

Monowara: Accessing Food in the Chars

Participant Profile	
Name	Monowara
Date of Joining CLP	April 2009
District	Kurigram
Village	Mudafat Kalikapur
Marital Staus	Married
Implementing Organisation	RDRS



With the CLP's support, Monowara has improved her food security status. She no longer struggles to access food.

"I have no more sorrows now that I can have food whenever I want"

Monowara was once extremely poor. Her family's eating habits were dependent on her husband's irregular daily income. They never ate enough protein and often picked wild vegetables, such as pumpkin leaves and wild spinach. Such practices are considered by char dwellers as a clear sign of food insecurity.

There were days when Monowara did not have enough money to buy food. She would skip meals to provide for her children. This was one of many food shortage coping strategies she resorted to. In extreme cases she would beg for food.

In 2009, Monowara joined the CLP. She bought a cow and sold it for profit to lease 350 square meters of land. She also learnt how to cultivate a homestead garden. She is extremely proud of it. Monowara eats the vegetables she grows, sells the ones she doesn't particularly enjoy and gives the surplus to poorer households.

Monowara now consumes a diverse diet and eats three times a day. She owns five chickens and often eats their eggs. She also eats fish every day, and meat every month. She no longer resorts to extreme coping strategies. Over time, she has even put on some weight. She looks healthier and is happy about it.

