HEALTHY DIETS IN TEA COMMUNITIES

During the course of the Healthy Diets programme tea workers and farmers will be surveyed to assess how much knowledge they have learned about good nutrition and how their access to healthy diets has improved.

**DIVERSITY**
Tea workers and/or tea farmers surveyed consumed a diet of 4 food groups or less

**NEW ZEALAND** 65.5%

**KENYA** 85.4%

**MALAWI** 74.1%

**KNOWLEDGE**
Tea workers and/or tea farmers surveyed knowledge of fortified foods

**NEW ZEALAND** 17.1%

**KENYA** 55%

**MALAWI** 6.9%

**FOOD INSECURITY**
Levels of food insecurity (not due to COVID-19)

**NEW ZEALAND** 21.8% of households reported moderate – severe food insecurity

**KENYA** 7.5% of households reported moderate – severe food insecurity

**MALAWI** 69.8% of households reported moderate – severe food insecurity

Levels of food insecurity due to the COVID-19 pandemic

**NEW ZEALAND** 90%

**KENYA** 50.8%

**MALAWI** 82.8%