



# **Nutritional Aspects of Food Security:**

**The Potential for the Integration of Nutrition  
Awareness on Household and Community Feeding  
Schemes – Case Study of the Qadi Tribal Area in  
KZN**

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## Major production areas in South Africa

amadumbe is mainly produced in Mpumalanga and KwaZulu-Natal.

## Main uses

The mature corms and young shoots of amadumbe are used mostly as boiled vegetables; however, the corms are also roasted, baked, or fried. Roasted or boiled corms can be eaten alone or with stew. The boiled corms are mashed and used as weaning food. Mature edible aroids are also processed into flour, which is used to prepare 'fufu' that is commonly eaten in Nigeria with stew. amadumbe chips products: young amadumbe leaves are used with coconut cream to prepare a dish, which is then eaten with the



## Background of Area of Study

- Mzinyathi is a peri-urban mixed residential and farming area in the Qadi Tribal Area under the Qadi Tribal Authority and home to the Inanda Dam on Umngeni River
- The QTA covers Ward 3 of the eThekweni Municipality with a population that can be classified as:
  - Mixed household income levels with new land buyers mostly for housing development and small businesses (mostly working class people from the townships or the low density suburbs with money to spend)
  - Original Qadi community of mixed between the poor, the average and the well to do
  - Also a migration of people from deep rural Ndwedwe who are seeking to be closer to town
- This gives the Qadi area a character of being a very mixed society of different classes of people, some with very small pieces of land to those with an average of 2 acres and a few with a hectare or more

# Township not agri-village

- In terms of eThekweni Development Planning, the QTA was earmarked as a housing development area to help the Metro to meet the demand for land for housing
- The QTA is being serviced with roads, electricity and piped water making it even more attractive for housing and also providing the potential for food market gardening providing the capacity for a nutrition oriented food production system
- Unfortunately, the QTA's development is conceived as a township not an integrated economic unit with agriculture forming an important part in spite of it being generally agreed that agricultural projects have a profound effect on food security and nutritional wellbeing

# Statement of the problem

- Many households are no longer using their land for agriculture
- The most economic activity for land owners is breaking up of their land to feed the housing market
- A system has been devised including the tribal authority to parcel off land to land seekers
- The Tribal authority gives an authority to occupy as a written document which then serves as proof of address for the purpose of applying for municipal services
- Those that would like more secure tenure would have to go to the Ingonyama Trust to secure some form of 'title' under the Ingonyama Trust Act
- There is no Qadi Development Agency to address development concerns of the area in an integrated fashion
- The Tribal Authority seems to be more interested in the collection of money to register plots and has not been working with the municipality or other government departments to ensure that appropriate land use planning is adhered to within the context of the Development Facilitation Act
- The land question in this area is that of housing, food production is not a prime activity

# From Agriculture to Housing

- The Qadi tribal area used to be self-sufficient subsistence farming area occupied by the Ngcobos, Ngcolose, Nojiyezas and the Mfeka/Makhanya people and other households
- In the 1970s sugar companies started to enlist land holders as contract sugar producers
- This had a direct impact on food production as landowners converted most of their land to cash crops
- In the mid-1990s, changes in the global economy and a slump in the demand for sugar and dwindling crop quality led to the fall of QTA as a sugar growing area
- The chief discouraged people from growing sugar as it was also seen to have been leading to starvation when families did not make enough money to buy food and to go back to food production
- While main food items such as maize meal suffered most, women continued to produce field and garden crops such as beans, pumpkins, cowpeas, varieties of seasonal vegetables as well as grown traditional crops such as umdumbulu, amadume, ubatata and a host of self-growing traditional crops such as okra, imbuya, uqadolo, among others.
- This was however, immediately taken over by the demand for land for housing especially as soon as the M28 road from Inanda to Ndwedwe that cut across the heart of the QTA was constructed and it became easier to commute between Mzinyathi and the City of Durban.
- The lack of control over goats and cattle has also led to a massive abandonment of vegetable production especially in the winter season as the traditional rules about stock control are no longer followed
- Existing garden as now mostly garden projects by women and co-operative groups.



# Literature Review

- Malnutrition, starvation, famine and hunger (that is, food insecurity) remain pressing problems internationally and locally.
- Food security has been defined as the ability of countries or households to meet target consumption levels which are determined by the amount of food required for an active and healthy life as determined by the availability and ability to acquire food (Henry Bernstein, 1997).

# Literature Review Continued

- Over 11% of adults go to bed hungry (StatsSa, 2013 for 2012), more than one in four children is stunted (Labadories et al., 2011)
- More than half of South Africa's population is overweight (Labadories et al 2011).
- StatsSA (2013) classified 8.9% of the population as being in the category of sub-adequate intake of food (hidden hunger) most of which implies access to food but food which is not nutritional.
- The acute levels of insecurity (acute hunger and chronic hunger) was placed at 12.6 percent.
- This means that a total of 21.5% of the population has nutrition challenges.
- The incidence of malnutrition in children under five in the rural areas has been estimated at 60% (Weideman, 2004: 35).
- Food insecurity and malnutrition are highest in provinces with large rural populations, which places KwaZulu-Natal, Eastern Cape and the Northern Province at the lead

# Research Questions

- What is the impact of the changing land question – agrarian to housing – on food production and household food security?
- What is the extent to which traditional food items and vegetables which are not always found on the urban market for vegetables still readily available to communities?
- To what extent do the traditional food crops constitute household diet?
- In what ways if any, do government (local, provincial and national) food security programmes integrate traditional food crop production in their campaigns?
- Is there any effort to link school and community based feeding schemes to traditional food crop production?
- What were the traditional methods of preserving and preparing food that were nutrition serving and protecting?
- To what extent acceptable nutritional content and awareness an important factor in household food acquisition?
- Do people in the research area easily associate obesity with nutrition as is done with malnutrition?





Cow peas/imbumba

## Major production areas in South Africa

- Cowpea is grown in the Limpopo, Gauteng, Mpumalanga, North West and KwaZulu-
- Natal provinces.

## Main uses

- Leaves are eaten as vegetable, either fresh or dried. The immature pods are dried
- pulse can also be used as vegetables. Entire plants may be used as livestock fodder.





# Research Methods

- Qualitative, quantitative and laboratory tests
  - (a) Qualitative:  
Interviews with households, especially women who involved with accessing the food and its preparation on issues of access and nutritional awareness
  - (b) Quantitative:  
A household survey and survey on feeding schemes will determine the prominent items on the lists
  - © Laboratory tests:  
Selected traditional food items will be measured for their vitamin, calories and medicinal qualities in the laboratory
  - (d) Secondary literature:  
Intensive literature review on available data linking nutrition, food security and agricultural production as well as indigenous knowledge systems



# Target Population

- I am interviewing women from 35 households
- I have target older women above the age of 60 to that of my granny who we believe to be around 100 years of age for their cultural heritage on food and nutrition
- Records of the Qadi Local Clinic will be interrogated for cases of malnutrition
- Records of the clinic will also be reviewed on obesity among kids attending baby clinic
- The food chart of 6 primary schools running feeding schemes will be interrogated for its nutritional content

# Preliminary findings and arguments

- Rural populations are not necessarily agriculturally active due to a history of neglect and other policies that make agricultural production not viable
- This research's point of departure is that food insecurity is a factor of lack of food production
- My preliminary research indicate that those families that produce their own food also produce and include some traditional crops that also aid their nutritional intake







THANK YOU

