

Nilufa: Improving Food Utilisation in the Chars

| Participant Profile | |
|---------------------------|-------------------|
| Name | Nilufa |
| Date of Joining CLP | September 2007 |
| District | Kurigram |
| Village | Mudafat Kalikapur |
| Marital Status | Married |
| Implementing Organisation | RDRS |



With the CLP's support, Nilufa and her family no longer struggle with food utilisation. This means the food they consume is shared evenly within the household and has a positive nutritional impact.

Before the CLP, Nilufa was food insecure. She was always the first to sacrifice meals to provide for her children. Her children were always ill, suffering from diarrhoea and cholera. She links this to poor access to sanitation and clean water.

Earlier, Nilufa's family did not have a latrine. She practiced open defecation or improvised a latrine where she could. She also did not have access to clean water and collected unsafe water from a neighbouring tube well.

In 2007, Nilufa joined the CLP. As part of the CLP's package of interventions, she received a tube well with a concrete platform. She also received a sanitary latrine, which she learnt how to use during training sessions. She understands the importance of wearing sandals and how to reduce the spread of diseases within her household. She also learnt about hand washing with soap and now washes her hands at all key times.

Nilufa claims she is now food secure – she eats three times a day, drinks clean water, no longer practices open defecation and most importantly, her children are healthy.

"I am happy to finally be drinking clean water"

