

# NUTRI-GARDEN

**PLANT NUTRI-GARDEN AROUND THE HOUSE AND GROW  
3-5 TYPES OF SEASONAL FRUITS AND VEGETABLES**

**Seasonal fruits and vegetables obtained from nutri-garden can fulfill the need of nutritious diet and diet diversity of a family, especially pregnant, lactating women and young children throughout the year.**



## POINTS TO CONSIDER WHILE PLANTING NUTRI-GARDEN AT HOME

- ✓ Use household waste water for irrigation
- ✓ To make the soil more fertile, use manure prepared at home, cow dung or compost etc.
- ✓ For more information, contact Livelihood CRP of your area

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