Okugerageranya ebbeyi ya kapiso eza vitamin A n'eya lumonde owa kipapaali.

Ebbeyi ya zikapiso

a) Abantu abakulu n'abaana abali wagulu w'emyaka omukaaga: kapiso 2 X 3 okumala ennaku 30 = kapiso 180

Kapiso 180 buli mwezi okumala emyezi 12 x 150 shs = shs 324,000 buli muntu.

b) Abakyala (Abali embuto, n'abayonsa, n'abo abanatera okufuna embuto) kapiso 1 x 3 buli lunaku Okumala ennaku 30 = kapuso 90

kapiso 90 x emyezi 12 x 150/= shs = shs 194,400/=

Ebbeyi ya lumonde wa kipapaali

a) Abaana abali wansi we myaka 6: gulaamu 40 buli lunaku ezalumonde owa kipaapali X Okumala ennaku 366 (omwaka) = gulaamu 14,600 (ze kilo 14.6 Omwaka).

Kilo 14.6 omwaka x 400/= = ze 5840/=

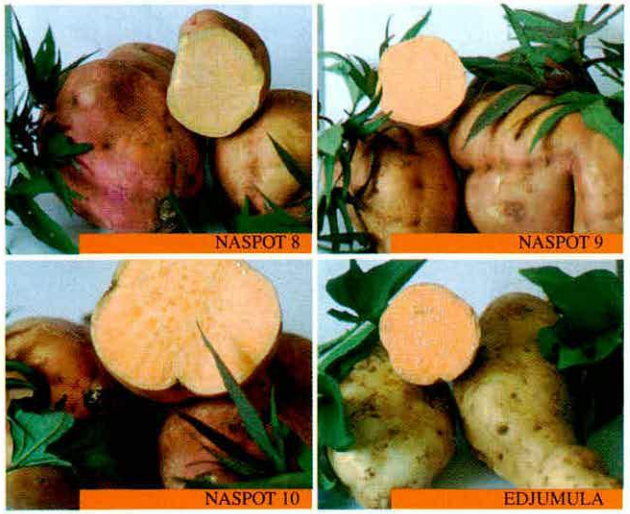
b) Abantu abakulu: kilo 36.5 x 400/= = 14,600/= buli mwaka

Okusinzira ku mbalirira eyo waggulu kyeraga lwatu nti zikapiso baziseera emirundi 22 okusinga lumonde owa kipaapali.

Okuwunzika

Olw'emigaso gwa lumonde wa kipapaali kyali badde kyabuvunaanyizibwa buli maka okubeeramu lumonde ono era ne gafuba okulaba nti buli omu amulya naddala abaana a bato n'abakyala abe mbuto.

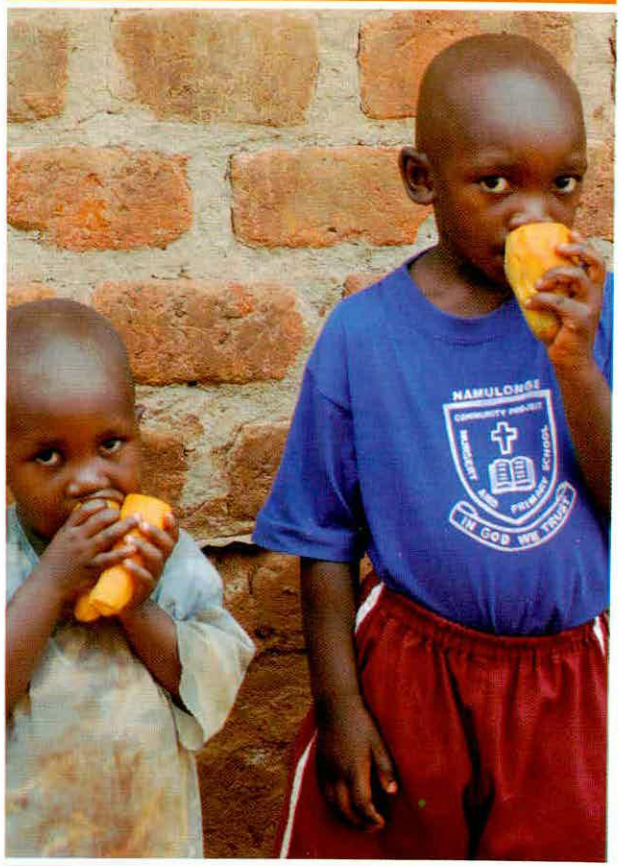
EKIKA	ERINYA EDDALA	Langi y'olususu	Langi y'omunda	Embala (taani buli hekiteya)	Ebbanga lya kulira (Myezi)
NASPOT 7	SPK 004/1	Kakobe	Kipaapali owa mazzi	25	4
NASPOT 8	SPK 004/1/1	Kakobe	Kyenvu eyetabudde ne kipapaali	20	4
NASPOT 9	SPK 004/6	Kakobe	Kipaapali owa mazzi	20	4
NASPOT 10	SPK 004/6/6	Kakobe	Kipapaali	19	4
Edjumula		Kuliimu	Kipapaali	18	4
SPK 004	Kakamega	Pinka	Kyenvu eyetabudde ne kipapaali	18	4



Okumanya ebisingawo tukirira:

The Sweetpotato Program
National Crops Resources Research Institute
P. O. Box 7084, Kampala Tel: 0414 573 016

LYA LUMONDE OWAKIPAPAALI OMUBIRI GWO GUFUNE VITAMIN A



NaCRRI
CENTRO INTERNACIONAL DE LA PAPA CIP
NARO

LUMONDE WA KIPAPALI ALIMU VITAMIN A

Vitamin A kyeki?

Vitamin A kiriisa kyamugaso ekyetagibwa mu mibiri gyaffe mu bipimo ebitono.

- Vitamin A asangibwa mu mmere eyakipapaali, kyenvu ne munva endirwa ezirina ebikoola ebyakiragala omukwafu, n'ebyokulya ebiva mu bisolo
- Obutafuna Vitamin A amala mu mubiri kireeta okuziba amaaso, obunnafu bw'omubiri negutasobola kulwanyisa ndwadde nga olukusense, ekiddukano, n'okuziyira. Omubiri bwegubeera mumbera embi ennyo eyobutaba nakiriisa kya Vitamin A kiyinza okuviirako omuntu okufa.

Ebizibu ebiretebwa ebbula lya Vitamini A mumubiri

- Obutalaba bulungi ekiro, okuziyira, ekiddukano, okukula empola okw'abana, obunafu bw'amagumba, awamu, no'bunafu bw'omubiri nga tegusobola kulwanyisa dwadde nga olukusense.
- WEGENDEREZE KINO: Okunnywa omwenge oguyitiridde kikendeza ku bungi bwa Vitamin A mumubiri.

Emmere erina Vitamin A mu bungi

- Ebyokulya ebiva mu bisolo

  Emmere ey'engeri eno omubiri gugikozesa butereevu. Okugeza nga Ebyenyanja, ekibumba, amagi, bata n' omuzigo

- Ebyokulya ebiva mu birime

Ebyokulya ebyabulijjo ebirina Vitamin A mu bungi

- Enva endirwa ezirina ebikoola ebyakiragala omukwafu okugeza nga ddoodo, nakati, jjobyo n'ensugga . Enva endirwa bwogattamu ka butto katono kiyanguyiza omubiri okukozesa ekiriisa kya Vitamin A.
- Ebibala ebirina kala eyakyenvu oba kipapaali, okugeza emiyembe, ffene, amapapaali, n'amapeera .
- Emmere eyakipapaali okugeza karoti, ensujju, ne lumonde owakipapaali.

Vitamin A bwayimiridde mu Uganda

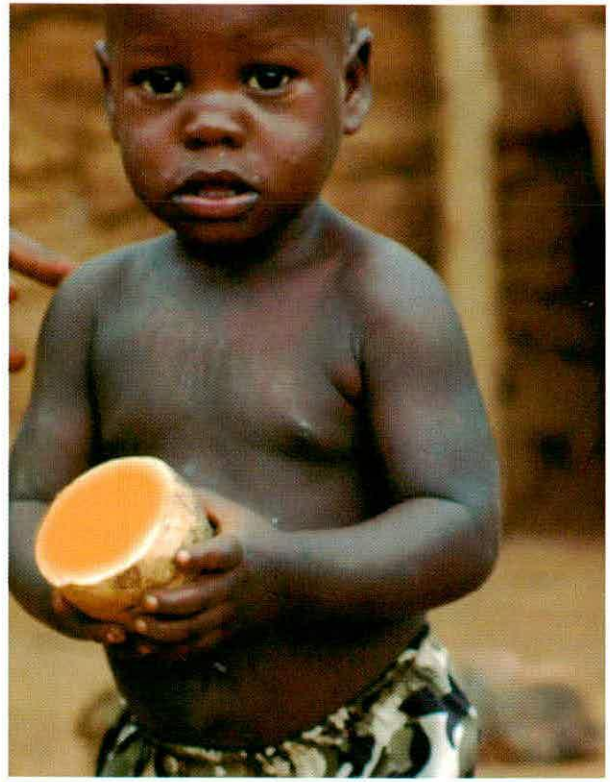
Mu Uganda abaana asatu kubuli kikumi (30%) tebalina Vitamin A amala mumibiri gyabwe, so nga ate abakyala ataano kubuli kikumi (50%) nabo tebalina Vitamin A amala.

Ani Asinga Okukosebwa Singa Tafuna Kiriisa kya Vitamin A mumubiri?

- Abaana abali wakati we myezi etaano n'emyaka omukaaga
- Abakyala abembuto
- Abakyala abayonsa

Engeri gyetufunamu Vitamin A amala mumibiri?

- Okumira kapuso za vitamin A.
- Emmere gyebataddemu vitamin A
- Okulya emmere erimu Vitamin A



Lwaki tutumbula okulima lumonde 0wakipaapali?

- Lumonde y'emu ku mmere esinga okulimibwa era n'okuliibwa mu Uganda
- Kapiso za Vitamin A zigula buwanana ate tezisangibwa buli wamu
- Abantu bangi abatafuna Vitamin A abamala

N'olwensonga eyo, lumonde owakipapaali asaanidde abeere nga yettanirwa nnyo kubanga alina obusobozi okukendeza ku bbula lya Vitamin A mu buli maka.