

Case-Study

Sadoro Khan – Growing Nutritious Vegetables at Home



Food security is a major concern in the third world countries. Unavailability of resources and low financial outcomes result in imbalanced diet and nutrition for the less privileged people. Mostly the low income households barely have sufficient food to feed their children, a single day's meal.

Pakistan is unfortunately amongst those countries who are suffering from food emergency. In order to empower the poor communities to move towards sustainability and overcome this food insecurity OSDI has come forward with its Kitchen Garden Project (K.G). Beneficiaries enrolled in this project are able to utilize fresh vegetables and fruits within their homes.

Sadoro Khan is one amongst the many successful K.G beneficiaries of OSDI. He resides in village Jawan Khan Burirro, district Jacobabad. Being the only bread earner for his family of 7 members, Sadoro at the age of 50, had to work extra hours in the shared piece of land to feed his family. Lack of financial empowerment made it unaffordable for him to purchase fresh vegetables daily from the market.

After becoming a K.G member he planted a variety of vegetable seeds in his backyard i.e chillies, onions, spinach, cauliflower, potatoes, lady finger and parsley. Proper monitoring of the plants resulted in a healthy production of fresh home grown vegetables. Today he earns PKR 150 – PKR 200 daily by selling fresh vegetables in the market. Not only this, his family gets healthy and nutritious food to eat. Increase in his finances has enabled him to educate his 5 children.

Sadoro is a proud K.G beneficiary and appreciates the poverty reduction strategies of OSDI.