



Nutritional Interventions for Toddlers in Rural Ethiopian Communities: An Evaluation Through Feeding Programmes,

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Abstract

Toddlers in rural Ethiopian communities face significant nutritional challenges due to limited access to diverse food sources and inadequate dietary advice. A mixed-methods approach was employed, including qualitative interviews with caregivers and quantitative data from health clinics to assess nutritional status changes over time. Amongst the participants, there was a statistically significant reduction of 25% in stunting rates after one year of feeding programme participation. The feeding programmes demonstrated promising results in improving toddler nutrition but need further evaluation and refinement for broader implementation. Future studies should focus on integrating these programmes with complementary healthcare services to maximise their impact.

Keywords: *African, Geographical, Anthropology, Feeding, Programmes, Evaluation, Nutrition*

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