

Agro-Pastoralists use participatory video making to reflect on their Food Environment in Turkana, Kenya





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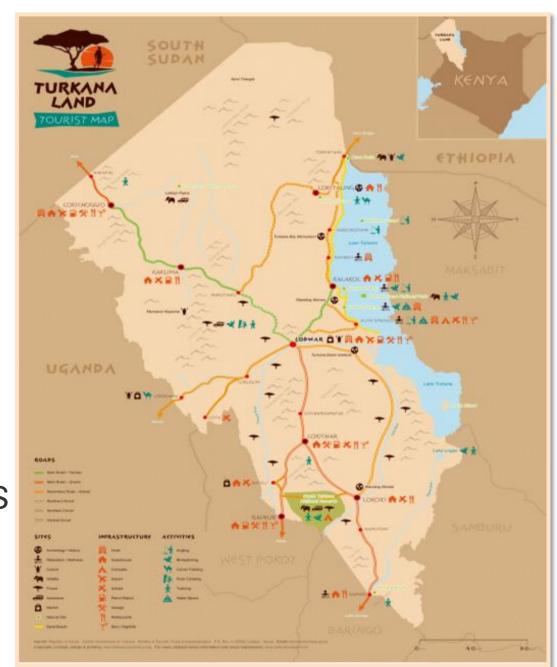
INTRODUCTION

Food Environment:

 where people select, acquire, prepare and consume food

Turkana County:

- Drylands in North-West Kenya, drought prone, high level of food insecurity
- Limited knowledge about perceived food environment among young (agro-) pastoralists
- High level of illiteracy
- Low level of digital inclusion



tp://www.visitturkanaland.com/turkana-county/ministry-tourism-trac

OBJECTIVES AND METHODOLOGY

- Learn about perceptions and attitudes of young (agro-) pastoralist in Turkana towards their food environment
- Young (agro-) pastoralists are enabled to identify options for change for a sustainable food environment transformation





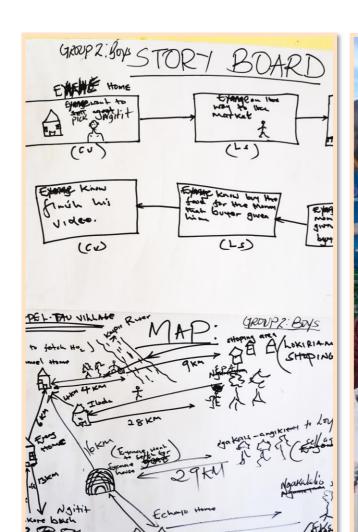
8 groups from two communities in Loima Subcounty - 2 men and 2 women groups, each 5 members, N=40 Left picture 4th person from left = Angela Natukunda who facilitated the video making process. Pictures show 2 groups presenting their 24h-recall



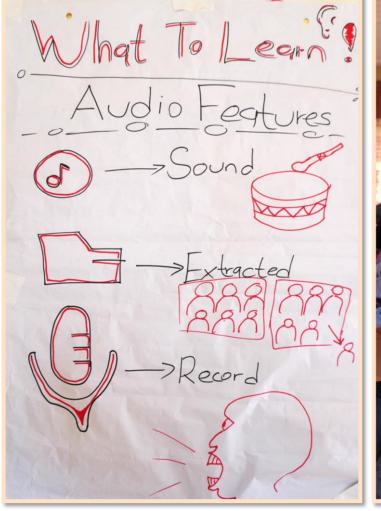




Workshop 1: measuring height and weight for body mass calculations – 7 dietary recall and food environment mapping and learning how to take videos and developing story boards









Monitoring visits for discussing technical difficulties; **Workshop 2 and 3:** learning how to edit videos with CapCut App; **Final Workshop**: visioning food environment in 5 and 10 years, identifying options to change

- The final videos were transcribed verbatim and translated
- Themes were identified throughout the process
- Visioning workshop was guided by videos and identified themes from the video making process
- Village representative was interviewed on process experiences
- Smartphones were handed over to the groups for future projects



RESULTS

- 4 women and 4 men groups, aged 18-24 years
- Mean Body Mass Index = 18.9 kg/m²



One meal per day is common, often with one item only, tea with or without milk and sugar is equal to a meal, vegetable and fruits are very scarce, safe drinking water is rarely available



Fruits and vegetables were mainly collected from the wild

Wild foods are found in the forest, far away from home, competing with wildlife, and other households of the community



Vegtable / kitchen gardens were considered as options to facilitate easy access to fresh vegetables

In the shops vegetables are rare, "Ryco", salt, pasta and flour may be available



Vegetable gardening is challenged by lack of water and requires special techniques, agricultural knowledge level are low among the young adults



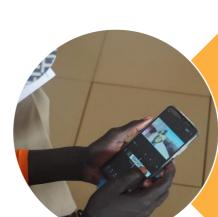
Income opportunities are very low, trading goats or firewood seems to be the only opportunities but cash is needed to buy food.



Restoration of trees as paid ecoystem service was considered as a potential solution but benefits take long



Lack of water limits capacities to prepare food, to do agriculture and raise livestock; migration area is limited



98 % of the participants have had no smart phone in their hands before; **learning how to handle a smartphone motivated the participants** to explore and reflect on options to improve their food environment



Village representatives report about change in attitude among project participants after the project ended; knowlege of food preparation enhanced and cattle steeling stopped, job opportunties were sought



CONCLUSIONS

- Low literacy levels did not hinder to create videos; video making rather allowed participants to tell and document their story
- Income opportunities outside of livestock and agriculture are needed to enable communities to purchase foods of their choice
- Participatory video making empowered young people to reflect on their situation and decide on next steps

Acknowledgments

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