

AN OVERVIEW OF AMARANTH PROMOTION IN TANZANIA

Amaranth: A World of Opportunity

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General Information:

Grain amaranth promotion in Tanzania is focusing mainly on Nutrition improvement among other benefits.

Tanzania has made remarkable progress in many health indicators over the past decade but not nutritional status.

Children are at high risk to malnutrition as compared to other groups.

Current data indicate that acute malnutrition affects about 12 percent while stunting affects more than 42 percent of under five children in Tanzania.

The nutrition situation of women in Tanzania is also alarming. About one third of women age 15 – 49 yrs are deficient in iron, vitamin A and iodine.

Two fifths of women are anemic and one in ten women are undernourished. Malnourished women are more likely to give birth to low birth weight infants, who are malnourished in childhood and later life, thus transferring undernutrition from one generation to the next.

NOTE THAT:-

- Most of the people in our Country (Tz) do eat food just to make their stomach full.**
- There is a difference between being full and being well – nourished.**
- The body needs many different kinds of food to be healthy.**
- Eating well is a way to prevent illness.**
- When a woman is pregnant, she must eat both for herself and for the baby.**
- When a women is breast-feeding all the nutrients that the baby needs come from the mother, so it is very important to eat as well as possible.**

- **A baby can be fat and still be malnourished.**
- **Good or proper nutrition is very important for good health and proper body functioning.**
- **It was pointed by literatures that over 68% of human diseases are associated with nutrition.**

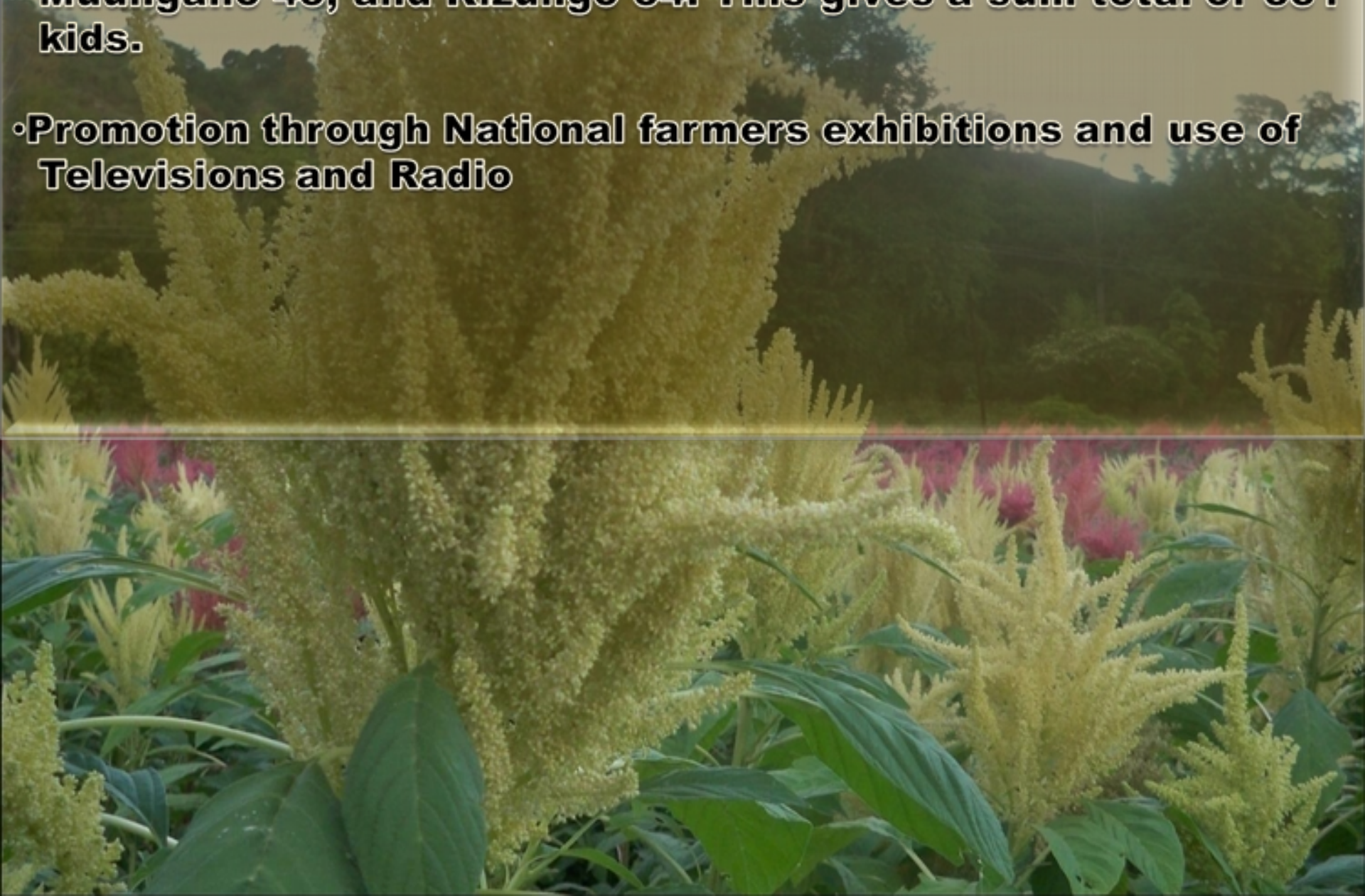
Amaranth is considered to be one of the solution in addressing nutrition problems in Tanzania because of its nutritive properties.

Evangelical Lutheran Church in Tanzania and Empower Tanzania jointly promote grain amaranth production, processing, marketing and utilization.

- **We are doing sensitization and training seminars**
- **Provision of initial seeds to individual farmers and groups**
- **Cooking amaranth porridge and provide to the people for testing**
- **Provision of amaranth flour to schools and kindergartens, so far we have reached 345 secondary school students in Shighatini (110), Manka (115), and Usangi (120).**

Number of kids reached through kindergarten program include: Mkanyeni B 115, Terite 34, Same 68, Makanya 55, Muungano 45, and Kizungo 34. This gives a sum total of 351 kids.

•Promotion through National farmers exhibitions and use of Televisions and Radio



PICTURES OF MAORE AMARANTH FARM



- **Establishment of eleven acres of amaranth at Maore about 55 kms away from Same. This farm acts also as a demonstration plot where other organizations, individuals and government come to learn.**

SUCCESS & CHALLENGES.

Success:

- **Through palliative care program we were able to provide amaranth flour to more than 2500 patients, there were a remarkable improvement of their health.**
- **Influencing the Government to be involved in amaranth promotion through Same District Agricultural officer.**
- **Amaranth to get an approval from Tanzania Food and Drugs Authority (TFDA)**
- **Establishment of an amaranth shop where we prepare and sell amaranth breads, flour, chapati, porridge and other amaranth products**
- **Improving amaranth packaging for marketing.**

Challenges:

- Post harvest loses.
- Poor technology in harvesting, threshing and winnowing
- How to change from normal farming to organic farming
- Increased pests: Currently we are using chemicals to control pests – we need to move from here.
- Marketing of our produce is still a problem (we are looking for big market).





In winding up, I would like to let you know that Grain amaranth program in Tanzania was initiated and supported by the late Dr. Ray Heinicke from Indianola Iowa, back in the year 2004. WE WILL NEVER FORGET HIM.

Again I would like to thank Sabine Winkler a Volunteer from German working with ELCT Pare Diocese for her effort in promoting this wonder crop.

Asanteni.....!!!!!!!

