



MEMORABILIA

AFRICA GRADUATE MENTORSHIP AND
COACHING PROGRAMME (AGMCP) 2023

COHORT 4



OPEYEMI ODUNOLA



MY MENTOR: DR. BOLA AWOTIDE



SUSTAINABLE FOOD CONSUMPTION PATTERN AMONG HOUSEHOLDS IN IBADAN CITY, NIGERIA

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MS OPEYEMI ODUNOLA



DR BOLA AWOTIDE

A DILIGENT, BRILLIANT AND INNOVATIVE RESEARCHER



OUTLINE

- EXPERIENCES
- KEY OUTPUTS
- CONTRIBUTION TO PROFESSIONAL CAREER
- CHALLENGES
- SUGGESTIONS FOR THE AGMCP TEAM
- ACKNOWLEDGEMENT
- CONTACT DETAILS

EXPERIENCES

- Monthly Coaching Calls (January to November).
- Successful completion of The Conversation Africa (TCA) writing course.
- Successful completion of the Food Agricultural Organization (FAO) course on SHINY RIMA.

The collage consists of three main images:

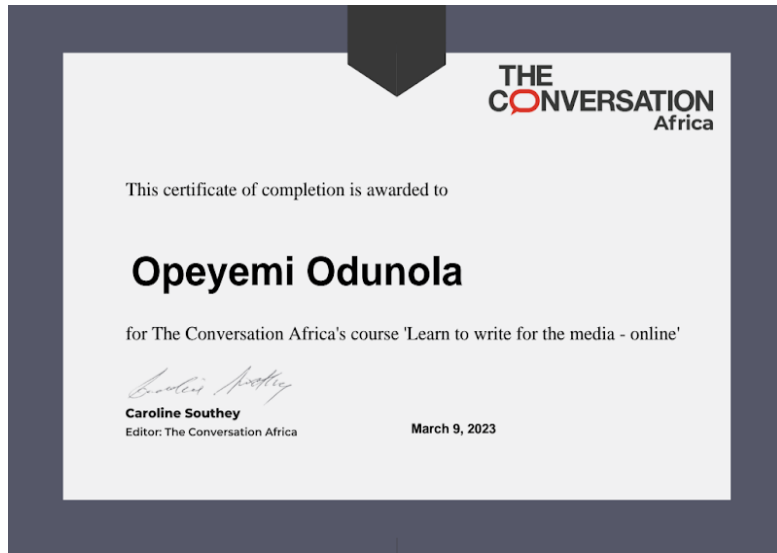
- Zoom Meeting:** A screenshot of a Zoom meeting grid with 15 participants. A yellow arrow points from the top-left corner of the grid towards the text 'Monthly Coaching Calls' in the list on the left.
- Moodle Course Page:** A screenshot of a Moodle course page for 'Shiny RIMA' by the Food and Agriculture Organization of the United Nations. It shows a navigation menu with 'Dashboard / Preferences / Badges / Manage badges / Shiny RIMA'. Below the menu is a 'SHINY RIMA' logo with a 'Download' button and 'Recipient details' for 'Opeyemi Odunola'.
- Course Document:** A screenshot of a document titled 'THE CONVERSATION Africa'. It includes instructions on how to access the course via tc-africa.moodle.school and outlines three steps: 1. Registration, 2. Course progress, and 3. Evaluation. A sidebar on the right lists participants, with 'Olawale Olayide' highlighted in a yellow box.

EXPERIENCES

- Participation in conferences: online and on-site.
- Submission and presentation of Abstract at the 4th Annual Circularity Africa Conference hosted by IMAGES Initiatives.
- Submission and acceptance of abstract at International Sustainable Development Research Society Conference 2023.
- Networking with renowned researchers.
- Networking with previous AGMCP Mentees.



KEY OUTPUTS: CERTIFICATES AND DIGITAL BADGES



Recipient details

Name
Opeyemi Odunola

Issuer details

Issuer name
Food and Agriculture Organization of the United Nations - Collaborative Learning



73. Sustainable Food Consumption Pattern among Households in Ibadan City, Nigeria
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Food is a basic necessity of life and is essential for vital processes in the human body. The inclusion of sustainable agricultural practices in food production will influence the availability of a variety of food options and the mode of consumption by households play a determinant role in their economic status as stakeholders in the food systems value chain. Ibadan, being the largest city in Nigeria has diverse career opportunities for both men and women and this has led many of the households to settle for Food-Away-From-Home, which takes part of their income. This study intends to assess the major types of food consumed by households, food-related health challenges, perception of households to sustainable locally produced food products; pattern of the food consumption by households and the effect of households' consumption patterns on their

CONTRIBUTION TO PROFESSIONAL CAREER

During the fellowship year my research's sub-theme was **Economic Sustainability of African Food systems**.

Apart from the experiences received during the fellowship year,

1. I have gained more insight into my specialisation as a graduate student in Sustainability Studies. I am better equipped with knowledge and perspective for my research thesis.
2. I have a better understanding of the importance of networking, partnership and collaborations in research.
3. I have gained a lifetime of professional relationships with my mentor, other mentors and as well as AGMCP mentees which is important for an early career researcher as myself.

CHALLENGES

- **Distance:** My mentor and I live in two different countries hence a physical meeting was not possible.
- Clash of coaching calls with some academic activities.

SUGGESTIONS FOR THE AGMCP TEAM

- Structured events or programmes for networking between mentors and mentees.

ACKNOWLEDGEMENT



Dr. Olawale E. Olayide

President, IMAGES Initiatives



The entire AGMCP Team

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