

Project Overview



YOUTH FOOD ACTION: CHANGE LABS

Developing Urban Youth Food Champions to increase young people's access to healthier foods to combat diseases and create healthy conscious communities.

In partnership with



ACKNOWLEDGEMENTS

The Hivos team would like to acknowledge the help of all the people involved in the Youth Food Action pilot and the Food Change Labs. In addition, we are grateful to Hivos leadership and

staff, who contributed their time in the assessment and review processes and drew on their personal experiences to enrich this project.



Left to Right: Runya Chibota (Hivos); Jackie Cahi (Kufunda Village); Percy Toriro (MDP); Progress Katete (UNICEF).

Special thanks to UNICEF Zimbabwe for supporting the development and funding of this pilot. Thanks also to our implementing partners Ministry of Youth, City Council Harare, City Council

Bulawayo, and Municipal Development Partnership (MDP). We also thank the Kufunda Village team for their expert design and participatory facilitation of the change lab process.

We would also like to appreciate all our lab participants from Harare and Bulawayo who committed to the learning journey of becoming Healthy Food Advocates in their communities. Our only hope for positive change is through the commitment of people like you – we salute you!

Much thought and effort have gone into reflecting on how Hivos role as a learning organisation is committed to putting young people at the forefront. For this, we are grateful for our partnership and shared values.



Left to Right: Shelton Sithole (Bulawayo City Council); Maaienne Knuth

BACKGROUND SUMMARY

Nutritional Health Status Of Young People And Children In Zimbabwe

Non-Communicable Diseases (NCDs) are set to overtake communicable, maternal, neonatal, and nutritional (CMNN) diseases combined as the leading cause of mortality in sub-Saharan Africa by 2030. This project was launched in response to rising health issues such as chronic malnutrition, anaemia, overweight, obesity and diabetes, faced by young people within the ages of 10 to 19 due to poor diets.

Indicator	Prevalence
Stunting	25%
Obesity	2.3%
Wasting	2.5%
Underweight	8.3% (ZNNS2018)

According to the (Zimbabwe National Micronutrient Survey, 2012), youth and children are suffering from Micronutrients deficiencies. In addition, an estimated 25 % of adolescents struggle with anaemia.

Why Focus on Urban Youth?

WFP forecasted that by March 2021, at least 3.3 million people – almost half (47%) of the country's urban population – will be food insecure.

Only 55% of households and **only 3 in 100** children in Zimbabwe are fed the recommended minimum acceptable diet.

13% of adolescent girls 15-19 years are overweight rise from **11%** in 2005/6

31% of adolescent boys 15-19 years are underweight.

This has been linked to accessibility/consumption of ultra-processed and innutritious foods in urban areas, amongst other issues. Food insecurity and unhealthy food consumption are driving micronutrient deficiencies with **1 in 4** children affected.

Nutrition interventions have focused on social behaviour change communication to address poor diet choices, but to date no attention has been given to understanding and addressing the food environment, which plays a key role in determining individual and household food choices.

Birth Of The Youth Food Action Project

In response to the rise in health implications amongst young people, Hivos Southern Africa, in Partnership with Unicef Zimbabwe, committed to a 9month- pilot project called the Youth Food Action Project in April 2021. The Youth Food Action falls under our strategic development pillar under Climate Justice. **This project was launched on the 5th of August with the aim of improving the food environment by increasing the availability and accessibility of healthy foods to school-age children and adolescents in urban areas of Harare and Zimbabwe.**

In order to achieve their desired goal, the project committed to three main activities as follows:

- Research that would enable Policymakers and Citizens, particularly young people, to have an increased understanding of Harare and Bulawayo's Adolescent Food Environments & Food System (drivers of the food environment)
- Establishment of multi-actor Food Change Labs in Harare and Bulawayo to influence the food environment and food system governance in each city.
- The development of youth-led prototypes/ initiatives and city food manifesto that improve the urban food environment for improved nutrition of adolescents.

Purpose Of The Report

The purpose of this report is to expound on the benefits of adopting a Food Change Lab approach and share how this multi-sector stakeholder platform enabled us to attract and engage with various key stakeholders who are active players in the Food system. In addition, we will introduce you to the phenomenal healthy Food activist's and implementing team. Most importantly, this report captures the learning journey with the participants, key findings such as challenges identified in the Food Systems and proposed solutions,



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LEAD HIVOS PROJECT IMPLEMENTING TEAM



Runyararo Chibota

Youth Food Action
Project Manager

“I look forward to a generation focused on the prevention of diseases through natural and organic herbs through changes in our diet before we even get sick”



Rene van Veenhuizen

Global Food Systems Expert

“Food is important in our daily lives, it connects people, cities, regions and sustainable development goals. Understanding our food system and connecting over the question “What food system do we want” is powerful in food systems transformation.”



Gigi Wing- Davies

Business Development
Manager for Climate Justice

“I want everyone to feel the great physical and mental resilience that comes from eating a highly nutritious diet”

What Are Food Change Labs?

A Food Change Lab (FCL) is a participatory innovation

Process. It is a multi-stakeholder platform to enable citizens an opportunity to co-create a vision, prioritisation of issues, influence

Benefits:

- Builds coalitions of change amongst multi-stakeholders
- generate solutions, and test them on the ground.
- The process is ideal for addressing complex issues which encompass a myriad of actors, facets and policies.
- It is designed to promote systemic change, shifting food systems towards more

inclusivity and sustainability.

Specific objectives of the Hivos YFA Food Change Labs:

1. Improved understanding of the current City food system and food environment in addition to the co-creation of a shared vision.
2. Contribute to Food Asset Mapping & other research, collaborating with the Hivos research team where possible.

3. Prioritize issues to be addressed in the local food environment/system and develop pilot solutions.
4. Improve capacity to engage in lobby and advocacy around food and nutrition, including co-creation and implementation of a communication/awareness-raising campaign.
5. Co-create city-specific food environment/system plans & recommendations.
6. Strengthening relationships amongst diverse food actors such as (CSOs, Government ministries, corporates, farmers, schools etc.) working towards a shared vision.





The Youth Food Change Lab - Learning Journeys



85 passionate young urban leaders from different sectors committed to participate in the monthly Food Labs from each city to aid in developing healthier

communities. The multi-sectoral Food lab consisted of students, food entrepreneurs, NGOs, gender rights activists, Nutrients, health experts, researchers, creatives,

communication experts, farmers and key players such as the Ministry of Youth, Food Nutrition Council, City Council Harare and Bulawayo. The participants were from a mixture of income households (high, middle, low) and different ages, fair representation of each gender to enable richness of data gathered. This platform enabled the youth within the lab (ages 10 to 25) to engage directly with the policy and decision-makers who were also part of the lab. This strengthened the partnership and desired outcome for a city-wide intervention plan to promote access to healthy food in urban areas to combat the rising health issues.



Over the 6-month period, using the Theory U method, we explored the current challenges in the Food systems. We captured the lived experiences of young people in the lab and those from the selected communities in each City. As part of the learning journey, the participants had the opportunity to visit sites that had ongoing programs and projects committed to conscientising citizens of sustainable farming practices, climate change, production and trading of healthy food. It was pertinent for participants to understand the problems within the urban community by engaging directly with the community and drawing inspiration from existing projects for possible emerging solutions. Some of the lab participants were also selected to engage in the research component to gather more info on the lived experience and current food system environment youth are residing in both high and low-income areas. One low income was selected for each city, and one high-income area was selected for each city.

Sites Visited Included including research focus areas:

Harare:

- Foundations for Farming
- Kufunda Village
- Dreams Gardens in Chitunguza at Utano Community
- Vitagrow (Hydroponic Company) - Vainona
- Fambidzania Permculture Centre
- Budiro 5 (selected research areas)
- Chishawasha Hills (selected research areas)





Bulawayo:

- Jairos Jiri
- Entumbane Food Market
- Shasha Food Market
- Four Winds neighbourhood (selected research areas)
- Entumbane Community (selected research areas)



YOUTH FOOD ACTION PROFILES

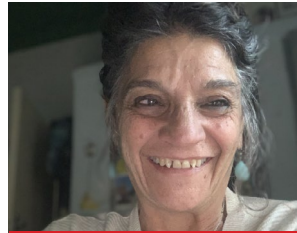


**Facilitator and
Research Teams**



**Maaianne
Knuth**

Maaianne's story bridges Europe and Africa in an arc that travels from Copenhagen, where she studied for her Master's degree in International Business, to Zimbabwe, where she co-founded the extraordinary learning centre, Kufunda. Core to Kufunda's work is enabling rural communities to become strong, empowered agents of their own destiny, using people's own imagination, collaboration and resources, including founding a Waldorf inspired school and practicing biodynamic farming. Maaianne's work with Kufunda led her to becoming an Ashoka Fellow and a Young Global Leader with the World Economic Forum. Maaianne is a co-convenor of Gateway Zimbabwe (www.gatewayzimbabwe.org) and a steward of the global Art of Hosting Network. Maaianne's work in dialogue, creative process, conscious dance, mindfulness, and time in nature supports individuals in waking to who they are and what they can be within their communities – moving towards a more just and beautiful world.



**Jackie
Cahi**

Jackie Cahill is an experienced facilitator and host, committed to helping groups, communities and individuals in participatory methods of learning, dialogue, engagement, and planning. In addition to her facilitative and co design work at Kufunda Learning Village, she is a Senior Associate for Southern Africa at Engaging Inquiry, a strategic consultancy that accompanies teams around the world to find new ways to understand and engage their social systems for locally-rooted, lasting change. Her experience and practice with diverse methodologies, coupled with her background in education and the creative arts, allows her to weave and integrate traditional, best practice in the field of social impact with the new, the innovative, and the emergent.

As a steward of the Art of Hosting Network of practitioners in Zimbabwe, she has co-facilitated Art of Hosting Trainings in Zimbabwe and is committed to keeping space open for generative dialogue and authentic enquiry with a focus on peace and community development.



**Tanaka
Jabangwe**

My name is Tanaka Jabangwe I am a registered Nutritionist working for the Harare City Council City Health Department. I am also a member of Zimbabwe Nutritionists Association (ZIMNA). I hold a Bachelor of Science Degree in Nutrition from the University of Zimbabwe and a Masters of Public Health degree from the University of Lusaka. I have 10 years working experience in maternal, infant, young child and adolescent nutrition programming. I have particular interest in adolescent nutrition and the prevention and management of diet related non communicable diseases. As a nutritionist working in the municipality I offer public health nutrition services to Harare's residents at health institutions, the schools and in the communities.



**Visam
Rodney
Silempa**

My name is Visam Rodney Silempa. I am a final year student doing an Honors degree in Rural and Urban Planning. I am a self-motivated young man, who is also goal-orientated. I have a passion in ICT and researching smart means of achieving tasks in a sustainable ways. I also like doing public speaking and I have nurtured this talent through participating in various competitions, presentations and also being an interpreter at Church to boost my confidence. I selected a degree in Rural and Urban Planning because I want to be an advocate planner and be a voice of the voiceless. I also want to be in the forefront of innovation as it transpires.



Dr Percy Toriro

Dr Percy Toriro is an Urban Environmental Planner. He holds a Bachelor's degree in Urban Planning, a Master's degree in Environmental Policy and Planning, and a PhD in Spatial Planning and Urban Food Systems. He started off as a Planner in municipalities where he rose to become Head of Town Planning for City of Harare.

He later joined the Municipal Development Partnership for Eastern and Southern Africa where he worked on the RUAF Cities Farming for the Future and later the From Seed to Table project. He also worked on the FAO Urban Food Producers study in Harare.

He has also worked with ICLEI on Urban Sustainability projects. Dr Percy also worked with AFSUN in 9 SADC countries researching on Urban Food Security. Percy also worked at the African Center for Cities for 6 years.

He spent the year 2019 in Canada where he had exposure to the Toronto Food Policy Council. He has written and published extensively on cities and food.



Sikhethiwe Mlotsha

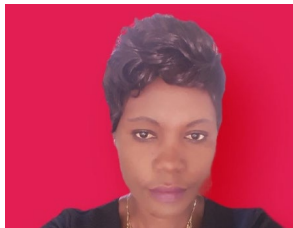
I am Sikhethiwe Mlotsha and I'm trained as a co-ordinator and facilitator for community and women's programs. I have experience in organising and facilitating empowerment programs for women and community leadership programs for both youths and adults. I do have experience in coaching and mentorship. I have done this work for more than 14 years working with Kufunda Learning Village. I developed most of my skills through different courses on community engagement and personal leadership development and attending learning gatherings and trainings in Zimbabwe, regionally and internationally.

My passion is in supporting individuals and communities or groups in realising their gifts and bringing them to life. I also enjoy working with groups and communities in finding possible solutions that contribute to positive changes in life, as well in bringing their visions to life. I also support people with ideas and solutions on how to live a healthy life through what they eat. At Kufunda, we practically grow food organically and demonstrate ways on healthy living.



Zebediah Muneta

Zebediah Muneta is a University of Zimbabwe fellow research assistant with more than 5 years of research experience. He is now doing his master's degree in Real Estate Management at the University of Zimbabwe. His research focuses on community participation, development, and food systems in order to achieve community equity and sustainability.



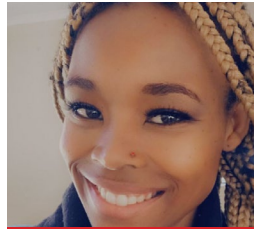
Nyasha Melody Masawi

Profession: Police Officer. Institution: Lupane State University Holder of a Post Graduate Diploma in Risk and Security Management and a 2nd year Supply Chain Management Student.



Takawira Mubvami

Mr. Takawira Mubvami B.A. Hons Geography, M.Sc Rural and Urban Planning.; Diploma in Land Ecology Surveys. Is a qualified Town Planner and Development Consultant as well as part-time Lecturer at the University of Zimbabwe where he has worked for over 15 years in the Department of Rural and Urban Planning. He is currently the Acting Director at Municipal Development Programme (MDP). At MDP Takawira has been in charge of the urban Agriculture Programme and Urban Livelihoods where together with IDRC he was instrumental in research in accessing land for urban agriculture and the state of urban agriculture in Zimbabwe, Malawi, Tanzania and Uganda. He has also managed the RUAF supported urban agriculture projects on Cities Farming for the Future and the subsequent From Seed to Table UA projects in Zimbabwe, Zambia, South Africa and Kenya. He has extensive research experience in the region on Urban Food Security and Nutrition. He worked with FAO to develop UA Guidelines and research on the contributions of UA to urban livelihoods.



Michar Mushiko

Michar Mushiko is a Programs Associate at Gateway Zimbabwe, a project under TrustAfrica whose mission is to awaken personal and collective agency in order to reweave the social fabric of Zimbabwe through innovative leadership and participatory processes. We work with Gateway Fellows from 5 cohort communities of Arcturus, Chiadzwa, Chikukwa, Epworth and Lupane. The projects that have come out of these processes tackle the food security question. Closely linked with the work done in the Gateway is the broader continental work being supported by TrustAfrica through the Reclaim Sustainability Project.



Miracle Patience Mabvundwi

Profession: RURAL/TOWN PLANNER. Institution: FREELANCE, currently no institution.



Helene Dube

Profession: final year student for Records and Archives management (currently attached at Bulawayo City Council)
Institution: National University of Science and Technology.
I am a dynamic, highly motivated and open minded individual with an ability to work in a multicultural environment and driven by an underlying curiosity and desire to know more about things.



Mandlenkosi D Ndhlovu

Profession: Electrical Engineer. Institution/Organisation: Former Graduate trainee at Bulawayo City Council Engineering Services



Kudakwashe Kutesera



My name is Kudakwashe Kutesera, a Project Administrator at Foundations for Farming with 8 years' experience. I am a holder a BSc degree in Agribusiness Management and a National Diploma in Horticulture and currently in pursuit of a Master's degree in Developmental Studies.

Our organization specializes in training farming communities, schools, agricultural colleges, Government institutions and churches in sustainable Climate Smart Agriculture practices which are a critical building block to the alleviation of poverty and hunger in Africa.

Foundations for Farming is the originator of the pfumvudza concept, as well as the supplier of organically grown supplements like moringa and chia. We also supply chicken eggs rich in moringa supplementary elements.



Cordelia Njeru

Title: Logistics Assistant. Organisation: MDP.



Harare Profiles



Charlene Chisvo

My name is Charlene Chisvo, I am a research consultant in Nutrition and Diet Diversity at Bio Innovation Zimbabwe, for the Zimbabwe Resilience Building Fund. I co-own, with some colleagues, a company called Hutano Foods that specialises in delicious, ready to eat breakfast cereals and snacks using traditional ingredients. I occasionally work as a private chef under my brand Charlie's Kitchen. I am passionate about healthy lifestyle and enjoy spending time in the kitchen experimenting with new recipes. My focus is on promoting traditional foods and creating diversified and affordable diets around these ingredients. I believe the way an individual perceives food; affects the choices they make in food selection. If we can change the negative perceptions and incorporate traditional foods in our diets, we can make a significant difference in improving nutrition of our population.



Chrispen Mununga

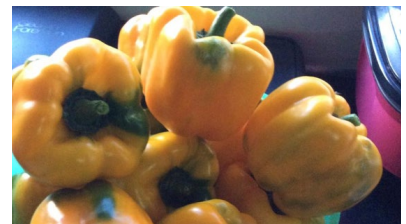
Chrispen is an agricultural economist at the Commercial Farmers' Union (CFU) with experience in agribusiness, climate change, trade and economics. He holds a bachelor's degree in Agriculture Economics and Development and is currently pursuing a Master's degree in Data Analytics. Well versed with agricultural economics, agriculture labour law, business etiquette, corporate governance, policy lobby and advocacy, effective communication and negotiations at the National Employment Council. Chrispen is interested in trade and policy formulation such that he is currently the project coordinator for a poultry rapid assessment programme. He is currently coordinating the independent farmer's dialogue on Food Systems ahead of the Summit.



Keith Chipudhla

After high school in Zimbabwe, Keith chose to study Finance in China. On completing his degree, he returned back home. Keith came across farming by chance through friends who had been raving about urban farming. The idea of farming in the city interested Keith. After growing tomatoes in the soil, his passion was ignited. This led him to discover hydroponics farming – a clean, sustainable farming method – where the produce was healthier and grew within a shorter time compared to soil-based farming. Soon after, Vitagrow was formed.

Vitagrow was founded on three principles that govern its vision – flavour, accessibility and affordability. These three principles drive our passion beyond just commercial operations. We believe that there is a lot of land that is being underutilized around the country. By utilizing hydroponics, we will aim to optimise land usage while economically and educationally empowering people and households across the socioeconomic spectrum.





Felicity McConville

Felicity McConville is the founder and owner of the social enterprise, Lushgreens Organic and Lushgreens Health Foods. Lushgreens is a social (for profit) enterprise which gives back to the community from where it makes a profit. The company works with outgrowers from around Zimbabwe who provide the company with organically grown foods, which Lushgreens adds value to by developing nutraceutical products which are sold at markets and retail outlets in Harare.

The focus of Lushgreens is based upon The Lost Crops of Africa. These are highly nutritious foods (including ancient grains) which are unappreciated and underutilised by today's market. Foods which are neglected despite the impressively high nutritional value. Amaranth seeds is one such example. Lushgreens products include tef, omega 3 seeds, velvet chocolate, glutenfree flours, avostone dust, dandelion tea, hibiscus tea, chia seeds and baobab. The range of unique glutenfree flours, has filled a gap in the provision of locally sourced flours to the gluten free communities of Harare and Bulawayo.

Felicity holds a Diploma in Creative Writing from the Creative Writing Institute in London. A work-in-progress, is a book she is working on. The theme of the book is about food as medicine in Zimbabwe.



Beauty Mlambo

I am a girl of age 17 and currently taking a gap year to study an intensive leadership programme at Star Leadership Academy in Shawasha, Harare.

I did my primary education at Rujeko Primary School in Masvingo where I lived with both my parents. I achieved all four units in Mathematics, English, Shona and Content at ZIMSEC level in Grade seven. I carried on my studies at a Silveira High School for my "O Level. I lost my father when I was in Form 2 and ever since, I live with my mother.

After losing my father due to hypertension, I got more interested in the health industry, especially concerning food that is healthy for consumption. That is when my mother and I joined hands to do a small-scale farming project. We keep rabbits, layers, broilers and turkeys. We grow carrots, onions, beetroot, spinach and lettuce and sell at the available market. My educational qualifications are an "O Level certificate with 17 passed subjects, a grade seven



certificate of four units, a Hexco certificate of 2 distinctions and a scholarship at Star Leadership Academy which I am currently pursuing. I am highly passionate about food and healthy eating and I often collect some several recipes to try them out. I am looking forward to this amazing journey with HIVOS and hoping to promote health among youth because that's where the future lies.





Samantha Sibanda

Samantha Sibanda is a Human Rights Advocate who has worked in the area of disability for over 8 years. She is the Founder of Signs of Hope Trust, an organization that advocates for inclusion of people with disabilities in national and international development. Samantha is a Board Member at Deaf Women Included, a Mandela Washington Fellow 2019 and the former President of the Young African Leaders Initiative (Zimbabwe Chapter).

Samantha is one of the Gogetter Movement's Founding 100. These are phenomenal young women in Zimbabwe, recognized for the difference they are making in communities. Her current studies are in Special Education at the Zimbabwe Open University, with the support of Wells Mountain Initiative (USA).



Crespen Ndlovu

Crespen Ndlovu is a result-oriented, altruistic, charismatic natural leader with more than 5 years' experience in socio-economic development initiatives in research and practice. A candidate Doctor of Philosophy in Development Studies focusing on the contributions of food gardens to livelihoods of urban households and holds a Master's degree in Rural Development.

Currently working at CHEP, a global leader in the provision of equipment pooling systems for agricultural, industrial, and retail supply chains. He serves as a Sustainability Coordinator for Young African Leaders Initiative (YALI), Zimbabwe Alumni Chapter. Between 2012-2017, he served in various positions in Entrepreneurial Action Us (ENACTUS) University of Venda including being team president, where he pioneered and supported student-community projects with a notable socio-economic footprint. Worked as a research assistant for Community Based Monitoring Systems, Partnership for Economic Policy on a rural poverty alleviation project in Tzaneen Municipality, Limpopo in 2015-2017.



Alexio Marikiti

I am Alexio Marikiti, a Health Economist (MSc Health Economics) with interest in epidemiology, public health, health financing and administration, health policy and planning and health system strengthening. I am also a Monitoring and Evaluation expert, a business expert and an Entrepreneur. I am also into Health Research.



Tongesayi Rwapunga

I am an Entrepreneur and Philanthropist who also has training and vast experience working as a development practitioner. I work as the Chief Executive Officer of Tapunga Produce, a small enterprise that deals in the production, marketing and distribution of agricultural produce. Some of the main produce sold by the enterprise include sweet potatoes, Irish potatoes, rice, pulses, herbal remedies and other superfoods found in the wild like Baobab fruit powder and honey. Delivering value to our customers and making a meaningful contribution to the development of their health and well-being is something that I am passionate about. Our business model aims at simultaneously developing communities. I am a practicing philanthropist and a Trustee for Our Children Our Hope Trust; a charity that feeds 500 children daily, through a soup kitchen in Epworth. I believe that every human being should have access to nutritious food, regardless of their socio-economic status.



Takunda Mutirwara

I'm Takunda Mutirwara, a nutritional activist and a first year student at the Midlands State University.



**Christabelle
Takudzwa
Magomo**

Christabelle Takudzwa Magomo is a young Zimbabwean entrepreneur, chef and wife. She loves everything to do with food from planting or growing it, harvesting or cleaning it to cooking and recreating recipes using her immense creativity. Being the only girl in her family, the kitchen chores were hers and that is how she formed a bond with the culinary world. Her father also being vegetarian pushed her not to settle for basic and boring meals but to be eager to think out of the box and play around with food till a healthy and colourful meal is formed. Being part of the Food Change Lab has helped her understand the problems in the food system and together with the team, generate solutions. It has also helped her understand the need to eat healthy, creating food journals and diets and stick to them. Being a person who works with food on a daily basis, nothing fascinates her more than learning and understanding the importance of planning for the food system and valuing input from the bottom-up.



**Winnet
Panashe
Gwatidzo**

An avid lover of nature and the human race, a humanitarian by nature and philanthropist in making who is obsessed with leveling the playing field. Winnet Panashe Gwatidzo is an ambitious and dedicated 17-year-old Zimbabwean who is an aspiring neurological disorders paediatrician. Her unique passion and thirst for the betterment of the human life – especially the health and food sector – is what drives her and gives her the motive to wake up each day and work as hard as she can, well cognisant of the fact that she has to be the change she wants to see. She is a proud student at Star Leadership Academy and a Langham Girls High alumni. Her obsession with equality in all aspects of life has driven her to be the mastermind of a soon-to-be-launched equality initiative in her nation. Her wish is to make the world a better place.



**Jennipher
Madiriza**

Jennipher Madiriza is a disability rights advocate, actress and model. She was crowned Miss Personality in the Miss Albinism Beauty Pageant in 2018. As a person with albinism, she is at the forefront of advocacy for an inclusive society for people with albinism. She is doing so through her work with Miss Albinism Zimbabwe and her career in acting is premised on telling stories of that narrate the plight of people with Albinism in Zimbabwe. Jennipher is the Head of Service at Signs of Hope Trust, an organization that advocates for the rights of people with Disabilities.



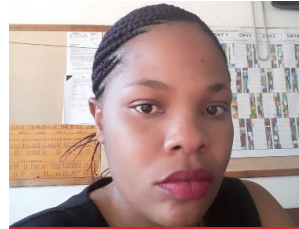
**Rumbidzai
Mawoza**

My name is Rumbidzai Mawoza and I am a Nutrition Consultant. Currently, I'm consulting for the Ministry of Lands, Agriculture, Fisheries, Water and Rural Resettlements and the UNDP on the National Food Systems Dialogues (all 3 stages). I am also the Secretary General for the Zimbabwe Nutrition Association, which is involved in professional development for nutritionists, nutrition advocacy and education, among other things nutrition related. We have a newsletter – where I am the editor – that we publish every quarter and it's one of my best achievements. I'm interested in understanding the dynamics of food systems in Zimbabwe and I have noted the potential research areas that I could look into including understanding the food environments and consumption patterns of adolescents and young people.



**Willard
Gunduza**

Willard Gunduza is holder of a Diploma in Hospital Food Services Management trained at Parirenyatwa Group of Hospital School of Health Science, MOHCC. Willard also possesses an executive certificate in Community Development and Humanitarian Project Management with the University of Zimbabwe and currently studying towards a BSc (Hons) in Nutrition and Dietetics with Solusi University. Willard has been employed by Ministry of Health and Child Care, with 14 years of experience in the nutrition department. Willard has a high interest in providing nutritional health education to the society to enable them to make good food choices.



**Miriam
Magidi**

I am an enthusiastic, self-motivated and initiative individual with excellent inter-personal communication skills, possessing ability to work both in a team and as an individual. I am passionate about the processes that prioritizes diet-related health issues, openly discusses diversity in food diet and how this diversity affects eating habits and to come up with solutions.

My drive is to grow and open my mind to new avenues of research and study towards better and highly nutritional foods. I am currently pursuing a Master's degree in Food Processing Systems with the University of Zimbabwe. I want Zimbabwe to be part of the system that respects food, its Importance and how it plays a role in producing a healthy people.

It's high time diet and nutrition became part of the normal conversation. A conversation in which we not only respect traditional grains and food but we become aware of their nutritional value. It is against this background that I want to start my own food manufacturing and packaging company that focuses on small grain and traditional foods.



**Munyaradzi
Nathan
Murapa**

My love for science was born of and bred through a desire to help people. Since childhood, I found great satisfaction and a sense of belonging, to see my actions manifest in ways that made lives better, even to the tiniest effect. Growing up I sought to find bigger and longer-lasting ways to bring this about, and today, with a degree in biochemistry to my name, I'm excited to see how big that dream can get.

I am currently a volunteer at the Infectious Disease Research Laboratory. Other than medical science, I am strongly passionate about plant biotechnology and hope to help foster technology that makes food cheap, and easy to access for all income brackets. I wrote my thesis on hydroponic technology as I see it has the ability to revolutionise agriculture for the better

I also pride myself on my creativity, and I have gained significant traction in the digital marketing industry as a result. I love art in all the ways it can be experienced, from simple melodies to kaleidoscopes on canvases



**Memory
Kanyati**

My name is Memory Kanyati. I am the Zimbabwe Youth Council Provincial Manager for Harare Metropolitan Province. I am a holder of a Master of Social Sciences degree in Development Studies from the National University of Science and Technology. Our organization is in pursuit of youth empowerment and participation. We do have young people in different sectors that is agriculture and advocacy among others.



**Kuziva
Chatukuta**

Chatukuta Dried Foods (CDF), Founded by Kuziva Chatukuta and Shingairai Nyoni, provides organic dried fruits (bananas, apples, mangoes), dried vegetables and dried meat (free-range chicken biltong and beef biltong) to our customers as a way of relieving their pain of seasonal and untimely shortages. Currently, 323 farmers in Murehwa district supply dried products to CDF for onward processing and selling to the markets. CDF trains farmers on how to produce targeted crops for higher yields, and how to dry the crops. The people who have been enjoying plenty to excess food during rainy season (usually November to April) could be seen starving between May and October. The trend has been going on for the past decades and we thought of a solution to this suffering. Some families have children suffering from kwashiorkor whilst other adults are suffering from obesity due to eating too much carbohydrates without proper relish meat or vegetables. The demand for low fat, organic, dried and healthy food in urban areas is high as the general populace are now more health conscious about what they eat or drink. Health conscious individuals who prefer low fat dried meat, traditional grain meals, traditional herbal

flavoured teas and dried organic vegetables and fruits would not hesitate to pick our products from the shop shelves. It is against these setbacks or problems of either real seasonal shortage of relish meat and vegetables in rural areas and/or high demand for low fat dried meat, dried vegetables and dried fruits by wealthy health conscious urban populations, that has led us to think of a solution to provide these products so as to lessen their pain and provide for their craving for our products during off season periods.

All our products are carefully handcrafted and solar dried with African women and youths using state-of-the art solar equipment for hygienic purposes and to promote green business through using smart solar energy. We specialise in post-harvest food preservation and value addition fruits, crops, meat and traditional vegetables.



**Refiloe
Makhakhe**

My name is Refiloe Makhakhe. I am an 18-year-old girl from Lesotho who currently resides in Harare, Zimbabwe for academic purposes. I have enrolled into a gap year at STAR Leadership Academy for the class of 2021. I am in love with nature hence I am an aspiring environmentalist and conservationist. In my current school, we have a club called Know Your Land – which is a club about conservation of the environment and I happen to be a president of the club. Additionally, I am an upcoming climatologist because I believe climate change has a significantly greater impact on food production and security. I also like the production phase of food and care earnestly about other people, their general health as well as mitigating poverty.



**Katleho
Mokhele**

I am an 18-year-old entrepreneur currently studying at the STAR Leadership Academy, seeking to gain more knowledge and skills, particularly in the agricultural sector for I am inclined to bring solutions to food related problems in my community, from food insecurity to dietary diseases. As a poet and writer, I advocate for food health because I believe that most people lack the relevant information and knowledge therefore are not conscious of some harms of the food they consume. Agriculture is my religion, and organic restoration is the future I am working toward achieving.



**Kudakwashe
Chiwaya**

Founder of Kandiro Cuisine by Tayambuka (Afrocentric food lover). Kandiro Cuisine by Tayambuka is a unique and exclusive brand that offers a spectacular gourmet's menu paired with carefully selected wines to give our guests a five star experience.

As a BSc Food Science and Technology degree holder, I have extensive knowledge in Food and Nutrition and Food Safety. Experiences in the food industry and humanitarian work has brought about a zest for challenges, an aptitude of team work and an enthusiastic desire to desire to learn. I aspire to share the knowledge that I have acquired for the betterment of my community as it will in turn help me to grow my career in the food industry.



**Tinotenda
Chimukute**

Born Margaret Tinotenda, third in a family of four. Born in the 90s, I can say I'm a perfect blend of old school and new school. Relating to both worlds easily means I get to enjoy more things. I attended high school at Bonda Mission 2005-2010. Later, I enrolled with the University of Zimbabwe where I obtained my BSc in Sociology (2014). I grew up in the peri-urban area in Mazowe Valley where I also got a taste of both rural and urban. Issues surrounding health and wellness have become my major focus. Health education has always been my strongest link and I would like to pursue a masters in public health someday. My hobbies are fitness training, powerlifting included. Everything about health, wellness and skin is my safe haven.



**Admire
Gwatidzo**

My name is Admire Gwatidzo a Permaculturist, community facilitator, co-ordinator and Art of Hosting Practitioner at Kufunda Learning Village (www.kufunda.org). I'm a co-founder of Tree Knowers and Growers Zimbabwe Trust (<https://www.facebook.com/treeknowersgrowers>).

I grew up as a farmer and started growing food from the age of 10 years old. I worked and learned alongside my grandfather, who was a farmer. His wisdom came from the land – growing food and trees and being the custodian of the land. In 2007, I trained in permaculture and tree planting. Since then, I have facilitated training in Zimbabwe communities in how to grow organic food and take care of trees and how to respect the whole environment because of the bigger role it plays in our lives to sustain us.

From 2007 to 2020, I have been involved in growing trees, training organic farming and leadership skills. In 2017, I started a "Tree Knowers and Growers" trust with friends. Our idea was to share wisdom by expanding the knowledge of growing trees, as well as teaching how to grow trees, so that we green our nation.

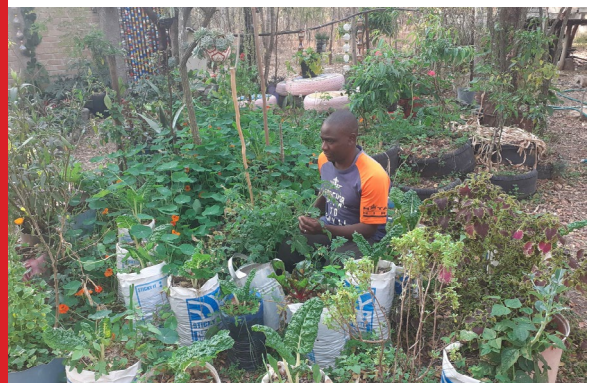
My Recent Employment and Achievements

Permaculturist with Kufunda Learning Village

- Trainer of leadership skills in youths and communities
- Trainer of building and maintaining alternative stoves, that save firewood
- Trainer of building and operating composting toilets
- Practicing Permaculture and growing trees at Kufunda and in other Zimbabwe communities.

Education

- Permaculturist trained at Rustlers Valley, Free State, South Africa where we turned a dump site in
- a fruit and vegetable garden (2007, 2009)
- Permaculture training for trainers in Malawi with institute of Permaculture Australia (2009)
- Community leadership training in Brazil with Elos Institutos (2015)





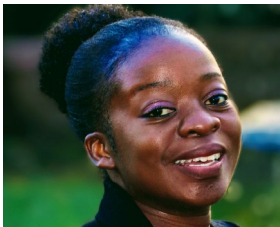
**Ednos
Tavirima**

My name is Ednos Tavirima. I grew up in the rural areas of Gutu in Masvingo Province. I am a Professional Chef with more than 15 years of experience. I have worked in the food industry for all my professional life in different capacities. I am currently pursuing a degree program in Bsc Food and Nutrition with Solusi University, class of 2019 and my research topic is "Use of Fresh Herbs in food preparation increase liking and preference for food among people with chronic illnesses". I believe this can make a huge difference in promoting healthy eating and influencing people to make more informed food choices. I am currently working as the Group Executive Chef for Tsebo Solutions Group Zimbabwe and I work with food every day.



**Tinotenda
Chimukute**

Born Margaret Tinotenda, third in a family of four. Born in the 90s, I can say I'm a perfect blend of old school and new school. Relating to both worlds easily means I get to enjoy more things. I attended high school at Bonda Mission 2005-2010. Later, I enrolled with the University of Zimbabwe where I obtained my BSc in Sociology (2014). I grew up in the peri-urban area in Mazowe Valley where I also got a taste of both rural and urban. Issues surrounding health and wellness have become my major focus. Health education has always been my strongest link and I would like to pursue a masters in public health someday. My hobbies are fitness training, powerlifting included. Everything about health, wellness and skin is my safe haven.



**Kudzai
Mundawarara**

A passionate foodie and a scientist with over 7 years food industry experience in quality systems, food processing technology and new product research & development. Over the years, I have served in various roles for leading brands in the Zimbabwe dairy sector and bread manufacturing sector including Alpha Omega Dairy, ProDairy and Lobel's Bread. I am a MSc Food Science graduate from the University of Leeds, England which I earned through the Beit Scholarship Trust. Prior to graduate school, I attained a BSc Food Science & Nutrition from Midlands State University. I have always been interested in the social, cultural and political aspects of food and wanted to reach out to local people, researchers, practitioners, activists and other food related people to discuss their work in multi-disciplinary teams, topics that emerge around food, current situations in Zimbabwe and also future projections. I aspire to become an effective leader in the transition to more sustainable, efficient, healthier and fairer food system.



**Tatenda
Chiweshe**

Tatenda Chiweshe is a market leader in Zimbabwe's cultivation, processing and marketing of organic superfoods, mainly Moringa, into powders, seeds, leaves, oils and tea. Food is widely available but nutrition food is not. Sanwa Trees focuses on adding nutrition to people's food consumption habits. sanwatrees.com



**Simbarashe
Zimuto**

Born, bred and buttered in Rusape, I am a student currently on a gap year at Star Leadership Academy. I am the Zimbabwe Ambassador for Eco Generation International. Simbarashe is a published author for Atabi teen writing program. A passionate environmentalist and a foodie.



**Nomaliso
Musasiwa**

Entrepreneur and Managing Director OF FRESH FARM AND LET'S FARM AFRICA

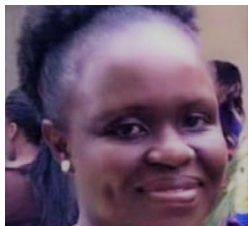
There is a significant gap that we experience in farming that influences the food systems in Zimbabwe and very little information on minute, yet vital changes that can be made at farmer level to contribute towards the holistic agenda to end food hunger. Through the Let's Farm initiative we want to close the gap in which fresh food travels miles to the consumer making it very expensive, when urban market gardening is a sustainable way of food production that involves reuse of many resources in a household and community to assist in alleviating poverty at a very basic level



**Zororo
Taruvinga**

A Culinary Arts Chef for the past 12 years, Zororo Taruvinga says her carrier has taken her to another level her and has evolved to being a new solo company owner of " Zoro ne Mugoti". Everyday she is doing something different which keeps her creative mind busy and on the go.

Zoro ne mugoti is a venture encompasses value addition to food which bring innovation to our day to day foods e.g preserves, sauces & juices. Her favourite ways to eat; healthy sweet, sour, spicy & salty can be experienced in her Intimate to corporate Catering services and baked treats which she is hoping to turn into a chain of restaurants. She was born and raised in Zimbabwe and her Culinary journey began as an apprentice at Meikles Premier Hotel, She went on to Study at the Institute of Culinary Arts in Stellenbosch South Africa and her work experience was acquired in South Africa, Mozambique and Botswana. Her poultry farming and a small scale village farming with her brother is where she hopes to source most of the ingredients she wishes to utilize.



**Marciline
Chewe**

My name is Marciline Mutuma Chewe, a graduate in Business Studies (Marketing) from the University of Zimbabwe (2007). I have been a sales and marketing practitioner for over 10 years, with a strong interest in entrepreneurship. I have a keen interest in local foods and edible plants. I have always been a proponent for keeping healthy by incorporating traditional meals into our diets. My interest was further spurred as I was doing a research on these and realised their vast amount of benefits that we are forfeiting.

I have realised that as a nation, we have a vast array of significantly underutilised and unknown herbs which can be made into delicious and healthy teas which can actually be adopted as our everyday tea. In order to be acceptable, the teas needed to be provided in a way that is acceptable to today's people. This led me to package and sell some of these teas under the brand Heir Own Organics Teas.



**Fidelis
Maruza**

My name is Fidelis Maruza, born in 1972. I live and work at Kufunda Village. I started work at Kufunda in 2000. I worked in the building team and in 2002, I worked as an Assistant Program Facilitator. I also worked as a Community Organiser. I did many courses like Art of Hosting and training for transformation. I did video filming and editing. I also did electrical maintenance.



David Nikisi

David Nikisi is the Co-founder for Nature Horizon, Environmental Monitor with Environmental Management Agency (EMA), Forester by passion and profession, an Avid Poet who plays around with words raising awareness on global warming and climate change which has approached our doorsteps at lightning speed. Our main thrust is the establishment of organic nutritional gardens as we thrive to take food as medicine instead of taking medicine as food because growing your own food is like printing your own money. In addition Nature Horizon offer tree planting, conservation and waste management services to corporates marathons, powerwalks and walkathons. David has done Environmental works in Southern African countries such as Angola, Botswana and Zambia just to mention a few.

Nature Horizon has established nutritional gardens to various corporates, diplomatic community and media houses in Zimbabwe.



Makore Tendai Abgirl

Sustainable Food System expert



Vimbai Nyika

Vimbai Rugare Nyika is a young woman who is passionate about storytelling and women rights. She holds a BSC (Hons) Degree in Sociology and Gender Development Studies and has been actively involved in social justice activism since she was in high school. Vimbai currently serves in a regional organization, SRHR Africa Trust, as a Youth Officer responsible for coordinating SRHR programs for and by young people. Vimbai's ideal world is one in which young people are directly involved in issues affecting their health and wellbeing.



Ropafadzo Sandra Shoko

I am a young, energetic lawyer, foodie and food influencer in the food sector, especially in my circles. I am always trying out restaurants and different eating places then giving reviews. I would like my food-related actions to contribute towards healthier people. I have always felt what we eat as youth is something we take for granted, so learning and contributing to this lab initiative is exciting and a step in the positively impactful direction. I am also passionate about charity work involving children and have found a Trust called Mentor Me Please.

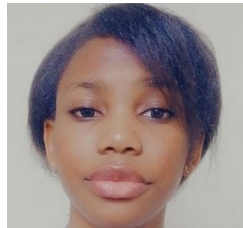
Amanda Chenai Makombe

Public Health Enthusiast and Creative Strategist
My participation will enhance our power for collective engagement in nutrition advocacy. The call speaks to the person I am, a social entrepreneur and storyteller. Africa Agenda 2063 speaks on valuing africanisation-the pride of our indigenous and traditional homegrown food. My business EAT HEALTHY; GO TRADITIONAL has been founded upon the values of africanisation and support for Sustainable Development Goal (SDG3) to good health and wellbeing. Participation in the Food Change Lab is a chance to share my experience and learn how to influence the food value chain in a pandemic ,in the face of climate change and the young women 's position in this cycle.



**Ethel
Musara**

Ethel Musara is a young passionate ambitious qualified social worker from the Women’s University in Africa. She is currently working with the Institute of Women Social Workers where she is expanding her social work skills through community work, the promotion of human rights and issues related to their overall well-being. She supports the mental wellbeing of women and girls through offering group and individual psycho-social support especially to those who are victims of gender-based violence, and carrying out research offering meaningful evidence based knowledge around social justice, Communities and women’s issues. She has interests in developing her career through providing capacity building for individuals, organisations and communities in the areas related to social work and social development. Her interests are centred on creating a better world where everyone can enjoy their human rights through community based programs for the advancement of women and children and all vulnerable members of society. Always energetic and positive minded, she is fond of doing community charity work, psycho social support and travelling. Her work has been seen on several different platforms in Zimbabwe through Institute of Women Social Workers a network of women social workers who engage in different fields of the profession.



**Thandolwenkosi
Ndlovu**

Student at Star Leadership Academy



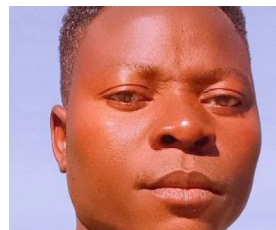
**Tatenda
Maderera**

Tatenda is a food technologist who has worked for companies in the FMCG sector. Tatenda has over the years gained expertise in food safety and quality management, research and development and food science and technology.



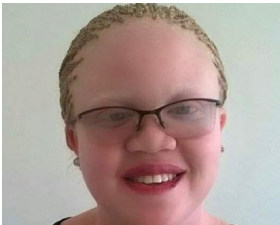
**Sandra
Muzama**

Sandra Muzama is an avid foodie and is a journalist by profession. Her niche is around livelihoods, youth and children rights. Sandra is astute in advocating for Climate smart agriculture having worked with vulnerable communities to promote sustainable environmental use, increase food security and foster nutrition. As a banter, Sandra personally values a healthy nutritional lifestyle hence her interest in the program. As a writer, she believes in amplifying critical issues to the communities for them to be wary on matters that are fundamental to their survival such as food security, strategies and policies enacted to ensure a good living.



**Stephen
Diwauripo**

My name is Stephen Diwauripo. I live and work at Kufunda Learning Village as a Facilitator. I have experience in working with communities in finding ways in a participatory approach. I also have experience in hosting group processes and individuals.



**Dr Murudo
Kamhara
Mutape**

My name is Dr Murudo L. Kamhara Mutape and I'm aged a 28. I am a medical doctor working at Parirenyatwa Hospital for the last 2-and-a-half years. I started working there as soon as I completed my undergraduate MBChB degree which I studied for at the University of Zimbabwe.

Aside from being a medical doctor, I have been a board member at Miss Albinism Zimbabwe Trust since June 2019. It has been a great experience being part of its birthing and contributing to its growth. Over and above this, I am also a part-time lecturer at the University of Zimbabwe College of Health Sciences, in the department of Anatomy.

My main hobby is cooking. That is trying to put together recipes from the Internet and coming up with a few of my own. I enjoy cooking anytime. I also enjoy listening to music and reading every now and again. When I'm not up to all this, I am a mother, a wife and a servant of God.



**Takudzwa
Nyakapanga**

Takudzwa Nyakapanga is a young man aged 18 from Mutema Village. This young and innovative Zimbabwean is the co-founder of Nyanga Youth MENTORSHIP MOVEMENT, which offers insights across career choices and entrepreneurship skills on a free of charge. After completing his "O" Level studies at Emmanuel High School, where he was the Junior Headboy and Debate president with 12As 4Bs, he was offered a leadership scholarship by STAR LEADERSHIP ACADEMY under Higher Life Foundation. Takudzwa is a business advisor of Global Startup Connector, an online platform which integrates people with a business idea but without capital and people with capital but without the ideas. He has participated in international debate events such as the International Membership United Nations. Takudzwa aspires to be an Aeronautical Engineer with a business degree in collaboration. He is also currently working on a Traditional +Technology Society project which anticipates to bring the medical contemporary world with medical customary world to enhance vibrant solutions. Taku is targeting to be at Waterford Kamhlaba, a UWC academy, next which will see him doing his degrees at Harvard University in 2024.



**Tinashe
Elvis
Chikodzi**

Tinashe Elvis Chikodzi is a social entrepreneur, 5-year registered alternative medical practitioner, Chartered Customer Service Professional (CCSP), Founder & CBDO of Chartered Institute Of Organic Health Trust and Director of Tulsa Time Investments.

Motivated by a heart born to serve, coupled with diverse experiences and an understanding that psychological and social factors could either protect a community from illness or increase their susceptibility to it gained through volunteering work, nature observation & corporate work, he embarked on a social rehabilitation journey to stem the tide of social ills under his sphere of influence.

After realizing the looming catastrophe, complexity & interconnectedness of our social ills from past working



experiences, Tinashe founded the Chartered Institute Of Organic Health Trust (CIOOH) in the year 2020 when everything was put to halt by the global Covid-19 pandemic. The pandemic proved to be a mirror showing how most of our relished lifestyles are not sustainable hence CIOOH seeks to offer blended interdisciplinary solutions to our multifaceted social ills.

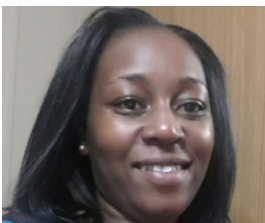
FOOD MED



GOURMET



Bulawayo Profiles



Dr Nomagugu Ndlovu

Dr Nomagugu Ndlovu is a registered Nutritionist and a lecturer in the department of Food Science and Nutrition at the Midlands State University. She holds a PhD in Physiology, an MSc in Food Science and Nutrition as well as a BSc (Hons) in Food Science and Nutrition. Dr Ndlovu carries 12 years of experience of university lecturing. Her research interests include: Characterisation of indigenous foods and Nutrition in metabolic diseases. Dr Ndlovu has published 8 manuscripts in peer reviewed journals in the field of Food Science and Nutrition. She has presented in several workshops and conferences in and outside Zimbabwe. In 2015, Dr Ndlovu received an award for 3rd best poster in the faculty of Health Sciences at the 7th Cross Faculty Symposium at the University of the Witwatersrand, South Africa.



Penina Garamumhango

My name is Penina Garamumhango, a lecturer in the Faculty of Applied Sciences with the National University of Science and Technology. I have 8 years experience in teaching food science and technology modules, specialising in food safety management, food quality management and product development. I am a foodie and small-scale farmer thrilled with research and development of new food products. Recently, I have been involved in the drive of utilising insects for food and feed. I am intrigued by the small grains available in our country and would like to use my skills and knowledge to contribute to their value addition in order to widen food and nutrition security in Zimbabwe. I also enjoy the challenge of new research areas and would like to explore governance and policy issues regarding food systems in Zimbabwe.



Stephanie Kapfunde is a dynamic creative contributor, consultant, ideator and digital storyteller with a keen focus on alternative African brand narratives on the Internet. As Hub Manager of Afrotopia, Zimbabwe's first digital creative space with an urban youth-focus for co-working, co-learning and co-earning; she hopes to co-develop concrete garden. An urban rooftop horticulture project for young inhabitants of Afrotopia and beyond in need of healthy, affordable food source alternatives.



Makhosi Mahlangu

Makhosi Mahlangu is the future of Traditional African Foods (TAFs), a foodie, a chef, a farmer and an academic. He has a strong background in food processing, novel food designs, modern culinary trends, sustainable food trends and science acumen in TAFs. He is the holder of numerous degrees including an MSc in Food and Beverage Innovation and Management from the Universita Politecnica delle Marche in Ancona, Italy. Makhosi has intrinsic knowledge of Italian food systems. He has worked in numerous countries, from Botswana to South Africa to Zimbabwe to Zambia to Spain to Italy. He is involved in numerous projects such as being part of the organizing team for the Amagugu Food Expo in Zimbabwe and the Traditional African Food and Agriculture Expo in Kinshasa, DRC. He is currently lecturing in Food Science courses at Lupane State University in Lupane. He is the founder of the African Food Revolution.



Constance Mushayi

I am Constance Mushayi, a student at Zimbabwe Open University. I am a final year student of Development Studies. I am passionate about transforming community lifestyles, development, fighting hunger and protection of our environment. I started farming after I was motivated by Mashava farming community, which is focusing on small grains organic farming. Under Institute for Young Women Development feminist economics thematic area, I managed to establish my new initiative which will be rooted on small grain organic farming, preserving, advertising, teaching healthy recipes and identifying organic farmers across Zimbabwe. I envision seeing a healthy society that fight climate injustices and ensures sustainable development. More so, I envision a society that tolerates girls and young women as equal citizens, including them in decision making processes without discrimination.



Maginasi Moyo

I am Maginasi Moyo, 49 years of age, mother of 3 children and married. I work for Bulawayo City Council as a Recreation Leader in the Housing and Community Department whereby I cater for children aged 7-25years. I have a certificate in Cosmetology and hold a Diploma in Community Development. I am also a Director of Youths in the Arts Industry at Gospel Trumpet Music Foundation.

I am the Chief Executive Officer and Founder of Peace in Prevailing Progress Trust which established in 2019. The Trust was founded in order to empower young women and girl child to be knowledgeable in life skills and programs that are sustainable for her to live life in its fullest. It also has the aim to prevent and redeem every community of Zimbabwe against in discrimination,



violence and all forms of abuse through conducting projects that will develop the girl and young women to have equal participation in all decision making process.

We had a program on food advocacy, advocating for the youths to go back to the basics of healthy eating (traditional foods) and living healthy. Health experts were part of the program where they taught on different types of healthy traditional foods, how they benefit us in our bodies and in our everyday lives.



Mthokozisi Mzingaye Moyo

Mthokozisi Mzingaye Moyo is an innovator who uses his Civil and Water Engineering background to address problems in the water and energy sector. He leans on technology to build smart irrigation systems, builds small-scale water conservative irrigation units for backyards under Ulwazi Technologies and is currently developing a system that treats municipal waste water and derives useful by products under his start-up WasteMoney (Pvt)Ltd.

He currently holds a position as an ambassador for Rising Smart Water Professionals (RiSWP) which promotes the use of smart, data-driven technologies in water and wastewater networks worldwide. Mthokozisi is also passionate about service above self which he enacts through sustainable projects such as teaching rural kids bee keeping with the Rotaract Club of Matopos.



Kwanele Nyathi

I was born in 1976 in Matobo district and have the following qualifications: Diploma Financial Accounting (I.A.C), Executive Diploma Business Leadership (Z.I.M), BTech Corporate Administration (UNISA), BCom Law (UNISA) and C.I.S. I have been in small-scale farming for the past five years, specializing in horticulture produce – mainly tomatoes, green beans and baby marrow. We are currently in discussion with specialists in mushroom and garlic farming as we intend to expand our product line to include these two crops. We believe these two crops because of their health and nutrition value will come handy in nutritional food chain ecosystem. Currently, I am the Business Development Executive for our company Eden Fresco, responsible for business growth, looking for new lines of business, business partner relationship and corporate image.

I am also a board member and treasure for the Bulawayo Public Library and co-founder and Chief Finance officer of Fundi Trust.



**Rutendo
Kahari**

I am Rutendo, an "A Level student, in my final year at Speciss College, Bulawayo campus. Outside school, I am a home-cook who enjoys experimenting with different foods and modifying already existing recipes. As the winner of the Zimbabwean Traditional Goulash 2021, where my showcase was my homemade lemon bush (locally known as Zumbani) spaghetti, I am representing Elevate Trust and the African Food Revolution. Elevate Trust is a youth leadership and development trust which seeks to create youth leadership programs, facilitate youth in innovative thinking, enterprising and networking within STEM fields, particularly among female scientists. African Food Revolution is an organisation that intends to disruptively increase food production on the African continent, through amplifying food production in the African village using local indigenous traditional foods. Please find below my homemade lemon bush spaghetti.



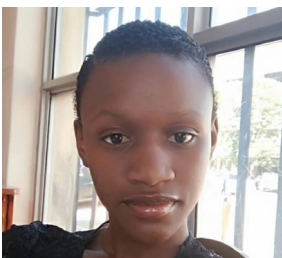
**Tanyaradzwa
M Tenesi**

I'm a Genebank Research Technician, working at the International Crop Research Institute for the Semi-Arid Tropics (ICRISAT). My field of expertise is Crop Science-Plant breeding. I hold a MSc degree in Crop Science (Plant Breeding) (UZ), Bachelor of Science Degree in Agriculture (Crop Science) (UZ), Certificate in Project Management (Darden School of Business) and a Certificate in Pre-breeding and Crop Improvement (FAO). My hobbies are baking, reading books, travelling, volleyball and music.



**Innocent
Mazarura**

Nutritionist with Ministry of Health and Child Care. I'm currently the provincial Nutritionist for Matabeleland South Province with over 15 years experience in governmental and non governmental work in Zimbabwe, focusing on maternal, infant and young child nutrition, policy development and guidance, strategic planning, capacity building of nutrition implementors and other health staff. I been involved in multi-sectorial coordination of food and nutrition security programming with civil society, private sector and social sector ministries.



**Sitholakele
Ncube**

I am Sitholakele Ncube am passion about food ,am a cheft by profession.At the moment am in to poultry business.

**Noxolo
Ndhlovu**

Noxolo Ndhlovu is a journalist .She is also an accomplished podcaster and diverse freelance writer who is passionate about using her skills to contribute in telling compelling stories in communities.Besides media, Noxolo is inspired daily by the food/culinary world and in her free time likes to cook up a storm.



**Coolman
Mlilo**

I am Coolman Mlilo, a development practitioner and a small-holder farmer who has worked with the Ministry of Health and Child Care and at the Gwanda District Medical Office as Nutrition Ward Coordinator from February 2017 to December 2020. I completed a Bachelor of Social Sciences (Hons) degree in Development Studies, a Post-Graduate degree in Monitoring and Evaluation from Lupane State University and a Certificate in Public Health. Coolman, as a smallholder farmer, focuses on the production of small grains, vegetables, keeps small livestock such as sheep and does poultry farming in Umguza, Bulawayo.



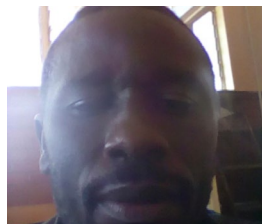
**Nokuthaba
Mangena**

My name is Nokuthaba Mangena, I am a 23-year-old studying towards BSc Honors in Nutrition Science and Dietetics with the University of Zimbabwe. My passion for food and nutrition is mostly influenced by my family, which has a dominant gene of obese women. This led me to my field of study and interest in food, nutrition and healthy eating. I'm an individual who is familiar with meal planning, food preparation and labeling. I am also passionate about child nutrition and supplementary feeds available for children in the market. I'm currently volunteering at Maphisa Hospital, in the paediatric ward. I also offer meal planning and counseling to individuals who visit the hospital. I have also been part of the International Medical Corps organization, under the project Amalima, as a nutrition intern. It was a great experience, offering relief to vulnerable communities. Aside from nutrition, I was able to be part of the integrating components of the project like disaster management and village lending and savings. I'm grateful for the opportunity to be part of the FOOD CHANGE LAB community, I hope to learn and be part of the policy changers around food, nutrition and security. I aim on having a positive influence on my community and share the experiences I have had.



**Rumbidzai
Trish
Chitsa**

I am Rumbidzai Trish Chitsa, a Biochemist by profession. I am the director of Whole Woman Movement, an organisation that seeks to give a holistic approach to women empowerment. We are currently working on a micronutrient deficiency awareness program for women and girls underserved communities.



**Chad
Sakala**

I am the Programmes Director of Peace in Prevailing Progress Trust and have worked for the organisation since its inception.



Thembelihle Nyathi

I am Thembelihle Nyathi, a 40-year-old lady residing in Bulawayo. I'm a people-at-heart person and a sociable somebody with the following qualifications:

- Diploma in Business Management and Marketing (London Centre of Marketing/ LCM) and Bachelor of Business Administration in Business Management (Solusi University). I also gained practical business experience during my attachment at Bulawayo City Council, where I was exposed and worked in various departments.
- We have been in small-scale farming for the past five years, specializing in horticulture produce mainly tomatoes, green beans and baby marrow. We are currently in discussion with specialist in mushroom and garlic farming as we intend to expand our product line to include these two crops. We believe these two crops because of their health and nutrition value will come handy in nutritional food chain ecosystem. I am the Managing Director for our Company Eden Fresco responsible for day-to-day running of business, crop plantation, marketing and sales of produce. I am also the Marketing Manager of Fundi Trust.



Jobert Ngwenya

I am Jobert Ngwenya, an educator at a local high school. I am a food security enthusiast who holds a Master of Arts in Development Studies with my thesis having been focused on agrarian reforms and food security. I have a passion for the promotion and commercialization of indigenous foods for food and nutrition security. As an entrepreneurship educator, I have coached high school learners on the importance of food and nutrition security as a result they have developed various products in relation to urban food systems. For example, in 2019, they represented the country in a school-based enterprise challenge after coming up with a recipe using Bambara nut flour. The other group made a low cost hydroponic model while the other group is working on a healthy snack for teens. I'm also a "foodpreneur", with interests in egg production and bee farming.



Sinikiwe Ndebele

Sinikiwe Ndebele is a disability rights advocate and a student in Human Resources Management at Bulawayo Polytechnic. She is the national coordinator for the Muscular Dystrophy Association of Zimbabwe (MDAZ), an organisation that advocates for the rights of people with disabilities. MDAZ also empowers people with Disabilities by supporting projects that contribute to better livelihoods. Sinikiwe's work contributes to the realization of equality, inclusion and empowerment of women and people with disabilities. Her vision is of a non-discriminatory society in which all people, in their diversities, can thrive.



Tatenda Matunga

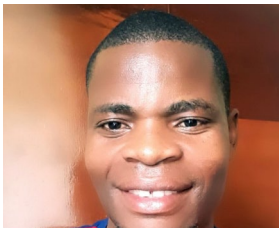
My name is Tatenda Matunga. I live in Entumbane in Bulawayo. I went to Njube High School, where I did my "O" and "A" Level studies. I'm currently working at Bekezela as a Community Facilitator and at Zupco as a Conductor. I wish to achieve my goals and dreams in 2 years to come. My birthday is on 10th of October and I will be turning 23. I'm currently living with my parents and they are very good and supportive. I'm very excited to be part of the Food Change Lab program because I have been worried with disease that are destroying the youth because of the type of food they choose to eat. I love performing on stage and I'm also a songwriter. I'm passionate about music and I am also a writer.



Siphiwe Moyo

I am an Administrative Officer at the Ministry of Youth, Sport, Arts and Recreation. My responsibilities centre around the empowerment of youth through entrepreneurship training, facilitating access to finance for business start-ups and market linkages, providing opportunities for employment creation and preparing the youth businesses for graduation into small and medium enterprises. Outside work, I am a caterer and aim at establishing my own food outlet as well packaging of small grains.

I have qualifications in Small Business Planning and Promotion, Leadership and Training.



Macdonald Jasi

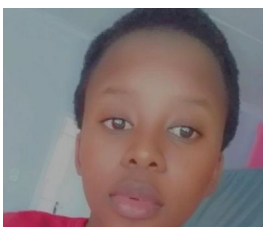
I am Macdonald Jasi, a third year student in BSc (Hons) degree in Nutrition and Dietetics at Solusi University. Currently, I am a registered Hospital Food Manager for over 10 years. I am a lead nutrition scientist with the Zimbabwe National Army. I offer nutrition care to in-patients, trainees, services personnel, retirees and dependants. I am keen to learn about our cities' current food systems. I care about the health and environmental problems caused by the status quo. I would want to actively participate in co-creation a vision for our cities', prioritizing health issues and come up with solutions that will determine our lives, society and future.

I looking forward in working with community practitioners in the Change Lab by learning and sharing knowledge and dreams of our cities' food system. This platform will empower me to improve food environment and helping in non-pharmaceutical management of non-communicable diseases.



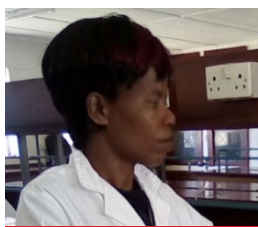
Arnold Moyo

Arnold Moyo is a business development practitioner with experience in both public and private sector environments. He is currently enrolled for a Marketing PhD at Nelson Mandela University (SA). The focus of his research is on investigating consumer behaviour aspects of traditional small grain food consumption in Zimbabwe. Arnold started his career in the private sector as a production manager and later stepped into the world of entrepreneurship where he established start-up companies in the services, beauty and mining sectors. Thereafter, he ventured into the public sector when he joined the National university of Science and Technology (NUST) as Industrial Liaison Officer (ILO) and later on became Innovation and Business Development (IBD) Operations Manager, before proceeding to pursue full-time PhD studies and other private interests. He holds qualifications in Textile Technology, Business Administration and Marketing.



Zandile J Mlilo

I am Zandile J Mlilo and I'm 20 years old. I'm a first year student at Women's University in Africa. I'm doing a degree in social work because I love to work with vulnerable population especially children. I'm looking forward to putting others first before me as a social worker. I have a passion in being a digital content creator and that's something that I am working on together with my degree. I'm a class representative because I'm good at leading.



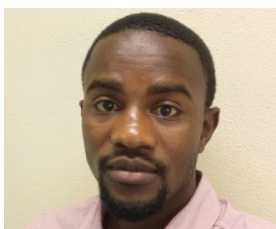
Portia Kwashie

My name is Portia Kwashie (nee Ncube). I am aged 44. I live in Bulawayo. I am married. I am a graduate teacher. I joined the teaching service in January 2005 after obtaining a Diploma in Education at United College of Education. I furthered my studies and graduated with a Bachelor of Education Degree in Food Science and Nutrition in 2004 at Midlands State University. I am also a holder of MSc degree in Food Science and Nutrition, which I obtained in 2020 at the Midlands State University. My thesis was on product development. I developed a product for people with gluten-related disorders. I also have a diploma in Horticulture, which I obtained at Bulawayo Polytechnic in 2001. I also have a certificate in Computer Studies. I have good communication skills. I have passion for baking and gardening. Currently, I have a nutrition garden and fruit trees at my home.



Farai Kadzombe

Farai Kadzombe is a chemical engineering student who is passionate about and willing to rock the food processing industry. Eager to learn and share and are excited to be a part of the Youth Food Action Food Change Labs.



Munashe Craig Nyamutenha

My name is Munashe Craig Nyamutenha. I'm a Hospital Food Services Supervisor working at Ekusileni Medical Centre in Bulawayo. I have one year's experience working in Bulawayo and started at United Bulawayo Hospitals until June 2021. My daily duties include diet counseling, procurement of food commodities, menu preparation, preparing special diets and monitoring food production at the Hospital Food Services department. I am very passionate about food and nutrition and will always be glad to share with other people my expertise in food preparation and the practice of Healthy Eating Habits.



Vusumuzi Ndlovu

I am Vusumuzi Ndlovu, a farmer, a Thought for Food ambassador and a Net Impact Chapter Leader in Bulawayo. As a professional chapter, our main focus is food systems and food loss solutions. I have a keen interest around food systems in Zimbabwe.



Nyasha Mabonga

I, Nyasha Mabonga, have a BSc (Hons) degree in Horticulture and in my professional portfolio, I have actively participated in humanitarian programmes and rural development projects in Non-Governmental Organizations. I have worked in the Agriculture sector and have experience as a Field Officer at Pioneer Hi-Bred, Zimbabwe, where I was also serving as a Seed-Maize Field inspector.

Through humanitarian programmes and rural developments I acquired the knowledge of Sphere, HAP and environmental standards guidelines. In addition to that, I am also well acquainted in conducting Hazard Analysis Critical Control Point audits and quality management system to ascertain the suitability (safety, quality, stability) of products and their compliance with ISO requirements.

I am very passionate in Organic Farming and Herbal Horticulture production using aquaponic system so as to enhance diversity in our current food systems and guaranteeing consumer safety with healthy products.



Stabile Mlilo

My name is Stabile Mlilo and I am an alumni for the Institute for Young Women Development (IYWD). A final year student at Lupane State University where I am doing my Masters in Business Leadership.

As an Alumni of IYWD I am very passionate about the well being of young women in our societies, one of them being the empowerment of these young women. I hope to gain knowledge from the food lab so that I can impart it as well to young women who might need to be empowered.

I love travelling, cooking, networking and meeting new people. If I am not working with young women I am also passionate about fashion and also the leather sector. I am open about learning new things and I hope the food lab will be an eye opener for me in venturing into new opportunities.



Harry Kapenya

I am involved in nutritional garden projects that I lead in schools and the community. Therefore, I believe that the knowledge that I shall acquire from the Food Change Labs shall help me improve our community projects. I shall transfer the skills and knowledge to community projects members through workshops that I shall conduct. In addition to this, I shall combine my efforts with other participants from Bulawayo to empower urban farmers and schools with knowledge and skills that will enhance food production for city dwellers. With this, I will be able to contribute towards mitigation of malnutrition induced diseases.



Godknows Mujinda

I am Godknows Mujinda and I grew up in Murove Village, under Chief Mazvihwa, in Zvishavane district, speaking Shona, Ndebele and English. I started working in 2001 and pursued my first degree in Food Science and Nutrition in 2014 and Post Graduate diploma in Education in 2017 from Solusi University. I graduated with a Master's in Food Science and Nutrition in 2020 from Midlands State University. Currently, I am a Nutrition and Dietetics Lecturer with over 1 year in the Nutrition and Dietetics Department at Solusi University. I have a successful research in "optimisation of nutritional composition of traditional porridges produced from blending of pearl millet, cowpeas, and wild loquat and velvet wild medlar fruits".



Caroline Mupotaringa

Introducing Ms. Caroline Mupotaringa a Biochemist with laboratory analytical skills which play a vital role in identifying problems with food products by providing analytical data on the quality of a product or production process to support quality control in food manufacturing systems. Caroline Mupotaringa has up to 3 years' experience in Quality Control under the private sector.

To date Caroline is a Process Controller and Laboratory Analyst at Arenel Private Limited, one of Zimbabwe's largest manufacturer of processed foods and beverages. She holds a Bachelor of Science degree in Applied Biology and Biochemistry. She is a team player and a results-oriented individual with strengths in analytical skills, problem solving and communication skills. Caroline is an effective multi-tasker. Caroline aspires to continuously contribute sustainable safe innovative ideas to food manufacturing systems that will lead to less waste production and foods that are consumer safe through research. Outside of her work, she loves baking and cooking, enjoys singing and listening to music.



Ruvimbo Tashaya

FoodScience student;Aspiring dietitian. Worked with Synergy Media Tech on the *_teens clique zone magazine_* as the teen Chef. Advocating on healthy eating.

Worked as CEO of Junior Achievement schools company of the year 2020 at Eveline High school where we were making hydroponic systems and rearing SASSO chickens as a disruptor in the agriculture business.



Simphiwe Sikosana

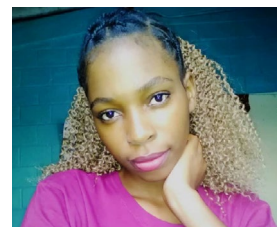
School-leaver



Kholisana Ndlovu

Education: BSC Food science and nutrition, Certified Digital Marketer by Google. Kholisani Ndlovu Trustee at Farm life Zimbabwe I look at value additions of indigenous foods, to improve utilization, shelf life and sensory Attributes.

Product developer at Hive Treasure: I look at creating new honey and hive based products to improve the utilization of honey as a day to day product.



Karren Tawanda

I completed my O' Level in 2020 and I am not yet working. I am 19-years-old. I'm passionate about food and I'm venturing into Hotel and Catering because I want to help people eat healthy and tasty food

Robin Pomuri Mudare

Student, Farmer and entrepreneur. From as young as I can remember, I was always fascinated by food. Not just from eating it, but also from the way it was packaged, coloured or shaped. Fascinating for me at that young age was how peanut butter was made. Other times it was sugar. How do they turn canes into crystals?

To cut the nostalgia short, food is an interesting phenomenon to me. It has power to nourish and make the nation healthy. It provides the body what it needs to grow. My personal quest is how do we provide food to the masses in a sustainable way.

Maranatha T Chigogora

Lawyer and farmer. I desire to learn how best to assist my community in providing health food for them. In every field there is capacity to learn more and share acquired knowledge. Therefore, this will be an opportunity for me to interact with other brilliant minds from different walks of life ,thus understanding them and their needs better. The reason I chose to do farming (mainly organic farming) after Law school was because I was passionate about assisting people with improving their diets and Food Change Labs provides a great platform for me to do so and expound my influence.

Nokuthaba Matunga

STUDENT at NJUBE HIGH SCHOOL/CHILDREN CHRISTIAN NETWORK TRUST.

I wish to have a better understanding in the problems of food system therefore build coalitions of change generate solutions and test them on ground. I'm interested in addressing complex issues. I desire to see change, shifting food systems towards more inclusivity and sustainability. There's been an increase in the number of deaths being caused by various diseases due to high processed food consumed by young people.

Research Approach

The research comprised a characterization of the urban food system in Harare and Bulawayo, and an assessment of the lived experience of young people in 2 sampled areas in each city. Drawing from the City Region Food Systems Assessment approach, we looked at the demographic, socio-economic, jurisdictional, and geographical context, and the governance and policy framework affecting food in the cities. We started with a desk study of reports, laws and policies affecting production, access, availability, and nutrition. Secondary data was complemented by interviews with 20 key informants in each city, mostly from government and councils. A survey of food prices was undertaken to assess affordability. A map of food assets was made for each city using GIS - food markets, shopping centres, supermarkets, restaurants, fast food outlets, and food outlets.

The second part of the research was the 'lived experience' which examined the factors that affect diets and food choices for youths aged 15 and 25 years in low and higher income areas. This included a questionnaire for the youths, another for parents/guardians, a transect walk, and focus group discussions. Research was carried out in consultation with food change lab participants as much as possible, including their data and responding to questions and priorities raised. Policy recommendations, to be validated by food change lab participants and key city stakeholders will be produced. The Covid-19 restrictions caused delays as freedom of movement and access to young people was more difficult."

Preliminary findings of the research

(Note: research was ongoing at time of publication and final report will be available April 2022)

a) Current assessment of Urban food systems in Harare and Bulawayo

- Approximately 42% of urban households are moderately or severely food insecure (ZIMSTAT March 2021) - poverty affects many households' capacity to purchase food (quantity and quality).
- Most families use a disproportionately high percentage of their incomes on food; in Bulawayo it was 57%, whilst in Harare, it was 54%
- Harare and Bulawayo household incomes at between ZWL 10 500 (USD123.50 at the Aug' 2021 official rate) and 12 400 (USD145.85 at the Aug' 2021 official exchange rate) were way below the total consumption poverty line TCPL of ZWL 23 350 (US\$274.70), according to ZimVAC (2020) – the TCPL is the total income needed for an individual as a minimum for them not to be deemed poor.
- 85% of young people in tertiary institutions often skip meals
- Approximately 70% of households interviewed said they grow their own vegetables in their backyards
- 7 out of 10 households interviewed said they would buy fast food if they could afford it – fast food is considered fashionable and desirable compared to most healthy and traditional foods
- Junk food is well-packaged and easily available compared to healthy food
- Most traditional and healthy food is supplied by informal traders yet laws and policies do not support their work e.g. labelling/processing standards that are beyond their reach, criminalizing their operations by rendering them illegal
- There are many fresh produce markets in both Harare and Bulawayo, but traditional and dried foods (key for diversity and nutrition) make up a small percentage of the produce available at these markets – only the large markets at Mbare and Highfield have large traditional and dried food sections but at the smaller markets it is small amounts available here and there
- The legislation governing food is mostly outdated and not reflective of realities on the ground
- Most laws support the formal and large-scale sector and do not recognise or support the critical role of small-scale and informal sector in feeding urban residents – estimates that 90% of low income urban residents get much of their food from the informal sector
- Most local and national government offices that have a role in creating a healthy and sustainable urban food system, appear somewhat disconnected from their mandate
- There is little institutional support for food systems in Harare. Bulawayo is somewhat better with an Urban Agriculture Policy and better coordination of food systems.
- Bulawayo's better institutionalisation and coordination has attracted more donor investment into community gardens and other food system activities, unlike in Harare, where urban agriculture is mostly unregulated or considered illegal
- Remittances from the diaspora are vital to the food security of many families

b) Lived experiences of the young people in the urban food systems of Harare and Bulawayo

- There are numerous sources of food in the community that constitute food assets, mainly small supermarkets and grocery shops. There are also many vendors and informal traders from where high-density, low-income residents purchase their food.
- Grinding mills are important processing plants for maize meal, particularly in low-income areas.
- Almost every homestead has a backyard garden where they are growing leaf vegetables. There is, however, little variety in these gardens.
- There are traditional restaurants that serve good food but are patronised by 'outsiders' and not Entumbane residents. Local youths would rather go to fast food outlets in town. Similarly, barbecue spots commonly known as 'Tshisanyma' are also patronised by outsiders to the locality partly due to affordability.
- There are many small home shops known as 'tuckshops' that supply convenient foods such as salt, cooking oil and sugar in small containers often repackaged.
- A common feature in Bulawayo,, which is not as prevalent in Harare, is the existence of Municipality-planned and NGO-supported community gardens where locals grow vegetables for their own consumption as well as for sale.
- The range of food system assets is much less in the high-income area of Fourwinds, where most residents drive cars and buy most of their food requirements from the central business district.
- The diets of low-income youths mainly comprise of the staple starch 'ishtwala' accompanied by a relish that ranges from a protein of meat or beans and usually includes leaf vegetables. The access to protein and its variety is determined by affordability.
- Almost half of the youths in poor areas reported combining some meals due to failure to afford three meals.
- Whilst young people living in rich areas access a variety of snacks in between meals, those in poor areas only access cheap roasted and salted maize snacks known as maputi.
- Affordability is the main consideration when making food choices. While health and nutrition are also reported as important, they appear not to reflect in the poor food choices.
- There is a strong parental influence on the food eaten by youths. Parents in high-income areas tend to involve their children in these decisions more than in low-income areas, where parents tend to be less liberal.

Key findings from Change Labs

Participants Perspectives

What is not working well?	What is working well?
Poor infrastructure and technologies for harvesting storage, transportation and processing	Introduction of cool organic eateries such as Yan-aya to encourage people to eat healthy foods.
Perceptions- fast food is a symbol of higher economic status and healthy indigenous food being seen as a sign of poverty or sickness.	The recent emergence of more health-focused restaurants, packaging and processing of indigenous foods
Climate Change is disrupting agricultural activities across Zimbabwe	Adoption of smart agriculture in Zimbabwe
An expensive and difficult operating environment for small businesses with healthy products, making it hard for them to grow	The introduction of Pfumvudza by the government encouraged our kids to eat healthy traditional food like sadza rezviyo, maheu, and food which are alkaline, not acidic.
Quality of food - processing not so good with small grains - grit etc. So people dismiss it.	Research and knowledge sharing, encouraging youth to practice sustainable food systems. Educate the youth and everyone to make use of Traditional Nutritious fruits and vegetables which may grow very well in our communities than to look for imported, expensive fruits and vegetables
increase of poisons in our environment & food (glyphosate) being pushed by big agribusiness who have a lot of control and influence	Socialisation and education on indigenous food and natural methods of farming/gardening using composting and natural methods of managing pests.
Healthy food doesn't taste as good and is more expensive	The introduction of innovative processing systems for healthy foods into byproducts that are trendy and attractive to the younger populations
Lack of diversification in preparation of traditional foods (takes longer to prepare, lack of innovation and poor packaging)	People are now more interested in organic ways to protect themselves from diseases, e.g. in response to Covid-19, there was an increased interest in the following: moringa, zumbani, ginger.



YOUTH FOOD LAB 2021 PROTOTYPES

Green Buddies Movement

An information hub utilising existing infrastructure geared at helping people make healthy food choices through multi stakeholder involvement, utilising existing community infrastructure, raising awareness with social media and road show, ensuring community engagement & ownership. Offering trainings, & workshops at school & churches. Engaging government departments.

YFM Academy

Seeks to educate and train youth on a healthy diet of easy, tasty

recipes through a camp with different professionals/gurus in the culinary industry who can bring different elements to the camp. The experience will look at traditional & western ingredients. Lessons on the importance of a healthy diet. End result is to have restaurant with the Chishawasha Shopping Centre that offer healthy alternative. After camp to continue with weekly cooking class and have winners from the camp make guest appearances

YFM Blog

A regularly updated website supported by an application that

promotes & influences, healthy eating habits inclusive of farm to fork.

Farm to Fork Health & Wellness

A hub for youth engagement, equipping & empowering communities for sustainable & healthy living' repsonding to affordability & availability. The intended outcomes are skills & knowledge transfer & delivery to enrich intention in Budiriro.

Youth Health Cook-off Competition

Introduce health cooking program for youth from both high & low density areas. Our focus is to promote growing & eating healthy food as well, keeping our environment clean. This program will include all stakeholders from all sectors.



Health Sustainable Intergenerational Market

Developing a community food market & educational hub that will encourage production & sale of healthy food in Chishawasha.

Dial-a-Shashe

Is a mobile application to increase the uptake of indigenous food in Bulawayo. The platform offers doorstep delivery of indigenous foods as individual ingredients and in the form of a mea-in-a-box package that delivers a customised box of pre-measured ingredients for a traditional meal of choice; engaging youth as the go-between between the products and the market.

Value Addition Entumbane

The value addition prototype aims at making locally available healthy

foods accessible and attractive to young people in an affordable manner. Healthy foods will be incorporated into the common foods desired by young people such as biscuits and baked goods.

Guquka (Transformers)

Creating a platform where knowledge among the youths can have a smooth flow regarding food systems & climate changeutilize spelling bees, debate & public speaking in schools & seminars in churches as a platform on which knowledge can be vastly shared. We will include debate and public speaking competitions in a bid to achieve the amplifying of youth voices in food systems and climate change.

Healthy Food-Prenuers Club - HFC

Creating school clubs for young school goes to learn about, brainstorm and enact ideas on the healthy production, distribution & consumption of food through income generating projects & competitions.

Zinzanze

Aims at propelling mindset changes amongst youth to foster healthy eating. This will be done through bridging the gap between sources of information on healthy eating and the youth so as to influence healthy food choices and eating habits. The value addition prototype aims at making local.

Project Overview:
Youth Food Action

