



Mapping the path to healthy diets: a StoryMap of Colombo's food environments

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Food Environments in Colombo

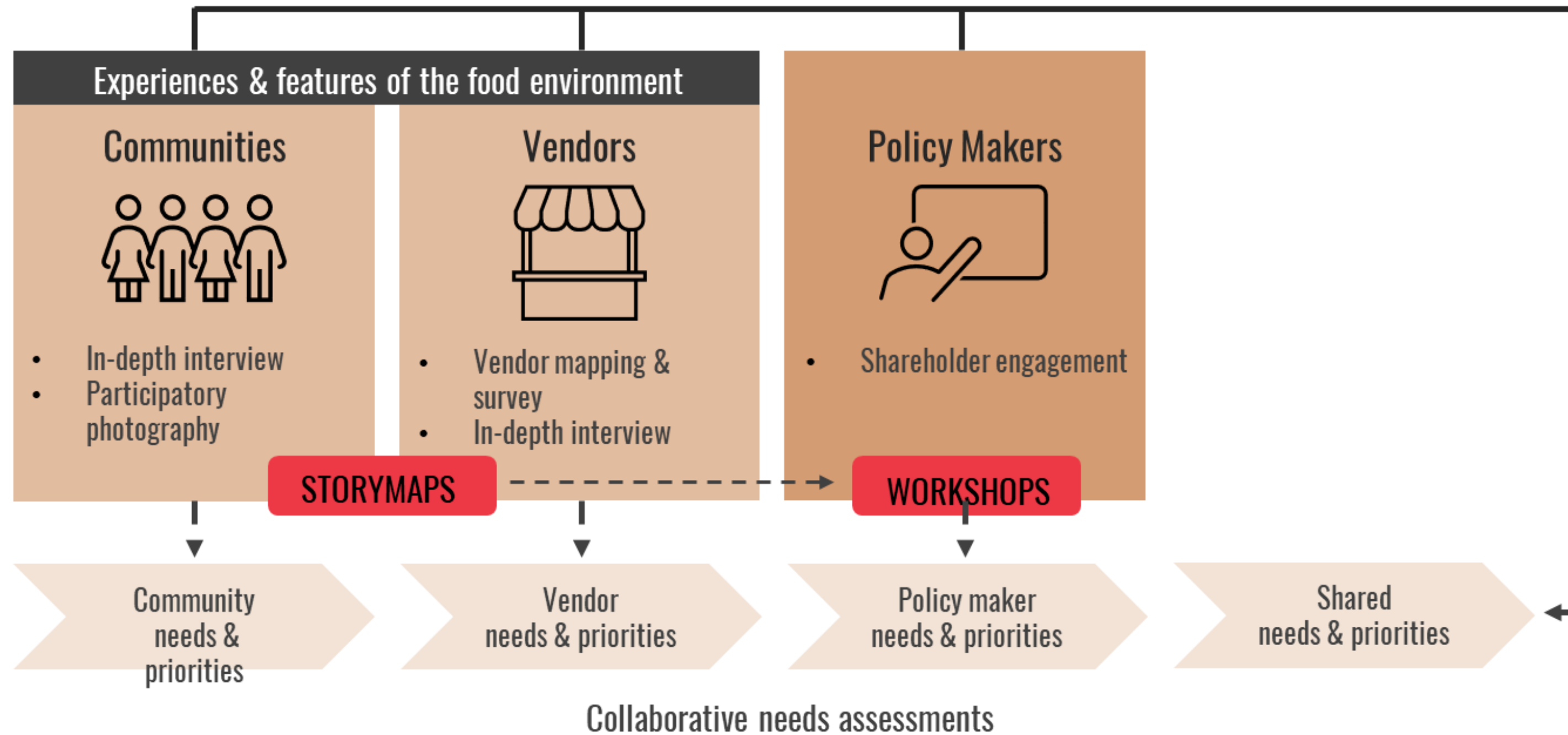
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High rise complex in one of Colombo data collection sites



Integrated methodology



Kamala's Story

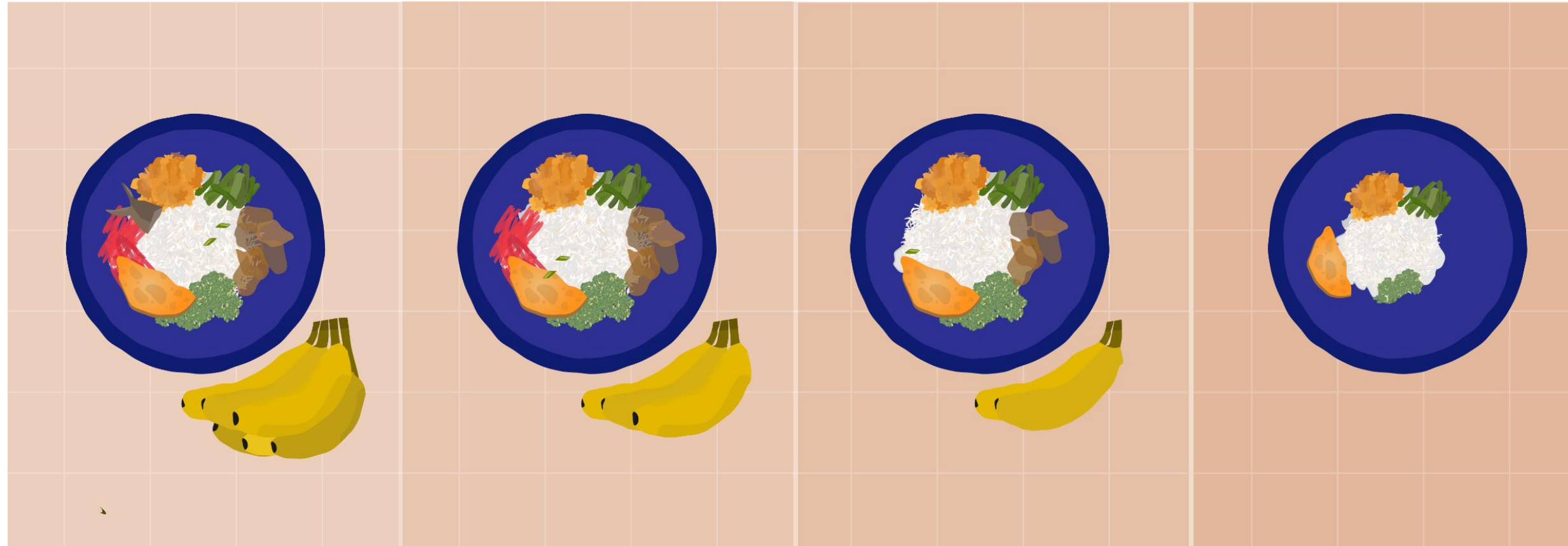
"Eggs are expensive now. So, when we can, we buy one egg and cut it in half for the two boys (sons)."



Findings – Fruit and Veg diversity

- High diversity of F&V available in the market
- High levels of nutritional knowledge and desire to consume diversity of F&V

"When deciding what vegetables to eat for the week, I will see what I ate yesterday, and buy something different today."



The way in which the food plate has changed over the past three years



Quality, safety and freshness

“A fruit shop at night. Although it’s near our home we do not buy fruits here as we are not sure if chemicals have been injected.” - Sharmila, Thotalanga

Vendors

- Undertake supplementary services to increase convenience
- Impact of crisis – falling into cycles of debt
- Reducing diversity of goods or even shutting down stalls



Pre-Cut Jackfruit

Interplay between school and home food environment

- **Mid-day meal programme** – incentivises school attendance
- In absence of MDM – pressure on HHs to send a specific nutritious meal each day ‘chickpea Mondays’
- Can have opposite effect – HHs keep children at home, children fear being reprimanded

"Sending a nutritious meal that the school asks for is expensive, so when I can't afford to send them a school meal - I keep the children at home. This happens about twice a week"

Respondent from Thotalanga



Increased burden on women in HH

Policy recommendations

Prioritizing the school as a key food environment

- Universal school meals
- Relaxing rules for school meals during times of hardship

Support for street vendors

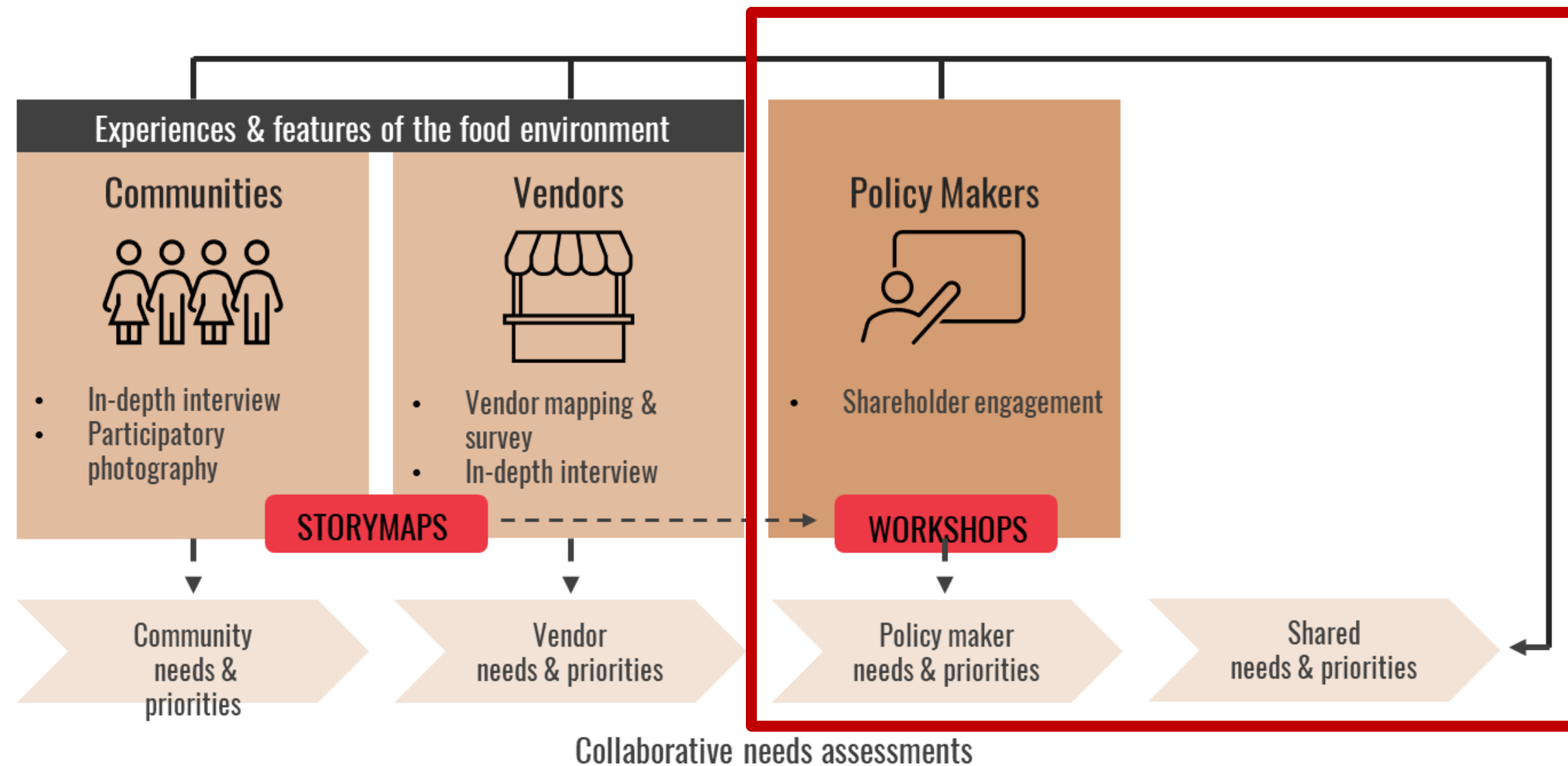
- Municipal support such as micro-credit schemes
- increasing access to public infrastructure such as water taps, bathrooms, areas with shade and protection

Ensuring equitable access to basic utilities

- moratorium on disconnections, writing off arrears and providing lower rates to low income households



What next?



- December policy workshop
- Adaptation in Tanzania and the Philippines



Thank You



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Website
<https://storymaps.arcgis.com/stories/3f43c067a4c2410988ae7bd960d3e029>

