

Local Food Security Crops

Sweet Potato



Corn



Jackfruit



Breadfruit



Banana



Arrowroot

Cassava



Pawpaw



Tomato



Moringa

Some Innovative ways of using Local Food Security Crops



Banana: Pudding, Ice Cream, Smoothie, Pancakes, Muffins, Cupcakes.

Breadfruit: Pancakes, Curry, Roast, Spicy Fries, Chips, Cake, in Soups, Tortillas.



Jackfruit: In curries, as fillings for tacos/sandwiches, Breaded Jackfruit Cutlets, Jackfruit Meatballs, Pickled, Jackfruit Burgers.



Moringa: Smoothies, In Cookies, Cakes/Cupcakes, Soups, Ice creams, Risotto.



Sweet Potato: Baked, Roasted, In Soups, Fries, Sweet Potato Gnocchi



Yam(suran): Pickled, Candied, Mashed, Yam au Gratin, Fritters/cutlets/patties, Yam falafels, Yam gnocchi, Baked.



Ministry of Gender Equality & Family Welfare

Best Practices for Sustainable Living



Smart Household Waste Management



Benefits of Recycling

- ✓ Protects ecosystem & wildlife.
- ✓ Protects people.
- ✓ Saves energy.
- ✓ Cuts climate changing carbon emissions.
- ✓ Reduces landfill waste.
- ✓ Reduces incineration
- ✓ Is cheaper than waste collection and disposal.
- ✓ Creates job.



“Waste” is anything we throw away or get rid of what does not get used.

How to manage home waste?

- Use cloth bags instead of plastics.
- Buy food that have less packaging.
- Do composting.
- Avoid use of bottled drinks.
- Reduce your paper usage.
- Donate items when possible.
- Reuse containers.
- Dispose trash & hazardous waste properly.

Together we can fight
food waste!

9 easy tips:

1. Avoid buying too much.
2. Turn food waste into compost.
3. Always make a shopping list.
4. Buy “ugly” fruits and vegetables.
5. Organize the kitchen with FIFO (First In First Out).
6. Store food correctly.
7. Make a weekly menu.
8. Make use of leftovers.
9. Freeze extras.



