

## **Abstract**

In the Naickaneri Hills in Vellore District of Tamil Nadu, India, the local community is specifically challenged with obstacles that limit their ability to consume vegetables on a daily basis. This is significant to their health because, according to the National Institute of Nutrition's publication "Nutritive Value of Indian Foods", fruits and vegetables provide several necessary vitamins and minerals. According to the UN's Food and Agriculture Organization food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. This case study highlights the implementation of a technology that enables the rural and urban poor to preserve produce in order to increase food security.

The described technology is widely referred to as the Pot-in-Pot or Zeer. The need for the intervention, experiences, and lessons learned from implementation are systematically elaborated and included. Depending on local situations in other communities, the presented technological solution and its implementation could provide useful insights to tackle issues of lower consumption of various types of produce.