

Florence O.Habwe

Department of Nutrition and Health
Maseno University, Kisumu-Busia Road
P.O.Box333-40105,
Maseno, Kenya

Phone: +254-713741144
Email: fhabwe@maseno.ac.ke
habwerence@yahoo.com

EDUCATION

- **Sept 2009 - Dec 2015:** PhD in Community Nutrition and Development at Maseno University
Thesis Topic: Evaluation of Iron and Zinc Levels, Microbiological Load and Acceptability of Crackers, Noodles and Cookies Modified using Selected Underutilized Crops.
- **Aug 2004 - Dec 2008:** Master of Science (MSc) degree in Community Nutrition and Development at Maseno University
Thesis Topic: Development of East African Indigenous Vegetable Recipes and Determination of their Iron, Copper and Vitamin C Contents.
- **Mar - May 2007:** Student Exchange Programme (awarded by HADCO) at Pirkanmaa Polytechnic of Tampere, Finland.
Training: Nutrition therapy and public health.
- **Aug 1998 - July 2003:** Bachelor of Education (B.Ed.); HomeScience & Technology at Moi University.
- **Feb 1993 - Sept 1996:** Kenya Certificate of Secondary Education (K.C.S.E.) at Keveye Girls High School.
- **Jan 1985 - August 1992:** Kenya Certificate of Primary Education (KCPE) at Ebusakami Primary School.

RESEARCH EXPERIENCE

1. **Name of Research Project:** Harnessing Science, Technology and Innovation for Value Addition. Awarded by the Ministry of Higher Education, Science and Technology: National Council for Science and Technology: Science, Technology and Innovation Grant.
 - a. **Year:** 2009
 - b. **Field of Research:** Health: Innovative African Food Products with prolonged shelf-life for Health and Wealth Creation
 - c. **Role played:** Co-investigator
 - d. **Status:** Completed
2. **Name of Research Project:** Promotion of Neglected Indigenous Vegetables Crops for Nutritional Health in Eastern and Southern Africa Phase 2 (ProNIVA 2). Awarded by AVRDC-RCA (The World Vegetable Centre - Regional Centre for Africa)
 - a. **Year:** 2006
 - b. **Field of Research:** Development of High Iron Recipes of African Indigenous Vegetables from East Africa
 - c. **Role played:** Co-investigator
 - d. **Status:** Completed

TEACHING EXPERIENCE

- **Lecturer** at Maseno University. School of Public Health and Community Development; Department of Nutrition and Health. July 2015 – to present. Involved in teaching undergraduate courses in Nutrition and Dietetics; and also teaching and supervision of post graduate students.
- **Tutorial Fellow** at Maseno University. School of Public Health and Community Development; Department of Nutrition and Health. April 2009 – to March 2015. Involved in teaching undergraduate courses in Nutrition and Health.
- **Graduate Assistant** at Maseno University. School of Public Health and Community Development; Department of Nutrition and Health. July 2008 – to March 2009. Underwent on-job training and participated in teaching undergraduate courses in Nutrition and Health.

HONORS AND AWARDS

1. AU-TWAS Young Scientists National Award in Earth and life Sciences, 2013.
2. African Women in Agricultural Research and Development (AWARD) two year Fellowship Award-2009.

PROFESSIONAL MEMBERSHIP

1. A full member (LIC) of The Nutrition Society (NS)
2. Registered by Kenya Nutritionists and Dieticians Institute (KNDI)

SKILLS AND TRAINING

- 2013 Food Biotechnology training course for developing countries by CAS-TWAS Center for Excellence for Biotechnology (CoEBio), Beijing, China, **2013**.
- AWARD women's leadership and management course by AWARD, Accra, Ghana in Nov, **2010**.
- Scientific Writing and Policy Development in agricultural research at Eduardo Mondlane University, Maputo, Mozambique in Januray, **2010**.
- Ph.D Proposal Writing Workshop offered by DAAD, at ICIPE, Nairobi on 24th April, **2009**.
- Proposal writing course for Neglected and Underutilised Species of Crops (NUS) offered by IFS/Bioversity, in Nairobi on 24-28 November, **2008**.
- HIV/AIDS management and counseling course offered by EP-RIFORD, Nairobi in April, **2006**.
- Nutrition in HIV/AIDS seminar offered by CENER/NASCOP, Nairobi on 2nd April, **2005**.
- Micro-nutrients seminar offered by CENER/NASCOP, Nairobi on 6th August, **2005**.
- Business Management certificate course offered at KIM, Nairobi, **2000**.
- Computer courses: MS office, MS word,

LEADERSHIP EXPERIENCE

- Departmental timetabling and examination coordinator, Department of Nutrition and Health, School of Public Health and Community Development. Maseno University. **To Present**
- Participated in review of proposals for the 2017/2018 financial year invited by the National Research Fund (NRF), Kenya. 11th –15th June **2018**, Naivasha, Kenya.
- Was a patron of Maseno University Nutrition Students Association (MUNDSA) (**2013 to 2016**), I coordinated student activities focusing on betterment of nutritional status of students, university staff and the surrounding Maseno community. Activities included nutritional assessment; nutrition education; and nutritional counselling.

CONFERENCES AND WORKSHOPS

- Research Capacity Building Conference held at Kisumu Hotel, Maseno University on 6th -7th June **2019**.
- Quality Assurance and University Examination Processes Workshop held at and Invited by Maseno University division of Academic and Students Affairs on 19th November **2018**.
- The 4th NCST National conference on dissemination of research results and exhibition of innovations; Ministry of Science and Technology. 3rd – 6th May **2011**, KICC, Nairobi, Kenya.
- The 1st National Conference and Exhibition for the Dissemination of Research Results and Review of Innovation; Ministry of Science and Technology. 28th-30th April **2008**, Nairobi, Kenya.
- International Symposium on “Underutilized Plant Species for food, nutrition, income and sustainable development”, **2008**, Arusha. Tanzania.
- The 4th IndigenoVeg meeting: Indigenous Vegetables, from plough to plate. 31st October-3rd November **2006**, Kisumu, Kenya.

PUBLICATIONS

1. **Florence O. Habwe**¹ and Walingo K. Mary² (**2019**). Zinc Levels in Raw and Processed Slenderleaf sp. (*Crotalaria ochroleuca* & *Crotalaria brevidens*) Indigenous Vegetables. *Food and Nutrition Sciences*. **Vol 10**: 815-822
2. **Florence Habwe**¹, M.K. Walingo², I.J.Jondiko³ (**2017**). Acceptable food products processed from underutilized crops. *In: Science within Food: Up-to-date Advances on Research and Educational Ideas*, A. Méndez-Vilas (Ed), © Formatex Research Centre, C/Zurbaran 2017 Badajoz. Spain.
3. M.O. Oluoch^{1, 2}, **Florence Habwe**³, J.B. Ngegba⁴, Kipkorir R. Koske⁵, Ray-Yu Yang⁶ (**2012**). Food preparation and processing methods on nutrient retention and accessibility in selected indigenous vegetables from East Africa: pp233-241. <https://www.researchgate.net/publication/316990800>
4. Mary K. Walingo¹ and **Florence O. Habwe**¹ (2011). Using Food Grade Lye “Omushelekha” in the Formulation of Health Products from Commonly Consumed African Indigenous Vegetables and Vegetable Combinations. *Functional Foods in Heals and Disease*. **Vol 5**: 189-197
5. M. K. Walingo, I. J. Jondiko, and **F. O. Habwe**. Innovative African Food Products with Prolonged Shelf-life for Health and Wealth Creation. A paper presented at the 4th NCST National conference on dissemination of research results and exhibition of innovations; Ministry of Science and Technology. 3rd – 6th May **2011**, KICC, Nairobi, Kenya.
6. Mary K. Walingo and **Florence O. Habwe** Formulated Copper Rich Vegetable Recipes by Boiling and Frying with and without Food grade Lye. 15th – 17th March **2011**, University of Nevada. Las Vegas, USA.
7. M. O. Abukutsa-Onyango¹, P. Kavagi¹, P. Amoke², and **F.O. Habwe**³ (2010). Iron and Protein Content of Priority African Indigenous Vegetables in the Lake Victoria Basin. *Journal of Agricultural Science and Technology*. **Vol 4**(4) 1939-1250
8. **Habwe Florence**, (**2010**). Nutrient Content of Formulated African Indigenous Vegetable Recipes. LAP LAMBERT Academic Publishing AG & Co. KG. Germany.
9. **Florence Habwe**¹, Mary Walingo¹, Mary Abukutsa² (**2010**). Copper and Ascorbic Acid Content of Cooked African Indigenous Vegetables. *In: World Food System – A Contribution from Europe*, Eric Tielkes (Ed), © International Research on Food Security, Natural Resource

Management and Rural Development, Tropentag **2010**. Pp 72

- 10. Florence Habwe¹**, Mary K. Walingo^a, and Mary O. Abukutsa-Onyango^b. Copper and Ascorbic Acid Content of Cookied African Indigenous Vegetables. In: Conference on “International Research on Food Security, Natural Resource Management and Rural Development”, 14th – 16th September **2010**, Tropentag. Zurich, Germany.

11. **Habwe, F.O^{1*}**, Walingo, M.K¹, Abukutsa-Onyango, M.O², and Oluoch, M² (2009). Iron Content of the Formulated East African Indigenous Vegetable Recipes. *African Journal of Food Science*. Vol 3(12) pp. 393-397. <http://www.academicjournal.org/ajfs>
12. Kledal, P.R., **Habwe, F.O.**, Njoroge, J.W., and Kiarii, E. (2009) Organic Food and Farming in Kenya. *In: The World of Organic Agriculture, Statistics and Emerging Trends 2009*. International Trade Centre (ITC) Geneva. Switzerland. Pp127-132.
13. **Habwe FO**, Walingo MK and Onyango MOA (2008). Food processing and preparation Technologies for sustainable utilisation of African indigenous vegetables for nutrient security and wealth creation in Kenya. *In: Using Food Science and Technology to Improve Nutrition and Promote National Development*, Robertson, GL and Lupien (Eds),© International Union of Food Science and Technology, 2008.
14. Abukutsa-Onyango, M.O., **Habwe, F.O.** and Mwai, G.N. Development and Promotion of Technologies for Sustainable Production & Utilization of Indigenous Vegetables for Nutrition Security and Wealth Creation in Kenya. An exhibition paper presented at the 1st National Conference and Exhibition for the Dissemination of Research Results and Review of Innovation; Ministry of Science and Technology. 28th-30th April 2008, Nairobi, Kenya.
15. Abukutsa-Onyango, M.O., Mwai, G.N. and **Habwe, F.O.** Quality Seed and High Iron Products of African Indigenous Vegetables for Nutrition Security and Wealth Creation in Kenya. An exhibition paper presented at the 1st National Conference and Exhibition for the Dissemination of Research Results and Review of Innovation; Ministry of Science and Technology. 28th-30th April 2008, KICC, Nairobi, Kenya.
16. **Habwe, F.O.** and M.O. Abukutsa-Onyango. Selected Traditional Recipes of African Indigenous Vegetables in Western Kenya. A paper presented at the 4th IndigenoVeg meeting: Indigenous Vegetables, from plough to plate. 31st October-3rd November 2006, Kisumu, Kenya.
17. **F.O. Habwe**, M.K. Walingo, M.O. Abukutsa-Onyango, and M.O. Oluoch. (2008). Development of East African Indigenous Vegetable Recipes and Determination of their Acceptability and Iron Content. *In: International Symposium on "Underutilized Plant Species for food, nutrition, income and sustainable development"*, Arusha. Tanzania.