Somali Fill the Nutrient Gap and Cost of the Diet Analysis

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Food price data collection in markets was carried out during the lean season.

Markets were chosen to reflect food access of the main livelihoods.
However, consuming a nutritious diet is almost four times more expensive than an energy-only diet.

- **Cost of an energy-only diet**: 1.9 US$ USD per day per 5 person household
- **Cost of a nutritious diet**: 7.0 US$ USD per day per 5 person household

\[ \text{Cost of a nutritious diet} = \text{Cost of an energy-only diet} \times 370\% \]

CotD 2019
The adolescent girl and the breastfeeding mother make up two thirds of the household cost of a nutritious diet. This means that they – and the next generation – are at higher risk of micronutrient deficiencies.

Example from Belet Weyne (agropastoral)
The high costs of a nutritious diet are prohibitively expensive for most of the Somali population. Percentages indicate the percentage of the population that would not be able to afford a nutritious diet at that market, by livelihood.
Pastoralists and fisheries have the highest cost of a nutritious diet across all livelihoods.

Average across all markets: 1.9 USD

- Agropastoral: 5.5 USD
- Riverine: 5.7 USD
- Urban: 6.5 USD
- Pastoral: 7.0 USD
- Fisheries: 7.9 USD

*Xagaa season only*
Pastoralists are highly dependent on markets for their staple food and face highest prices.

- Riverine agriculture: 60-80% of calories from own production
- Agro-pastoralists: 40-80% of calories from own production
- Pastoralists: 5-35% of calories from own production

*Red* - Purchased, *Blue* - Own production.
When staples are expensive, livestock is cheap, putting stress on pastoralists’ household income sources.

**Local staples**
(red/white sorghum, white maize)

- Normal years
- Crisis years

Price in USD per head

2011, 2014 and 2017 were considered “crisis years” due to widespread severe drought.
High food prices, more market dependency and reduced income link to higher spikes in GAM rates in crisis years for pastoralists.

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Fortifying staples will reduce cost of nutritious diet: low-hanging fruit to improve availability of essential micronutrients

### Household daily cost of a nutritious diet (in USD)

**Maize Meal – Domestic Fortification**

- Belet Weyne: Nutritious Diet 5.5, Fortified Maize 5.0
- Hargeisa: Nutritious Diet 7.0, Fortified Maize 6.2

**Maize Meal, Rice, Wheat Flour (National Average) – Domestic and international Fortification**

- Nutritious Diet 7.0
- Fortified Staples (Maize, Rice, Wheat) 6.1

*CotD 2019 +2% market price for fortified products*
Providing the child a nutrient-dense meal at school reduces daily cost to a household of meeting the child’s nutrient needs.

<table>
<thead>
<tr>
<th>School Meal – Super Cereal</th>
<th>School Meal – MNP</th>
<th>School Meal - Fortified</th>
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</thead>
<tbody>
<tr>
<td>150g Maize Meal</td>
<td>230g Maize Meal</td>
<td>230 g Fortified Maize Meal</td>
</tr>
<tr>
<td>30g Pulses</td>
<td>30g Pulses</td>
<td>30g Pulses</td>
</tr>
<tr>
<td>25g Oil</td>
<td>25g Oil</td>
<td>25g Oil</td>
</tr>
<tr>
<td>80g Super Cereal</td>
<td>1 Sachet MNP (0.4g)</td>
<td></td>
</tr>
</tbody>
</table>
Interventions across different platforms, as suggested by NDP 2, can cut the cost of a nutritious diet by almost half.

### Target Group and Intervention

<table>
<thead>
<tr>
<th>Target Group</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under two year old</td>
<td>LNS-MQ</td>
</tr>
<tr>
<td>School Aged Child &amp; Adolescent Girl</td>
<td>School Meals with Supercereal</td>
</tr>
<tr>
<td>Breastfeeding Woman</td>
<td>Multiple Micronutrient Tablet</td>
</tr>
<tr>
<td>Household</td>
<td>Own Production Goat Milk</td>
</tr>
<tr>
<td>Household</td>
<td>MEB Cash Transfer (70 US$)</td>
</tr>
</tbody>
</table>

**Daily cost of a nutritious diet in US$**

- Nutritious Diet: 7.0
- LNS-MQ: 6.8
- Smallholder: 6.6
- MMT: 6.3
- School Meals: 6.0

**Cash Transfer**

- 1.6 US$ (70% of $49/month spent on food)

**Remaining Cost, after Interventions and Cash Transfer**

- 2.4 US$
Thank you for your attention.