

## **1. PROBLEM/GAP STATEMENT**

### **Problem Statement:**

Urban poor children do not have access to healthy and nutritious food.

The lack of food due to the increased cost of living is causing children to have poor quality diets and is at risk of being malnourished.

### **Data and Research:**

i. **Oct 2022: Food security and diet quality among urban poor adolescents in Kuala Lumpur, Malaysia**

<https://www.e-nrp.org/DOIx.php?id=10.4162/nrp.2023.17.2.269>

- a. The poor diet quality among urban poor adolescents is associated with food insecurity.
- b. According to this study, 47.9% of 188 adolescents aged 13 - 18 years old living at 5 different PPRs in Kuala Lumpur experienced household food insecurity.
- c. It was found that 27.7% of the subjects fall under the category of poor diet quality. With an increase in the severity of food insecurity, there is a significant decrease in diet quality score of the subjects.
- d. The urban poor adolescents in this study are consuming more sodium and fat than the recommended serving size per day as seen through the evaluation of the percentage of energy from total fat intake and sodium intake.
- e. When compared to household food secure adolescents, it was reported that those who experienced food insecurity are consuming lower dietary energy, proteins, carbohydrates, dietary fiber, folate and vitamin C.

ii. **Feb 2018 : Children without: A study of urban child poverty in low cost flats in Kuala Lumpur**

[https://www.unicef.org/malaysia/media/261/file/Children%20Without%20\(ENG\).pdf](https://www.unicef.org/malaysia/media/261/file/Children%20Without%20(ENG).pdf)

- a. Among the 966 households studied, covering 16 PPRs in Kuala Lumpur (KL) and 1 PPR in Selangor, 97% of urban poor households are prevented from preparing healthy meals for their children due to high food prices.
- b. It was also found that 52% of the households do not have enough money to buy food and this scenario happens frequently for 15% of the households.
- c. The prevalence of malnutrition among children aged below 5 years old is above the KL average as the percentage of stunting (22%) and wasting (20%) children are twice of the KL average which is at 11% and 9% respectively.
- d. According to the World Health Organization (WHO), the determinants of child malnourishment include low access to affordable and nutritious foods, monetary poverty and low parent nutritional literacy.

iii. **2022: Almost all PPR families cannot afford nutritious food**  
<https://www.thestar.com.my/metro/metro-news/2022/06/27/almost-all-ppr-families-cannot-afford-nutritious-food>

- a. According to a study by RTI International, almost 100% of the residents in people's housing projects (PPRs) in Kuala Lumpur are not consuming enough fruits and vegetables claiming "unaffordable" is the underlying reason.
- b. They mostly consume energy-dense processed food like rice and bread to feel full; hence, malnutrition and obesity driven by poverty at PPRs were becoming a big concern.

## 2. **POTENTIAL SOLUTION/STRATEGIES**

### **Proposed Solutions/Strategies:**

- i. Implement urban farming or start edible gardens as an alternative method of getting nutritious food. This implementation is also to give awareness to the children or parents of children that there is an alternative besides purchasing nutritious food.

### **Execution Strategy:**

- i. Collaborate with a PPR to establish an urban farm or edible garden.
- ii. Collaborate with an urban farming organization to learn the various methods of urban farming and to conduct the relevant workshop with the PPR residents.
- iii. Conduct a survey several weeks after the project to gain feedback of the edible garden/urban farm from the residents of the targeted PPR.

### **Data and Research:**

- i. **2021: Cultivating urban farming for low-cost flats**  
<https://www.thestar.com.my/metro/metro-news/2021/11/05/cultivating-urban-farming-for-low-cost-flats>
  - a. Two main strategies that can improve quality of life are to increase household income by having community garden programme, and encourage social interactions within the community by providing a communal space.
  - b. An urban garden not only reduces the cost of living but also doubles as a communal space.

ii. **Livelihood For Families In The Cities**

<https://www.businesstoday.com.my/2021/04/20/urban-farms-can-improve-livelihood-for-families-in-the-cities>

- a. According to the Community Food Security Coalition's North American Urban Agriculture Committee, urban farming can be defined as the practice of cultivating, processing, and distributing food in or around urban areas.
- b. It is a means to improve the accessibility of fresh and locally grown food for economically disadvantaged communities and educate urban residents on how food can grow in an urban and land-scarce setting through educational tours and workshops.
- c. Ideal places for urban farming: People's Housing Project (PPR) flats, universities and colleges like Universiti Malaya (UM), and residential areas such as Shah Alam, Bandar Sunway and Subang Jaya.

**3. TIMELINE**

**Week 1 - Week 2 (4/4 - 14/4) :** Planning of Project

**Week 2 - Week 3 (10/4 - 19/4) :**

- i. Contact relevant stakeholders (listed in table at Potential Stakeholders) to gain site visits permissions, propose collaboration with NGOs.
- ii. Confirmation of PPR and NGO we're collaborating with.

**Week 2 - Week 4 (15/4 - 30/4) :**

- i. Site visits to relevant PPRs in Klang Valley.
- ii. Site visits to Community Gardens already implemented at PPRs to learn on the impact of the urban farm/edible garden on their choices of types of food.
- iii. Site visits to urban farms to learn more on their methods of establishing an urban farm/edible garden.

**Week 5 - Week 8 (1/5 - 26/5) :**

- i. Meetings with collaborating NGOs and PPRs to determine on suitable urban farming methods and budget.
- ii. Activity planning and preparation for project day.

**Week 8 (27/5/2023, Saturday) :** Proposed project date

4. POTENTIAL STAKEHOLDERS

**Urban Farming Organizations (NGOs):**

NGO	Contact Number/Email	Status
Eat, Shoots & Roots	+60 18-984 6616 (Zee)	Contacted i. Highly keen to work with us
Urban Hijau	+60 16-979 0412 (Irfan)	Contacted i. Requires us to contact back after we have a facilitating NGO to work with

**Available Urban Farm / Kebun Komuniti at PPR for Site Visit:**

NGO	Contact Number/Email	Status	Remarks
Kebun Komuniti PPR Gombak Setia	+60 10-569 0229 (Puan Rohana)	Contacted i. <b>Agreed for a site visit (Saturday, 15 April 2023, 10 am)</b>	i. Implemented a kebun komuniti at her PPR ii. Worked with the Kelab Rukun Tetangga of the PPR