

Exploring Regional Variations in Mobile Teaching Kitchen Initiative: In-depth Analysis from Punjab, Delhi, and Kolkata

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Background: The Mobile Teaching Kitchens (MTK) Initiative aims to address food and nutrition insecurity while promoting community-led health education across diverse regions. Initially piloted in Kolkata, the MTK model was subsequently adapted for Punjab and Delhi, each requiring customized approaches due to differences in local food practices, economic status, and cultural perceptions around nutrition.

Objectives: This case study examines how MTK's model has adapted across Punjab, Delhi, and Kolkata, specifically assessing changes in nutritional knowledge, dietary practices, and economic empowerment among participants.

Methods: The study uses a Knowledge, Attitude, and Practice (KAP) questionnaire to gather baseline and post-intervention data on participants' dietary habits and nutritional awareness. Participants received SODOTO (See One, Do One, Teach One) training, which included modules on nutrition basics, cooking techniques, meal budgeting, hygiene, and financial management skills. In Punjab, the program spanned a year with two groups of participants (college staff and local villagers), while in Delhi, a 15-day intervention was conducted with economically disadvantaged women, integrating an environmental sustainability component in collaboration with Vertiver.

Results: Quantitative analysis of KAP responses indicated a significant increase in nutritional awareness and improved dietary practices in each region. Variations in program impact reflected regional differences, with Punjab participants benefiting from extended engagement and Delhi participants successfully adapting practices within a condensed timeframe.

Conclusion: The MTK Initiative demonstrated the importance of regional customization in health interventions, successfully fostering community engagement and enhancing nutritional knowledge across diverse settings. These findings suggest that MTK's model holds potential for scalability in other regions with similar socio-economic profiles. Further research could explore long-term impacts on participants' health and economic outcomes.