

MBALE

PROMOTING A CIRCULAR ECONOMY AND REDUCING ORGANIC WASTE IN MBALE CENTRAL MARKET

INTERVENTIONS TO IMPROVE THE CITY FOOD ENVIRONMENT



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Local Governments for Sustainability

Coordinated by ICLEI Africa

KEY WORDS

Circular economy

Compost

Organic waste

Waste management

OBJECTIVES

To protect the health of citizens through increased sanitation in markets and improved soil health in crop production areas.

EXPECTED TRANSFORMATION

- To contribute to ensure optimal hygiene and sanitation at Mbale central market, resulting in a cleaner market and overall food environment.
- To improve social behavioral change towards a clean and safe environment, thanks to the awareness raising and capacity building actions.

STAKEHOLDERS AND PARTNERS

Public: City Council, market management team.

Private: Market traders, hygiene market teams, farmers.

Company taking care of the waste collection, sorting and transport, and company ensuring the waste management and processing.

CONTACT DETAILS

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JUSTIFICATION / CONTEXT

Mbale Central Market (MCM) is a business hub that accommodates and services thousands of consumers and traders on a daily basis. The market is also an epicenter of biodegradable waste generation (500 tons daily), which is currently not recycled, causing environmental nuisance and a potential risk of cross contamination and environmental pollution, negatively affecting the food environment and the health of city dwellers at large.

DESCRIPTION OF THE INTERVENTION

Biodegradable waste is known as a good raw material for organic manure that can be a sustainable and healthier alternative to synthetic fertilizers. The intervention will support the collection of biodegradable waste at source (the market), its sorting and transportation to the processing unit, where it will be transformed into organic manure and marketed to be used as compost in agriculture.

At the market, biodegradable waste will be collected and sorted by traders and hygiene market teams contracted by the City authorities and transported to the processing plant, which will be managed by a private company.

The intervention will provide safety gears to waste sorters; supply waste bins and other relevant tools at different points of the markets; build capacity of traders and sorters on biodegradable waste identification and sorting, as well as optimal waste disposal; build capacity of farmers on organic farming and raise community awareness on waste management and organic farming.

TARGETED SITES AND BENEFICIARIES

Mbale Central Market: 173 food stall vendors (87 Female and 86 Male)

Cooked food vendors: Estimated number 50

Urban and peri urban farmers: Estimated number 300





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ENHANCING NUTRIENT-DENSE DIETS IN MBALE CITY SCHOOLS, THROUGH FOOD WAYS AND EDIBLE LANDSCAPES

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KEY WORDS

School feeding

Food access

Edible landscapes

Micronutrients deficiency

Kitchen gardens

Diet Diversity

OBJECTIVES

- To strengthen the capacity of schools' to respond positively to school dietary and nutrition challenges.
- To influence the diversification of school menus and contribute to improve school going children' diet diversity and nutrition status.
- To improve the feeding enrollment.
- To minimize food loss and waste in schools, through food waste rescue and recycling.

EXPECTED TRANSFORMATION

- School children and other household members could enhance their diet diversity, and hence improve their nutrition status, by eating fruits and vegetables rich in micronutrients.
- Schools shall be able to recycle biodegradable food waste into manure for improving soil health in school gardens, hence enhancing productivity and contributing to the bio-circular economy.

STAKEHOLDERS AND PARTNERS

Public: City Council, City education department, Nutrition coordination committee, school management committees (SMC), school administration and teachers.

Civil society: Parents and teachers associations (PTAs).

CONTACT DETAILS

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JUSTIFICATION / CONTEXT

In most schools, there is no organized feeding at all for school going children. In schools that offer any such service, it is at the discretion of parents to contribute money for their children to have at least one meal a day, and the enrollment is less than 20% in most schools. It has been observed that there is a tendency for a monotone diet common in schools, consisting of posho (maize meal) and beans, which is a potential risk factor of malnutrition among children, especially micro nutrient deficiencies (hidden hunger). Indeed, these staple foods are perceived as economically affordable and are propelled by lack of diverse food production at institutional level, even if there is available land in most of the cases. Other causes are economic challenges and limited awareness among school administration, teachers and parents on optimal nutrition, the importance of diet diversity and dietary preferences.

DESCRIPTION OF THE INTERVENTION

- Awareness raising and advocacy among the different school stakeholders (parents, teachers, Nutrition committees, school cooks and educationists among others) on the importance of school feeding and diet diversity, and the role of optimal nutrition in child development and school performance.
- Review school menus and promote the cultivation of crops at school, with a focus on indigenous, nutrient dense and culturally acceptable fruits and vegetables, through an agroecological school kitchen garden per class.
- Capacity building of the schools to optimally collect and sort biodegradable waste to be composted to make organic manure for the school gardens, to enhance soil health and productivity. The eventual excess will be transported to the waste processing plant.
- Creation of a nutrition club per school to take lead in nutrition related activities. Members will participate in monthly meetings and sensitization sessions and will spread their learning among the other students. They will also participate in annual inter school debates and essay competitions.

TARGETED SITES AND BENEFICIARIES

- Industrial and Northern Divisions of Mbale City.
- Schools serving at least one meal per day ; having available land for crop production and composting, and committed towards improving school diets and menus.
- 8 primary schools and 2 secondary schools (5 schools in each division).
- 23,640 enrolled children (11,037 girls and 12,603 boys), of which 5,045 enrolled on school feeding.





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TRANSFORMING MBALE CENTRAL MARKET AND THE CITY ABATTOIR INTO CENTERS FOR SAFE, NUTRITIOUS, AND SUSTAINABLE FOOD FOR THE CITY

INTERVENTIONS TO IMPROVE THE CITY FOOD ENVIRONMENT



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KEY WORDS

Food safety

Local markets

Market upgrade

Foodborne diseases

OBJECTIVES

- To improve food safety culture and practices among food business operators in MCM and the City abattoir.
- To contribute to develop quality infrastructure of the city abattoir, market stalls, the food court and cooking shed in MCM.
- To minimize food loss and waste by managing, rescuing and utilizing leftovers, rejects and excess food in MCM.

EXPECTED TRANSFORMATION

- Optimal hygiene and sanitation may result in a cleaner market and general food environment.
- Potential for improved social behavioral change towards a clean food environment and safety. This shall also be an opportunity for reduction in food and water borne diseases, hence promoting quality health of traders and consumers.

STAKEHOLDERS AND PARTNERS

Public: City council, market and abattoir management

Civil society: Businesses organizations supporting the action.

CONTACT DETAILS

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JUSTIFICATION / CONTEXT

Mbale Central Market (MCM) is a central food business hub that accommodates and services thousands of consumers, traders and other stakeholders on a daily basis. A high percentage of consumers eat food sold in and around the market given its accessibility, availability and affordability. However, poor food handling practices, poor hygiene and sanitation among vendors and the unsuitability of the vending and eating places increase food safety related risks, as food borne diseases and food fraud. In addition, limited enforcement of the existing food safety related policies, regulations and standards has also been reported.

The City abattoir is a government facility established in 1960, which overtime has become dilapidated. It has inadequate water services, poor drainage and hygiene, despair of roofs and walls, limited storage and sanitary facilities, which poses food safety and health concerns for consumers and the abattoir employees. Furthermore, the latter have inadequate knowledge about food safety and handling practices. This is notable by animals being slaughtered on the floor in unhygienic surfaces and poor waste disposal within the abattoir premises. Due to its degenerated state and limited security, many traders and abattoir employees have abandoned the facility, which could threaten the food security of the city.

DESCRIPTION OF THE INTERVENTION

- A baseline survey will capture the knowledge, attitudes and practices of targeted meat, fresh and cooked food vendors in regard to food safety and food waste management. They will be then trained, mentored and coached on optimal food handling, food safety and food waste management and recycling.
- Aprons and headgears will be distributed, to be used as protection during food handling, preparation and serving and bins to sort food waste, which will be further processed at the waste processing plant.
- Infrastructure and premises at the city abattoir and where cooked food is prepared and served will be built or renovated. This will include the fence and general renovations of the city abattoir, a cooking shed, furniture for the eating area and improved food stalls.
- Extension of clean and potable water to selected vending sites, to improve sanitation.

TARGETED SITES AND BENEFICIARIES

- **City abattoir employees:** 82 (81 male and 1 female)
- Mbale municipal council
- Abattoir traders
- City community

