

# Impact assessment of integrated nutrition garden concept for nutritional security and livelihood interventions under central Punjab conditions

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Kitchen gardening project is the revolutionary step to increase vegetables production as well as provision of cheap vegetables to the consumers. Wheat and rice are the major crops grown in the district Fatehgarh Sahib and has only 5 % area under vegetable crops and 0.6 % area under fruit plants as percentage to net sown area which demands immediate attention to increase area under these crops. The main focus of the study was to assess the impact of integrated nutrition unit. Fifty farm families were selected to involve in the study were selected randomly from each location to assess the impact of kitchen gardening trainings on their livelihood. The study finding reveals that farmers of the village were able to save about Rs 14296/- from 3 kanal area by growing vegetables, pulse crops and fruits. The concept of integrated nutrition garden may diversify the area intensified by rice- wheat rotation besides improving the livelihood of rural people.

**Key Words :** Nutrition garden, Livelihood, Diversify, Training

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