Participant: Because God understands what you are going through. You are ailing. And you know that you can get baptized if you break your fast. You get baptized in the Orthodox Church, right?

Participant: Yes, after I give birth and (…), I will either call the priest home or go to church myself and get baptized. It is a must in Christianity. For example, if your husband or…

Participant: First of all, it does not dictate that you fast in the bible.

Participant: It is a must.

Participant: It allows pregnant women and those who are sick to eat freely.

Moderator: Okay. What about in your area? If your area differs, what comments would a pregnant woman get if people saw her eating (…) on Wednesdays and Fridays. And what would they say if they saw her eating during the major fasts?

Participant: If I ate on Wednesdays and Fridays or during Gena-Fast while I am ailing, they would not get worked up over it.

Participant: I do not think it is breaking fast.

Participant: (…)

Participant: They would not say anything.

Moderator: I was wondering what society would think.

Participant: They would not say anything.

Participant: It is obvious.

Moderator: Okay, what about in your area?

Participant: It is known that a pregnant woman has to eat well.

Participant: Yes!

Moderator: What about you? If you are from a different area, what would people in your area, community, or even yourself think?

Participant: [Speaks in Oromifa]

Participant: She says that they would encourage her to eat.

Moderator: Huh?

Participant: They would encourage her to eat.

Moderator: They would encourage her to eat. Okay. And now, during what other seasons could you not consume eggs? You said economy earlier. [Laugh]

Participant: That is the main reason. [Laugh]

Moderator: The economy is the main reason.

Participant: You would eat if it is affordable.

Moderator: Okay.

Participant: You just leave it if you cannot find it within your means.

Participant: And secondly, they say it disgusts an expecting woman. It may get boring to eat the same food every day.

Participant: Yes. There are also occurrences where you may not eat after preparing it. Sometimes I crave eggs and after preparing it, either the smell or something disgusts me. I cannot eat however I like.

Participant: That is typical of an expectant.

Moderator: Okay, so loss of interest during the pregnancy period.

Participant: Some people may develop an aversion to eggs during pregnancy.

Moderator: Okay.

Participant: There are behaviors that you develop during pregnancy. So you may avert it because of the pregnancy.

Moderator: Okay.

Participant: And I may develop an aversion to it due to daily consumption.

Moderator: Due to daily consumption. Who here owns chicken? Either for own consumption or husbandry. You do not own any, do you?

Participant: No, I do not.

Moderator: Okay.

Participant: I have few. There are 10 of them.

Moderator: Okay, they are 10 in number or?

Participant: There are only 10 of them. They demanded over 20 so…

Moderator: Do they lay eggs?

Participant: They will start soon. I had put them outside. They will start soon. They are pullets.

Moderator: They are pullets?

Participant: Yes.

Moderator: Okay. Now, for me to understand your situation better, you have told me that it is easier to have a couple [of chickens] at home given rural conditions. Have you ever thought of buying a pullet or layer chicken? The two of you, you said you did not own any.

Participant: I will buy [one].

Participant: I will too.

Participant: But I always fell short. I would like to buy [one] but I cannot afford it.

Moderator: When you say you cannot afford it, could you walk me through what happens after you bought them? When you say you cannot afford it, what is unaffordable?

Participant: The chickens.

Moderator: The chickens?

Participant: Once I buy them, I can build them a small coop like this and they will live there. But I cannot afford to buy the chickens.

Moderator: Okay, what about you?

Participant: The same as her.

Moderator: The same as her, okay. Is there a lack of space?

Participant: There is no lack of space. It is just a lack of money [to buy the chickens] rather than a lack of space. I have space for them.

Moderator: Okay, what about you?

Participant: The same as her.

Moderator: Is it the money or the space?

Participant: The space.

Moderator: Yours is –

Participant: It is not the space. [Speaks in Oromifa]

Participant: It is the money.

Moderator: It is money – shortage of money.

Participant: Yes.

Moderator: Now, to understand the situation of eggs a little better: do you buy eggs? The two of you may buy eggs. And those of you who already own [chickens], is there any chance that you may buy extra eggs?

Participant: I do buy [eggs].

Moderator: How often do you buy [eggs]?

Participant: He buys once on payday. Then I keep and use it.

Moderator: How many does he buy at once?

Participant: Depends on how many he can afford. He buys 20, 15, or 10 and I will make it with tomatoes for my child and myself.

Moderator: Okay, where does he buy it from?

Participant: From the market.

Moderator: Around where?

Participant: Debre Zeyit is near to us!

Participant: Debre Zeyit is near and he mostly spends his day at Akaki. There are piazzas there. That is where he buys it from.

Moderator: Piazzas around Akaki?

Participant: Yes.

Moderator: Okay.

Participant: Since he does not spend a lot of time at home and works there, when he gets a chance or clocks out early he brings some with him. And there are hen houses here also so will buy when they are selling.

Moderator: How are the hen houses here like? Meaning what kind of houses are they?

Participant: There are poultry farmers and (…) there are people who have opened hen houses.

Participant: There is also one that an investor has built. So we buy from them.

Moderator: What about you, where do you buy [eggs] from and how often?

Participant: I buy from the store.

Moderator: From the store? Okay.

Participant: From [poultry farmers]. I buy from there also.

Moderator: From poultry farmers. Okay. How many do you buy at once? We are almost done.

Moderator: Okay. We are almost done, okay? How many do you buy at once?

Participant: I buy 10 or 20.

Moderator: Okay, what factor determines that you buy 10 or 20? When do you buy 10 and when do you buy 20? What factor dictates the number?

Participant: We buy 20 if he wants, and 10 if he does not.

Moderator: What is the difference? What do you mean when you say he wants and if he does not?

Participant: It may depend on the money. You buy so many when you have [money] and less when you do not rather than not having it altogether.

Participant: Depends on my capability.

Moderator: Capability. Okay, is yours because of your capability?

Participant: Yes.

Moderator: When she said “if he wants” I thought maybe there are days he does not eat [eggs]. [Laugh] I did not want to take the wrong information.

Participant: The language is confusing her.

Moderator: I did not want to distress her either. [Laugh] Okay, no worries. Do you buy eggs?

Participant: I do not.

Moderator: You do not.

Participant: If I have left overs, I will exchange it for some other groceries. [Laugh]

Moderator: You sell it when you have extra.

Participant: I will exchange it because he is not home and I will have 4 a day and 8 in two days. If I have so many I will keep 10 or 15 and exchange the rest for rice, macaroni, or pasta.

Moderator: How many chickens do you own?

Participant: Now, all I have is for my own. I used to transport it by Bajaj. I will not have any in a month or so. I will only kept 4 for myself. The 4 --

Moderator: Why? What happened to the rest?

Participant: I will send the rest.

Moderator: To where?

Participant: I was talking to this guy earlier. I have 24 but only 4 of them lay eggs. 20 of them are just for meat. He said that it would have been okay if all of them laid eggs but until I (…) he told me to call him and he will take them. The 4 [chickens] lay eggs so I do not have to buy any.

Moderator: So the 4 lay eggs and that is enough?

Participant: Yes.

Moderator: Okay, what about you? How many chickens do you have?

Participant: Mine are pullets. They have not started laying yet. I buy for consumption.

Moderator: They are yet to lay. So where do you buy from?

Participant: There are hen houses that sell eggs.

Moderator: Okay.

Participant: I buy from them.

Moderator: How many do you buy at once?

Participant: When we feel like having eggs in the morning we bring 4 or 5 eggs. Regardless of having money at our disposal, we bring however many we want.

Moderator: Okay. On average, how many times a week do you eat [eggs]?

Participant: 3 or so.

Moderator: What about you there? If there is anything you would like to add. What about when you buy – many of you except for you, buy eggs. What kind of eggs do you choose to buy? And why do you [buy eggs] from the places that you do? In your case, it is your husband doing the purchase but what kind of eggs do you tell him to buy?

Participant: If he finds any, he buys Habeshan eggs. And if he cannot find that he buys the whiter ones of the foreign kind rather than the [brown] ones.

Moderator: The whiter one? When you say the [brown] one, what part of it is [brown]?

Participant: There is different kinds of them.

Participant: (…)

Participant: Some have [brown] and some white colors. There are 3 or 4 kinds.

Participant: But the inside is yellow. Because of that the color is beautiful when you make the eggs.

[00:10:00]

Moderator: Okay.

Participant: So I tell him to buy that kind.

Moderator: So you prefer the white one?

Participant: Yes.

Moderator: Okay. What about you, which kind do you prefer when you buy eggs?

Participant: White.

Moderator: White, why?

Participant: I prefer that one. I like it.

Moderator: What do you like about it?

Participant: The fact that it is Habeshan.

Moderator: That it is Habeshan.

Participant: I buy the foreign kind from small chicken farmers in my neighborhood. It is not in a compound or anything and [the chicken] pick [their own food] so the egg is somewhat similar to the Habeshan kind. It is not too white as you are cooking it like the foreign kind so you enjoy making it. That is the one I buy.

Moderator: So many of you have mentioned the Habeshan kind or others that resemble it. Why do you prefer it?

Participant: It is tasty, first. And second, local chickens – the other kind is given fodders and drugs. And you worry that the eggs may have some issues. Because they are given drugs. On the other hand, all the local ones consume is either corn or grains. So you do not suspect anything.

Moderator: So which one do you prefer?

Participant: I prefer the Habeshan kind but I if I do not have a choice I will have [what is available].

Participant: If the other kinds do not consume grains and other fodders their eggs are similar to the Habeshan one.

Participant: They do not eat. Since their beaks are chipped they do not anything other than fodders.

Moderator: Their beaks are chipped?

Participant: Yes! The layers?

Moderator: Yeah.

Participant: Yes, it is a must!

Participant: If you bring in a large number of them, you get their beaks chipped.

Participant: It is a must. All the chickens that I have here have their beaks chipped. They do not eat anything other than real fodders.

Participant: They cannot pick.

Moderator: They cannot pick?

Participant: Yes.

Moderator: Okay. Do you think the fact that they pick make a difference?

Participant: Yes, it makes a difference.

Participant: Their eggs are different. I do not know if it is because they do not eat fodders but their eggs are not the same. The ones that are fed grains and corn are not the same as these ones.

Participant: If you cook both kinds side by side, and kept the procedures and everything the same everyone would agree this one is tastier. I do not know why that is. And [the foreign ones] do not eat dirt, are given medications properly, and are fed fodders. There have not lost a chicken in 2 years. I understand their benefits well. I have brought in a hatchling and pullets. They do not start laying until 5 months. You have to wait until they grow a little. I followed up properly and not a single chicken has died in 2 years.

Moderator: So what do you consider a good egg? What kind of eggs do you notice being bought?

Participant: I will eat whichever one they lay, whether Habeshan or foreign as long as I have done my part in being careful with the chickens. Since they are laid at home, I do not have any suspicious about the wellness of the eggs. I just make them.

Moderator: What about when you buy eggs? When they lay at home, you have to use what they have laid. But what about when you buy them?

Participant: When buying, you ask for the one lighter in color.

Moderator: Lighter color of what?

Participant: The color goes to white, like the Habeshan kind.

Moderator: The shell?

Participant: Yes.

Moderator: Okay.

Participant: The outside.

Participant: The one with a lighter shell has a yellow inside.

Moderator: Okay, what else. You have mentioned the color of the shell. What else do you check for? Do you just take what they give you or…

Participant: We check it by exposing it to a ray.

Participant: We check it by exposing to a ray and we shake it close to our ears. If it is healthy, it does not make a sound otherwise, it makes a sound.

Moderator: So you choose the one that does not make a sound.

Participant: Yes!

Moderator: Whom in your house eats eggs? How do you prepare eggs in your house?

Participant: Everyone eats.

Moderator: Everyone eats?

Participant: Yes! Is there anyone who averts eggs? I do not know a person who does. Especially in the holidays when made with chicken. [Laugh]

Moderator: Okay, is there anyone who eats more? Who in the family gets served more eggs?

Participant: The children.

Participant: Children. She had eggs for breakfast and left. When she comes for lunch, she wants what is tasty. She does not understand my problems. So the children eat.

Moderator: The children? You also serve more [eggs] to the children?

Participant: Yes, it is a must! I can eat something else and I will leave [the eggs] for her so she will not scream or cry at me.

Participant: We serve it to them so their minds can be at ease and they can be happy.

Participant: It is a must.

Participant: They are avert Shiro and Injera.

Moderator: Okay. When you serve eggs to you children or even when you eat eggs yourselves, what benefits do you hope to get?

Participant: It has benefits. It has benefits for the body, health, and brain in children. I think you get a lot of benefits from eggs. You are not just eating. [Laugh] physically, I get a lot more energy from eggs than Shiro.

Moderator: What about you? What benefits are you hoping to get when you consume eggs?

Participant: For the brain and such.

Participant: I am eating for myself as well. As I am expecting, I am eating for my sake as well.

Moderator: What benefits do you get? As you are expecting, do you think there is any benefit that you get when you eat eggs particularly?

Participant: Yes. When I have eggs with tomatoes or hard boiled with bread, I feel poised. The baby moves around a lot as well. I feel more poised when I have eggs than when I have Injera.

Moderator: It being easy, okay.

Participant: I am delightful.

Moderator: Okay. You were telling me the different ways you prepare it: with tomatoes and hard boiled. What are the different ways that you prepare it? And when?

Participant: Fried, hard boiled, and also mixed with other foods.

Moderator: What about you? Is there anything you would like to add? You mentioned rice with eggs earlier.

Participant: Rice with eggs, yes.

Moderator: When do you usually have rice with eggs?

Participant: I could have it in the evening. I would take time in the morning and I would get hungry until it is ready so I would prepare it for lunch and for dinner. If I am worried about indigestion I would have it during the day.

Moderator: Are eggs heavy?

Participant: With rice it is. When we make it with rice at night, it is heavy. It may be heavy so most of the time I have it for breakfast and lunch.

Moderator: What about the rest of you? Is there a time when you would not have eggs because of it being heavy in the stomach or other reasons?

Participant: No. It can be prepared with tomatoes and hard boiled for breakfast. As she said, it can be prepared as a pancake for the kids. You could mix 3 or 4 eggs with flour and prepare it as a cake or whatever you like. It can be put in anything, it is very important.

Moderator: To make cake, I am taking note of skills as well.

Participant: [Laugh] Really?

Moderator: In what different ways do you include eggs in your foods?

Participant: There are a number of things you can make but the accessories are hard to come by.

Participant: Preparing it hard boiled, fried and scrambled with tomatoes, or as a pancake for the kids is easier for us. We would put a lot into it if only we had access.

Participant: It is really something when you prepare it with meat, or with rice, as she mentioned. Even when you prepare it with salad. There are a number of ways. It can be an ingredient in a lot of meals. It adds a value when you bake cake with [eggs] in it. We bake [cake] at home, we do not buy.

Moderator: Okay, let us say you wake up and there is no such thing as an egg. How would you feel?

Participant: [Laugh] There would be nothing we can do even though we would be disenchanted. If it does not exist, then there is no other option but to turn back to Shiro. [Laugh]

Moderator: I saw you laughing, what made you laugh? How would you feel?

[00:10:00]

Participant: If it no longer existed, we would eat Shiro. [Laugh]

Participant: We do not expect to have it every day in the first place. You know that. Everything we have been sharing up to this point is hypothetical. We are saying what we would do if we had it in our hands. In reality, I left an empty house. I do not expect to have some eggs when I get home.

Moderator: Okay. What would you try to use as a substitute then?

Participant: Firfir. [Scrambled Injera with sauce]

Moderator: Firfir, okay. What would you try to substitute it with?

Participant: With bread in the morning.

Moderator: With salad if I can or Shiro otherwise. I will prepare what I can and wait.

Moderator: The foods you just mentioned: Firfir, bread, salad and Shiro. Are you saying they can be replace eggs?

Participant: They do not replace it. That is just the case if I could not have eggs. But eggs are superior to all the foods. Do not forget this.

Moderator: Okay, I will not. [Laugh]

Participant: We take that eggs are superior source of nutrition for the body and brain. But if it is not there then I will prepare the salad, Shiro, or Firfir that I can find and go about my day.

Moderator: What about nutritious benefits? Is there a food that you think could be a substitute for eggs nutritionally?

Participant: Meat. It can be substitute for eggs. They give the same nutritional benefits for the body and brain. For children especially.

Moderator: Okay.

Participant: Milk.

Moderator: Milk. What about you?

Participant: Cheese is also a good source of nutrition.

Participant: It is beneficial to drink milk with tea or bread.

Moderator: What food do you think has the ability to be a substitute for eggs? What food do you consider to have the same nutritional benefit as eggs? Could you translate it for her?

Participant: [Speaks in Oromifa]

Participant: [Speaks in Oromifa]

Participant: Shiro.

Moderator: Shiro, okay. Is there a food that you have started consuming more of recently?

Participant: For me, it is Yogurt.

Moderator: What made you consume more of it?

Participant: I like it. It puts my stomach at ease when I have it in the morning. It puts me at ease.

Moderator: It puts you at ease, okay. What about the rest of you?

Participant: Abish. [A traditional non-alcoholic beverage with some nutritional value]

Moderator: Abish, okay. What made you drink Abish more?

Participant: For my condition. I would prepare eggs or shiro and not have it at all because I feel pain or it is time for my medication. I have gone to the doctor and finished my medication. (…) [Laugh] they told me that Abish can be used as a substitute. It is the only one that I started recently everything else stayed the same.

Moderator: Who told you that Abish could be a substitute?

Participant: At the hospital. I told them what I eat and that everything that I eat after craving it so much irritates me deeply. They told me to try drinking Abish because I am at a risk of anemia it is not favorable for the baby. I have started as per advice and it has been a little over 2 weeks.

Moderator: Okay. Any other? What about you?

Participant: Gruel.

Moderator: Gruel.

Participant: With black Teff.

Moderator: Okay.

Participant: They advised me to drink it because I may be likely to suffer from blood deficiency.

Moderator: Who advised you?

Participant: The doctor. She is the same doctor.

Moderator: What about you? What fluids have you started taking in?

Participant: Juice.

Moderator: Juice, what kind of juice?

Participant: Mango.

Moderator: Mango. Okay, what made you consume more of it?

Participant: [Speaks in Oromifa]

Participant: The doctors.

Moderator: The doctors, okay. Where do you usually get cooking instructions or information on what ingredients to use in a food from?

Participant: It is just from Television. There is barely any other source of information.

Moderator: You get cooking instructions and what ingredients to use from Television?

Participant: You can watch what foods combined with other foods give you which benefit on the TV.

Moderator: On what channel?

Participant: There is a cooking show on EBS. I stay tuned to that. There was Jordana’s show but it is discontinued now. That kind of programs. There are several cooking shows.

Moderator: What do you like about it?

Participant: Their execution.

Moderator: Their execution?

Participant: Yeah.

Moderator: Okay.

Participant: I enjoy it when they mix one with the other.

Moderator: Okay. What about you? Where do you usually get cooking instructions or information on what ingredients you have to use or you can use in a food from?

Participant: Frankly speaking, all we know is how to make Injera, bread and Tela that has been passed down through generations. Personally, I went to work on an Arabian country at a young age of 15 and I could make about 6 types of soup if you get the equipment.

Participant: [Laugh]

Participant: So I am experienced and I can prepare anything.

Moderator: What about you?

Participant: My father and mother used to cook. I can prepare anything from soup to chicken but there is a lack of equipment, as she mentioned.

Moderator: Where did you learn from? And where do you prefer learning from?

Participant: I learned everything abroad.

Moderator: You have been to an Arabian country too?

Participant: Yeah. It has been 7 years since I came back. I could prepare anything if it was not for lack of equipment.

Moderator: Okay. What about you? What about now, though? What you have already learned as it is, where would you want to learn from going in to the future?

Participant: I was young when I left the country. And I went there to help out my parents not my marriage. I was planning to continue my studies when I come back but I got in to this marriage. I brought my skills in to my marriage. I prepare anything I want in weddings and feasts if they supply all the equipment. It is easy if you know the procedures. All I learned in my parents’ house was how to make bread, Injera and Tela. I could not name a single body part in a chicken. I was working in a restaurant abroad for 4 years and that is where I learned everything I know now.

Moderator: So you are well experienced? Where do you prefer learning about cooking from?

Participant: From my mother.

Moderator: From your mother?

Participant: Yes.

Moderator: Okay now, from where and how would you like to be informed about new things happening in your area? If something new was to come to Sirba, how would you like to be informed about it?

Participant: As she mentioned earlier, you can get a lot from TV. And secondly, you can learn from new comers.

Participant: There are some things that we took from you and we may take some other information from somebody else the next day.

Moderator: Where would you like to hear about it from, if something new came around here?

Participant: When there is something new, I would likely hear about it from meetings like this or from the neighborhood.

Moderator: From the neighborhood, okay. Where would you like to hear about something new from? If something new was to come around here? Could you translate it for her?

Participant: [Speaks in Oromifa]

Participant: [Speaks in Oromifa]

Participant: From the neighbors.

Moderator: From the neighbors?

Participant: Yes.

Moderator: Okay. You have mentioned TV and radio. There are radio channels, posters, shop keepers, and social media on your cell phones. Which one would you prefer to get extra information from?

Participant: I send and receive a lot of things from and through my phone. And I watch a lot of things on it too. We were counting the TV and cell phones as one when listing means to get information through. You can find out about you house, your neighbor, or your friend from your phone if you are travelling.

Moderator: Okay. Do you pay attention to such things?

[00:10:00]

Moderator: There may be billboards on the sides of buildings, flyers posted somewhere, radio, or TV. Do you use such means to get new information?

Participant: I would use the TV in such use cases most of the time.

Moderator: You watch the TV?

Participant: Yes.

Moderator: Okay. Could you tell me about the most recent time that you learned how to prepare a new food or the time that you learned about something new?

Participant: Nothing comes to mind, personally. [Laugh]

Moderator: Is there anything that you saw on what you should buy for your children or a food that you do not know?

Participant: I watched something on TV even this morning. [Laughing]

Moderator: What did you watch?

Participant: About the benefits of meat and eggs.

Moderator: The benefits of meat and eggs. Do you remember the channel?

Participant: It was on the news. They were talking about stunted growth.

Moderator: Talking about stunted growth on the news. [Taking notes]

Participant: They were educating that you sort out what you have and prepare it rather than obsessing over what you do not have.

Participant: I was watching the news in the morning, too. They were talking about how soup has grown desirable amongst people, especially fish soup.

Moderator: So what grabbed your attention?

Participant: He was cooking and he asked [the lady on the news] what kind of soup she liked. She told him that she liked fish soup and would love to have some.

Moderator: And what grabbed your attention?

Participant: For me, it was the message that you do not have to sit around list the things you do not have at home. You just have to prepare what you have in time. It will save your kids from stunted growth and falling sick. And rather than saving money to buy meat on holidays, he advised that it is much better to buy and prepare meat at least once a month. He said in Ethiopia, you spend 2000 – 3000 Br on meat for holidays and wait for the next holiday to buy meat again. Rather than doing that dividing the money between the holidays and the customary days is much more beneficial health-wise.

Moderator: Is there a commercial that you saw and did not like? It could be the content or the way it was presented. A commercial that you saw and did not like.

Participant: I did not see any. I do not spend a lot of time watching TV anyway.

Moderator: It does not have to be on TV necessarily. It could be on the radio, posters, or when you go to health centers.

Participant: There would not be a posters and such as it is a rural area. But as you said, on TV, I saw this commercial a week or two ago and it featured an overweight kid. His mother is very poor so the weight could not have been from bad eating habits. I felt so sad for him. That is a commercial that I could not watch. It is difficult to watch such things on TV. I always turn the TV off every time that commercial comes on. I am sorry but I do not like that commercial.

Moderator: It is okay. Thank you very much. You brought up important points. Is there anything that you would like to ask me, anything that I left unclear? Or if there is anything that you would like to elaborate on, let me give you the opportunity.

Participant: There is nothing left out.