



Ministry of Foreign Affairs



GLOBAL ALLIANCE FOR IMPROVED NUTRITION



#Healthier Diets for All

GLOBAL ALLIANCE FOR IMPROVED NUTRITION (GAIN)

The Global Alliance for Improved Nutrition (GAIN) is a Swiss-based foundation launched at the United Nations in 2002 to tackle the human suffering caused by malnutrition. Working with governments, businesses and civil society, we aim to transform food systems so that they deliver healthier diets for all people, especially the most vulnerable.

At GAIN we believe that everyone in the world should have access to nutritious, safe, and affordable food.



VISION

Healthier diets for all people, especially the most vulnerable, from more sustainable food systems.



MISSION

Improve the consumption of healthier diets for all, especially the most vulnerable, by improving the availability, affordability, desirability, and sustainability of nutritious and safe foods, and reducing the consumption of unhealthy and unsafe foods

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Uganda is facing a triple burden of malnutrition, marked by high levels of undernutrition, rising overnutrition, and widespread micronutrient deficiencies. The Uganda Demographic and Health Survey (UDHS) 2022, published by Uganda Bureau of Statistics (UBOS), reports that 26% of children under five are stunted, ranked high by WHO, and 2.9% are wasted, also slightly above the WHO threshold, while only 10% meet the minimum acceptable diet. Micronutrient deficiencies are a major concern, with Iron Deficiency Anaemia affecting over half of young children (53%) and a third of women of reproductive age (32%). While vitamin A deficiency has declined, undernutrition and poor dietary diversity continue to limit human capital development and economic growth.

GAIN Uganda has been contributing to improving the nutritional status of Ugandans since 2007 with a focus on supporting food fortification and currently, promoting dietary diversity through demand generation, workforce nutrition, and food safety, supporting small and medium enterprises in the food sector. GAIN Uganda is committed to improving nutrition outcomes through a comprehensive approach that includes food fortification and biofortification, strengthening MSME supply chains, increasing consumer demand for healthier diets, enhancing food safety, advocating for effective policy reforms and conducting research tailored to Uganda's nutrition and food transformation systems for generating evidence to guide nutrition policies, innovations, and promoting healthier diets.



26% Stunted

children aged 6-59 months are stunted (short for their age)



2.9% wasted

dangerously thin for their height due to severe weight loss.



53%

children aged 6-59 months are anemic.



32%

of women of reproductive age in Uganda, aged 15 to 49 years have anaemia.

OUR KEY ACHIEVEMENTS

A) SUPPORT TO MSMEs

1. Nutrition Impact at Scale (NIS) : through this initiative, 261 MSMEs have been reached across nine nutrition-sensitive value chains. Over 230 MSMEs received structured capacity building in business development, product innovation, digital commerce, and regulatory compliance, while strengthened partnerships with UNBS and NaCRRI improved certification pathways. Also, 5 MSMEs were prepared for investment readiness, and more than 90 MSMEs have adopted improved packaging, hygiene, and distribution systems.

2. CASCADE: through this initiative, 61 MSMEs have been provided technical assistance to enhance food safety, formulation, certification, and packaging.

3. Scaling Up Nutrition (SUN) Business Network: through this initiative MSMEs have been supporter to participate in national nutrition policy dialogues and deliver nutritious products that create jobs for women and youth.

B) VEGETABLES FOR ALL PROJECT:

This project is addressing Uganda's low vegetable consumption levels by increasing awareness, access, and demand. The project has so far reached 442,184 consumers with messages promoting increased vegetable intake to improve vitamin and mineral consumption. Market activations directly engaged 234,515 consumers, while brand ambassador activities reached 14,350 more, positively shaping purchase and consumption behaviours. Additionally, 9,000 consumers participated in tasting sessions that demonstrated simple and appealing vegetable preparation methods. The project has strengthened livelihoods by empowering 2,420 vegetable vendors and 117 wholesalers, improving incomes and ensuring communities have access to fresh, safe, and high-quality vegetables.

C) WORKFORCE NUTRITION:

GAIN's Workforce Nutrition Programme has improved access to nutritious meals and enhanced well-being for 10,500 employees across participating companies. By increasing awareness of healthy eating and encouraging better dietary choices, the programme has supported improved health outcomes, greater productivity, and stronger employee engagement in the workplace.

D) FORTIFICATION:

GAIN Uganda has been instrumental in strengthening national food fortification systems. Working closely with the Ministry of Health, GAIN supported the operationalisation of the Food and Drugs (Food Fortification) (Amendment) Regulations, 2011, enabling the fortification of maize flour, wheat flour, edible oils, and salt. More than ten large-scale millers received fortification equipment, premix, and technical support, significantly expanding fortified food coverage. Recently, ten small-scale maize millers were also enabled to begin fortifying their flour, improving access to essential micronutrients and contributing to the reduction of deficiencies among vulnerable populations.

RESEARCH AND STUDIES DONE

1. Conducting a Fortification Assessment Coverage Toolkit (FACT) survey to assess the consumption of fortified foods at the household level (Ministry of Health and GAIN, 2010).
2. Dietary Assessment of Secondary School Learners in and around Kampala, Uganda. NWGFF, Kampala, Uganda (Ministry of Health, Ministry of Education & Sports, and GAIN, 2024).
3. Fortification Regulatory Impact Assessment (RIA) on Food Fortification Regulations (Ministry of Health, Ministry of Education & Sports, and GAIN, 2024).
4. Formative Study for Improving Vegetable Consumption Among the Low-Income Urban & Peri-Urban Population of Uganda (GAIN, 2024).
5. Determination of safety of selected foods in Uganda: a case of cooking oil, milk and fish from Kampala and Wakiso districts (GAIN and Makerere University, 2024).

GAIN UGANDA STRATEGIC DIRECTION

01. Strengthening Industrial Food Fortification and Biofortification
02. To create stronger and Resilient Micro, Small and Medium Enterprises (MSMEs)
03. Increasing demand for safer, nutritious and healthier diets.
04. Enhancing food safety measures across the supply chain.
05. To strengthen gender inclusion, gender equity and empowerment
06. Conducting Uganda-Specific Research in Nutrition and Food Transformation Systems

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