

## Message from the Director: Institute for Food, Nutrition and Well-being (IFNuW)

With a pool of over 100 experts, the Institute for Food, Nutrition and Well-being (IFNuW) brings together top thinkers from related disciplines to seek innovative and practical solutions to complex problems related to food insecurity in Africa.

The Institute houses one of the University of Pretoria's strategic Research Themes and includes researchers from five faculties (Natural and Agricultural Sciences, Health Sciences, Education, Law and Veterinary Science).



Our research is organised around five strategic research themes, each headed by an internationally recognised researcher leading teams of over 30 colleagues, while working in collaboration with strategic partners in Government, research and society.

A paradigm shift is required to solve hunger and poverty in Africa. The range of expertise and strong disciplinary grounding in over 30

departments allows us to tackle complex problems that have not been solved by traditional approaches to science and development. Our transdisciplinary projects, platforms and think tanks provide exciting opportunities for staff, partners and postgraduates to exchange information, knowledge and experience.

To partner with us or enquire about our postgraduate opportunities, please contact the Director, Prof Sheryl Hendriks at [ifnuw@up.ac.za](mailto:ifnuw@up.ac.za)

## Theme E Strategic planning and policy reform to manage food security risks

The aim of this Research Theme is to provide strategic, evidence-based guidance on the food security and nutrition impacts of national and regional policies and programmes, supporting self-reflection, learning, dissemination of best practice, as well as influencing policy reform and strategic planning in Africa.

Our research includes:

- identifying policy instruments for managing risk to promote household food security (availability, access and diversification of consumption) and sustainable livelihoods
- promoting nutrition-sensitive value chains
- providing practical models for social protection
- monitoring and evaluation of impacts

For more information, contact

Prof Sheryl Hendriks at [sheryl.hendriks@up.ac.za](mailto:sheryl.hendriks@up.ac.za)



# University of Pretoria Institute for Food, Nutrition and Well-being

A convergence of world-class  
transdisciplinary science focused on  
finding practical solutions to  
complex problems related to  
food insecurity in Africa



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## Theme A

### Feeding the world in a resource-constrained environment

High-quality protein from livestock (meat, milk and eggs) is essential for the promotion of good health and development but is constrained by limited animal feed resources, water quality, soil and ecological variability, diseases, inappropriate management systems, and the effects of climate change. Our research seeks novel ways to maintain and expand sustainable food production in an environment characterised by scarce resources and changing climatic conditions. It takes into account the increasing awareness of the interactions between people, animals and plants in a shared environment as is common in traditional African agricultural systems.

For more information contact:

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## Theme B

### Ensuring safer food through effective control and regulation

Free trade in agricultural and food products requires compliance with Sanitary and Phytosanitary (SPS) measures. These measures must be science based to ensure plant and animal health, and food safety compliance. Food safety is a critical element of food security that is currently contributing to the debate on food sovereignty. Our research focuses on the most critical challenges faced in food safety and SPS – from the farm to the fork.

The research efforts of the Institute for Food Nutrition and Well-being are intended to strengthen the “farm to fork” supply chain. It will achieve this through supporting the growth of a strong regulatory framework and building capacity in critical areas of food safety, biosecurity and public health.

For more information contact:

Prof Lise Korsten at [lise.korsten@up.ac.za](mailto:lise.korsten@up.ac.za).



## Theme C

### Promoting health, nutrition and well-being

Africa is faced with two chronic nutrition- and health-related challenges:

- Malnutrition causes high levels of child mortality and morbidity, especially protein-energy malnutrition and micronutrient deficiency diseases, which are exacerbated by diseases such as malaria and HIV.
- Overnutrition is associated with the so-called Western lifestyle diseases, particularly obesity, type 2 diabetes, cardiovascular diseases and certain cancers, collectively known as the Metabolic Syndrome.

Our scientific research concerns improving people's nutrition and



health using biofortified foods, based on local African grains, leafy vegetables and meats, as these are naturally fortified with macro- and micronutrients, and disease-preventing biomolecules.

For more information contact:

Prof John Taylor at [john.taylor@up.ac.za](mailto:john.taylor@up.ac.za)

## Theme D

### Changing consumption behaviour for improved health

Childhood malnutrition limits development efforts in South Africa and the African continent. This research focuses on how the health and well-being of communities can be improved through greater awareness of good nutrition and behaviour change.

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