



# AFFORDABILITY OF NUTRITIOUS FOODS IN ETHIOPIA

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Diets, Affordability and Policy in Ethiopia: From Evidence to Action  
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# Introduction

- ❑ Diets are too monotonous in Ethiopia
- ❑ The National Food and Nutrition Policy emphasizes the importance of improving the consumption of diversified and nutritious diets
- ❑ Efforts have been made to assess affordability to a healthy diets internationally
- ❑ This presentation shows the affordability of a nutritious diet in Ethiopia (based on unpublished work by Fantu Bachewe, Derek Headey, Yan Bai, and Will Masters, Candasa project)

# Data and methods

## *Data Sources*

1. Price data - Monthly data, covering 2001-2017 period and 120 markets
2. Nutrient compositions data from the Ethiopian Public Health Institute (EPHI)

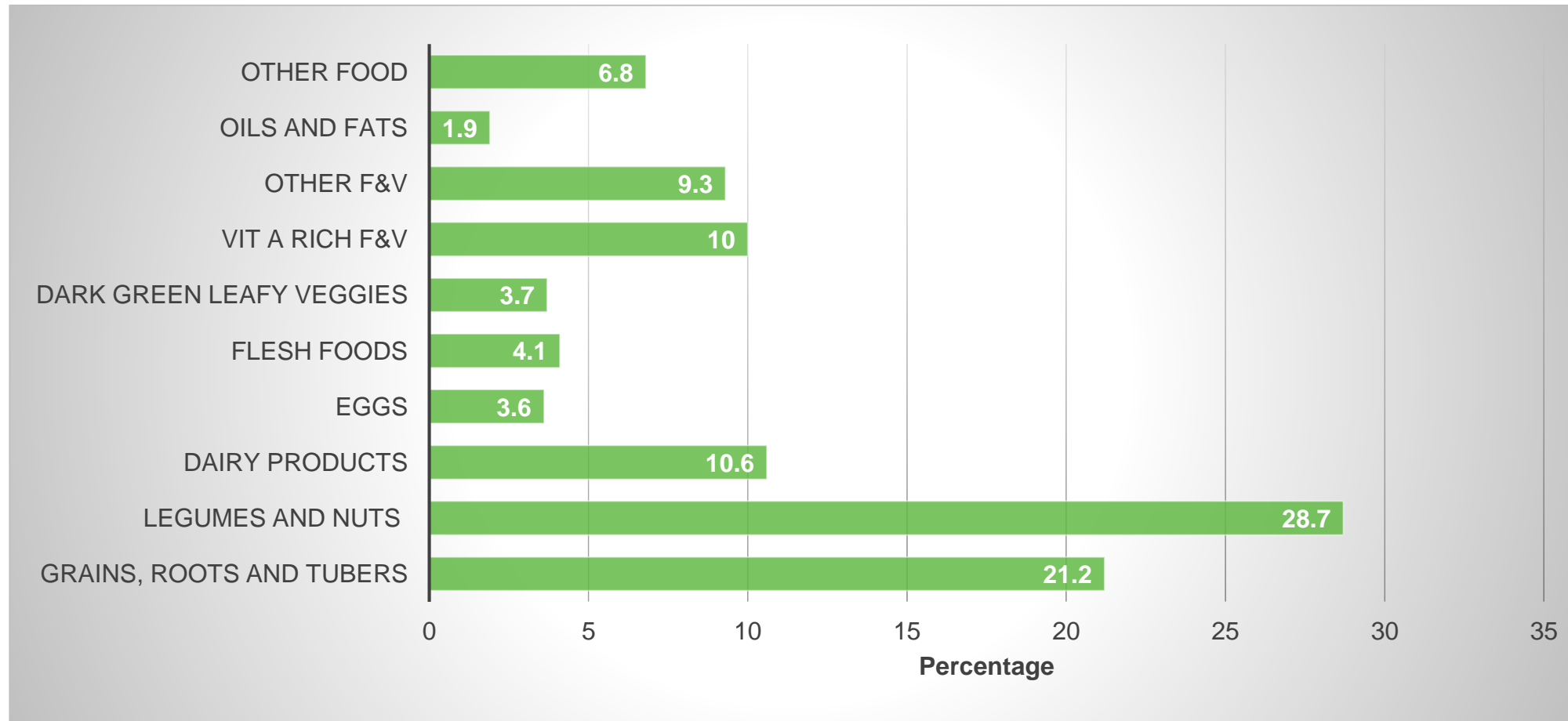
## *Method*

1. Analyses includes 83 food items with and 18 types of nutrients
2. Defines a nutritionally adequate diet for an adult woman at the least cost
  - Compute lowest cost of meeting calorie, macronutrient, and micronutrient needs
  - Identify foods that meet criteria at lowest total cost

# Cheapest food items for each food group

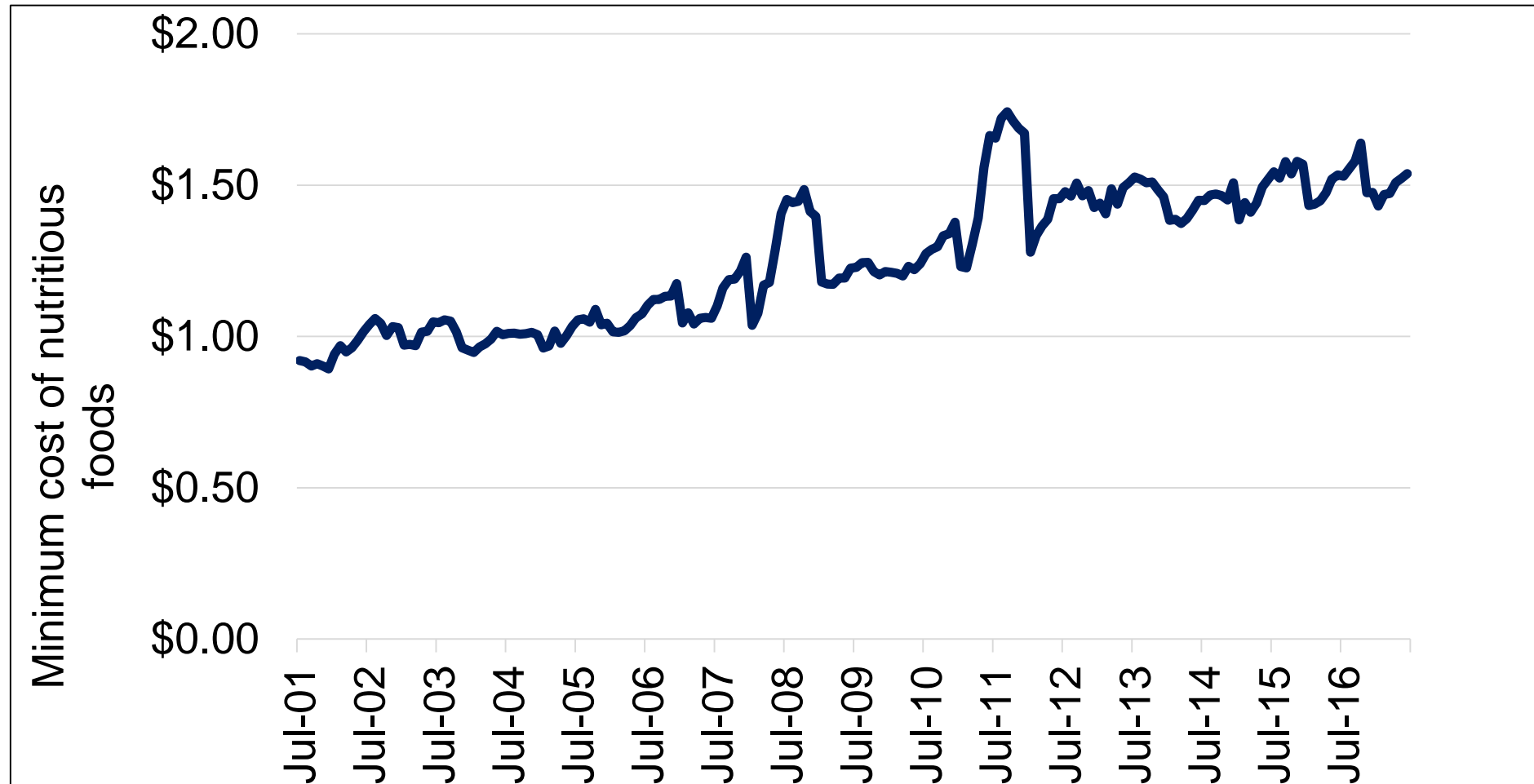
| Food group                | Least cost items (first 5 with $\geq 2\%$ )       |
|---------------------------|---|
| Grains, roots, and tubers | Maize, sweet potato, wheat (black), durrah, kocho |
| Legumes and nuts          | Sunflower, chick pea, sesame seed, haricot, lima  |
| Dairy products            | Cow milk, cheese cottage                          |
| Eggs                      | Eggs  |
| Flesh foods               | Sardines, fish (fresh), beef                      |
| Dark green leafy veggies  | Spinach, lettuce                                  |
| vA rich veg. & fruits     | Pumpkin, papaya, carrot, green pepper, mango      |
| Other fruits & vegetables | Cabbage, lemon, ginger, pepper, avocado           |
| Oil/fats                  | Cooking oil, vegetable butter                     |
| Sugar/honey               | -   |
| Other food                | Basil (dry), white cumin, turmeric flour          |

# Average share of different food groups selected as part of the least cost diet for an adult woman



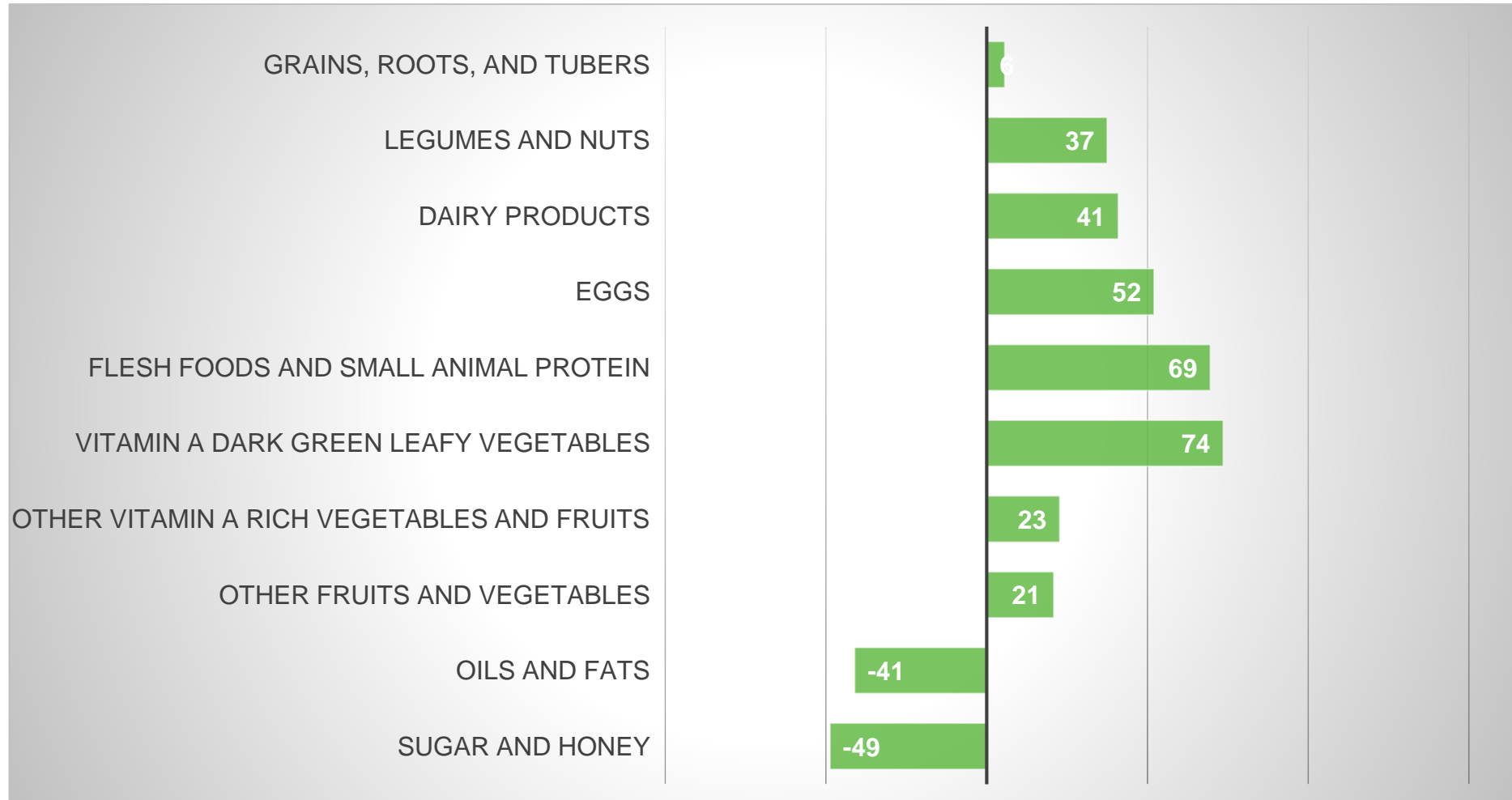
# The least-cost of nutritionally adequate diet for an adult woman

Increased from \$0.91 in 2001 to \$1.52 in 2017 (by 67%)



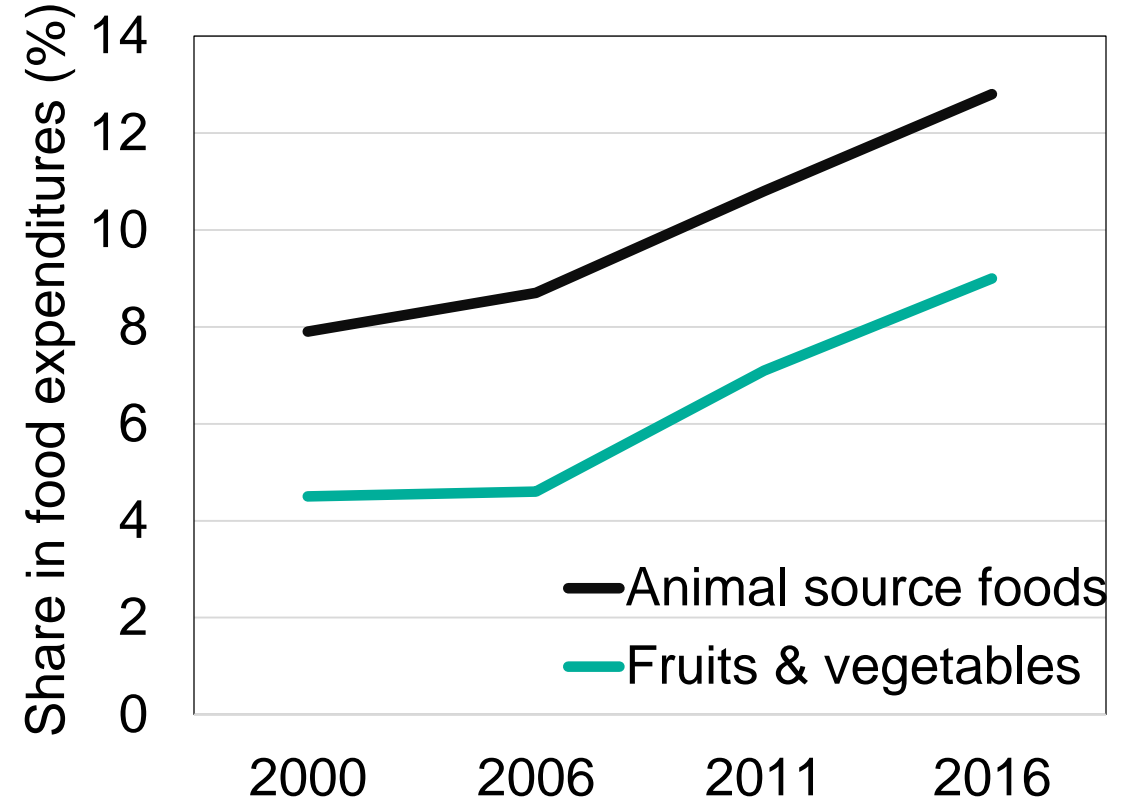
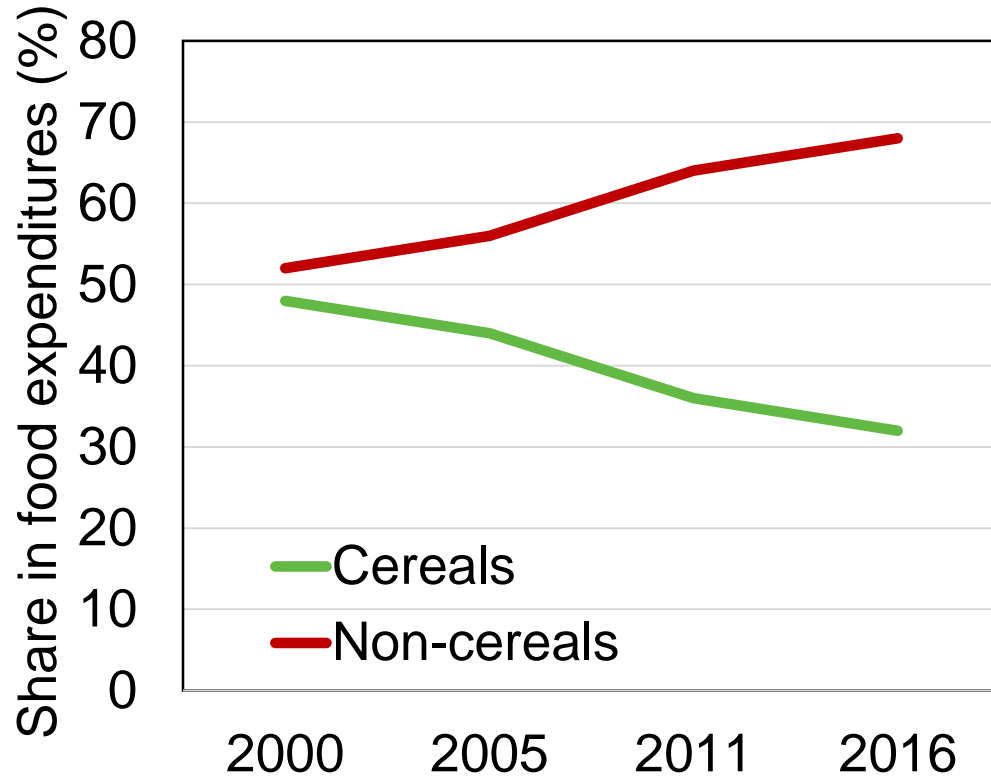
# Real prices of foods

% change in real prices by food group (2005-2018)



Source: *Bachewe, Hirvonen, Minten & Yimer (2017)*

# Overall improvements: Signs of increasing diversification in the food basket



Households expenditures are relatively decreasing for cereals and increasing for high-value and nutritious crops.



## Conclusion

- ❑ Real price of staples come down in recent years
- ❑ Cost of nutrient adequate foods has increased over time
- ❑ However, affordability of food prices improved due to increases in income (per capita GDP more than doubled and wages of unskilled workers by 70% between 2005 and 2017)
- ❑ Worrying trends of lower real prices for oils/fats and sugar
- ❑ More attention to the supply of nutritious foods in the country required as to keep prices low