Nutrition security

Nutrition security means consistent access, availability, and affordability of foods and beverages that promote well-being, prevent disease, and, if needed, treat disease, particularly among racial/ethnic minority, lower income, and rural and remote populations including Tribal communities and Insular areas.

Kitchen garden

Kitchen garden is the growing of fruits and vegetables at the backyard of house by using kitchen waste water. Otherwise called as Home garden or Nutrition garden or Kitchen gardening or Vegetable gardening. Advantages of Kitchen garden : Supply fresh fruits and vegetables high in nutritive value.ty

