarter nutrition. Stronger markets.

Together, we're proving that change begins one meal — and one market
— at a time.

#NutritionSecurity #WASH #HealthyMarkets #ICLEIAfrica #NutriCare
#UrbanHealth

