



AfriFOODlinks

NEWSLETTER

Title - Tunisia Initiative: Towards Healthier Food Systems

Launch of the Workshop for the Reformulation Intervention of Subsidized Bread in Tunis

National Institut of Nutrtnon and Food Technology

February 12, 2025



AfriFOODlinks Newsletter - Tunisia Initiative: Towards Healthier Food Systems

Launch of the Workshop for the Reformulation Intervention of Subsidized Bread in Tunis

Tunis, February 12, 2025 - A significant workshop, jointly organized by the **National Institute of Nutrition and Food Technology (INNTA)** and **AfriFOODlinks**, successfully launched a vital experiment focused on reformulating subsidized bread in Tunis. The event, held at the Hotel Acropole, brought together approximately **110 key stakeholders** representing diverse sectors of the food system.



Diverse Participation: The workshop witnessed active engagement from high-level representatives of the **Ministries of Health, Agriculture, Trade, and Industry**. Their participation underscored the national importance of this initiative. Also present and contributing were **millers, bakers from the Tunis region, representatives from civil society organizations**, and leading **researchers** in the field.

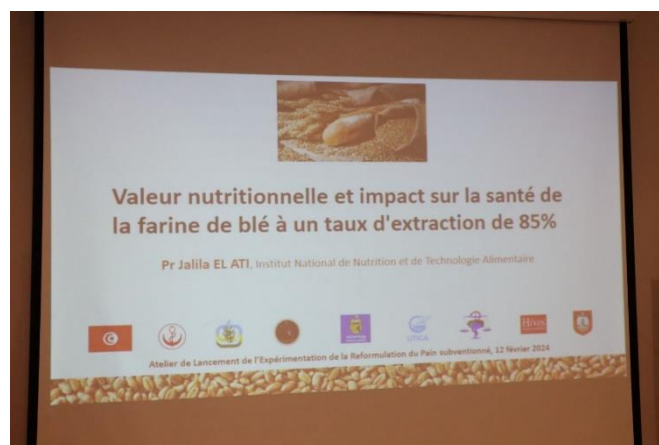


Bold Objectives for Nutritional Improvement: The AfriFOODlinks initiative sets ambitious

goals to substantially improve the nutritional quality of subsidized bread. The core objectives include:

- **Increasing the flour extraction rate to 85% (Type 110):** This aims to retain more of the grain's inherent nutrients.: The reformulated bread will be rich with **essential nutrients** protein, fiber, vitamins, and minerals to address potential nutritional deficiencies.
- **Significant Salt Reduction:** A target of **30% reduction in salt content** is set to contribute to the prevention of non-communicable diseases.

These objectives are directly aligned with Tunisia's national strategy for the prevention of chronic diseases, highlighting the government's commitment to public health.



First Taste of Change: The workshop culminated in a convivial lunch where all attendees had the opportunity to taste the **reformulated subsidized baguette**. This initial version of the bread was produced using **Type 110 flour (85% extraction rate)** and incorporated an **initial 10% reduction in salt**.

Valuable Sensory Feedback: A dedicated tasting session allowed attendees to conduct a sensory evaluation of the new bread. Participants assessed its **appearance, aroma, texture, and taste**, providing crucial initial feedback that will inform further refinement of the reformulation process.

This workshop marks a significant step forward in the AfriFOODlinks initiative's efforts to foster healthier food systems in Tunisia by improving the nutritional profile of a staple food for a large segment of the population. The collaborative spirit and active participation of diverse stakeholders indicate strong momentum for this important public health endeavor.

The links to the Facebook posts that cover the workshop:

- Facebook Ministry of health
https://www.facebook.com/photo?fbid=1039178078252654&set=pcb.1039178284919300&locale=fr_FR
- Facebook Express FM Radio. Express FM is Tunisia's first radio station dedicated to economic news and discussions, available on Facebook and radio.
<https://www.facebook.com/100064305745083/posts/1050452930441555/?mibextid=wwXlfr&rdid=n1sgqOYGrYDdLEZA#>