

Guidelines for Farm Women during Lockdown Period due to Corona Crisis

The national lockdown period is a great challenge for farm women to manage the whole family when all the members are inside home and there is break of supply chain. Therefore, during lockdown period, here are some guidelines for farm women, to manage the family nutrition.

Nutrition:

- Develop nutrition garden with maximum utilization of available homestead land.
- Utilize the roof top through pot culture for vegetable and green leaves production.
- Preserve the unsold vegetables/fruits for off season sale/consumption.
- Produce seed from left over vegetables in the field for future use.
- Make compost from kitchen waste and use for backyard farming.
- Take care of existing plants for more production.
- Prepare weaning mix at home and habituate the babies with that food.
- Prepare and serve healthy, nutritious and balanced food for family to remain strong.

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