

Roles of Sustainable Vegetable Home Garden to Support Food and Nutrition Security at Household Level in Kediri and Blitar, East Java – Indonesia

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Abstract

Introduction – The Indonesian government commits to establishing a food and nutrition security program to ensure the achievement of Sustainable Development Goals (SDGs). However, it is still tricky if Indonesian people still strongly depend on rice as the primary source of calorie intake. Food security is indeed a necessary condition, but food security excludes nutritional aspects. It has not been enough to support the SDGs, and thus nutrition security is a sufficient condition. Vegetables are expected to provide both necessary and sufficient conditions if people can start substituting rice with vegetables that contain calorie and micro-nutrient simultaneously. The initiation where people consume vegetables as substitute staple food was conducted through the vegetable garden program. The program introduced vegetables as a supplemental food at the household level.

Purpose – This study evaluates the impact of the vegetable garden program on the perception of vegetable aspects and willingness to consume.

Methodology/Approach – The study was conducted in Kediri and Blitar East Java during 2018-2019. The analysis was based on before and after the vegetable garden program. Before the program, the households were asked to answer a series of questions as a knowledge base. A year later, they were evaluated by answering the questions.

Findings – The result shows positive outcomes. Household perceptions and knowledge of vegetables changed. After participating vegetable home garden program, they perceived that they needed to consume vegetables on the menu. The knowledge of vegetables was enhanced. They were able to mention more vegetables than before. They also knew more vegetable content of micro-nutrient.

Originality/ Value/ Implication – The vegetable home garden program has enhanced knowledge of vegetables and awareness to consume more vegetables. The outcomes are expected to support the food and security program. Because of such positive outcomes, the vegetable home garden program has been socialized to more urban in other regions of East Java.

Keywords: vegetable home garden; knowledge and awareness on vegetables; food and nutrition security.