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Section A

Food Security and Food Availability
The UN Food and Agriculture Organization (FAO) has warned that the growth of huge cities in the developing world will be accompanied by worsening food shortages.

- Poor city infrastructure is linked to the costs of food.

- Poor city people spend up to 80% of income just on food, much more than rural families.

- City people also often have a worse diet.
Migration and Food

- How will rural-urban migration affect the food situation?
- More low-income and hungry urban dwellers?
- Fewer rural farmers to feed the cities?
- In short, there is a lack of “food security” for the urban poor
The World Food Summit of 1996 defined food security as existing “When all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life”

Commonly, the concept of food security is defined as including
- Both physical and economic access to food ...
- ... That meets people’s dietary needs as well as their food preferences
Three Pillars of Food Security (WHO)

<table>
<thead>
<tr>
<th>Food availability</th>
<th>Food access</th>
<th>Food use</th>
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<tr>
<td>Sufficient quantities of</td>
<td>Having sufficient resources to obtain</td>
<td>Appropriate use based on knowledge of basic</td>
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<td>food available on a</td>
<td>appropriate foods for a nutritious diet</td>
<td>nutrition and care, as well as adequate</td>
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<td>consistent basis</td>
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<td>water and sanitation</td>
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Underlying Factors for Food Insecurity in Liberia

- Underlying factors for food insecurity in Liberia according to the World Food Program (WFP)
  - Low agricultural production capacities due to lack of seeds and tools and lack of knowledge on adequate pest control, storage, and processing techniques
  - Low purchasing power due to limited income-generation opportunities in the agricultural and non-agricultural sector
  - Limited biological absorption capacities due to lack of safe drinking water and sanitation, high prevalence of disease, inadequate food preparation, and poor child feeding practices
How Food Gets into the City

- Farm to market to city
- Urban agriculture
- Food importation

Farms

Food bulking at rural markets

Urban agriculture and aquaculture

The urban environment

Food aid and imports
Farm Markets

- Rural farm markets attract sellers from surrounding farm hamlets
- Produce is bulked by women traders known as *alajapa*
- Bulked produce is then trucked to Lagos, Ibadan, and other large cities

Photo by William Brieger
Transporting Food from the Farms

- Depending on quality of information flow, rural farmers may be at a disadvantage when setting prices.

- Once food is bulked, it can be brought to the city in large lorries or small pickup trucks.

Photos by William Brieger
The WFP found that in Liberia the marketing system is not functioning well outside Monrovia.

Main reasons are very bad road conditions, limited transportation, and lack of functioning institutions.
Urban Agriculture

- The urban environment offers some opportunity to grow perishable produce.

- Vegetable farms are common on any vacant strips of land near roads or on unclaimed patches in peri-urban areas.

- Ranges from home use to salad greens for restaurants.

  ![Photo by William Brieger](image1)

  ![Photo by William Brieger](image2)
Families Engaged in Urban Agriculture in Africa

- Libreville: 80%
- Accra: 50%
- Lusaka: 45%
- Maputo: 37%
- Ouagadougou: 36%
- Kampala: 36%
- Yaounde: 35%
Who Cultivates the Urban Landscape?

- Cultivators are usually of lower socioeconomic status, i.e., unskilled workers and/or formally unemployed.

- Most open-space cultivators do not know the owners of the land they cultivate because they cultivate any land that is currently unused.

- Unfortunately, urban agriculture is still largely unrecognized and unassisted, if not outlawed or harassed—even in years of food shortage.

Urban Aquaculture, Too

- An income-generating opportunity for urban poor
- Challenges exist
- Finding land to make ponds
- Keeping urban streams and rivers unpolluted—zoning
- Managing in the dry season

Photo by William Brieger
Food and Livelihood

- Many women involved in trading fish are heads of single-parent households
- Fish sales are their primary source of income

Photo by William Brieger
Food Imports

- In post-conflict Liberia, with the productivity of the agricultural sector remaining weak, as indicated in 2006 surveys, about 95% of urban food needs are met through imported food items.

- In Africa generally:
  - In 1966-1970, net food exports averaged 1.3 million tons per year.
  - By the late 1970s, Africa imported 4.4 million tons of staple foods a year.
  - A figure that had risen to 10 million tons by the mid-1980s.

Food Aid

- WFP linked food distribution with an urban TB program in Indonesia such that people getting DOTS (directly observed treatment, short-course) would also get fortified rice and noodles
Food Aid Challenges

- “Glib talk of famine backed by pictures of starving children may help NGOs raise funds, but it does nothing to address (the) basic (structural) problems,” said Prof. W. Easterly of New York University to the BBC

- Zambia at a time banned aid because it worried about genetically modified U.S. maize

- Food aid may drive down prices for local farmers

- WFP examines how aid can be used to develop the local economy
Zimbabwe Creates Urban Food Crisis

- Food prices are escalating wildly
  - Large white-owned farms were confiscated
  - New farmers have failed to grow sufficient food

- 700,000 people have been ousted from their homes as part of President Mugabe's “urban clean-up program”

- In 2003, commercial markets in Zimbabwe had ground to a halt, and in urban areas such as Bulawayo, grocery shelves were bare
The urban working poor were still earning wages, but foodstuffs were largely unavailable. The limited maize that did exist was completely unaffordable to most people.

Zimbabwe’s government has frustrated the delivery of large quantities of foreign aid.

Church leaders, meanwhile, are warning that government food is being given to supporters of President Mugabe's party, Zanu-PF, and not to his opponents.
Section B

Food Access
How Do Urban Households Access Food?

- Urban food markets
- Street vendors and hawkers
- Informal canteens and restaurants
Unwholesome Urban Food Markets

- In Africa, wholesale food markets lack basic equipment, such as refrigeration.

- In Latin America, markets pollute the environment with their waste and block city centers with delivery trucks.

Photos by William Brieger
The Market and Disease

- Lagos had the only known case of bird flu in Nigeria (2007)
- Market refuse disposal presents a major urban challenge
- Not only does it provide a breeding ground for disease vectors that affect food ...
- ... There is also the problem of blocked drains and flooding
Children and the Urban Food Market

- Urban markets are a major venue for child labor

- Also, women traders bring their small children with them to market, where they are exposed to health risks

Photo by William Brieger
Street Hawkers

- The FAO stresses the important role played by small markets and street vendors who provide food for the poorest people.

- In Caracas, Venezuela, for example, produce bought on the street represents a quarter of total household expenditure on food.

- Hawkers are also vulnerable to sexual abuse.
Food Access in the Slums

- I am already used to the kind of life of Kibera (a Nairobi slum)

- I can buy *sukumawiki* (greens) for five shillings ($0.07) which will satisfy my family

- If I go to another place, it will force me to be buying *sukumawiki* for twenty shillings a day, which I cannot afford

Photos by William Brieger
Getting Food Supplies

- BBC News story about a Nigerian widow who supports her family by preparing a selling street food. [Click here for photo essay.](http://news.bbc.co.uk/2/shared/spl/hi/picture_gallery/07/africa_roadside_chef/html/1.stm)

- This food seller was almost destitute after her husband died

- Since then she has had to make enough money to keep her family of four children afloat

- Now aged 50, every day she walks to the railway market and buys white beans, palm oil, yams, and vegetables

- It takes her an hour and a half to get there and back in the intense heat

Not Just Food, but Fuel

- Environmental concerns—wood and charcoal from rural areas

Photos by William Brieger
Informal “Restaurants” and *Bukas*

- During the day, urban residents find food where they can

- A major business for West African women is running an informal canteen known as a *buka* (meaning shed)

Photo by William Brieger
Convenience and Cost Concern Urban Poor

- Urban residents in Africa probably eat at least one meal out each day as their homes are too far from their workplaces to take every meal at home.

- They may be less concerned about hygiene than they are about convenience and cost.

Photo by William Brieger
Bukas Spring up at Construction Sites

Photo by William Brieger
Section C

Food Use and Implications for Food Policy
Who Gets the Food?

Poverty Reduces Likelihood of Balanced Diet

- One can fill up more cheaply on starch—a common practice of young child laborers and apprentices
School Meals

- Primary education is nearly universal in theory

- Sometimes the school meal is the only food a child gets until evening

- Even then, private food vendors provide food of minimal cost and nutritional balance

Photo by William Brieger
“Food use” is more than eating
- Poor water and sanitation in poor communities expose food to contamination
- Hand washing helps, but where is clean water?
- In poor communities, diarrheal and other diseases create problems of nutrient absorption
Severely malnourished children were more likely to have had...

- A history of measles in the previous six months
- Dehydrating diarrhea
- No access to a sanitary toilet
- Abnormal findings in lung auscultation (sounds)

The children presented a mean longitudinal prevalence of 2.7% of days with diarrhea during a mean period of 23 follow-up weeks.

The main factors associated with diarrhea were the rubbish-in-street index and intrahome rubbish packaging.

Other important variables were the water-in-street index, child age, hygiene and cleanliness near the house, number of people per house, and drainage problems.

What Do People Believe about Food?

- The urban poor may bring with them from the rural areas beliefs and cultural practices that influence food use, for example ...
  - Children should not eat meat or they will become thieves
  - Pregnant women should avoid eggs, plantain, and green leafy vegetables
  - Meat is used for flavor, while the starch is what gives strength
  - Often only one meal is prepared at home, while the rest are take-away food from vendors where quality, sanitation, and nutrition cannot be controlled
Urban areas are more vocal and volatile and may react when there is a food shortage.

Policies to subsidize basic products like bread may be popular in the short term, but are they sustainable?
Food Policy and Health

- HIV/AIDS adds another dimension

- Mozambique is trying out a food subsidy program for citizens unable to work and with no income in urban/peri-urban areas

- Eligibility is based on means testing, proxy indicators (age, disability), and health status (chronically ill)
Political Economy of Food Insecurity

- Under circumstances where the urban poor spend a very large portion (75%) of their total income on food, urban poverty rapidly translates into food insecurity

- The lack of formal safety nets
  - Shifting of responsibility for coping with food insecurity away from the state ...
  - ... And toward the individual and household level has tended to atomize and muffle any political response to this new urban food insecurity

In the 1970s and 1980s, urban food security was defined as the problem of “feeding the cities,” or maintaining the aggregate food supply.

Protest resulting from such problems commanded political attention.

In the late 1980s and 1990s, the problems of major price swings and failure in supply have been much less common.

But urban food insecurity in terms of access at the household or individual level has increased as urban poverty and inequality have increased.

Urban Food and the Future

- What will happen to national food production as more people move to cities?

- How will food within cities be distributed as urban slums grow?

- How will slum conditions, including legality of settlements, change to improve sanitation and reduce diseases that lead to poor nutrition?
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<tr>
<th>In Review</th>
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<tr>
<td><strong>Food availability</strong></td>
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<tr>
<td>Food becomes available in the city from rural farms, urban agriculture, and imports/aid</td>
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<tr>
<td><strong>Food access</strong></td>
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<tr>
<td>Urban poor are disproportionately unable to access adequate food supplies due to cost factors</td>
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<tr>
<td><strong>Food use</strong></td>
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<tr>
<td>With lack of good water and sanitation, the poor are more likely to suffer from disease that creates absorption problems</td>
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