

LHDA HOSTS FOOD PRESERVATION TRAINING TO PROMOTE FOOD SECURITY AND COMMUNITY EMPOWERMENT

As part of its ongoing commitment to community development and food security, the Lesotho Highlands Development Authority (LHDA) recently hosted a food preservation training program for more than 50 members from seven nutrition clubs within the Seate Council. The training, held at the Lehlohla Resource Centre from December 2-6, 2024, was organized in collaboration with the Ministry of Agriculture and Food Security.

Participants were equipped with essential food preservation techniques such as drying, pickling, fermentation, and jam-making. These skills aim to ensure year-round food availability, especially in Mokhotlong, where the short cropping season presents challenges for consistent access to fresh produce.

“Our collaboration with LHDA stems from our shared commitment to promoting dietary diversity in local communities,” said MmeTubeho Kumi-Ntsebane, Area Technical Officer for Nutrition at the Lehlohla Resource Centre. “While progress has been made in reducing malnutrition, we still face significant challenges in addressing deficiencies in essential vitamins and minerals. This training provides a practical solution, empowering participants to secure a stable and diverse food supply throughout the year.”

For many participants, the training has been transformative. Mme 'Matiisetso Rakaibe from Masalla reflected on the impact of the initiative: “Joining these nutrition clubs and attending LHDA’s training sessions gives us the tools we need to meet our households’ dietary needs. My dream is to move from subsistence to commercial food production in the future.”

This initiative is part of the LHDA Livelihoods Restoration Programme, which seeks to empower local communities, enhance their quality of life, and promote sustainable development. By equipping participants with practical, hands-on skills, LHDA continues to strengthen the resilience and food security of communities within the project area.

The program underscores LHDA’s commitment to building a brighter, more sustainable future for the communities it serves.

