We can have a big impact if we diversify staples.

But we can’t do this with just any food, it needs to be with a Smart Food, i.e. food that fills all criteria of being

Good for you
Good for the planet
Good for the farmer

This requires dedicated effort on just a couple of Smart Foods initially to build the value chains for mainstreaming.

Millets & Sorghum are selected as the first Smart Foods to bring back as staples and have a major impact on nutrition, environment and rural livelihoods.

Vision

Our food is ‘Smart’ - healthy, sustainable on the environment and good for those who produce it especially the smallholder farmer.

Selected Market Activities

Reality TV for a Cause – Smart Food Reality TV show in Kenya

Smart Food Master Class in Mali

Nutrition Activities in Northern Nigeria

Smart Food Culinary Challenge for Students in India

Partners on the Smart Food initiative

Significant impacts and mainstreaming Smart Food can only be achieved through partnership. This requires a wide variety of players: from the food, retail and catering industries (new entrepreneurs to multinationals); the health industry; marketers; social media players and governments to development agencies, foundations and NGOs.

Contact:
Joanna Kane-Potaka
SmartFood@cgiar.org

Follow the action

Smart Food is a global initiative coordinated globally by:

SmartFoodGlobal
SmartFoodIndia
SmartFood_India
Smart Food Global

www.SmartFood.org

Photos: ICRISAT
Dryland cereals like millets and sorghum, and grain legumes are Smart Food. How are they Good for You?
These Smart Food crops are highly nutritious and target some of the largest micronutrient deficiencies and needs, especially of women and children. For example:
- **Iron and zinc** - Pearl millet has very high levels and bioavailability studies have shown that they will provide the average person’s daily requirement of iron and zinc.
- **Calcium** - Finger millet has 3 times the amount compared to milk.
- **Affordable protein** - provided by grain legumes and together with millets and sorghum they create complete protein.
- **Low Glycemic Index** - which means escalating levels of diabetes – can be avoid or managed by sorghum and millets because they have low Glycemic Index.

High antioxidants - Fights against heart diseases, life style disorders and cancer
High Fibre
Gluten Free

How are they Good for the Smallholder farmer?
Smart Food are good for the small holder farmers because
- Survive in high temperatures
- Survive with very little water; pearl millet often described as the last crop standing in times of drought
- Their climate resilience means they are a good risk management strategy
- Their multiple uses and untapped demand means they have a lot more potential
- Unlike other crops, they have not reached a yield plateau and have great potential for productivity increases.

How are they Good for the Planet?
- Legumes have an important contribution to soil nutrition
- Millets have a low carbon footprint
- Serve as a mitigation and adaptation strategy for climate change.

The major constraints
The major constraints for these dryland cereals and grain legumes that are holding them back from reaching their full potential are – very little investment, significantly underdeveloped value chains, and the image of the food as old fashioned, especially the case for millets and sorghum.

More investment and policy support have significant potential to increase yields, provide better nutrition, fulfill multiple uses (food, feed, biofuels, brewing), develop modern processed food products and integrate farmers into the value chain.
Smart Food: Good for You

Millots & Sorghum are Good for YOU

- High in Zinc
- High in Antioxidants
- Gluten Free
- 3x the Calcium of Milk

Pearl Millet
- High in Protein
- More protein than milk

Kale Millet
- Good in Fiber & Fiber

Good for the Planet

Millots & Sorghum are Good for the PLANET

- Grow faster, reducing stress on the environment
- Millets can grow with minimal fertilizers and pesticides
- Less water than other cereals

Good for the Farmer

Millots & Sorghum are Good for the FARMER

- Yields potential 3x
- More stability on climate
- Multiple uses
- Biofuel
- Food
- Brewing
- Develop the value chain

- Especially in dry hot conditions
- Climate change buffer from cruel droughts
- Less crop damage