Poverty and malnutrition hotspots are moving from rural to urban food environment, 20%. Mentioned to use Kanyanya. Reasons behind preferred outlets need to be explored. Approx. 26,800 inhabitants. Seasonal variations in the offered food items. This requires a deep understanding of the current food system.

Materials and methods

Kanyanya parish (Kaawempe division, Kampala, Uganda) was selected. Approx. 26,800 inhabitants; predominantly lower & middle-class residential area. Kanyanya is sub-divided into 5 zones (Lutuunda, Wampambwa, Kikubu, Kiyana & Kitambuzu).

Qualitative data collection: 3 Focus Group Discussions in Feb 2020 about:
- Food environment,
- Food choices,
- Food sources,

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

Note: The main food and retail outlet food choices of a low- and middle-income area in Kampala, Uganda?

Fig. 1. Prevalence of consumption of animal-source foods by food group.
- 34% consume vegetables daily, while fruits only by 5% (weekly 19%)
- 13% and 19% consume cereals and legumes food group daily

References


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