



# 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



<http://www.visitturkanaland.com/turkana-county/ministry-tourism-trade/>



## 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 4<sup>th</sup> 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/m<sup>2</sup>



**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



**Vegetable / 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 ecosystem 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; knowledge of food preparation enhanced and cattle stealing stopped, job opportunities 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**

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