

Food trees for nutrition and resilience in Zambia



Food trees can therefore contribute to food security for the whole family and the nation at large.



Surplus tree products can be sold to boost income.

With 10-12 different species of food trees on the farm, families could have a variety of food all year round.



Indigenous food trees (those that provide fruits, nuts, seeds, oils, vegetables) should be part of the long-term solution to contribute to healthy diets.



Policies and programmes that focus on the availability and accessibility of healthy diets are important (e.g. Agriculture).



INVESTMENT

\$1 invested in nutrition yields \$17 in return.



A healthy diet is eating a variety of foods from all the 6 food groups for good nutrition.

Healthy Diets

Poor Diets

5.7 million people in Zambia are undernourished.

90% of Zambians do not eat enough fruits and vegetables.



Only 13% of children aged 6-23 months are fed a minimum acceptable diet.

35% of children under age 5 are stunted (too short for their age).



58% of children age 6-59 months have anaemia (poor blood).

31% of women age 15-49 years have anaemia



Poor diets also contribute to Non-Communicable Diseases which account for 23% of total deaths in Zambia.



Poor diets among the Zambian population have resulted in the high burden of malnutrition. Malnutrition affects both human and economic development.

Grow

Food trees in Zambia are underutilized and neglected, yet they can help address the lack of essential micronutrients in diets. Some of these trees are becoming hard to find, and very few families grow them around their homes. It is possible for communities to grow food trees that provide a variety of foods all year round.



Eat

Consuming a diversity and abundance of fruits, vegetables, whole grains, nuts, and seeds in sufficient amounts will help prevent all forms of malnutrition for better health. Food trees provide affordable, diverse and more nutrient-rich diets.



Protect

Due to urbanization, climate change and deforestation, there have been serious changes in food production in the local food systems. Forests are being cleared for farmland, and trees are cut down for charcoal and timber. There is need to protect and maintain biodiversity for the benefit of the present and future generations.

