

# Banana vegetable roll project to increase income and promote mental health in Ban Na Duan

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## Core SDGs

main 3.3.2 Health outreach programmes, 3.3.1 Current collaborations with health institutions

secondary 2.5.1 Access to food security knowledge, 17.2.1 Relationships with regional NGOs and government for SDG policy

## Content Story

Promote health, create careers, reduce expenses, increase income, and stimulate the economy within the community.

1. Establish committees and project working groups covering 5 groups: village committees, professional groups, village health volunteers, and advisors, totaling 15 people.
2. Jointly prepare a project operational plan.

The format of the activity is in the form of a group meeting.

### Sub-activity details

- 1) Activities to exchange knowledge with the area
- 2) Activities to grow safe vegetables.
- 3) Thai dessert making activity (Khao Nang Led) Target group: 30 people
- 4) Processed banana activity (banana rolls),

### Project objectives

1. Learn how to process bananas into banana rolls. Growing organic vegetables Nang Led Thai dessert creates income and reduces expenses.
2. Promote mental health
3. Create a mechanism to drive work continuously.

1. Have knowledge in promoting health, have skills and be able to overcome physical and mental health crises. and manage income
2. At least 3 occupational groups were formed and management was organized.
3. The results of the exchange of knowledge are recorded in the network of professional groups, creating group and community rules.



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