

Zero Budget Nutrition

Pandahill Secondary School

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Introduction

Most of the times, in our lifetimes we experience a day without food due to lack of enough money. And even others tend to use a lot of money for obtaining the same food from markets every day and people with a low amount of money tend to buy and consume the same food item which they all believe is the cheapest again and again, hence leading to malnutrition.

Our aim is to make people aware of other types of food which are cheaper and contain more nutrients than the food they are used to consume, which will help them save money by buying or cultivating food crops which are at low cost and reduce the problem of malnutrition in the society by making people stop consuming only one type of food.



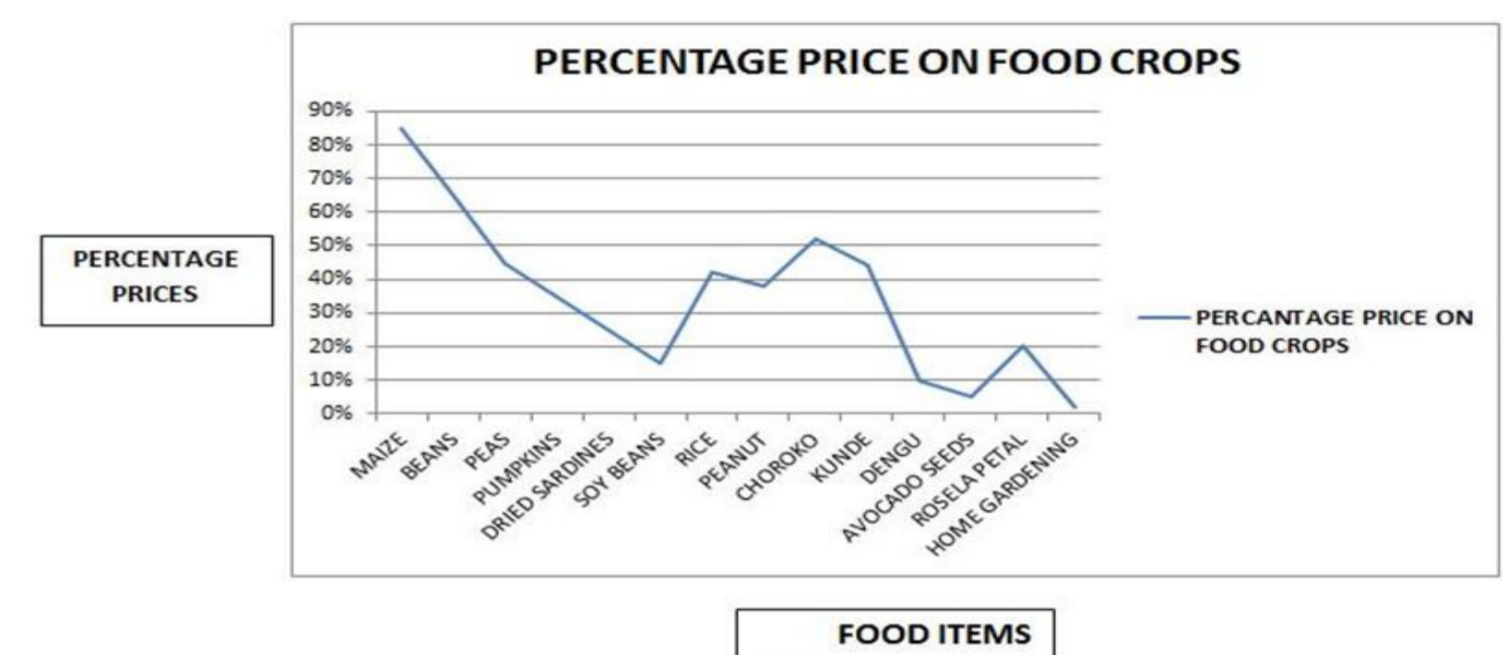
Method

We organized questions in form of questionnaires and prepared in total 250 which we distributed to Pandahill Secondary School, Maziwa secondary school and Kondoa district in Dodoma. Also, we had group discussions with Advanced level students from Pandahill and Ordinary level students from Maziwa secondary school and a few citizens from Kondoa districts before providing the questionnaires to them so as to get more information.

They were answered by both students and teachers in all schools and a sample of people living at Kondoa district. All methods enabled us to reach large number of people in a short time and it was easy for us to get the answers quickly.

We also had focus group discussions, study visits, interviews and visited markets and a few homes of nuns, priests, school workers, nutrition experts and students so as to get their general overview on minimizing nutritional costs but however maintaining high nutrition value either by traditional or staple foods from their tribes at Pandahill secondary school and outside in Songwe village and talked additionally with one teacher from Maziwa secondary school and three citizens from Kondoa district.

The focus groups enabled us to be specific with our objective and the study visit enabled us to compare the market price and real site (gardens) where food crops and vegetables are being cultivated.



Results

Results and analysis from the research tools, stations, homes, students and individuals above revealed that:

Most of the of the people in the rural and urban areas haven't adequate education on serving money for better nutrition and they spend between 20% and 60% of their cash on purchasing the most cheapest and others get from their gardens food when they are in bad financial position as shown in the grouped bar graph at the right hand.

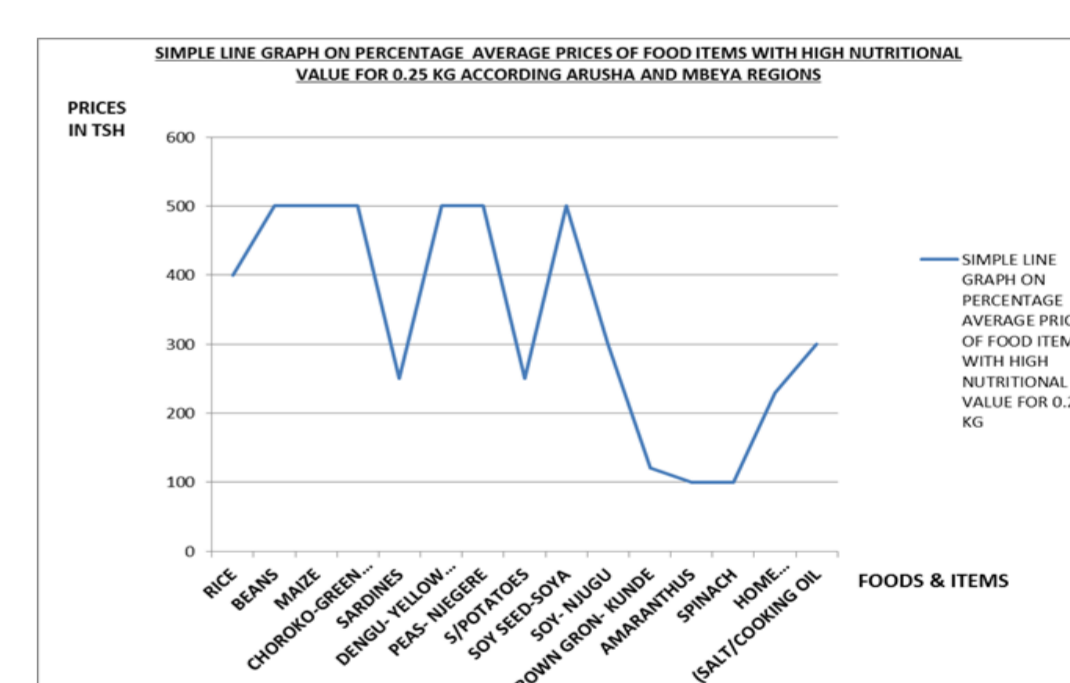
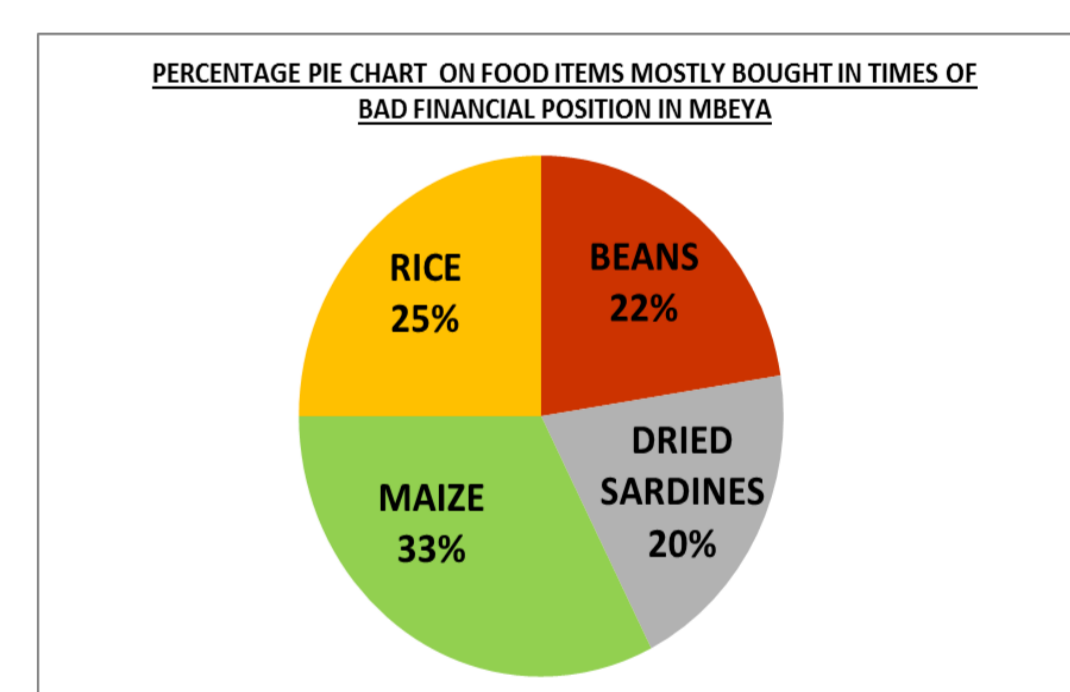
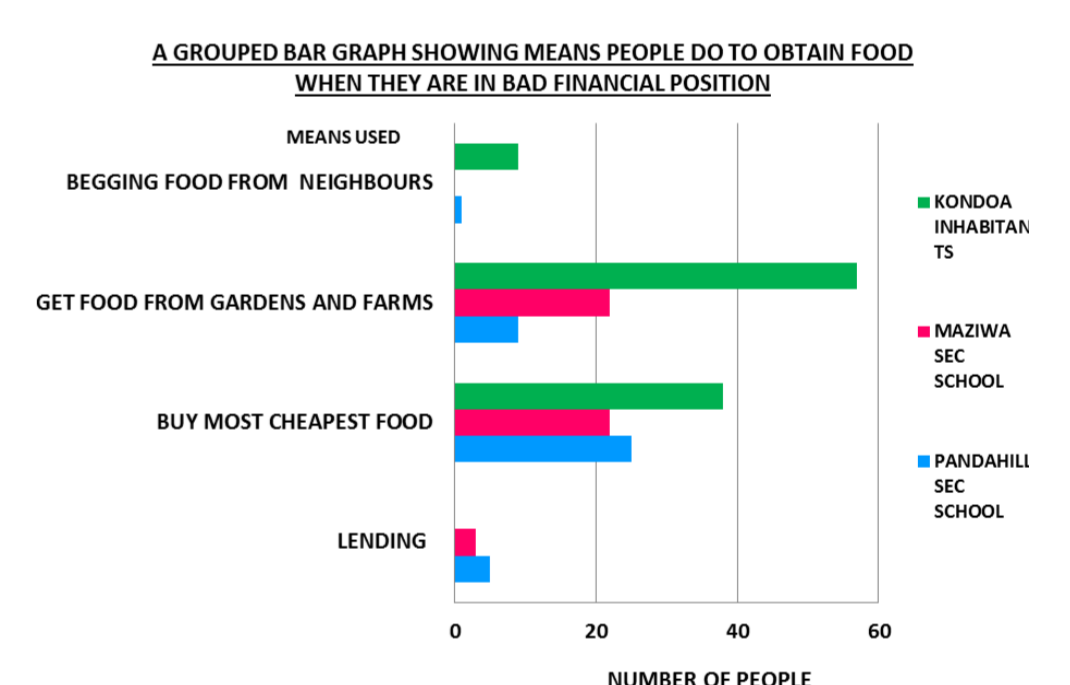
This shows that still people haven't realized nutritional value of food than relying on reducing costs of living.

The foods which are highly consumed when

the families are in bad financial position in Mbeya region are beans, dried sardines, maize and rice with 22%, 20%, 33% and 25% respectively and parallel to that, their level of satisfaction showed that it was: 66% in the rural and 74.5% urban areas were convinced that such food crops were satisfactory for their body energies.

The trend of the crops in the chart exposes the culture of eating the same type of food which has to be changed by education after realizing its high costs which would be altered by other varieties of food items like:

Soy bean, peanut, peas, pumpkins etc. as it will be explained below:



Conclusions

Minimizing nutritional budget has to be played by both the government and the citizens, whereby:

The government through agricultural institutes, health organizations and those dealing with provision of health education on nutrition should cooperate to provide the schedule showing the standard and low budget nutrition is necessary for different groups of people. That's everyone?

Education concerning nutrition meals and techniques of saving money through buying foods which are less expensive and contain more nutrition value has to be given priority

Let the people seek the knowledge on nutrition and develop self initiatives on establishing self reliance activities on subsistence crop production so as to have more little budget in their nutrition

Staple foods from our tribes should be given priority and the youth should not ignore their nutritional values and perceive them as outdated.

Acknowledgments

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