

# Changing Livelihoods: Key Learnings from Drivers of Food Choice Program (UofSC)

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Drivers of Food Choice  
Competitive Grants Program

BILL & MELINDA  
GATES foundation



Foreign, Commonwealth  
& Development Office



UNIVERSITY OF  
**SOUTH CAROLINA**

Arnold School of Public Health

# Livelihoods

- Livelihoods are a means for securing the necessities of life
  - Means → enable acquisition of material resources
  - Means → enable achievement of non-material goals
- People engage in livelihood strategies to achieve their livelihood goals
  - Patterning of daily life, including dietary behavior
  - Elucidate nutritional and health trajectories

# Changing Livelihoods in LMICs

- People in LMICs are experiencing changes in their livelihoods, at least partly due to:
  - Rapid environmental, economic, cultural, and political transitions
- A focus on changing livelihoods can improve the understanding on how people navigate these transitions
  - How these changes relate to food choice
  - Inform programs and policy for sustainable healthy diets



## Drivers of Food Choice

Competitive Grants Program

Facilitate, synthesize and disseminate research to provide a deep understanding of the drivers of food choice among the poor in developing countries in South Asia and Sub-Saharan Africa



# Changing Livelihoods and Food Choice

- Food choice is a process about what, who, when, how, and why people *produce, acquire, prepare, allocate, and consume* the foods that they do
- Changing livelihoods in DFC-portfolio
  - Changes in food environments
  - Consumer demand and agricultural decisions
  - Adaptations in food choice

# Evidence from DFC-Portfolio

- Production
  - Opportunities to produce own food, types of crops cultivated
- Acquisition
  - Reliance on markets, quality and type of foods purchased
- Preparation
  - Food frying, disproportionate time expectations of women, urban lifestyles
- Allocation
  - Older children feed younger children
- Consumption
  - Composition of diet, new exposures and preferences

# Webinar series:

## Drivers of food choice in low and middle-income countries: a synthesis of evidence

1. Food choice

2. Food safety

3. Changing values

4. Changing livelihoods



### Webinar #4: Drivers of food choice in the context of changing livelihoods

- *Insights from Tanzania: How sedentarization shifts diets in traditionally pastoral communities*
  - Amy Webb Girard, Emory University
- *Insights from Indonesia: How adoption of oil palm production affects food choices in indigenous communities*
  - Amy Ickowitz, Center for International Forestry Research (CIFOR)
- *Livelihoods as drivers of food choice: Insights from a study in artisanal gold mining areas of Guinea*
  - Stella Nordhagen, Global Alliance for Improved Nutrition (GAIN)