

PROFAY 2011

PROMOTION OF FRUIT AND VEGETABLES FOR HEALTH



African Regional Workshop
Arusha, Tanzania, 26-30 September

**Assessment of Fruit and Vegetable
Availability and Consumption
in *English Speaking* Sub-Saharan
African Countries**

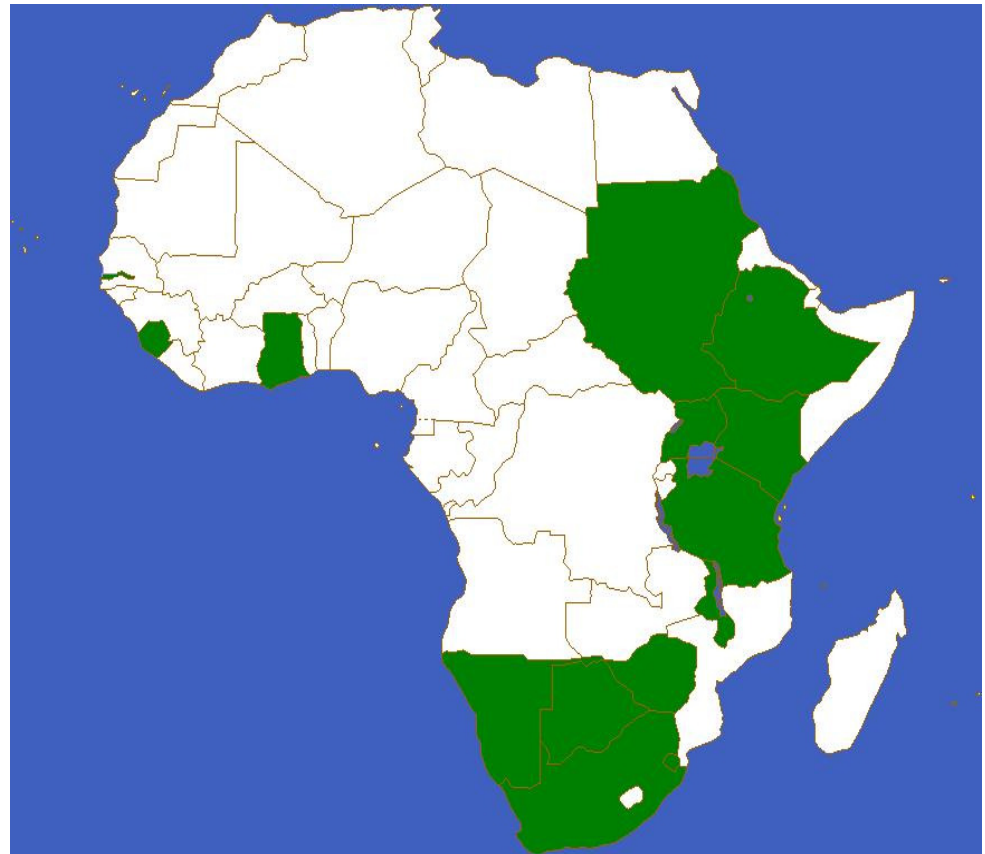
The Questionnaire for National Assessment

Filled by 3 representatives per country:

- Agriculture sector
- Health sector
- Education sector

15/21 countries

(71% respondents)



The Questionnaire for National Assessment

5 parts:

- Production for domestic markets and exports
- Importations
- Consumption trends and behaviors
- Availability
- National Programmes for the promotion of F&V consumption

Part 1 – Data on Production and Trade

- Data from the Ministry of Agriculture or estimates
- Complete for few countries (e.g. KEN, MAL, SAF, ZIM)
- Accurate data on exports on few crops
 - Ex.: Nuts (cashew nuts, macadamia nuts)
- Almost no data on domestic markets except in ETH (study from CSA in 2009-10) and ZIM (MOAMID)
- Often lack of information on backyard production
 - e.g. no avocado reported in SWA, or mango in SUD, or tomato in SIE
 - no reference to leafy vegetables (most countries)

Part 1 – Data on Production Systems

- No clear indication whether constant or increasing production
- No clear indication whether more or less producers, although large majority of small holders
- No clear indication whether more or less acreage with horticulture crops
- No clear information on irrigated crops according to the potential

Part 1 – Data on Post Harvest Losses

- No report data available, few studies (ETH, GHA)
- Some detailed estimations (see map)

Part 1 – Data on Post Harvest Losses

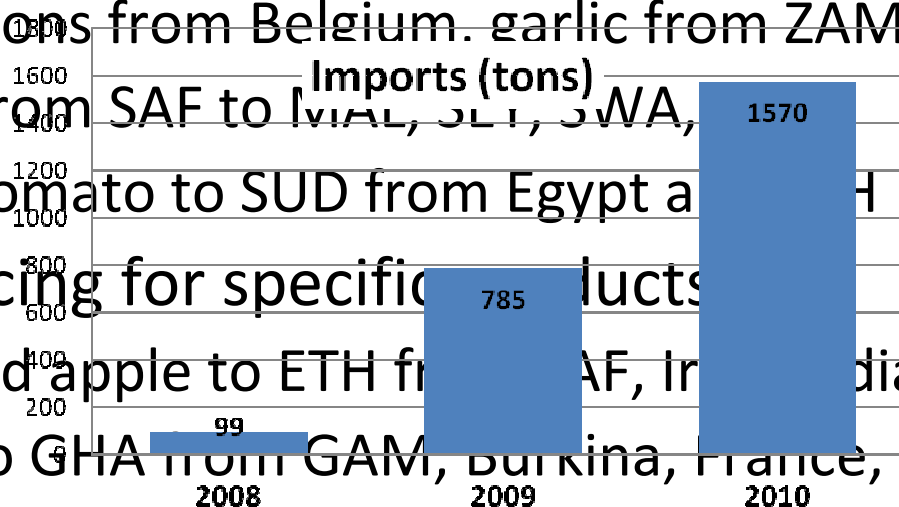
- No report data available, few studies (ETH, GHA)
- Some detailed estimations (ETH, KEN, SUD, TAN, ZIM)
 - Poor harvesting methods, handling, packaging and transportation, marketing (losses all the way)
 - Mango (60%) and tomato (50%) the highest losses
 - Lack of quality storage facilities at farm level and markets (e.g. 33% losses for onion in ZIM)
 - Few airports equipped with storage facilities serve fresh produce exportation (ETH, KEN, TAN...)

Part 1 – Data on Post Harvest Processing

- No report data available, generally negligible
- Few case studies (potato in KEN)
- Some encouraging examples of reduced post-harvest losses
 - In okra due to dehydration (SUD)
 - In citrus due to processing into juice (ZIM)
 - Tomato (TAN), pineapple (KEN) canning
 - SAF leading the processing industry in Africa (n.d.)

Part 2 – Data on Importation

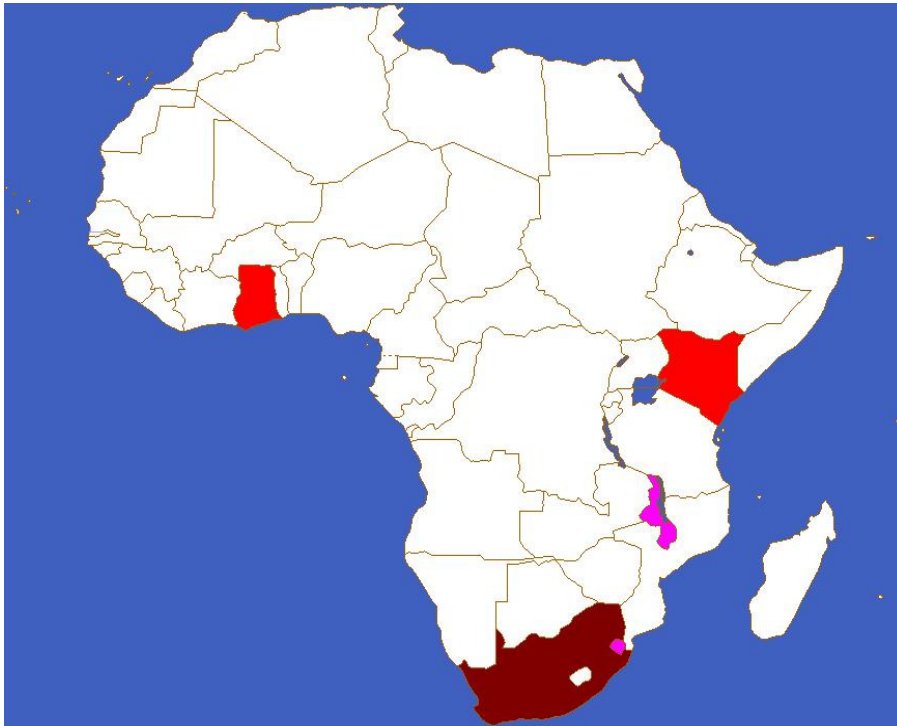
- Constant or general increase of imports of fruits and vegetables over the last 3 years
 - e.g. TAN vegetable imports raised during the last 3 years
- Bilateral partnership for specific products
 - Dried onions from Belgium. garlic from ZAM, to SAF
 - Apples from SAF to IVAL, SLI, SWA,
 - Cherry tomato to SUD from Egypt and H
- Multi-sourcing for specific products
 - Grape and apple to ETH from SAF, India, Jordan, Egypt...
 - Mango to GHA from GAM, Burkina, France, Brazil...
- Lack of information on regional trade except for ZIM
 - No data for KEN, GHA (except for mango), UGA



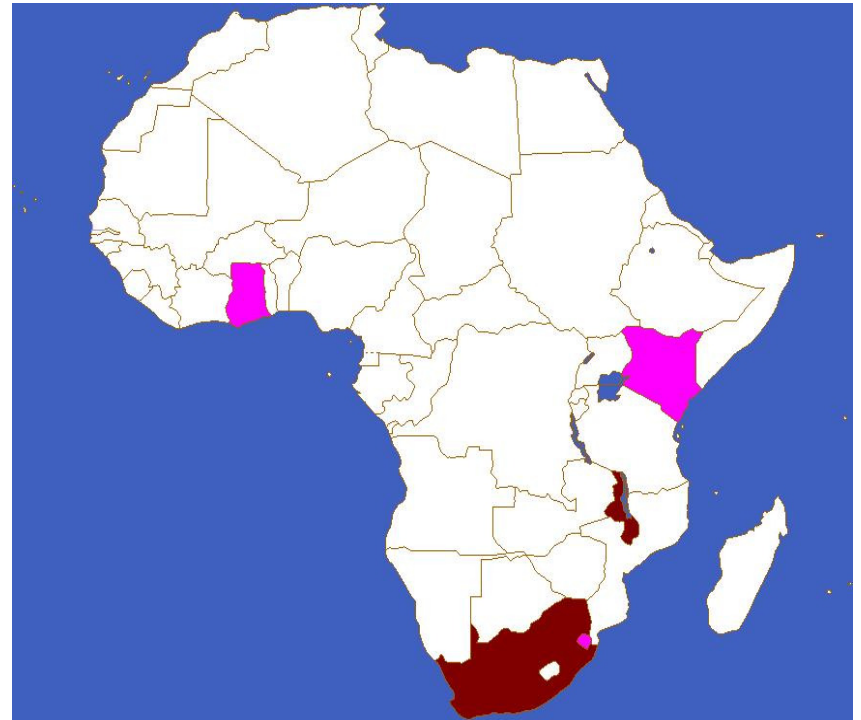
Part 3 – Data on Consumption

a. FRUITS

- Mostly during lunch (variability among countries)
- In general less than once per day for low-income and low-education consumers
- Once a day for middle- and high-income / education consumers
- Throughout the year for urban consumers thanks to imports
- Usually raw






URBAN



RURAL

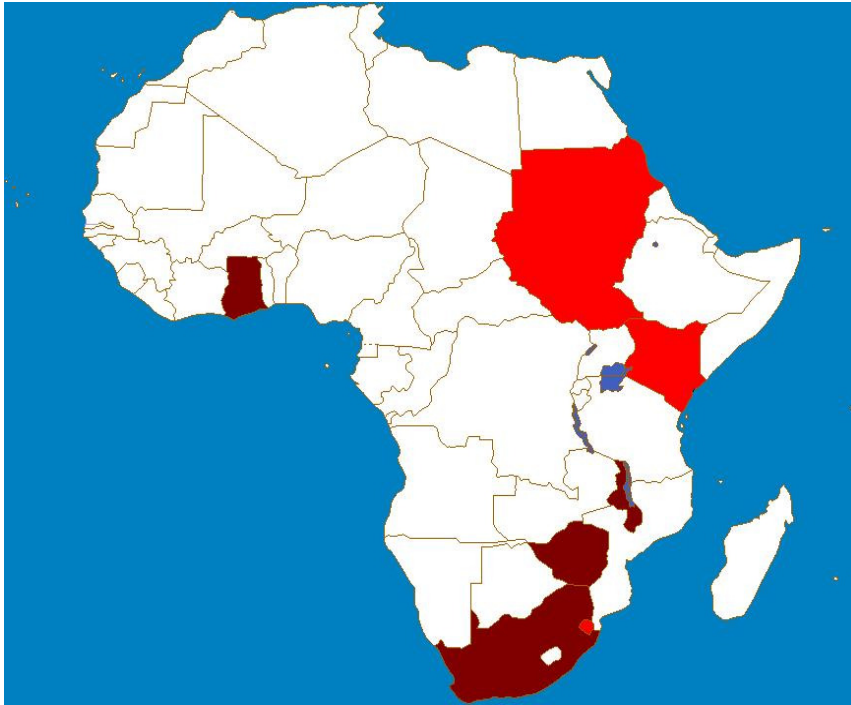
PawPaw Consumption (Estimates)

High	
Medium	
Low	

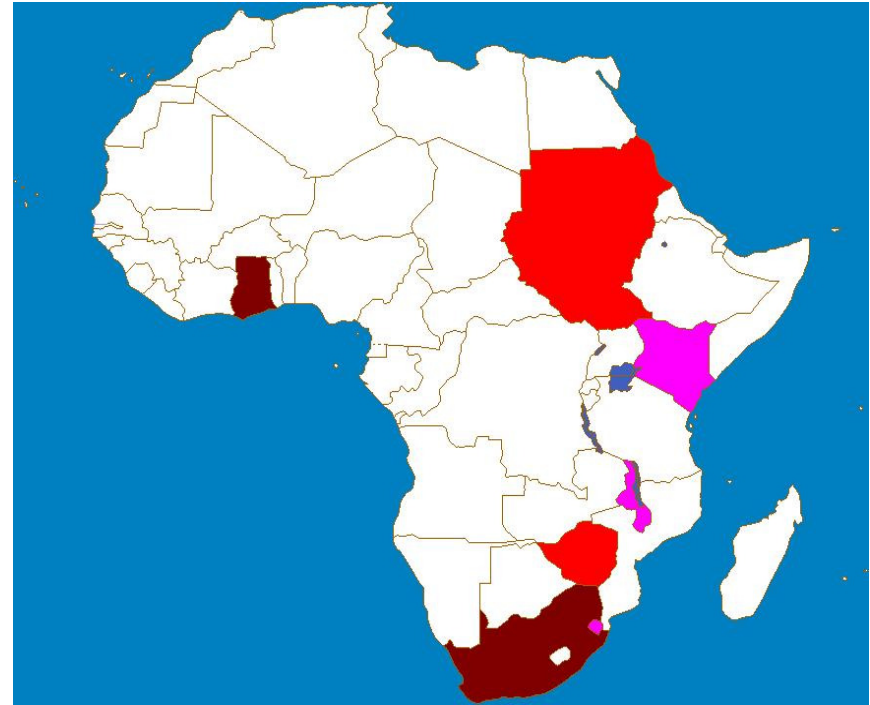
Part 3 – Data on Consumption

b. VEGETABLES

- In general during lunch and dinner
- Mostly twice a day
- Inversely correlated to income / education
- Throughout the year
- Usually cooked






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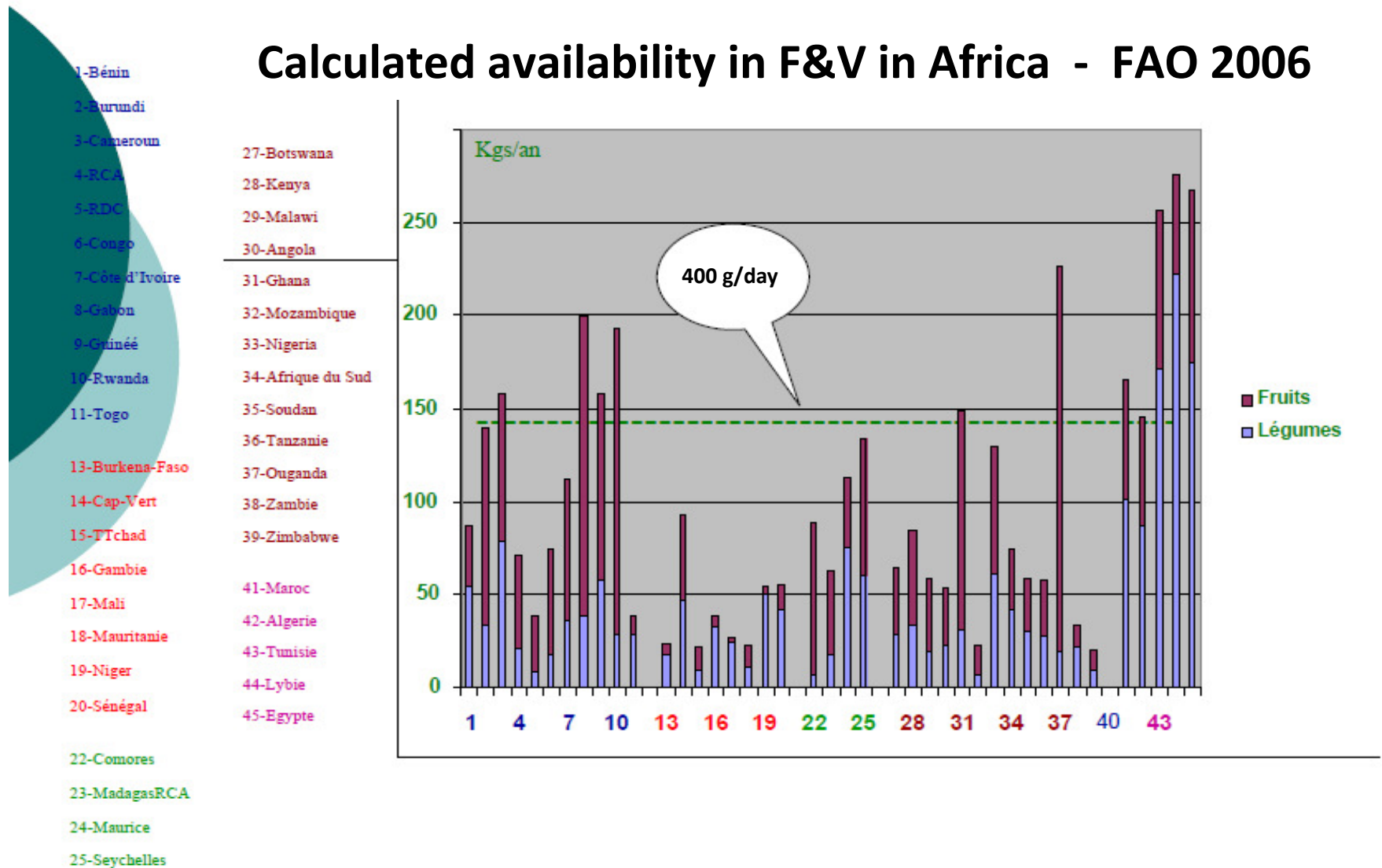
RURAL

Tomato Consumption (Estimates)

High	
Medium	
Low	

Part 4 – Availability

Calculated availability in F&V in Africa - FAO 2006



One suggestion as follow up

Possibility to consolidate F&V Availability from the questionnaires with data on population

$AV = \text{Production} - \text{Exports} - \text{Losses} + \text{Imports}$

$AV \text{ per capita} = AV / \text{inhabitants}^*$

** Missing information from the questionnaires*

Part 5 – National Programs on F&V

Policy Agri-Nutrition-Health		Target groups	Priority areas	On-going initiatives on F&V consumption
BOT	NAMPAADD	Mothers and youth	Increase F&V consumption	X
ERI			Promote awareness through campaigns and programmes	
ETH	No (draft only)			–
GAM	No			–
GHA	No in Horticulture Yes in Health	School children	Create demand and consumption of F&V	regenerative health programme on national TV Month of F&V
KEN	Nat. Hort. Policy		Increase availability by planting F&V at school gardens	X
LES			To build habit/ culture of eating fruits and vegetables	
LIB				
MAL	No			Non gov. Initiatives
MAU			Educate learners on how plant and manage school gardens	
NAM	No			–
NIG				

Part 5 – National Programs on F&V

Policy Agri-Nutrition-Health		Target groups	Priority areas	On-going initiatives on F&V consumption
SAF	<ul style="list-style-type: none"> • FRUIT INDUSTRY PLAN • National school feeding schemes • Zero hunger campaign 	Urban households	Increase demand and consumption of F&V	marketing and promotion of fruits
SEY			Establish a system of monitoring production and consumption of F&V in the country	
SIE	No (draft only)			=
SUD	No			=
SWA	No			Micronutrient campaign Farmers' Field Day Nutrition Days
TAN	National Horticulture Development Strategy 2012-2021	Rural households	To impart knowledge on F&V consumption in the household	x Mango and Mushroom testing festival
UGA	No	HIV -AIDS infected people	Increase in consumption of F&V as a means of boosting immunity	Bean campaign in 1983-84
ZAM				
ZIM	Yes			=

Part 5 – Role of various actors

(suggested by KEN)

INSTITUTION/ORGAZATION	ROLE(S)
Ministry of Agriculture	Increased production under Good Agricultural Practices
Ministry of Public Health and Sanitation	Increased awareness creation on the importance of consumption of fruits and vegetables (F & V)
Ministry of Education	Include the importance of F&V in the school curriculum
Food Industry	Promote cottage industries to reduce post harvest loses and also to ensure availability throughout the year
Development Partners	Capacity building, technology transfer, service (e.g. credit) provision
NGOs	Capacity building, technology transfer, service (e.g. credit) provision
Religious groups	Advocacy and awareness creation
Civil Society	Advocacy and awareness creation
Professional groups	Professional guidance into the importance of consumption of F & V

Few Conclusions

- Lack of information and data on F&V at domestic and regional levels
- Promotion of higher consumption shall come along with good practices along the value chain
- Lack of formal policies to enable promotional initiatives at national level
- Poor contacts with mass media to raise awareness on nutrition and health issues
- School generally listed to best influence young generations and their parents

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