



Policy priorities to support fruit and vegetable consumption in Tanzania

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Presentation Outline

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- Key opportunities for increasing priority for F&Vs in Tanzania
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Background



- Low fruit and vegetable consumption is a major concern
- Increasing consumption requires a multifaceted food systems approach
- Policies and multisectoral collaboration can create incentives across the food systems

***Aim:** To identify opportunities to increase the priority for fruit and vegetables in policy agendas in Tanzania*

Methods

We defined Policy as:-

The instruments that government use to translate their vision into action, including regulations, strategies, action plans, guidelines and other documents.

What we did:

- **Documentary policy analysis:** Policies relevant to fruit & vegetables, using an 'end-to-end' (n=31)
- **Qualitative semi structured interviews and political economy analysis:** To gain insights from key stakeholders (n=25) knowledgeable about policy making and implementation related to fruits and vegetables, and analyse factors impacting on policy priority

Major focus of our analysis:

How to increase priority for F&V in policy – including political economy dynamics, institutional structures, coordination mechanisms, agenda setting



What we learned- *Strengths (1)*

Overall policy priority for increasing productivity, strengthening value chains, promoting quality standards, and expanding export opportunities

- There are major opportunities to direct investment towards the fruit and vegetable sub-sector

National Horticulture Development Strategy and Action Plan (2021-2031)

- Recognize that horticulture subsector can contribute significantly to the country's economic development and food security.

Agricultural Sector Development Program (ASDP II-2016/17–2025/26):

- Recognizes horticulture, including fruits and vegetables, as key components of agricultural diversification and commercialization.
- It promotes the development of value chains for fruits and vegetables, thus encouraging production and market access.

What we learned- *Strengths (2)*

National Multisectoral Nutrition Action Plan (NMNAP II 2021-2026):

- Improving dietary diversity, including the consumption of fruits and vegetables.
- This strategy has laid the groundwork for incorporating fruits and vegetables into nutrition programs across the country.

Tanzania Mainland Food-Based Dietary Guidelines 2023:

- Promote food diversity and the improved health and wellbeing of the Tanzanian population which includes nutrition education and the promotion of fruit and vegetable consumption.
- It advocates for a balanced diet as part of broader health and nutrition education initiatives.

What we learned- *Gaps (1)*

Insufficient Integration in National Agricultural Policies

- Despite the recognition of fruits and vegetables in ASDP II, there is insufficient emphasis on supporting smallholder farmers in horticulture through subsidies, extension services, and market access.

Limited Focus in National Budget Allocation

- Fruits and vegetables are often overlooked in budget allocations compared to staple crops like maize, rice and high value crops

Weak Implementation of Policies

- Although policies like the NMNAP highlight the importance of fruits and vegetables, their implementation is often weak due to lack of coordination among stakeholders and insufficient funding

What we learned- *Gaps (2)*

Inadequate Public Awareness and Education

- There is a lack of widespread public education campaigns specifically targeting the benefits of fruit and vegetable consumption

Limited Infrastructure for Post-Harvest Management

- There is insufficient infrastructure for the proper handling, storage, and transportation of fruits and vegetables, leading to high post-harvest losses.

Insufficient Focus on Gender and Youth Inclusion

- Existing policies do not adequately address the specific challenges faced by women and youth in the fruits and vegetables sectors

Key opportunities for increasing priority for F&Vs in policy

Leverage Existing Policies

- Build on existing policies that address the food system to increase consideration and inclusion of fruit and vegetable consumption, e.g. integrate into health promotion campaigns, or create Industry incentives for local businesses to promote fruit and vegetables

Integrate with Agricultural Policies

- Include more on fruits and vegetables in agricultural development, e.g. extension.
- Promote the inclusion of horticultural crops in subsidy programs.
- Address mis-use of pesticides on fruit and vegetables

School Feeding Programs

- Advocate for the inclusion of fruits and vegetables in school feeding programs

Other strategies for increasing priority for F&Vs

Research and Data

- Conduct research to quantify the health and economic benefits of increased fruit and vegetable consumption.
- Use this data to advocate for policy changes at both local and national levels.

Capacity Building

- Train health workers, agricultural extension officers, and educators to strengthen implementation of fruit and vegetable policies
- Provide resources and tools for stakeholders to effectively advocate for policy changes.

International Partnerships

- Engage with international organizations like WHO and FAO to align local policies with global nutrition and health goals.
- Seek funding and technical support from international donors for programs promoting fruit and vegetable consumption.



Learnings from other FRESH countries, for Tanzania

Potential to integrate local and traditional vegetables into school meals program

- In Sri Lanka, the school meals program now includes traditional vegetables
- In Benin, Sri Lanka and the Philippines have Consumer group associations in but
 - Consumer group associations are essential in creating a food system that is **fair, safe, and sustainable for all.**

Conclusion

- The fruits and vegetables sub-sector in Tanzania holds significant potential to contribute to the country's economic growth, food security, and public health.
- Building on existing policy priorities and strengths to address policy gaps and fostering greater stakeholder collaboration will be essential to fully unlock the potential of the fruits and vegetables sub-sector, making it a key driver of sustainable development in Tanzania





Thank You



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