

# UGANDA

**Principal Investigator:** Dr. Robert Kajobe

**Internship Title:** Development of a training manual on recommended preparation and consumption of locally available vegetables. Target audience are households, schools and health facilities.

**Time Period:** 3<sup>rd</sup> to 17<sup>th</sup> August

**Project Background:** Muni University (<https://muni.ac.ug/>), together with partners are undertaking on a horticulture research project to contribute towards Feed the Future Horticulture Innovation Lab program of Transforming the horticulture sector in East Africa. The overall objective of the project is to develop innovative horticulture technologies for improved income and livelihoods among small scale women farmers in Uganda. Horticulture plays an important role in food security, employment opportunities and income generation. The project is being implemented in the 6 out of 12 districts in the West Nile region of Uganda. The project methodology follows The Embedded Research Translation (ERT) approach. All farmers and other stakeholders will be integrated early and throughout the research collaboration. The project will ensure that research outcomes are taken up and applied. The project targets women (70 %) and men (30 %). Out of these, the host population and refugees are expected to participate. The Overall Objective of the project is to develop innovative horticulture technologies for improved income and livelihoods among small scale farmers in Uganda.

From the reconnaissance and baseline studies, we observed that most of the health facilities within the implementation areas addressed nutrition with a curative approach as opposed to preventive. There were little efforts to build capacity of mothers and caretakers to prevent malnutrition through production, storage and preparation of nutritious vegetables. We are therefore promoting preventive efforts such as production, preservation/storage and appropriate cooking methods of readily available vegetables. The target audience includes mothers and care takers of malnourished children in health facilities, women's group and secondary school students.

Insights and learning from these activities will be packaged into a concise 'teach yourself' manual that can be used by future trainers for scaling beyond the project period. The most readily available vegetables in the area include; tomato, onion, cabbage, Okra, eggplants and indigenous vegetables.



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<b>Research Question(s) or Specific Issues to be Addressed</b>	<b>Range of Acceptable Disciplines</b>	<b>Deliverables</b>
<p>How can locally available vegetables in West Nile be utilized to combat malnutrition in the region (based on nutrient profiles)?</p> <p>What are the best practices in preparation and consumption of the various vegetables to conserve nutritional value while enhancing attractiveness to infants, school children and expectant/nursing mothers</p> <p>How can this information be packaged to influence mothers, care takers and nutritionists to enhance adoption (e.g., printed guides, videos, workshops)?</p> <p>How can the effectiveness of the materials in combating malnutrition be assessed and measured?</p>	<p>Horticulture/Agronomy/crop science. Food Science Nutritional Science Agriculture Extension and Education. Public health</p>	<p>The intern will be expected to develop training materials for appropriate preparation and consumption of selected vegetables in West Nile region of Uganda.</p>



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