



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

“POSSIBLE INTERVENTIONS IN THE FOOD SYSTEM OF KANYANYA (KAMPALA)”

WORKSHOP REPORT - DELIVERABLE WP8: NOURICITY - KAMPALA

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Objective

Food value chains are part of the systemic drivers of urban food and nutrition security. An important part of these value chains are the various informal small actors. These include producers, transporters, processors and retailers. One of the main objectives of the NOURICITY project is to initiate and implement partnership agreements between different local, national and international stakeholders to improve the urban food system of the selected parish Kanyanya. Therefore, the workshop aimed to inform the stakeholders about the progress of the project and to discuss possible interventions in a participatory manner. The half-day workshop involved representatives from the parish and various other stakeholders.

This NOURICITY workshop was organized and facilitated by Vincent Linderhof (WEcR, project leader NOURICITY Kampala), Youri Dijkxhoorn (WEcR), Joel Onyango (BoP innovation Center), Andrea Fongar (Alliance of Bioversity International and CIAT), and Martha Nalweyiso (local consultant).

Participants: Representatives of Makerere University (MU), Ministry of Health (MoH), Ministry of Agriculture, Animal Industry and Fisheries (MAAIF), World Vision, Dutch embassy, Kampala City Traders Association (KACITA), International Food Policy Research Institute (IFPRI), Kilimo Trust, Integrated Seed Sector Development Program (ISSD), Kyambogo University (KYU), Volunteers Effort For Development Concern (VEDCO), and Slow Food Uganda, the Office of the Prime Minister (OPM), National Agricultural Research Organisation (NARO), Kampala City Council Authority (KCCA), Deutsche Welthungerhilfe, Wageningen Centre of Development and Innovation (WCIDI), Nutreal Limited and representatives of the villages in Kanyaya parish in Kampala.

Location: Grand Global Hotel, Kampala

Program: February 13, 2020

Table 1 Workshop Agenda

Time	Activity
09:00-09:30	Registration
09:30-09:45	Welcome and opening
09:45-10:00	Introduction project
10:00-11:00	Current activities
11:00-11:15	Coffee break
11:15-12:00	Possible interventions
12:00-12:45	Discussing and ranking of possible interventions
12:45-13:00	Wrap-up and closure
13:00-13:30	Lunch

Welcome and opening

Kanyanya is a parish situated in Kawempe division in Kampala district. The parish has 5 zones that were sampled for the intervention and focus discussion groups (FDGs). It is densely populated with 28,000 people and has few agricultural activities.

The level of food insecurity is severe among women of reproductive age (89%) as identified by studies. Especially if they have school-going children, large size households, low education and low income. Dwellers in informal settlements lack the purchasing power to buy food regularly and the typical diets are not diverse.

Food is expensive in slums, and informal retail outlets are dominant in selling small volumes to serve the urban population. Transportation of food is a major challenge and drives food prices to high levels. It also causes food safety challenges like perishables. In contrast to peri-urban areas, there are limited opportunities to grow healthy food crops (vegetables and beans for instance).

It was observed in other studies (e.g. LEAP-agri project Food4Cities) that the primary food cooking method used was charcoal at 88% and firewood at 17%. Common water sources within the areas were the use of neighbors water taps and communal taps at 40% and 15% respectively. The most used access to important health and food health information was basic mobile phones (79%), smartphones at 50% and television at 79%.

Discussion

- Consumer trust vs awareness - it is not just about people knowing what is healthy, but also whether people trust the nutrition message and options;
- Indicators of diverse nutritional capacities and value – household indicators need to be adapted based on the interventions;
- Nutritional outcomes – this should not be limited to accessibility and affordability, but rather include real nutritional outcomes. Concern that one year is relatively short for a conclusive dietary-related study;
- Build on what already exists – it would be fruitful for the team to build on existing ideas of interventions being pioneered in Uganda, then expand to other ideas. For example, the case of biofortification using orange flesh sweet potato.

Identified challenges

The City Region Food Systems (CRFS) method was used in Kanyanya parish. The food flow mapping in Kanyanya was applied within a previous workshop with participants like village leaders and shop owners which was held in October 2019. It was followed up by a more detailed mapping exercise plotting the different retail outlets and markets on the map.

- The level of food insecurity is high;
- Typical diets are not diverse;
- In contrast to peri-urban areas, there are limited opportunities to grow healthy food crops (vegetables like beans);
- Food safety is poor, key risks are the overuse and misuse of pesticides at the farm level, the handling of food by traders and retailers and the unhygienic preparing of food;

- Availability of vegetables and other micro-nutrient rich food is limited;
- Food price fluctuations due to seasonal changes and transportation costs; and
- Environmental issues in Kanyanya.

Retail

- Healthy food is not widely available and affordable;
- The availability of healthy food and its seasonality are challenges due to the lack of storage facilities;
- Prices of healthy food like fruits and vegetables are high. Poor people in Kanyanya often afford one meal per day and they do not have the opportunity to set aside some budget for buying vegetables;
- Preparation of meals at home is costly since it requires charcoal which is scarce and therefore expensive;
- The supply of healthy products in informal retail outlets is limited.

Food processing

There are different food processors (small and large) in Kanyanya like fish, tea, banana wine, butcheries and curry powder. These processors get their raw materials from outside Kanyanya. These sell directly to markets locally, nationally and internationally. Serious concerns were mentioned by the stakeholders related to pollution and other health-related risks. Downstream flows and the contamination of water.

Food consumption and food waste

There is a lack of knowledge among consumers. People in Kanyanya eat traditional meals (mainly matooke and posho). Meals are carbohydrate-rich and not diverse in nutrients.

Micronutrient-rich foods are expensive and unavailable to low-income earners, attitude and mindset coupled with ignorance. Out-of-home consumption is gaining importance as it is viewed to be cheaper than home-cooked food. Meals are usually prepared at home and these home meals lose micro-nutrients due to current cooking practices;

- Preparation time is too long and nutrients in food vanish.
- Environmental issues brought by the use of charcoal;
- The trade-off between fuel and food from the home garden; and
- Changing the preparation of food faces cultural barriers.

Food waste is collected by private companies on a voluntary basis with a charge (at 5,000 UGX per collection). Waste is disposed of at a landfill 2km north of Kanyanya (Kiteezi landfill) or people with a backyard and livestock utilize the waste food by feeding their animals.

Discussion

- How are butcheries processors? Do they do basic processing (some might sell rats/cat meat as processed)? The basic processing includes the cuttings they make from bulk.
- Maps – seen shops and supermarkets – do they include open-air markets? – the markets were included in the mapping exercise and will be made more visible including labels after processing later.
- Food out of home – what kind of food are individuals exposed to? Some commercial cooking methods use additives that are harmful to human health (e.g. cases of using jet oil in frying/cooking; or

cumulation of aflatoxin during g-nut grindings and processing). There will be a need to work with street food vendors, to illuminate them on the quality of products they use.

- Nutrient gaps – there should be considerations of the cost of a nutritious diet. The KCCA is contributing to a food report that would differentiate the energy-only and nutrient-diet costs. However, the report is not available to the public yet, best to follow up with the KCCA contact.
- Food safety – The rate and consumption pattern among the residents of Kanyanya would require further investigation. The nature of the people eating processed food indicates a potential gap in food safety studies, especially in informal areas. Some focus on food safety will be needed.
- Food choices – there is concern over ‘pseudo-nutrition’. For instance, some people may consume ‘meat’ which in the real sense is constituted of fat and meat off-cuts, with poor nutritive content.
- Food security and affordability study – the nutrition of micro-nutrients, and their relationship to consumption patterns may need to be considered in the current study, to promote complete data sets. This type of data would open up discussions for urban nutrition (that seem to have been assumed), especially on access, security and affordability.
- Women are food insecure – perhaps this would be associated with the fact that women feed children first, when the husband is away (e.g. in the husband in the pub), sacrificing their meal. The shared statistics will be reaffirmed through the baseline, with gender-disaggregated data. However, we will consider female-headed households, but we will probably not research the intrahousehold aspects.

Focus Group Discussions

This was done in the 5 zones of Wampamba, Lutuunda, Kukuubo, Kiyanja and Kitambuza. 3 FGDs were conducted comprising 15 members from each zone.

Preliminary results for the challenges raised from FGDs

- Garbage disposal is only collected once a week bringing about dumping into the streams and roadsides. In addition, private companies are expensive for low-income earners.
- There are not enough pit latrines within the zones of Wampamba and Lutuunda. This means the disposal of human refuse is done in streams or by roadsides.
- The murrum (or dirt) roads in these zones cause dust during dry seasons which affects food preparation. During rainy seasons, the roads are muddy with limiting access to some areas.
- Kikuubo zone has the highest rate of unemployment and is densely populated with high crime rates. However, the zone is highly blessed with better roads, more clinics and schools.
- Kitambuza zone, on the other hand, has few retail shops and outlets. There is no open-air market in this zone and no collection space for garbage. The service is provided, but there is no collection centre. Private companies are collecting door to door, but KCCA service only collects at certain points.
- 10% of the households do urban farming (mainly bananas, mangoes, avocados and cassava).
- In Kitambuza zone are no wells and the community only depends on rainwater and public taps. Households close to the swamp area use spring water. There is less drainage compared to other zones since its located uphill.

Group discussions

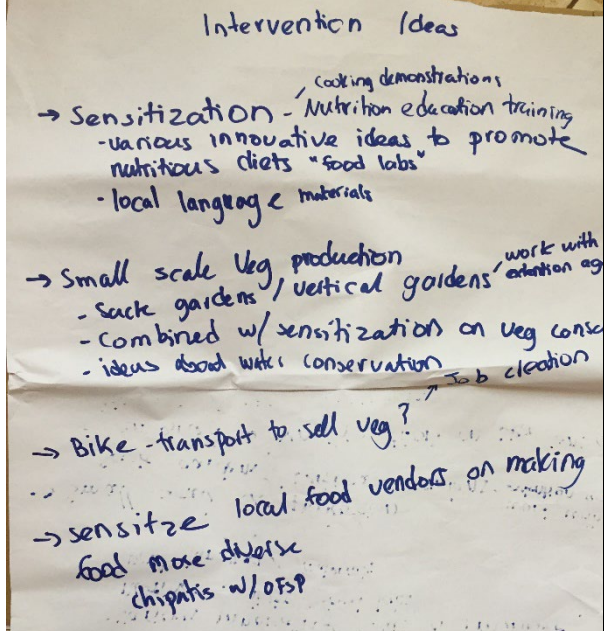
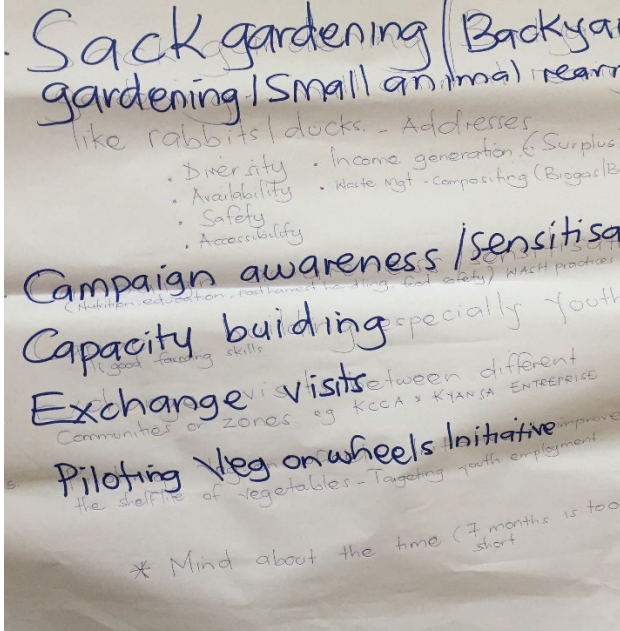
The participating members in the workshop were divided into 3 groups to discuss the various intervention and implementation strategies that can be accessible and affordable to improve food safety and healthy diets.

Group 1 (see picture 1)

- Sensitization → cooking demonstration/ nutrition education training
 - Various innovative ideas to promote nutritious diets ‘food labs’
 - Local language materials
 - Food lab concept (urban farm spaces) – demonstration garden
- Small-scale vegetable production
 - Sack gardens/ vertical gardens (work with extension agents)
 - Combined with sensitization on vegetable consumption
 - Water conversation
- Cooking demonstration for food vendors (chapati - including more vegetables into chapati)
- Selling vegetables on a bike → bike transport to sell vegetables (see Annex 1 for additional information obtained after the workshop)
- Sensitize local food vendors on making food more diverse (chapati idea)

Group 2 (See picture 2)

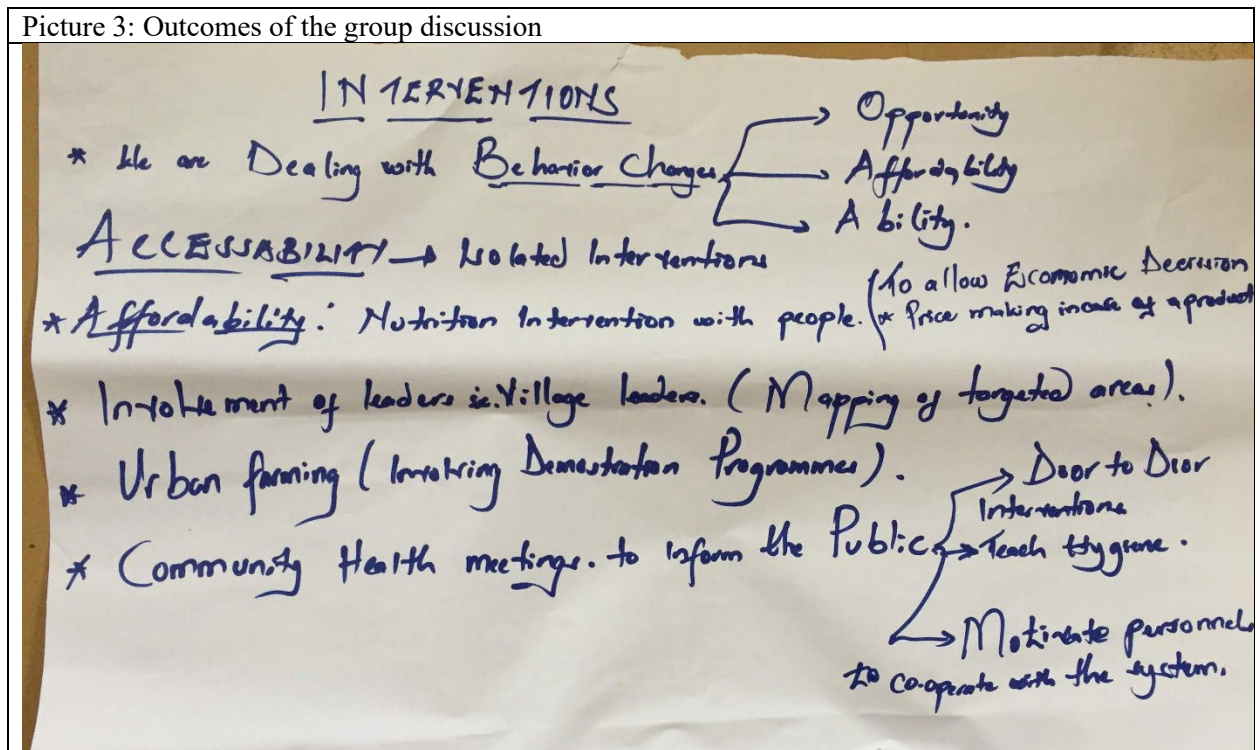
- Sack gardening/backyard garden (including animals)
 - Promotion of different crops, which benefit households and animals
 - Diversity/ waste fertilizer garden/ Biogas – alternative source energy/ safety → home more sanitized; foods are self-consumed → organic
 - Campaign awareness and sensitization – nutrition knowledge, WASH, post-harvest, washing vegetables (clean water) → which type of media → local means available/ social gathering/ communications schools days/ church gathers/ megaphones to bring people together/ Training of Trainers
 - Capacity building for the youth → back yard gardening – earn a living, to be sustainable
 - Exchange visits from zone to zone/ to adopt healthy diets proper
 - Visiting KCCA urban farming enterprise to take the knowledge to the zone
- Piloting vegetables on wheel initiative – to adapted from Nigeria – target youth → a form of employment and income generation

Picture 1: outcomes of the group discussion	Picture 2: outcomes of the group discussion
 <p>Intervention Ideas</p> <ul style="list-style-type: none"> → Sensitization - ^{cooking demonstrations} Nutrition education training <ul style="list-style-type: none"> - various innovative ideas to promote nutritious diets "food labs" - local language materials → Small scale veg production <ul style="list-style-type: none"> - sack gardens / vertical gardens ^{work with extension ag} - Combined w/ sensitization on veg conse - ideas about water conservation → Bike - transport to sell veg? ^{Job creation} → sensitize local food vendors on making food more diverse (chapatis w/ OFSP) 	 <p>Sack gardening (Backyard gardening / Small animal rearing) like rabbits / ducks. - Addresser</p> <ul style="list-style-type: none"> • Diversity • Availability • Safety • Accessibility • Income generation • Surplus • Waste Mgt - Composting (Biogas) <p>Campaign awareness / sensitization (Nutrition education, post-harvest handling, food safety) WASH practices</p> <p>Capacity building (good farming skills) especially youth</p> <p>Exchange visits between different communities or zones. eg KCCA x KYANSA ENTREPRISE</p> <p>Piloting Veg on wheels Initiative (improve the shelf life of vegetables - Targeting youth employment)</p> <p>* Mind about the time (7 months is too short)</p>

Group 3 (see picture 3)

- Dealing with behavioral change (opportunity, affordability, ability/ accessibility)
 - Accessibility → Interventions
- Affordability: nutrition intervention with people (to allow economic decisions/ price setting in case of a product so that healthy foods are financially attractive than unhealthy foods)
- Involvement of leaders to inform of information/ Mapping of intervention area together
- Community health meetings to inform the public → Door to door interventions, teaching hygiene, the motivation of personnel to cooperate with the systems
 - → products to access → food safety/ supplier side/ sanitation on hygiene and food products
- Urban farming → demonstration programs (see Annex 1 for additional information received after the workshop)
- Biofortified products/ crops → MAAIFs orange-fleshed sweet potato chapati → adding foods (VEDCO)

Picture 3: Outcomes of the group discussion



Commonly discussed intervention strategies

- 1) Sensitization that includes nutrition education training, cooking demonstrations, and campaign.
- 2) Urban gardening is like small scale vegetation production and sack gardening.
- 3) Exchange visits to practicing demonstration farms set-up by the Kampala City Council Authority (KCCA) like the Kyanja Agriculture Research Center (KARC).
- 4) Borrow the bike transport system that is being used in Nigeria.
- 5) Use of local language materials to sensitize the Kanyanya community.

Annex 1 additional information obtained from participating stakeholders

Current mobile street food vendors:

“Yes, it is true that where I live, in Kasangati village, there are a number of retailers moving around from household to household, especially in morning and evening hours with vegetables on bikes. These mobile retailers, unfortunately, are not organized and are on and off. It is thus, not easy to quantify this activity but I believe, if a project is supported to organize these, it can greatly contribute to food and nutrition security

KCCA on urban farming:

- 1) “KCCA is promoting urban farming programs that support communities to utilize small spaces for farming, especially in places like slums where space for farming is limited. Further, support to urban farming includes the Kyanja Agricultural Resource Center (KARC) setup by Kampala Capital City Authority (KCCA) where demonstrations and training in urban farming innovations are carried out. The center has a number of units demonstrating best practices in urban farming such as vegetable production units comprising of sack gardens, box gardens and greenhouses and hydroponic units, aquaculture units, poultry brooding units, pig breeding units and fodder production units. Given the role urban farming plays in addressing challenges of food and nutrition insecurity, KCCA is spearheading interventions to promote urban farming in Kampala city through dissemination of skills and knowledge on backyard gardening and organic waste recycling.
- 2) Kanyanya is a parish of Nakawa division and KCCA has extension workers at the division offices that visit farmers in Kanyanya to provide extension services.
- 3) The Kyanja Agricultural Resource Center (KARC) has 2 open days (Wednesdays and Saturdays) for the public to visit and get training on urban farming technologies. Visitors come from all parts of the city including Kanyanya to learn about urban farming.” KARC is located in Kyanja parish (Nakawa division) about 5 km at the north east of Kanyanya.