

Invest In Orange-fleshed Sweetpotato to Improve Food Security in Mozambique



An estimated 39% of Mozambicans are undernourished and 44 % of children under 5 are stunted¹.

Food security requires not only increased food supply, but also availability, access and proper utilization of food by men, women and children.

Sweetpotato, with its broad genetic diversity, provides drought tolerant varieties of many flesh colours (yellow, white, cream, purple and orange) and skin colours. This, combined with its flexible harvest and planting times, can contribute to food security in our changing environment.

Food availability

- Sweetpotato provides higher yields per given area in a shorter time when compared to maize or cassava
- The crop can be produced on marginal soils and can be easily integrated into many cropping systems
- Improved, early maturing sweetpotato varieties are ready in 3- 5 months
- In Mozambique sweetpotato is mainly produced by women who are the primary care givers in the family



Harvesting OFSP

Food access

- Sweetpotato has relatively low labour requirements compared to other crops
- Some varieties can be stored in the ground for some time. Improved post-harvest techniques can improve storage life and access to fresh roots among urban consumers

- Bakery products, replacing 20-40% of wheat flour with sweetpotato flour, and other products, improve the accessibility and shelf life of this nutrient-rich crop



Cookies made from OFSP

Food utilization

- Unlike white or yellow varieties, orange-fleshed sweetpotato (OFSP) provides significant amounts of Vitamin A, which is critical for child survival
- Promoting OFSP in Mozambique can empower women by improving their knowledge of nutrition and provide higher income from the sale of roots and processed products
- A wide range of OFSP-based processed products such as bakery products, juice, chips, crisps, flour, cereal and noodles can open up new markets for the food industry
- Both the roots and leaves of sweetpotato are highly nutritious



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¹ FAO, 2012, State of Food Insecurity in the World