



# School Gardening Initiatives as Nutrition Policies for Ethiopian Girl Adolescents $\square\square\square$ Ethiopic Daughters: An Analysis Through School Gardening Initiatives

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## Abstract

School gardening initiatives have gained attention as a potential solution to address malnutrition among marginalized groups in Ethiopia. The analysis is based on qualitative interviews with educators and students from selected schools implementing such initiatives. Data was collected through semi-structured questionnaires and informal discussions. School gardening initiatives have been associated with a notable increase in the variety of fruits, vegetables, and other nutritious foods consumed by participating girls, contributing to improved dietary diversity. The findings suggest that school gardening programmes can be effective in enhancing nutritional intake among Ethiopian girl adolescents living on the margins. Future research should explore long-term effects and scalability. Policy makers are encouraged to consider integrating school gardening initiatives into existing nutrition policies as a cost-effective and community-driven approach to improving adolescent health outcomes.

**Keywords:** *Africanization, Marginalization, Quantitative Research, Qualitative Interviews, Socioeconomic Factors, Food Security, Community Engagement*

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