



foodfirst

NEWS

A quarterly FRA Publication

Issue 5

January - April 2016



FOOD LOSSES AND WASTAGE: THINK. EAT. SAVE.



2016: THE INTERNATIONAL YEAR OF PULSES

Key messages of the Year



Pulses are highly nutritious.



Pulses are economically accessible and contribute to food security at all levels.



Pulses have important health benefits.



Pulses foster sustainable agriculture and contribute to climate change mitigation and adaptation.



Pulses promote biodiversity.



Word from the Editor

That Grain Counts

It is yet another honour to present to you another edition of the "Food First News" issue 5. On behalf of the Food First News editorial team, allow me to wish you a happy New year 2016, and welcome you to join us as Food Rights Alliance together with the entire international community to commemorate 2016 as the International Year of Pulses.

This issue of the Food First News marks the beginning of the Year 2016 and wishes to share with you our reader, the insights of the first quarter of the year as we renew our commitment to continue with the struggle on issues that impact on food availability, accessibility, stability and utilization.

As we specially celebrate Pulses this year, you need to appreciate the value of producing pulses in our farming systems and eating legumes as part of our daily diets. In reference to the common farms and family menu, pulses include; vetches, clovers, beans, peas, lentils and chickpeas among others. They are known for nourishing not only the soils but also the bodies if consumed as part of the diets on a daily basis.

On farm , producing pulses as part of the farming system, is the systematic way of feeding the soil concurrently as it feeds the crops. They are known as vegetative cover crops that are repatriated back as composite manure to the farm. They are known for Nitrogen fixing an element that is vital for sustaining production. Legumes grow in a

symbiotic relationship with soil-dwelling bacteria. The bacteria take gaseous nitrogen from the air in the soil and feed this nitrogen to the legumes; in exchange the plant provides carbohydrates to the bacteria. It may not be a coincidence that the year of Pulses is celebrated immediately after the year of soils. The legume cover crops provide a certain amount of nitrogen when they are turned under for the next crop or used for compost.

As part of the diet, pulses or legumes as commonly known in most parts of the world, are an important sustainable source of protein and are known to be high in fiber. They are believed to hold a low 'glycemic index,' meaning that the carbohydrates in them do not raise blood sugars as rapidly as other food we keep on our diets daily such as white bread or white flour according to Said de Souza, a researcher with the Li Ka Shing .

In addition pulses such as beans are loaded with antioxidants and phytochemicals that help protect against cancer and cardiovascular disease according to independent literature. The fiber in legumes helps lower levels of bad cholesterol in the blood.

Production and consumption of pulses cannot be accidental. It must be conceived, perceived and planned. The value of pulses should be considered and felt across the production food chain. Production resources such as land, labour , finances and time should be planned with pulses as part given



their importance both to the farm and food consumer.

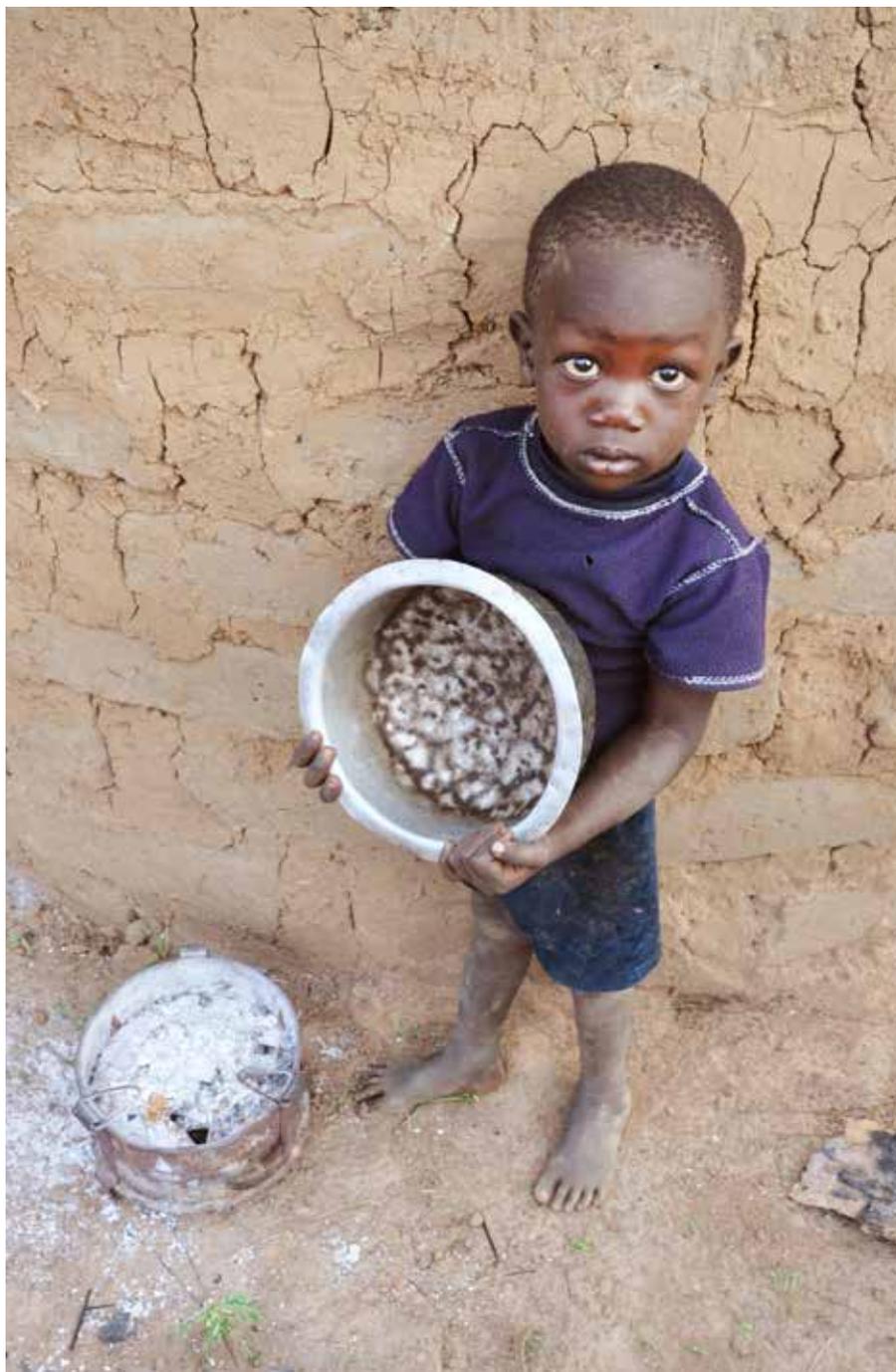
As FRA, it s a rare privilege to put pen to paper and talk to you about pulses and their values. It is indeed a rare opportunity to share with you facts that Food should be FIRST in 2016 and anything should come later. It is a rare space to share with you that food is important just as means of its production are and therefore lets treat every single grain of food this year with purpose because every single grain of Food, every single grain of Pulses counts and so every single resource spent on food counts. Happy and Foodfull 2016.

A handwritten signature in black ink, appearing to read 'Agnes Kirabo'. The signature is stylized and cursive.

Agnes Kirabo
Executive Director

The Salient fundamental linkages between child trafficking and Food Security: The Case of Teso Region.

Regina Kabasomi and Emily Kennedy



A lot of research has been undertaken on the causes behind child trafficking and food insecurity. However, little or none has delved into the possible relationship these two could have with each other. Identification of the different forms of trafficking has to a large extent dominated and held captive the biggest percentage of research into this heinous, highly lucrative trade, with little or no diversion to investigate the role ‘food insecurity in the household’ has to play as a push factor in the promotion of human trafficking.

By definition, trafficking of children is the “the recruitment, transportation, transfer, harbouring or receipt of children for the purpose of exploitation.” In Uganda, this phenomenon has remained largely abstract as many have chocked it down to being non-existent, yet, according to the United Nations global report (UNODC, 2014), there is a continued increase in the number of detected child victims (increase by 5%), particularly for girls under 18 years. Katakwi and Soroti districts were in 2010 identified as sources of, transit and destination points for child trafficking within Uganda and across the borders of the country (Ujeo, 2010).

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The Salient fundamental ...

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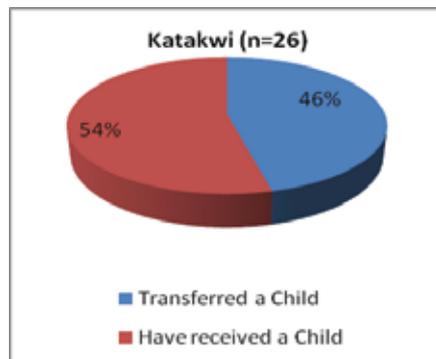
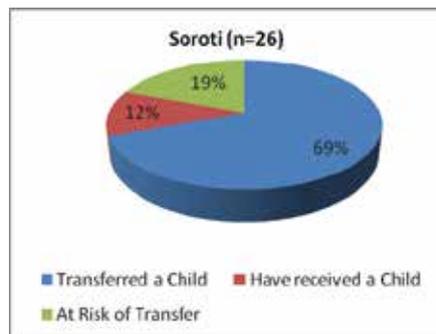
The general lack of awareness among the population on matters regarding child trafficking coupled with its complex nature (push and pull factors) has created an attitude of complacency towards this issue in the country.

Although the Eastern region was reported to have had a positive food balance, some districts such as Soroti were considered exceptions that were experiencing food stress surviving on one or two meals a day with a low and deteriorating dietary diversity.

Driven by the information gap on the dimension of food insecurity as a push factor in the causes of child trafficking, Food Rights Alliance in collaboration with War on Want Northern Ireland, SORUDA and Wero Development Agency (WeDA) our grassroots partners with funding from the Independent Development Fund (IDF) sponsored a research study aimed to link the presence of food insecurity to the occurrence of child trafficking in the Teso Region.

The research was conducted with three categories of households. These were households with previous cases of child transfer, those at the risk of transfer and those that had been recipients of a transferred child. From group discussions held, community

members indicated majority of the families in Soroti had transferred children and most of those in Katakwi had been on the receiving end.



While the report is still in its final phase, the evidence collected within the study indicates that there is a link between these two troubling aspects. The increased pressure placed on the household when food supplies are limited has left many parents in the region looking for alternative ways to care for their children. While most of the individuals interviewed in the process indicated that children were sent to other family members,

there were other accounts of the child's willingness to leave in search of a perceptively better life. In some instances, the children were sent out on a daily basis to work for food. And although sometimes this works to the child's benefit, other times the outcomes aren't so kind with reports of abuse and early marriages. Because the children provide labour out of the home in exchange for food, they are likely to keep moving from home to home, making them vulnerable to trafficking.

Under conditions of low food availability in a household, adults and children are usually affected in different ways, it is however, unfortunate to note that although food shortage is generally reported as a key driver to child transfers, there are no specific efforts or interventions in Katakwi and Soroti Districts that are addressing the problem of child trafficking with a close link to food insecurity. It is imperative that programs be designed and implemented in a multi-sectorial manner to address these problems. This thus calls for partners working in areas of food security and child protection programmes- that have often worked in different silos- to pull their resources together and harmonize solutions to help mitigate the vulnerability of our nation's children to this trade ■

THE RUN FOR THE NATIONAL AGRICULTURAL EXTENSION POLICY IN UGANDA

Hilda Nabakooza - Project Assistant

Three-quarters of the world's poorest billion people live in rural areas, and majority depend on agriculture for their livelihoods and survival. Encouraging the growth of the agricultural sector is therefore one of the most effective ways of tackling poverty and reducing hunger and malnutrition. In Uganda, the Agricultural sector is very key in the national economy. Rural livelihood and the food security of Ugandans all depend on this sector. As the backbone of Uganda's economy, agriculture accounts for over 75% of total employment, over 26% of the GDP, and 45% of foreign exchange earnings. It also provides the basis for growth in other sectors such as manufacturing and the related services industry.

Agricultural extension is of paramount importance in the agricultural sector and rural development in general. There has been much debate in Uganda over the last fifteen years about the appropriate approach, coverage, and performance of the agricultural extension system. This debate has taken place within the evolving context of the National Agricultural Advisory Services (NAADS) programme, an extension delivery approach that targeted the development and use of farmer institutions; and the Single Spine Extension System.

In Teso sub region, agriculture is the predominate source of livelihood for the estimated population of about 2.5 million people in the region. However,



this region which exemplifies legacies of unacknowledged conflict and human rights violations is still devastated economically and socially. In addition, the region is prone to adverse climate related disasters which have resulted in strong seasonal and annual variation in production.

Although majority of the people in this region depend on agriculture, extension services are scarce or non-existent in some places. Since 2012,, members of the Non-State Actors Working Group on Agricultural Extension have been holding a campaign aimed at ensuring that the AEAS Policy reforms bring about an effective, efficient and inclusive Agricultural Extension Service Delivery System.

In February 2016 with support from Food Rights Alliance, Trocaire and Trust Africa Foundation, the group held a consultative meeting in Teso Region to solicit views from a broad range of stakeholders to define how extension service delivery in the country should be modelled and delivered to improve the livelihoods of farmers and increase availability of food.

During the consultation, the people of Teso region accentuated the core issues of financing of the Agriculture Extension; the delivery mechanisms and the managing of institutional linkages of the MAAIF policy framework. They stressed that the policy should place emphasis on linkages with agricultural research and an input distribution system

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THE RUN FOR THE NATIONAL ...

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The farmers in Teso are envisaging a “super Extensionist” meaning one who is fully fledged to provide them with all round basic support before calling a subject matter specialist. In addition communities being agro pastoral subscribe to the principle of communal access to extension

services especially for animal pest and disease control.

Just like Teso, the rest of Uganda needs a functional, effective and efficient extension system. Government will need to show commitment to develop a viable and efficient Agriculture extension system by starting with

the development of human capital to deliver extension services to farmers. Additionally, all stakeholders in the sector should exercise mutual accountability and joint action to realise effective implementation of the policy ■

Fund Raising Is Friend Raising

Lucky Brian Wambooka - Project Assistant, Membership

When searching for funds, just as when making friends the foremost goal is to draw in people from the larger cosmos to the periphery of one’s interest group. It also requires bringing those at the outer levels of your circle closer to the centre where a greater level of participation and commitment-financial and non-financial- can be expected. Fund raising as with friend-raising emphasises the development and nurturing of relationship both within and outside the immediate spheres of influence.

This time round, the FRA Secretariat started the New Year with a residential training on resource mobilisation for BOD members and Secretariat staff. Facilitated by Mr. Chris Charles Oyua a consulting expert in organizational Development and programme Management, the training equipped the BOD and staff with requisite knowledge and skills in raising and managing financial and non-financial resources to enhance organizational sustainability.

The training was made possible by the financial support from the US Alliance to End Hunger under the NAPP project.



The NAPP, a unique project that enhances FRA’s institutional, financial and organizational capacity through a great number of initiatives, targets to strengthen the organization’s membership and its capacity to undertake programmatic work.

At the start of the retreat, one key expectation of the participants was to understand principles of resource management and learn the winning skills in resource mobilisation. As such, it was key for both staff and

BOD to understand the conceptual framework of fundraising and resource mobilization and have the necessary knowledge and skills to effectively and sustainably manage financial and non-financial resources towards FRA’s desired goals.

One of the foremost and most crucial phases of resource mobilization is determining whether a prospective individual or organization would make a good donor and to do this, these 3Cs need to be checked; Connection, Capability and Concern.

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Fund Raising ...

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Let's start with Connection. Even before approaching the donor one needs to establish what kind of relationship the prospective donor has with the organization or an individual working with the organization. The organization needs to send out someone who is most likely to be received warmly by the prospect. A member of the BOD or the management team; or even a staff with an acquaintance with the prospective donor might have a higher chance of "friend-raising" than the fund raising department.

Secondly is the Capability. The organization needs to establish the

ability of the prospective donor to fund the organization's cause. At times the donor in mind might not have the financial capacity to fund the cause but they could support the organization in identifying and securing funds from another source.

And thirdly is Concern. It is essential to know what your prospective donor's values and interests are. The organization needs to assess if these values and interests are aligned with those of the organization. It also needs to weigh the donor's willingness to genuinely care about the welfare of the organization and its beneficiaries.

To end with, for successful "friend-raising" an organization has to build

an appealing brand. Its vision and values are key aspects to consider while branding the organization. Branding involves creating a unique name and image in the mind of key stakeholders and the public mainly through providing consistent quality in whatever it does. Aim to establish a significant and differentiated presence in the market and your organization will attract and retain loyal resource holders and stakeholders; and also enable the organization to stand out from other organisations with similar causes ■

ICT the untapped potential to draw the youth back into agriculture

Matilda Nakawungu - Program Assistant, Knowledge Management

A lot in agriculture has changed over the years and with these changes has come a radical decline in youth engagement in this sector. Rural life is often not attractive or easy for young people in developing countries and agriculture holds little appeal to most. Given Uganda's ever increasing population and the constantly growing unemployment levels among the youth, there is a pressing need to turn agriculture into a more appealing venture. The big question is, how do we get the youth to see a career in agriculture not as a thing for the 'old folk' or a last resort for survival, but as a promising and rewarding career choice?

In recent decades, technology has had a growing impact on development. In a country where the largest economic



sector and the base for development is agriculture, there is need to realize the necessity of agricultural mechanization and technology transfer in improving food security, and increasing production for domestic

and export markets. But while youth have shown an increasing lack of interest in agriculture; Information and Communication Technologies (ICTs) have taken a strong hold in

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ICT the untapped...

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this demographic. Can this interest in technological developments be taken advantage of to reverse the youth interest trend?

Analysts have shown that by 2025, half of Africa's 1 billion population will have internet access with about 360 million smartphones on the continent. From these statistics, they estimate that internet technology could increase annual agricultural productivity in Africa by \$3 billion a year. In Uganda, at least one out of every five youth own or have access to a mobile phone. And as more and more youth are becoming tech savvy, innovations are on the rise with apps developed every other day to ease the life of the modern farmer in Africa. One gateway could be to tap into the youth's ICT enthusiasm and make use of the existing technology infrastructure. Take a moment and envision how extensively information could be transmitted across farming communities if agricultural advisory information was disseminated through phone applications or even simple SMS messages.

For instance, Ugandan farmers have had first-hand experience of the impact of climate change with erratic weather patterns threatening their crop production and seasonality continuing to permeate rural livelihoods. However, there are a vast number of mobile phone applications that can provide a farmer with relatively dependable information – say weather forecasts- that can guide their farming. Other applications such as the FarmerConnect deliver personalized agricultural extension services and text or audio information in local languages to farmers who otherwise have no access to traditional

sources of agricultural information. Also, on the market are those that have been designed specifically for youth. One such app is the Farming Instructor that provides online and offline agricultural information. This application in particular was created to inspire youth to have passion to engage in agriculture as a means of self-employment. Another advantage with such an application is that it allows for peer learning by providing a platform for users to share experiences, tips and advice. These and many more ICT tools available at our finger tips could make a significant difference in the lives of smallholder farmers at a very low cost.

For a country where 58% of its population is not working for reasons other than pursuing studies, it is clear that we need to make better use of the productive resources available to create more employment. It's good to remember that agriculture is not only about getting down to the hoe and earth business, but that there are countless opportunities along the production chain.

If organized youth groups were supported to access mobile phone applications that provide market

information, they could join the value chain in their home villages by identifying available markets, purchasing the produce at farm-gate price from the smallholder farmers and selling it to the available markets at a profit. This way both the youth and the farmer benefit from this innovation.

Aside from mobile phone technology, another innovation that can greatly support agriculture across the country is the creation of a publicly accessible agricultural zoning database. The accessibility of clear information on agricultural zoning could guide the youth and other farmers in making informed decisions on what to grow and where. This could also remedy the frustrations of farmers who through government programs receive farm inputs (seeds/seedlings) that do not grow well in their areas, or those that the farmers have no knowledge or interest in growing.

The youth are the thread that holds together the fabric of the economy. The future of agriculture rests on them and as such, it is imperative to draw them back into the sector. The time is ripe for ICT to take a front seat in agriculture ■



NOT JUST THE GRAIN BUT EVERY SINGLE SHILLING COUNTS: PLANNING RESOURCES TO PLAN PRODUCTION.

Samson Ssemanda - Finance & Administrative Officer

Although food availability has increased along with the growing human population over the last 30 years, there are still millions of people suffering from malnutrition. This problem is not only the result of insufficient food production and inadequate distribution, but also of the financial inability of the poor to purchase food of reasonable quality in adequate quantities to satisfy their needs.

Agriculture all over the world is shaped by how the millions of farmers manage the resources under their control to obtain maximum satisfaction from their decisions and actions. A lot of these decisions are determined by human, capital, and land resource combinations; technological possibilities; and social and political settings. Every farmer needs to employ the aspect of financial management in every decision they make for their business.

A farmer can use a number of financial tools to analyze, plan, and control his farm business. Among these, the simplest but yet most crucial are financial statements that will tell a farmer the amount of money he has invested in farm inputs, his outstanding debts, his equity in the business, and the degree to which his business is able to meet its financial obligations on time or its ability to pay



all debts if the business is forced to discontinue.

Another tool that ought to be at hand is the profit and loss statements which will show the farmer business performance (his income sources and amounts, and also his operating expenses). A comparison of profit and loss statements over a period of years will tell the farmer which resources have been most profitable and whether there has been an advance or decline in his net income.

Lastly is the cash-flow statement which will show the farmer the sources of his funds and how they have been used over given periods of time during the year. The tool provides a useful check on the accuracy of the farm's other

business records.

Future agricultural progress depends greatly on improving the quality of management and the environment in which farmers make decisions. In addition to employing financial checks, farmers also need guidance and support in adjusting their decisions to the ever changing environment. For the case of low-income agricultural economies such as Uganda, progress will also need extension in research, improvement in input quality and transport facilities, expansion of market opportunities, and a politically encouraging environment that allows for independent managerial choice and decision making by the farmer ■



Urban Agriculture: That small space matters

Emily Kennedy - Intern



As the effects of climate change and increased economic challenges continue to impact the world's most vulnerable, it becomes more and more important to search for alternatives to everyday activities. In the last ten years the population of city dwellers has outnumbered that of rural areas. The rationale for migrating into the city stems from a belief that employment opportunities are more easily obtained. While there may be some truth to this, it makes other things more challenging, such as the cost of living. But there are ways to address these challenges at the individual, household and even community lev-

els. In relation to food production and security, the introduction of urban farming is playing a significant role in access to food all around the world.

According to the Food and Agriculture Organization (FAO), urban farming is defined as "the growing of plants and the raising of animals within and around cities." The production of vegetable crops is ideal for smaller areas, as the time from planting to harvest is relatively short. It also provides lower-income residents with a source of fresh, nutritious produce – and for a fraction of the cost. This alternative to food supply is a cost-effective means

to supplement dietary needs without completely abandoning local suppliers.

Urban farms can be found in two forms: individual plots/patio gardens and community gardens. The former focuses on small, backyard plots that can contribute to a single household. These smaller gardens can also take shape in the form of patio gardens, or container gardens, in which small planters are used to grow a variety of crops. The latter is far more encompassing – having benefits to the community as a whole. The larger-scale plots promote not only healthy food

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Urban Agriculture:...

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choices, but also social benefits, as members of the garden are encouraged to interact with and support each other.

While community gardens played a major role in the origin of agriculture approximately 10 000 years ago, they remain popular today. The use of urban farming has seen successes all over the world. Cuba's organopónicos are some of the most notable. Used as a model for many urban farm policies around the world, these plots began when locals saw a need to take control of their own food production at the end of the Cold War. The organopónicos are found as both individual and community plots, with the latter being most prominent.

However, despite the benefits of either form, urban farming is often met with some resistance. These negative opinions are often related to the potential health risks that can arise when plots are not well maintained. This backlash also tends to be focused on farms with livestock, rather than subsistence crop production.

Urban farming is also alive and well in Kampala. While it may not be happening in the middle of city center, there are certainly plots throughout the capitol. The majority of these urban ventures are intended for subsistence, rather than for market. According to research conducted in 2002 by the Stockholm Resilience Centre – a research branch of the University of Stockholm, which focuses on the gov-



ernance of socio-ecological systems – an estimated 49% of households in Kampala were participating in some form of urban farming. Ugandan urban farms appear to be split between those that focus on crop production, only, while others have both vegetable gardens and livestock.

In 2006, seeing the demand for this type of agriculture, the local government created a policy to address the health and safety concerns associated with urban farming. This legislation is known as the Kampala Urban Agriculture Ordinances and is governed through Kampala City Council Authority (KCCA). This requires residents of the city to obtain a permit in order to engage in this practice, whether they are doing so on a subsistence or commercial basis. However, patio gardens do not fall under this ordinance. This means that residents of Kampala could plant a few crops for individual or household consumption.

Urban farms are an essential part of the agricultural practices of the future – especially as the population of the city continue to grow. Their presence does not mean that rural or larger scale farms will no longer be needed, but rather that these micro farms can help to supplement the diets of households during times of need. Be it a tomato plant or two, a container of beans, or onions, it is possible for anyone to grow a few staple foods that are nutrient rich with little economic impact.

This availability of fresh foods not only helps the financial security of a household, but the overall health of its members. When people consume fresh, healthy foods, their overall well-being improves. Healthy people are productive people, which means the benefits of food production – even at this simple, small scale – can have lasting impacts on urban Ugandans ■

Life Story

At 50, Janet is one of the most inspiring stories from Asuret Sub County, located just outside of Soroti Town. Janet joined FRA's group of model farmers over a year ago to pilot the FRA/IDF farm planning model. Since then, Janet has never looked back. As required by this programme, Janet illustrated two sets of planning. She put to paper a pictorial of her current and desired farm plans, keeping in mind principles from the farm-plan model. Following the adoption of the farm planning system, Janet's farming practices are thriving. During our latest visit to Asuret, we had the privilege of visiting Janet's home and subsequently her farm.

In 2015, FRA contracted a consultant to determine Janet's and seven other model farmers' land size, soil profile and availability of other natural resources as these may influence the farmers' farming activities. Upon assessment of Janet's land, it was realised that the current positioning of her garden was not suitable for farming as the soil was rocky, infertile and lacking of necessary nutrients for farming. Ironically, the land upon which Janet had built her house was found to be the most fertile and suitable for cultivation. She was advised to move her house. During our visit to Janet's garden 6 months later to document her progress, we were shocked to discover that Janet hadn't only taken the advice to heart, but to practice. With the piece of information she



gathered from the consultant, Janet broke down and rebuilt her home on the rocky area, leaving the area that once held her home, to be her garden. Janet stated during our visit that she has never looked back since.

Today Janet plants citrus, cassava, potatoes, green vegetables, simsim, groundnuts, maize, and sorghum in her planned garden. Among these, she sells simsim, groundnuts, maize, and citrus, and saves the cassava, potatoes, maize and sorghum for household food consumption. Among the benefits Janet identified since she started using the farm planning methods, was the reduction in food wastage by her family. As Janet recounted that before, her family used to harvest and store food with no system for separating what to sell and what to eat. This she noted, often led to food going bad in the store which

they would eventually throw away.

"Farm planning helped me plan for the food I was producing. Now, we come out of the garden with a specific portion of food to sell and to eat" she said.

However, Janet's journey has not been all roses. She has come across a number of challenges among which reported were floods during the rainy season coupled with prolonged drought during the dry season. This she says has ultimately led to food loss as most of her small vegetables have dried up due to the lack of water in the extreme dry weather. However, through the farm planning system, Janet is determined to see her family out of poverty and food insecurity. Janet has a vision of constructing a bigger store in her homestead specifically for storing her produce for



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Publication of this
Newsletter was
made possible
by support from

