

A faint world map is visible in the background of the top half of the cover, rendered in a light blue color against a darker blue background.

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**ROLE OF COOKED FOOD VENDING IN URBAN AREAS**

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## ROLE OF COOKED FOOD VENDING IN URBAN AREAS

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### ABSTRACT

**Purpose:** The patronage of street food is familiar in many countries where unemployment level is high, salaries are low, work opportunities and social programmes are limited and where urbanization is taking place. The general objective of the study was to establish role of cooked food vending in urban areas.

**Methodology:** The paper used a desk study review methodology where relevant empirical literature was reviewed to identify main themes and to extract knowledge gaps.

**Findings:** The study concludes that income levels influenced the frequency of consumption of cooked food. An income allowed vendees the opportunity to purchase food from the street conveniently since the food was cheap. Foods offered were those that took longer to cook (therefore needed much fuel) and those which were involving in preparation for example chapatti and mandazi (buns). Vendees of cooked foods were mainly single men (71.9 %) who were more comfortable buying cooked foods from the streets as they found ready-to-eat food not only cheap but also convenient. Additionally they viewed cooking as a women's domain, thus preferred cooked food in street, as it was ready to eat.

**Recommendations:** There is need for government to be supportive to this sector by providing the vendors with appropriate facilities where they can carry out their business, including well-designed shelters and ample supply of potable water. This should be done in consultation with the vendors in order to develop user-friendly sites. The cooked food vendors should be empowered. This can be done by offering the vendors affordable loans to expand their business and training them on issues pertaining to their business like bookkeeping and management of accounts as well as how to save and re-invest profits made.

**Keywords:** *role, cooked, food, vending, urban areas*

## 1.0 INTRODUCTION

### Background of the Study

Urbanization is fueled by rural-urban migration as many of the educated and underutilized labor in rural areas move to urban centers in search of employment. The outcome of increased urbanization is a fundamental change in socio-economic environment of human activities, as it involves new forms of employment, economic activities and lifestyle. Urbanization leads to increase in informal settlements as well as an upsurge of the informal sector in poor countries (UNCHS-Habitat, 2009). According to International Labor Organization (ILO) figures, informal employment represents one-half to three quarters of non-agricultural employment in developing countries. Regional and country differences are significant but the growing importance of informality has been registered. In high-income countries; self-employment, part-time work and temporary work represent 30% of overall employment in European countries and 25% in the United States (ILO, 2009).

Around the world, a growing number of informal workers operate on city streets, sidewalks or other public places. In the United States, street food vendors are credited with supporting New York City's rapid growth by supplying meals for city merchants and workers. The proprietors of the street food in the United States have had a goal of upward mobility, moving from selling on the street to their own shops (Lues et al, 2006). Street food vending is the world's largest growing sector of the informal sector (Women in Employment Globalizing and Organizing (WIEGO), (2013). Due to high mobility and seasonal variation in the nature of the work street vendors engage in, it is difficult to estimate the number of people employed as street vendors. However, in Brazil and Mexico Street food vendors are said to number one million while in India the estimated number is three million food vendors (WIEGO, 2013). In Africa, Meagher (2007) states that the informal economy accounts for 60% of Africa's urban labor force, and provide over 90% of new jobs, giving Africa a higher share of informal activity than any other region. The economic activities involved have moved beyond petty services and indigenous trading systems to include complex informal manufacturing clusters, transitional trading networks and a range of urban services such as housing, water provision, refuse collection and street food vending. In Ghana, a study by Tomlins and Johnson (2004), states that as Ghanaian economy started to take off, more and more people began to work away from home. This led to the rise of street food and snack enterprises preparing food and snacks in Accra. In this regard, the street food vendor are found near offices, factories, schools, markets, construction sites, beaches, lorry and bus stations, commercial centers and along almost every street in Accra.

In Tanzania, unemployment situation has been worsened by collapse of most state enterprises, retrenchment exercises and rapid urbanization of 4.5 %, which caused entry into labor market to double (UNDP, HDR, 2010). As a result, many of the unemployed resorted to self-employment ventures in the informal sector. In Kenya as in most parts of developing countries, urbanization is increasing at a rapid pace. A United Nations (UN-Habitat, 2008) report, showed that urban growth rate in Kenya was 4.1 % and cites the case of Nairobi whose population in 2009 was estimated at



3,125,000 up from 1,380,000 in 1990 (Kenya National Bureau of Statistics (KNBS), 2009). Kenya's urban poor currently constitute over four million people and this number is set to increase in the coming years as 50 % of the country's population is expected to reside in urban centers by 2020 (Oxfam, 2009). Due to rapid population increase and urban poverty, informal sector is an acceptable destination for a majority of country's bulk of job seekers who take initiatives to set up business ventures on a self-employment capacity, as a way of earning a livelihood after failing to secure employment in formal sector (Kenya Republic, 2007). Small-scale businesses are considered important because of job creation, generation of revenues to the government, enabling sustenance of the individual as well as growth and development of a nation. This is no exception in Kenya, where the formal sector has failed to meet the demand for employment (Oxfam, 2009). Cooked food vending service, which began in the 1990s near construction sites in the City of Nairobi to provide food for construction workers, has now blossomed into a big industry giving a new meaning to outside catering (Gatonye, 2009).

### **1.2 Statement of the Problem**

Projections show that urbanization will continue to manifest as population grows and people migrate to administrative centers and other centers with social amenities (UNCHS-Habitat, 2009). This increase in urban population has effects like high rate of unemployment and increased demand for food supply in urban areas. Lack of jobs leads to reliance on informal sector activities to generate an income (ILO, 2009). The informal sector is an important source of employment opportunity as well as a provider of essential goods and services especially in urban areas. Traditional informal sector activities have been selling of second hand clothes and shoes on the streets, selling fruits and vegetables near residential houses, hawking of items like jewellery and cutlery, utilizing waste materials such as old tires and scrape metal to produce goods. Cooked food vending is emerging as an important and a growing informal activity.

Several studies have been done on cooked food vending in Nairobi. Mitullah (2003) did a study of performance of street vendors in general and noted that market problems, overcrowding, dwindling sales due to poor location and low purchasing power were the major issues affecting street vendors. Studies on cooked food vending carried out by Ohiokphei (2003), Muinde & Kuria, (2005), Lues et al, (2006), and Gatonye, (2009) focused on threats to hygiene in relation to food preparation and packaging, nutritional value of the food as well as spread of food borne diseases. The current study will bring into light the role of cooked food vending in urban areas

### **1.3 Objectives of the Study**

The general objective of the study was to determine role of cooked food vending in urban areas

### **1.4 Justification and Significance of the Study**

Although many researchers have done studies on the topic of cooked street food, vending much of the work has been in line with threats to hygiene in relation to food preparation and packaging, nutritional value of the food as well as spread of food borne diseases (Ohiokphei, 2003, Muinde & Kuria, 2005, Lues et al, 2006, Gatonye, 2009). However, from an urban planning point of view this activity, practiced on public space, can be viewed from another perspective that is functional

order as opposed to just visual order per se. Cooked food vending can be looked at in terms of job creation and provision of food to the people. Policy makers will probably find the data collected useful towards understanding the livelihood issues affecting cooked street food.

## **2.0 LITERATURE REVIEW**

### **2.1.1: Benefits of Cooked Food Vending**

Practice to Vendors and Vendees Cooked food vending continues to increase due to its benefits to both the vendors and the vendees. According to Taylor et al, (2000) many different foods from all of the food groups were available from street vendors in the United States of America. The wide variety of ethnic foods sold by street vendors represented cuisines, which reflected the ethnic diversity of the local population. Street foods available ranged from American soft pretzels and hot dogs to Italian sausages, sandwiches, Middle East falafels and Chinese egg rolls (Taylor et al, 2000). 20 In America, therefore, street food vendors provide cuisines that one would not access in formal hotel establishments (Taylor et al, 2000). The findings by Taylor et al, (2000) show that some street food vendors even offered alternatives foods for the health-conscious customers, such as baked potatoes, pasta salad and fresh fruits.

Households interviewed in Bangkok, in a study on access of food by low-income earners, by Chung et al (2000), explained that street food was more economical than home cooking, was readily available with a large number of vendors at their doorsteps and was convenient as time for cooking was scarce. Whereas a profiling of street food vending conducted in Botswana by Ohiokpehai (2003), which focused on the content and nutritional impact of the street food for people, revealed that some segments of the population rely almost entirely on street food vending for every days meal. The study goes further to recommend the street vendors as being viable sources of nutritious foods. The study investigated benefits of cooked food vending practice to the vendors and vendees within the urban residential areas with the purpose of establishing the reason why vendors and vendees are patrons of the cooked food vending activity in Botswana.

In Kenya, a number of studies done demonstrated the beneficial nature of cooked food vending. Muinde et al, (2005) did a study, which focused on Hygienic and Sanitation 21 Practices of vendors of street foods in Nairobi. Muinde et al, (2005) showed that food vending feeds millions of people with a wide variety of food that is relatively cheap and easily accessible. A study by Mwangi (2002) demonstrated that women in Kenya find it easy to engage in cooked food vending because is it an extension of their cultural roles. Additionally, the low capital required to engage in cooked food vending makes it an easy entry business that offers many women and low-income earners a quick entry.

As discussed by Muinde and Kuria (2005), cooked food vending contributes to diet variation among residents in Nairobi. This is because many are able to access food varieties they would not have time or the money to prepare in their houses. The vendors break down foods such as meat to sizes affordable to consumers. Muiruri (2010) shows that cooked food vending benefits both the vendor and the vendee. The vendors generate an income, create a network of friends and as for the women they are empowered through the income generated. The vendees benefit due to access to

cheap and convenient food. While there is literature on benefits of cooked food vending in Kenya, the studies done on the same is limited. There is thus need for research especially in other areas rather than the central business district in Nairobi. This study addresses a gap by investigating benefits of cooked food vending for vendors and vendees in a residential urban area.

### **2.1.2: Challenges of Cooked Food Vending Practice**

A study conducted by Jalbert (2000) on women entrepreneurs in the global economy found that major contributing factors to stagnation of growth of self-employment businesses are access to credit, gaining capital; unfair lending terms and collaterals. These concur with Mitullah (2003) who in a study on street vending in African cities noted that market problems, overcrowding, dwindling sales due to poor location and low purchasing power affected street vendors' performance. These challenges cannot be generalized for cooked food vendors in residential areas without a systematic research that is involved in this study. A plethora of literature exists observing that urban policies and regulations are biased against street vending which deter street vendors from efficiently performing their business (Muiruri, 2010; Tinker, 2003; WIEGO, 2013).

For example, Tinker (2003) in a study on traditional micro enterprises in a modern world, done through case studies across various nations, cited inconsistent implementation of government policies as a drawback to street vending activities. Policies set standards in provision of public goods and services and they protect consumers and investors, hence, implementation of policies on food vending is very essential for success of the businesses. In Kenya, Muiruri (2010) carried out a study that analyses the policy related issues arising due to challenges facing women street vendors in Nairobi, Kenya. The various challenges faced by women street vendors in Nairobi include lack of capital, harassment from council askaris (Nairobi city council police), low access to capital, unclear government framework on street vending and lack of proper dissemination of policy direction to implementers.

A report on street foods in Africa from FAO, (2003) noted that obstacles faced by small scale business included inadequate basic food hygiene, lack of expertise and information, human resources constraints, inadequate infrastructure and absence of legal requirements. This is in concurrence with UNCHS-Habitat, (2009), which noted that licensing was a major hindrance to the business. The report mentioned that, in Barbado in the Caribbean, licenses are required though it was not clear if the license included restrictions on type of food to be sold, or any other essential conditions to be fulfilled by vendors in order to obtain license.

A comparative study, sighted in Dardano (2003), was done on healthy hygiene practices by street food vendors, among seventeen English speaking Caribbean countries, by FAO, Pan American Health Organization (PAHO) and Barbados National Standard Institution (BNSI). The study established that, although in varying levels, improper hygiene practices, lack of potable water and improper storage were prevailing in almost all countries. Data collected on street vended food in West African countries, on contamination mechanisms, led to a suggestion for adoption of Food Safety Objective (FSO) concept developed by FAO and WHO.

This standard or concept is to aid governments in developing elaborate guidelines for street food production, vending and consumption (Nicolas, Razack, Yolland, Alys, Tidrane, Phillippeana, Sabsbenejio, 2007). Adopting such standard or guidelines would ensure some level of control to ensure cooked food vended was safe. On this basis this study examined the guidelines on production and vending of cooked food that the Nairobi City Council has put in place for the sector. Mehaffy (2008) did a study based on Growing Sustainable Suburbs. In the study report, Mehaffy (2008) discussed Christopher Alexander's New Theory of urban design and focused on the process of collaboration that result in emergence of functionality and wholeness as opposed to top-down form of urban design, such as master plan. In the top down approach of urban planning, leaders make decisions without involving the ordinary people. Thus, one of the challenges facing informal sector works is not being involved in decision-making processes hence their reality not counting. Literature shows, there are many challenges that face informal sector workers.

## 2.2 Empirical Review

Nyanganga,(2014) conducted a study to determine the qualitative and quantitative analysis of aflatoxin in processed and non- processed human foods and cattle feeds sold in open air markets and AGROVET stores in Nairobi County respectively. Twenty seven AGROVET stores in the eight divisions in Nairobi County were selected using simple random sampling procedure. Major open air food markets were selected based on size. A total of 54 dairy cattle feed and 96 human food samples of each 250g were collected. The questionnaire was used to determine the traders' awareness of aflatoxin contamination and effects of aflatoxins in food and feeds in relation to health. For detection and quantification of aflatoxins, ELISA technique was used. ELISA machine and Special software the RIDA® SOFT win (Art No. Z9999) was used for obtaining aflatoxin concentration in parts per billion (ppb). Data obtained was analyzed using Statistical packages for social sciences (SSPS). The data is presented in figures and tables. Descriptive statistics was used to obtain mean level of each sample type in parts per billion. T-test was used to compare aflatoxins levels in processed and non-processed foods and feeds. The results show that 56.6 % of the traders were aware of aflatoxin contamination. Cattle feed traders were more aware of aflatoxin (40 %) than human food traders (17 %). Training on handling and storage of foods and feeds creates more awareness. Half of the traders were aware of proper storage foods and feeds. A very small portion of food traders (3.7 %) feed traders (8 %) were aware of health effects in human and animals respectively. The mean levels of aflatoxins in foods within open air markets and feeds in AGROVETS stores were above recommended maximum limit (20ppb). Non-processed maize ( $49.7 \pm 14.7$ ), unpolished rice ( $38.2 \pm 10.5$ ) and groundnuts ( $54.6 \pm 14.8$ ) processed feeds; maize flour ( $101.2 \pm 21.3$ ), polished rice ( $63.9 \pm 14.5$ ) and groundnuts flour ( $120.9 \pm 27.2$ ). Higher aflatoxin levels were detected in processed foods ( $95 \pm 12.7$ ) than in non-processed foods ( $47.5 \pm 7.6$ ). Grain related foods in open air market and cattle feeds in AGROVETS are contaminated. Therefore, there is need to create traders awareness of aflatoxin contamination, its effect and poor practices that contribute to aflatoxin contamination. Improve storage facilities and give guidelines to proper storage within open air market. To assess foods what enter the market in regard to aflatoxin contamination in order to curb spread of aflatoxin. Strengthen nationwide surveillance, increase

food inspection in market areas and feeds in AGROVETS to ensure their safety. Research to be done on other foods sold in open air market other than maize, rice and groundnuts and also on the association of food related aflatoxin and raising cancer rate.

Kilungu,(2012) conducted a study on the hygienic and sanitary practices of vendors of street foods in Kayole and Dandora estates in Nairobi was carried out using a descriptive survey design. A sample size of 80 street food vendors each selling muthura, roasted maize. Chips, mandazi, fruit salads, giiheri, fish and sausages in the two estates was selected. Data were collected using indepth interviews and observation checklists. Sixty street food consumers and two Public Health Officers were interviewed in the area of study. Data were analyzed using statistical package for social sciences (SPSS), descriptive statistics such as means and frequencies were used, Chi Square and tests were used to establish relationships between sex and hygienic and sanitary practices and differences between sex and income from street food vending. Information generated from the study showed that vendors had no training on food preparation skills. About 62% of the street vendors acquired preparation skills through observation while 33% were taught by their parents. The working surfaces used for preparation of raw foods were not washed regularly. Cooked foods were stored at ambient temperature in cupboards, plastic bowls and others were just left in the open uncovered. Vendors washed utensils using water in buckets and they were rinsed once, the rinse water was used severally before replacement. Eighty-five percent of the vendors had garbage and waste dirty beside the food stalls. Most of the vendors had no aprons, they handled food with their bare hands and their heads were not covered. When packaging the foods vendors use air from their mouth to blow the polythene bags to open them before placing the food in them. Results showed that 7% of the consumers suffered from diarrhea while 38% suffered from stomachaches due to the consumption of street foods. Sixty-five percent of the consumers believed that the street food vendors did not observe proper hygiene and sanitation. Public Health Officers found it hard to inspect the vendors because no code of practice had been developed for street foods, by the authorities. They found the existing laws on food establishments inadequate for street vendors who operated under different circumstances. They indicated that street food industry is a new vocation, which provides job opportunities for urban dwellers hence the government should recognize it and give the necessary support for the improvement of the industry. The results of this study suggest that there is a need to establish street food centers by the councils and to train street food vendors on hygiene and sanitation aspects. In addition, there is a need to establish a code of practice for street food industry and empowerment of public health officers.

Odundo,(2014) conducted a study to assess the hygienic practices of the street food vendors, isolate and identify food pathogens in particular, *Escherichia coli* and *Salmonella* strains. The potential link between food contamination and the risk factors in some selected cooked street vended foods namely, mahamri, beef samosas and mbaazi in Mombasa Island was established. The study adopted a descriptive survey and experimental design. It was carried out in three locations in Mombasa Island namely, Old Town, Mwembe Tayari and Majengo. One hundred vendors were selected using purposive and systematic random sampling. Representative samples of the food items were randomly collected from five vendors in each of the three locations for



microbiological analysis. Standard methods from the Bacteriological Analytical Manual of Foods were used to determine coliform counts, total plate counts, and isolate E. coli and Salmonella strains. Data on the hygienic practices and the risk factors were collected using questionnaires, focus group discussions and an observation checklist. Data collected were analyzed using Statistical Package of Social Sciences (SPSS) computer software. The techniques used to analyse data were one-way analysis of variance (ANOVA) at 95% level of confidence interval (CI), t- tests and chi square ( $\chi^2$ ). The main findings were that, poor hygienic practices were observed among vendors, which were in contrast to the guidelines from the Kenya Foods, Drugs and Chemical Substance Act. These poor hygienic practices were mainly due to lack of basic training in food hygiene. E. coli was isolated in all the 45 food samples tested, though the counts were within the acceptable limits of 10 per g. Salmonella was detected in 8.9% out of the 45 samples tested, which were beef samosas, and this was considered a risk to consumers. Total plate counts and coliform counts were within the acceptable limits. The most notable risk factors that could have led to food contamination were, poor hygienic practices, in particular, use of bare hands to serve food, poor sanitary environment such as waste water sewage and lack of formal education. There was a statistically significant association between these factors and contamination of food ( $P < 0.05$ ). Mahamri and mbaazi presently sold on the streets in Mombasa Island are safe for consumption, in relation to the pathogens E. coli and Salmonella. Beef samosas are a risk to consumers given the percentage that tested positive for Salmonella. The study concluded that production of relatively safe street vended foods that have low bacterial counts could be possible if appropriate measures such as education of the street vendors in food safety risks and food-handling practices are used. Based on these findings, it was recommended that street food vendors should be officially recognised, licensed and included in the urban development programme.

Ndiengo, (2016) conducted a study to assess the hygiene status and microbial contamination in fruit vending businesses in Nairobi central ward. The study was cross sectional with analytical component and through purposive sampling, 223 willing street food vendors from 7 clusters in the Central ward were selected for the study. Fifty two fruit samples of four fruit categories sold by different vendors in each cluster were pooled and homogenized, and a serving of each fruit type weighed and analyzed in duplicate in the laboratory. The data collection tools utilized included a structured questionnaire and an observation checklist which were prepared using Codex food hygiene and safety principles. Data collected was analyzed using SPSS version 21, Genstat 13th edition and Excel spreadsheet. Chi-square, and Kruskal Wallis tests were used to establish relationship between dependent and independent variables. All the significant tests for the hypothesis were at 95% confidence level ( $p < 0.05$ ). Food hygiene knowledge and hygiene practice levels were ranked according to Bloom cut off points on calculated scores, where scores were converted to 100%. Based on the sum scores, Food hygiene knowledge and practice was classified as good ( $> 80\%$ ); average (60-80%) and poor (0-59%). Food hygiene knowledge and practices were significantly different in the clusters ( $p > 0.05$ ) with vendors in City market and CBD having the highest Food Hygiene Knowledge score while vendors in Uhuru Park and OTC having the highest Food Hygiene Practice score. Hygiene status was not significantly associated ( $p > 0.05$ ) with either food hygiene knowledge or practice. Time period of experience was found to be significantly

associated with hygiene status ( $p>0.05$ ). The major sanitary deficiencies that were identified included no drying racks for cleaned utensils, (55%) lack of uniforms, (54%) vendors wearing jewelry (74%) while working, lack of training, (83%) lack of medical certificates (73%) and cracks and crevices on work surfaces (87%), presence of garbage and waste near stalls, (68%) uncovered dustbins, (95%) and presence of houseflies (25%). Expressed in log<sub>10</sub> colony forming units/gram, high bacterial load counts, highest mean (log<sub>10</sub> 5.32cfu/g) were seen in fruit salad samples. High coliform load counts mean (log<sub>10</sub> 0.08) were seen in all the fruit samples indicating contamination with fecal matter, while high mold and yeast counts were found in fruit salad and pineapple samples. The null hypothesis was accepted. Compared to other similar studies, low levels of hygiene knowledge and practice were reported. The government should formulate a policy on ready-to-eat food vending as part of street food policy.

Ogweno,(2015) conducted a study to establish the extent of compliance with the provisions of section 126 of the Public Health Act by public food places in Bungoma County, Kenya. The second objective was to establish the factors influencing the public food places proprietors' ability to comply with Section 126 of the Public Health Act. The last objective was to establish the association among socio-demographic characteristics, public food places characteristics, practices and compliance levels. The study took a cross-sectional survey conducted across public food places in Bungoma County. A representative sample was obtained using the fisher et al (1991) approach. The total number of public food places as per the records in the Bungoma County offices is 639. However, the respondents chosen for the study was 149 after the sampling process. The respondents were obtained using a formulated eligibility criterion (exclusion and inclusion). Data was collected using inspection checklists, structured questionnaires, interviews and focus group discussions. A database that facilitated the analysis process was then created using SPSS. However, the analysis process used stata software. The association between hotel characteristics and compliance were considered significant when the p value was equal or less than 0.001. The results on compliance out of a possible score of 5 based on likert scale was certificate of fitness (3.1), wells, tanks and cisterns (2.9), stoves, cooking apparatus and chimney (2.1), construction, repair of dilapidated buildings and escape routes for occupants (2.2) and erection of movable objects, excavations and projections (2.3). The mean compliance for sewerage system was (2.2), removal of refuse on an hourly basis was (2.6), regulating sanitary conveniences was (2.1), ventilation and dimension of rooms was (2.9) and lighting was (2.9). An independent t-test indicated that on average, there indeed was a statistically significant difference in the mean compliance level between male and females with female gender being less compliant than the male gender ( $p=0.0001$ ). A one-way anova test also revealed that those with less education (primary level) were less compliant as compared to their counterparts who schooled up-to secondary and college/university ( $F=13.9$ ,  $p=0.0001$ ). Other factors studied included revenue, relationship with law enforcers during inspection and awareness. The factors showed a statistically significant relationship with compliance based on chi-square results ( $p<0.005$ ). However, bribery did not show a positive relationship with compliance. The study recommends that the county government should adapt cooperative enforcement (co-regulation) to enhance compliance. Health literacy is an

important approach that increases the understanding of the law among proprietors in the county through enhancing familiarity.

### **2.3 Research gaps**

Geographical gap is a knowledge gap that considers, the untapped potential or missing/limited research literature, in the geographical area that has not yet been explored or is under-explored. For instance Nyanganga,(2014) conducted a study to determine the qualitative and quantitative analysis of aflatoxin in processed and non- processed human foods and cattle feeds sold in open air markets and AGROVET stores in Nairobi County respectively. The results show that 56.6 % of the traders were aware of aflatoxin contamination. Cattle feed traders were more aware of aflatoxin (40 %) than human food traders (17 %). Training on handling and storage of foods and feeds creates more awareness. The studies presented a geographical gap as they were conducted in Kenya while our current study focused on role of cooked food vending in urban areas

Methodological gap is the gap that is presented as a result in limitations in the methods and techniques used in the research (explains the situation as it is, avoids bias, positivism, etc.). Role of cooked food vending in urban areas. The studies presented a methodological gap as it used descriptive research design while our current study adopted a desktop literature review method Ogweno,(2015) conducted a study to establish the extent of compliance with the provisions of section 126 of the Public Health Act by public food places in Bungoma County, Kenya. However, the respondents chosen for the study was 149 after the sampling process. The respondents were obtained using a formulated eligibility criterion (exclusion and inclusion). Data was collected using inspection checklists, structured questionnaires, interviews and focus group discussions. A database that facilitated the analysis process was then created using SPSS. The factors showed a statistically significant relationship with compliance based on chi-square results ( $p < 0.005$ ). The study presented a conceptual gap as it focused on extent of compliance with the provisions of section 126 of the Public Health Act by public food places in Bungoma County, Kenya .While our study will focus on determining role of cooked food vending in urban areas.

### **3.0 METHODOLOGY**

The study adopted a desktop literature review method (desk study). This involved an in-depth review of studies related to role of cooked food vending in urban areas. Three sorting stages were implemented on the subject under study in order to determine the viability of the subject for research. This is the first stage that comprised the initial identification of all articles that were based on role of cooked food vending in urban areas from various data bases. The search was done generally by searching the articles in the article title, abstract, keywords. A second search involved fully available publications on the subject on role of cooked food vending in urban areas. The third step involved the selection of fully accessible publications. Reduction of the literature to only fully accessible publications yielded specificity and allowed the researcher to focus on the articles that related to role of cooked food vending in urban areas which was split into top key words. After an in-depth search into the top key words (role, cooked food, vending, urban areas), the researcher arrived at 5 articles that were suitable for analysis. The 5 articles were findings from

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factors showed a statistically significant relationship with compliance based on chi-square results ( $p < 0.005$ ).

#### **4.0 SUMMARY, CONCLUSION AND POLICY IMPLICATION FOR FURTHER STUDY**

##### **4.1 Summary**

Majority of food vendees in developed countries were students and shoppers who worked in down town areas as well as people that habitually stayed away from home for long hours. This category of individuals are either too busy to cook or lack capacity to buy ingredients to make the meals in their own places of residence. Single men, who did not necessarily cook for themselves were also more likely customers of street foods.

##### **4.2 Conclusion**

The study concludes that income levels influenced the frequency of consumption of cooked food. An income allowed vendees the opportunity to purchase food from the street conveniently since the food was cheap. Foods offered were those that took longer to cook (therefore needed much fuel) and those which were involving in preparation for example chapati and mandazi (buns). Vendees of cooked foods were mainly single men (71.9 %) who were more comfortable buying cooked foods from the streets as they found ready-to-eat food not only cheap but also convenient.

Additionally they viewed cooking as a women's domain, thus preferred cooked food in street, as it was ready to eat.

##### **4.3 Recommendations**

There is need for the responsible government needs to be supportive to this sector by providing the vendors with appropriate facilities where they can carry out their business, including well designed shelters and ample supply of potable water. This should be done in consultation with the vendors in order to develop user-friendly sites. The cooked food vendors should be empowered. This can be done by offering the vendors affordable loans to expand their business and training them on issues pertaining to their business like bookkeeping and management of accounts as well as how to save and re-invest profits made. Proper bookkeeping could be useful when sourcing for loans to expand their businesses. This can be done by encouraging the cooked food vendors to form cooperative societies, through which they can develop themselves

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