



AFROFOODS' Arusha Declaration

We, the participants of the AFROFOODS meeting held in Arusha, Tanzania, during the FANUS conference 25-29 May 2015;

- **Observe** that Africa is hampered by a high proportion of the global burden of malnutrition with 805 million people being chronically undernourished, 2 billion suffering from micronutrient deficiencies, and about 1.2 billion adults and children being overweight and 475 million obese;
- **Note** that many programmes and policies exist in Africa aiming to improve nutrition and health without knowing the true nutrient contents of the foods consumed in Africa;
- **Recognize** that local foods are undervalued and underused, and that utilizing traditional agriculture and food systems with their biodiversity is fundamental for improving nutrition, especially in young children and other vulnerable groups in Africa;
- **Realize** that a significant improvement of the food supply can only be achieved through a close collaboration between nutrition and agriculture;
- **Recommend** that food composition be institutionalized and standardized in higher education, for example by using the FAO/INFOODS e-Learning Course on Food Composition Data;
- **Acknowledge** that governments have endorsed several international and regional initiatives, declaration and guidelines, including ICN2, through which they have engaged to improve nutrition, often recommending multi-sectorial approaches with agriculture, nutrition, health and education at the center;
- **Urge** that multi-sectorial nutrition approaches, based on real food composition data, be included and budgeted for in country and regional development and investment plans;
- **Call upon** governments, institutions, organizations and funding bodies (e.g. NEPAD, ECSA, ECOWAS/WAHO, SUN, REACH, FAO and other UN organizations) to collaborate in order to improve nutrition, agriculture, environment, health and economic development in a sustainable way, while increasing the evidence base with emphasis on food composition data in order to facilitate a sustainable food-based approach to address all three forms of malnutrition in Africa, i.e. under-nutrition, micronutrient deficiencies, and overweight/obesity;
- **Request** that relevant and high-quality food composition data of African foods, including local and biodiverse foods are analyzed, generated, compiled and published, also in national and regional food composition tables, with the aim to improve food and nutrition security;
- **Acknowledge** the high potential of African local foods and traditional food systems towards resilience and climate change adaptation, as well as their importance to cultural preferences and adequate and accessible dietary patterns.

We **invite** all regional and national sectors and organizations to collaborate with AFROFOODS and other African organizations and institutions to improve the evidence base, capacity, funding situation and means of action to truly improve all forms of malnutrition in Africa, i.e. under-nutrition, micronutrient deficiencies and overweight/obesity through increased appreciation and use of Africans nutritious local and biodiverse foods.

Therefore, we **urge** for the development and updating of food composition tables, based on analytical data of African foods. This must be part of country, sub regional and regional plans and be reflected in priorities, plans and initiatives to meet the demand for informed decisions towards delivering effective and well-targeted programmes, policies and frameworks.