



4

Local Income Solution



**NUTRITIOUS
PORRIDGE FLOUR**

Emmanuel Kakooza

SOLUTION ENTREPRENEUR

MALE • 39 YEARS • MASAKA, UGANDA

As a certified nutritionist, Emmanuel has created a number of products that have improved the health of his community. He comes from a coffee farming family and is the founder of Kakooza Nutrition Solutions, a company that specializes in selling nutritious products like porridge and juices.

After his studies, he applied his knowledge to cover the gap in hospitals by offering nutrition plans to patients. He provides health intervention for different issues such as malnutrition, especially among children and breastfeeding mothers. He developed a nutritious porridge from a mixture of healthy grains such as soya beans and rice. This porridge has been proven beneficial as it is high in vitamin B, which boosts energy levels and brain function.

His greatest joy is when he receives testimonies from his clients on the improved health benefits that they experience. It has also motivated him to create a range of other products such as fresh bottled juice.



HIS FAVOURITE QUOTE

“*The success of people is not measured by money or land, but people they impact.*”



INCOME FACTS

- Startup cost: 200,000 UGX (50.65 Euros)
- Selling price: 1 kilogram at 6,000 UGX (1.52 Euros)
- Income potential (monthly): 363,000 UGX (91.89 Euros)



SALE TIPS

- Maintain good quality and hygiene of the product.
- Maintain discipline while managing the business.
- Always exercise patience and persistence.



POTENTIAL CHALLENGES

- The product requires enough working space, therefore an extra cost.
- There is a need for machinery for milling the grains.
- Identifying the right packaging material can be expensive.

5-YEAR VISION

Building his own production factory and exporting to the international market.



LEARNING VIDEO

Click the video and learn how to do this income solution.





8 Steps TO MAKE NUTRITIOUS PORRIDGE FLOUR

MATERIALS

- Soya beans.....(1kg)
- Rice grain.....(1kg)
- Paper bags.....(1)
- Label.....(1)
- Weighing scale.....(1)
- Spoon.....(1)
- Saucepan.....(1)
- Container.....(1)
- Charcoal stove.....(1)
- Mingling stick.....(1)
- Sieve.....(1)

1



Identify the best source of good quality grains in your area.

2



After getting the soya beans and rice grains, clean them by removing unwanted items like stones, molds, old grains, etc

3



Deep roast the soya beans on moderate heat for 15 minutes. They are ready when they turn light brown. Be sure to retain the skin of the beans.

4



Take the soya beans and rice to a nearby miller to turn the grains into flour. Be sure to measure them before taking them for milling to know the weight for each.

5



After milling, be sure to sieve the flour to remove any unwanted particles.

6



Keeping the ratio of 1 to 1, add 1kg of soya to 1kg of rice flour and mix well.

7



Pack your nutritious porridge flour and label it accordingly for easy identification of the product.

8



Your porridge is now ready to be sold!

TIPS

1. Do not wash the grains as they need to be completely dry to be used. To test this, when you break the grain it makes a cracking sound.
2. Be sure to clearly indicate the date when the flour was milled and the best before date on the label.