

ROLE OF ROOTS AND TUBERS AS FOOD AND NUTRITION SECURITY CROPS IN ETHIOPIA

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Root and tuber crops are essential staples to lots of people worldwide. Their contribution to food and nutrition security is enormous. Because of their agronomic and nutritional advantages, they are potential to provide nutritious and cheap food in sufficient quantity. In Ethiopia, most root and tuber crops are used as security crops against crop failures to bridge the food deficit periods. Root and tuber crops such as Ensete, sweetpotato, taro, cassava, yams, and anchote function as important staple in different regions of Ethiopia. In the north and central Ethiopia, these crops serve as secondary staples whereas in southern and south-western regions they constitute a significant proportion of daily dietary intakes. Moreover, due to their agronomical and nutritional advantage these crops act as an insurance crop against crop failures to bridge the food deficit periods, especially for the most vulnerable households. Even though their importance in tackling food insecurity is high, the research and policy attention towards root and tuber crops is lacking in the country. Urgent policy attention and investment are required to improve yields, postharvest handling practices, and integration of these crop in wider food systems in Ethiopia. Excellent opportunities exist to expand these crops' potential for increased food and nutrition security in the country. The aim of the present review is to reveal the potential contribution of root and tuber crops in solving the problem of food and nutrition security in Ethiopia. The way they can fit the four dimensions of food security (availability, access, utilization, stability) and to the three determinants of nutrition security (access to adequate food, care & feeding practices, sanitation & health) has been shown.

Keywords:

Food Security, Nutrition Security, Roots, Tubers

Professional Biography

Mr. Adugna Mosissa studied Analytical chemistry at Jimma University, Ethiopia and graduated MSc in 2010. He then joined Mizan-Tepi University and worked for 3 successive years at position of lecturer. After 3 years service at the same position at Wollega University, he joined Jimma University to attend his PhD in 'Food Science and Technology'. At this time, only certain research activities are left to complete his PhD. He has published 4 articles in scientific journals.

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