

City	Medellín
Country	Colombia
Population	2,5 million inhabitants
Title of policy or practice	Huertas Para Autoconsumo (Vegetable Gardens for Felf-consumption)
Subtitle (optional)	N/A
URL video	<a href="https://wetransfer.com/downloads/55786c081561f2408f72ac51eed6c18e20190517194915/95a1940d86f391f7d3a659dc1a205d0f20190517194915/54c945">https://wetransfer.com/downloads/55786c081561f2408f72ac51eed6c18e20190517194915/95a1940d86f391f7d3a659dc1a205d0f20190517194915/54c945</a>
Category	Food Production
SDGs	<p>SDGs: 1, 2, 3.</p> <p>This practice points to achieve three SDGs in the following order:</p> <ol style="list-style-type: none"> <li>1. SDG 2: it promotes the production of fruits and vegetables for self-consumption, thus aiming at the food sovereignty of the beneficiary communities.</li> <li>2. SDG 3: the practice is complemented with the component of a food management training to promote healthy living habits, thus aiming at the achievement of good health.</li> <li>3. SDG 1: the creation of production surpluses seeks to generate income by commercializing them, therefore this practice also aims to breaking the schemes of poverty and extreme poverty.</li> </ol>
Brief description	<p>The Medellín's Food and Nutritional Security Plan (Plan de la Seguridad Alimentaria y Nutricional) 2016-2028 estimated that 53.6% of the households in the city have some type of food insecurity, 14.4% of which are in a situation of severe food insecurity. This means the city requires better strategies to respond to this situation, especially for the population that has a higher food risk.</p> <p>For this reason, the Food and Nutritional Security Unit (Unidad de seguridad alimentaria y nutricional) develops projects that contribute to reducing the risk of food and nutritional insecurity of the most vulnerable population of the Municipality of Medellín. This is achieved by making accessible and available a sufficient amount of nutritious and safe food; the development and incorporation of appropriate economic practices and healthy lifestyles, through strategic alliances with public, private and community entities.</p> <p>Specifically, from the agricultural productive projects, the intervention focuses on the <i>correcimientos</i> and districts of the municipality of Medellín, prioritizing the localities with the greatest Unsatisfied Basic Needs (UBN), with high poverty indexes and high percentages of perceived food insecurity, through the implementation of Huertas para el Autoconsumo (Vegetable Gardens for Self- consumption).</p> <p>The implementation of Vegetable Gardens for Self-consumption has served as a short and medium-term strategy for the mitigation of hunger of a part of the population; however, today we are investing on a sustainable process over time, by implementing the "Huertas Con Vos" (Vegetable Gardens With You) model, that guarantees the availability of food in homes on a permanent basis through the combination of various technical strategies for food production, comprehensive technical support, social promotion and training in appropriate eating habits and healthy lifestyles, which can improve food security conditions and the standard of living of the target population.</p>

<b>Date of start and state (ongoing/completed)</b>	06/2010 Ongoing
<b>Actors and stakeholders involvement</b>	<p>The Project is developed in the City of Medellín, Department of Antioquia, Colombia, by the Mayor's Office of Medellín, from the Secretary of Social Inclusion, Family and Human Rights, specifically from the Food Security Team.</p> <p>The local partners are the communities and Municipal Action Boards that collaborate in the families' targeting processes.</p>
<b>Approach</b>	<ul style="list-style-type: none"> <li>• Focus on potential participants;</li> <li>• Creation of work groups;</li> <li>• Gathering of the program executors, illustration of the "Huertas con Vos" model and selection of the vegetable garden for the training;</li> <li>• Profiling and baseline;</li> <li>• Development of training workshops and implementation of the vegetable garden learning programme;</li> <li>• Distribution of agricultural supplies;</li> <li>• Implementation of family vegetable gardens;</li> <li>• Technical and social support visits;</li> <li>• Measurement and indicators.</li> </ul>
<b>Innovation</b>	<p>The implementation of the "Huertas con Vos" model is an example of social innovation with clear objectives: increasing the production of fruit and vegetables, ensuring access to these foods and their permanent availability through the harvests, increasing the individual consumption of fruit and vegetables, providing nutrients to the diet of the participating families, saving on food cost in the basic consumer basket through the production of the garden. Through the processes of training, full technical assistance and constant support, we seek to develop the skills that will help increase the production and consumption of safe food, in order to promote healthy eating habits and conditions and to promote the interaction of local support networks to commercialize the surpluses.</p> <p>In the same way, we are developing a strategy in which we use vegetable gardens to preserve native and Creole seeds, in order to replicate this germplasm in all the gardens that are part of the programme and build sustainability by recovering seeds from different species.</p>
<b>Impact</b>	<p>It has been shown that Vegetable Gardens for Self-consumption improves the nutritional status of the participating families: the project has increased the individual consumption of fruit and vegetables since they were produced in the gardens. Likewise, these vegetable gardens allowed families to save about \$23 per month, because they were able to produce the fruit and vegetables that they now sow in their gardens. The programme creates family cohesion and group work since all the members of the family participate in taking care of the vegetable garden. An educational strategy is implemented in adequate eating habits and healthy lifestyles, which has an impact not only on the participating families but also on the whole population.</p> <p>The project also intends to build and/or strengthen the social fabric through a social approach that is transversal to the development of the "Huertas con Vos" model and aims to promote the recognition of participants as competent and recognizable human beings and socially included citizens, as well as to recognize the other as a cooperative axis for social participation.</p>

**Inclusion**

It is clear that to implement the garden model it is necessary to manage strategic alliances with public, private and community entities, since they allow to optimization of resources, the active participation of the community and the commitment of the involved governments.

First, it is important to be aware of the target population's vulnerability situation, such as consumption habits, farming methods, availability of land for farming, geographical location and so forth, in order to develop activities for technical support based on the sustainability of the model, such as: organizing working groups or units of families, implementing proposals for sustainability, personalizing on-site visits from the program facilitator or technician, measuring the indicators (consumption, areas, food production, species diversity, savings on food purchases, commercializing surpluses, integrated management of pests and diseases) and providing social assistance to participating families from an expert in the area that can help integrating the family in the community.

**Adversity coefficient**

From the beginning, the communities must be aware of the scope of the project, so as not to generate false expectations, such as the specifications and quantity of supplies to be provided to implement the gardens. In fact, the communities may have other types of needs that the project cannot satisfy, such as providing food or economic resources, and this may lead them to refuse to participate in the project.

The desertion or withdrawal of the participants from the "Huertas con Vos" model is perhaps the most latent difficulty or threat that could arise. To counteract this difficulty, four sustainability proposals have been designed (garden planning, bio-compost, biopreparations and seed production). These creates productivity over time and provide installed power capacity in families at risk of food insecurity, so that they can maintain gardens that generate at least 200 grams of fruits and vegetables per day for each member of the family.