



INCLUSIVE CITIES FOR NUTRITION (IC4N)

STRENGTHENING COOPERATION ON URBAN FOOD SYSTEMS

As many mid-sized cities around the world Cox's Bazar has been changing very rapidly. People from the district are moving into town in search of better job opportunities provided by a growing tourist industry. Ensuring basic services, housing and infrastructure for a rapidly growing population is a huge challenge. Moreover, the massive influx of Rohingya refugees from neighbouring Myanmar has put additional strain on natural resources, in an area already vulnerable to cyclones, flash floods and landslides.

In Cox's Bazar many families, especially those living in informal settlements and depending on a single source of income, are struggling to get sufficient healthy and nutritious food. The IC4N project is working to improve the nutrition of vulnerable urban consumers by strengthening the urban food system under the lead of Cox's Bazar Municipality. Yet, the project aims to foster the collaboration among Zurich and Cox's Bazar to improve policies and practices on food and nutrition.

About **33%**
of people in Cox's
Bazar live below the
poverty line

70%
of people in Cox's
Bazar district are
food insecure

75%
of families living
in Cox's Bazar
informal
settlements can't
afford a healthy
diet

About
1 in 3
children in Cox's
Bazar suffer from
chronic
malnutrition



Stadt Zürich
Stadtentwicklung



HELVETAS
BANGLADESH

PROJECT INTERVENTION

The IC4N project is based on a **food system approach**. Access to sufficient, healthy and nutritious food is the result of the interaction among the four main components of a food system: 1) the functioning of the **supply chain**; 2) the influence of **external drivers** such as climate change, rapid urbanization, influx of migrants.; 3) the conditions of the **food environment**, which includes the physical spaces such as markets or stores where people shop, but also

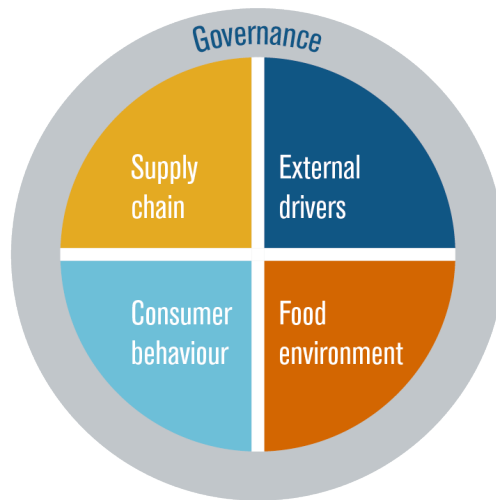
quality and safety of food and social and cultural norms that shape food consumption; 4) the **consumers' behaviour**: food choices, storage, preparation, etc. Policies, rules and norms that define how food is produced, distributed and consumed constitute the **governance** of a food system. **IC4N works** on three aspects of **Cox's Bazar food system**: to improve **governance** and **food environment** and to transform **consumer behaviour**.

GOVERNANCE

The project supports Cox's Bazar Municipality to better understand and play its role in the local food system. It encourages the municipality to coordinate with relevant stakeholders, such as health and district authorities, food business representatives, NGOs, etc., and establish an efficient monitoring system on food and nutrition.

CONSUMER BEHAVIOUR

IC4N organizes nutrition awareness sessions in communities and schools to share information on safe and healthy nutritional products and hygiene practices. It supports community-based organizations in the promotion of healthy and nutritious diets.



FOOD ENVIRONMENT

The project works with local authorities, food sellers and food handlers to enhance the up taking of hygiene practices. It also promotes the establishment of homestead gardens using technologies that make it possible to grow vegetables in limited spaces

CITY TO CITY COOPERATION

IC4N's goal is to foster the cooperation among cities on food and nutrition through technical exchange and political dialogue. The City of Zurich, will support the Cox's Bazar Municipality through its long experience in planning and monitoring nutrition actions by encouraging citizens' participation. Moreover it will foster an exchange of knowledge and good practices on food and nutrition at international level.

PROJECT DETAILS



Project duration: November 2022 - August 2025

Target: around 29,000 people across 8 wards

Area of intervention: 10-12 informal settlements where there is lack of income opportunities and poor access to basic services and information on food quality.

Main partner: City of Zurich

Implementing partner: Protyashi

For more information contact: Kabir Uddin Ahamed
Kabir.Ahamed@helvetas.org
www.helvetas.org/bangladesh