

Nutrition and utilization for health and income generation: an incentive for the promotion of legumes in Kenya

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Introduction

Soybean is the most complete food and contains the highest protein content of all food crops. Soybean is both food and nutria health which can support human wellbeing.

The utilization of soybeans through sustainable and participatory capacity building in soybean processing, nutrition and mentoring is to act as an incentive to boost production of soybeans at the grass-root levels.

Adequate and appropriate nutrition which can be achieved through the consumption of a balanced healthy diet (consisting of locally available foods and fortified food and/ or micronutrient supplementation when needed) is vital for the health and wellbeing of all individuals regardless of HIV status). Nutritional support helps to maintain the immune system and to sustain healthy levels of physical activity

Soybean is also a tradable commodity and can be processed to produce soymilk and other products which can be sold to generate income.

Goal

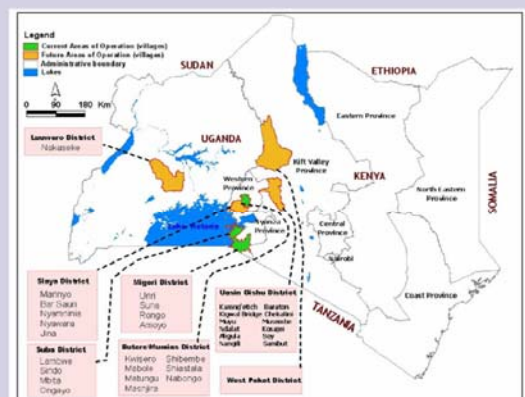
The goal of the project is to improve food security, income, and nutrition and health of rural populations affected by HIV while conserving the natural resource base in the target areas'.

Contributions to MDG's

- Eradication of extreme poverty and Hunger (Goal 1)
- Enhancing nutritional quality and safety (Goal 2)
- Empowerment of women (Goal 3)
- Improvement of Child Nutrition (Goal 4)
- Improvement of cleanliness, sanitation, health mother's nutrition (Goal 5)
- Improvement of health and nutrition increase in income and reduction in susceptibility to HIV (Goal 6)
- Ensure environmental sustainability (Goal 7)
- Development of global partnership for development (Goal 8)

Project operational areas

The project is operating in different districts of Western Kenya, West Pokot and Nakaseke District in Uganda



Current operation and future operation areas of the project

The training of farmers was carried out in Swahili or the local language facilitated by one of our previous trainees, while a TOT is carried out in English. This creates a sense of project ownership by the local community. As for PLWHA their training is less rigorously as the trainings are held once every fortnight and every training session is a one day affair.

Strategies of legume promotion

Soybean is incorporated into severally locally eaten foods with test tastes carried out and analyzed to determine degree of quality improvement. Such local dishes include mandazi, chapatti Ugali, porridges etc.

During these training sessions handouts, brochures and potable posters are created and used in order to guide the participants through the training sessions and after the training the participants are allowed to carry the handouts and the brochures.

Basic Business management taught during a training session creates awareness of how the participants could generate income from either the processed products or from the grain legume by linking farmers to large-scale feed and food processing companies.



A group of trainees displaying products produced during one of the training sessions



Trainees undergoing a training session



Product preparation Examples of virtual learning tools used in a training session

Materials and Methods

At the inception of the project, in order to create awareness on the nutritional benefits of soybeans and the project, we adopted the module of visiting farmer associations and living positive groups and giving short talks on the goodness of soybeans and allowing question and answer sessions to ensure that our clients had a voice

We adopted a methodology of training of trainers (ToT) for five days (ToT-5 days) and training of farmers (ToF) for two days (ToF-2 days). Topics covered included:

- Processing and Utilization of Soybeans
- HACCP-Food Hygiene and Sanitation,
- Basic Business Management,
- Nutrition Education
- Packaging and Labeling.

Results and Discussions

- Currently over one thousand individuals have been trained on food fortification, nutrition, basic business management, food safety and hygiene.
- Nutritional status of children, women as well as men in current project operation areas had improved overtime since the inception of food fortification idea using soybeans.
- Popularity of Soybean products has been on the increase in the different operational regions creating a demand for soybean products
- The project has created employment by the installation of three soybean processing machines as well as setting up linkages to large scale processing companies and soybean farmers.

Key Next Step

- Continue to incorporate soybean into local foods and scale out to other regions in Kenya and East African Countries such as Uganda.
- Increase participation by other key processing companies and micro finance agencies
- Packaging of the processed foods must be encouraged.