Indigenous women and food security

Case study of Baka Pygmies and Mbororo Pastoralists of Cameroon In Central Africa
Source of food

• I Ps are dependent (source of food and livelihood) to nature from which they get everything.
• For the pastoralists corn flour (Fufu) is the major staple food while root crops are secondary and generally an alternative food during lean months.
• For the hunter gatherers bush meat and fruits make up their diets.
Impacts of climate change on food availability and security

- Women who normally catch fish by way of dams built across streams during the dry season are often unable to achieve traditional fish catches as flood patterns of the rivers are changing.

- Crop failures occur when early or dry season rains provoke the germination of seeds, but dry periods in the traditionally wet months cause seedlings to die.
Impacts continue

• Women who are the main gatherers are unable to provide enough food for their families as some species of food like Mushroom and tree Larvae have disappeared and replaced by some new and poisonous species which are not fit for consumption.

• Excess heat causes fruits to fall off before maturity thus causing wastage, shortage and hunger.
Impacts continue

• There is a gradual disappearance of some tree species like the MOABI tree whose back is used as medicine and the seeds use to make vegetable oil used for cooking.

• Lack of enough pasture and water has tremendously reduced the quantity of milk from cattle which highly complemented pastoralists diets
Impacts continue

• Recent environmental changes have led to the appearance of new types of insects that feed on one of the most consumed vegetable specie pastoralists used to harvest from nature known as NYIRTAH
ADAPTIVE MEASURES BY IW to ensure food availability

• Getting involved in crop cultivation which was never their culture due to the reduction and disappearance of the forest products they very much depended on for their feeding. They now cultivate crops like cassava, beans and plantains etc.
Adaptive measures continue

• They farm along river banks to prevent crop failure and ensure availability of food for the family
• Some women carry water from rivers to irrigate their farms
• Exploiting other new non timber forest products like Njangsang which is very nutritive, KURTU which is a new specie of mushroom to replace the lost specie and TUP which is as a source of revenue for the women. (PICTURE)
Adaptive measures continue

• Domestication of some fruit trees to ensure continuous availability and consumption of fruits
Adaptive measures continue

• They diversify and eat more of green vegetables to replace some of the lost species of foods (mushroom) they used to get from the forest.

• To reduce destruction of plants by pest they use traditional techniques like burying elephant skin and tortoise carapace in their farms and also spraying palm oil on the plants.
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