



HarvestPlus improves nutrition and public health in Rwanda by promoting beans that provide more iron in the diet. We work with more than 30 partners drawn from government, business, and civil society

### Better Crops for Better Nutrition

We use a process called biofortification to conventionally breed staple food crops that are richer in essential vitamins and minerals and can be grown by rural communities that are often missed by other interventions, such as supplementation and food fortification. Our food-based approach relies on familiar staple foods that people already eat regularly and that can be part of other efforts to improve nutrition, such as dietary diversification.

### The Costs of Iron Deficiency

- Iron deficiency impairs mental development and learning capacity, increases weakness and fatigue and, when accompanied by severe anemia, may increase the risk of women dying during childbirth.
- 38% of Rwandan children under 5 are estimated to be iron deficient (*DHS*).
- Annually, Rwanda loses nearly \$50 million to vitamin and mineral deficiencies (*World Bank*).

## Crops for Rwanda



### Iron Bean

Beans are the predominant staple food in Rwanda.

Rwanda ranks number 1 out of 81 countries suitable for investing in iron beans.

**Nutritional Benefits:** Provides up to 50% of daily iron needs

**Farmer Benefits:** High yielding, virus resistant, heat and drought tolerant

**Biofortified Varieties:** RWR 2245 (bush), RWR 2154 (bush), CAB 2 (climber), MAC 44 (climber), RWV 1129 (climber), RWV 3006 (climber), RWV 3316 (climber), RWV 3317 (climber), MAC 42 (climber), RWV 2887 (climber)

