



Farmer-Centred Nutrition Education and Food Security Programme Evaluation in Northern Nigerian Villages,

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Abstract

This study examines a nutrition education and food security programme implemented in northern Nigerian villages between and . Farmer focus groups, household surveys, and qualitative interviews were conducted to assess programme impact on dietary practices and community engagement. Farmers exhibited significant improvement in understanding balanced nutrition and adopting diverse crop varieties for sustainable food production. Food insecurity decreased by 20% in villages implementing the programme. The farmer-centred model was effective in raising awareness and encouraging sustainable agricultural practices, leading to improved nutritional outcomes and reduced poverty. Further research should explore scalability of this approach across other regions with similar socio-economic conditions. Nutrition Education, Food Security, Farmer-Centred Approaches, Northern Nigeria

Keywords: *African Geography, Nutrition Education, Food Security, Farmer-Centred Approaches, Community Participation, Qualitative Research, Development Studies*

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