

PELUM UGANDA's Food Fair showcases and promotes traditional foods



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The annual Indigenous and traditional food fair organised by Participatory Ecological Land Use Management (PELUM) Uganda took place on Friday 20th November 2017 at the Uganda Manufacturers Association conference hall and parking space.

The event was conducted under the theme: 'Indigenous and traditional food systems for food sovereignty and rural development'. The main objective of the food fair was to showcase the socio-economic and cultural value of indigenous and traditional foods and highlight the significant contribution of these food systems to food sovereignty and rural development.

"The fair provided a platform for dialogue and experience sharing on policy frameworks, benefits, current threats and challenges faced by indigenous and traditional food systems. People from different Ugandan societies showcased various indigenous and traditional foods; their preparation, value addition and consumption. Together, participants developed strategies for further utilization and conservation of these foods," says Erick Kizito the Programme Assistant at PELUM Uganda.

During the event, there was an exhibition of indigenous/traditional/cultural foods, indigenous knowledge, technologies and value addition, presentations and showing of documentaries on indigenous foods and a cookery competition. There was also food tasting and an award ceremony for the exhibitors!

Participation to the food fair was free to all. Participants included representatives from government ministries, departments and agencies, institutions and individuals promoting cultural heritage, traditional medicine and local innovations, media, universities and other academic institutions, vulnerable groups such as women and People With Disabilities, youth groups, private sector and researchers institutions.

The food fair theme was in support of the

just concluded World Food Day theme: 'Change the future of migration, invest in food security and rural development' and the International Year of Sustainable Tourism for Development.

PELUM Uganda

PELUM was started in 1995 and has been working to improve the livelihoods of small-scale farmers and the sustainability of rural communities, through the fostering of ecological land use management. They do this by sharing skills and knowledge about good practices and techniques, through a broad network of like-minded organisations, undertake research and demonstration projects and advocate for policies that better support small-scale farmers. PELUM Uganda has a membership of 56 NGOs and is part of a 12-country-strong Association of Civil Society Organisations in eastern, central and southern Africa

For the past 4 years, PELUM Uganda has been participating in the Green Action Week campaign aimed at raising consumer awareness on the environmental impacts of consumption. The 2017 campaign aims at encouraging more consumers to buy organic products and promote a shift towards an ecologically sustainable food system for all.

For ages, indigenous and traditional food systems have provided rural communities with diverse, healthier, fresher and more nutritious foods. Through these food systems, communities have the autonomy to grow their own crops that are nutritionally and culturally appropriate to their population while creating a sustainable source of food and income to improve the quality of life and economic well-being for all inhabitants, mainly peasants and indigenous populations.

This year's indigenous food fair provided an opportunity for learning, unlearning and experience sharing on how to improve and/or restore our Ugandan indigenous and traditional food systems.

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