MEET MUTINTA
AS SHE NAVIGATES CHOMA’S URBAN FOOD SYSTEM

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Mutinta, like many people living in southern African cities, relies on diverse sources of food within her urban area to ensure the well-being and nourishment of her family. These food sources shape the local food system that sustains them. However, local, regional, and global shocks such as food price fluctuations, climate change, and conflicts - can disrupt food flows and negatively impact urban food systems.

Some urban households can withstand these challenges because they have more cash income or they can access a wide range of food sources and supportive mechanisms like social cash transfers, food or cash remittances, and urban farming. However, many other households struggle to survive during difficult times. When multiple stresses and shocks occur, it becomes increasingly difficult for people to access and afford the food that they need.

Food systems policy and planning play a crucial role in ensuring that safe, nutritious, affordable, and culturally appropriate food reaches individuals like Mutinta and her family, particularly during difficult times. This is because regulations and policies directly and indirectly affect the type of urban food system that exists in an area and how people can navigate that system.

Resilient and equitable urban food systems have the capacity to withstand and recover from shocks and stresses throughout the entire value chain, from production to consumption and waste management, while ensuring fair and sustainable access to safe, nutritious, affordable, and culturally appropriate food for all residents within an urban area, regardless of their socioeconomic status, race, ethnicity, gender, or geographic location.