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Food Studies

## Place Matters: The Valorization of Cultural, Gastronomic, and Territorial Heritage

Polytechnic Institute of Portalegre, Portalegre, Portugal

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 Food Studies  
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# Urbanisation and the effect on local food environments:

## A retrospective study of two older suburbs in Pretoria (City of Tshwane Region 3), South Africa

Make today matter

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WELCOME TO  
**SOUTH AFRICA**



# South Africa

**Land of  
opportunities**

**Urbanisation**

**Sunnyside &  
Trevenna**





# South Africa - urbanisation

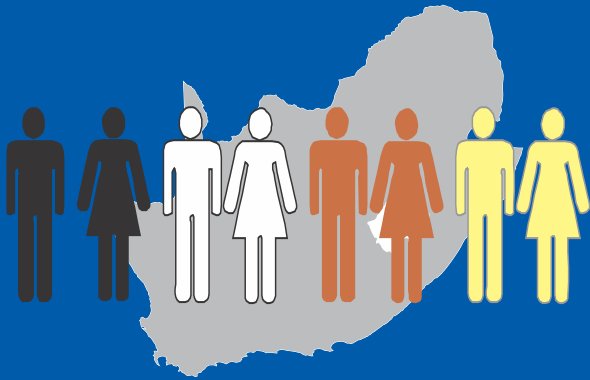




# The urban consumer in South Africa



2024



Emerging economy

**64.16 million people**

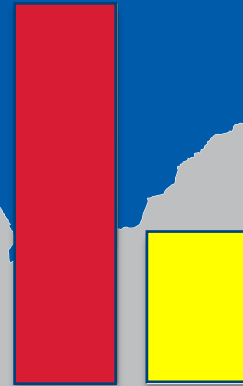
Different origins, cultures, languages and religions.



**Population**

27.5% younger than 15 years

9.7% are 60 years or older.



2025



**Urbanised**

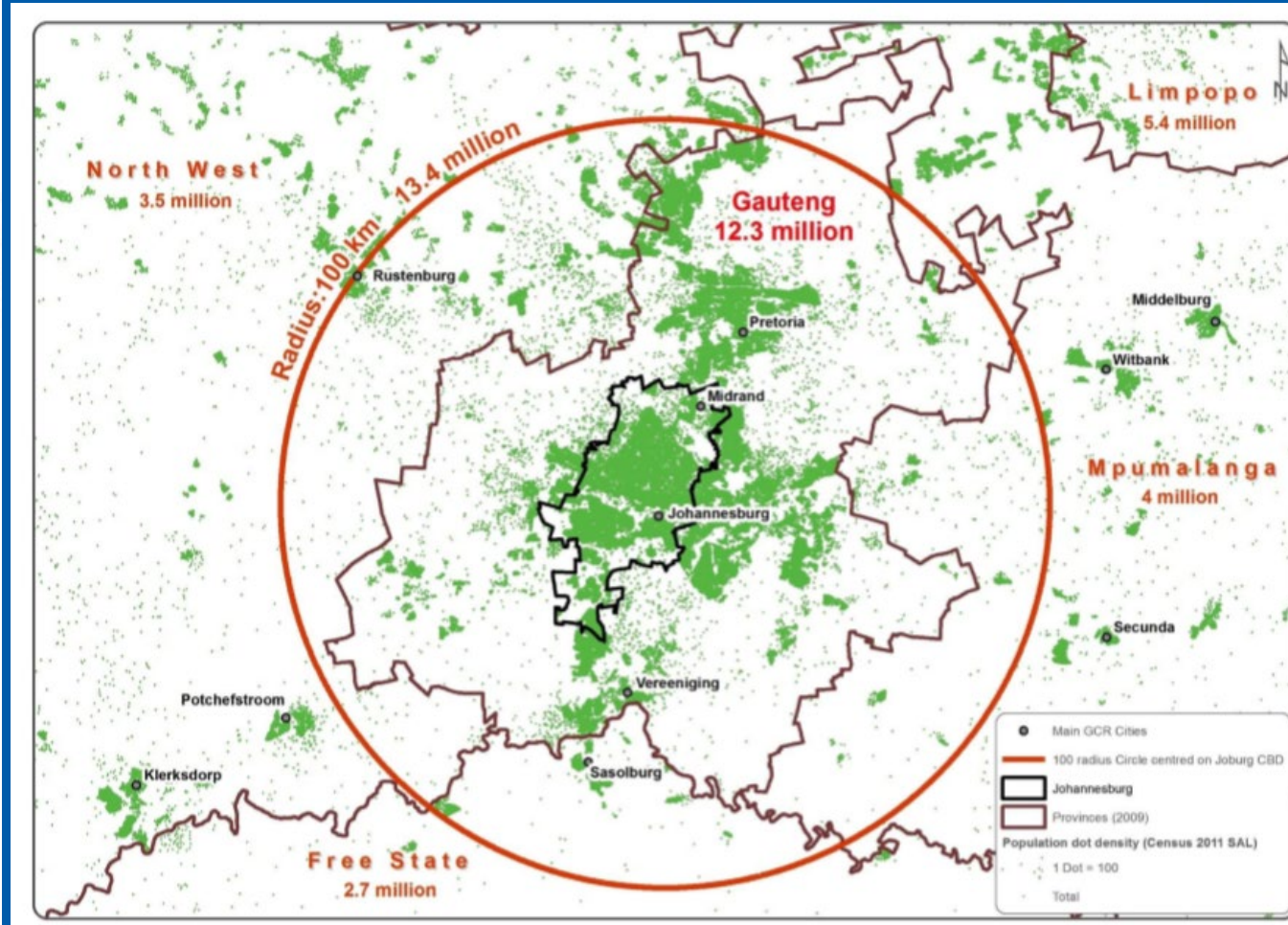
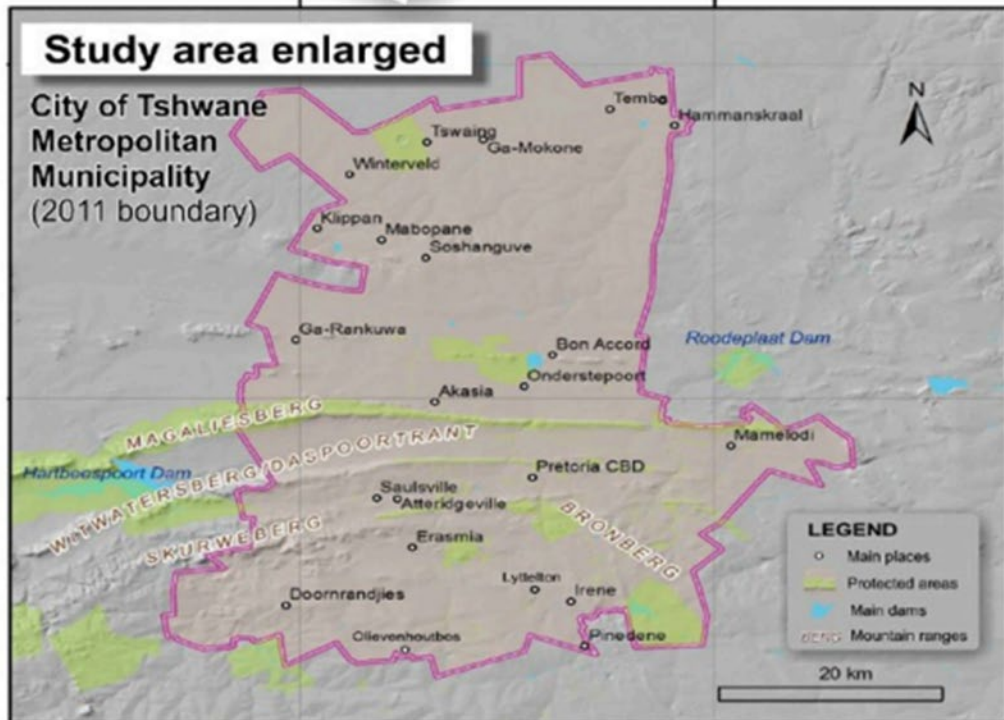
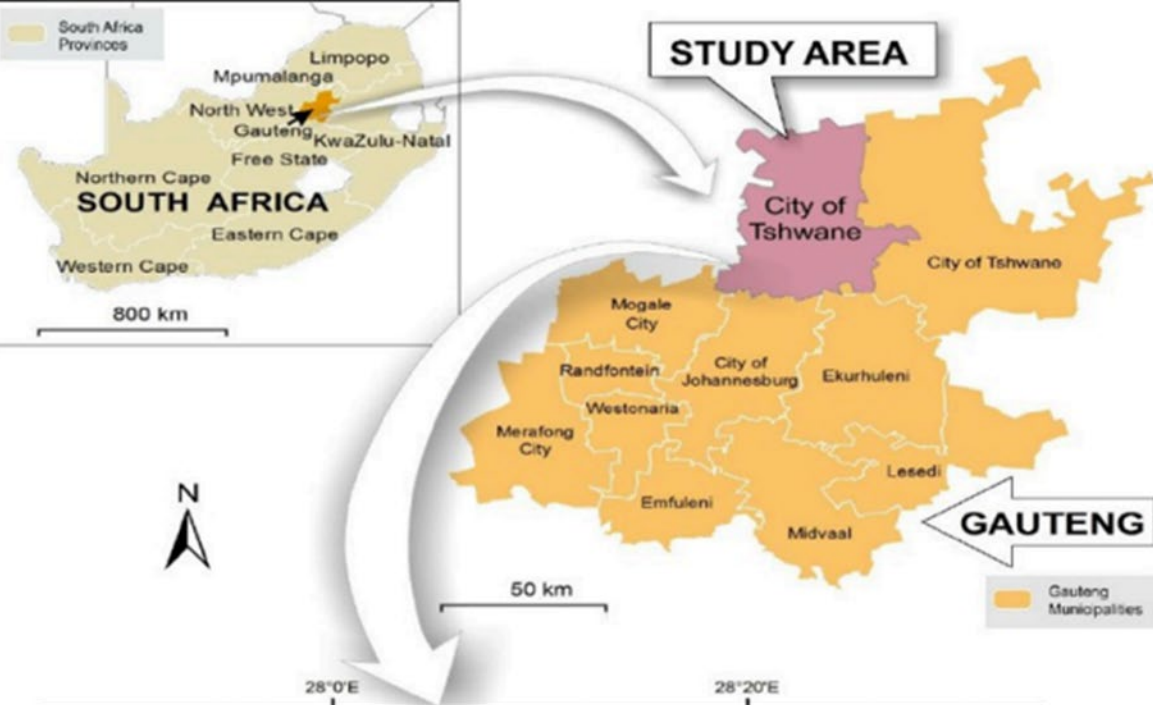
69%

**Rural**

31%



# Urbanised Population





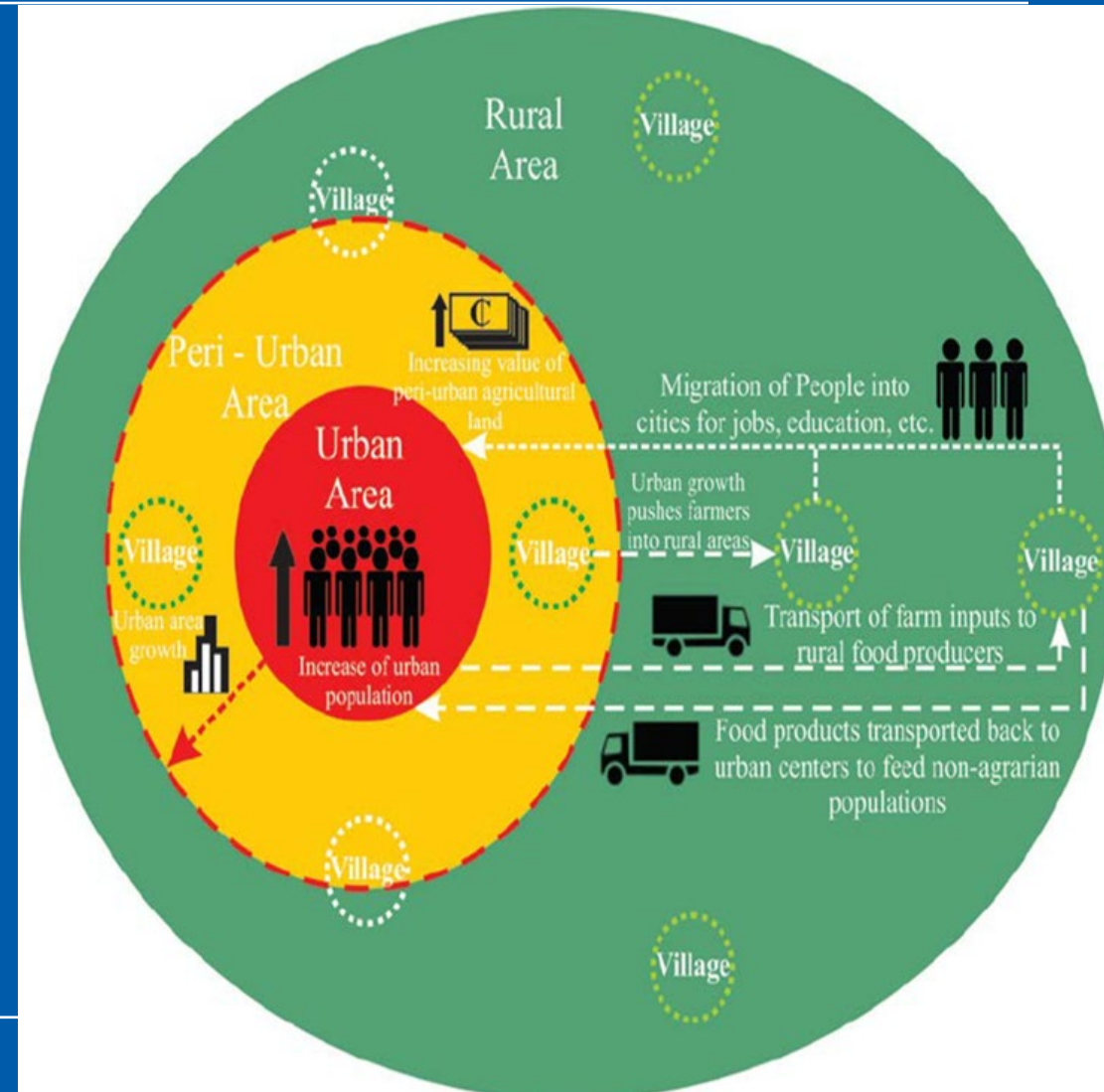
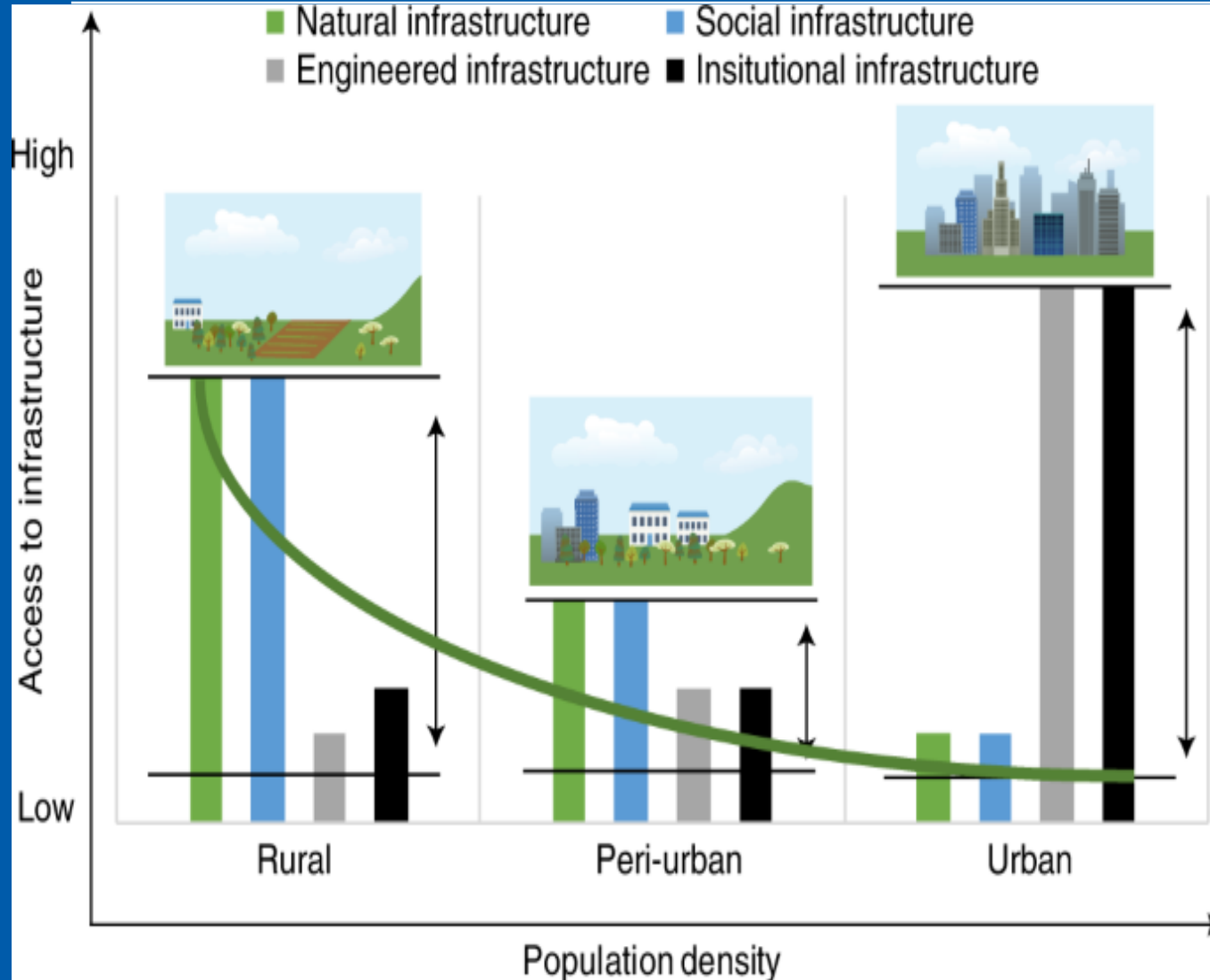
# Urban food environment



- The Food and Agriculture Organization of the United Nations (FAO) has predicted that there will be **nine billion people** living in urban areas worldwide by 2050 (70% of the world's population), mostly in low-income and developing countries (FAO, 2019)
- **Food and nutrition security and sustainability** for urban dwellers is at stake.
- **Affordable, accessible and available local foods** are becoming an important aspect of food security and sustainability.
- The FAO (2019) recognises that one way the food industry can assist in providing food to urban consumers by addressing the **nutrition transition** and identify opportunities for establishing a **supportive food environment** by providing **affordable acceptable foods**.



# Nutrition Transition





# Background & Introduction

Sunnyside is a high-density residential area in Pretoria (administrative capital) - one of the three capital cities of the Republic of South Africa

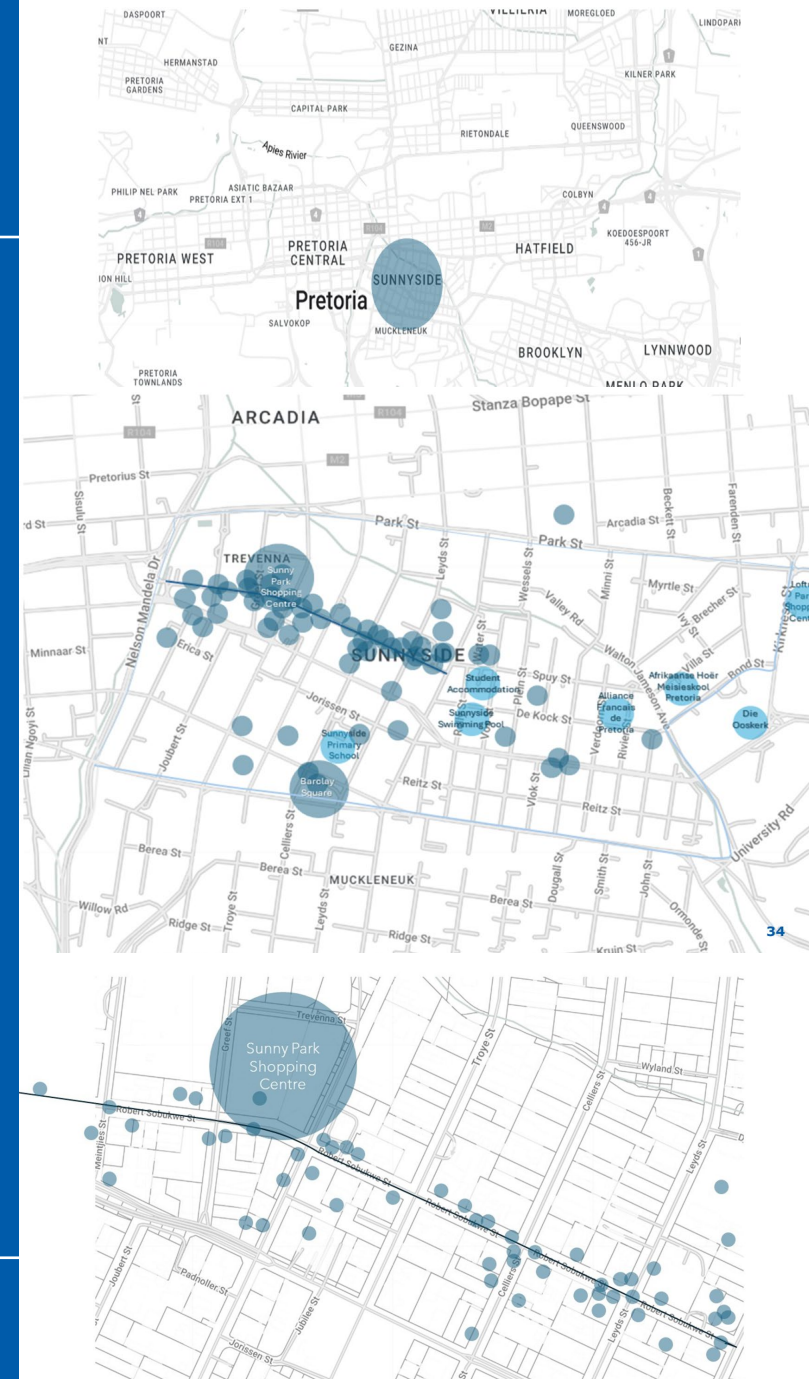
Now called the **City of Tshwane Metropolitan Municipality**, after a merger of Pretoria City and the former Tswana homeland border towns to the north-west and the more recent incorporation of the Metsweding rural districts (Horn, 2021)

Sunnyside was created in 1894 (the hamlet created in 1875 (Alpaslan, 2011) as a residential area for state officials who did not want to live in the CBD but still needed the conveniences the CBD had to offer (Tsebe, 2021)

As a result of **SA's growing economy**, including the Apartheid government's growing power, development bled outwards from the CBD, which necessitated an increase of residential densities Sunnyside (Tsebe, 2021)

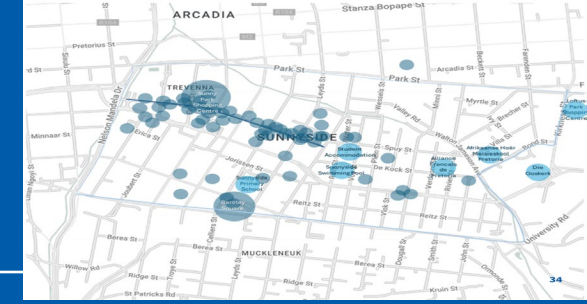
In the 60's, 70's, 80's and early 90's Sunnyside was the home of many immigrants – mostly white people from Europe – Greeks, Germans, Dutch, Portuguese, etc.

Today, Sunnyside still is the home of immigrants – presently however they are mostly **black people from other African countries**

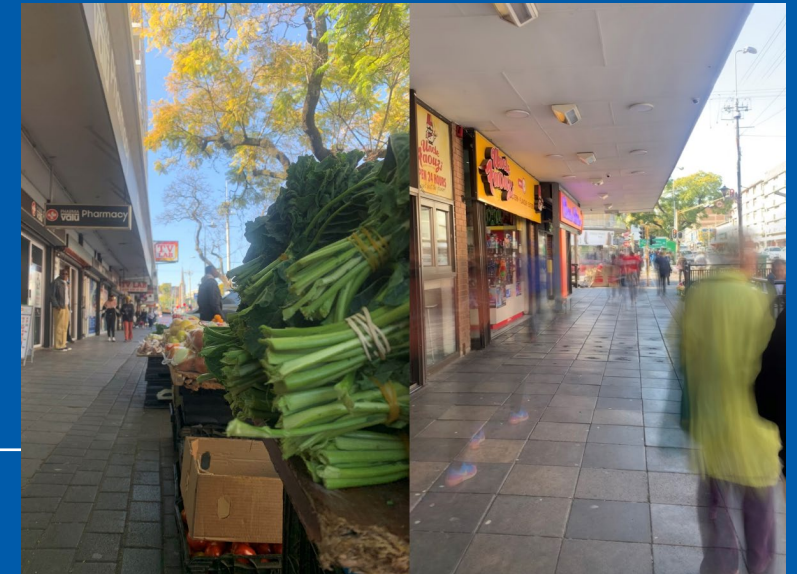




# Background & Introduction



- Both groups came into an existing **spatially designed area** that may not have considered either of the groups' design needs in context of their **food provision**
- **Earlier immigrants** may have come from areas where their food environments, by way of the spatial design, included space for aspects such as allotments, rooftop gardens, open fresh produce markets etc.
- **Current immigrants** may have come from areas where their food environments, by way of the spatial design, include space for aspects such as open fresh produce markets, government sanctioned informal trade etc.





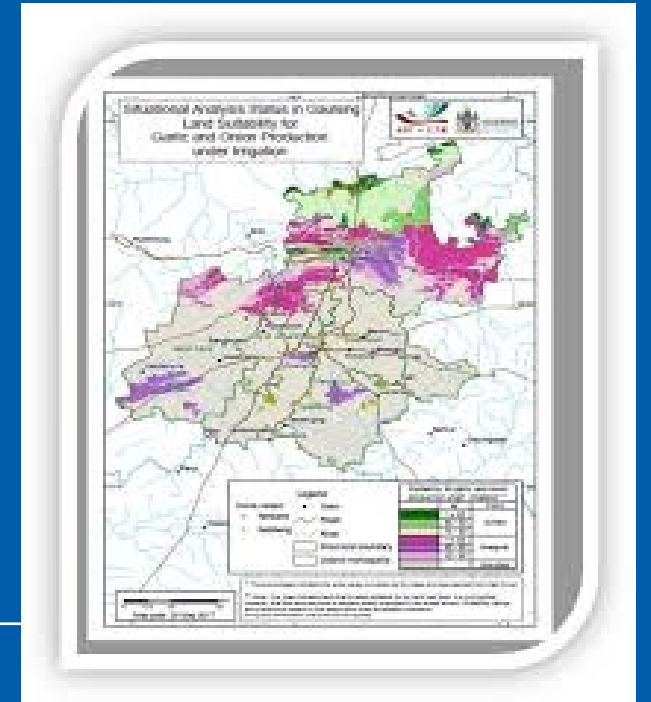
# Methodology

- **Retrospective study**

- Trends
- Changes
- Food environment: availability and accessibility in retail and hospitality environments

- **Mapping geoplottting**

- Current food environment - availability





# Methodology: **Retrospective study**



- In SA, **two urban areas** (Trevenna & Sunnyside, City of Tshwane Region 3) due to their historical significance, offered insights into the **evolving food environment** (1980 - 2024) and its impact on community sustainability.
- A **retrospective study** is a research approach that looks back at **data collected in the past** to understand **trends, changes, or outcomes over time**.
- *In this case, a **retrospective study** was conducted to analyze the **food environments of Sunnyside in Pretoria by comparing two distinct periods: the 1980s and 2024.***

# Methodology: Retrospective study



*How a retrospective study is performed:*

- **Objective:** The goal was to assess how the food environments in Sunnyside have evolved from the 1980s to 2024 and to evaluate how well these environments have met the needs of consumers during these times.
- **Data Collection:** Historical data was collected on the food environments in Sunnyside from the 1980s, such as types of food stores, availability of fresh produce, dining options, and other relevant factors. For the 2024 data, similar information about the current food environment was attained.
- **Analysis:** By comparing the data from both time periods, **changes in the food environment** were identified.
  - Shifts in the types of food available
  - Changes in store formats
  - Shifts in consumer preferences
  - Alignment of these changes with the needs of the community over time - (See maps - geoplotting)



# Methodology: Retrospective study

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## Analysis/ interpretation:

- Assessed if and how **Consumer needs** were met and the **implications** of the results
- **Consumer Needs**: Assessed how the food environment in each period met the needs of the community, e.g.
  - 1980's: were there sufficient grocery stores and fresh produce options?
  - How do these conditions compare to 2024?
  - Are there new needs or preferences in the current period that are not being met?

# Methodology: Retrospective study

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## Implications:

- The results of this study provide:
- **Insights** into how well the **food environment has adapted** to changing consumer needs, economic conditions, and other societal factors.
- **Highlight** areas where **improvements** could be made or where historical patterns have persisted.

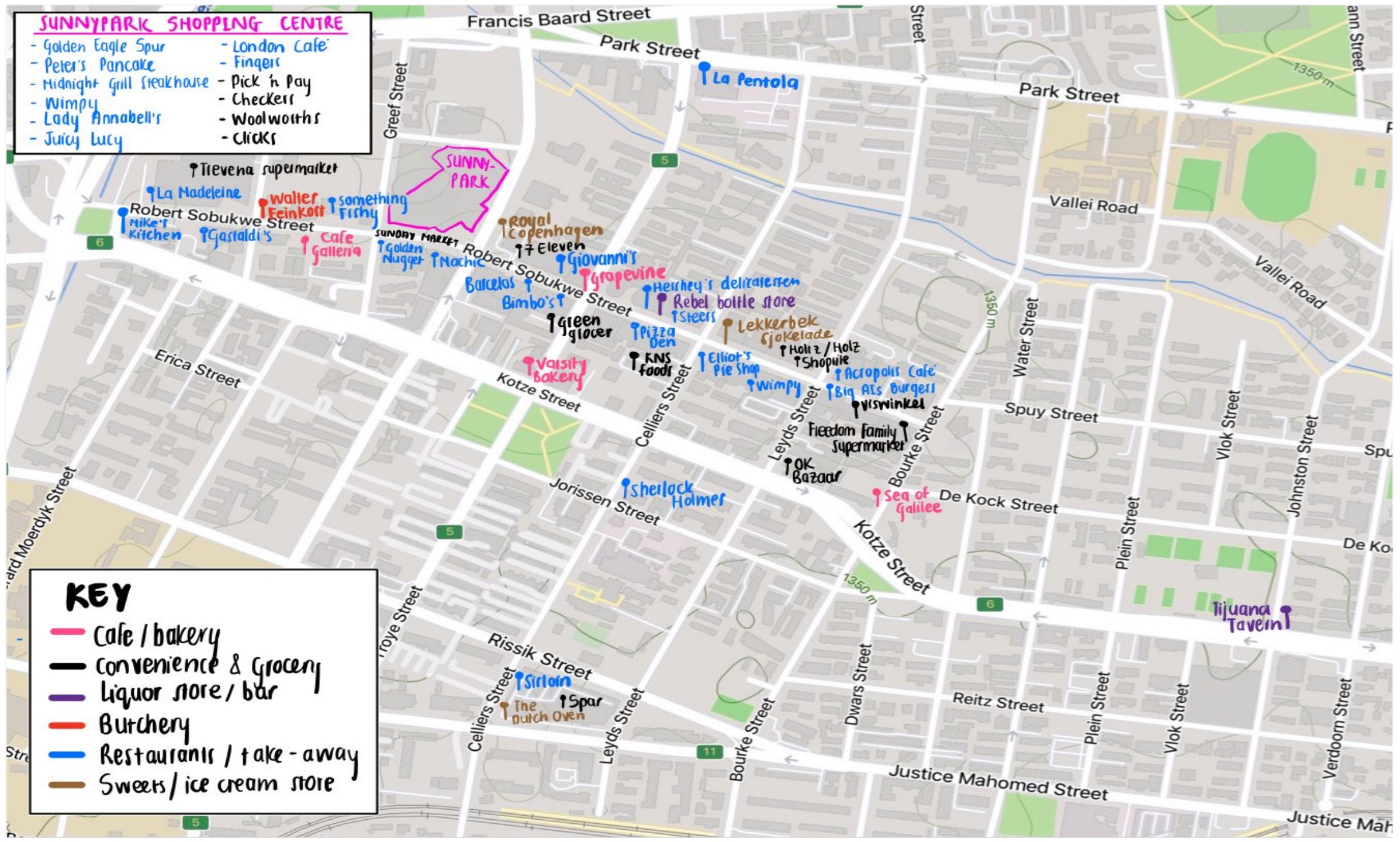
In summary, the retrospective study aims to provide a **comprehensive understanding** of the **evolution of food environments in Sunnyside**, how these **environments have adapted** over time, and how they **continue to serve the needs** of the local population.



# RESULTS: 1980 Sunnyside & Trevena

- SUNNYPARK SHOPPING CENTRE**
- Golden Eagle Spur
  - Peter's Pancake
  - Midnight Grill Steakhouse
  - Wimpy
  - Lady Annabell's
  - Juicy Lucy
  - London Cafe
  - Fingers
  - Pick 'n Pay
  - Checkers
  - Woolworths
  - Clicks

- KEY**
- Cafe / bakery
  - Convenience & Grocery
  - Liquor store / bar
  - Butchery
  - Restaurants / take-away
  - Sweets / ice cream store







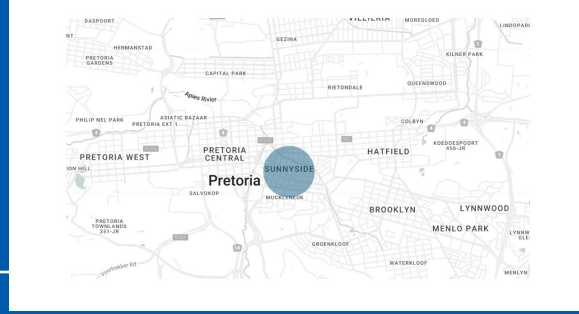
The fountain near The Grapevine, Sunnyside - mid 60s

(source: Facebook group; OU\* PRETORIA \*OLD)





# Current Sunnyside residents



- The suburb has the highest percentage of residential units among the suburbs of the inner city (Alpaslan, 2011) – a high density area (between 460 and 1215 people per hectare) (Gxumisa, 2020)
- Sunnyside is heavily populated with both **legal and illegal immigrants** (Tsebe, 2021)
- Current residents are often **unable to speak fluent English** and “many adults in Sunnyside seem not to engage with one another at all unless absolutely necessary” (Tsebe, 2021)
- The area have experienced **major social and spatial changes** since the mid-1990s, shaped by urban developmental processes such as decentralisation, desegregation and deconcentration (Donaldson, Jurgens & Bahr, 2003)





# Map Of Sunnyside in 2024





# CHANGES IN THE FOOD ENVIRONMENT





# Map Of Trevenna in 2024





# Results: The foodscape of Sunnyside today

- **Unhealthy foods:** fast foods, deep-fried fried foods (some even very culturally to SA such as Amagwinya), high processed foods, soft drinks, ice cream bars
- **Healthy foods:** fresh vegetables (including IOC leafy vegetables such as Mutshaina), fresh meat and fish, retail products (even different types of rice)
- **Indigenous South African foods** – baobab, sugar cane, Amadumbe
- **Culturally specific foods:** fresh, convenience and restaurant trade – plantain Fufu, Matoke, Ethiopian Inyera
- **Strong South African presence** (post Covid?) – Braai Block, Black Diamond Chesanyama, Babalaz Café, hard body chicken, Mala Mogodu, steak & wors
- .....and even a few remnants of the “past” – *Groentewinkel* (Afrikaans for vegetable shop).....





# 2024 IMAGES



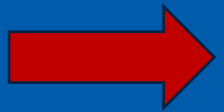


# Conclusions



## ▪ RETROSPECTIVE ANALYSIS & GEOPLOTTING

- Disconnect between current food environment and resident needs



### FOOD INSECURITY

Social, economic and political pressures



### MISALGNMENT

City of Tshwane (Region 3) fails to meet equitable food environment criteria in terms of economic, social and environmental sustainability



# Value contribution

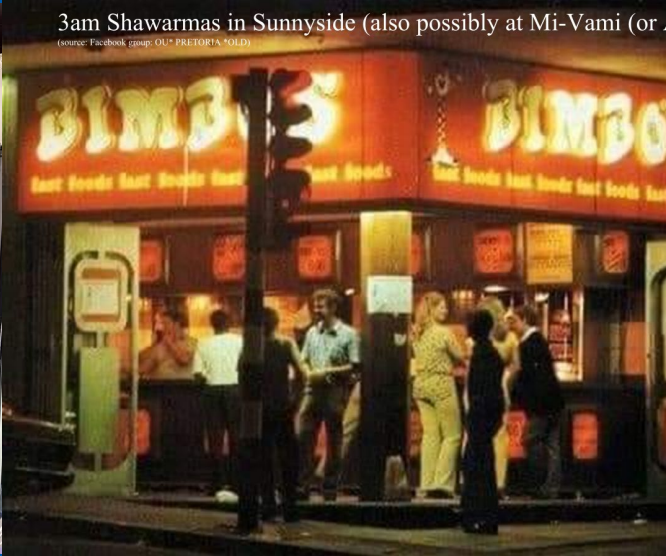
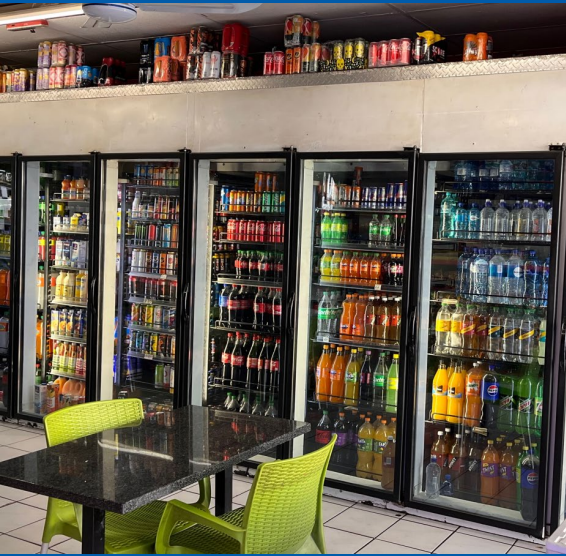


## The findings of the study

- Provided insights into how the **food environment had adapted** to changing consumer needs, economic conditions and societal factors.
- Highlighted new **unmet needs and consumer issues** and needs for improvements.
- Provided a more **comprehensive understanding** of the **evolution of food environments**, their **adaptation** over time and their **continuous ability/inability** to serve the needs of a local community

*These findings could **inform policy and intervention strategies** to foster healthier food environments in South Africa and other developing countries.*





# Thank You

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