

# Nutrition sensitive agriculture: Lessons learned from IFAD-supported projects in East and Southern Africa

## Strengthening Nutrition in Agri-Food Systems in East and Southern Africa through Roots and Tuber Crops (FoodSTART-Africa)

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Grant programme - Strengthening Nutrition In Agri  
Food Systems In East And Southern Africa Through  
Root And Tuber Crops



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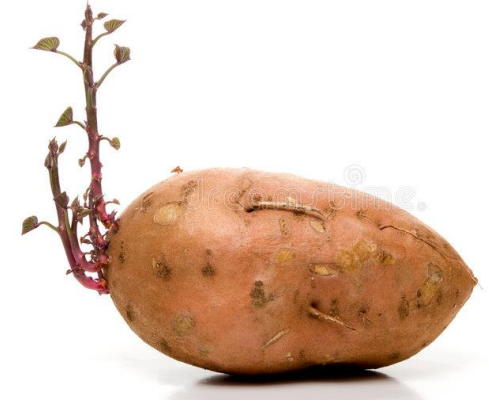
- Fully utilize the potential of roots and tuber crops (RTC) to improve food and nutrition security and incomes of smallholder farming households, focus on women, and youth.
- Funded by the International Fund for Agricultural Development (IFAD) and led by the International Potato Center (CIP), in collaboration with IFAD investment projects and national research partners.
- Duration May 2019 – 30 June 2022
- Five countries: Eswatini, Madagascar, Mozambique, Tanzania, and Rwanda.
- Targeting 115,000 smallholder farming HH



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## 3 Components:

- 1) Investment opportunities in RTCs verified and investments by IFAD's ongoing and planned projects increased and improved.
- 2) Impactful RTC technologies, agronomic practices, and value chains adapted and disseminated to smallholder farmers in participating countries and investment projects.
- 3) Knowledge management for RTC innovation strengthened and actively utilized by IFAD, national policymakers, and other stakeholders serving smallholder farmers



## Selected results – case of Eswatini

- Selection of inherently nutrient dense sweet potato varieties
- Biofortified with beta carotene – body converts to vitamin A
- Nutrition behaviour change communication - nutrition trainings of community health workers in project target areas, cooking demonstrations, value addition
- Brochures and other communication products in local language to disseminate nutritional information of OFSP
- Evidence from Mozambique has shown that introducing OFSP varieties together with nutrition education results in increased vitamin A intake and reduced vitamin A deficiency (VAD) especially among children and women of child-bearing age

**Picture:** Orange - fleshed sweet potatoes products that were made during a field day to promote OFSP in Eswatini



Thank you!