

Zambia Wild Foods Statistics Project

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RESEARCH
PROGRAM ON
Forests, Trees and
Agroforestry

Background

- Small case studies from Zambia showing wild food consumption;
- A visit to Zambia shows their widespread presence;
- No information on how much is being consumed so difficult to judge how important they are;
- CIFOR and FAO carried out a small study in 2018-2019 to pilot methods and to see if worth doing follow up more extensive study;

Outline of Today's Talk

- I. Share results from earlier study
- II. Description of current study
- III. Lessons for other countries



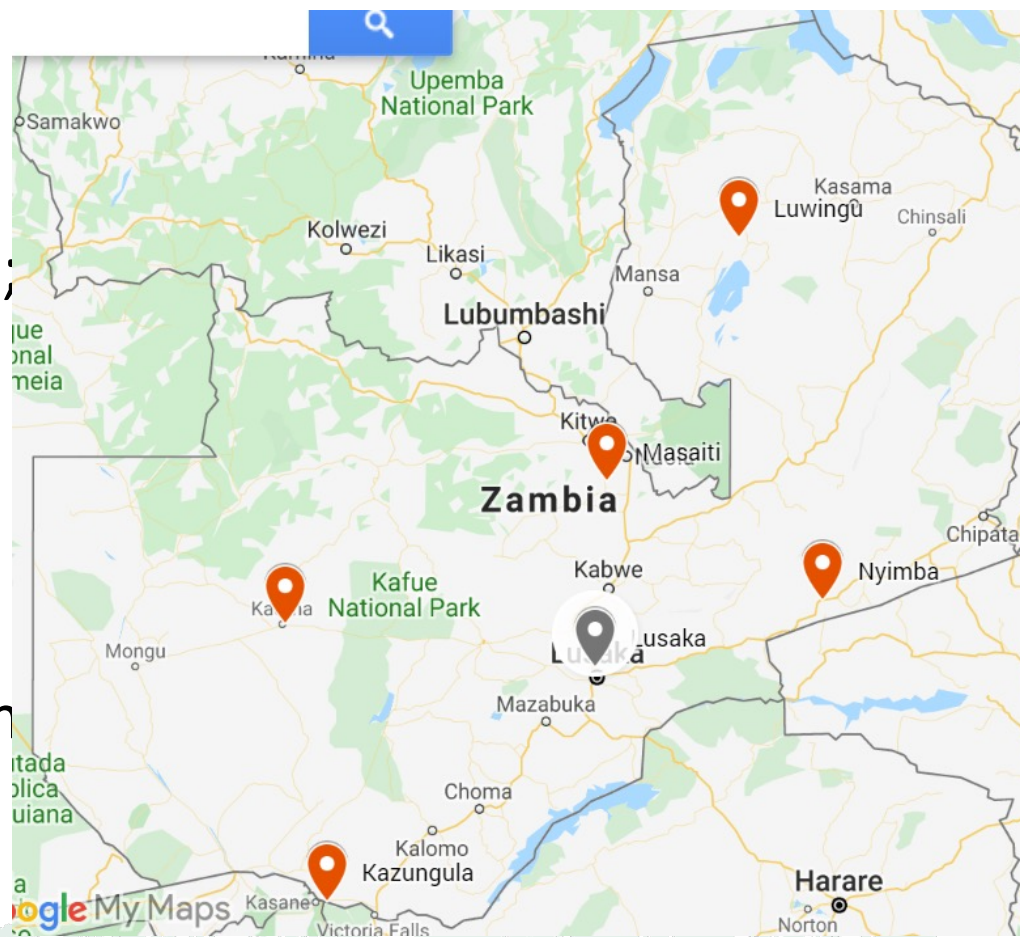
Project: FAO-CIFOR Wild Food Statistics 2018-2019

- Small budget
- Tried to get wide coverage, but small sample size
- Pilot methods for collecting data on wild food collection & consumption
- Surveyed sites in each of Zambia's agro-ecological zones



Study sites in FAO-CIFOR project

- 1+ District within each main agro-ecological region; selected chiefdom; selected ward.
- Randomly selected 3 villages within the ward.
- Randomly selected about 50 households (HH) within these villages
- Total of 209 HH



Methods

- Focus group to identify top wild foods consumed of each food type
 - Fruits, vegetables, insects, tubers, fish, meat, wild aquatic plants, mushrooms, nuts
- Administer questionnaire to woman for most foods (man if available for meat and fish)
- Measure collecting containers
 - Unique feature of survey
- Markey survey (1 per district)



To quantify collection across many types of containers

- HH identified their large, medium, and small collecting containers.
- Measured with groundnut shells.
- Recorded for each HH
- How many of each container was collected in a year?



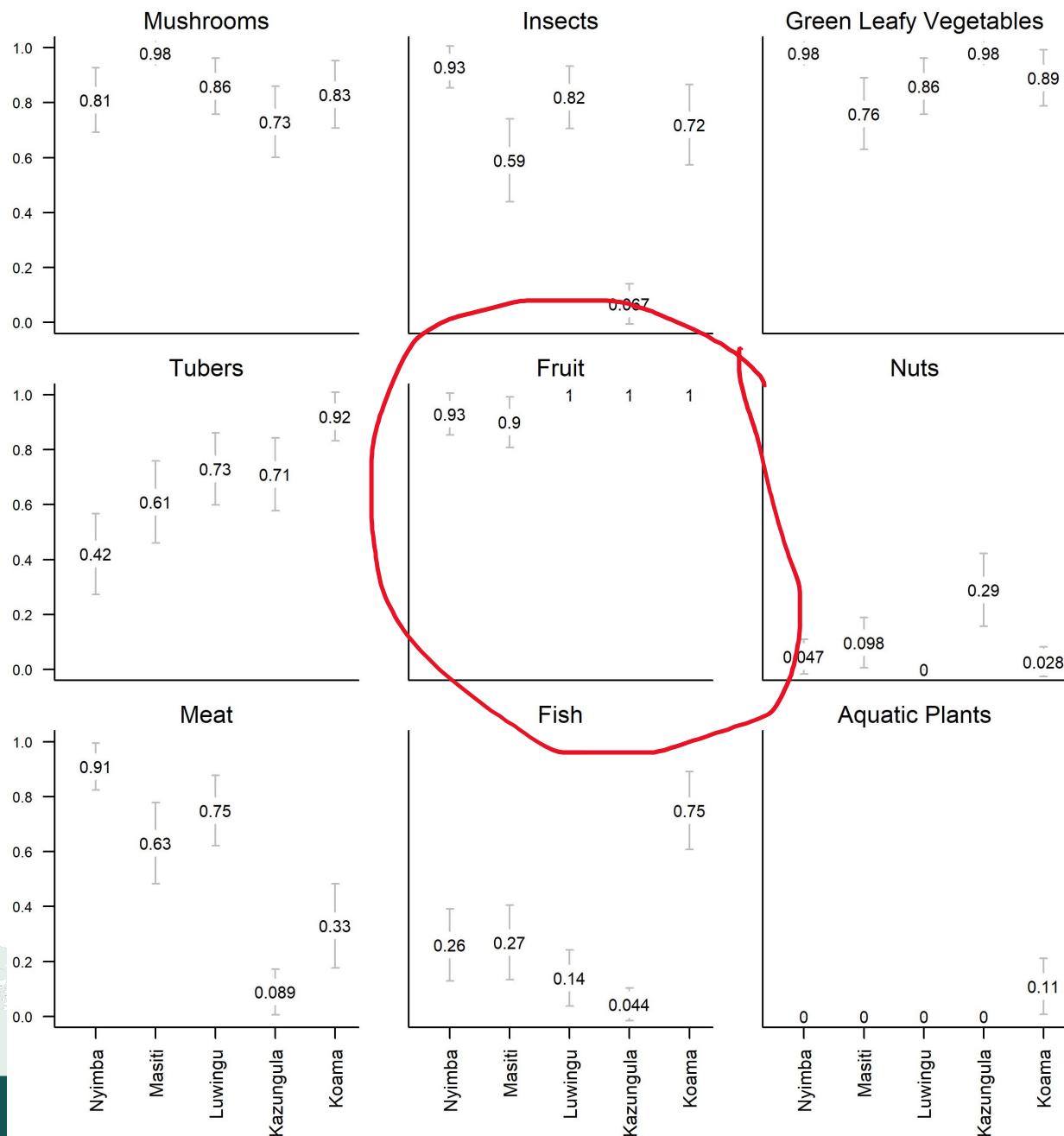
Two parts of survey important for understanding diets

- Quantity of foods collected and consumed in the previous one year (only captures the top 5 for each food group as identified by the FGDs)
 - lots of error since very long recall period;
- A seven day food frequency survey about number of times ALL foods were consumed in the last week – includes cultivated;
 - much shorter window of recall, but will be influenced by season

Example of Results for fruit from last survey



% of households collecting food type



Wild Fruit Collected & Consumed

- Households on average consumed 112 kilos of wild fruits collected (median 57 kilos)
- Per adult equivalent this is about 22 kilos per person or **47 grams per day per person**
- Likely underestimate
 - We only asked about top 5 foods from FGDs
 - We only asked main collector (kids often eat fruit on their own)



Seven Day Food Frequency (n=209)

Food Groups	Mean	Std. dev
Staples overall	15.69	3.73
nshima	14.28	2.86
domestic green leafy veg	11.98	8.32
wild vegetables	1.16	2.99
other vegetables	7.66	7.18
total fruit	2.85	4.17
domestic fruit	0.91	1.95
wild fruit	1.94	3.66
insects	0.03	0.25
Fish total	2.43	3.13
Local fish	2.41	3.1
total meat	1.38	2.02
domestic meat	1.25	1.96
wild meat	0.13	0.5
pulses & legumes	4.45	5.8

Weekly Fruit Consumption (based on the 7 day food frequency module)

- Only 58% of women consumed any fruit in the week preceding the survey;
- just 11% had a fruit an average of at least once a day;
- For the 42% of women consuming any fruit, **wild fruit was consumed more than twice as frequently as domestic fruit** (3.4 times vs 1.6 times per week)
- Note that this was in the dry season – not peak wild fruit



Overall results from last survey on wild fruit & nutrition in Zambia

- Wild Fruits were collected by almost all households surveyed across 15 villages in Zambia;
- They comprised 68% of women's fruits consumed in a seven- day period (in frequency)
- Over a one-year period, on average, they contributed 25% of recommended daily intake of fruits

Current Project: Zambia Wild Foods Statistics

Nationally representative survey in all 10 provinces of Zambia to see contribution of wild foods in Zambia

Partners: CIFOR, Zambian Statistics Agency & Zambian Forestry Department

Donor: USAID



Objectives of the study

1. Estimate quantities of wild foods collected and consumed in Zambia;
2. Use data from #1 to derive a national estimate of the quantity of wild foods collected and consumed;
3. Estimate importance of wild foods for Zambian diets;
4. Communicate the findings to policy makers and general public about importance of Zambian forests for food security and nutrition

Currently

- Training of trainers completed
- Training of enumerators is in progress
- Teams will be going to the field
- Stay tuned



Lessons/Challenges



- It is commonly known that wild foods are used in Zambia, but no idea how much
 - This makes it difficult to affect policy
- In the latest FRA, Zambia did not report any NWFPs
- It isn't very easy to estimate wild food use, but it also isn't that difficult

Lessons Cont'd

- Important to have multi-sectoral effort (statistics & forestry & food sector)
- Both CIFOR & FAO have worked together on this in Zambia and are happy to support efforts on this (in terms of methods)



THANK YOU FOR YOUR ATTENTION!



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