



African Population and
Health Research Center

LET US GROW, BUY, AND EAT LOCAL, HEALTHY FOOD

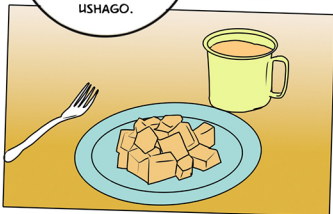
DISHI POA, KULA POA, KUA POA



HI MY NAME IS
AMINA, ME NI FOOD
AMBASSADOR SHULE YA
PRIMARY HAPA MTAANI. LEO
NATAKA KIWA SHOW VILE SISI
HUMAKE SURE WE GROW,
BUY AND EAT. HEALTHY
FOOD.

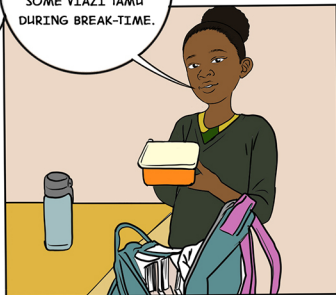


FOR BREAKFAST
NAKULA SWEET POTATOES
NA CHAI. HIZI SWEET
POTATOES ZILIKUWA
KUTOKA
USHAGO.



THEY ARE RICH IN
VITAMIN A, FIBRE
AND HELP ME STAY
FULL FOR LONGER
WHICH HELPS ME
CONCENTRATE
IN CLASS.

I HAVE CARRIED
SOME MILK SO THAT
I CAN ENJOY IT WITH
SOME VIAZI TAMU
DURING BREAK-TIME.



TIME TO
HEAD TO
SCHOOL
NOW.

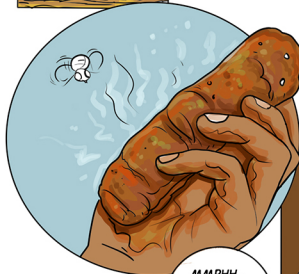


AS AMINA IS WALKING SHE SPOTS JUMA, HER DESKMATE
EATING MUTURA BY THE ROADSIDE.

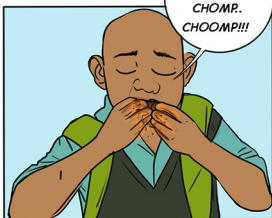


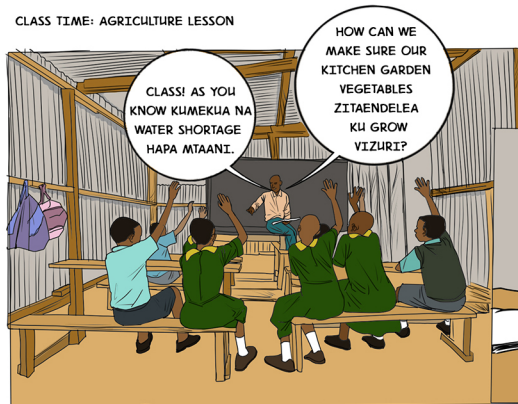
SASA AMINA?
UTAKULA MUTURA?

AIII JUMA!
NO THANKS.
HIO BASE YA
MUTURA SIO
SAFI.

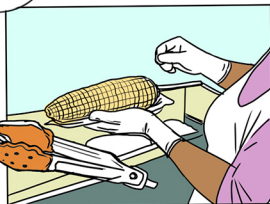
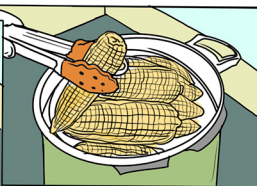
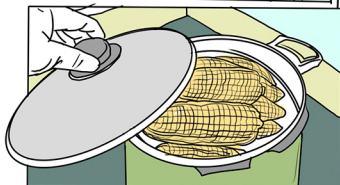
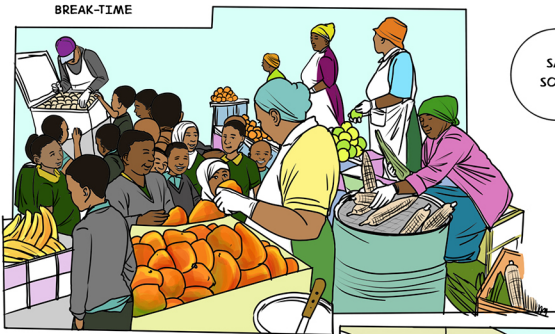


MMPHH..
SLURP!
CHOMP.
CHOOMP!!!

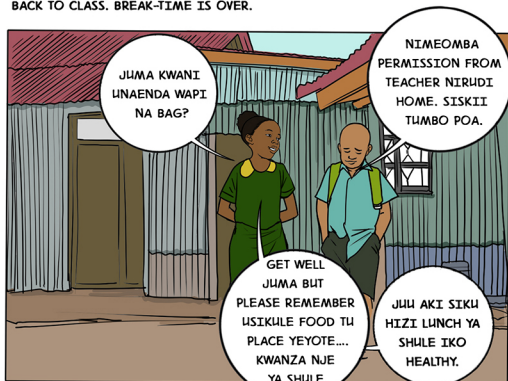




BREAK-TIME



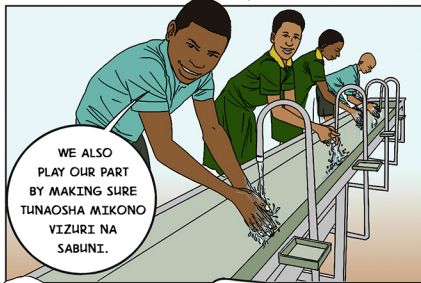
BACK TO CLASS. BREAK-TIME IS OVER.



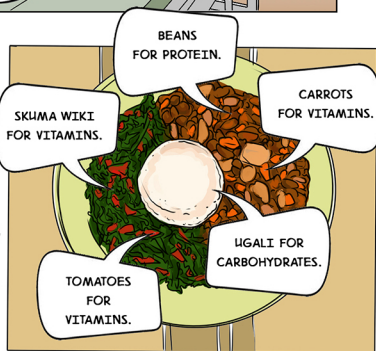
GET WELL JUMA BUT PLEASE REMEMBER USIKULE FOOD TU PLACE YEYOTE.... KWANZA NJE YA SHULE.

JUU AKI SIKU HIZI LUNCH YA SHULE IKO HEALTHY.

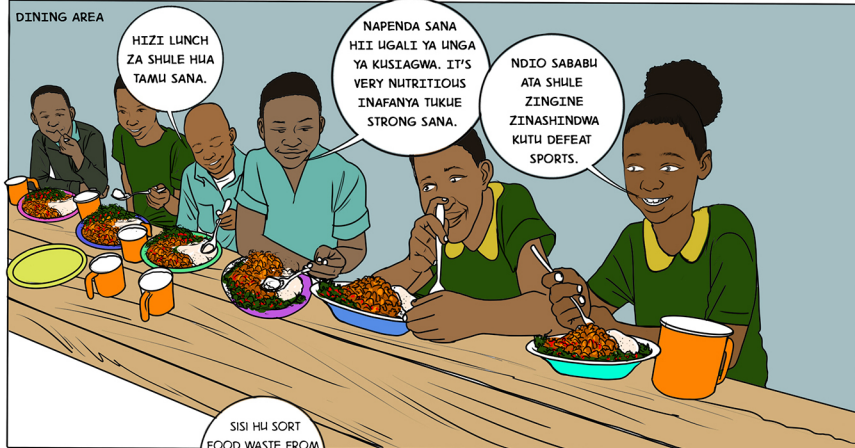
MEANWHILE LUNCH INAKUA PREPARED PALE SCHOOL KITCHEN



LUNCHTIME

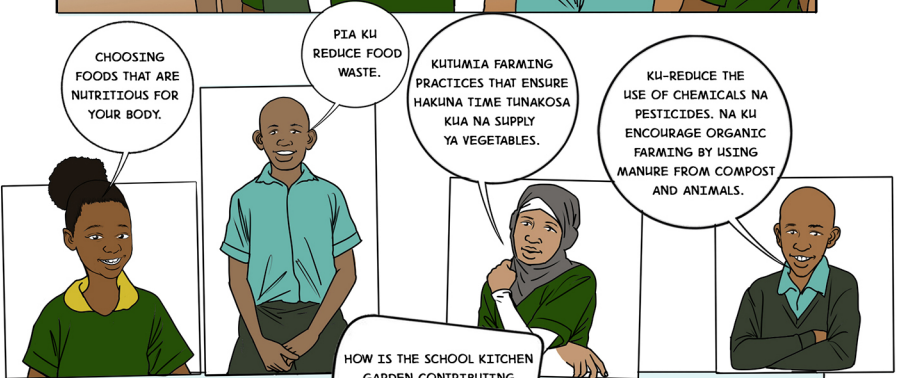


DINING AREA



AGRICULTURE PRACTICAL LESSON





(HOMETIME)

AS THE STUDENTS ARE LEAVING THEY ARE GIVEN AN ORANGE OR BANANA EACH.



THE STUDENTS LEAVE FOR HOME AS THE SHFS (SMALL HOLDER FARMERS) PICK-UP DELIVERS FOOD STUFF..



HI, NAITWA ANN.
MIMI NI ONE OF THE
SHFS
(SMALL HOLDER
FARMERS).



TULISHIKANA
TUKA FORM GROUP
YA KU SUPPLY CHAKULA
TO SHULE HAPA
MITANI.

MIMI
NI MAMA SHIROH.
NA SUPPLY MATOKE
KWA WINGI.



HIO GROUP
IMETUSAIDIA
SANA KI
BIASHARA.

HI, MIMI
NAITWA FATMA.
I SUPPLY
TOMATOES
NA ONIONS.

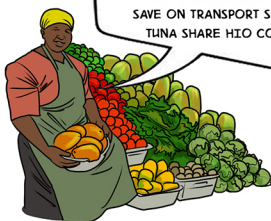


LOADING OF ALL
THE DELIVERIES.



HELLO.
MIMI NAITWA
MAMA NJERI.
I SUPPLY FRESH
ORGANIC SPINACH.

MIMI NAITWA ATIENO.
NA SUPPLY FRUITS. KU FORM
GROUP IMENI HELP KU
SAVE ON TRANSPORT SINCE
TUNA SHARE HIO COST.

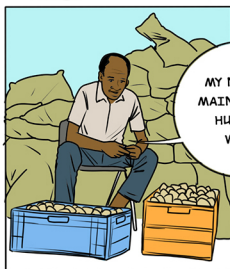


MIMI NAITWA
KIP MIMI HU-SUPPLY
MAHINDI YA KUPIKA
GITHERI NA PIA
LINGA YA KUSIAGWA
YA UGALI.

HII KUUNGANA
NA WENZANGU
IMEINUA BIASHARA
ZETU. IN RETURN
TUNA EARN LIVING
POA NA KU PROVIDE
FOR FAMILY
ZETU.



MY NAME IS
MAINA. MIMI
HU-SUPPLY
VIAZI.



THAT'S IT FROM
ME. KUMBUKA
DISHI POA, KULA POA
KUA POA...
BYE.



THIS COMIC IS PART OF A BIGGER STORY.

THIS COMIC WAS DEVELOPED UNDER THE CATALYZING CHANGE FOR HEALTHY AND SUSTAINABLE FOOD SYSTEMS (CCHEFS) PROJECT—AN INITIATIVE CO-FUNDED BY THE INTERNATIONAL DEVELOPMENT RESEARCH CENTRE (IDRC) AND THE ROCKEFELLER FOUNDATION.

THE PROJECT PROMOTES HEALTHIER AND MORE SUSTAINABLE FOOD SYSTEMS IN AFRICA BY WORKING WITH:

- SCHOOLS, TO IMPROVE MEAL QUALITY FOR LEARNERS
- SMALLHOLDER FARMERS AND FOOD VENDORS, TO STRENGTHEN LOCAL FOOD SUPPLY CHAINS
- COMMUNITIES, TO INCREASE AWARENESS AND DEMAND FOR HEALTHY SCHOOL MEALS.

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ABOUT APHRC

APHRC IS A PREMIER RESEARCH-TO-POLICY INSTITUTION, GENERATING EVIDENCE, STRENGTHENING RESEARCH AND RELATED CAPACITY IN THE AFRICAN RESEARCH AND DEVELOPMENT ECOSYSTEM, AND ENGAGING POLICY TO INFORM ACTION ON HEALTH AND DEVELOPMENT.

THE CENTER IS AFRICA-BASED AND AFRICAN-LED, WITH ITS HEADQUARTERS IN NAIROBI, KENYA, AND A WEST AFRICA REGIONAL OFFICE (WARO), IN DAKAR, SENEGAL. APHRC SEEKS TO DRIVE CHANGE BY DEVELOPING STRONG AFRICAN RESEARCH LEADERSHIP AND PROMOTING EVIDENCE-INFORMED DECISION-MAKING (EIDM) ACROSS SUB-SAHARAN AFRICA.

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