

Kitchen gardens reduce time needed to access vegetables - a qualitative study in Turkana, Kenya

1 Introduction



- Turkana is the poorest region in Kenya
- Semi-arid to arid region = food insecurity and malnutrition hotspot, food insecurity and malnutrition increased following Covid 19 and severe long-term drought
- 62% pastoralists, 20% agro-pastoralist, 12% fish folks, 8% casual labor.
- Food environment: context in which people select, acquire, prepare, and consume food = determinant of diet quality and nutritional outcomes
- People consume what is within their physical and economic reach

2 Background

➤ **August 2020 and July 2022: Diagnostic Baseline and Endline survey** (Oduor et al. 2023, Tropentag)

➤ **October 2020: Co-creation of interventions**

- Six co-creation workshops organized in ten communities with participation from various groups including women, youths, men, senior citizens and local leaders.
- Workshop facilitation followed a transdisciplinary approach with facilitators from ministries of agriculture, health and the researchers. Each community developed an action plan identifying the activities, the resources and the roles of each players.



➤ **January – December 2021: Co-implementation of CAPs**

- Communities implemented CAPs with routine monitoring by community health volunteers
- Transdisciplinary team worked together with the communities to fill any identified knowledge gaps with technical trainings and mentorship line with each of the intervention activities
- CAPs included e.g. setting-up kitchen gardens, saving groups, poultry raising

➤ **Study aim**

- to evaluate the impact of implementation of the CAPs on the community's food security and dietary diversity

3 Method



July 2022: Focus Group Discussion

- Ten Focus-Group-Discussions (FGD) on potential impact of kitchen garden on livelihoods, 43 men, 46 women
 - i) what participants liked about the project?
 - ii) what is the impact on individuals, households, the community?
 - iii) which challenges occurred, how were they solved?
 - iv) how were children and women affected by the project?
- Coding of transcripts was done in cycles and categories of analysis were developed

4 Results

"I like about the project is the money I get after selling of vegetables, I use this money to pay school fees and sometimes if you accumulate this cash can take the sick child to hospital." (Man)

"I sold Kunde and spinach mostly and in two, three day you can sell vegetables worth hundred and twenty shillings, enough to buy cooking oil and sugar to cover your household for two days." (Woman)

"The variety of vegetables that I had planted helped my family, especially my children who were sick most of the time before the project, they recovered and reduced intervals of getting sick most often." (Participants)



"Before the start of the Kitchen Garden I used to go to Moroto in Uganda to get vegetables or wait till when I travel to Lodwar, that's when my family ate vegetables. The kitchen garden shortened the distance, we picked spinach, kale, kunde and dodo any time we wanted to cook" (participant).

➤ At Baseline perceived distance to the preferred marketplace to purchase food ranged from 16 up to 210 minutes

5 Conclusion

- Without access to vegetables and fruits a diverse diet is not possible which is associated with a high risk for malnutrition. In Turkana vegetable and fruit production is limited due to water scarcity.
- At the same time the poverty level in Turkana is high and associated with high levels of food insecurity.
- The limited opportunities to purchase vegetables and fruits in the surveyed region calls for public health measures which enhance the market availability of fruits and vegetables at affordable prices.