



MENTEE

Vera Osei-Bonsu

Chief Executive Officer, Eat Smart Foods, Ghana

[Website](#) • [Twitter](#) • [LinkedIn](#)

Vera Osei-Bonsu is a dedicated "mumpreneur" from Ghana, with a mission to improve the diets of children in Ghana and Africa. She is the CEO and founder of Start Right Nutrition Limited and Eat Smart Foods, established in 2018 and 2021 respectively, which aim to provide naturally fortified local baby food options to caregivers, particularly mothers. With a First-Class bachelor's degree in political science, Sociology and Psychology from the University of Ghana, Vera believes in the transformative power of ideas and opportunities in Africa. Eat Smart Foods produces all-natural baby cereal powders using 100% local ingredients that provide essential portions of protein, fats, carbohydrates, and energy to prevent malnutrition and hidden hunger in children aged 6 months to 5 years. Vera and her team empower caregivers to create nutritious food recipes from local food products, with a strategy to make local baby food products more attractive, nutritious, balanced, and handy. Through their advocacy programs and unique eco-friendly and attractive packaging, Eat Smart Foods has been able to nourish over 30,000 children in Ghana with improved nutrition. In addition to manufacturing, the company also engages in advocacy to involve customers as integral parts of the brand. Vera's dedication and innovative approach to improving children's diets has earned her recognition, including being awarded the most outstanding woman in food and nutrition by Women in Aviation and Afric media Galaxy in Ghana in 2019, and the emerging star in agribusiness and International Business Award by Women in Agribusiness Awards by Guzakuza in 2022.

"Being impactful takes great learning and determination. Taking part in FAO-IAFN SME Accelerator program has taught me that continuous learning and mentoring is key to the growth of every entrepreneur looking for transformation and impact."

~ Vera Osei-Bonsu ~



MENTOR

Onigbanjo Oluwatoyin

CEO, Augustsecrets Ltd., Nigeria

augustsecrets.com