

Nutrition

Over the years HOPE Cape Town established nutrition programmes in various communities.

Programs include:

- **Cooking lessons** where mothers are taught how to cook healthy food for their children and themselves.
- **Food preservation:** Community members are taught how to preserve fruit and vegetables that are in season, for later use or to generate an income.
- **Community Gardens:** Communities are assisted to establish vegetable gardens by teaching selected community members how to grow and maintain a vegetable garden. The vegetables from these community gardens can be used to feed vulnerable children.

HOPE Cape Town contracts a registered dietician at times to host workshops for caregivers of children in the communities where they live.

The objectives of the nutrition program are:

- Promoting better eating habits to optimise nutritional intake of all nutrients
- Enhance quality of life through health and nutrition promotion
- Promote appropriate foods for individual circumstances and reduce food insecurity
- Provide education on how to prevent weight loss during illness
- Promote and advise on breastfeeding