

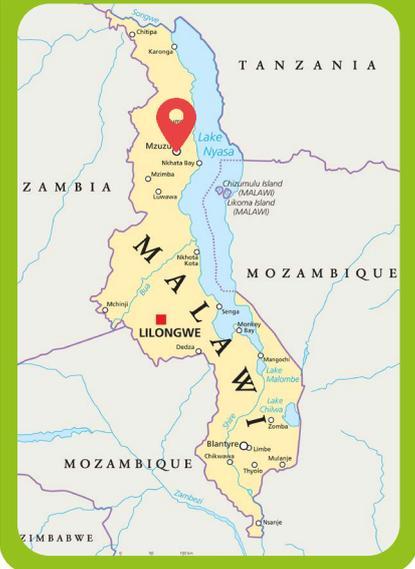


FOOD CITIES 2022

PROFILE MZUZU



MZUZU POPULATION 221 THOUSAND



Mzuzu city is the largest urban centre in the Northern Region of Malawi and the third largest city of the country. The city is growing at a fast rate with an annual growth rate of + 5.4 % and a population of 221,272 (NSO, 2018).

Food System Challenges

Malawi is a small, land –locked country and the poorest country in the World, with one of the highest population densities in Southern Africa.

Approximately 52% and 11.5 % of Malawi and Mzuzu City population respectively, fall below the poverty line and one in five Malawians live in such severe poverty that they cannot afford to meet daily-recommended food requirements. These high levels of poverty and dependence on rain fed, subsistence agriculture contribute to chronic food insecurity and high levels of malnutrition. Lack of skills and proper planning to handle and store food is also the biggest challenge amongst Mzuzu residents which leads to a lot of food wastage ending up in garbage and residential landfills. In Mzuzu City, Malnutrition is exacerbated by, household food insecurity, inadequate and inappropriate nutrition knowledge, gender disparities, environmental degradation, inadequate service delivery

infrastructure and shortage of community nutrition workers.

Currently, the percentage of children under five years of age who are stunted is at 37.1 %, underweight at 11.7%. Continued efforts are needed to address micronutrient deficiencies and high rates of stunting.

City Food Vision

Mzuzu City and the Government of Malawi recognises that adequate nutrition is a prerequisite for human growth and development, as it plays an important role in one's physical and intellectual development, and consequently work productivity.

The vision of Mzuzu City in terms of food systems is that every resident-rich or poor, young or old, regardless of gender is able to access and afford sufficient, safe and nutritious food. By 2030, Mzuzu city envisions a city with the following:

- Sustainable food production: Healthy and nutritious food for Mzuzu city resident is produced in an efficient and sustainable way
- Inclusive markets: Urban food markets are inclusive of smallholder producers, vulnerable citizens, the youth and women.
- Enabling environment: An enabling



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Food Strategy

Strategy 1: Promotion of Urban Agriculture

This will be achieved through the following:

1. Promotion of backyard vegetable gardens in residential areas to ensure adequate and healthy nutritious food availability.
2. Establishment of city aquaculture dam's in Lunyangwa wetland. The city has a vast potential Lunyangwa wetland for easy establishment of fish ponds which will eventually improve the nutritious status of Mzuzu residents.
3. Establishment of city fruit tree nursery and vegetable garden to ensure sustained supply of fruit tree seedlings and vegetables to Mzuzu residents. Mzuzu City Council has a well-equipped department of Parks, Leisure and Environment and a vast nursery land to achieve this.

Strategy 2: Encouraging healthy diets to overcome malnutrition and reduce food waste through awareness campaigns

This will be achieved through mass public campaigns to promote health balanced diets amongst residents especially children and expectant mothers.

To reduce food wastage amongst Mzuzu residents, Mzuzu City Council will establish a campaign called 'Cook and eat what you can'. This will be achieved through awareness campaigns.

Strategy 3: Establishing and rolling out of food markets

The aim here is to provide accessible safe and nutritious food to Mzuzu residents. This will be done by creation of food markets in various administrative wards and by fostering partnerships between food suppliers and consumers.

Strategy 4: Improving the nutrition quality of mid-day meals offered in schools

Mzuzu city has planned to Partner the Government of Malawi through supporting school feeding program by provision of nutritious meals in selected schools and day care homes. The expectation is the reduced rate of malnutrition amongst children.

policy, financial and normative environment at local level which incentivises healthy, sustainable and nutritious diet.

Expertise

For the past 14 years, the City Council has successfully managed various projects with funding from Development Partners' such as EU, Press Trust, LDF and GIZ. For example, the City has implemented Construction of the Flea Market, Msilo Waste Management Facility and managed to supervise the works on upgrading of various roads to Bitumen standards. Handling such huge projects requires adequate capacity, which the Council has proven to have in managing diverse projects. Lastly, Mzuzu City Council has got qualified and experienced personnel who can ably jointly implement the project and manage the funds.

Learning Needs

- Learning partnership with other cities in terms of food policy development and practices.
- Integrating urban food systems into smart city policy making.

