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The Hidden Nutritional Impact of Women's Empowerment



Insights from the Resilient Livelihoods and Empowerment of Rural Women Project, Tajikistan

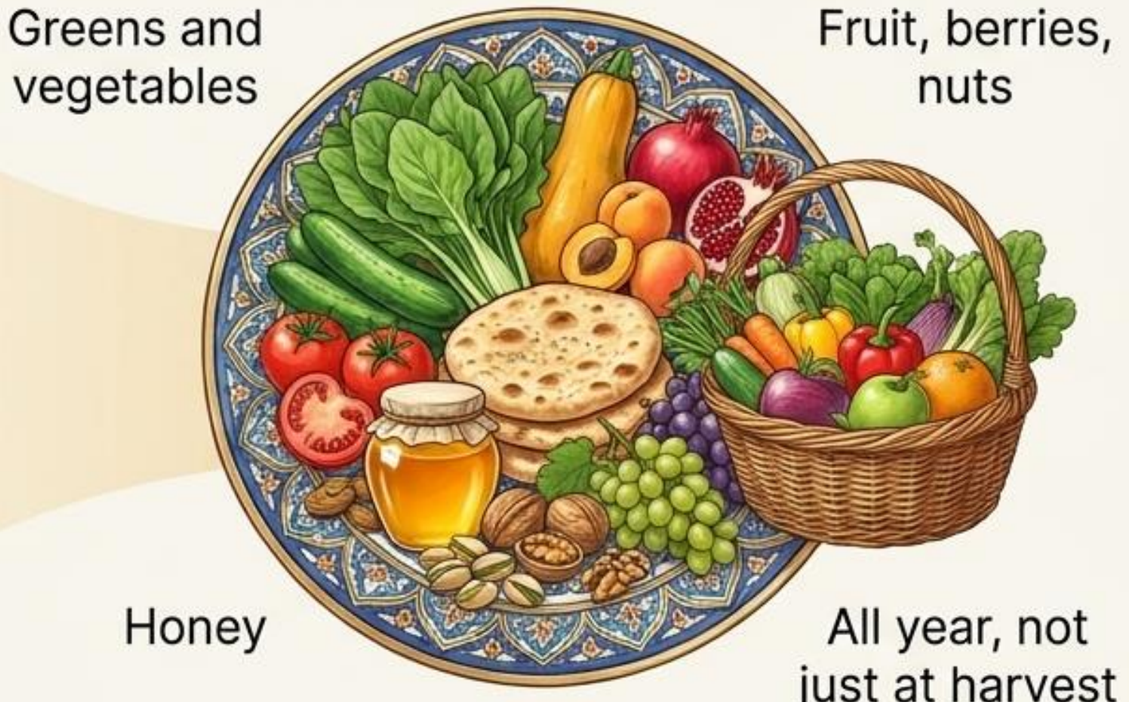
Gemini Notebook

Integrating Health, Safety, and Gender Realities into Nutrition Design

Baseline Diagnostics
Identifying excluded women/households

Climate-Resilient Agriculture
Homestead garden kits, greenhouses, fruit saplings, 1,200 hives

Gender-Equal Services
Women's centre, GBV services, producer groups



Safety and control come first. The women's centre, GBV services, and producer groups make sure income and food reach women and children.

Gemini Notebook

Project’s Pathways to Nutrition



Grow

Homestead garden kits, home greenhouses, fruit and berry saplings, 1,200 hives

Nutrient-dense production



Keep

40 community storage and production hubs, solar dryers, cold rooms, small processing kits

Processing, less food loss, year-round supply



Earn

26 women producer groups, 2 business incubators, +10% income for 1,000 seasonal workers

Income and women's control over resources



Be Safe

Women’s centre and shelter in Bokhtar, GBV referral app, training for police, health, and social workers

Women's empowerment (safety comes first)

Gemini Notebook

Lessons & Future Opportunities

	What we did in RLERWP	What to add next time
1. Listen to women on food.	Consultations shaped production, markets, and safety.	Add food questions to baseline surveys (Who eats what, the lean months).
2. Design for the plate.	Homestead kits, saplings, honey, drying and cold storage.	Deliberate crop mix for diets (greens, pulses, vitamin A crops) & cooking sessions in producer groups.
3. Protect the pathway.	Producer groups, women's control over resources, GBV services.	Track women's food spending & link the women's centre to health/nutrition referrals.

The Missing Link: Include a baseline Women's Dietary Diversity indicator directly in the DMF.

Gemini Notebook