



TUNIS

REDUCTION OF SALT IN BREAD IN TUNIS CITY

INTERVENTIONS TO IMPROVE THE CITY FOOD ENVIRONMENT



AfriFOODlinks



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Local Governments
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KEY WORDS

Salt reduction

Healthy diets

Food policy

Bread reformulation

High blood pressure

OBJECTIVES

The objective of this intervention is to reduce risk factors of cardiovascular diseases and enhance public health in Tunis City by introducing a new subsidized bread that is low in salt and enriched with protein, fiber, and essential nutrients, providing a healthier alternative for daily consumption.

EXPECTED TRANSFORMATION

The reduction of salt in bread will lead to a healthier food environment by lowering exposure to unhealthy diets. Reformulating bread to be lower in salt and richer in nutrients promotes access to safer, more nutritious food for all. This initiative supports a shift towards healthier, more sustainable consumption patterns, encouraging long-term dietary changes that benefit public health and well-being. It also sets a precedent for reformulating other staple foods to improve nutrition and food security.

STAKEHOLDERS AND PARTNERS

Government: Ministry of Health and Ministry of Trade and Export Development

Industrial sector: Bakers, millers

NGO: Tunisian Union of Industry; Commerce and Handicrafts; National chamber of bakers' union; National chamber of millers' union; Tunis chamber of bakers; Consumer protection organisation

Research: Food analysis laboratory



JUSTIFICATION / CONTEXT

Salt intake in Tunisia exceeds 11 g/day per person, more than double the WHO-recommended limit of 5 g/day. Bread, consumed at about 245 g/day per person, contributes 30-50% of added salt intake. Excess salt is a leading cause of high blood pressure, a major risk factor for strokes and heart disease. The Tunisian government plans to reduce salt in bread and increase the wheat flour extraction rate from 78% to 85% to improve its nutritional quality.

DESCRIPTION OF THE INTERVENTION

The following steps will be set up:

- Establish a management committee composed of key stakeholders, which will prepare the experimentation protocol;
- Involve volunteer formal bakers from Tunis city;
- Achieve a 30% reduction in salt content in subsidized bread over 9 months, with a gradual decrease of 10% every three months;
- Monitor bakeries' compliance by weekly laboratory analyses during the reduction period, then monthly in the second year, and quarterly until December 2026, when the AfriFOODlinks project concludes;
- Conduct a taste test survey in catering services (canteens, restaurants, fast-food outlets) to assess consumer perceptions of saltiness, smell, taste, texture, and overall preference before, during, and after the experiment;
- Encourage bakers to join the initiative by affixing an illuminated sign outside their shops, signaling their commitment.
- Launch a mass media campaign to promote the reduced-salt bread and raise public awareness about lowering salt consumption.

TARGETED SITES AND BENEFICIARIES

Neighbourhood of Tunis city: 100 bakers (out of 297 formal bakeries)

Community of Tunis: Around 308,000 consumers of subsidized bread

Equal participation of men and women will be ensured when targeting beneficiaries (like workers in the bakeries, participants in the tasting tests).

CONTACT DETAILS

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TUNIS

COMMUNITY VEGETABLE GARDENS FOR YEAR-ROUND VEGETABLE AVAILABILITY

INTERVENTIONS TO IMPROVE THE CITY FOOD ENVIRONMENT



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KEY WORDS

Community garden

Food access

Food production

Urban agriculture

OBJECTIVES

- Improve access to fresh vegetables from a local and sustainable source;
- Enhance and promote eco-responsible urban agriculture and raise citizens' awareness;
- Recover organic waste by using compost;
- Strengthen community's social cohesion;
- Encourage local self-sufficiency in food, strengthening community resilience to market fluctuations and external disruptions.

EXPECTED TRANSFORMATION

- To contribute to a balanced and diversified diet at a local level.
- To provide educational support to link food and health.

STAKEHOLDERS AND PARTNERS

Public: The Ministry of Agriculture, Water Resources and Maritime Fisheries ; the delegation of El Omrane, the Tunis agricultural development commission.

Civil society: « Bietna association », « JCI Belvédère », « JCI France ville » working in the field of citizenship, urban environment, and participatory democracy ; « réseau enfants de la terre » that integrates sustainable development into education, awareness and community mobilization ; the scouts.



JUSTIFICATION / CONTEXT

Fresh produce supply in Tunis is primarily provided by the central wholesale market, which holds a monopoly and is dominated by intermediaries, resulting in skyrocketing costs of essential products such as vegetables. Produce is distributed from there to the 22 retail markets of the city. Consumers depend on conventional food supply systems (wholesale and retail markets), which affects both the price and quality of available fresh products.

DESCRIPTION OF THE INTERVENTION

Planning and set up phase

- A plot of approximately 1 hectare will accommodate the community garden in the Parc of Belvedere near the Jbel Lahmar district.
- Recruit citizens (specially women) to manage the garden, through local associations and based on the projects' principles.
- Plan of the garden layout, test of the soil quality and clearing the land.

Implementation phase

- Access to water by setting up an irrigation and watering system based on an existing well (suction pumps, canal and pipe system, etc.).
- Installation of fencing around the vegetable garden for security.
- Setting up a composting unit (waste to be used as fertilizer) to create a closed circuit.
- Plan a training program on urban agriculture, sustainable development, permaculture, agroecology.
- Crop selection based on climate, soil conditions and community needs.
- Planting using sustainable practices.
- Maintenance and monitoring: including weeding, watering, and pest control.

TARGETED SITES AND BENEFICIARIES

The garden site: In the Parc of Belvedere, near the Jbal Lahmar district.

Beneficiaries: Community living next to the park. Children in school canteens.

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TUNIS

MUNICIPAL SHORT FOOD CIRCUIT MARKET, FOR IMPROVED ACCESS TO FRESH AND NUTRITIOUS FOOD, SUSTAINABILITY, AND SOCIAL COHESION

INTERVENTIONS TO IMPROVE THE CITY FOOD ENVIRONMENT



AfriFOODlinks



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Local Governments for Sustainability
AFRICA
Coordinated by ICLEI Africa

KEY WORDS

Short food circuits

Food access

Local markets

Small scale farmers

Family farming

Food resilience

Urban agriculture

Peri-urban agriculture

OBJECTIVES

- To improve cities' economic and physical access to fresh, healthy and sustainable food.
- To support local family farmers, by ensuring fairer prices and a sales channel to their products.
- To strengthen the resilience of the community food system.

EXPECTED TRANSFORMATION

- To promote the transition towards healthy diets, by enhancing the availability and accessibility of fresh and seasonal products from local producers.
- To reshape urban food dynamics by allowing local farmers to keep a higher share in the sale of their products.
- To build trust relationships between producers and consumers.
- To boost local economies, by strengthening cooperation between businesses within the food chain, and creating local jobs in agriculture and food production.

STAKEHOLDERS AND PARTNERS

Public: The Ministry of Agriculture, Water Resources and Maritime Fisheries, and the Agricultural Extension and Training Agency.

Civil society: The Tunisian Union of Agriculture and Fisheries, the Unit of women farmers, the Tunisian consumer defense organization and the Tunisian Permaculture association.

Private: Inter-professional groups of fruits and vegetables.

JUSTIFICATION / CONTEXT

Greater Tunis is among the most productive regions of the country. One part of the land is farmed intensively by large farms (around 10 ha and more), who sell their products to the Tunis Central Market, local commerces and nearest towns ; while the other is farmed extensively by small family farms (rarely exceeding 3ha) with a modest economic performance and who sell their products through direct sales in surrounding markets, in the street or to intermediaries.

DESCRIPTION OF THE INTERVENTION

- Creation of a municipal market for direct sales from small farmers to local community in the popular district of « El Agba/ Hwas neighborhood » (16 km from Tunis city center), where no municipal market exists. The municipality will ensure its management and maintenance, and will collect taxes from vendors.
- Farmers' selection criteria : produce locally fresh and seasonal food, or ecological food, or women farmers' preparing homemade food in Greater Tunis.
- A steel structure will be built and equipped with individual stands and sanitary facilities, electricity and running water. A waste management and recycling unit will be established.
- A varied range of products will be offered: vegetables, fruits, eggs; artisanal pastas, marinated vegetables, olive oil, honey, artisanal jams, legumes, condiments, spices and aromatic herbs.
- A capacity building program on sustainable agriculture practices, financial inclusion programs, women empowerment; and awareness raising on sustainable consumption, healthy diets, food waste.
- A platform will map urban and peri urban farmers of Greater Tunis.

TARGETED SITES AND BENEFICIARIES

- El Agba municipal local market.
- Local small farms based at the Greater Tunis (Ezzahrouni) and a women's agricultural development group located in "EL Hrairia" producing seasonal fresh food and/or ecological food.
- Women farmers producing local handmade foods.
- **Market neighbours:** citizens (households and students), schools' canteens and food businesses (fast foods, restaurants, food kiosks, street vendors).

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