

Premium Sweet Potato Pumpkin Flour

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Abstract

Food insecurity still remains a global threat due to rapid population growth in the 21st century, whereby world census is predicted to rise up to 100 billion by the year 2050. This means further efforts should be put in place to ensure enough food for this “WANTING” population. Therefore, my research aims to eradicate malnutrition and post-harvest losses especially in developing countries through food preservation, culture and safety hence making it easier to handle and transport, palatable, digestible and long shelf life to make it available and affordable even during food scarce periods. Sweet potatoes and pumpkins are locally available and adaptable to a wide range of ecological conditions. Since sweet potatoes and pumpkins are perishable crops, this research aims to preserve them and making them available and affordable even during their off seasons and food scarce periods. When they reach maturity they are harvested, washed thoroughly, peeled, chopped into small pieces, dried and grinded to make fine flour which is then packed ready for consumption for cake or porridge making. The flour is durable as compared to its raw materials, easy to handle and transport from one region to another, easily digestible, palatable and it supplies all the necessary nutrients for normal body growth and development such as starch, proteins, minerals and vitamins. This research project is environmental friendly, uses the locally available food materials which are naturally preserved to obtain the real taste and nutrition hence achieving food security which is among our big four national agenda alongside education, proper housing and universal health care as we focus on VISION 2030 when our country will be industrialized.

Keywords: *Malnutrition, Ecological, Industrialized, Perishable, Crops*