

# What should rural households grow and eat to improve their nutrition?

*Over the past three years, the University of Pretoria has been conducting a research project commissioned by the Water Research Commission of South Africa.*

*The study set out to understand what people in rural households in South Africa grow and eat in order to make recommendations to WRC and the Department for Agriculture, Forestry and Fisheries to plan further research into how rain-fed and irrigated crop production can improve nutrition of households in these communities. This study will inform future research studies on water efficient crops to improve household food security and nutrition.*

*The research was carried out in the Local Municipalities of Ingquza Hill, Jozini, Maruleng and Ratlou between 2013 and 2015.*

A digital application was developed to demonstrate the crop choices available to households in the communities included in the study. This can be downloaded onto a 7" tablet by following the instructions below.

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## Crop choice options to improve rural diets



Institute for Food, Nutrition and Well-being



agriculture,  
forestry & fisheries  
Department of Agriculture, Forestry and Fisheries  
REPUBLIC OF SOUTH AFRICA



© Copyright: Water Research Commission and University of Pretoria (2016). This tool is based on research funded by the Water Research Commission (WRC No K5/2172/4). For more information, please contact Prof Sheryl Hendriks at [sheryl.hendriks@up.ac.za](mailto:sheryl.hendriks@up.ac.za). Programme design by Corne van der Merwe ([cornehdm@gmail.com](mailto:cornehdm@gmail.com)) and graphics by Marguerite Hartzenberg ([marguerite.activespace@gmail.com](mailto:marguerite.activespace@gmail.com)).

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- **Install guide using a computer**

- - Download the app using this link <https://www.dropbox.com/sh/ghb07zpigtcg8/AAC7UkH7VdqltreJnQsBhYpa?dl=0>
  - Plug in your 7inch tablet into the computer
  - Open your portable device and copy the Grow smart apk application into any folder on the tablet
  - Unplug the device
  - Tap on Security
  - Check the box next to Unknown sources
  - Open my files and select device storage
  - Go to the folder where you copied the grow smart application
  - Open the application and install
  - Click ok
  - Open the grow smart application

- **Install guide using an email**

- - Open up Settings on your Tablet
  - Tap on Security
  - Check the box next to Unknown sources
  - Open the email where the Grow smart application is in
  - Open the application and install
  - Click ok
  - Open the grow smart application