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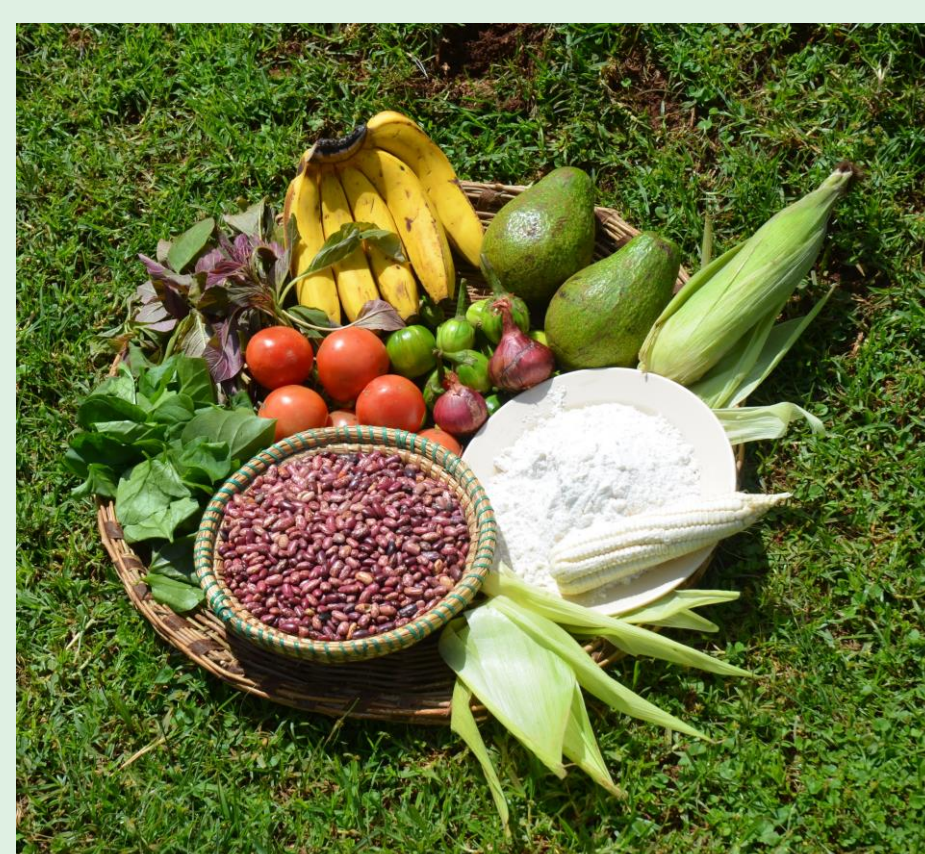
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## Introduction

A balanced diet includes an adequate amount of different vegetables.

In sub-Saharan African countries the consumption level of vegetables is often poor.

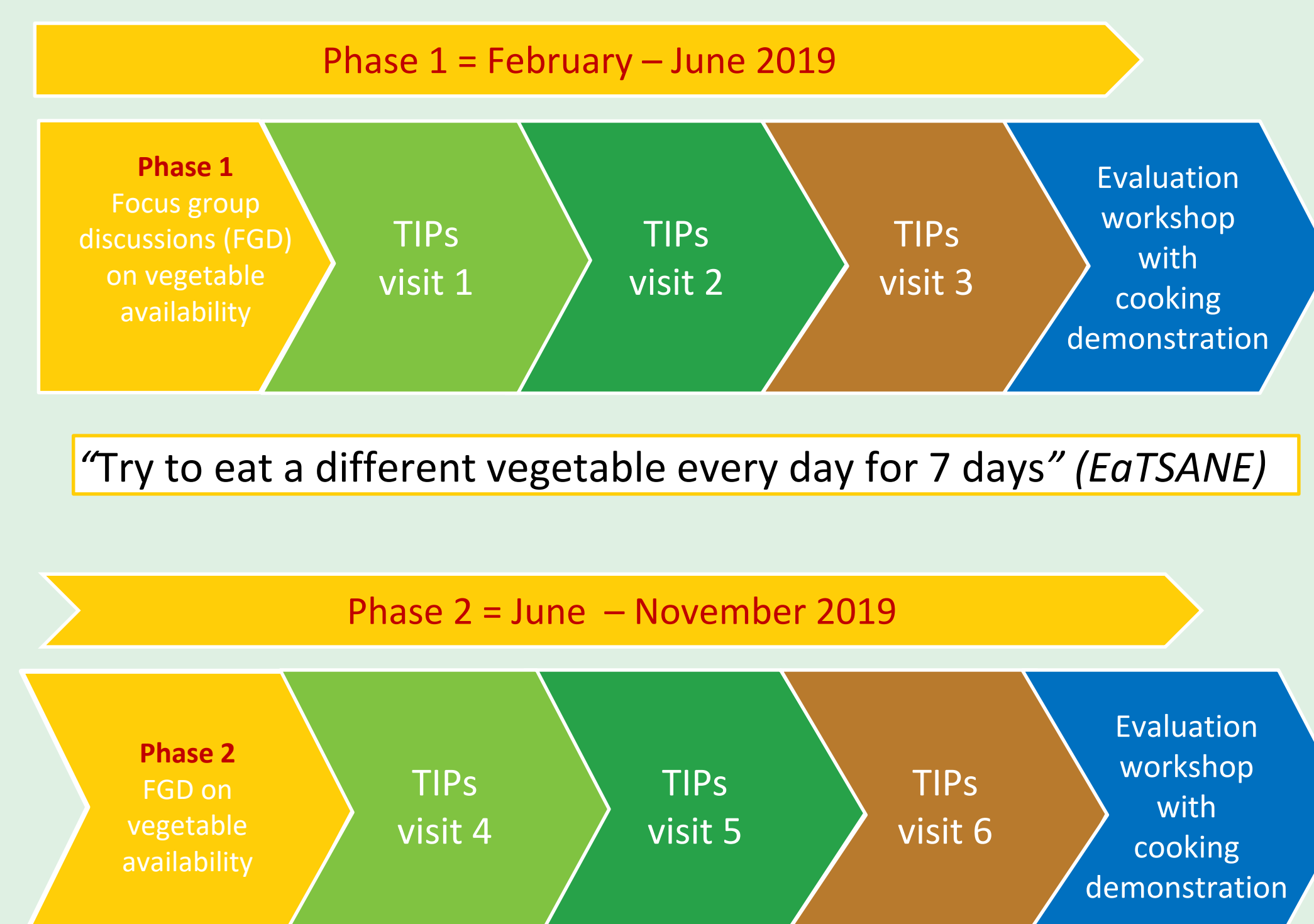
This study aimed to improve the consumption of vegetables in terms of variety, quantity and quality.



Food basket and vegetable tasting trials (EaTSANE)

## Methods

- Trial of improved practices (TIPs) followed by group discussions in workshops from February to November 2019.
- 103 farming households with children under eight years in Teso-South Sub-County, Kenya & Kapchorwa, Uganda
- Tailored interview guides captured experiences and perceptions of the participants regarding “Eat a different vegetable every day for seven days”
- Qualitative structured content analysis of the interviewer notes and transcripts from the workshop and FGD discussions



Timeline of activities between February and November 2019

## Results

“Eat a different vegetable every day for seven days” was tested by

- 82% of the households in Teso-South, Kenya and
- 67% of the households in Kapchorwa, Uganda.
- But not every household succeeded, e.g. only 60% of the households in Kapchorwa who tested this recommendation were willing to continue this practice.

“Vegetables that are bought are expensive”  
(women, Uganda)

“Due to the prolonged drought [January-July 2019] the vegetables they had planted got finished and the remaining ones dried up”  
(women, Kenya)

**Seasonality and availability of vegetables** at markets influenced women’s capacities to successfully diversify vegetable consumption.

But also **seed availability** influenced which vegetables were planted and **taste** influenced which vegetables were cooked for the family.

“Limited varieties of vegetables and legumes grown due to lack of seeds to plant” (women, Uganda)“

“The father dislikes Sukuma wiki because [it] causes him to vomit” (women, Uganda)

**Curiosity** how family members may react was an important driver to take up the challenge to cook a different vegetable each day in a week.

The trial was also facilitated by the **acceptance of the new dishes** of the family members, particularly husbands and children.

**Eating a variety of vegetables** over the week **increased the appetite** which was considered positive by all family members.

“Willing to try to see how other family members will respond since they are not used to” (women, Kenya).

“Different vegetables give appetite to eat other foods”(women, Uganda)

“Eating [different] vegetable varieties keeps the appetite for eating them again”  
(women, Uganda)

In the course of the TIPs process, **mixing vegetables** was introduced to change the taste of the traditional dishes, following up on the “taste” aspect as well as on the “availability” of different vegetables. Also by **adding milk or groundnut paste** women developed new recipes.

“To get rid of the bitterness and the toughness, I mixed amaranth with nightshade then added milk for the taste”  
(women, Kenya).



Fig. 4: Cooking trials testing different recipes using the same vegetables (EaTSANE)

## Conclusion

- Eat a different vegetable each day in a week is possible for small holder farmers if vegetables are available.
- Diversification of vegetable consumptions helps to increase vegetable portion sizes.
- Participatory cooking trials with novel recipes and tastings are needed to improve meals using locally available resources.
- Agronomic trials to enhance vegetable availability need to be linked with cooking trials and tastings for sustainable dietary behaviour change.

## Funding of the study

The study was conducted within the EaTSANE-project and was financially supported by BMEL/ptble (Germany) and MOEST (Kenya) within the LEAP-Agri initiative.

### Consortium:



### The project is funded by:

