

Traditional Practices and Indigenous Knowledge for Sustainable Food Waste Reduction: A Lesson from Africa

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Abstract : Food waste has reached alarming levels worldwide, contributing to food insecurity, resource depletion, and environmental degradation. While numerous strategies exist to mitigate this issue, the role of traditional practices and indigenous knowledge remains underexplored. There is a need to investigate how these age-old practices can contribute to sustainable food waste reduction, particularly in the African context. This study explores the potential of traditional practices and indigenous knowledge in Africa to address this challenge sustainably. The study examines traditional African food management practices and indigenous knowledge related to food preservation and utilization; assess the impact of traditional practices on reducing food waste and its broader implications for sustainable development, and identify key factors influencing the continued use and effectiveness of traditional practices in contemporary African societies. Thus, the study argues that traditional practices and indigenous knowledge in Africa offer valuable insights and strategies for sustainable food waste reduction that can be adapted and integrated into global initiatives. This research will employ a mixed-methods approach, combining qualitative and quantitative research techniques. Data collection will involve in-depth interviews, surveys, and participant observations in selected African communities. Moreover, a comprehensive review of literature on traditional food management practices and their impact on food waste reduction will be conducted. The significance of this study lies in its potential to bridge the gap between traditional knowledge and modern sustainability efforts. By uncovering the value of traditional practices in reducing food waste, this research can inform policies, interventions, and awareness campaigns aimed at achieving sustainable food systems worldwide.

Keywords : traditional practices, indigenous knowledge, food waste reduction, sustainability

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