



Gender-Specific School Meal Delivery Systems in East African Universities: A Feasibility Study Over Five Years

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Abstract

The prevalence of malnutrition among students in East African universities is a significant concern, with gender disparities contributing to varying nutritional outcomes. A mixed-methods approach was employed, including surveys, interviews, and observational studies among students and faculty members to assess GSSMDS implementation and its impact on student nutrition and academic performance. Data indicated a clear preference for gender-specific meal options among female students, with over 70% of female respondents expressing satisfaction with the system's inclusivity and nutritional value. The initial phase of GSSMDS implementation in Moroccan universities demonstrated promising results in terms of student engagement and improved nutrition outcomes, particularly for women. Further research is recommended to explore scalability and cost-effectiveness of GSSMDS in other East African settings, with a focus on replicating successful models. gender-specific school meals, university students, nutritional improvements, Morocco, mixed-methods study

Keywords: *African geography, gender studies, nutrition interventions, mixed methods, school feeding programmes, livelihood security, urban development*

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