

**DYNAMICS OF COOKED FOOD VENDING IN
KAYOLE LOCATION, NAIROBI COUNTY, KENYA**

BY

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**A THESIS SUBMITTED TO THE DEPARTMENT OF GEOGRAPHY,
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Declaration

This thesis is my original work and has not been presented for a degree or award in any other university.

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This thesis has been submitted with our approval as university supervisors

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Dedication

To my late brother; Patrick Maroko, to celebrate his life and appreciate the sacrifices he had made to ensure that I got education. God rest his soul in eternal peace.

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I am grateful to the Almighty God for His sufficient grace that has been with me throughout the study period.

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May God shine His face upon you and bless you all.

Acronyms

FAO	-	Food and Agriculture Organization
FSO	-	Food Safety Objective
ILO	-	International Labor Organization
IRIN	-	Integrated Regional Information Network
KNBS	-	Kenya National Bureau of Statistics
NCC	-	Nairobi City Council
PAHO	-	Pan American Health Organization
UNDP	-	United Nations Development Programme
UNCHS	-	United Nations Centre for Human Settlements
UNHSP	-	United Nations Human Settlements Program
UN	-	United Nations
WIEGO	-	Women in Employment Globalizing and Organizing
WHO	-	World Health Organization

Definition of Key Terms

- Street Foods:** Street foods are the foods prepared on the streets and ready-to-eat without further preparation.
- Street vendors:** Are petty traders involved in activities such as selling of second hand clothes, shoes shinning, fruit and vegetable sale and hawkers operating mainly from the street of main urban centers.
- Food Vendors:** People selling cooked food on the streets.
- Food Vendees:** People who buy and consume cooked food sold on the streets
- Food vending:** Act of selling cooked foodstuffs.
- Potable water:** Water that can be drank as per World Health Organization, Drinking water guidance, 2006.
- Dynamics:** The interplay of factors that determine cooked food vending in the streets of urban residential areas.
- Mtura:** Form of sausage made out of animal entrails.
- Githeri:** A boiled mixture of maize and beans
- Ngumu:** Hard cakes made from wheat flour and deep-fried in oil.
- Stall:** Open- front shelter from which foods are cooked and sold.

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Abstract

Rapid growth of urban population has been accompanied with growth in urban poverty mostly due to high rates of unemployment. This has in turn caused development of informal sector to generate income and provide essential goods and services. Cooked food vending or street food provision is one such service provided by the informal sector in urban areas. This study examined the dynamics of cooked food vending in Kayole location, Nairobi County. The study investigated factors contributing towards cooked food vending; both from the vendor and vendee perspective. To determine the factors contributing to cooked food vending, the study evaluated the socio- economic characteristics of the vendors and the vendedes, analyzed benefits of cooked food vending and finally identified challenges facing the practice. Data was collected from a sample of 83 cooked food vendors and 89 cooked food vendedes from the study area using stratified random sampling. The research design employed was a descriptive survey with the use of a questionnaire and key informants interviews to collect both qualitative and quantitative data. The quantitative data from the study area were entered into the computer spreadsheets and analyzed using statistical package for social sciences. The data analysis showed that cooked food vending largely benefits the low-income earners and the unemployed. Income rather than level of education was the most important factor that determines choice to become a food vendor. This sector provides employment and is an important source of food for many. Government agencies do not provide support but rather are extractive agencies that collect revenue from the food vendors and harass the food vendors through arrests. The study thus recommends change in government approach ways of handling the sector and encourages self-regulation to address some of the challenges experienced in the sector.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

According to the United Nations Centre for Human Settlement ((UNCHS-Habitat), (2009)), urbanization is increasing at a rapid pace in developing countries. UNCHS-Habitat (2009) indicates that the year 2008 saw over half of the world's population living in urban areas and by the year 2025, the annual urban population increase in developing regions is expected to be 53 million (or 2.27%). UNCHS-Habitat, (2009) further projects that the urban population will increase by 70% by 2050; almost all the growth will take place in the developing regions.

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 15 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).

In his survey on street food vending in Nairobi, Gatonye (2009) noted that thousands of residents bought their food off the streets from unregulated vendors. The dietary habits of residents had also changed as many had stopped preparing and cooking their own food and had turned to roadside fares, and a vast number of informal ready-to-eat food outlets within the urban residential areas. Observations over the years have noted a large increase in cooked food vendors along residential areas of Nairobi as sights of food vendors along alleys serving customers is very common ((Integrated Regional Information Networks (IRIN), 2012)). This study examined factors contributing to increased food vending activities in the residential areas of the city of Nairobi.

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 in the city of Nairobi.

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. This study seeks to contribute to the limited literature on cooked food vending by investigating the factors influencing cooked food vending in Kayole location, Nairobi County.

1.3. Objectives of the Study

The overall objective of this study was to examine the dynamics of cooked food vending in Kayole location, Nairobi County. Specifically, the study set out:

- (i) To investigate socio-economic characteristics of cooked food vendors and vendees.
- (ii) To establish factors contributing towards cooked food vending in Kayole Location.
- (iii) To determine cooked food vending practice benefits to vendors and vendees in Kayole Location.
- (iv) To determine the challenges facing cooked food-vending practice in Kayole Location.

1.4 Research Questions

1. What are the socio-economic characteristics of cooked food vendors and vendees?
2. What are the factors contributing towards cooked food vending in Kayole Location?
3. What are the benefits of cooked food vending practice to vendors and vendees in Kayole Location?
4. What are the challenges facing cooked food vending practice in Kayole Location?

1.5 Research Hypotheses

Based on the research objectives, the study was guided by the following hypotheses

H₀₁: There is no significant relationship between educational level and vending cooked food in the streets

H₀₂: There is no significant relationship between vendee's income and buying cooked food in the streets

1.6 Justification and Significance of the Study

Although many researchers, in Kenya, 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 in Kayole and Nairobi County as a whole. Kayole location was chosen as the study area because it is a fast growing suburb of Nairobi with both low and middle-income earners and cooked street food vending is growing in the area.

According to the Kenya (2007), the informal sector in Kenya is an acceptable destination for a majority of the country's bulk of job seekers who take initiatives to set up business ventures on a self-employment capacity. Generally, this group of entrepreneurs resort to self-employment activities as a way of earning livelihood after failing to secure employment in the formal sector. Kenya's Vision 2030 agenda thus recognizes that employment would have to increase significantly if the goals of job creation and food provision were to be achieved. This advocate for development of flexible labor market like cooked street food vending and therefore the study is timely to provide information on the role of cooked street food vending towards job provision and as a source of food to urban population.

Policy makers will probably find the data collected useful towards understanding the livelihood issues affecting cooked street food vendors in Kayole Location and Nairobi County as a whole and thus help to improve informal sector growth strategies. Additionally, researchers will find the study data relevant in understanding cooked street food vending in Nairobi. The study can then lead to further questions and thus form a basis for further research on cooked street food vending practice in Nairobi.

1.7 Scope and Limitation of the Study

Although food vending is wide spread in Nairobi, the study was limited to Kayole location, Nairobi County. The area was chosen because it is a low-middle income residential area, where cooked food vending is widespread. The study is limited to cooked food vendors who prepare and sell meals ranging from a meal of a mixture of boiled maize and beans, boiled beans, boiled green grams, *chapatis*, doughnuts, boiled sweet potatoes, meat products like *mtura* and *smokies* as well as those who were selling chips.

A limitation to the study was in winning the trust of the vendors so that they could share information about their business freely; without fear or hesitation. The informal sector players guard themselves against those who may want to regulate them; to mitigate this challenge the respondents' were assured of anonymity and given proper explanation of the purpose of the study.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter provides the review of theories and empirical studies done, related directly or indirectly to this study. The literature is presented thematically. The various themes captured in this literature review section are the informal sector, cooked food vendors and vendees socio-economic characteristics, the benefits of the cooked food vending practice to the vendors and vendees of the cooked street food and the challenges facing the cooked food vending practice.

2.2 The Informal Sector

The ILO refers to the informal sector as a non-structural sector that has emerged in the urban centers because of the incapacity of modern sector to absorb migrants to the urban centers. The urban informal sector often called the urban subsistence/unorganized sector/enumerated sector was conceptually defined to include all economic activities which are not officially regulated and which operate outside the incentive system offered by the state and its institutions (ILO, 2009). In contrast, enterprises, which enjoy official recognition, protection and support, are defined as formal sector enterprises (ILO, 2009). The ILO report points out that the informal sector activities are characterized by ease of entry; reliance on indigenous resources; family ownership of the enterprise; small-scale in operation; labor intensive and adoptive technology; skills are acquired out of formal school system and operate on unregistered competitive markets. Unlike the ILO (2009) study that dealt with all aspects of the informal sector, this study dwelled particularly on cooked food vending activity within the urban residential areas.

Literature on informal sector in South Africa indicates that there is evidence to suggest that there has been an increase in informal employment in Durban. This has been linked primarily to the decline of key manufacturing industries, particularly the clothing and textile industry. According to Durban's City government estimates, a third of economically active adults were in the informal sector in the late 1990s and that the growth in this sector was outpacing that of the formal sector by a huge margin (Rogan, 2012). The increases in informal employment in Durban have occurred against backdrop of the local government's evolving and often contradictory approach to informal work. Historically, Durban and other South African cities had "the most sophisticated sets of anti-street trade measures anywhere in the developing world" ((Rogan, 2012) - the apartheid era legal and regulatory framework was hostile toward street vending. An example of the hostility that is often invoked in the literature is the fact that very few street vendors were issued licenses and the few that were, were subjected to move on regulations whereby vendors were not allowed to remain in one place for more than 30 minutes.

The legislation became more progressive with the dismantling of apartheid in the early 1990s. By the late 1990s, national legislation, together with a range of city council initiatives, most notably the Warwick Junction project, meant that Durban was well ahead of other South African cities in terms of its approach to informal work.

The municipal government's recognition that the informal economy was an important contributor to output in the city as well as the realization that it was important to work

directly with vendors organizations were both crucial factors in the early successes of the integration of street vendors into urban plans in South Africa (Rogan, 2012).

For cities in Asia, literature indicates that shrinking of jobs in the formal sector and lack of gainful employment in rural areas has resulted in a noticeable feature of growing number of street vendors. The rural unemployed tend to move to the cities in search of employment. They usually possess low skills and have low levels of education. Both factors make it almost impossible for them to find regular jobs in formal sector. Street vending is one of the few options they have for earning a living. Entry into this trade is easier because it does not require high skills and capital involved is low. As seen in the case of Bangladesh, Nepal, Vietnam and Cambodia (Sharit, 2003).

In the other countries, especially the 'Asian tigers'- Thailand, Singapore, Malaysia, Philippines, Korea- there was a rapid increase in the number of street vendors after the monetary crisis of 1998. These countries faced a severe economic crisis and many industries closed down rendering hundreds of thousands of workers unemployed. In India, the number of street vendors increased after the economic liberalization policy was initiated in 1991. The traditional industrial cities such as Mumbai, Ahmedabad and Kolkata saw a decline in formal sector as large factories closed down and started outsourcing to the small-scale industries. A section of workers in the formal sector took to street vending after they lost their jobs.

Unfortunately, the governments in the Asian countries have more or less refused to recognize street vending as a legal activity and they in fact view these vendors as

irritants to the city's development. As a result, street vendors in most Asian countries live a precarious existence as they face the constant threat of eviction and destruction of their property (Sharit, 2003).

In Kenya, recognition of the informal sector came at the publishing of the Sessional Paper NO.1 of 1986 on "Economic Management for Renewed Growth" (Republic of Kenya, 1989). After which the casual term "informal" sector was given a new positive dimension by being substituted with the term Jua-kali. The sessional paper highlighted; the sectors potential, how to change its image from an employer of last resort to a spring of technological innovation and aggressive entrepreneurship.

This paper, prepared against the background of declining economic growth, introduced radical changes and outlined a development strategy, which put great emphasis on the informal sector development. In 1989, the Government of Kenya (GOK), through the ministry of Planning and National Development published a document entitled "A Strategy for Small Enterprises Development in Kenya towards the year 2000." (Republic of Kenya, 1989). The paper focused on the constraints the sector was experiencing, which were broadly classified as; the enabling environment, investment and finance, promotional problems, programmes and enterprises culture.

The constraints subsequently formed the basis for designing focused policies on the sector. By 1992, the policy focus had been refined and published as Sessional Paper NO. 2 of 1992 on "Small Enterprises and Jua-Kali Development in Kenya". In early 1994, the government carried out strategies and programme assessment, and identified obstacles inhibiting growth in the sector.

The following issues emerged; firstly weak coordination mechanism among multitude of actors involved in various levels of policy implementation as the government capacity to play its facilitative role was weak and required strengthening.

Secondly, the regulatory environment remained hostile to informal sector activities, despite the review of the disabling by laws and regulations inhibiting the sector growth due to inadequate dissemination of information to the implementers.

To address these issues the Micro – Small Enterprises (MSE) unit in the Ministry of Planning and National Development was upgraded to a division with two distinct sections. The first section was policy section, mandated to develop, monitor implementation, coordinate policies, disseminate information to the target population and further assess the impact of the policies on the beneficiaries. The second section was the deregulation unit, mandated to facilitate the creation of an enabling environment for promotion of the sector. This underlines the importance of informal sector in Kenya. Hence, prompting a research on how cooked food vending is affected by the regulatory frameworks.

According to WHO (2002), 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 WHO, (2002) further states that street food vendors' benefit from a positive cash flow; they are able to make money conveniently from ready market in the streets. This study did not consider the cooked food vending practice only but also investigated the support

services needed to improve business performance measured in terms of its benefits to the vendors and vendees of the cooked food in the streets of Kayole location.

UNHSP-Habitat (2006) report states that the informal economy can hardly be ignored in Kenya; 61% of the estimated 14 million labor force work in non-agricultural employment, while 35% of urban and 59% of rural households, respectively, are involved in small businesses. The informal economy, whether in the rural or urban areas, comprises small enterprises, which provide and distribute basic goods and services in unregulated competitive markets that lie outside the regulatory framework of either national or municipal government. Cooked food vending, an informal economic activity is therefore of interest to urban planners concerned about how the urban population meets their basic needs.

2.3. Socio-Economic Characteristics of Vendors

A number of studies have examined the characteristics of street vendors and have found that street food vendors' socio-economic characteristics differ (Mitullah, 2003; Codjia, 2000; Mwangi, 2002; Acho-Chi, 2002; Chen, 2001). The study by Mwangi (2002) focused on nutritional, hygienic and socio-economic dimensions of street foods in Nairobi. The study by Mwangi (2002), just like the study by Mitullah (2003), shows that, in Kenya, both the married and unmarried engage in street food vending. Chen (2001) did a global study on women in the informal sector and reported that, in all countries, the ages of street food vendors ranged between 25-60 years; with a majority being in age group 30-40 years. Codija (2002) did a study on street food vending in Pretoria, South Africa and shows that women are the major players in the cooked food vending business.

Further on gender, Chung, Rituper, and Takemotos, (2000) did a survey on “Bangkok access to food for low income residents,” which showed that street food vending provided economic opportunities for low and middle income people especially women; implying that food vending benefits low income women more than it benefits the men. The current study investigated socio-economic characteristics of vendors and vendees in a low-middle income area. The result would then be used to explain if cooked food vending activities are not readily available to men in Nairobi, as it appears to be the case in Bangkok.

Beneria, and Maria, (2006) study on Labor Market Information, Gender and Social protection showed that 60% of female workers in developing countries are employed in the informal sector. They found that the high numbers of women in the informal sector was because employment in the informal sector was readily available to women. Due to marginalization, more men in comparison to women had access to education and employment opportunities in the formal sector. Consequently, many women lacking necessary skills and education or simply discriminated against in formal employment are absorbed in the informal sector through their small business ventures. The second reason why women are a majority in the informal sector of the economy is the fact that women are more likely to work from home than men are. Majority of women work from their homes or are street vendors due to need to combine economic activities with household chores. This current study addresses a gap in terms of lack of recent literature from the Kenyan context on cooked food vendors and vendees as a major activity in the informal sector.

2.4. Socio-Economic Characteristics of Vendees

Matalas and Yannakoulia (2000) research on regular street food consumers states that 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 (Taylor, Fishell, Desrtine, Hargrove, Patterson, Moriarty, Battista, Radcliffe, Binkoski and Kris, 2000).

Bhat and Waghray (2000) found that in Asian countries street food vendors besides selling food on normal days, also sold food to meet public demand on special occasions like festivals. The findings showed that during public festivals, households that would otherwise cook in their homes bought food from street vendors either to avoid cooking or to access certain delicacies they would not prepare in their homes. Chung *et al.*, (2000) in a survey conducted in poorer households in Bangkok observed that 67 % of the households cooked only once a day and bought one or two meal of ready-to- eat food from street vendors.

The only study accessed, on the Kenyan context, that particularly looks into socio-economic characteristics of cooked food vendors and vendees was undertaken by Mwangi (2002). While the study describes the socio-economic characteristics of cooked food vendors, the focus was on the commercial streets in the Central Business District. The current study sought to build on that study by generating current data but

moving from the central business district to focus on cooked food vending in the residential areas.

2.5 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. These prompt the current study to examine compliance of street food vendors with legal requirements for their kind of business in Kayole location, Nairobi County.

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. This study specifically focused on the challenges facing cooked food vendors in Kayole location, Nairobi County.

2.6 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).

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. The current study examined the types of cooked food sold in Kenya and investigated the process involved in cooked food preparation to be able to describe factors contributing towards cooked food vending.

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

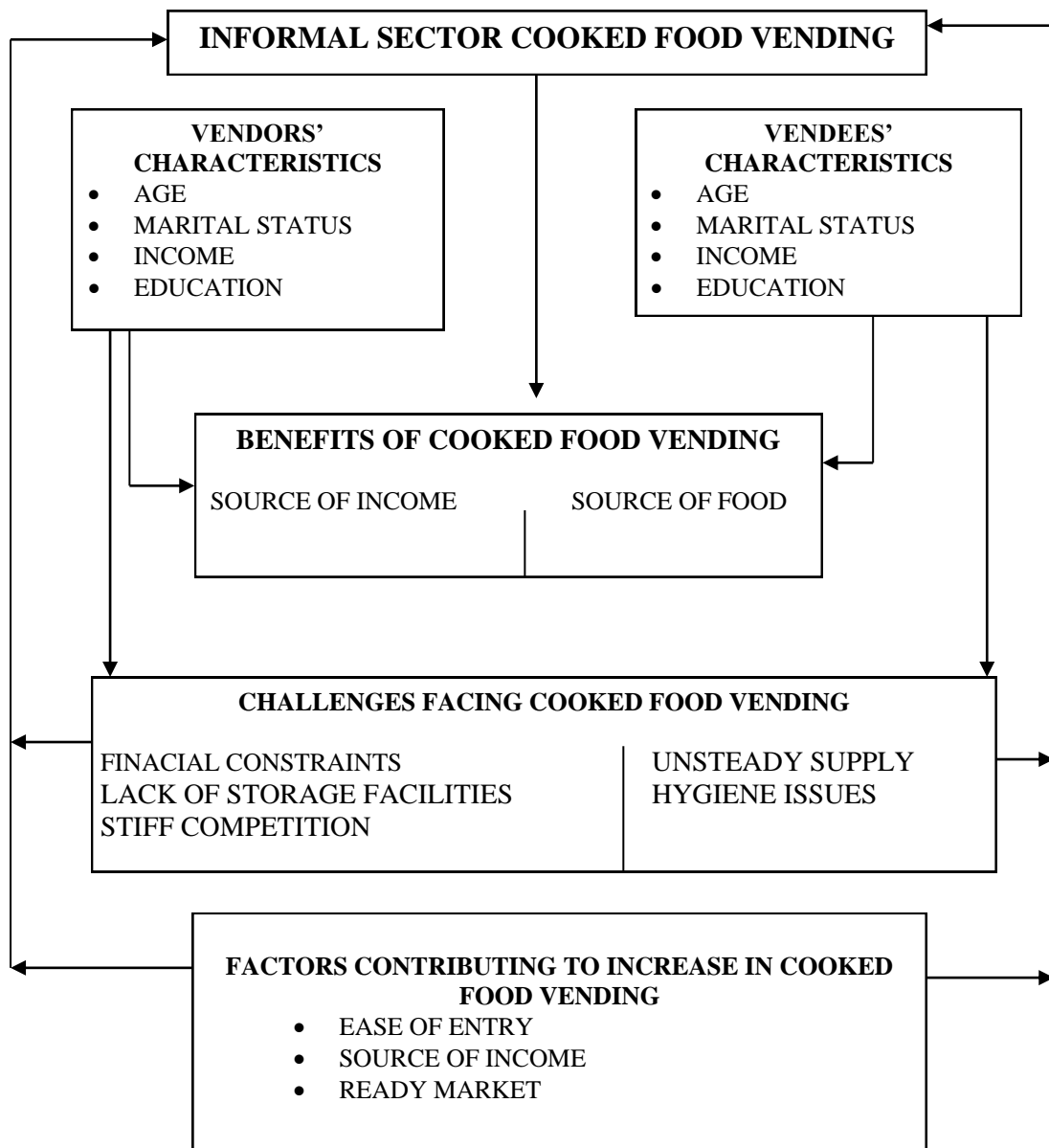
Practices of vendors of street foods in Nairobi. Muinde et al, (2005) showed that food vending feeds millions of people with a wide variety of food that is relatively cheap and easily accessible. A study by Mwangi (2002) demonstrated that women in Kenya find it easy to engage in cooked food vending because it is 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; Kayole location.

2.8 Conceptual Framework

Figure 2.1 Dynamics of cooked food vending conceptual framework



Source: modified from ILO, 1972, De Soto (1989), Castells and Portes (1989)

The conceptual framework used in this study is based on ILO study in Kenya (1972), Castells and Portes (1989) and De Soto (1989)'s thoughts. The ILO pioneered the dualist school of thought; it disseminated the concept of informal sector, through its very influential Report on income and employment in Kenya.

The report suggested that there existed a marginal, poor, informal sector of the urban economy, which produced goods and created employment and income for the poor. The informal sector was seen as a separate, autonomous sector which was defined in contrast to the formal one through seven distinguishing characteristics which are ease of entry, reliance on indigenous resources, family ownership of enterprises, small scale of operations, labor-intensive and adapted technology, skills are acquired outside the formal school system and unregulated and competitive markets.

The legalist school of thought pioneered by Hernando de Soto on the other hand subscribe to the notion that the informal sector comprised of ‘plucky’ micro – entrepreneurs who choose to operate informally in order to avoid the cost, time and effort associated with formal business (De Soto, 1989). By the legalist school of thought, the inordinate demand placed on business by the government’s enactment of numerous commercial laws and regulations was acting as a driving force for the participation in the informal sector. The simplification of rules and regulations for formalization process may reduce the rate of informality by entrepreneurs.

The structuralists school of thought championed by Castells and Portes, (1989) explained that different forms and modes of production are seen not only to co- exist but also to be closely connected and interdependent. They further explained that the nature of capitalist development (rather than a lack of growth) accounts for the persistence and growth of informal production relationships.

The study combined the three perspectives to investigate the dynamics of cooked food vending based on the assumption that firstly street cooked food vending was an urban informal economy that created employment and produced food for the urban population. Secondly, if rules and regulations for informal sector formalization process are simplified then the rate of informality by entrepreneurs may reduce and lastly capitalist development such as attempts to reduce labour cost through retrenchment has resulted in informal sector such as cooked food vending.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter discusses the research design adopted to carry out this study. It describes the study area and target population involved in the study. It explains the sampling techniques used to obtain sample frame of the respondents. It also discusses data collection procedures as well as data analyses and presentation methods.

3.2 Research Design

This study examined the dynamics of cooked food vending in Kayole Location, and adopted a descriptive survey research design. According to Creswell (2009), a descriptive design is an approach that may combine qualitative and quantitative methods of data collection and analysis. As stated by Kothari (2004), qualitative approach is appropriate to study phenomenon concerned with subjective assessment of attitudes, opinions, and behavior of people while a quantitative study is good in capturing general characteristics of a phenomenon. This study captured qualitative data in the form of the perception of vendees towards cooked food vending, the benefits of cooked food vending and challenges faced by vendors and vendees of cooked food. Quantitative data captured was in the form of socio-economic characteristics of the cooked food vendors and vendees.

3.3 Area of Study

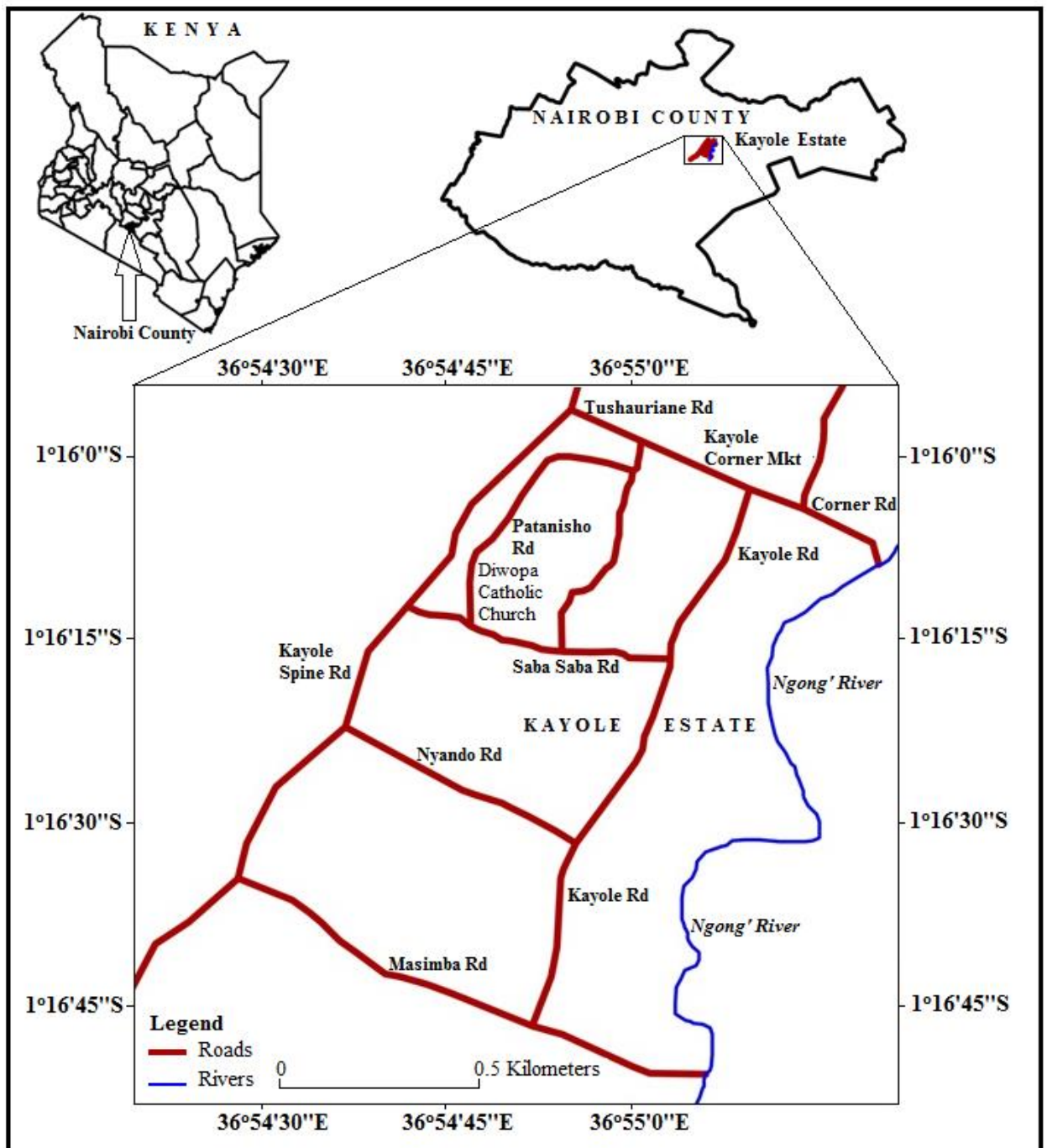
The study was conducted in Kayole location, Nairobi County. Nairobi is the capital and largest city of Kenya. It is on latitude $36^{\circ} 50'$ east and longitude $1^{\circ} 18'$ south of the Equator (Fig 3.1). It has an area of 696 km^2 and a population of 3,375,000

people (KNBS, 2009). Nairobi is divided into eight administrative divisions, which are Central, Makadara, Kasarani, Pumwani, Westlands, Dagoretti, Kibera and Embakasi.

Kayole location is in Embakasi Division and lies on Longitude $1^{\circ} 16' 9''$ S and latitude $36^{\circ} 55' 10''$ east. Placed on a high altitude of more than 2500M above sea level, Kayole Location experiences a moderate climate. The area is warm in between December and March when the mean maximum temperature is 24 degrees Celsius and cool between June and July when the temperature can drop to up to 10 degrees Celsius especially in the evenings. The rainfall received in the area is bimodal with long rains falling between March and May while short rains are between October and December. The mean annual rainfall is 786.5 Millimeters. The dominant soil type in the area is black cotton soil while the Ngong River is the major physical feature. The area has a population of 798, 000 people (KNBS, 2009). Kayole has private rental housing delivered by private developers. Depending on economic ability, one has a choice of rental units ranging from single rooms with shared facilities, bed-sitters to self-contained units for rent. In 2016, single rooms with shared facilities cost Ksh.2000 to Ksh. 2500, bed-sitters cost Ksh. 3000 to Ksh. 4000, single bedroom houses cost Ksh.5000 to Ksh. 7000 while a two bed roomed house cost between Ksh.8000 to Kshs. 10,000. The houses are closely placed giving the area an aura of congestion. The main streets in the area are Patanisho, Nyando, Tushaurine and Corner shown in Figure 3.1. Apart from congestion, the other challenge facing the area is insecurity. Several incidents of crime notably kidnapping have been linked to the area, in addition, different outlawed gangs operating in the area have muddied its name and clouded its many economic activities.

Despite this, Kayole blends people from all cultures and lifestyles. It is home to numerous businesses for instance Equity bank, Co-operative bank, Family bank, supermarkets, several wholesale shops and retail shops. Other small-scale businesses in the area include groceries, money transfer services, second- hand clothes and shoes trade as well as cooked food vendors found along the streets in the area. The area bustles with activity. Majority of people living in Kayole earn on average an income of between Ksh.4000 to Ksh. 10,000 (KNBS, 2009). Kayole like other informal settlements in Nairobi such as Kibera, Korogocho and Kawangware, is busy and provides residence for many people. It therefore has a high patronage of the cooked food vending service, making the area appropriate for this research.

Figure 3.1: Map of Study Area in Nairobi County



Source: Google Earth, January 2015

3.4 Target Population

The study population was the cooked food vendors and vendees in Kayole location, Nairobi county. The target population of cooked food vendors were those

selling a mixture of boiled maize and beans (popularly known as ‘*githeri*’) those who sold boiled maize, boiled beans, boiled green grams as well as those who roasted maize. There were others selling wheat flour products like *chapati*, *samosa*, *mandazi* (buns), *ngumu* (hard cakes). Those selling potato products like chips, sweet potatoes, arrowroots and cassava. The final category included those who were selling meat products ranging from smokies, roasted goat meat or cow meat, and “*mtura*” (form of sausage made from animal entrails). Since this study was on cooked street food practice vendors of other forms of goods were not included in the target population.

According to Nairobi City Council estimates, Kayole has at least 102 cooked food vendors. The study focused on the main streets in Kayole that is Nyando, Patanisho, Corner and Tushauriane shown in Figure 3.1 which were purposively, selected being the busiest and with a large number of cooked food vendors. Stratified random sampling technique was used in selecting the vendors and vendees depending on the category of food offered. In turn, vendors of cooked food estimated that each of them had at least 10 regular vendees they serviced per day.

3.5 Sampling Design

Stratified random sampling technique was used as it allowed selection of respondents from different categories of food vendors. Stratified sampling is used where a population is composed of homogenous layers (strata). To ensure proportionate picking of respondents from each subgroup, the sample size is based on proportionate representative fraction of each subgroup. The population was divided into stratum representative of the different categories of food vendors and vendees explained in section 3.4 . To obtain the sample size, the formula cited in Kothari (2004) was used.

$$n = \frac{N}{1 + N(e)^2}$$

Where:-

n = sample size,

N = population size,

e = the level of precision.

Taking a confidence level of 95%, level of precision 0.05 and Cooked food vendors population in the main streets of Kayole to be 102. When the formula was applied, $n = 102 / 1 + 102(0.05)^2 = 102 / 1.225 = 83.2$. The sample drawn after rounding off was 83 vendors, which is 81.3% of the targeted population.

To obtain sample size of the vendees the 10 regular customers that each of the sampled 83 vendors served were used to get total vendee base of 830 from which sample size of the vendees was calculated using formula cited in Kothari (2004).

$$n = \frac{N}{1 + N(e)^2}$$

In the formula n is the sample size, N is the population size, and e is the level of precision. Given that the vendee population was large, to obtain a manageable sample size, the confidence level used was 90%. This implied that for the vendees' data, a 0.1 level of precision was used. When the formula was applied, $n = 830 / 1 + 830(0.1)^2 = 830 / 9.3 = 89.24$. The sample drawn after rounding off was 89 vendees.

Key informants for the research were officials from Nairobi City County government drawn from City Planning Department, Inspectorate Department and Public Health Department.

The City Planning Department role is to co-ordinate and integrates development activities in the city as enacted in the Urban Areas and Cities Act (2011). The Planning Department was relevant to the study in order to understand the County government’s plans for the informal sector and in particular cooked food vendors.

The Public Health Department whose role is to offer; curative and preventive services, dental care, ambulance services, city mortuary, maternity services and nutrition services, (NCC, 2002) was relevant because the informant provided information on health regulations and cooked food vendors conformance with the laws governing food sector. Whereas the City Inspectorate Department whose role is to enforce all by – laws and in particular to implement the City Councils by – laws with regard to hawkers and street vendors, gave information on City councils way of approach to dealing with food vending in Nairobi. Referral sampling method was used in identifying the three key informant interviewees. Persons initially contacted were interviewed and then asked for names of eligible individuals who were then interviewed.

Table 3.1: Sampling Frame

Group	Population Size (Estimate)	Sample Population
Vendors of Cooked Food	102	83
Vendees of Cooked food	830	89

Source: Field Work, 2014

3.6 Data Collection Tools

Two types of data collection tools were used in this study: a questionnaire and an interview guide.

i. Structured Questionnaire

A questionnaire was used to obtain data from vendors and vendees (Appendix 3 and Appendix 4 respectively). Both open ended and closed questions were asked to allow collection of both qualitative and quantitative information from the vendors and vendees. The questionnaires were administered between 8am - 9pm to capture all categories of respondents that is the vendors and vendees of different types of cooked foods. While most vended foods are consumed throughout the day, some foods are heavily consumed at given times in the day. For instance, wheat flour products are consumed heavily in the morning as part of breakfast while *githeri* is heavily consumed in the afternoon as lunch and roasted maize is consumed in the evenings as people walk back to their homes from work.

ii. Interview guide

To obtain data from key informants, an interview guide was prepared with specific questions for respondents in Planning and City inspectorate departments as well as the health department (Appendix 4 and Appendix 5). Questions in the interview guides focused on planning and health regulations in place, issues to do with conformance with the laws by the vendors, penalties that vendor face due to not conforming to laws, the growth and future plans of the sector.

3.7 Pilot Study

A pilot study was done on ten vendors and ten vendees selected through simple random sampling technique in Soweto, an estate opposite Kayole along Masimba Road (Figure 3.1). Piloting was done in order to pre-test the questionnaires to ensure that the questions included were clear, and would yield relevant information. Because

of piloting, some questions were reworded to improve clarity while others were replaced altogether.

3.7.1 Validity and Reliability

Content and construct validity of the research tool was initiated at the design stage, as instrumentation is a major threat to internal validity. Blank spaces, inaccurate responses or inconsistencies include weakness that prompts reviewing after piloting. Content validity was ascertained through expert judgment, comments and suggestions from the supervisors. Research reliability is the degree to which research tools yield consistent results. One easy way of ensuring reliability is through the test and retest method (Kothari, 2004).

This means that a tool is administered in one phase and later re-administered to establish whether the same result is realized. In this research, the pilot study served the primary test of checking the reliability of the research tools. To enhance tool efficacy, due care was exercised in preparing the tools. Repetitive questions through asking same question in other words was employed to ensure reliable answers were realized. Equally, input from supervisors ensured right questions were asked and the questions were properly worded to avoid ambiguity.

3.8 Data Analysis and Presentation

Data collected from primary sources was assembled for further processing and analysis. The questionnaires were edited and coded while interview guides and some open ended questions in the questionnaire were examined to ensure the required information was included.

Quantitative data from the questionnaires were transferred to computer spreadsheet and analyzed using Statistical Package for Social Sciences (SPSS): for means, percentages and frequencies. The data was presented in tables, pie charts and bar graphs to show for instant percentages of cooked foods vendors selling the different types of cooked food and number of times vendees consumed cooked food. The qualitative data was analyzed using qualitative analysis method. This involved identifying key patterns that emerged from qualitative data collected to describe benefits and challenges facing cooked food vendors and vendees; procedure and the ingredients used in preparing the different types of cooked streets food as perceived by different cooked streets food vendors and vendees.

Two hypotheses were tested in the study:

HO₁: there is no significant relationship between educational level and vending cooked food in the streets.

HO₂: there is no significant relationship between vendee's income and buying cooked foods in the street.

Chi-square test was used to test the two hypotheses. The formula for chi-square test is

$$\chi^2 = \frac{\sum (O - E)^2}{E}$$

Where

χ^2 is the value for chi-square

O is the observed frequency

E is the expected frequency

H₀₁ was tested for significance at a level of 0.05 where as H₀₂ at a level of 0.1 as explained in section 3.5.

3.9 Ethical Considerations

Social research involves getting information from and on people. There are certain moral considerations that one has to take into account whenever one is dealing with fellow human beings (Mugenda and Mugenda, 2003). Thus, only respondents who were willing and voluntarily agreed to be part of the research process were interviewed. All information collected from the respondents was treated with utmost confidentiality and was used solely for the research purposes. As recommended by Mugenda and Mugenda (2003), the researcher assured the respondents of anonymity in the research report and protection of their identity.

CHAPTER FOUR

FINDINGS AND DISCUSSION

4.1 Introduction

Cooked food vending is emerging as an important and growing activity in Nairobi County. This informal sector activity is providing a source of livelihood to many, while at the same time serving as an important source of food for many people living in Kayole location, Nairobi County. This chapter presents findings collected from cooked food vendors and vendees in Kayole Location, Nairobi County. The chapter is divided into four sections. The first section deals with the socio-economic characteristics of the cooked food vendors and vendees. The second section delves into factors influencing cooked food vending in Kayole Location, Nairobi County. The third section explores the benefits derived from cooked food vending practice by the vendors and the vendees while the fourth and final section deals with challenges facing cooked food practice in Kayole Location, Nairobi County.

4.2 Social-Economic Characteristics of the Vendors

The study investigated the ages of the vendors and the distribution of their ages was as presented in Table 4.1.

Table 4.1: Age of Vendors

Age Bracket	Frequency	Percentage
Below 18	8	10%
19-30	12	14%
31-40	30	36%
41-50	23	28%
50 and above	10	12%
Total	83	100%

Source: Field Work, 2014

The findings on the age of vendors showed that the vendors are drawn from a wide age spectrum of between 19 -50 years. However, majority of the respondents (64%) are in the 31- 40, 41 - 50 years age brackets (Table 4.1). This finding is similar to other studies that have explored the characteristics of cooked food vendors in other jurisdictions. For instance, Chen (2001) found out that the ages of street food vendors range between 25-60 years: with a majority being in age group, 30-40 years. Urbanization caused by movement of people from rural to urban area has resulted in rapid increase of people in Nairobi, which has not gone hand- in- hand with economic development. One of the consequences of urbanization is unemployment. Lack of formal employment probably explains the age distribution of the vendors. According to Lopez, (2009), street vending serves as a refuge occupation where low barriers to entry make it possible to earn a subsistence income. However, as the search for employment intensifies and hopes of getting a meaningful job diminish; people are inclined to settle for what is available through which they can sustain themselves. Having failed to secure formal employment majority of people between the age of 30-40 years found cooked food vending as means of getting income.

Other socio economic characteristics of the vendors explored were as presented in Table 4.2.

Table 4.2: Gender and marital characteristics of vendors

Characteristic	Description	Frequency	Percentage
Gender	Male	33	39.3%
	Female	50	60.7%
Marital Status	Single	23	27.8%
	Married	35	42.5%
	Divorced/Separated	25	30.0%

Source: Field Work, 2014

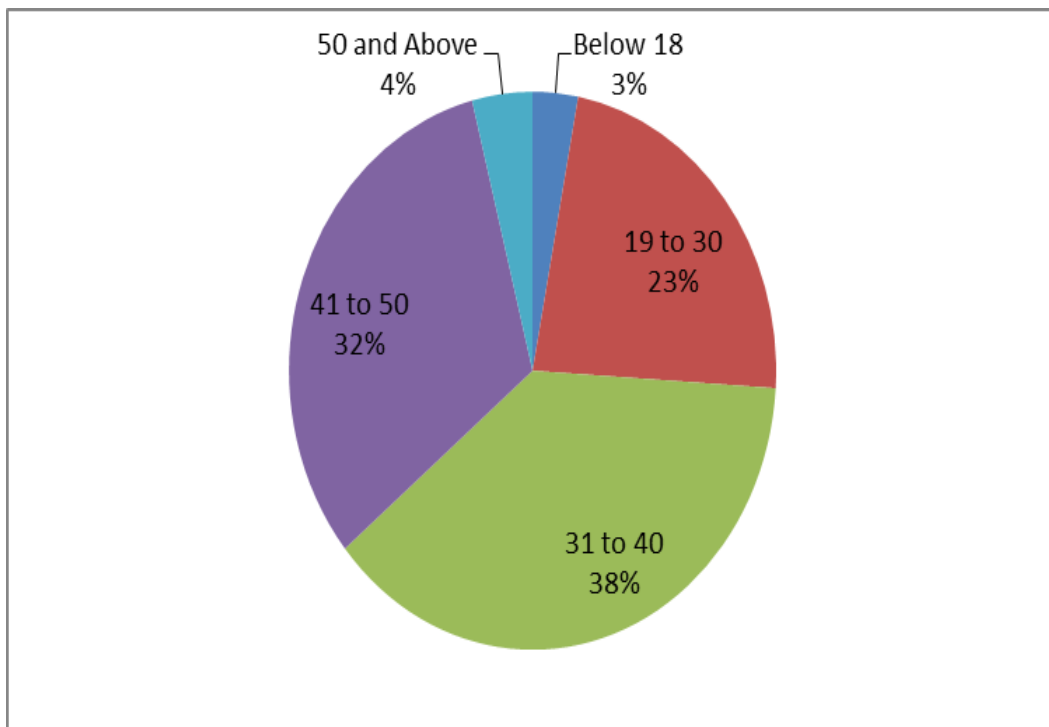
Gender has been found to be a strong and influential factor in many respects. In this regard, gender of the vendors showed that 39.3% of the respondents are male and 60.7% were found to be women. The results showed that women (60.7%) dominate cooked food vending in Kayole streets. This finding was indicative of the social bias where cooking and food preparation activities in Kenyan communities were considered a female domain. Such a social bias meant women were more comfortable engaging in food vending as they could just have turned a domestic task into a profitable business. Chung, et al., (2000) study in Bangkok based on access to food for low-income residents made a similar observation. Chung *et al*, (2000) concluded that street food provided economic opportunities for low and middle-income people especially women because of ease of entry and ready customers.

This study however, noted that vendors of meat products like “*mtura*” were men. This could be because meat is a favorite delicacy for men and slaughtering of animals is mainly a male domain in Kenyan communities. On marital status, married people dominate the business. As shown in Table 4.2, 42.5% of those engaging in the business are married while 30% were separated or divorced. This finding has the implication that cooked food vending is tied to household livelihood pressures or needs. Married people or single parents had more responsibilities and therefore were more likely to start cooked food vending business than the single men and women to meet their needs.

4.3 The Socio-Economic Characteristics of the Vendees

Just like in the case of the vendors, the study established the ages of the people who consumed cooked food vended on the streets of Kayole. The age distribution of the vendees is shown in Figure 4.1.

Figure 4.1: Ages of the Vendees



Source: Field Work, 2014

When compared with the vendors, more young people buy cooked food from the streets than there are those who sell cooked food on the streets. Figure 4.1 show that 61% of the vendees' population was between ages 19 – 30 and 31 – 40 years. The bulk of the vendees (93%) are between ages 19 -30, 31 – 40, 41 - 50 years. This could be attributed to the fact that most of the vendees are young people that are probably more comfortable buying cooked food from streets than being involved in its preparation in the house.

It is not only cheap but also convenient; for example, a cupful of “*githeri*” (mixture of boiled maize and beans) usually sells for between sh. 10 and sh. 20 that is quite affordable to low income earners. The study investigated other characteristics of vendees and the findings were as presented in Table 4.3.

Table 4.3: Socio-Economic Characteristics of the Vendees

Characteristic	Description	Frequency	Percentage
Gender	Female	25	28.1%
	Male	64	71.9%
Marital Status			
Marital Status	Single	36	40.6%
	Married	33	37.5%
	Divorced/Separated	20	21.9%
Employment Status			
Employment Status	Informal sector employment	71	80.0%
	formal employment	18	20.0%
Monthly Income (Kshs.)			
Monthly Income (Kshs.)	4000-5000	20	23.3%
	5001-10000	42	46.7%
	10000 and above	27	30.0%

Source: Field Work, 2014

The results in table 4.3 showed that 80% of the vendees sampled in Kayole were informal sector employees while the rest were in formal employment. Formal sector employees were those vendees employed in office. Informal sector employees included people working on construction sites and *Jua kali* sheds, *matatu* drivers and touts, those employed in market stalls, barbers, salonists, those selling second hand clothes and shoes, cart pushers among others. Largely, this means that the street food vendors serve mostly informal sector workers. From discussion with vendors, they had customers who bought take away foods such as buns or *chapati* to be served with tea at home or ‘*githeri*’ to be fried and consumed at home.

Marital status of vendors indicated most were married, while the vendees were predominantly single; 40.6% of the vendees were single (had never been married) while 21.9% were divorced or separated. This implies that marital status has an influence on whether one buys cooked foods from the street or otherwise.

Based on sentiments shared by vendors, it seems consumption of cooked food appears to be popular with the singles especially men as it is comparatively cheaper and less involving given that cooking food is considered a woman's domain. One single vendee explained that to cook 'githeri' one has to engage in an arduous process of looking for and buying ingredients. Given, maize and beans are sold in packages of 1/4kg, 1/2kg or 1kg it implied that even a single person needing a small portion of 'githeri' had to buy a substantial amount of maize and beans which would be costly. The person has also to acquire enough fuel to cook the mixture of maize and beans for a minimum of at least two hours (depending on the type of fuel used).

Once tender, the cook may decide to fry the delicacy incurring further costs. Engaging in such a process is expensive and time consuming as compared to buying cooked 'githeri' from a vendor that is ready for consumption given that a cupful of ready to eat 'githeri' goes for sh.10 only from the cooked food vendors. *Taylor et al (2000)*, study on street foods in America made a similar observation and found out that single men, who did not necessarily cook for themselves were more likely customers of street foods. This indicates that cooked food is very attractive to single people, workers in the informal sector and other busy workers and students.

On monthly income of cooked food vendedes in Kayole, as shown in table 4.3, most of them are low-income earners based on the minimum wage in Kenya. Considering the minimum wage is 7000 Kshs in Kenya, 70% of the cooked food vendedes earn between Ksh. 4000 and Ksh.10000. The vendedes reported that to make ends meet they had to look for a way of getting daily needs in an economical manner; one way that seemed to enable them to get food for the day was by purchasing cooked streets food readily available in the residential areas offered, by cooked food vendors.

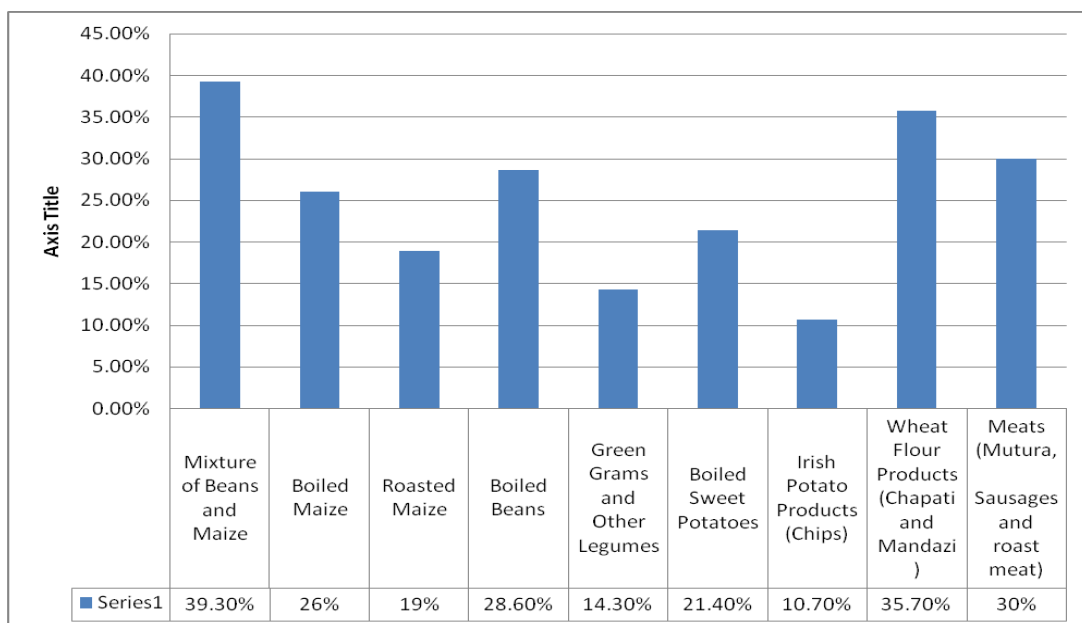
4.4 Factors Influencing Cooked Food Vending

This study sought to determine the different factors that influenced the cooked food vending practice in Kayole. Some of the factors investigated included types of cooked food sold by the vendors and customer preferences, business startup capital, the benefits of the practice to the vendee and the vendor, and the regulatory framework.

4.4.1 Types of Cooked Foods Vended in Kayole Streets

The distribution on types of cooked foods sold is presented in Figure 4.2.

Figure 4.2: Types of Foods Sold by Vendors



Source: Field Work, 2014

A wide variety of cooked food, as shown in figure 4.2, was offered for sale in Kayole streets ranging from a mixture of beans and maize (39.3%), boiled beans (28.6%), boiled maize (26%) and roasted maize (19%). Wheat flour products like *chapati*, ‘*mandazi*’ or buns, *samosas* and ‘*ngumus*’ or hard cakes (35.7%) and meat products like ‘*Mtura*’ (form of sausage made from animal entrails), ‘smokies’ and roasted goat or cow meat (30%).

A study done by Taylor *et al.*, (2000) in the United States of America revealed that food sold by street vendors represented the ethnic diversity of the local population in America. The results of this study show otherwise. Despite the diversity in staple foods across Kenya’s ethnic communities, in the city cooked food consumption is not influenced by ethnic bias. For example ‘*githeri*’ more popular among people from Central Kenya was the most popular cooked food among the vendees; people like the pastoralist community among them the Maasai whose main diet includes milk and meat are now eating ‘*githeri*’ among other cooked foods. This could be because of urbanization, which is associated with culture erosion progressively (Michelle *et al*, 2004).

Michelle *et al*, (2004) explain further that people, who stay in towns, are exposed to new lifestyles and interact with people of other ethnic origin, and progressively begin to redefine their cultural values and practices. As a result, certain foods that were traditionally associated with a given ethnic group have become popular and are consumed by urbanites regardless of their ethnicity. *Chapati* and *mandazi* are mostly taken as accompaniments to tea and are mostly part of breakfast menu.

Vendors selling goat meat and cow meat roasted over open charcoal grills are many on roadsides in Kayole Location. The roast meat sold in the streets was popular because it was cheap; one could buy a piece at Ksh.20. Other street vendors sold boiled meat; but mainly goat or cow heads and legs, mainly in the evenings. This involved putting these parts in a huge sufuria (cooking pot) and boiling them over an open fire until the meat was tender.

A cup of soup from boiled meat was priced at Ksh.20 while a piece of leg or head meat from Ksh.20 to Ksh. 30. A cup of soup served with mandazi or chapati was a special delicacy that most informal sector workers enjoyed in the evenings. Some vendees also bought boiled meat for use in the homes. This was deemed as a cheap source of meat diet for poor households in the area.

This study sought to test whether educational levels influenced cooked food vending practice. A chi square test was used to measure the relationship between educational level and vending cooked food in the streets. The results are shown in Table 4.4.

Table 4.4: Chi-Square Test between Educational level and cooked food vending

Chi-Square value	0.894
Number of Valid Cases	83

Source: Field Work, 2014

This meant that at 95 % confidence level and a level of precision of 0.05, the relationship between the two variables is not significant since 0.894 is higher than 0.05 thus the null hypothesis H_0 . There is no significant relationship between educational level and vending cooked food in the street is accepted. Implying that

cooked food vending in the streets is not determined by educational level. The choice to engage in food vending is determined by other factors such as capital requirement, cooking procedure and food ingredients. This was in concurrence with the WHO (2002) report that stated that cooked food vending in streets was familiar where urbanization takes place, as there was a ready market in the street for the ready-to-eat foods at cheap cost for the majority of urban population showing that educational level is not a factor that determines cooked food vending. Most vendors sold the given foods because there was demand for it. This was verified by asking the vendees to indicate the type of cooked food they commonly bought from cooked food vendors. Their responses are tabulated in the Table 4.5.

Table 4.5: Types of Foods Commonly Consumed By the Vendees

Type of cooked food	Frequency	Percent
Mixture of Beans and Maize (<i>Githeri</i>)	62	69.6%
Boiled Beans (Beans not mixed with Maize)	16	18.0%
Green Grams and Other Legumes	21	23.6%
Boiled Sweet Potatoes	13	14.6%
Irish Potato Products (Chips)	36	40.4%
Wheat Flour Products (<i>Chapati</i> and <i>Mandazi</i>)	44	49.4%
Meats (Mtura, Sausage and Roast Meat)	56	62.9%

Source: Field Work, 2014

The foods most consumed by vendees were meat (62.9%), boiled mixture of maize and beans (69.6%) and wheat flour products (49.4%). Next are potato products, especially chips (40.4%), (Table 4.5).

Most of the vendors sell a certain category of foods because demand for them was high. Results on Table 4.5 showed that 75% of vendees consumed mixture of maize and beans. This probably explains why most vendors (39.3%) sold '*githeri*'.

The variety of cooked foods offered by vendors normally took long time to cook for example; one vendee explained that using an ordinary charcoal stove it would take one some two to three hours to prepare boiled beans. A lot of fuel would be used not forgetting that a tin of charcoal cost Ksh.60 and the beans are also costly, 1kg goes for Ksh.90. Considering that a cupful of cooked beans cost Ksh.20 the vendee stated, one would rather buy ready – to- eat beans than buy and prepare such a meal at home. Traditionally "*githeri*" is cooked on an open fire – using firewood in the rural areas. This is not possible in urban house that lack such facility and thus have to use charcoal stoves. The vendees therefore depend on cooked food in the streets for foods that would take long and cost much to prepare at home.

The supply of foods like chips is relatively low despite a relatively high demand; only 10% of the vendors sold chips (Figure 4.2) while 43% of the vendees consumed chips (Table 4.5). This was indicative of supply of some products not being predominantly influenced by demand but by other factors like cost of production or capital required to offer such products.

The vendors selling chips explained that they required Irish potatoes and deep frying cooking oil to prepare chips. The potatoes are peeled, then sliced, after which they are deep fried using special cooking equipment to produce quality chips. In Kayole, Irish potatoes are sourced from corner market whose sellers relied on supplies from

“*Marikiti*” market situated in the city centre. Many of the chips vendors could not go to *Marikiti* by themselves since they lacked money to buy potatoes in bulk and transport costs were high, hence; they relied on corner market to get Irish potatoes. The supply of potatoes was also affected by seasonality and these factors greatly influenced the number of cooked food vendors selling chips.

4.4.2 Startup Capital as a factor influencing cooked food vending

The study sought to determine whether startup capital influenced the choice of food sold by the street vendors. This was done by asking vendors to indicate the startup capital for various products that they sold. Their responses are presented in Table 4.6.

Table 4.6: Starting capital for various cooked foods

Type of Cooked Food	Starting Capital			
	1000 – 2000	2000 – 3000	3000 – 4000	Over 4000
Mixture of Beans and Maize	35.8%	51.6%	12.6%	0.0%
Boiled Beans	30.0%	46.9%	23.1%	0.0%
Boiled Sweet Potatoes	47.2%	30.8%	12%	0.0%
Meats (roast Meat)	20.0%	7.7%	50%	22.3%
Irish Potato Products	43.8%	48.5%	7.7%	0%
Wheat Flour Products	31.1%	42.2%	26.7%	0.0%
Green grams	21.0%	46.9%	23.1%	9.0%

Source: Field Work, 2014

The results show that majority of the vendors for the different types of cooked food had their starting capital within the range of Ksh.1000 and Ksh.4000. Table 4.6 shows that individuals can start selling any of the identified cooked foods with a startup capital of between Ksh. 1000 and Ksh. 2000. Most of the foods sold are produced cheaply; they are prepared simply by boiling, or roasting or frying on a pan. There

was no effort to engage in other market practices like using special packages or branding the products. The low startup capital illustrated that street food vending activity was characterized by ease of entry. Ease of entry into the business also implied there was high competition hence the need to operate on a small scale to mitigate risks. This concurs with the ILO (2009), report pointing out that the informal sector activities is characterized by ease of entry and their operations are small scale in nature.

4.5 Ingredients and Food Preparation Process

The study investigated whether food ingredients and food preparation process influenced choice of food to sell in the streets. The vendors described the various foods they prepared and the reasons for their choices. Boiled mixture of maize and beans (*'githeri'*) was the most vended product and was the most popular meal for lunch and supper. Testimonies from vendors bear this out, one respondent indicated that, *"All the food I cook everyday is bought by residents. Demand is high; sometimes I am not able to satisfy the market. Most families come to buy githeri or beans at lunchtime. The two are the most popular that is why I stopped cooking other foods"* said one street vendor. This is indicative of how marketable *githeri* was. The ingredients for *'githeri'* were maize and beans. The mixture of maize and beans was boiled at home during the night and carried to the market stands and in other cases it was boiled at the stand starting early in the morning. Firewood was the fuel most used to prepare the *'githeri'* but in some cases modified charcoal stoves were used, where by special charcoal made out of charcoal dust mixed with mud were used as it was economical because the dry mud mould smolders for a longer time compared to ordinary charcoal thus minimizing fuel costs.

Other vendors used saw dust in place of charcoal as a way of minimizing fuel costs. Once the maize and beans were cooked, the food was kept simmering over hot charcoal until customers came. Hence, '*githeri*' was easy to prepare. Further, the vendors reported that adding maize to beans made it cheaper rather than selling beans only or maize only. Most customers actually preferred buying *githeri* boiled, and then would fry it from their houses, using oil, onions, tomatoes and any other ingredients such as spices, cabbages, potatoes and carrots as they wished.

Beans and green grams had a similar cooking process as '*githeri*'. However, demand for them was lower than that for *githeri* and on their own, they were expensive foods given, a kilo of beans or green grams is twice as expensive as a kilo of maize. Boiled sweet potatoes were easy to prepare. They were washed and without peeling, boiled until tender. However, the demand for boiled sweet potatoes was not high (15.6%). The boiled sweet potatoes cost Ksh.20 each. Boiled sweet potatoes were more in supply than roasted sweet potatoes and cassavas since the process of roasting them involved burning them over an open fire and was more laborious. There were more roast maize vendors than there are boiled maize vendors. This was because most customers preferred roast maize to boiled maize. Selling roast maize required putting the maize cobs over open fire on a grill and turning them repeatedly until the maize is roasted. A completely roasted maize cob costs Ksh. 20. However, in the case of boiled maize, one had to boil the desired stocks of maize early and hoped that customers would consume the whole at a price of Ksh.20 each.

The supply for Irish Potato products such as chips was low despite high demand. The vendors associated it with the preparation process. Chips were prepared through

peeling potatoes and chopping them into sizable slices. The slices were then deep-fried either on open pans or in a specially built stove that uses firewood.

In the opinion of the vendors, the process of preparing Irish potato products was somehow demanding. The Irish potatoes and deep frying cooking oil were also expensive, and once prepared the products have to be consumed because they cannot be stored and served the next day. Wheat flour products were widely prepared and sold, and the most common in the streets of Kayole were *mandazi*, *chapati*, *samosas* and hard cakes (commonly known as *ngumu*). Wheat flour products were popular because they were common on breakfast tables as most beverages are accompanied with wheat products.

Chapatis were used as part of lunch and supper since they were normally used as an accompaniment to vegetables or stews. Vendors preparing *chapatis* reported that preparing them was easy and all that one required was wheat flour, a rolling pin, board, some cooking oil, a flat frying pan and fire. Dough is prepared out of the wheat flour with salt added to taste. The dough is then rolled out on the board using a rolling pin and the resultant round shaped thin dough is fried on low heat. The vendors prepared 30 chapatis from a 2kg packet of wheat flour and sold each at Ksh.10. This on average gave a profit of Ksh. 100. ‘*Mandazi*’ (bun) unlike chapati required a lot of time to prepare and deep-frying. Preparing wheat flour products required high input (costs) hence many vendees preferred to buy the few they needed from vendors who prepared them in bulk thus enjoying economies of scale on production.

Most meat products that were sold in the Kayole streets were smokies a low cost sausage produced by Farmers Choice company, Meatons and Alpha fine foods, Happylands company among others, roasted goat or cow meat, boiled meat (mostly goat head or cow head and legs) and ‘*mtura*’. The vendors of smokies reported that they did not sell sausages since the price of sausages are out of reach of most low income consumers. The sausages are priced at Ksh. 50 each in the restaurants while a smokie costs Ksh. 20.

In the street corners and near most of the butcheries in Kayole, there were ‘*Mtura*’ Stands. Preparation of ‘*Mtura*’ involved stuffing animal entrails or cooked blood in large intestines. The entrails were first boiled then roasted over open fire. It was a common delicacy that was once associated with the Kikuyu community but was now being enjoyed by vendees from other communities as well. This meat product was found to be cheap given that one could buy a piece of “*mtura*” for money one had sh.10, sh.20 according to a customer’s wish.

4.6 Cost of Running the Business as a factor influencing cooked food vending

The cost of running cooked food vending business in this study referred to labor employed. Most businesses in the informal sector relied on family labor due to high cost of hiring employees. However, for those that did not have family labor supply, they often had to engage other people. One respondent reported, “*Running this vending business requires more than cooking. A customer wants the food delivered to his house and I cannot take it because of other customers. Consequently, I need somebody to send. Hence, I must have a helper, who is my niece because she may not ask for a big payment,*” said one street vendor. The vendors were asked to indicate the

number of remunerated employees they had and their responses are presented in Figure. 4.3.

Figure 4.3: Number of People Employed



Source: Field Data, 2014

Findings revealed that 36% of the vendors had employees while 64% of the vendors manage their business on their own or used unremunerated family labor. Out of the 36% that had employees, 25% had employed one person while 11% had employed two persons, (Figure 4.3).

They employees helped the cooked food vendors with preparation of the food, running errands and serving customers when they came to the stand. In terms of payment, most of the employees were paid on commission basis ranging from Ksh.150 to Ksh.300 per day depending on the amount of work one did. Employees who helped in food preparation only, for example, sorting the grains and cereals to be cooked were paid Ksh. 150 while those who assisted in running errands and serving customers were paid Ksh.300 per day. Since most of the cooked food vendors 64% did not have employees this indicated that cost of running the business was a factor

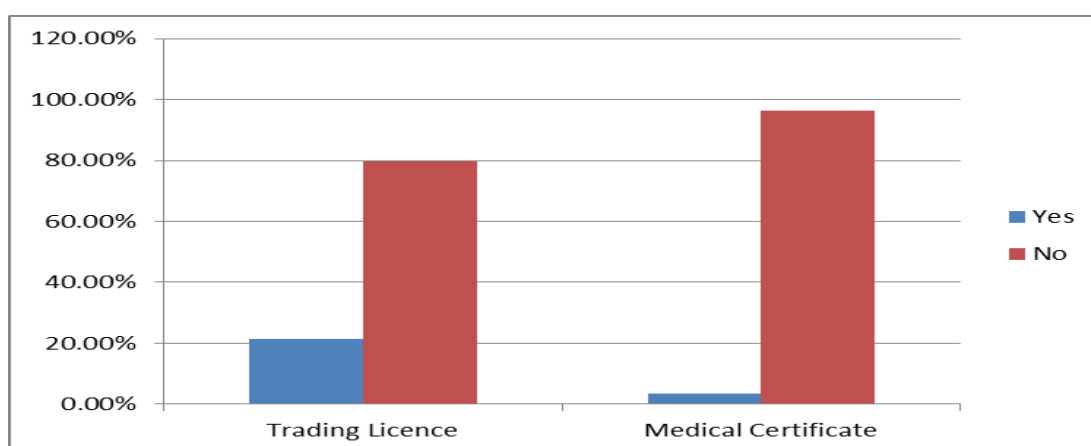
influencing cooked food vending in Kayole Location. This concurs with findings in a study by Nicole, 2012 in Ghana on street food vending that found out that street food vendors are mostly micro- entrepreneurs rather than dependent workers, providing employment not only for them but also for other people who would otherwise be unemployed. Street food enterprises with employees account for 38% of all enterprises in Accra, and 28% in Kumasi (Otoo *et al*, 2011). In both cities, enterprises employ on average three people.

4.7 The regulatory framework on cooked food vending in Nairobi city

Literature shows that urban policies and regulations are biased against street vending which deter street vendors from efficiently performing their business (Muiruri, 2010; Tinker, 2003; WIEGO, 2003). When starting a food business, there are trade and health regulations to be followed. One such regulation is acquisition of trading license and a medical certificate. According to Nairobi City Bylaws, (2007); all persons carrying or handling food must have medical certificates and permit fees, payable to the council and may be revised from time to time.

The trading license is a source of revenue for NCC but also served as a formal recognition of existence of the business. The medical certificates were mandatory for food handlers because food processing has a health risk. If food was not well prepared, it could lead to health problems, as unhygienic handling of food served to the public could lead to food related epidemics or mass poisoning. The study sought to determine whether legal requirements, obligations and regulations affected the street food vending business. The findings on compliance with this regulation were as shown in Figure 4.4.

Figure 4.4: Compliance with regulations on cooked food vending



Source: Field Work, 2014

The results showed that most of the vendors had neither a trading license nor a medical certificate. Of the respondents, 21.4% of the vendors had trading licenses while 3.6% of the vendors had medical certificates. These figures were very low and alarming considering the number of vendors and vendees of cooked food in Kayole location also taking into consideration that food was a necessity whose provision should be handled with care. The vendors were asked to explain why they did not have a license and medical certificate and their responses are presented in Table 4.7.

Table 4.7: Vendors Reasons for not having a trading license and medical certificate

Reason for not having Licenses	Frequency	Percent (%)
I do not know where to find one	12	14.5 %
Cannot afford	12	14.5 %
Not necessary	38	45.8 %
Long process to acquire one	15	18.0 %
I will acquire them when I open a Café/Hotel	6	7.2 %
Total	83	100 %

Source: Field Work, 2014

According to the Nairobi city by-laws, any individual wishing to deal in the sale of food has to have his or her premises inspected and a medical certificate issued. The individual has to apply and pay for the inspection, which is done by the Public Health Department officials. The inspection is done not only on health standards of the premise but also on the health of the food handlers. There is also a health certificate to show that a premise is safe for food sale and a medical certificate (called food handlers certificate) for the individuals selling food giving them a clean bill of health.

Key informant from the Health Department at the Nairobi City Council explained that this was done to ensure that food served for public consumption did not endanger lives of the buyers. Further, an informant from the City Inspectorate Department in Nairobi City Council reported that they moved around the city arresting individuals who did not have the pre-requisite license or medical certificate needed to practice food vending as per the NCC by-laws. The by- laws enforcement allows for prosecution in court, fine or imprisonment of vendors who have been found with offences.

Most of the vendors stated that they did not have a license or a medical certificate (47%). Some of the vendors explained that they did not process trading licenses because just like other small-scale traders, they paid the market levy to city council attendants of sh.50 twice every week while others felt trade license and medical certificate were too expensive. *“I cannot afford a trade license, the county government should allow us to trade freely”* commented one street vendor. They reported that a trading license costs Ksh. 10, 000 while a medical certificate for an

individual was Ksh. 1000 and for a business was Ksh.5000 and above depending on the size and nature of business.

These issues were taken up further with the key informants, who included Public Health Officer in the area, Planning Department and City Inspectorate Department officer. The public health officer from Nairobi City County indicated that there were no regulations for street cooked food vending industry because street cooked food vending is generally not allowed. The role of the public health officer, as explained, was to ensure maintenance of public health and that involved discouraging food vending and hawking in the streets. Therefore, the public health office organized swoops to arrest and confiscate food handling individuals and their products.

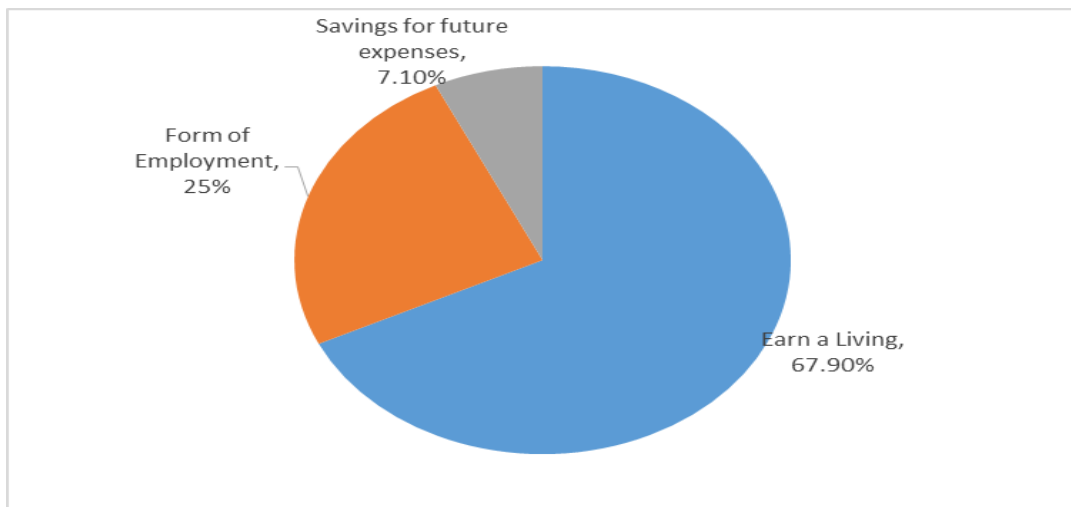
The public health officer indicated that their swoops have been successful in curbing the trade but agreed that there was an urgent need to change the regulations and keep up with the dynamics of the informal trade in the city.

The officer from the planning department in Nairobi City Council explained that cooked food vendors were treated like other hawkers and were only allowed to trade in designated areas. The City Inspectorate Department on the other hand explained that the cooked food vendors paid sh.50 twice a week as levy to the Nairobi City Council like other street hawkers. Both the planning and inspectorate officers were in consensus that regulations governing cooked food vending needed to be changed to be in line with the dynamics of the informal trade in Nairobi county.

4.8 The Benefits of Cooked Food Vending to the vendors and the vendees

The cooked food vending business thrives due to benefits derived from the practice by both the vendors and the vendees. The vendors were asked the benefits that they derived from the business and their responses are as shown in Figure 4.5.

Figure 4.5: Benefits vendors derived from cooked food vending



Source: Field Work, 2014

Of the respondents, 67.9 % indicated that they benefited from cooked food vending since it enabled them to earn a living. From the business, the vendors stated they were able to get income and be self-reliant. Out of the 83 vendors, 25% stated that cooked food vending was a form of employment to them having failed to get formal employment in the city. The remaining 7.1% of the vendors indicated that they benefited from cooked food vending business as the business enabled them to save for future expenses like paying school fees for their children. Testimonies from vendors bear this out. *“It is not the best business because of the harassment from city askaris. But at least I am able to earn something small which enables me to save for my daughters school fees,”* indicated one street vendor.

To find out whether cooked food vending was as a long-term business, the study investigated how long the vendors had been engaged in the business. Length of time a business has been running is indicative of it being beneficial. As explained by Chen (2007), individuals are likely to stay longer or engage for a longer time in an activity that enables them to realize their goal or get benefits. This means that only beneficial businesses thrive for long. The cooked foods vendors were asked to indicate for how long they had engaged in the business. Their responses are as presented in Table 4.8

Table 4.8: Years vendors have engaged in cooked food vending

When vendor started selling cooked food	Frequency	Percentage (%)
6months - 1 year	6	7.1%
1-2 years	15	17.9%
2-3 years	12	14.3%
3-4 years	6	7.1%
4 - 5 years	23	28.6%
over 5 years	21	25.0%
Total	83	100%

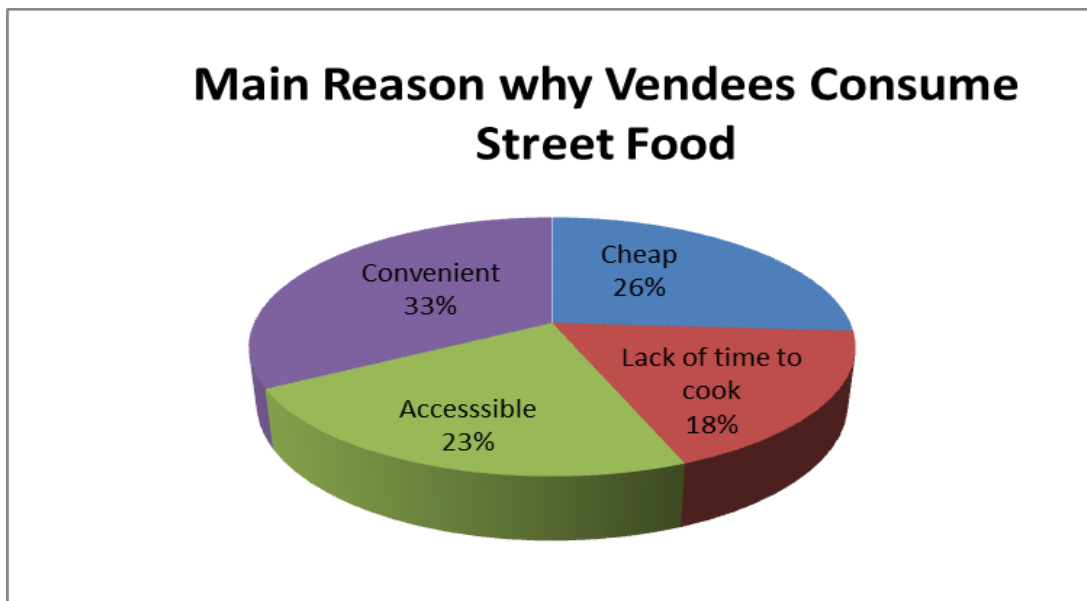
Source: Field Work, 2014

Most of the vendors (53.6%) have engaged in the business for at least over 4 years. To have stayed in the business for that long, means the business was beneficial. Vendors engaged in cooked food sale because there was demand or a ready market for the products.

4.9. Why vendees bought and consumed cooked foods

The vendees were asked to indicate the main reason why they bought and consumed street cooked food and their responses are presented in Figure 4.6.

Figure 4.6: Main Reason Vendees Consumed Cooked streets Food



Source: Field Work, 2014

Of the respondents, 33% indicated that they liked cooked foods vended in the streets because it is conveniently available. This meant that the food was available when the vendee needed to eat and there was no inconvenience on the side of the vendee in terms of food preparation. Most of the vendees were informal sector employees who were busy in their garages, workshops, stalls, and hence, had little time available for them to go home and prepare meals especially during working hours.

Of the respondents, 26% ate cooked food sold in the streets mainly because it was cheap. *“I find it cheap buying githeri because of the convenience. Cooking it will take time and cost much more,”* reported one street vendee. This indicated that buying ingredients to prepare foods such as *Mandazi*, *Chapati*, or even *githeri* was more expensive than buying already cooked food. The street food vendors enjoyed economies of scale given that they could afford to prepare a huge volume of food for consumption by various customers. This study sought to determine whether vendees’ income influenced the consumption of cooked food sold by cooked food vendors in

the streets. A chi-square test was done to measure if there was relationship between a vendee's income and number of times the vendee consumed cooked foods sold in the streets. The results are shown in Table 4.9.

Table 4.9: Chi-Square Test on vendee's income and Consumption of cooked Street Food

Chi-Square value	0.093
Number of Valid Cases	89

Source: Field Work, 2014

The Chi Square value was 0.093. This means that a relationship existed between income of vendees and frequency in consumption of cooked food; the relationship is significant at 0.1 precision level and 90% confidence level. Consequently, null hypothesis H₀₂. There is no significant relationship between vendee's income and consumption of cooked street food was rejected. This implies that income levels influenced the frequency of consumption of cooked foods in the streets. Income enabled the vendees to purchase food from the streets. These results are similar to what Chung, *et al.*, (2001) found among low-income earners in Bangkok, where 67% of the households cooked only once a day and bought one or two meals of ready-to-eat food from street vendors because they found street food more economical than home cooking. The food was readily available as it was prepared and sold within the customers' environments. Finally, and related to the issue of convenience was availability of time. Eighteen percent of the vendees stated that they consumed cooked food because they lacked time to prepare a proper meal. As noted early in the study most of the cooked food vendees' were single men who viewed cooking as a women's domain, preparing foods that took long to cook was not favorable to them.

To get more insight in the benefits derived from cooked food vending practice by vendees, they were asked to rank given benefits on a scale of 1-7. The rank [1 -7] was supposed to indicate, which of the benefits mattered more than the other benefits where 1 meant highest preference while 7 meant lowest preference. The results of computed rankings and the standard deviation done are presented in Table 4.10.

Table 4.10: Vendees ranking of benefits from cooked food

Benefit to Vendees	Mean	Std. Deviation
Cooked food is cheap to vendee	2.28	1.571
Cooked food is easily accessible/convenient to vendee	1.84	1.051
Cooked food is Nutritious	5.44	1.162
Cooked food is offered in a timely manner to vendee	3.59	1.073
Cooked food offers variety to vendee	5.00	1.078
Cooked food saves on fuel	5.22	1.979
Cooked food helps vendees who lack time to cook	4.63	2.152

Source: Field Work, 2014

Each vendee provided a rank and an average of the ranks was calculated to show the general trend in the ranking by the vendees. Further, a standard deviation was calculated to show dispersion in the rankings. A small mean implied that, on average, the benefit is most significant for the vendees. A large mean i.e. closest to seven, implied that, on average, the vendees thought the benefit was least significant. A lower standard deviation implied there was little dispersion in the ranks while a higher standard deviation implied greater dispersion and thus low agreement among vendees on the given rank for a given benefit.

The means indicate that vendees preferred cooked food because it was accessible and convenient. The vendees in this study were predominantly informal sector workers

who required a quick meal served conveniently to cater for their needs, within the long hours spend at work sites.

Studies by Matalas and Yannakoulia (2000) and Taylor *et al*, (2000), showed that cooked food sold in the streets benefited people who work away from home for long hours. This meant that they needed a quick meal, in between working hours, or food that they could munch away as they walked down the streets. The second significant factor was street food was deemed cheaper than cooking at home. Since most of the vendees are informal, sector workers who earn low-income cooked foods come in handy as they can acquire ready-to-eat food for as low as Ksh.20 that is for a cupful of *githeri*. Formal hotels, cafes and restaurants are deemed expensive as the businesses have higher overheads. Consequently, cooked foods in streets provide ready supply of affordable food to suit their needs. This does not concur with what Chung *et al*, (2001) established, that poor households in Bangkok cooked one meal a day and survived on bites from food sold by street vendors until they could cook the next meal. The third was that cooked food provided vendees with access to a timely meal. Informal sector workers only have specific time within which to find a meal and return to work. They do not have the largesse of being able to go home and prepare a meal. As discussed by Taylor *et al*, (2000), the vendees of cooked food sold in the streets were often individuals who may not have time to walk to hotels and wait to be served in a structured hotel environment. Cooked food vendors thus provided food in a timely manner.

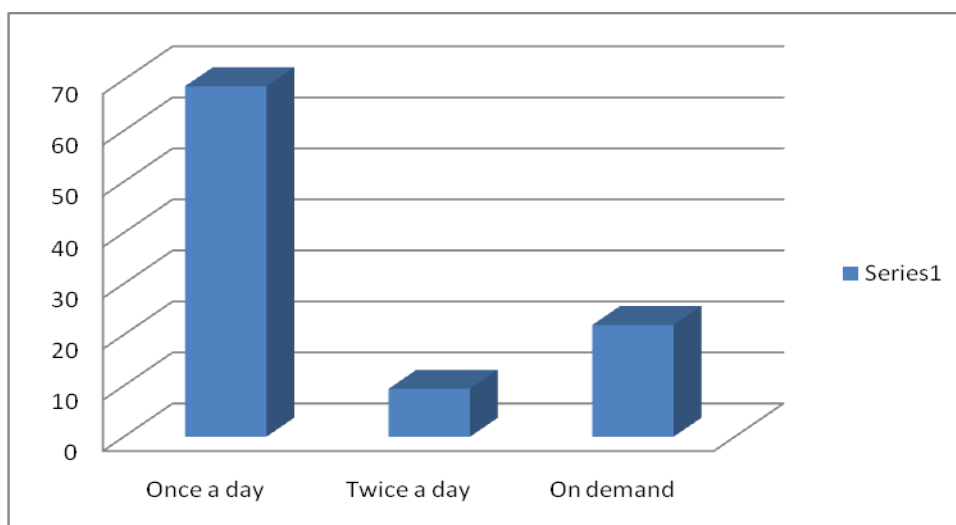
Cooked food sold in streets did not benefit those who worked away from home only. Those who had time at home also benefited from cooked food vending since they

occasionally bought and consumed cooked food. This is similar to Tinker (2003) explanations that cooked food sold in the streets helped in case of lack of time to cook, whether one is at home or away at their work place. Moreover, although not very significant to the vendees as shown by the low mean rank of five, street food enables the vendees to get variety in diet.

One could buy a chapati with some boiled beans or boiled green grams for lunch or go for *githeri* and fry them at home with some onions and tomatoes. Another reason why vendee bought and consumed cooked foods was to save on fuel. Ready-to-eat food is economical since no fuel is required unless one intends to add more ingredients and fry the food bought like in the case of *githeri*. Further still some of the vendees bought and consumed cooked food to ensure they had a balanced diet (proteins, carbohydrates and vitamins), for instance some vendees bought boiled beans or green gram (protein) to take together with foods that are easily prepared at home such as ugali (carbohydrates) and some cabbages (vitamins).

The vendees were asked whether cooked street food was their major meal of the day. Their responses are presented in Figure 4.7.

Figure 4.7: Vendees’ frequency of consumption of cooked streets food



Source: Field Work, 2014

All the vendees indicated that cooked street food was not their major meal of the day. For most of them, they bought cooked food as accompaniments for other meals cooked in the house. For instance, many indicated that they bought *chapati* as a breakfast accompaniment. For 70% of the vendees, the number of times such food was taken was limited to once a day. Less than 10% of the vendees consumed cooked food sold in the streets, as a main meal, twice a day. The rest of the vendees (20%) only bought cooked food on a need by need basis. Most respondents explained that they ate cooked food from vendors when they were away from home and thus could not cook or when they did not have time to cook. The vendees were asked to indicate for how long they had consumed cooked food sold in the street and their responses are shown in Table 4.11

Table 4.11: Years vendees have consumed cooked streets food

Period	Frequency	Percentage of Vendees
1-2 years	4	4.5%
2-3 years	22	24.7%
3-4 years	17	19.1%
4-5years	18	20.2%
Over 5 years	28	31.5%

Source: Fieldwork, 2014

Since 51.5% of the vendees have consumed street cooked food for over 4 years implied that cooked food vending business benefitted the people of Kayole location and had become part of their source of daily food.

4.10 Challenges facing ccooked foods vendees

Generally, the vendees appreciated the practice of cooked food vending in the streets due to the various benefits they derived from the practice. The vendees were however, asked to identify some of the challenges they faced because of buying and eating food on the streets. Their response are presented in Table 4.12

Table 4.12: Challenges faced by Vendees

Challenges	No. of respondents	Percentage
Unsteady supply of cooked food	89	100%
Poor Standards of Hygiene	62	69.6%
Low Variety	8	9%

Source: Field Work, 2014

The vendees indicated that the main challenge related to cooked streets food was unsteady supply. Most indicated that sometimes when they needed the food, it was not available and during peak hours like lunchtime, the supply often did not meet demand. This was also the case at the end of the month when many customers had money and demand for the cooked food increased.

Most of the vendees (69.6 %) also noted that standards of hygiene needed to be observed through use of potable water and maintaining general cleanliness during food preparation. Some of the vendees (9%) noted that the vendors had limited variety in the cooked food for sale. They noted that they would have liked a variety of rice, ugali, ‘*matoke*’ (boiled unripe bananas that have been mashed) or even ‘*mukimo*’ that

is a mixture of boiled green maize and peas mashed with some potatoes and green vegetables.

4.11. Challenges Facing Cooked Food Vendors

To find out challenges facing cooked food vending practice, vendors were asked to rank a selected number of challenges on a scale of 1-7 in order of the magnitude of the effects of the challenge on their business. One represented the highest negative effect while seven represented the lowest magnitude or negative impact. Out of the vendors rankings, the averages and standard deviations were computed and are presented in Table 4.13.

Table 4.13: Ranking of Challenges Affecting Vendors

Challenges	N	Mean	Std. Deviation
Stiff Market competition	83	1.96	1.290
Financial Limitations	83	1.79	1.228
Lack of Storage facility	83	3.29	0.897
Seasonal Demand	83	3.75	1.143
Lack of Provisions like water	83	4.50	1.036
Lack of Packaging Materials	83	5.86	0.448
Lack of Stalls	83	6.86	0.448

Source: Field Work, 2014

Based on the findings presented on Table 4.13 above, financial limitations with a mean ranking of 1.79 was the greatest challenge facing the cooked streets food vendors. As shown in Table 4.6, most of the vendors operate on a capital of less than Ksh. 4000. The vendors were financially constrained considering that they had other livelihood needs to support from their business other than expanding or re-investing in the business. Majority of the cooked food vendors buy the ingredients to use in their stalls on a daily basis. The amount of capital they have does not enable them to buy in

bulk and store to hedge against price fluctuations. Any change in the prices of agricultural commodities in the market directly affected their business.

Stiff market competition also ranked highly among challenges faced by vendors. Competition was stiff because there was ease of entry in the business. Each cooked food vendor had many other vendors with whom to compete. The competition was not limited to those offering the same kind of foods but also those offering alternative foods. Most of the food vendors in the streets of Kayole were crowded in some designate corner. Operating in close proximity increased competition as it offered choice of vendor to vendee at any particular time.

The third ranked challenge was lack of storage facility. Most vendors had to carry their wares everyday from home to their selling points. Others relied on traders with stalls or shops to keep the cooking utensils for them. Additionally, cooked food is highly perishable. The vendors suffered losses when they had leftovers since they lacked modern food storage facilities or equipment like fridges and deep freezers and thus could not keep leftover food fresh for long.

The fourth ranked challenge was seasonal demand for given types of foods with a mean rating of 3.75. Fluctuation of prices due to seasons than changes in people's preferences affects demand of cooked foods. For instance, as green maize supply dwindles, the prices for roast or boiled maize tend to go up. As a result, demand for roast maize is lower when supply for the maize is low and prices have gone up. However, foods like githeri have steady demand all year round except during festive

days such as Christmas when vendees preferred to prepare special meals at home for the festivals.

Demand for cooked foods is always dependent on factors that are not within the control of the food vendors. As narrated by the vendors, demand for food is low during public holidays, on rainy days, on weekends and when given works end for instance, when construction of a building ends and workers migrate to other sites. Due to such factors, demand for cooked food is not always steady yet the cooked food vendors want a steady income.

Fifth among the challenges faced by the vendors was lack of provisions like potable water. The vendors had to carry water from home; buy from mobile water vendors or rely on rationed city council water supply. Consequently, lack of provisions like potable water did not rank highly on the challenges, as it was obtainable within the estate. However, there are days of water scarcity when the vendors had to rely more on the mobile water vendors. In such circumstances, water tends to be expensive and access is limited.

The issues that offered least challenge to the vendors were availability of packaging materials and not having a stall. This was because; packaging was not required especially for vendees who consumed the food at the selling point. Cheap polythene papers bought in shops were used to pack food for vendees who needed take away. Most of the vendors did not show keenness to have a stall considering that it comes with extra costs in the form of stall rent or rates. The standard deviation in Table 4.13 indicates that there was high dispersion on all the other challenges except for lack of

stalls, packaging materials and lack of storage facilities. This meant the vendors agreed on the ranking for stalls, packaging material and storage than on the other challenges ranked.

4.12. Support Services Desired by Cooked Food Vendors

The vendors were asked to rank different support services that they needed in order to take their businesses to the next level. On a scale of 1-5, where one was most preferred or desired and 5 was least desired or preferred, they ranked the various business support services depending on their perceived needs. The computations based on their rankings are presented in Table 4.14.

Table 4.14: Vendors’ ranking of preferred support services

Desired Support Service	N	Mean	Std. Deviation
Financial Support Needed	83	1.00	0.000
Business Training Needed	83	2.18	0.548
Formalization of Business	83	3.07	0.378
Provisions like water	83	3.86	0.651
Construction of Stalls	83	4.89	0.416

Source: Field Work, 2014

Financial support was the highest need of the vendors. The vendors needed improvement on accessibility of loans at low interest to be able to expand their business. Discussions with the vendors’ revealed that many had goals and would like to save towards realizing those goals. However, many household or livelihood needs limited their saving capacity and thus they were not able to achieve their goals. The vendors felt affordable loans could help in development of their business.

Second need was business training more specifically on bookkeeping and management of their accounts as well as how to save and re-invest the profits they made. Bookkeeping would ensure they had proper records of expenses, income and profit made. Such records could be handy when they needed to get loans to expand their businesses.

Third need was formalization of the business. This was to safe guard them from harassment by county government officials, which in most cases resulted in destruction of their equipment, confiscation of the food, fines or sometimes taken to court. Formalization of the business would ensure vendors had shelters and support by the county government. The vendors also needed provisions like potable water made readily available to improve on service delivery to their customers. The standard deviations are very low, which is indicative of low dispersion in data implying more agreement on ranking of the preferred support services required by the vendors.

CHAPTER FIVE

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATIONS

5.1. Introduction

The aim of the study was to investigate the socio-economic characteristics of the cooked food vendors and vendees in Kayole, to establish factors contributing towards cooked food vending in Kayole, determine the benefits derived from cooked food vending practice for the vendors and vendees in Kayole and identify the challenges facing cooked food vending business in Kayole Location. Data was collected from 83 cooked food vendors and 89 cooked food vendees to examine the dynamics of cooked food vending in Kayole Location.

5.2. Summary of Findings

The summary of the main findings of the study were as follows:

Vendors were from a wide age spectrum of between 19-50 years. However, majority of the vendors (64 %) were in the 31-50 year age bracket. On gender, 60.7 % of vendors were female while the majority (62.5%) was married. For the vendees they were between age 19-50 years with 40.6% being single and 71.9 % being male. Additionally 70% of the vendees were low-income earners earning a salary of between Ksh.4000-10,000.

A Chi-square test used to measure the relationship between educational level of cooked food vendors and vending cooked street food showed that educational level was not a factor that determined the cooked street food vending practice. Other factors such as capital required, cooking procedure and food ingredients utilized influenced cooked street food vending in Kayole Location, Nairobi County.

Findings indicated that cooked foods vending was started with a startup capital of between Ksh.1000 and Ksh.2000. Production of the foods was cheap as it simply involved boiling for example *githeri*, beans, sweet potatoes, maize; roasting for instance, meat or maize while others were fried on pans for example chips. This made it easy to start the cooked food vending business. In the study 67.9 % of the vendors indicated that cooked food vending, was a source of earning a living enabling them to get income and be self-reliant. Implying cooked food vending was an easier way of earning in the informal sector after failure to get jobs in the formal sector.

A chi-square test to measure relationship between vendee's income and consumption of cooked foods revealed 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.

Findings indicated that cooked food vending faced challenges such as hygiene due to lack of potable water for use when preparing food and washing cooking utensils. The vendors lacked stalls from where they could prepare, cook and sell food. They lacked finance to purchase modern equipment such as refrigerators to preserve leftover foods and lacked government support to improve on the standard and quality of their

business. The vendees also mentioned challenges such as lack of availability of foods due to high demand especially during peak hours like lunchtime or during special occasions like public holidays and festive seasons like Christmas when vendors did not offer cooked foods.

5.3. Conclusion

The findings of this study revealed that cooked food vending industry in Kayole has emerged and grown out of necessity. There is a need among low-income earners to access cheap food to make ends meet thus creating a large market for cooked foods. The study indicates that cooked street food vending is one of the few readily accessible jobs for the urban population who need to earn a living having failed to get formal employment. Cooked street food vending is therefore an informal activity through which household livelihood and food security is enhanced for the increasing urban population. Therefore cooked street food vending industry should not be underestimated as it contributes to economic growth in Kayole Location, Nairobi County.

5.4. Recommendations

Cooked Street Food vending has become an important part in the informal sector activities. This is in view of rapid urbanization in the city of Nairobi. It helps in the problem of unemployment, enhances access to food as it provides cheap food in a convenient manner and is a source of revenue for Nairobi County. Hence, to make it a viable and sustainable sector, the study makes the following recommendations:

- (i) The County 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.

- (ii) 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.
- (iii) City council should establish affordable license fees so that vendors become more likely to register and acquire trading license. The licensing of vendors will ensure that they are not harassed, arrested or have their trading items confiscated by council officers.
- (iv) The challenge of hygiene can be addressed by ensuring personal health of the vendors is enforced through provision of the food handlers' certificate for individuals selling food giving them a clean bill of health as well as ensuring that appropriate clothing is worn during food preparation for example wearing chef's hat and white coat or apron.

5.5 Suggestions for Further Study

There is room for further research on the study of cooked street food vending practice in urban areas. Due to growth and increase of cooked street food vending practice in urban areas it might be of value if a study is undertaken

1. To determine changes to be put in place regarding regulations governing cooked street food vending practice to keep up with the dynamics of the informal activity in the city.
2. Researchers might consider investigating the recent involvement of supermarkets in preparation and selling of cooked foods. The questions here are whether that affects cooked food vending in the streets, the market niche characteristics and why the uptake of take away food from supermarkets.
3. Finally, a socio-cultural consideration could lead researchers to investigating the impact of cooked food vending on the social structure. Traditionally, African families socialized over the cooking pot and while eating together. Gender roles associated with food preparation were well defined. Cooked food-vending poses a disruptive effect to the traditional setting and thus creates room for more research on the impact of cooked food vending on family breakages.

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APPENDICES

Appendix 1: Work Schedule

	Feb 2013	Dec 2013	Dec 2014	Feb 2015	April 2015	Aug 2015	Sep 2015	Aug 2016	Dec 2016
1. Defense of proposal at Department.									
2. Proposal forwarding to graduate school.									
3. Commencement of fieldwork.									
4. Completion of data collection and analysis of data.									
5. Writing first draft of thesis.									
6. Revision of final draft of thesis.									
7. Submission of thesis to graduate school.									
8. Defense of thesis									
9. Submission of corrected copy of thesis and Graduation									

Appendix 2: Research Instruments

Cooked Food Vendors' Questionnaire

Dear Respondent

My name is Rita Akinyi Maroko, a Master of Arts student in Kenyatta University carrying out a research on dynamics of cooked food vending practices in Nairobi. I would be very thankful if you spared your time to provide information relating to the questions provided below. Note that the information you give will be treated with strict confidentiality and for purpose of this research only.

Kindly respond to all questions, tick [] in the brackets where applicable. Your cooperation is highly appreciated. Thanks in advance.

Yours Faithfully

Rita Akinyi Maroko

Part A: Personal Details

Sex

Male Female

Please tick your age []

Below 18 years 19 - 30 years

31 - 40 years 41 - 50 years

Above 50 years

What is your level of education?

No- formal education Primary

Secondary Tertiary

Marital status

Single Married Divorced Widowed

Number of children.....

Part B: Factors Contributing to Cooked Food Vending

When did you start this business?

.....

What amount was the starting capital for your business? Approximately

1000-2000 2000-3000

3000-4000 over 4000

Give reasons for starting the business.....

.....

Part C: Benefits from Cooked Food Vending

How does the cooked food vending help you and your household (give details)

- a) Buying Food.....
- b) Paying School fees.....
- c) Paying Rent.....
- d) Household Bills.....
- e) Others.....

(Enumerate and explain)

Part D: Challenges of Cooked Food Vending

Do you experience constraints in operating your business?

Yes [] No []

What time do you open and close your business?

Open at Close at

Why?
.....

How many employees do you have in your business?

None [] 1 - 2 [] 2 - 3 []

If yes, rank the constraints below [1-7] in order of their magnitude of negative effect.

1 - Highest magnitude of negative effect

7 - Lowest magnitude of negative effect

Stiff market competition []

Financial limitation []

Storage facility []

Seasonal variation of customers demand []

Availability of resources such as tapped water []

Packaging materials []

Lack of stalls []

Do you have business license? Yes [] No []

If yes specify City council [] Trading License []

Do you have medical certificate? Yes [] No []

If no, why?

.....
.....

Kindly rank the below support services you need to help improve your business performance in order of your preference [1-5]

1 - Highest magnitude

5 - Lowest magnitude

Financial support []

Business training []

Formalization of the business []

Provision of resources such as portable water []

Construction of stalls []

Appendix 3: Cooked Food Vendee's Questionnaire

Dear Respondent

My name is Rita Akinyi Maroko, a Masters of Art student in Kenyatta University carrying out a research on dynamics of cooked food vending practices in Nairobi. I would be very thankful if you spared your time to provide information relating to the questions provided below. Note that the information you give will be treated with strict confidentiality and for purpose of this research only.

Kindly respond to all questions, tick [] in the brackets where applicable. Your co-operation is highly appreciated. Thanks in advance.

Yours Faithfully

Rita Akinyi Maroko

PART A: PERSONAL DETAILS

Sex

Male []

Female []

Age

Less than 30 [] 31-40 [] 41-50 [] 51 and above []

Marital status

Single [] Married [] Divorced [] Widowed []

Employment

Formal employment [] Informal employment [] Unemployed []

If employed average monthly income is

Less than 5000 [] 5001-10000 [] 10001-20000 []
20001 and above []

Part B: Factors Contributing To Consumption of Cooked Street Food

Type of food bought

Meal of a mixture of boiled maize and beans []

Boiled beans []

Boiled sweet potatoes []

Boiled green grams []

Chapati []

Ugali []

Others (specify)

What is the reason for buying cooked food [explain]

.....
.....

How often do you buy the cooked foods?

Once a day []

Twice a day []

Thrice a day []

Other (specify)

Give reasons

.....
.....

How long have you been buying cooked foods?

6months - 1year []

1year - 2years []

2years - 3years []

3years - 4years []

Over 4 years []

Other (specify)

Part C: Benefits of Cooked Food

Why do you prefer the cooked food? Rank the below preferences [1 -7] in order of your preferences. 1-highest preference 7- lowest preference

Cheap food []

Easily accessible []

Nutritious food []

Food is offered in a timely manner []

Variety of food available []

Save on fuel []

Lack of time to cook food by self []

Is cooked food your major source of food for the day? Yes [] No []

Part D: Challenges Relating to Consumption of Cooked Food

Are there challenges in accessing cooked food? If yes, explain

.....
.....

Have you had any problems due to consumption of cooked food? If yes, explain

.....
.....

Do you have any suggestion regarding cooked food vending practice? (Explain)

.....
.....

Appendix 4: Public Health Regulation Officer's Interview guide

Part A: Introduction

The interviewer introduces himself or herself and the research subject. The researcher will also state the research objectives and assure interviewee of confidentiality. The interviewee to introduce self and researcher to ask questions related to

1. How long has the interviewee been in his/her position?
2. What is the interviewee's role in relation to health of the people of Kayole

Part B: Factors Contributing To Practice of Cooked Food Vending

1. Has cooked food vending been on the increase or decrease?
2. In their work as health officers, do they promote or discourage food vending
3. Has their promotion or discouragement of food vending succeeded?

Part C: Benefits of Food Vending

1. Does cooked food vending have any positive contributions to societal welfare?
2. From a health perspective, how can the vendors be involved in effort to ensure health standards are maintained?

Part D: Response to Challenges Related to Cooked Food Vending

1. What are the negative effects of cooked food vending to societal welfare?
2. What are the health challenges that have emerged due to cooked food vending?
3. Are there any programs by the government to engage cooked food vendors and address challenges associated with their trade?

Appendix 5: Nairobi County Inspectorate department Officer's Interview Guide

Part A: Introduction

The interviewer will introduce himself or herself and the research subject. The researcher will also state the research objectives and assure interviewee of confidentiality. The interviewee to introduce self and researcher to ask questions related to:

1. How long has the interviewee been in his/her position?
2. What is the interviewee's role in relation to operation of cooked food vending in Kayole

Part B: Factors Contributing To Practice of Cooked Food Vending

1. Has cooked food vending been on the increase or decrease?
2. In their work as health officers, do they promote or discourage food vending
3. Has their promotion or discouragement of food vending succeeded?

Part C: Benefits of Food Vending

1. Does cooked food vending have any positive contributions to societal welfare?
2. How can the vendors be involved in effort to ensure socio-economic welfare of individuals in county is improved?

Part D: Response to Challenges Related to Cooked Food Vending

1. What are the negative effects of cooked food vending to Nairobi County?
2. What are the regulatory challenges that have emerged due to cooked food vending?
3. Are there any programs by the County government to engage cooked food vendors and address challenges associated with their trade?