The contribution of the Fruits and Vegetables Sector to Food and Nutrition Security

Nicole Metz, Food & Business Knowledge Platform (nicole.metz@knowledge4food.net) and AgriProFocus
“Knowledge @ work 4 policy & practice”

→ Newsletter: subscriptions info@knowledge4food.net
→ Website: www.knowledge4food.net
→ Twitter and Facebook: @foodplatform
795 million people undernourished = 216 mio less than in 1990–92. (FAO)

<table>
<thead>
<tr>
<th></th>
<th>2010-2012 (mio)</th>
<th>2010-2012 (%)</th>
<th>2014-2016 (mio)</th>
<th>2014-2016 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>World</td>
<td>820.7</td>
<td>11.8</td>
<td>794.6</td>
<td>10.9</td>
</tr>
<tr>
<td>Africa</td>
<td>218.5</td>
<td>20.7</td>
<td>232.5</td>
<td>20.0</td>
</tr>
<tr>
<td>Eastern Africa</td>
<td>118.7</td>
<td>33.7</td>
<td>124.2</td>
<td>31.5</td>
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</tbody>
</table>
Global Nutrition Report 2015

- 2 billion people experience micronutrient malnutrition
- 1.9 billion adults overweight or obese
- 161 million <5 children stunted
- 51 million <5 children wasted
- 42 million children overweight

Countries on course to meet WHA Global Nutrition targets?
- Kenya: 5 out of 5
- Burundi, Uganda: 3 out of 5
- DRC, Rwanda, Tanzania, Zambia: 2 out of 5

Source: [www.globalnutritionreport.org](http://www.globalnutritionreport.org)
Food & Nutrition Security

FAO Definition:

- **Availability**: Domestic food production * Food producer prices * Imports * Post harvest losses
- **Access**: Household income from land, labour and capital * Consumer food price
- **Utilisation**: Diet * Nutrient consumption * Health status
- **Stability**: Income fluctuations * Cultivation and marketing risks * Political stability
Partners: Food & Business Knowledge Platform, TopsectorTU. Input SNV, BoPInc, AgriProFocus, and a group of experts.

Explorative study: literature review, resource persons, case study Ethiopia

Research questions:
1. Link between Fruit & Vegetables sector development and food and nutrition security?
2. Impact of market-economic conditions and interventions on food and nutrition security?
Findings: Availability

- Significant production increases in the past two decades
  - Also in food-insecure and low-income countries in Asia and Africa
  - Donor-funded projects do not always measure production impacts
- Fruit & Vegetables imports are minimal, particularly in Africa
- Post-harvest losses are considerable
Findings: Access

- Fruit & vegetable crops generate more income for growers than traditional staple crops
- Sector is important for employment and income for farm and packhouse workers
- Case studies in Ethiopia & Kenya:
  - High level of female employment
  - Considerably higher salary levels
- Unknown whether gender equality enhanced for female workers/producers (Vegetables: >50% female)
- Little academic literature about position of youth. (Fruit: >50% youth)
Findings: Utilisation

- Consumption levels fruit and vegetables below recommended daily intake levels
- Between 5 –15% of household food budget is spent on fruit & vegetables in SSA
- Female-headed households spend more on fruit and particularly vegetables than male-headed households
- Households with fruit and vegetable cultivation appear to have less nutrition-related health problems. (particularly women).
- Data on consumption of Fruits & Vegetables and related nutritional status: not easily available (good overview study dates from 2005)
Findings: value chains characteristics

- Type A. Traditional horticultural markets.
- Type B. Upper-end markets within a/o. African countries
- Type C. International markets

Potential to contribute to Food & Nutrition Security is different, for each of the three types of value chains.

(recommended reading: Picking the Fruits. F. Joosten et al. 2014)
Conclusions of study

- The development of Fruit & Vegetable Sector impacts positively on the food & nutrition situation of growers and workers.
- Particularly in terms of availability, access, stability.
- Less evidence on link with gender and nutritional improvements.
- Fruits & Vegetables sector has more potential for employment and income generation than cereals and other food crops.
Business models used in various types of horticultural value chains should be assessed on basis of economic indicators, but also on basis of indicators related to Food & Nutrition Security.

Assessing impact is not easy:
- Monitoring information not always available, and indicators used not always related to Food & Nutrition Security.
- Differences in context, type of value chain, types of product, etc.
- Nutrition impact of interventions depends on several factors, not just value chain. Behaviour & health just as important.
Follow up

Knowledge agenda with Dutch Ministries and Embassies

Exchanging knowledge, developing joint actions with key agencies in NL and abroad (IDH, BoPInc, SNV, AgriProFocus, WUR/CDI, and others)

Collaboration with TopSectorTU (private sector Netherlands)

Activities: to be developed gradually. Ideas & suggestions welcome!
Questions?
For discussion (1) : nutrition

- Which consumers are most vulnerable to food/nutrition problems in your country?
- What can the horticultural sector do, to serve their needs optimally?
- Successful ‘horti-nut’ interventions you have seen?

Quote: Successful investments in the Fruits & Vegetables Sector should contribute to lower consumer spending for a healthy diet.
For discussion (2): inclusiveness

- How could women’s empowerment be (further) promoted, in the horticultural sector?
- How could youth employment and empowerment be (further) promoted?
- Do urban (super-) markets offer particular opportunities?
For discussion (3): knowledge

- What knowledge is missing (in your country, context?)
- What research do we need to deepen this?
- Can we pilot innovative approaches?

Quote: do an in-depth analysis in 2 countries to compare how the horti sector impacts on food & nutrition security, on business opportunities for value chain stakeholders.