

Seasonal Food Availability Calendar in Basona, Sinana and Lemo Woredas of Amhara, Oromia and SNNP Regions of Ethiopia

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Eat what's in season

Food Items	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Barley												
Kale												
Papaya												
Milk												
Meat												



1. Introduction

- Seasonality is one of the key factors in determining food availability.
- Having multiple seasonal food-availability data provides a better understanding of the foods available in a given area.
- The first-round assessment focused on perishable foods like fruits and vegetables, and the findings showed that diversity and availability of these food groups was low across all districts, which leads to low intake of fruits and vegetables by the community.
- To capture the seasonal dynamics in various seasons by incorporating animal foods, a second-round assessment was conducted.

2. Objectives

A second-round of seasonal food-availability assessments was conducted to understand the seasonal dynamics of foods across various seasons and to identify entry points for sustainable diet diversity.

3. Methods/approaches

- 75 participants were involved through 12 FGDs (Focus Group Discussions) and 8 KIIs (Key Informants Interviews) in the study.
- The same participants involved in the first-round survey were interviewed.
- All food items available for consumption in the community was listed.
- Each food item was categorized into a food group based on WMDD.
- Levels of availabilities were scored on a scale of 0 to 3 (0 for no availability; 1 for low availability; 2 for moderate availability and 3 for high availability.
- Average availability of each food was calculated for each month and a color scale was applied using conditional formatting in Excel.

5. Conclusion/ messages

- The diversity and availability of cereals was slightly better than other food groups in all districts.
- Very limited number of food items were identified under DGLVs in all districts.
- Other V-A rich vegetables and fruits were entirely low in diversity and availability in Basona and Sinana districts and relatively better in Lemo district.
- Perceived availability of nuts, meat, poultry and fish were low for most of the year.
- More intervention is required on nutrient dense food production that will increase the diet diversity and substantially improve nutrition and health.

4. Findings

Table 1. Seasonal food availability calendar in Basona Woreda.

Food Group	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
Cereals	2.6	2.4	2	2.7	1.8	1.5	1	0.9	0.9	1.2
Pulses	2.8	2.8	2.3	2	1.6	1.4	1.1	1	1	1
Nuts	1.4	1.6	1.5	1.5	1.3	1.2	1.1	1.1	1.1	1.1
Meat, poultry, and fish	2	2	1.8	1.4	1.2	1.5	1.5	1.4	1.3	1.8
Eggs	2.25	2.75	2.25	1.5	1.25	1.5	1	1	1.25	2.25
DGLVs	1.25	1	1	1	1.5	1.6	2	2.5	2.5	2.75
Other Vit-A rich fruits & veg	1.6	1.8	1.5	1.8	1.8	1.8	0.9	0.8	0.9	1.3
Other vegetables	2	1.9	1.9	2.3	2.2	1.9	1.2	1.2	1.3	2.1
Other Fruits	1.1	1.1	0.7	0.8	1.6	1.7	0.4	0.4	0.9	1.1
Milk and other dairy products	2	1.5	1.25	1.25	1.5	1.25	1.25	1.6	2.5	2.5

In Sinana woreda cereals and pulses were available from high to moderate levels for eight months in a year. Where as, nuts were only available for three months in a year. Meat, poultry and fish, eggs, other vitamin A-rich fruits and vegetables and other fruits were low for most of the year. Other vegetables and milk and dairy products were moderately available from July to January.

Table 2. Seasonal food availability calendar in Lemo Woreda.

Seasonal availability of foods in Lemo Woreda												
Food Group	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cereals	2	1.6	1.3	1.5	1.4	1	0.7	0.6	0.5	0.6	0.9	1.7
Pulses	2.8	2	1.5	1	0.8	1	1	0.9	0.3	0.4	1.3	2.5
Nuts	3	3	2	1	1	1	1	0	0	0	0	0
Meat, poultry and fish	0.6	0.1	0.5	0.5	0.5	0.5	0.5	0.5	1.6	1.1	0.6	0.6
Eggs	1	1	1	1	1	1	1	0	0	0	0	0
DGLVs	1.8	1.3	1.7	1.7	2	2.3	2.7	2.7	1.3	1.6	1.8	1.8
Other Vit-A rich fruits & veg	1.6	2	1.6	1.7	1.8	2	1.8	1.7	1.2	1.4	1.4	1.4
Other vegetables	1	1.6	1.8	1.7	1.5	1.3	1.7	1.9	1	1.5	1.4	1
Other Fruits	2	1.8	1.9	1.9	2	2	1.8	1.5	1.4	1.6	1.9	1.8
Milk and other dairy products	1.2	1.2	1.2	0.5	0.5	0.8	1.5	1.5	1.3	2	1.3	1.2

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