



Iron Fortified Soya Flour Adoption Among Smallholder Farmers in Mozambique,

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Abstract

Iron deficiency is a significant public health issue in Mozambique, where smallholder farmers often suffer from inadequate dietary iron intake. A mixed-methods approach was employed, including surveys and focus group discussions with a sample representative of smallholder farmers in Mozambique. Fortified soya flour adoption varied significantly by region, with urban areas showing higher uptake (60%) compared to rural regions (45%). While overall adoption was moderate, the study identified several barriers and enablers of iron-fortified soya flour use. Intensive community engagement programmes should be developed to address cultural perceptions and dietary habits related to iron fortification. Iron Fortification, Soya Flour, Smallholder Farmers, Mozambique

Keywords: *African agriculture, Smallholder farming, Iron deficiency, Fortification technology, Mixed-methods, Rural development, Community engagement*

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