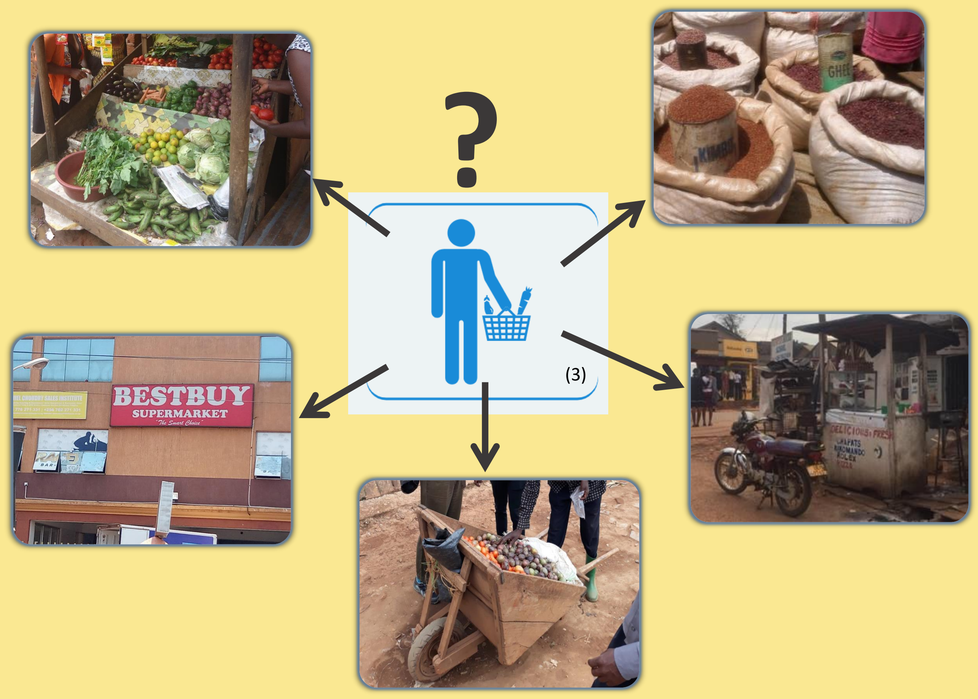
WHERE DO INHABITANTS OF THE PARISH KANYANYA IN KAMPALA SHOP?

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Background

- Poverty and malnutrition hotspots are moving from rural to urban communities as Africa is urbanizing (1)
- Rise of urban population in Uganda from 7.4 million in 2014 to 9.4 million 2017 (24% of population) (2,3)
  - Thus, dietary aspiration are changing and urban food systems have to evolve rapidly to address the new demand
- This requires a deep understanding of the current food system.

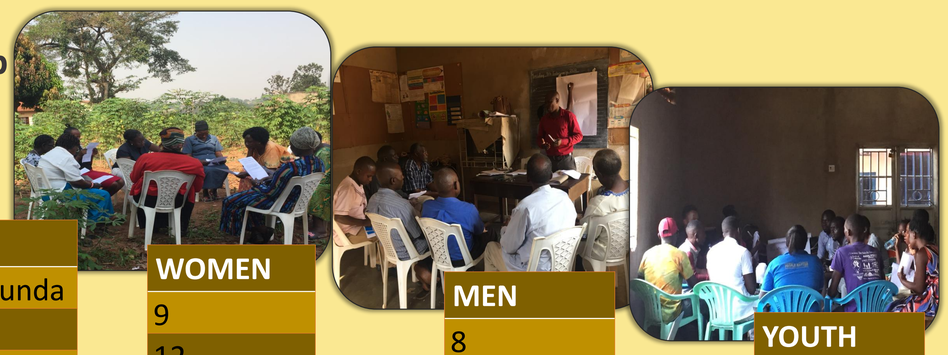


? What are the main food and retails outlets of inhabitants of a low- and middle-income area in Kampala, Uganda?

Materials and methods

- **Kanyanya parish** (Kawempe division, Kampala, Uganda) was selected
  - Approx. 26,800 inhabitants (4); predominantly lower & middle-class residential area
  - Kanyanya is sub-divided into 5 zones (Lutuunda, Wampampa, Kikuubo, Kiyanja & Kitambuza)
- Qualitative data collection:
  - **3 Focus Group Discussions** in **Feb 2020** about :
    - Food environment,
    - Food sources ,
    - Food choices.

3 Focus group discussions



Zone	WOMEN	MEN	YOUTH
Wampamba & Lutuunda	9	8	8
Kikuubo & Kiyanja	12	6	11
Kitambuza	13	10	8

Results

- Mentioned **food outlets** by community members:



- Main food outlet named are **Food stalls -** Traditional retail
  - Mostly fresh vegetables are bought (46%)
  - 13% buy fruits, legumes, nuts & seeds



- Over 80% use the traditional, **local markets -** Traditional Retail
  - On average 20 min walking distance
  - 51% buy their fresh vegetables and fruits



- 87% use **Mom – and – Pop Shops/ Small Kiosks -** Traditional retail
  - Mainly purchase of cereals (36%), milk & milk products (28%)



- 53% buy from **Hawkers/ Food vendors -** Traditional Retail
  - 22% buy fresh vegetables and fruits
  - Seasonal variations in the offered food items



- 20% mentioned to use **Supermarkets** - Modern Retail
  - Used to buy eggs, meat, fish or milk and milk products

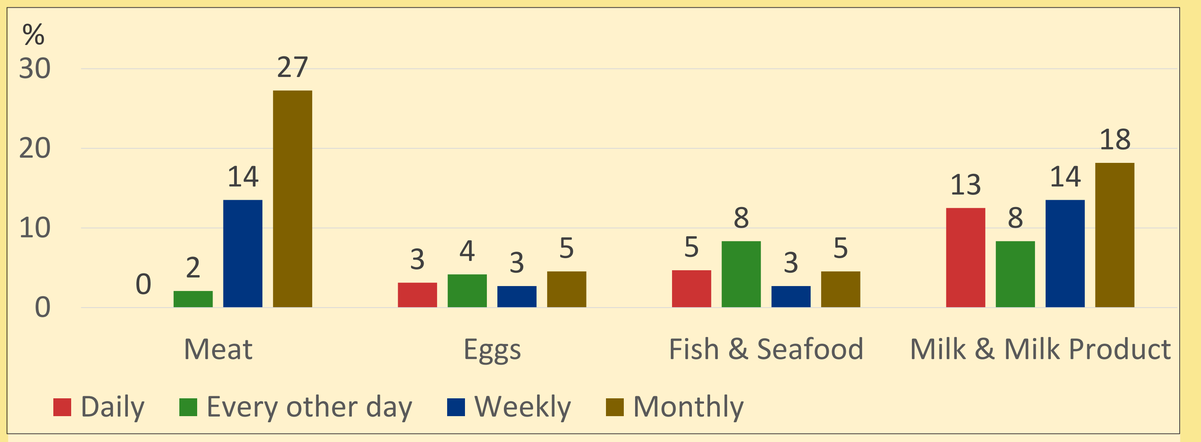


Fig 1 Prevalence of consumption of animal-sources food by food group

- 34% consume vegetables daily, while fruits only by 5% (weekly 19%)
- 13% and 19% consume cereals and legumes food group daily

!
- Food stalls and traditional markets still major food outlet
- Meat, milk & milk products commonly consumed on monthly basis
- Reasons behind preferred outlets need to be explored
- **Next steps:** Quantitative data collection

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NOURICITY **PARTNERSHIPS FOR HEALTHY DIETS AND NUTRITION IN URBAN AFRICAN FOOD SYSTEMS – EVIDENCE AND STRATEGIES**

This research is embedded within the project NOURICITY, part of LEAP-Agri, a research initiative related to Food and Nutrition Security in 3 urban areas in Africa: Accra (Ghana), Cape Town (South Africa) and Kampala (Uganda).
The Kampala case is executed by Wageningen Economic Research, Alliance of Bioversity International and CIAT and BoP innovation centres.
Further results are presented at the Tropentag 2020 at the following 2 sessions:

Vincent Linderhof. How Did Diets in Urban and Rural Uganda Develop Over Time? Abstract (ID 415)
Andrea Fongar. Urban Food System of Kampala, Uganda: a Participatory Approach to Map Systemic Drivers for Healthier Diets. Abstract (ID 345)

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Presented at the Tropentag 2020, September 09-11, 2020
*Poster Session: Markets - Marketing – Value Chains (**Abstract** ID 349)*

Picture credits to: Nalweysio Martha Dorcas (Project Assistant), Youri Dijkxhoorn and Tobias Recha

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