



KNUST

Kwame Ukumah
University of Science
and Technology, Kumasi

FOOD FESTIVAL '23

Promoting our culture and food for well-being
and sustainable development



KNUST FOOD FESTIVAL 2023

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SPECIAL GUESTS



- Professor (Mrs.) Rita Akosua Dickson, Vice-Chancellor, KNUST
- Professor Leonard K. Amekudzi, Provost of College of Science,
- Professor (Mrs) Ibok N. Oduro, Former Provost, College of Science (CoS), KNUST
- Professor Isaac W. Oforu, Head, Department of Food Science and Technology, KNUST
- Ms. Abena Agyapoma Asiama, Head of Product Registration Unit, Food and Drugs Authority (FDA)

ORGANIZING TEAM

The success of this magnificent festival was a result of the collaborative effort of the entire organizing team. Below is the LOC who took charge of the various aspect of the event to ensure success.

Dr. Abena Boakye	—	Chairperson
Prof. (Mrs.) Faustina D. Wireko-Manu	—	Food Stand Team Lead
Dr. Eric Owusu Mensah	—	Industry/External Engagement Team Lead
Dr. Leonard D.K. De-Souza	—	Stands, Set-Up and Preparation Team Lead
Prof Jacob K. Agbenorhevi	—	Documentation and Magazine Team Lead

SUBGROUP MEMBERS

Publicity and media engagement team

- o Dr. Abena Boakye
- o Dr. John-Lewis Zaukuu
- o Dr. Cyril Dziedorm
- o Dr. Seth Agyemang

Food stands team

- o Prof. Faustina Wireko-Manu
- o Dr. Gloria Ankar-Brewoo [Co-Lead]
- o Dr. Yaa Asantewaa Osei
- o Ms. Naa Aba Kwarley Kwartey
- o Ms. Doris Antwi Nyarko
- o Ms. Georgina Ama Benewaa Yeboah

Industry/ external engagement team

- o Dr. E. O. Mensah
- o Dr. Hermann Lutterodt
- o Prof. Kwame Owusu-Kwarteng
- o Dr. Linda Debrah
- o Dr. Seth Agyemang

Stands, set-up & preparation team

- o Dr. Leonard D.K DeSouza
- o Mr. Redeemer Kofi Agbolegbe
- o Dr. Linda Debrah
- o Departmental Secretary – Ms. Naa Dede Ayensu
- o AFST President/ Board Rep – Mr. Frank Arhin
- o AFST organizer
- o SCISA organizer

Awards and competition team

- o Dr. Abena Boakye
- o Dr. Emmanuel Amankwaah
- o Dr. Akyana Britwum
- o Mr. William Appaw
- o Dr. Bruce Lamptey

Documentation & magazine team

- o Prof. Jacob K. Agbenorhevi
- o Dr. Francis Allemawor
- o Dr. Henry Martin
- o Mr. Michael Kwawu
- o Ms. Naa Dede Ayensu
- o Student rep from AFST
- o Rep from Department of Publishing

INTRODUCTION

The KNUST Food Festival was co-facilitated in 2018 by the Provosts of the Colleges of Science and Humanities and Social Science and has come to stay as an annual celebration of Ghana's diverse Food Heritage, Culture and innovations in Food Products Development. The festival, under the auspices of the office of the Vice-Chancellor, KNUST, seeks to educate the public on the science underpinning food preparation, nutrition and food safety and contextualise global and national issues with food. The theme for each year thus addresses specific societal, industry and consumer needs in support of efforts aimed at transforming the Ghanaian food system for sustainable food and nutrition security: Keywords of the foodfest are, Food, Culture/ Humanity, Nutrition and Sustainable Development.

The theme for this year 2023 was "Promoting our culture and food for well-being and sustainable development". This year's festival showcased innovative ways to overcome global challenges on wheat flour and vegetable oil using locally-available and indigenous food commodities. A Food Innovation Competition was introduced, which attracted participants from Senior High, Vocational institutions and sister universities (University of Cape Coast and Accra Technical University). The challenge for the maiden competition was finding innovative solutions to replace wheat in popular food products with indigenous crops.

THE HIGHLIGHTS OF THIS YEAR'S EVENT

- ▶ Food innovations competition for all students in Ghana's tertiary, secondary or vocational institutions. The challenge was to find innovative ways to replace wheat in popular food products/dishes with indigenous ingredients. Ten (10) shortlisted applicants from four (4) institutions in Ghana qualified to exhibit their innovative ideas.
- ▶ Popular every day dishes "gone 100% local". The concept was to use only indigenous oils to prepare everyday dishes otherwise cooked with imported oils to show that Ghana has all it takes for sustainable food and nutrition security. Indigenous oils to was also exhibited to educate the public.
- ▶ The theme for the festival was dramatised – a sketch of the impact on traditional food systems as we overly depend on importations to feed the populace.
- ▶ Food Bazaar, where participants were also treated to diverse local foods and drinks.
- ▶ Moreover, the Exposé on the traditional foods of the international community at KNUST, led by the International Programmes Office, showcased and celebrated the cultural diversity at KNUST.



OVERVIEW

The KNUST Food Festival (KFF) has been organized to celebrate the diverse food, culture and innovative products developed for sustainable development. The activities include Educative Talks, Cultural Performances, Health Checks and Exhibitions/Sales.

KFF is an initiative of the Department of Food Science and Technology (FST), and has improved over the years involving the Department of Geography and Rural Development (GRD), and Department of Human resource and Organizational Development (HROD) as key collaborators among various Departments in KNUST. The event has been a major collaboration between the College of Science (CoS) and College of Humanities and Social Sciences (CoHSS). It also involves the SRC and GRASAG.

Food Festivals From 2016 - 2023

YEAR	TITLE	THEME
2016	National Food Fraud Conference	Combating Food Fraud: A Multi Disciplinary Approach
2018	KNUST Food Festival and Conference	Combating food fraud and promoting traditional foods
2019	KNUST Food Festival	Promoting our culture, our food and the science
2020	KNUST Food Festival	Promoting our food and culture for sustainable development
2022	KNUST Food Festival	Achieving the SDGs: Our Food, Our Culture, Our Health
2023	KNUST Food Festival	Promoting our culture and food for well-being and sustainable development

PUBLICITY OF THE FOOD FESTIVAL

The publicity began several weeks prior to the event day. Major activities included publicity on social media platforms, traditional food insight flyers, website, youtube, TV and Radio stations. All social media handles of KNUST also publicized the event massively. Below are some event fliers that were publicized to promote the festival.








DID YOU KNOW?

That **Parsley** (Nunum in Ghana; Effirin/ Nchanwu in Nigeria), found in most backyards, is a **Natural Breathe Freshener**. It is also a great digestive aid, has anti-carcinogenic properties, and contains 3 times the amount of Vitamin C in oranges, and twice the amount of Iron in spinach?



Next time you are weeding behind your house, spare the nunum for your next pot of sumptuous soup!


ACTIVITIES

- **Food Stands**
(8.00 AM - 4.00 PM)
- **Food Bazaar**
(SALES START FROM 10AM)
- **Food Related Innovations**
(FROM READY AND BEYOND)
- **The Meat Joint**
(SERVED FROM 12.00 PM)
- **Student Competitions**
- **Drama and Dance**

The Royal Parade Grounds | Friday, 17th February, 2023

Should you have any concern or require further clarification please Call/ Whatsapp **0506160969/ 0244972221**

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DID YOU KNOW?

That **Kenkey**, a traditional food in Ghana, is also a **Traditional Dish** in **Two(2) other Continents?** Check out their local names in Mexico, Guyana, Trinidad and Jamaica: **Tamale, Koneke, Paimé and Dokunoo.**



Anticipate...



WELCOME ADDRESS

BY PROF. ISAAC W. OFOSU

Head, Department of Food Science and Technology



The Head of Department for Food Science and Technology gave a speech highlighting the significance of the festival. Recalling and re-affirming some content of his 2020 food festival speech, Prof. Isaac Williams Ofosu indicated that principles and advancement in food science and technologies have provided ways to deploy strategies to develop nutritious food products from our own local commodities, preserve foods and also store them over a long period of time in a reasonably perfect state. He highlighted the contribution of this year's event towards food and nutrition security. He says though research into foods has increased he, points out poverty, greed and climate change continue to fight food security and safety. Food scientists, nutritionists and dietitians must be at the forefront of government policy to produce safe food for the masses.

As such, the reason for which the Speaking extensively on the theme for the festival, “Promoting our culture and food for well-being and sustainable development”, he stated that the food festival has become a very significant event as it promotes food security, reduces hunger and improves lives of all Ghanaians. He highlighted on hidden hunger, triple burden of malnutrition, malnutrition and micronutrient deficiency resulting from food insecurity. Highlighting also on innovation, he commended the food challenge competitors for developing their innovative flour product from local ingredient that would replace wheat and ensure food security, reduce over-dependence on wheat importation into the country and boost the overall economy of the country and well as creating jobs for the youth and innovative young food scientists.

SPEECH

**BY PROF. LEONARD K. AMEKUDZI
PROVOST, COLLEGE OF SCIENCE, KNUST**



The Provost for the College of Science gave the welcome address. He stressed on the relevance of traditional foods in the socio-economic development of Ghana. He explained that, traditional foods play a key role in the nutritional needs of the Ghanaian population and the role of science and technology in food, public health and nutrition. The provost disclosed the aim or idea behind the program to be one that is meant to educate the general public about the need to care for our health by taking a critical look at our traditional foods, its nutrition and how to relate our indigenous food to our cultural knowledge advancement in order to bring sustainable development. Prof. Amekudzi again highlighted the dedicated role of the College of Science to liaise with the department of Food Science and Technology in organizing this event for the establishment of robust and innovative food systems for Ghana.

PARTICIPANTS

This year's event was extraordinary with impressive attendance. Participants were students from second cycle institution (KNUST Senior High school, Ejisu Senior High, Ejisu Senior High Technical) and the university community. Over six hundred (600) people attended this year's food festival. Media personnel from Joy News, Focus FM, GBC, Tek TV and AFST were also present to take full coverage of the festival.



SOLIDARITY MESSAGES FROM PARTNERS, SPECIAL GUESTS AND DIGNITARIES

MS. ABENA AGYAPOMA ASIAMA,
Head of Product Registration Unit, FDA



Speaking on behalf of the Ashanti Regional Food and Drug Authority (FDA) director, Mrs. Abena Gyapong Asiamah, the principal director mechanical that the FDA have instituted a Progressive Licensing Scheme to help small scale producers and processors to register their products. She mentioned the scheme will

help build and improve the entrepreneurial scheme will help the young people who do not have funding to register their products. Finally, she mentioned of the availability of the Ghana Enterprise Fund can also help young business men. She finally encouraged young businesses to take advantage of it.

CONTEMPORARY DANCE

Contemporary dance from the association of Food Science and Technology

Group of students from the food science and technology displayed their dance moves to entertain the audience and the participants of the food festival. Their display was very amazing, hence received an overwhelming attention and applause from the participants.



THEME DRAMATIZED

CULTURAL TROUPE AND INTERNATIONAL STUDENTS

To practically communicate the theme for this year’s food festival, “Promoting our culture and food for well-being and sustainable development”, a drama group gave their awesome display on stage. The troupe acted on the topic “The nutritional benefits of our local delicacies”. The 15 minutes drama display got the attentions of all the people present at the event, receiving a warm applaud and acknowledgment. The drama also educated the audience extensively on the need to consume our local foods and ingredients for sustainable economic growth.



SPEECH BY VICE-CHANCELLOR, KNUST

PROF. (MRS.) RITA AKOSUA DICKSON



The Vice-Chancellor of KNUST, Prof. (Mrs.) Rita A. Dickson, delivered her speech for this year's food festival. She acknowledged the presence of all exhibitors, partners and students who have showed active participation in the food festival. The VC also highlighted on the role of food and nutrition on public health, and the need for such an event to sensitize

the public and the university community. Concluding her speech, Prof. Dickson stated the urgent need for the department and stakeholders to take a critical look at our food systems for a sustainable development. She also entreated all to "decorate their foods with vegetables" to maintain good health and well-being.

TALK ON FOOD INNOVATIONS AND PRODUCT DEVELOPMENTS

PROF. (MRS.) FAUSTINA DUFIE WIREKO-MANU



Prof. Faustina D.W. Manu gave insight on food innovations and products developed by the Department of Food Science and Technology. She indicated the clear need for innovation for sustainable food value chain, nutrition and food security. Some of the innovative products among many others mentioned are

Instant kenkey powder, sweetpot yoghurt, sweet potatoe biscuit, cassava bread, beet-root yoghurt etc. She also highlighted that there are several innovative products that the department and is working on to boost local foods consumption.

FOOD INNOVATIONS COMPETITION

CONCEPT FOR COMPETITION

Replacing wheat in popular everyday foods/ products with flours from locally available or indigenous crops. Replacing wheat in popular every day foods/ products with flours from locally available or indigenous crops. Competition open to universities and other tertiary institutions.

COMPETITION CRITERIA FOR STUDENTS TO PARTICIPATE IN THE CHALLENGE.

- a. Product idea should be submitted by the 5th of February for consideration.
- b. Interested students were asked to APPLY via the link: <https://rb.gy/xpmwfp2>
- c. Innovators should capture on video the procedures in preparing the product.
- d. Displayed and evaluated by a Tasting Panel on the Festival Day AWARDS
- e. The award categories are:
 - Most innovative product concept
 - Best mimicked product
 - Overall Best [2nd runner; 1st runner and Winner]

The winning team stand the chance of being nurtured at the Kumasi Business Incubator.

CONTESTING TEAMS

Ten teams qualified to exhibit their innovative products. The ten teams were from four (4) different institutions, Kwame Nkrumah University of Science and Technology (Team CYP flour Innovates and Team Davidson), Ejisu Senior High Technical School (Team Sandy Confectionary and Team Juliyas), Accra Technical University (Team Wilson) and Team Lily, Team Sandra, Team Issy Nutrition and Team Agnes from the University of Education (UEW).



TOUR OF FOOD STAND BY DIGNITARIES

Climaxing the festival, and led by the Vice Chancellor of the University, began the tour for all the exhibited food stands.





THE VARIOUS FOOD STANDS PER THE FOCUS OF THIS YEAR'S CELEBRATIONS

- a. OIL Stand
Various local oils used in preparing popular everyday dishes (eg., jollof, sauces/ stews/ oil rice; fried rice; fried yam/ fried cocoyam; fried Artocarpus; moving away from imported oils)
- b. Bread/ Bakery Stand
- c. Kenkey stand using LOCAL crops other than corn [millet kenkey etc etc] – Theme, kenkey Plaza diversified
- d. FUFU/EMOTUO Plaza [wr3wr3 soup, ab3nkatekonto, ab3 with aleefu and ab3muduro]
- e. Vegetable and Fruit Stand
Display of indigenous but lesser-known vegetables and fruits [include sampling as applicable].
Faculty of Agric OR Horticulture OR student help [check to see whether Mathew and Grace OR Charles can be of help...]
- f. Drinks [from tamarind, emuduro, atadwe milk, zonkum]
- g. Spice Stand
- h. Raw Commodities
- i. Cereal Stand

OTHER PRODUCTS EXHIBITED



FOOD BAZAAR

Attendants at the Food Festival could not wait to have a taste of the various delicious food items exhibited. The food bazaar took place throughout the event. Food were sold at a very affordable prices to allow all to eat to their satisfaction. Free chits were given to some of the participants. The images just below shows the scenes at the food bazer.



PRESENTATION OF AWARDS

The contestants of the food innovation competition for the festival were presented with an award. The first three teams were presented with prize award. The various food stands also received awards for the acknowledgement of either their innovative foods, exhibition or display at the event.

TEAM DAVIDSON [from KNUST]

OVERALL BEST INNOVATION & MOST
COMMERCIALY VIABLE PRIZE



TEAM ISSY NUTRITION & TEAM FABOLOUS

TIE – SECOND RUNNER-UP PRIZE

TEAM AGNES [from UCC]

1ST RUNNER-UP AND MOST INNOVATIVE
PRODUCT





TEAM CYP FLOUR INNOVATES

CONSOLATION PRIZES TO CONTESTANTS



CONSOLATION PRIZES TO CONTESTANTS



Recommendations

Host cooking demonstrations

The KNUST Food festival can host cooking demonstrations where they showcase different cooking techniques and recipes from around the country. This can be a fun and educational way for visitors and all stakeholders to learn about different cuisines and cultures. Under the auspices of the Department of Communication Design, TeKTV can provide video coverage and livestreaming for all attendees and online audience. The online audience can be engaged through created online social media handles, particularly, YouTube and Instagram handles.

Research and innovation

The KNUST Food festival can collaborate with food scientists to research and develop new culinary creations and food products, bringing innovation and creativity to the KNUST Food Festival. These creations could be highlighted in created social media handles and the suggested webpage.

Cultural programming

The Centre for Cultural and African Studies, under the College of Humanities and Social Sciences, can incorporate cultural programming into the food festival, such as music, dance/choreography, and theater/drama, to provide a complete cultural experience for attendees.

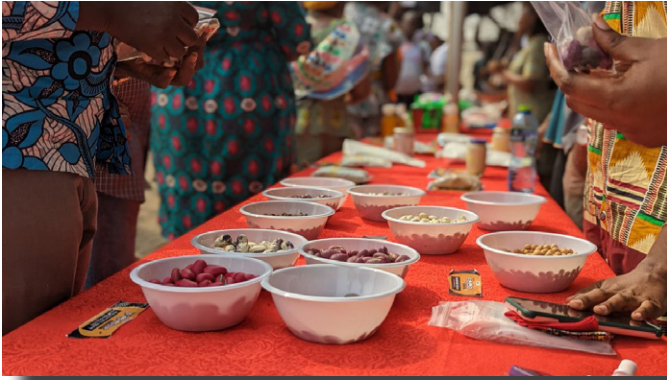
Conclusion

The Faculty of Art can help in making the food variety festival a memorable and engaging wellness experience for visitors and stakeholders as well as patrons at KNUST. It can enhance the visual appeal of the whole event, promote the different foods and drinks available, and create a festive atmosphere that encourages people to enjoy themselves and come back for more, thereby promoting a yearly food tourism experience.

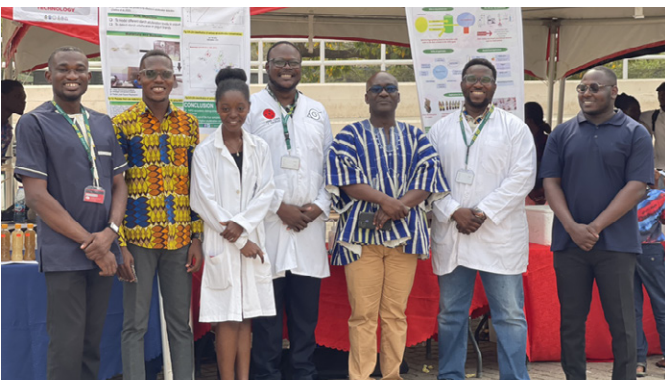


PHOTO GALLERY











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knust.foodsciencedept@gmail.com



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