

SCHEME FOR VEGETABLE GARDEN PROGRAM

1. Title of the Scheme

Community Vegetable Garden and Nutrition Promotion Scheme

2. Background and Rationale

Vegetable gardening plays an important role in improving nutrition, food security, and household income. Many rural families depend on markets for vegetables, which can be expensive and sometimes unavailable. Encouraging vegetable gardens at the household, school, and community levels helps ensure access to fresh, healthy food while promoting sustainable agriculture and self-reliance.

3. Vision

To promote healthy communities through sustainable vegetable gardening and improved nutrition

4. Mission

To encourage households and communities to cultivate vegetables for better nutrition, food security, and livelihood support.

5. Objectives

General Objective

To promote vegetable gardening for improving nutrition, food security, and income generation

Specific Objectives

- Encourage families to grow vegetables at home
- Improve nutrition and food availability
- Promote organic and sustainable farming practices

- Reduce household expenditure on vegetables
 - Encourage youth and women participation in gardening
 - Promote environmental awareness
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6. Target Beneficiaries

- Rural households
 - Women and homemakers
 - Youth and children
 - School students
 - Farmer groups
 - Community members
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7. Key Program Components

A. Awareness and Training Programs

- Training on vegetable cultivation
 - Awareness on nutrition and healthy food
 - Organic farming practices
 - Compost making training
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B. Kitchen Garden Promotion

- Encourage households to establish small vegetable gardens
 - Promote backyard gardening
 - Demonstrate simple gardening techniques
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C. Distribution of Seeds and Inputs

- Supply of vegetable seeds
 - Distribution of gardening tools
 - Support for organic fertilizers
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D. Demonstration Gardens

- Establish model vegetable gardens
 - Demonstrate improved cultivation practices
 - Provide practical training
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E. School Vegetable Gardens

- Promote school gardening programs
 - Involve students in gardening activities
 - Use gardens for nutrition education
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F. Community Vegetable Gardens

- Create community garden spaces
 - Encourage group participation
 - Promote shared benefits
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8. Implementation Strategy

Step 1: Identify beneficiaries and locations

Step 2: Conduct awareness and training programs

Step 3: Distribute seeds and inputs

Step 4: Establish demonstration gardens

Step 5: Monitor and support participants

9. Organizational Structure

Vegetable Garden Program Committee includes:

- Program Coordinator
 - Agriculture experts
 - Community leaders
 - Volunteers
 - Farmer representatives
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10. Frequency of Activities

- Seasonal vegetable planting programs
 - Monthly training and monitoring visits
 - Quarterly evaluation
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11. Budget

Sl. No	Activity	Estimated Cost (₹)
1	Awareness programs and training	1,000
2	Purchase of vegetable seeds and seedlings	2,000
3	Gardening tools and materials	1,000
4	Organic manure and compost support	1,000

Total Estimated Budget: ₹5,000

12. Funding Sources

- Parish or NGO funds
 - Government agriculture schemes
 - Donations
 - Community contributions
 - CSR support
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13. Monitoring and Evaluation

Indicators include:

- Number of vegetable gardens established
- Quantity of vegetables produced
- Participation of families
- Improvement in nutrition

Methods include:

- Field visits
- Beneficiary reports
- Feedback from participants

14. Expected Outcomes

- Increased vegetable production
 - Improved nutrition and health
 - Reduced household food expenses
 - Increased community participation
 - Promotion of sustainable agriculture
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15. Sustainability Plan

- Training local farmers and families
- Seed saving practices
- Community ownership of gardens
- Continuous awareness programs

16. Conclusion

The Vegetable Garden Program will encourage families to grow fresh vegetables at home, improving nutrition and reducing food costs. With proper training and community participation, the program will contribute to healthier families and sustainable rural development.