

NUTRITION



Papaya



Tree tomato



Mango

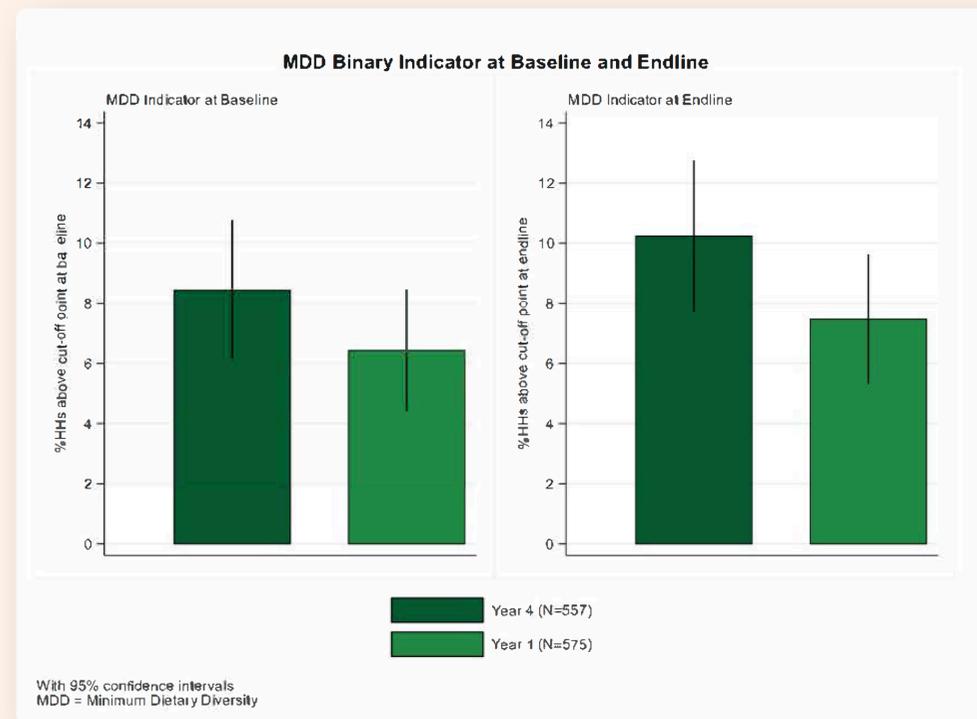


Avocado fruit,
Avocado oil

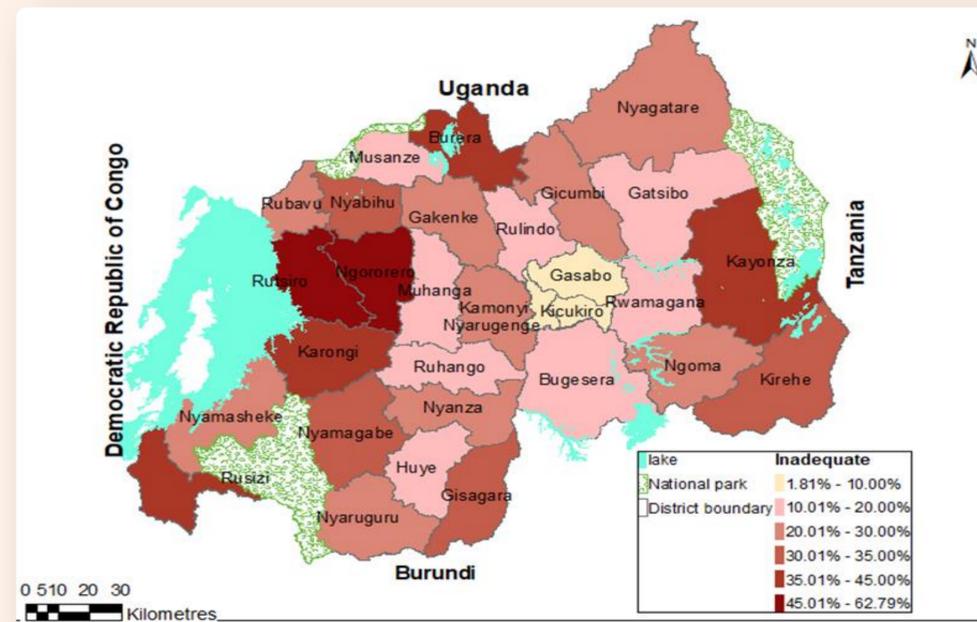


Growing Fruit Trees

- Especially in home gardens, fruit trees provide increased household nutrition along with income
- Popular species include tree tomato, mango, avocado, and pawpaw
- Consuming fruit to enhance diets and reduce malnutrition has been a critical mindset change, as previously all fruit was sold at markets



Across the program, an increase in household Minimum Dietary Diversity (MOD) has been observed



Inadequate food consumption in Rwanda by district in 2018
Source: Comprehensive Food Security and Vulnerability Analysis (WFP, 2018)

Food insecurity and malnutrition have been challenges in Rwanda, with program districts like Kayonza and Nyagatare having high rates, shown in this map from 2018 around start of program