



Hommaida



Khobaizé

Fekkaysé



Zaatar



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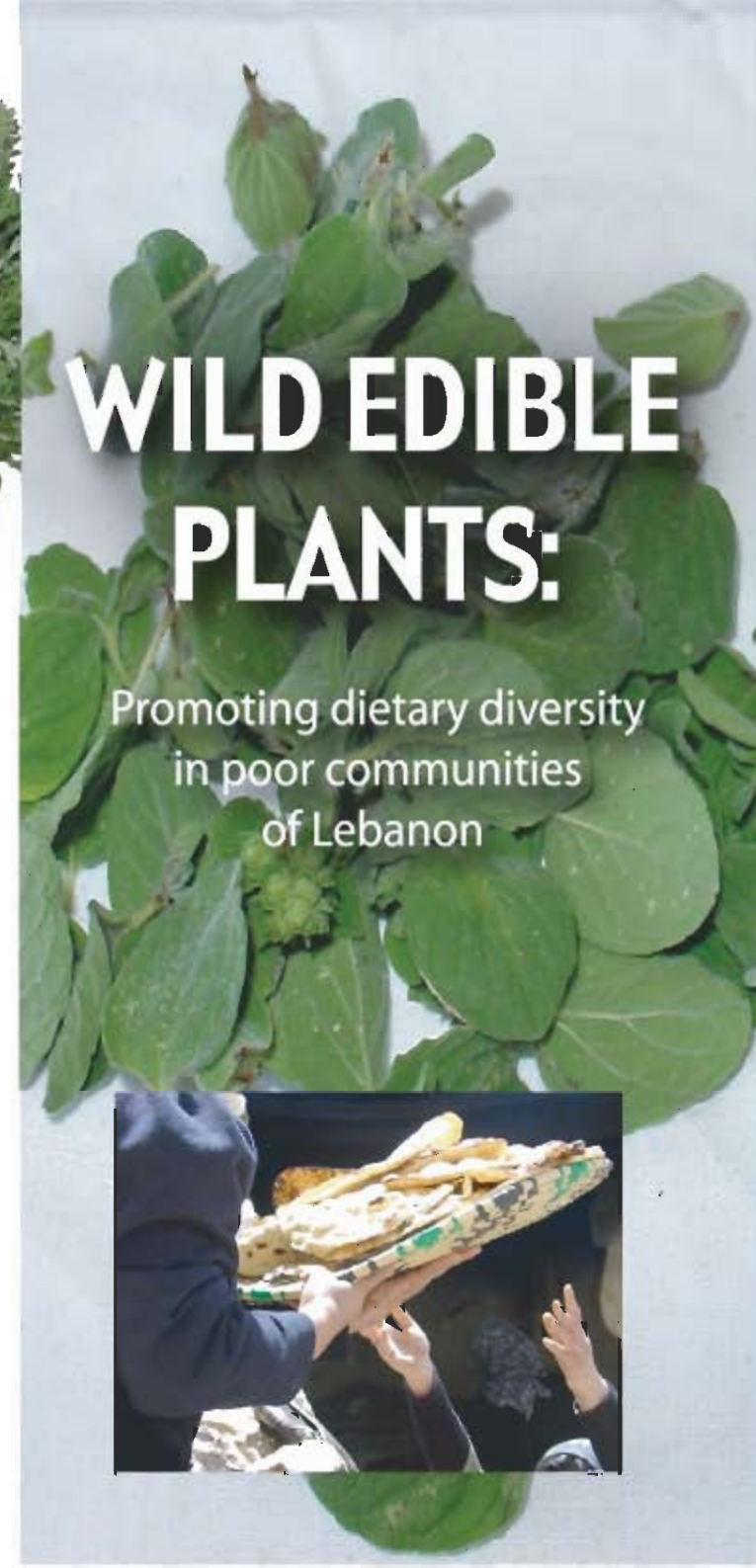
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WILD EDIBLE PLANTS:

Promoting dietary diversity
in poor communities
of Lebanon



Project Goal

The project aims at increasing dietary diversity in the urban and rural poor through the promotion of the sustainable use of wild edible plants, ultimately improving general health status in the targeted communities.



Project Components

Research:

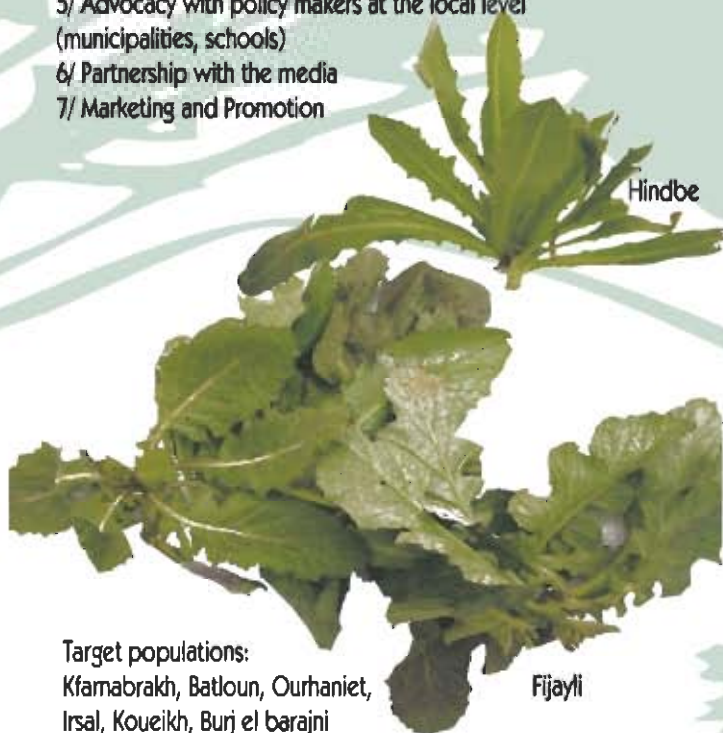
- 1- Develop a deep understanding of wild edible plants, (identification, collection, propagation...)
- 2- Assess nutrition and health status of the surveyed communities
- 3- Undertake a program of promotion of wild edible plant use in the diet at local and national level
- 4- Setup of a regional scientific network on wild edible plants and their relationship to nutrition and health

Community outreach:

Healthy Kitchen Project: The main objectives are to improve health, create economic opportunities for women and youth and foster social dialogue between Lebanese and Palestinian Communities through the valorization of traditional foods and wild plants

Project objectives:

- 1/ Setup of pilot plants that become property of the communities
- 2/ Setup of production cooperatives and /or support for existing ones
- 3/ Training of team (nutrition, food production and food safety, marketing...)
- 4/ Promotion of recipes through tools and community events (cookbooks targeting children)
- 5/ Advocacy with policy makers at the local level (municipalities, schools)
- 6/ Partnership with the media
- 7/ Marketing and Promotion



Target populations:
Kfarnabrakh, Batloun, Ourhaniyet,
Irsal, Koueikh, Burj el barajni



Summac



Lsaneltor



Karini



Besbaysé

Awareness:

Establishing an exhaustive inventory of the Lebanese traditional food heritage with emphasis on wild edible plants and encouraging trans- generational cultural transfer

