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## Innovations Session N°5

# Food and Nutrition Security: the contribution of SMEs and businesses



INNOVATIONS<sup>Wi-Fi</sup>  
SERIES



MAPHLIX TRUST GHANA LIMITED



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LIMITED

Food and Nutrition  
Security:  
The Contribution of  
MSMEs and Businesses

# Introduction

Sustainable Development Goal (SDG) 2 specifically refers to the elimination of malnutrition by 2030.

Agricultural and food manufacturing firms have been at the centre to produce food to feed the growing population.

Though more and more food substances are produced by these firms, most fail to directly enhance the food and nutrition security of the consumers.

For instance, in Ghana, Vitamin A Deficiency (VAD) is seen to be severe since three fourth of preschool age children and one fifth of pregnant women are vitamin A deficient in Ghana.

(Alhassan, Awuni & Amagloh, 2018).

At Maphlix Trust Ghana Limited, we have undertaken value chain activities with Orange Fleshed Sweet Potato (OFSP) that ensures the provision of food and nutrition security.

What seems to be needed are national policies that increase the inclusion of such nutritious food products in the diet of constituents (such as students under the Schools Feeding Programme).

# Vitamin A Fortified Gari

Ghana is the fifth largest producer of cassava in the world.

Cassava is one of the staple foods in Ghana and about 25% of harvested cassava roots are processed into gari for both local consumption and export (Kemausuor et al., 2015).

Despite gari from cassava being an important staple food, it is a poor source of Vitamin A.

Maphlix has supplemented its gari with OFSP which is rich in beta-carotene.

This action is vital in pivoting it as food source for combating Vitamin A deficiency in Ghana and other SSA countries.



# Vitamin A Fortified Gari

Serving 100g of OFSP gari is sufficient in providing Vitamin A body requirements to children between 1 and 3 years (167%) and school going children aged 4 to 8 years (125%).

The same amount can provide about 65% of Vitamin A body requirement in pregnant women and 38% to lactating mothers.



# OFSP Bread

Bread consumption is increasing in Ghana. Bread has been reported to be a staple food that takes the maximum cash expenditure within the food subgroups (Bonsi, Chibuzo, & Zibawa, 2014).

Bread made from wheat is estimated to contain only 3% of Vitamin A (Bonsi et al., 2014)

OFSP has been found to be a good composite to wheat flour if pureed for bread production at 30% substitution (Bonsi et al., 2016).

Maphlix has developed the value chain of the OFSP bread along side bakers, hence providing high beta-carotene to the consumers.



# OFSP Bread

Research suggests that the OFSP bread could be crucial in addressing VAD in Ghana, contributing to at least 12% of the daily requirements of vitamin A needs by lactating mothers, which indicate that it is a significant source of dietary vitamin A (Alhassan et al., 2016).

Apart from meeting the needs of VAD, the OFSP bread is equally a healthier choice for diabetes patients compared to sugar, butter and tea bread.



# Conclusions

**Food and nutrition security is of most concern to SDG 2. MSMEs have high potential to significantly scale its outcome if pragmatic and conscious steps are made by other supporting partners to implement them.**



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Thank You



**Questions?**





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# Thank you

