

**THE IMPACT OF SIPHALAZA FOOD SECURITY  
PROJECT IN ALLEVIATING POVERTY**

**BY**

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**The impact of Siphhalaza food security project in  
alleviating poverty**

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## **CHAPTER ONE**

### **1. ORIENTATION TO THE STUDY**

#### **1.1. INTRODUCTION**

In South Africa, an alternative view takes a collective approach to achieve food security. It notes that globally food security projects are initiated to feed the entire world population at a level adequate to ensure that everyone can be free of hunger and fear of starvation. South Africans are engaging themselves in community development projects in order to fight against poverty. Their aim is to ensure that no one should live without enough food because of economic constraints or social inequalities. The right of access to sufficient food is enshrined in Section 27 of the South African Constitution. The Constitution obliges the State to provide legislation and other supportive measures to ensure that all citizens are enabled to meet their basic food needs.

According to Swanepoel and De Beer (2006:40) 'community development projects quite often spark off further activity that can lead to the setting and reaching of further goals that bring about further development.' A household is considered food secure when its occupants do not live in hunger or fear of starvation. Eradicating hunger and poverty requires an understanding of the ways in which these two injustices interconnect. Hunger and malnourishment prevents poor people from escaping poverty because it diminishes their ability to learn, work and care for themselves and their family members.

Food security projects are believed to create a neutral platform in alleviating poverty, caused by food insecurity through the intervention of different stakeholders including industry, governments, multilateral organizations and civil society. The researcher concentrated on the impact of Siphilaza food security project in alleviating poverty at Tholakele area in

Paulpietersburg, by doing investigation on how the project benefits the community. As a result of an investigation, the researcher was able to know whether the project indeed has a good or bad impact in the community.

## **1.2. BACKGROUND OF FOOD SECURITY DEVELOPMENT PROJECTS**

According to the Health Systems Trust (2002) hunger and malnutrition kill more people every year than AIDS, malaria and TB combined, and more people die from hunger than from wars. In 1948 there was a Universal Declaration on Human Rights. It represented the first international recognition that human rights and fundamental freedoms are applicable to every person everywhere. Health Systems Trust (2002) reported that in 1960 there was an international freedom from hunger campaign. The campaign considered that the multilateral food aid should become part of the regular activities of the United Nations family, complementing the other types of assistance already provided by established agencies and programs.

Health Systems Trust (2002) further reported that in 1974 the World Food Conference Universal Declaration on the Eradication of Hunger and Malnutrition was established. This conference focused on the elimination of hunger and malnutrition. According to the conference all countries have the full right to participate in the decisions on the food problem. In the same year in 1974 Food and Agricultural Organization of the United Nations was established (FAO). In 1983 FAO adopted the broaden food security concept. In 1984 to 1985 there was a famine in Africa. In 1985 USAID famine early warning system was established.

According to the Health Systems Trust (2002) in 1996, the Food and Agriculture Organization of the United Nations (FAO) organised the World Food Summit in response to widespread under-nutrition and growing concern about the capacity of agriculture to meet future food

needs. The Summit was the first global gathering at such a high political level to focus solely on food security, set the goal of reducing the number of hungry people in the world by half before 2015. To achieve this goal, the FAO established a Trust Fund for Food Security and Food Safety, with an initial target of US\$500 million, to be used to strengthen and ensure the sustainability of projects within the FAO Special Programme for Food Security (SPFS) (Health Systems Trust, 2002).

### **1.3. STATEMENT OF THE PROBLEM**

A household is food secure when its livelihood and its environment are assured. Food security depends on the range of agricultural and non-agricultural activities that together furnish a variety of sources of food and income. Nutritious food and dietary preferences, allow people to live active and healthy lives. The absence of nutritious food can lead an individual to suffer from malnutrition and emotional scars. The International Food Research Institute (2008), states that in 2004, 852 million people worldwide were undernourished during the 2000-2002 period. This figure includes 815 million in developing countries, 28 million in the countries in transition and 9 million in the industrialized countries.

According to the International Food Research Institute (2008) in September 2000, the United Nations signed the Millennium Development Goals which are the explicit target of the 1996 World Food Summit, with an aim of welcoming the sense of hope for the eradication of extremely poverty. The Millennium Development Goals integrate the principles of sustainable development into country policies and programs to support specific feeding and supplementation. Its main focus was on the identification of chronically poor and vulnerable groups such as women and children so that transfers of skills, food or cash can be targeted better. In all countries the development was based on the unbalanced diet which is the results of deficiencies in proteins, essential fats and micronutrients

Economic growth, better education for children in rural areas, empowerment of women, mortality rates of HIV/AIDS, malaria and tuberculosis can be achieved through the increasing of agricultural production which may reduce hunger and poverty in rural areas (International Food Research Institute, 2008). The researcher, was therefore, conducted this study in order to investigate the impact of Siphilaza food security project and its effectiveness in alleviating poverty among the community of Paulpietersburg. The researcher was passionate about motivating the community members to participate in their own development. She, therefore, believed that supporting food security development projects and initiatives are a prerequisite for sustainable economic development.

## **1.4. THEORETICAL FRAMEWORK**

### **1.4.1. Ecological theory**

A theoretical base establishes common ground with potential partners by making the connections to anti-hunger work, sustainable agriculture, and community development clear. According to Lombard (1992:14) ecology refers to the study of organisms which investigates the relationships between living organisms and their environment. Arch et al (2006: 259) argue that ecological theory is an approach to the study of human development that consists of the 'scientific study of the progressive, mutual accommodation, throughout the life course, between an active, growing human being, and the changing properties of the immediate settings in which the developing person lives, as this process is affected by the relations between these settings, and by the larger contexts in which the settings are embedded. Lombard (1992:18) further states that the establishment of a community development project is based on knowledge of all ecological components, as it is within the ecosystem that needs and resources are determined.

According to Arch et al (2006: 259) the human community may be considered as an ecological product, that is, as the outcome of competitive and accommodative processes

which give spatial and temporal distribution to human aggregations and cultural achievements. According to this theory, communities are in constant competition with one another, and any advantage in location, resources, or market organization is forthwith reflected in differential growth.

However, the community members have the potential to make new substantive contributions to resolving most pressing community health problems. The theory posits a relationship between socially integrated community systems and wellness, both physical and mental. The ecological focus on adaptation constrains. It focuses on the ideological emphasis on health and on the natural caring function of the informal economy like the community projects (Arch et al, 2006: 259).

Kotze and Swanepoel (1983:17) in Lombard (1992: 14) illustrate the concept in a community context, apart from interaction within itself, the community also interacts with its geographic environment. This interaction between community and its environment is an integral part of community's existence. Lombard (1992: 14) states that the environment influences and is influenced by the specific extent to which people use the space and natural resources available. This continued to use leads to a spatial organization which is known as the ecology of the community. This means that the community cannot be seen in isolation but is seen as consisting of people. Welch (1987:155) in Lombard (1992: 15) states that human ecology focuses on the human ecosystem and sees the community as consisting of people who live in a geographical environment made up of a human component including social structure, interaction between individuals and organizations, a manufactured component such as services, roads and buildings and a natural component including land, water, minerals, climate and rainfall.

Lombard (1992: 15) states that environment can also change through physical processes such as droughts, floods and political change. The individual occupies the most central role in ecosystem. All events and experiences are eventually interpreted in the manner in which they are related to and have an impact on the individual. Although the individual is the nucleus of the human ecosystem, but human beings cannot be seen in isolation from the system as a whole. Schoeman (1980:179) in Lombard (1992: 17) clarifies the individual's situation by stating that the behaviour and actions of the individual influence the family, extended family, the group and the community, and that the actions of the family, extended family, the group and the value systems of the community in turn influence one another to the extent while also influencing the behaviour and actions of the individual. Thus, the problem affecting the individual could be only understood within the context of the family, community or society within which an individual lives.

Lombard (1992: 17) further alleges that each particular level of functioning within the ecosystem is made up of a number of subsystems which interact with one another. Thus, the individual is made up of physical, religious subsystems, the family system consisting of father, mother, son and the daughter subsystems and the community system consisting among others of an education and business subsystems. Thus, ecological approach focuses on the totality of a human being and his environment. Therefore, the ecosystem theory provides enough scope not only to take into account the various levels on which people function, but also to make provision for these by means of an integrated approach to services (Lombard, 1992: 17).

Therefore, the researcher found it essential to use this approach because it focuses on the human being's potential in fighting with life challenges. It also highlights the reassessment of the person's nature competition in the economy. An ecological theory clarifies the appropriateness of using specific tools at each level of analysis such as micro, meso and



macro. It also put an emphasis in the importance of the interactions across levels. Arch et al ( 2006: 259) maintain that the theory identifies five environmental systems which are:

**Microsystem:** The setting in which the individual lives. These contexts include the person's family, peers, school, and neighborhood. It is in the microsystem that the most direct interactions with social agents take place; with parents, peers, and teachers. In addition, this theory emphasizes that an individual is not a passive recipient of experiences in these settings, but someone who helps to construct the settings.

**Mesosystem:** Refers to relations between microsystems or connections between contexts. For example, children who suffer from hunger may not be able to perform well at school and they may have difficulty developing positive relations with other children.

**Macrosystem:** Describes the culture in which individuals live. Cultural contexts include developing and industrialized countries, socioeconomic status, poverty and ethnicity.

**Exosystem:** Involves links between a social setting in which the individual does not have an active role and the individual's immediate context.

**Chronosystem:** The patterning of environmental events and transitions over the life course, as well as socio-historical circumstances. For example, parents may be the breadwinners at home, but life could change in case they get sick and die either due to HIV/AIDS and other related diseases. The death of parents may have negative effects on the life of children. The children would have to suffer from food insecurity since there would be no one who support them financially.

## **1.5. MOTIVATION OF THE STUDY**

The researcher was motivated to conduct the study because through the service learning program, in her third year social work study, she was exposed to food security projects at Kwa-Mthethwa area, near Empangeni. The researcher discovered that community members especially women eradicate poverty and hunger through indulging themselves in food security projects, which assist them to realize their potential and not to depend on their husband's remittances. It was also found that orphans participate in these projects in the afternoon, and also during holidays and weekends and they gain skills, whilst they consume the products from the project.

Income generating programs transfer resources and skills to members of the local community (Love and Sayed, 2001). The project participants revealed that they gain different skills such as financial management skills and practical experience in food production and natural resource management. These skills enhance the quality of life to them because they are able to support themselves and their family members. They also take care for the vulnerable community members such as chronic ill people, orphans, disabled and aged. Moreover, the project participants revealed that the project benefits the community at large, since they sell their products to the community, schools and to the retailers such as Spar. As a result, the whole community of Empangeni buys and consumes their nutritious products. Thus, the positive impact of food security projects to the lives of community members created an ambition to the researcher to conduct the study based on the impact of food security project in alleviating poverty.

## **1.6. OBJECTIVES OF THE STUDY**

The main aim of conducting this study was to investigate about the impact of food security project in alleviating poverty. Further objectives of the study were:

- i. To explore whether the project contributes in the promotion of gender equality and empowerment of women;
- ii To verify if the project support the community at large and provide knowledge and skills of nutrition through the provision of practical experience in food production and natural resource management;
- iii To examine the gap and its impact that may preclude the development of the community and
- iv To determine whether the community members are exposed in different ways of alleviating poverty and hunger

## **1.7. RESEARCH QUESTIONS**

The following are the research questions for the study:

- i. How does the project benefit the community members especially the orphans?
- ii. What is the possibility of the project in creating job opportunities in the community?
- iii. What skills do the project participants learn from participating in the project?
- iv. What other strategies do the community members use to fight against hunger and poverty?
- v. What strategies does the Government use in increasing food security?

## **1.8. SIGNIFICANCE OF THE STUDY**

The government departments that are involved in food security development projects would benefit from the findings of the study. The findings would help in improving the quality of service delivery to individuals, groups and communities. They would also help the policy makers to realize if the initiation of food security projects led to social change to community

member's lives. If the gap and obstacles appears, they would try different curricula or policies and determine which ones best fit to achieve the goals and bridge the opening gap. The rural households would also benefit on how to become food secure such as crop rotation, making compost utilizing waste products, pest control and irrigation schemes so that they could produce throughout their lives.

### **1.9. HYPOTHESIS**

A research practice is that a study rests on a prediction of what is expected to be found. This prediction should be expressed as a statement of relationship between variables in order to give direction to the study (De Vos et al, 2002: 79). The researcher, therefore, hypothesised that the initiation of food security projects in Paulpietersburg area would make a huge different in the community. The level of crime would decrease since the projects keep woman, youth, aged and old orphans in action. The researcher hypothesised that the majority of community members would be able to take care of themselves and their families.

### **1.10. LITERATURE REVIEW**

According to Kruger and Welman (2004:96) literature review is based on the assumption that knowledge accumulates and that people learn from and build on what others have done. The researcher reviewed different literatures because literatures are characterized by a logical flow of ideas, current and relevant references with consistent, appropriate referencing style, proper use of terminology and comprehensive view of the previous research on the same topic. Therefore, literature review helped the researcher to develop a good working knowledge of the research in a particular area. It also allowed the researcher to establish theoretical framework and to focus on the methodology of the study. Literature review provided guidelines to the researcher and it assisted the researcher to prevent duplication of the other researcher's work.

Information base on the researcher's study was reviewed on journals, library books, internet, and through the projects participants in Paulpietersburg area.

## **1.11 METHODOLOGY AND DESIGN**

### **1.11.1. Research design**

In the study the researcher used evaluative research design because the purpose of the study was to find out the effectiveness, importance, meaning and efficiency of income generation to the beneficiaries and the community as a whole. Evaluation research design enabled the researcher to realise if the initiation of food security projects led to social change in the community member's lives. According to Babbie (2007:349) evaluation research is the process of determining whether the social intervention occurred has produced the intended result. This design evaluates whenever people have instituted a social reform for a specific purpose they have paid attention to its actual consequences. The principal objective of the evaluative research design can be regarded as the systematic use of research strategies to provide information concerning the effectiveness of the social programs and practices. The effectiveness is through the use of systematic, objective methods of research which are capable of being replicated by others (Babbie, 2007:349).

Both qualitative and quantitative methods were utilized for the study. Qualitative method emphasizes the depth of understanding associated with feeling and perception of people concerning the subject (De Vos et al, 2002: 155). This approach enabled the researcher to develop complex holistic picture reports detailed views of informants approach and it allowed the researcher to collect data in a natural setting (Punch, 2005). Quantitative research methods emphasize precise, objective, and generalize findings. This method attempt to tap the deeper meaning of particular human experiences and it is intended to generate theoretically richer observations that are not easily reduced to numbers (De Vos et al, 2002: 155).

### **1.11.2. Data collection**

Babbie and Mouton (2006:70) postulated that ‘data collection is a term that describes a process of preparing and collecting data’. The researcher used interview schedule as an instrument of collecting data. Interview provided an opportunity for the respondents to talk in depth about the topic. It also led to more general informal dialogue which should mean that the interviewees were more forthcoming. The researcher constructed questions in English and then translated in IsiZulu, as almost the majority of the respondents have a low educational level. The questions were asked in such a manner that did not offend any respondent. Open-ended and close-ended questions were used in terms of data collection. The interview schedule was designed in order to underpin the quantitative approach towards the study.

### **1.11.3.Target population**

The target population of the study was obtained in Paulpietersburg area which has an estimation of 101 607 population. This is a tiny rural area which is situated at the North Coast of Kwa- Zulu Natal. The town of Paulpietersburg is 50 kilometres away from Vryheid and 51 kilometres away from Piet Retief. The town lies in the foothills of eDumbe Mountain respectively under eDumbe Municipality Integrated Plan, 2008/2009. Access to this town was gained from its Community Authorities and its Local Municipality which is eDumbe Municipality. The researcher was assisted by the social welfare agency in identifying the exact location of Siphilaza food security project.

The participants were selected purposeful and they participated voluntarily. The researcher did not take any person to participate in this study, but the participants were from Siphilaza food security project at Tholakele area in Paulpietersburg. The collection of data did not discriminate the project participants in terms of gender. Literature study was conducted and it served as a backbone in guiding the researcher during interviews.

#### **1.11.4. Sampling methods**

According to Kruger and Welman (2004:199) 'sample can be viewed as a subject of measurements drawn from a population in which the researchers are interested.' The population for the study was drawn from Siphilaza food security project at Tholakele area in Paulpietersburg. In this study the researcher used purposive sampling because it enabled her to gain well-heeled data from the project participants who have realized the impact of food security project in alleviating poverty. The study was consisted of 30 participants. There was no restriction of age and gender since the researcher selected the participants intentionally.

#### **1.11.5. Data analysis**

According to O'Leary (2004:184) analysis is the process that requires the researcher to manage and organize the raw data, systematically codes it, interprets meaning, uncover and discover findings, and finally draw relevant conclusions that reflect on the interest, ideas and theories that initiated the inquiry. In analyzing data the researcher clearly indicated the findings as related to the objectives of the study. The data collected in this study was qualitatively. Therefore, to get an idea about trends in the data, the researcher analyzed the collected data by means of tables, percentages and numbers to give a clear picture of the research outcomes.

#### **1.11.6. VALIDITY AND RELIABILITY OF DATA**

Validity and Reliability of the study was taken into consideration to ensure that the findings are precise. According to (Babbie, 2007: 146) validity refers to the extent to which an empirical measure adequately reflects the real meaning of the concept under consideration. Validity suggests truthful. (Babbie, 2007: 146) highlighted that validity refers to how well an idea fits with actual reality, the first will be the point at which information will be collected and coded, and the second point will be classified and coded.

According to Babbie and Mouton (2001:125) reliability refers to the extent to which an empirical measurement procedure will yield same description of a given phenomenon if that measurement is repeated. It means dependability or consistency, it suggests that the same thing is repeated or occurs under identical or very similar conditions. Reliability and validity are the back bone in all measurement. Hence, it was essential for the researcher to make sure that reliability procedures were pursued in this study.

## **1.12. DEFINITION OF TERMS**

### **1.12.1. Impact**

Impact is the reportable, quantifiable difference or potential difference, that the project or program is making in real people's lives. It reports payoffs and benefits to society. The focus is on public not internal or personal benefit (Roche 1999).

### **1.12.2. Food security**

Barker (2003:166) states that food security is the ability of an individual, family, and community, or nation to obtain, consistently, of enough food to maintain for its entire people a level of nutrition needed for good health and positive lives.

### **1.12.3. Project**

Vargas( 2005) defines a project as a non-repetitive enterprise, characterized by a clear and logical sequence of events, with a beginning, middle, and end, focused on the accomplishment of a clear and defined objective and a deadline, with costs, resources and quality parameters specified.

### **1.12.4. Poverty alleviation**

Poverty alleviation is any process which seeks to reduce the level of poverty in a community, or amongst a group of people or countries through the provision of programs that are aimed at



economic development and income redistribution. Poverty reduction efforts may also be aimed at removing social and legal barriers to income growth among the poor ([http://en.wikipedia.org/wiki/Poverty Alleviation](http://en.wikipedia.org/wiki/Poverty_Alleviation)).

#### **1.12.5. Community**

Community is a group of people in a particular local area. The term is drawn from all parts of the community shares the environment in human communities, intent, beliefs, resources, needs and the number of other conditions may be present and common for entire community (Grey,1998:56).

### **1.13. ETHICAL CONSIDERATION**

Ethical issues arise at almost every stage in social research. They may be conceptualized as a special case of norms governing individual or social action. According to De Vos et al (2002: 44) ethics are typically associated with morality and issues of right and wrong. In this study, the participants were notified of the aims, methods, anticipated benefits and potential hazards of the research before they became a subject of research. During the research process, all participants were given clarity about their rights to participate and their rights to discontinue the participation at any stage if they feel uncomfortable. Permission from the subjects was obtained before the researcher offered an interview program.

Confidentiality and anonymity were valued among all participants since the participant's names were not asked during the interviews. Moreover, the researcher ensured that respect, honest and compassionate was valued amongst all participants. Sensitive information provided by the participants was protected and remain unavailable to anyone other than the researcher. However, appropriate referrals was offered to the respondents with the purpose

of enhancing their social functioning. The researcher ensured that the participants received no harm during the research process and conflict of interest was avoided.

## **1.14. LAYOUT OF THE STUDY**

### **Chapter one: Orientation to the study**

This chapter outlines the summary to the study. It includes the motivation of the study, the research problem, research questions, value of the study, theoretical framework and definition of terms.

### **Chapter Two: Literature review**

Chapter two comprises of the conceptual framework for the study through giving related information from literatures based on the impact of food security project in alleviating poverty, with the purpose of developing a better understanding.

### **Chapter Three: community profile**

This chapter entails the community profile of Paulpietersburg area, respectively under èDumbe Municipality where the study was conducted.

### **Chapter Four: Research Methodology**

This chapter describes the procedure in which the study was conducted. It also outlines the research design that was utilized in conducting the study.

### **Chapter Five: Presentation and discussion of findings**

This chapter shows the raw data, data analysis and the findings of the study, results are presented and interpreted in accordance to themes identified during data analysis.

### **Chapter Six: Conclusion and Recommendations**

This chapter recapitulates the results of the study and presents conclusion and recommendations pinched from the study.

### **1.13. SUMMARY**

Food security is a critical concern and will remain a primary area of focus to ensure that sustainable livelihood is maintained. The current food security issues affecting countries around the world, requires comprehensive and specific actions aimed at feeding the hungry and support for measures to develop and enhance food security for all nations. People around the world believe that food security projects are the best alternative in alleviating poverty and they are the achievable goals.

## **CHAPTER TWO**

### **2. LITERATURE REVIEW**

#### **2.1. INTRODUCTION**

According to De Vos et al, (2002:44) literature review is based on the assumption that knowledge accumulates and that people learn from and build on what others have done. The purpose of this chapter is to set forth for the reader some of the most important theoretical perspectives that other authors have, concerning the impact of food security development projects in alleviating poverty. According to Denscombe ( 2002:50) ‘literature review demonstrate the relevance of the research by showing how it addresses questions that arise from a careful and considered evaluation of what has been done so far, and how the current research aims to fill in the gaps or take things further or do a better job than has been done.’

#### **2.2. DESCRIPTION OF THE PROJECT**

The project’s name is Siphilaza project. It was initiated in 2000 by eight women who are the members of the community. These women started the project because there was a high rate of poverty which led to the shortage of food within an area. On the other hand, there was a high mortality rate which led to the creation of orphans within an area. As a result, the women stood up and initiate the garden project so that they could be able to support their families and vulnerable children within an area. During the course of the time, these women joined by 22 orphans ranging from the age of 12 and 18. It was reported that these children are passionate about working in the garden because it helps them to acquire survival skills. These children normally participate in the project during the afternoon and fully participate during the weekends and holidays.

The project is not funded by the government, but the Municipality provided it with seeds, which helps them not to buy everything. It was revealed that during the initiation of the project, the Municipality contributed by building the chicken cages and store room, which enabled them to sell chickens and keep their equipment. It was reported their attempts of growing chickens failed due to the shortage of money. Since the project is not funded, they do not have enough equipment to perform the project activities.

Although the Municipality offer assistance to the project, but it is not fenced and there are no irrigation furrows, which makes it difficult for the participants to water their products accurately. Their products comprise of maize, carrots, cabbages, beetroot, sweet potatoes, potatoes and spinach. The participants sell their products to the community, schools and to the retail shops such as Spar. As a result, the community of Paulpietersburg as a whole benefit from the project through consuming their nutritious products. The project participants did not receive any training, but they use skills of their own. Although they are not trained, but there are awareness campaigns that were offered within an area which helps them to realise their potential and have a greater understanding about an importance of vegetables in a human's body. Currently, the project is attractive and productive.

### **2.3. COMMUNITY FOOD SECURITY**

Health Systems Trust, (2002) define community food security as a condition in which all community residents obtain a safe, culturally appropriate, nutritionally sound diet through an economically and environmentally sustainable food system that promotes community self-reliance and social justice. At a basic level, community food security is about making healthy food accessible to all. It focuses on bringing fresh, local food into low-income communities, thereby reducing hunger, and improving individual health. Community food security is based on making nutritious and culturally appropriate food accessible, supporting local, regional, family-

scale, and sustainable food production building. It also revitalizes local communities and economies, providing fair wages and decent working conditions for farmers and food system workers.

Nel and Nelia (2002) argue that community food security is intended to promote social justice and more equitable access to resources and empowering diverse people to work together to create positive changes in the food system and their communities. However, community food security is concerned with the full range of food chain events including agriculture, the availability of supermarkets and other affordable outlets for quality food. It also includes the involvement of the wider citizenry, local and state governments in seeking solutions to food insecurity. FAO (1995) further argues that community food security includes the services and environments that encourage healthy food choices including schools, nutrition service providers, and commercial food operations.

## **2.4. COLLECTIVE ACTION**

Swanepoel and De Beer (2002:13) assert that community development is not the action of an individual or a few individuals. It is a collective activity in that a group of people sharing a mutual interest, sentiment or concern, act together in concert. In addition, sharing is a good practice because it enables the project participants to learn from each other and it develops a culture of informed and accountable decision making. These authors further insisted that collective action does not mean that all people who stand to gain from community development will act together, but it means that a group of people that can be defined as exclusive will be involved. As a result, the exclusivity of the group enhances the learning process because the same people are involved throughout and learn to work as a team.

## **2.5. SENSE OF OWNERSHIP**

Von Braun et al (2004) state that sense of ownership is defined as the community's feeling or belief that the problem or program belongs to them and they have a commitment to the program. Ownership develops when partners play a key role in formulating and implementing a project and understand the benefits of participation. The community should be heavily involved so that a sense of ownership can develop. The gain of creating a sense of ownership is that it reinforces what people learn and encourages them to integrate the shared learning into related situations. This in turn, feeds back into strengthening other social change outcomes such as sense of collective efficacy (Von Braun et al, 2004).

## **2.6. DEVELOPMENT AND COMMUNITY PARTICIPATION**

People's active participation is of great significance for any development project's success. Webb and Von Braun (1994:43) contend that participation begins with the expression of needs and it can be viewed as a development goal. It serves as a vehicle for increasing the person's capacity to control and shape his or her environment. Therefore, it achieves a greater self reliant and it increases the sense of ownership to the participants.

Swanepoel and De Beers (2006:28) argue that participation does not mean involvement. When people are involved in projects, they are allowed to take part in certain actions in a prescribe way. These authors further argue that when people are mobilised to participate, they participate fully on all aspects of the project. Then they become part of the decision making and planning of the project. They also become the part of implementation and evaluation of the project. It is believable that through participation, a solid local knowledge base is used for development and the sense of ownership may develop. (Swanepoel and De Beers 2006:28) argue that local people who have lived in deprivation for years, surviving the hardships of their poverty, have a certain ingrained knowledge outsiders do not have.

## **2.7. WORLDWIDE PERSPECTIVE ON THE IMPORTANCE OF FOOD SECURITY DEVELOPMENT PROJECTS TO ACHIEVE THE MILLENIUM DEVELOPMENT GOALS**

The intervention programs geared to reduce gang violence, imprisonment or recidivism and death. The programs are designed because underserved communities often lack the social support that helps give their lives momentum. The International Food Research Institute (2008) states that there are about 1.1 billion people live on less than one US dollar per day. The internationally recognized poverty threshold as 430 million in South Asia, 325 million in Sub-Saharan Africa, 260 million in East Asia and the Pacific, and 55 million in Latin America are poverty stricken. Too many children live lives characterized by hunger, and all too often succumb to early death. Moreover, another 1.6 billion people live on between one and two dollars per day, often sliding temporarily below the one dollar per day threshold.

Nel and Nelia (2002) state that there are about 14 million people or 35 percent of South Africans are vulnerable to hunger. Seventy (70) percent of the country's poorest live in rural communities. Women and children are the victims of food insecurity. All around the world, women face societal restrictions that inhibit their social and economic independence and rights. In KwaZulu-Natal in 1999, 48 percent of children experienced hunger, whereas 20 percent of all children were at risk of experiencing hunger (Nel and Nelia, 2002). These problems put women's physical well-being and status within the family critical importance for the food security of household members, particularly children. Therefore, these economic conditions put emphasis on the provision of food security development projects in order to fight against famine. The international food research institute (2008) further states that in order to enable people to live in dignity, there are eight goals need to be achieved by 2015.



These goals are to:

- i. Eradicate extreme poverty and hunger
- ii. Achieve universal primary education
- iii. Promote gender equality and empower women
- iv. Reduce child mortality
- v. Improve maternal health
- vi. Combat HIV/AIDS, malaria, and other diseases
- vii. Ensure environmental sustainability
- viii. Develop a global partnership for development.

To achieve the agreed development goals and targets, the FAO hunger report calls for a twin-track approach consisting of national and international investments. This approach based on strengthening productivity and incomes, including through investment in small-scale irrigation, infrastructure such as roads and water, the promotion of fisheries and agro-forestry, while also providing direct access to food through social safety nets for the poor, feeding programmes for mothers and infants, school meals and school gardens, food-for-work and food-for-education programmes (The international food research institute, 2008).

## **2.8. WORLDWIDE PERSPECTIVE ON THE SHORTAGE MICRONUTRIENTS IN A HUMAN LIFE**

Food security development projects play a vital in each person's life. According to WHO and the Global Food Crisis (2008) this is evidently since micronutrient deficiency afflicts more than 2 billion people worldwide, mostly living in poorer countries. Some 40 million pre-school children suffer from at least a mild vitamin A deficiency and 0.7 million new cases are added every year. WHO and the Global Food Crisis (2008) further allege that, some 7 percent of

preschool children in India exhibit clinical symptoms of vitamin A deficiency, with subclinical deficiency levels likely to be much higher. About 1.5 billion people, or 30 percent of the world's population, suffer iron deficiency.

Between 40 percent and 50 percent of pregnant women and 24 percent of children in China are affected by iron deficiency. WHO and the Global Food Crisis (2008) emphasise that there is empirical evidence from many countries suggests that micronutrient deficiency is now far more serious than protein-energy malnutrition. For instance, the energy requirements of toddlers were met in Egypt and Mexico, 36 percent and 43 percent of these same toddlers, respectively, were anaemic and 32 percent and 68 percent, respectively, were vitamin A deficient (WHO and the Global Food Crisis, 2008).

## **2.9. GLOBAL PERSPECTIVE ON THE IMPACT OF FOOD SECURITY PROJECTS IN ALLEVIATING POVERTY**

### **2.9.1. The projects support project members' families, orphans, disabled and aged**

According to Vargas (2005) projects aid in supporting project members' families, the needy families like the orphans most of which are headed by children, who have lost their parents or breadwinners largely due to HIV/AIDS, disabled and aged. WHO and the Global Food Crisis (2008) state that orphans lack financial resources and are too young to work. Therefore, they must be cared for by their communities. The increasing loss of productive members of society and rising death rates amongst the extended family lead many communities to be unable to provide the level of care necessary.

Love and Sayed (2001) state that the economic empowerment programs such as projects serve as a means to help communities to financially support. Income generating programs transfer resources and skills to members of the local community. This enhances the quality of life for

local residents as well as the ability of the community to care for vulnerable community members such as HIV/AIDS infected people, disabled and aged.

Spark (2007:43) states that projects contribute towards replacing the skills lost to the community as a result of HIV/AIDS related deaths. Food security projects enable communities to support their orphans, population to be educated, as well as to provide orphans with the opportunity to gain productive skills and child headed families to access education. Spark (2007:43) argues that projects preclude poor people especially the orphans from criminal activities, prevent commercial sex as a source of income and prevent them from skipping meals.

### **2.9.2. Project as a provision of knowledge of nutrition and practical experience in food production and natural resource management**

WHO and the Global Food Crisis (2008) state that, people who are the participants of food security development projects, gain knowledge about the beneficial impact of good nutritional status. This may include both on the prevention of HIV infection and on the course of the disease. It occurs since the projects facilitators are able to provide advice to families and reorient their own activities accordingly.

Babu et al. (1992) state that nutrition education and communication strategies in the affected areas include appropriate dietary recommendations for individuals suffering from the disease, taking into account local food sources and production systems. The project facilitators work in collaboration with local male and female leaders such as traditional and religious leaders so as to inform the population as a whole about the impact of food security development projects in a human's body. This ensures that gardens are planned to provide a year-round supply of nutrient-rich foods that are compatible with local taste preferences.

According to Love and Sayed (2001) food security projects develop sustainable life skills and food gardening skills among the community members. Vargas (2005), states that the empowerment garden projects teach the project participants to practice bio-intensive agriculture, which is an organic and remarkably efficient technique for small-scale applications. Gardening projects maximize the use of available resources and minimizing waste and expenditures. They utilize water most efficiently in terms of both production and economic efficiency.

Sustainability and soil health are at the forefront since the community members can use the compost which is a natural and balanced fertilizer to replenish soil nutrients, resulting in healthy plants that are better able to resist pests and diseases. Close plant spacing, mulching and deep soil preparation make the most of land and water resources. Vargas (2005) further argues that natural pest serves as disease solutions and using positive plant relationships replace chemical additives that could harm human and soil health. In addition, employing all of these components, empower garden projects participants and implement sustainable practices such as rainwater catchment and natural organic management.

### **2.9.3. Promotion of gender equality and empowerment of women**

Quisumbing and McClafferty (2006) agree that approaches to gender mainstreaming and women's empowerment create the conditions to enable rural poor people and destitute children to integrate themselves into the mainstream of social and economic development. Food security development projects play a crucial role in developing women's capacity to sustainably grow their own food and earn an income from the surplus has proved a successful way to alleviate poverty, improve health, and improve women's self esteem and social status in their communities as they become more independent and confident.

Seebens and Sauer (2007) state that small agricultural projects developing around the world empower marginalized populations, create livelihoods, help in improving gender equality, poverty alleviation, helping to address health issues such as malnutrition, and restoration of ecosystems. The communities and countries where they take place benefit from the easing of tensions resulting from the problems addressed by the project, and the increased productivity of its population. Food security development projects are aimed at empowering women and assist them to overcome poverty and control over fundamental assets.

Seebens and Sauer (2007) further contend that special efforts are made to remove the material, institutional and policy obstacles that prevent rural poor, women in particular, from harnessing their potential. Rural poverty is deeply rooted in the imbalance between what women do and what they have. Supported projects enable women to have a voice, by facilitating their rights of association and expression, building their awareness of their rights, improving their access to microfinance, supporting them in questioning gender stereotypes and facilitating their participation. Empowered women gain self-confidence and participate in transforming gender relations (Quisumbing and McClafferty, 2006).

#### **2.9. 4. Food security projects as an income generating and job creation procedure**

According to World Health Organization (WHO) and the Global Food Crisis (2008), in response to the poverty and hunger situations which people face on a daily basis, the garden projects were initiated to alleviate hunger and to provide a source of income for those families affected by the HIV/AIDS crisis. WHO and the Global Food Crisis (2008) further states that, vegetables gardens in the cropping system can help break the pathogen cycle in cereal-cereal rotations. The integration of leguminous vegetables, such as mungbean, can improve the productivity and profitability of the cereal-cereal system. Vegetables productions engage more

labour of vulnerable population groups, such as women and children and are used to feed their own families along with their patients and orphans.

The Department of Agriculture (2002) approves that by encouraging orphans in poverty cases, and the elderly to grow gardens that would empower them to take control of their difficult circumstances. Traditionally, gardeners would feed their families first and then sell, barter or give away surplus garden foods. This Department further emphasises that by 2007, over 900 gardens were established. The project has had a positive impact with an estimated direct and indirect 10,000 beneficiaries.

Food security projects such as gardening projects have a great impact in the local communities in terms of job creation, self-reliance, self-sufficiency and sustainability by utilising the surrounding natural resources to produce natural organic vegetables. They keep youth in action, orphans, vulnerable children, and families affected by HIV/AIDS. As a result the level of crime decreases within the community. Extra produce is sold in local markets. Some of the gardens have achieved profits in excess of R1000 per year.

#### **2.9. 5. Food security projects as a method of acquiring survival skills**

FAO (1995) contends that agriculture extension workers introduce time and cost saving mechanisms to help increase crop production. The Department of Agriculture Republic of South Africa (2002) contends that beneficiaries learn how to use manure or their own compost for fertilizing, crop rotation techniques, multi-cropping which include growing different crops together in one field, and how to grow kitchen gardens. Spark (2007:42) argues that food security projects have a great impact on the lives of people since they help the participants to gain skills of planting crops that are suitable to soil and climatic conditions and can be marketed. They can also decide to form cooperatives to increase their profits by reducing competition and working together to set prices.

### **2.9. 5. 1. Money management skill**

Brand, et al (2007) postulate that in order to help people change their lives through improved income-generating, it may be essential to develop their money management skills. People will need to develop an understanding of profit as a goal; learn ways to calculate profit and minimise costs; learn ways to improve marketing decisions and manage the availability of cash to conduct transactions. Improving these skills will enable people to decide whether to use credit or not, to evaluate their risks and to negotiate with financial service providers.

Brands, et al (2007) further argue that money management training is essential to assist facilitators to teach small scale entrepreneurs how to use their numeracy skills in improving their businesses by using simple business management techniques. The project participants would thus improve the skills such as the importance of book-keeping, the use of symbols in book-keeping, income and expenditure, the use of the cash book, profit and loss, how to use the profit, buying and selling on credit, the credit book, costing and pricing, business planning, and business management. Brands, et al (2007) further assert that participants can be individual entrepreneurs or groups both from rural and urban areas engaged in agricultural or other small scale economic activities. Training is mostly directed towards women, but its contents are also relevant for male entrepreneurs.

### **2.9.6. Gardening projects benefit children**

Vegetable consumption is an important component of a healthy diet. According to Spark (2007:44) gardening projects provides children with a tool for survival at times of food shortages. They also familiarize children with methods of sustainable production of food that are applicable to their homestead or farms and important for household food security. Gardening projects also enhance the nutritional quality of meals and reducing the incidence of malnourished children attending school. Gardening projects are also critical because they

increase school attendance and compensating for the loss in transfer of life skills from parents to children due to the impact of HIV/AIDS and the increasing phenomenon of child headed households (WHO/UNICEF/UNAIDS, 1998b).

Spark (2007:44) contends that gardening projects help in changing the children's attitudes toward vegetables at home also are positively enhanced. After participating in project children are more likely to consume vegetables at home. Spark (2007:44) further argues that food security gardens play a vital role because they teach children on how to establish and maintain home gardens and encourage the production and consumption of micronutrient-rich fruits and green leafy vegetables. They also help in providing active learning by linking gardens with school subjects, such as mathematics, biology, reading and writing. Food security projects also assist in increasing access to education by attracting children and their families to a school that addresses topics relevant to their lives. Gardens projects help in improving children's attitudes towards agriculture and rural life and promote healthy diets and lifestyles (Babu et al, 1992).

## **2.10. THE ROLE OF VEGETABLES AND FRUITS IN THE HUMAN BODY**

The person who is sick needs a diet that provides all the essential nutrients to meet increase nutritional needs. Love and Sayed (2001) state that eating a diet high in fruits and vegetables as an overall healthy diet may reduce risk for stroke and other cardiovascular diseases, protect body against certain cancers, such as mouth, stomach, and colon-rectum cancer, reduce the risk of coronary artery disease and help decrease bone loss and reduce the risk of developing kidney stones. Love and Sayed (2001) further argue that eating plenty of fruits and vegetables keeps the person's eyes in good shape. For example, vitamin A in carrots aids night vision. Other fruits and vegetables help prevent two common aging-related eye diseases cataract and macular degeneration which afflict millions of people over age 65.



### **2.10.1. Vegetables**

According to Love and Sayed (2001) fresh vegetables can help to get rid of numerous diseases such as heart disease and stroke, blood pressure, cancer, painful intestinal ailment called diverticulitis, cataract and macular degeneration, help decrease bone loss, reduce the risk of developing kidney stones and vision loss. Apart from these, vegetables have a low fat and calories content, thereby minimizing the problem of excessive weight or obesity.

Love and Sayed (2001) state that vegetables have a rich content of nutrition, right from protein, vitamin A, vitamin E, and vitamin C. They are also rich in potassium, phosphorus, magnesium, calcium to selenium, iron, manganese, copper and zinc. A high vegetable diet definitely assures a relief from all the major and minor problems of the body. According to experts, people consuming greater amounts of vegetables in their diet are high on energy and feel less lethargic or stressed out. The nutrition provided, helps body perform all the activities, by providing the body cells and organisms, all the necessary requisites for supporting life. For example, vitamin A keeps eyes and skin healthy and helps to protect against infections, vitamin E helps protect vitamin A and essential fatty acids from cell oxidation, vitamin C helps heal cuts and wounds and keeps teeth and gums healthy and vitamin C also aids in iron absorption.

### **2.11. HEALTHY AND BALANCED NUTRITION FOR CHRONIC HEALTH RISKS PEOPLE**

Love and Sayed (2001) state that, vegetables and fruits are serve as a tool for providing vitamins, carbohydrates and essential nutrients needed by the human body. Food security projects especially the vegetables projects play a vital role in helping people with HIV/AIDS to make up for protein losses, which may result from the inability to take up food properly from the gut due to diarrhoea. Thus extra liquids are required to restore the balance. Nutritional care and support promote well-being, self-esteem and a positive attitude to life for people and their

families living with HIV/AIDS. Healthy and balanced nutrition is one of the goals of care for people at all stages of HIV infection and it helps to improve health ( Health Systems Trust, 2002). It is important for the prevention of other related chronic health risks such as obesity, heart disease, diabetes and cancer.

A healthy diet involves consuming appropriate amounts of all nutrients required by the body. Health Systems Trust (2002) further maintain that there is a large body evidence that supports that inappropriate food intake negatively impacts immune function. Deficits in certain micronutrients such as vitamin A, vitamin C, vitamin D, zinc, selenium, copper, and iron impair immune function. A high content of dietary fatty acids, specifically saturated fat, plays a role in immune suppression. Protein deprivation decreases many body functions including the production of inflammatory mediators that are needed to fight infection.

According to the Health Systems Trust (2002) an effective programme of nutritional care and support improve the quality of life of people living with HIV/AIDS, by maintaining proper weight, strengthen the immune system by making it better able to slow the progression of HIV to AIDS and fight opportunistic diseases. Good nutrition also helps the human's body tolerate medical treatments more easily and improves the sense of well-being, which in turn strengthens the immune system and reducing time and money spent on health care. Healthy diet also keeps HIV-infected people active, allowing them to take care of themselves, their family and children. It also help in keeping HIV-infected people productive, able to work, grow food and contribute to the income of their families (Love and Sayed, 2001).

## **2.12. ALTERNATIVE WAYS OF ALLEVIATING POVERTY**

### **2.12.1. Stokvels**

Verhoef (2001) states that stokvels are clubs or syndicates serving as rotating credit unions in South Africa where members contribute fixed sums of money to a central fund on a weekly, fortnightly or monthly basis. Each month a different member receives the money in the fund, which was collected during that period, with no one ever defaulting on contributions. The members can then use the collected fund for their own use, either for payment or investment purposes. Verhoef (2001) further states that a stokvel is a common practice among women over 50 percent. Stokvels can be the general savings club, burial societies, investment stokvels and high-budget stokvels. Each of these varies in membership size, contribution size and rules of operation.

Stokvel consists of an average of 6 members. Most of the time members are individuals representing a family. Verhoef (2001) further states that the group is always formed on the basis of trust between members, friendship and a strong sense of mutual responsibility. The members of the stokvel group agree upon the group's purpose, its rules and its outcomes. Family is very important for consent because each month a stokvel rotates from family to family. The host family prepares food for the stokvel members and their families. Furthermore, the host family can sell drinks, invite outside people from the stokvel, sell wares and explore ways to generate more resources using the event, including an entry fee (Verhoef, 2001).

### **2.12.2. Selling hand work**

According to Quisumbing and McClafferty (2006) selling hand work is a program serves as an income generating opportunity for underprivileged women in this rural community. Due to a lack of education, skills and many cultural and social problems, which affect the communities of these small villages, families struggle to survive on a low, single income and are stuck in a

continuous cycle of poverty. Quisumbing and McClafferty (2006) further state that the women often stay at home to care for the family while the men struggle to find work as labourers. Men often spend their earnings outside the home and as a result, there is little income to care for the family and children. Hand works may include mat, making beautiful pictures, sewing, making bricks, unique bags and colorful and come in all different designs, shapes and sizes and many more. The hand work thus, aid in empowering the marginalised people to be self-sufficient and to see these products sold and appreciated all over the world.

### **2.12.3. Household garden**

Quisumbing and McClafferty (2006) postulate that family gardens may constitute the only source of certain nutrients to less well-off households and the major or only source of food between harvests or when harvests fail. They provide critical sources of energy and protein especially for weaning-age children. Gardening is typically a family activity involving women, men, children and the elderly, with some tasks carried out separately and others jointly. Men generally participate in the heavier tasks (bed establishment, fence building, well digging and tree harvesting), while women manage the day-to-day maintenance tasks. The elderly have a special role in passing down traditional gardening knowledge to the next generations, especially their understanding of the care and use of indigenous plants.

Quisumbing and McClafferty (2006) further claim that household gardens struggle with challenges that could easily be alleviated with additional support from the neighborhoods in which people reside. Home gardening contributes to household food security by providing direct access to food that can be harvested, prepared and fed to family members, often on a daily basis. Even very poor, landless or near landless people who practise gardening on small patches of homestead land, vacant lots and edges of a field, may have access to food security.

Gardening may be done with virtually no economic resources by using locally available planting materials, green manures and indigenous methods of pest control. Thus recognizing gardening as a legitimate recreational activity, and family gardens as sources of food security and providers of important environmental benefits may be the first start. In addition, when an individual has the household garden, she or he may not buy everything. Thus, he or she is saving money. Family members that provide needs for all household members, foster social equity and encourage healthy lifestyles.

### **2.13. THE GAP AND ITS IMPACT THAT MAY PREVENT THE DEVELOPMENT OF THE COMMUNITY**

Boyle and Moris (1999) state that the frequent failure of garden projects to achieve significant, cost-effective, sustained and positive changes is because of the large part to the familiar litany of development project errors. Foremost among the hindrances, is a lack of understanding and adaptation to local conditions, resulting in extension agents, demonstration gardens, planting materials and garden establishment and management strategies unsuited for local environmental, social and resource supply conditions.

Boyle and Moris (1999:64) argue that empowerment is the backbone in uplifting the lives of the community members. If people are not empowered, they end up becoming another charitable activity that will not produce any permanent benefit. Boyle and Moris (1999) emphasize the above statement by saying that in Qwa Qwa there is 78 percent unemployment, while there is much land available for food production. People lack the knowledge and skills to develop and maintain food gardens that would improve the nutrition, health of their families and help in generating income. Lack of participation from the project participants may increase the level of donor's dependence. It has now been established that people who do not participate in their own development have no affinity for development efforts and their results (Swanepoel and De

Beers 2006:28). Vargas (2005) argues that inadequate monitoring and evaluation of the project does not influence decisions regarding a project's future and information necessary to make essential project modifications cannot be obtained.

## **2.14. FACTORS CONTRIBUTE TO FOOD INSECURITY**

### **2.14.1. Unemployment**

Swanepoel and De Beer (2006:6) contend that 'the isolation of people in the deprivation trap contributes to their experience of poverty and powerlessness. Unemployment is both a cause and a result of the poverty situation in which people find themselves. It is a cause, since without a job a person has no income and cannot pay for a proper housing, food, medical care and education for him or herself and his or her children. It is a result because poor health caused by an unbalanced diet, poor housing and lack of appropriate education are all on account of poverty which prevents a person from finding and keeping gainful employment'.

People have poor communication and they are isolated from the job market. They find it difficult to gain access to employment opportunities. Therefore, an unbalanced diet and prolonged illness lead to physical weakness. Physical weakness increases vulnerability to other diseases. For example, Tuberculosis (TB) HIV/AIDS and malaria break down a person's natural immune system. On the other hand, the poor are also vulnerable to exploitation by employees and people on position of power as they have nothing to bargain with since they are powerless (Swanepoel and De Beer, 2006:6).

### **2.14.2. Poverty**

According to the Health Systems Trust (2002) poverty contributes to the high spread of HIV/AIDS and malnutrition. Poverty makes education and access to mass media and other sources of information more difficult. The poor are less able to equip themselves with the knowledge to prevent the risk of transmission. The agriculture sector plays an important role in

influencing migratory patterns. For example, infrastructure projects may pave the way for increased agricultural production and marketing but may also encourage high levels of labour mobility and temporary migration as a result of searching for work opportunities. Their migration increases their chances of contracting HIV and bringing it back home. For others, commercial sex may be their only option to feed and support their family. Food insecurity also leads to malnutrition, which can aggravate and accelerate the development of AIDS. Likewise, the disease itself can contribute to malnutrition by reducing appetite, interfering with nutrient absorption, and making additional demands on the body's nutritional status (Health Systems Trust, 2002).

### **2.14.3. HIV/AIDS and nutritional status**

According to the Health Systems Trust (2002) HIV/AIDS epidemic and other communicable diseases have further undermined food-insecure households. HIV/AIDS typically strikes the household's most productive members first. When these people become ill, there is an immediate strain on the family's ability to work, feed themselves and provide care (Health Systems Trust, 2002). Moreover, as the disease progresses, it can become even harder for a family to cope, especially as resources are drained. For instance, valuable assets, such as livestock and tools, may need to be sold in order to pay for food, funeral costs and medical expenses which may lead to poverty advances. Those less mobile groups who remain in rural areas have to manage the impacts of the HIV epidemic with a dwindling resource base (Health Systems Trust, 2002).

Households affected by HIV/AIDS suffer from income poverty due to loss of household income (due to illness, inability to work and death of breadwinners). They therefore engage in coping strategies such as skipping meals that further weakens the immune system and increases prevalence of disease and malnutrition in children and adults. Biologically, there are multiple

relations between HIV/AIDS and nutritional status. The onset of the disease and even death might be delayed in well-nourished HIV-positive individuals (WHO/UNICEF/UNAIDS, 1998b). The virus damages the immune system, AIDS patients are vulnerable to multiple infections.

The World Health Organization (WHO), the United Nations Children's Fund (UNICEF) and the Joint United Nations Programme on AIDS (UNAIDS) support the right of HIV-infected women to choose safe alternatives. Health Systems Trust (2002) contends that HIV/AIDS and malnutrition are both highly prevalent in many parts of the world, especially in sub-Saharan Africa. Their effects are interrelated and exacerbate one another in a vicious cycle. Both HIV and malnutrition can independently cause progressive damage to the immune system and increased susceptibility to infection, morbidity and mortality through opportunistic infections, fever, diarrhoea, loss of appetite, nutrient malabsorption, and weight loss. HIV specifically affects nutritional status by increasing energy requirements, reducing food intake, and adversely affecting nutrient absorption and metabolism (Health Systems Trust, 2002).

#### **2.14.4. South African discriminatory laws and rationale behind them**

According to Alan (2003:72) Apartheid is an Afrikaans pronunciation means separateness. It was a system of legal racial segregation enforced by the National Party government in South Africa between 1948 and 1994. During that period the rights of the majority Black inhabitants of South Africa were curtailed and minority rule by Whites was maintained (Alan, 2003:72). The past apartheid regime was characterized by segregated and unequal access to resources.

Alan (2003:72) further argues that the White minority in South Africa, which was male dominant, used its exclusive access to both political and economic power to promote its own sectional interests at the expense of other population and gender groups. The policies of all Governments favoured the elites by keeping seeing to it that profits from major cash cropping



schemes go to urban based companies and individual. During the apartheid era, the Whites took the Blacks to produce and giving them back little money.

This led the poor especial the Blacks to be poorer. The Whites over cultivated, overgrazed and deforested the soil. As the soil erodes, environment leads to bankrupt the nation (Timberlake, 1986: 102 in Alan, 2003:72). In addition, the Blacks were blamed by the Whites as if they are lazy, ignorant, backward and irrational. The Whites refer the Blacks as stupid. They argued that they must be educated. The critical question emerged on how the Blacks would afford education or head start for their children since they were oppressed by the Whites.

However, this led to economic disparities between the different groups of South Africans. It also led to inequalities in terms of regional economic growth within South Africa. Alan (2003:72) further alleges that since 1994, when the Government of National Unity came into power in South Africa, it introduced and implemented a range of policy initiatives and programs aimed at economic reform and in particular, those that give effect to the vision and objectives of addressing the economic imbalances and uneven development within and between South Africa's regions.

#### **2.14.5. Gender inequality**

Historically, the role of women in many cultures throughout the world has been tend to the home, but also the garden and the family's crops. According to Quisumbing and McClafferty (2006) all around the world, women face societal restrictions that inhibit their social and economic independence and rights. Many traditionally lack the opportunity to create a livelihood of their own, and as a result, rely on male family members or husband. Their dependence on others can make women vulnerable to abuse of all kinds, including verbal, physical, or sexual..

According to FAO (1995) worldwide, women play a major role in agriculture including fisheries, forestry and livestock and rural development. In many countries, women are the mainstay of agricultural sectors and food systems. Yet the most disadvantaged population in the world today comprises rural women in developing countries, who have been the last to benefit from or in some cases have been negatively affected by prevailing economic growth and development processes.

Quisumbing and McClafferty (2006) contend that polygamy has a negative impact on the lives of women because their status is not taken into consideration. In some communities woman is only considered a woman if she is able to conceive. Her status in the community depends on how many children does she bear. Thus, women compete to try to have more children than other wives. However, this shows that some of the communities have an impact in undermining the status of woman (Seebens, and Sauer, 2007: 895).

Seebens, and Sauer (2007: 895) further allege that gender bias and gender blindness persist farmers are still generally perceived as male by policy-makers, development planners and agricultural service deliverers. In most countries, the poorest of the poor tends to be household's headed by women. Even within the family unit the poverty of money, access and power vary based on gender. Women and female children suffer more than their male counterparts.

FAO (1995) further states that poverty, food insecurity and environmental degradation are recognized as critical development problems and have been given highest priority in the international development agenda. These problems have a disproportionate negative impact on rural women, due to their inferior socio-economic, legal and political status as well as their critical roles as producers and household managers. The causes and effects of these impacts are systemic, with far reaching implications for agricultural and rural development as a whole and

for all initiatives aimed at raising levels of nutrition, improving production and distribution of food and agricultural products, and enhancing the living conditions of rural populations (Seebens, and Sauer (2007: 896).

## **2.15. INTERVENTION OF SOUTH AFRICAN GOVERNMENT IN MAINTAINING HOUSEHOLDS FOOD SECURITY**

### **2.15.1. Implementation of Government's policies**

Alan (2003:72) argues that as a tool to address the imbalances in economic inequalities, the government passed certain policies and promulgated a number of pieces of legislation. Among these pieces of legislation and policy frameworks include the Preferential Procurement Policy Act, Act 5 of 2000 (PPPFA), the Broad Based Black Economic Empowerment Act, Act No. 53 of 2003 (BBBEE Act), and the National Small Business Act, Act 102 of 1996 (NSBA). All these Acts and other related policies, underpin in some way both the bill of rights and the obligation of the government to redress and address the socioeconomic imbalances as enshrined in the Constitution of the Republic of South Africa, Act 108 of 1996.

According to the Bill of Rights South African Constitution No 108 of 1996, section 217 provides that when an organ of state in the national, provincial or local sphere of government, or any other institution identified in national legislation, contract for goods or services, it must do so in accordance with a system which is fair, equitable, transparent, competitive, and cost effective. The objects of these Constitutional principles are to ensure maximum participation and competition that will result in value for money in the supply of goods and services to the government, whilst also ensuring equal treatment of all through the use of mechanisms that are open and transparent.

However, the Constitution also recognizes problems and socioeconomic imbalance brought about by the past regime, and thus creates a platform for addressing them. Section 217(2) provides for the organs of state to implement a procurement policy providing for categories of preference in the allocation of contracts. The constitution, through the provisions of sections 9(5) and 217(2) does oblige the government to undo and rectify the imbalances and injustices due to previous unfair treatment and discrimination (Bill of Rights South African constitution No 108 of 1996).

### **2.15.2. Implementing site for food security projects**

According to Nel and Nelia (2002) KwaZulu-Natal Province was chosen as the site of implementation, not only because of its food insecurity status but also because of its HIV/AIDS prevalence that is leaving behind myriad social problems such as elderly-headed households, child-headed households and orphans. KwaZulu-Natal has the highest HIV prevalence rate of 15.8 percent. In 2005 there were approximately 3.4 million orphans in South Africa, of which one quarter or 26 percent were resident in KwaZulu- Natal. This program aims to generate skills to mitigate the devastating impacts of HIV/AIDS and lack of income by providing access to food for consumption and sale.

#### **2.15.2.1. Beneficiaries of food security projects**

According to the Department of Agriculture Republic of South Africa (2002), the target groups are poor population groups in rural areas. This program especially aims to target women, single unemployed mothers, lactating women, grandmothers providing care for grandchildren or foster children, child headed-households, unemployed youth who are at risk, destitute families, disabled people and people living with HIV/AIDS. In certain contexts, people may also become vulnerable by reason of ethnic origin, religious or political affiliation and displacement. Schools with a large proportion of vulnerable children are also targeted as a means to establishing food

gardens as interventions to malnutrition. Project activities do not obstruct the provision of care to the sick, infants and young children including orphans. Special activities are also put into action with an aim of developing support to them. Training and support for youth is essential to the survival of the household as a whole (Department of Agriculture Republic of South Africa, 2002).

## **2.16. GLOBAL INTERVENTION IN EMPOWERING PROJECTS PARTICIPANTS**

### **2.16.1. Training as a method of empowering project participants**

Vargas (2005) postulates that training and job experience in the innovative garden methodologies will provide the youth with crucial skills for the current and future job market. Another way the program would prepare participants for the job market is by giving participants a means to establish their credibility. For example, participants would work according to a set schedule, demonstrating the reliability of program participants to future employers. Speer and Hughey (1995: 729) contend that empowerment of communities is the expansion of assets and capabilities of poor people to participate and negotiate with influence, control, and hold accountable institutions that affect their lives. Babu et al. (1992) argue that active participation avoids projectisation and donor's dependence. Providing impoverished families with the know-how and means to establish and maintain their own household food gardens helps to improve household food security.

According to Boyle and Moris (1999:63) people who live in extremely poverty have no capacity to become organized and they cannot exert political pressures to obtain favourable wage legislation. At the same time it is difficult for the people who live under the extremely poverty to reach the basic services that the Government provide. Poor people do not feel change since change is not their priority. Thus it is essential to incorporate these people in the socio economic system. The community developer may therefore, go one step further to train the project

participants. This would help the participants to gain skills of planting crops that are suitable to soil and climatic conditions and can be marketed to generate more income. Spark (2007:63) argues that training programmes should be used not only to identify skills needs, but also to identify policy gaps. However, the intervention must be directly or indirectly improve self-esteem raise human dignity and generate new expectations (Boyle and Moris 1999:64).

According to Batten (2000:32-35) it is necessary to give the trainees a reasonable grounding in the subject matter of the multipurpose activities and they had to be trained in the modern methods of extension work and vital problems in the area of human relations associated with it. The community development training is primary intended to teach skills in working with people whose behavior is much less, simple, regular and predictable. It makes training for community development so difficult. Thus, the community developer should be flexible with respect to choice of species and cropping patterns, encouraging diversity and use of locally adapted varieties. Training enable trainer to equip the trainees with worth sufficient perceptions and skills to achieve their purpose in an infinites variety of future situations.

### **2.16.2. Monitoring and Evaluation**

Vargas (2005) states that donors are certainly entitled to know whether their money is being properly spent. The primary most important use of monitoring and evaluation should be for the organisation or project itself to see how it is doing against objectives, whether it is having an impact, whether it is working efficiently, and to learn how to do it better. (Lombard 1992: 269-270) contends that adequate monitoring is a fundamental requirement if the data and information required to evaluate a project's performance are to be collected. It is impossible to evaluate a project if it has not been adequately monitored over time. Vargas ( 2005) state that monitoring a project is important in order to keep pace with progress, to receive feedback on the degree to

which objectives have been achieved and obtain information necessary to make essential project modifications.

### **2.16.3. Community development project funding.**

According to Vargas (2005) it is essential for the community developer to apply funding for the project in order for it to sustain. Funding occurs mostly through structures, usually government, non government or community base organisation structures. Swanepoel and Beers (2006, 16 ) argue that it is essential to give more than scant attention to the aspect of finding, but treat it in a very formal way such as the sources of finance and appropriation and control of funds. These authours listed the sources of finance as follows.

- Central government allocating funds for community development in it annual budget to one or more governments department and or statutory bodies.
- Circumstantial incidental or occasional allocation of funds within a government or regional or local government to promote community development.
- Local government financing of community development out of it own funds (although the financial position of most local governments in Africa and South Africa makes this only a remote source)
- Funds from Non Organisation's out of their own resources or from donations they received from community development.

Vargas (2005) further stated that there are several appropriate aspects of controlling funds.

Those aspects are:

- A basic perquisite that financial administration must ensure that funds are spent for the purpose intended and must be available when needed.

- Enthusiasm must not be dampened by a delay in allocation of funds.
- As self-help is an important principle, it is necessary that communities make a counter financial contribution to funds allocated to them.
- Control over the spending powers of community workers must be flexible enough to enhance participation, as well as the responsible use of funds.
- The control of funds must not over-centralize so that the funds can be available at the correct time and the people can be participating in controlling the funds.

#### **2.16. 4. Developing strategies with the communities**

Swanepoel and De Beer (2002:15) contend that ‘one of the most important gains for a community is the awareness that community development generates. People become aware of themselves and their environment; of their needs and resources’. These authors insisted that awareness campaign helps in changing apathy into a positive disposition. In HIV/AIDS affected areas, organizing local planning and training workshops to discuss local food security and nutrition problems among various local groups and institutions, help to identify possible interventions that could mitigate the negative impact of the epidemic (FAO, 1995).

Participatory appraisal of the impact of HIV/AIDS on food security in a given community helped in identify affected households and clarify local dynamics among HIV/AIDS, food insecurity and malnutrition, including households' coping strategies. According to FAO (1995) strategies to improve the coping mechanisms of affected households might include activities aimed at:

- Reorienting food production to facilitate access to a nutritious diet;
- Seeking alternative income-generating opportunities;



- Decreasing people's workload through labour-saving technologies and improving access to labour and resources through gender sensitization and the promotion of more gender-balanced extension approaches;
- Improving community organization for the exchange of labour;
- Developing community-based care strategies for patients and small children, including orphans;
- Encouraging HIV-positive and sick patients to teach their skills and knowledge to others and assisting households to plan for the future and
- Developing appropriate communication strategies to prevent the marginalization of affected households and helping the community to deal with the epidemic.

## **2.17. SOUTH AFRICAN GOVERNMENT'S STRATEGIES IN SUSTAINING FOOD SECURITY IN COMMUNITIES**

### **2.17.1. Integrated Food Security Strategy (IFSS)**

Kruger (2007) argues that the Labour Force Survey of that period (Statistics South Africa, 2000) reported that only 5 percent of surveyed households relied on agricultural production as a main source of food and an additional 10 percent engaged in agriculture to supplement food supply. According to Kruger (2007) in South Africa, food security has increasingly become a central focus of many Government and Non-Government programs. The integrated food security strategy is falling under the Social Cluster of Government services, was put together in the year 2000 by the Department of Agriculture. This strategy attempted to outline a framework for analysis and interventions as well as linkages between different Government Departments and other stakeholders, their roles and responsibilities.

Kruger (2007) claims that interventions in food gardening are being implemented by a number of different Government Departments. These Departments include the Department of Health, Social

Development, Agriculture, Water Affairs and Forestry, Environmental and Tourism, Public Works, Education, Housing, Land Affairs and District and Local Municipalities as well as Non-Government groups such as World Vision, CINDI (Children in Distress Network), ACAT (African Co-operative Action Trust) and many others. Mostly community gardens are still promoted, although a few initiatives in homestead food production have been attempted. Kruger (2007) further states that the strategy broadly follows international trends. The goal of this strategy is to eradicate hunger, malnutrition and food insecurity by 2015. The strategic objectives are to:

- Increase household food production and trading;
- Improve income generation and job creation opportunities;
- Improve nutrition and food safety;
- Increase safety nets and food emergency management systems;
- Provide capacity building and
- Provide stakeholder dialogue

Kruger (2007) postulates that a broad range of issues were tackled such as land reform, production of food, procurement and marketing of food products, processing, storage and transportation of food, development and microfinance, infrastructure development, human resource development, education and training, research and technology development, food prices, international trade, fiscal and monetary policies, ailments related to hunger and nutrition, social security grants and food emergencies and access to food legislation.

### **2.17.2. One home, one garden strategy**

According to Kruger (2007) KwaZulu-Natal Premier, Dr Zweli Mkhize, in his state of the province address on Mandela Day, said ‘the major cause of ill health and death in the developing world is hunger and poverty’. Local statistics back up his statement approximately 35 percent of the population in KwaZulu-Natal is encountering hunger on a daily basis. The Premier then

announced a rural development initiative, the 'One home, one garden strategy' as a response to this shocking reality.

Kruger (2007) further alleges that the premier emphasized that this 'One home, one garden' strategy will be initiated by the distribution of food parcels. Thereafter seed and fertilizer packages will be rolled out for people to commence their gardening activities. During this stage, secondary cooperatives will be formed so that training and support services could be provided. In his Province address, Dr Mkhize also promised that the currently stalled mechanization program of the Department of Provincial and Local government and the Department of Agriculture (that provided power hoes to subsistence farmers) will be re-launched, as one way to provide support to these cooperatives.

The aim of mechanization program was to ensure that agricultural land is cultivated, prevent child labour among farming communities and assist women and orphans to produce food for their families. Financial assistance in the form of credit was provided to the cooperatives through financial development institutions such as Ithala (Kruger, 2007). Kruger (2007) further argues that the honourable Premier of Kwa-Zulu Natal, Dr Zweli Mkhize said that the inter-departmental task teams on food security have been set up to execute the plan. The Government Departments, academic research institutions and commercial farmers were collaborating to share expertise, information and capacity for the strategy to be a success.

Kruger (2007) further states that the Premier urges the agricultural sector trade unions to help in monitoring the farmers and assist government in improving its strategy towards rural development. Agriculture was going to be the platform to fight poverty and build the economy. Dr Mkhize made it clear that it was time that communities do things for themselves. He affirmed that they would place emphasis on rural development and agrarian and land reform programs to turn the current situation around.

### **2.17.3. Community gardens**

According to the Department of Agriculture Republic of South Africa (2002) gardening activities including self-supporting and externally supported have a long history of implementation in the country. Before they were recognized as sources of income, gardening activities were considered as women's activities and did not attract much attention. However, as the socio-economic environment changed, perceptions changed and gardens became an economic powerhouse. All types of crops including flowers, grain, fruits, vegetables and herbs can be produced in gardens. Hence, they have the potential to provide all that entails food and nutrition security.

In the global economic downturn where food insecurity has increased due to soaring food prices, backyard and community gardens are some of the most basic survival strategies. Many people who live in the poor informal settlements have turned to backyard farming because they survived as small farmers in the rural areas and they apply their skills in the cities. The Department of Agriculture Republic of South Africa (2002) further argues that a backyard garden four times the size of an ordinary door, can supply a household of six people with fresh vegetables for a year. By replanting and ensuring that the ground is fertilised well, the four-door garden can be farmed fruitfully for years.

### **2.17. 4. School gardens projects**

WHO/UNICEF/UNAIDS (1998b) maintained that school gardens projects are selected because of their extreme poverty alleviation strategy. Hunger and malnutrition are pervasive in many of the urban slums and remote rural areas. Families struggle to obtain adequate food in both quantity and nutritional quality. Poverty exacerbates children's vulnerability to potential health threats. Many children have only one meal a day which is their school lunch. Many families don't have anything to give to their children. The school is many times the only place they eat. Thus, children are basically malnourished. Children sleep during class, are tired and can't pay

attention, because they don't have enough to eat. Some children go to bed hungry and then come to school still hungry (Boyle and Morris, 1999:55). Hunger may put children in the verge of being attacked by minor diseases such as measles.

#### **2.17.5. Comprehensive Agricultural Support Program (CASP)**

According to the Department of Agriculture Republic of South Africa (2002) Comprehensive Agricultural Support Program is an intergovernmental project aimed at providing interim relief measures to households and beneficiaries severely affected by food insecurity and the price escalation of basic food items by providing agricultural input and equipment for own food production. The Department of Agriculture Republic of South Africa (2002) claims that the program provides agricultural input and equipment to the existing food security campaign and Special Program for Food Security Projects (SPFS) and the National Food Emergency Scheme (NFES) beneficiaries.

The programme also encourages household food production through improvement of crop intensification, diversification and the adoption of simple and affordable technologies. Finally, the program promotes home backyard mix farming and where appropriate, school gardens and urban agriculture, using sustainable technologies and encouraging the sustainable utilisation of unused or underutilised resources. The Department of Agriculture Republic of South Africa (2002) further states that the aim of this program is to provide post settlement support to the targeted beneficiaries of land reform and to other producers who have acquired land through private means. For example, engaged in value-adding enterprises domestically or involved in export.

The Department of Agriculture Republic of South Africa (2002) emphasizes that the program's core focus is to make interventions in six priority areas including:

- Information and technology management;
- Technical and advisory assistance, and regulatory services;
- Marketing and business development;
- Training and capacity building;
- On or off farm infrastructure and product inputs and
- Financial support

The Department of Agriculture Republic of South Africa (2002) further argues that the expected outcomes for the program are:

- To increase the creation of wealth in agriculture and rural areas
- To increase sustainable employment
- To increase incomes and increased foreign exchange earnings
- To reduce poverty and inequalities in land and enterprise ownership
- To improve farming efficiency
- To improve national and household food security
- To stable and safe rural communities, reduce levels of crime and violence, and sustainable rural development
- To improve investor confidence, leading to increased domestic and foreign investment
- Pride and dignity in agriculture as an occupation and sector

The Department of Agriculture Republic of South Africa (2002) further revealed that the objectives and Allocation criteria of the program include:

- Community involvement and ownership
- Target beneficiaries should be from the previously disadvantaged group
- Enhances national and household food security

- One-off grant and not committing the Government to any form of direct recurrent operational or maintenance projects grants
- Long-term sustainability and economic viability
- Project finance support will only be provided for agricultural activities having the required level of institutional and technical support
- Projects that will generate employment opportunities should be given priority.

## **2.18. SUMMARY**

In this chapter the literatures that have been reviewed indicated that food security projects have a great impact in improving the health of a community, environment and individuals by building locally based, self-reliant food systems and economies. The economic empowerment program's purpose is to enable communities to support their orphans, population to be educated, as well as to provide orphans with the opportunity to gain productive skills. The establishment of income generating projects provide an incentive for community members to participate in the care programs, as it strengthen skills and generate economic opportunities of benefit to the local population. Food security projects also contribute towards replacing the skills lost to the community as a result of HIV/AIDS related deaths. They also serve as a provision of healthy diet required by the body. Many stakeholders worldwide increased commitment and resources for action to fight hunger and alleviate rural poverty.

## **CHAPTER THREE**

### **3. COMMUNITY PROFILE OF PAULPIETERSBURG AREA**

#### **3.1. INTRODUCTION**

This chapter focuses on the community profile of Paulpietersburg area, which is under eDumbe Municipality where the study was conducted. According to Hawtin and Percy-Smith (2007:126) a community profile is a full description of a group of people who think of themselves as a community. It is carried out with the active involvement of members of the community. It includes description of the people and the resources available to them, their cultural, geographic, economic and political context. Community profile is potentially broadest scope, covering both needs and resources and the whole range of issues affecting the community. Furthermore a community profile can be used to identify community health, development needs, and as a basis for planning action improve the health and quality of life of the community.

#### **3.2. BACKGROUND OF PAULPIETERSBURG AREA**

The other name of Paulpietersburg area is eDumbe. This is a small town which is located in KwaZulu-Natal. The town is about 50 kilometers away from Vryheid and 51 kilometers away from Piet Retief. It lies in the foothills of eDumbe Mountain. It was established in 1888. It was named after the President Paul Kruger and Voortrekker hero, Piet Joubert. The town's name is a combination of the first names of President Paul Kruger and Commandant-General Pieter Joubert, both of whom were linked to the old South African Republic. This area was the stage for many of the battles which took place in the Anglo-Zulu war in 1879 and Anglo-Boer war in 1899 to 1902 (eDumbe Municipality Integrated Plan, 2008/2009).



The town gained municipal status in 1958. The small town has a rich cultural and historical background, and many memorials and monuments can be seen there today. It also featured in the Anglo-Zulu war and visitors can see the battle site at Ntombe which is 30 kilometers away from the town. In this town, the Egode River Monument commemorates is the site where Louis Botha and his troops gathered before signing the Peace Treaty that ended the South African Anglo-Boer War (èDumbe Municipality Integrated Plan, 2008/2009).

### **3.3. LOCATION AND PHYSICAL SETTING**

This is a tiny rural area which is situated at the North Coast of Kwa- Zulu Natal. It covers an area of 1 947 km<sup>2</sup>. The town of Paulpietersburg is 50 kilometers away from Vryheid and 51 kilometers away from Piet Retief. The town lies in the foothills of èDumbe Mountain respectively under èDumbe Municipality Integrated Plan, 2008.

### **3.4. DEMOGRAPHIC PATTERNS**

Paulpietersburg covers an area of 1 947 km<sup>2</sup>. In 2001 the population was estimated at 1161, in 2007 the population was 15024 and currently is 101607. Therefore, the growth rate is estimated at 3413. The eDumbe has about 49 dispersed rural settlements and 3 urban areas which add up to the total number of 52 settlements in total. The major urban centre is Paulpietersburg or Dumbe, which is well located in relation to the national road and rail networks. The area of jurisdiction of the municipality is demarcated into seven wards and has mainly a rural population (èDumbe Municipality Integrated Plan, 2008/2009).

## Key Statistics

Indicator	èDumbe Municipality
Area	1 947 km <sup>2</sup>
Population	101 607*
Households	16 925*
Number of settlements	52
Urban areas	1 town and 4 small urban settlements
% rural population	65%*
% urban population	35%*
Gender breakdown	Males 47,3 %
	Females 52,7 %
	0 – 14 41,7%
Age breakdown	15 – 64 53.5%
	65 + 4,8%

### 3.4.1. Population Distribution

In Paulpietersburg area only 23 percent of the municipality's population lives in an urban area while 77 percent lives in the rural hinterland of the municipality. This factor has severe implications on actual service delivery and the cost thereof. It also implies that the bulk of the citizens of èDumbe municipality are far from the formal economy with its concomitant employment opportunities. The table below presents the distribution of population.

#### Population Distribution

Type	Number	Percentage
Urban	23 415	23
Rural Village	22 341	22
Rural Scattered	30 464	30
Scattered	5 077	5
Rural Farms	20 310	20
<b>Total</b>	<b>101 607</b>	<b>100</b>

### **3.5. POLITICAL SYSTEM**

The municipality has an Executive System with 4 Councillors on the Executive Committee. The Municipal Council of eDumbe consists of 14 Councillors with 7 Ward Councillors and 7 Proportional Councillors. The political party breakdown of the Council is indicated in the following table:

Political Party	Number of Councillor
IFP	9
ANC	4
DA	1

### **3.6. LAW ENFORCEMENT**

There are councilors who work in collaboration with the South African Police Service (SAPS) and community crime forum.

### **3.7. ECONOMIC AND INCOME DISTRIBUTION**

The eDumbe municipality is located in one of the poorest and poverty stricken district municipalities in KwaZulu-Natal. To this end, the economic history of the study area indicates that, the mining sector created numerous employment opportunities for local inhabitants. The closure of these mining houses has in turn led to the high level of unemployment and poverty rate in the area, thereby contributing directly to the escalating crime rate. Recently three mines have reopened on a small scale. Furthermore, the disinvestment that has occurred has also resulted in a poor level of infrastructure such as roads and other basic services. Although there is land potentially available for investment, around 2 000 hectares, this is currently leased by Mondi (eDumbe Municipality Integrated Plan, 2008/2009).

The lack of commercial centers and activities is of great concern to the local communities. This has seen communities visiting neighbouring towns to acquire basic groceries and other household's requirements. eDumbe's proximity to the larger economic centers of Piet Retief and

Vryheid is in some ways a drawback as people visit those centers to do the bulk of their shopping. The absence and lack of crucial government services in eDumbe has been raised as an area of concern towards building a sustainable local economy. Income levels in eDumbe tend to be quite low with 69 percent of the population earning less than R800 a month. This is significantly higher than both the district and provincial levels where 50 percent and 36 percent of people respectively earn less than R800 a month. These figures indicate that the majority of the population has low living standards and a poor quality of life Mondi (eDumbe Municipality Integrated Plan, 2008/2009).

### **3.8. ACCESS TO SERVICES**

#### **3.8.1. Accessibility in electricity**

Service delivery in eDumbe municipality remains a challenge as indicated by the Census 2001 statistics. Households are still using candles as a source of energy for lighting. The levels of delivery differ greatly by wards with many households especially in the township and tribal areas having low levels of access electricity. These backlogs have been addressed since 2001, especially regarding electricity, water and sanitation, to such an extent that in some areas they have been totally eliminated, albeit mostly at a RDP standard. The accessibility in electricity is shown in following table below:

<b>Electrified</b>		
Households	Population	Percentage
8596	58135	57%

#### **BACKLOG**

<b>Planned Grid Supply</b>		
Households	Population	Percentage
4492	30379	30%

<b>Off Grid Supply</b>		
Households	Population	Percentage
1930	13053	13%

### **3.8.2. Water supply and sanitation**

According to the 2001 Census figures 64 percent of households in the municipal area had access to some form of piped water at a maximum distance of 200m from their dwelling. This number includes both urban and rural households. It can be seen that during the time of the Census Wards 3 and 4, which consists mainly of the urban areas, had nearly 100 percent households with some form of piped water. The rest of the wards which are mainly of a rural nature had an average 54 percent of households with a form of piped water. While plus or minus 28 percent of the rural households had to fetch water from a river or stream. In eDumbe area there is a sanitation backlog which has been addressed to a large extends during the past 5 years. The bucket system has been completely eradicated and most households within the municipal area currently have access to sanitation at a RDP standard Mondi (eDumbe Municipality Integrated Plan, 2008/2009).

### **3.8.3. Housing**

The majority of the farm workers still live in mud houses. Formal houses are in the urban area. The municipality has applied for grant funding from the Provincial Department of Housing for the purpose of developing a comprehensive Housing Sector Plan. The grant has been approved and both parties have signed the Memorandum of Agreement. The municipality is now awaiting the funds that will enable it to advertise for a service provider to compile the plan. At present there are 5 housing projects in various stages of implementation conducted in the municipality. The details of these projects are as follows:

#### **3.8.3.1. Tholakele Rural Housing Project**

The project is situated within Municipal ward 5 and is under the jurisdiction of Dlamini Tribal Authority. The project has 1000 beneficiaries but that will be confirmed after the registration of beneficiaries.

#### **3.8.3.2. Mangosuthu village housing project**

The project is situated in the area Municipal Ward 2 with approximately 1000 beneficiaries. The Implementing Agent of that project is Umpheme Developers and their office is in Durban. At this moment, the project is still on a facilitation stage, especially social issues. There is a land claimed from Inkosi Dlamini. Inkosi and people were affected but they agreed that they would be happy with the project as long as the Department of the Land Claim Commission (LCC) will meet their needs. The social compact was signed. The Land Claim Commission finally wrote a letter to confirm that municipality should proceed with the project.

#### **3.8.3.3. EDumbe housing project**

The Implementing Agent of the project is PDNA (PD Naidoo and Associates). The project is situated in the Municipal Ward 3. The project provides an additional 600 units through the densification of an area where tenants occupy sites of 2000m<sup>2</sup>. The social compact has been signed and the project is still on a facilitation stage.

#### **3.8.3.4. Ekhombela housing project**

The Implementing Agent of the project is PD Naidoo and Associates. Their office is in Empangeni. The project is situated in the Municipal Ward 1 in eKhombela Mission. The project has 147 subsidies and it is still in social facilitation stage. The social compact has been signed. Farmer's areas surround the area. The land is currently owned by Lutheran Church who has made an offer to transfer ownership to the community of eKhombela. The community in turns has registered a Communal Property Association that will administer the donated piece of land once it has been transferred.

### 3.8.3.5. Ophuzane rural housing project

The Implementing Agent of the project is Nhlangothi Development Services. Their offices are situated in Durban. The project is situated in the Municipal Ward 7. It has 1000 beneficiaries. The project is still in a facilitation process. In the social issues, the Municipality had a problem with inkosi and its Council about the project as they were afraid of the projects. This was because the project came with the Municipality where at the end the community members will need to pay services which they don't like. After the finalization of projects and the resolving of land issues, the Department of Housing reserved funds for each project.

## 3.9. SOCIAL SERVICES

The following tables indicate the availability of social related facilities in eDumbe municipality:

<b>Social Facilities</b>	
Schools	
Clinics (Including Community Health Centre)	
Shops in Rural Areas	
Police Stations	
Recreational Facilities	
Old Age Home	
Community Halls	
Post-Offices	
Crèche's (Not verified)	
Law Courts	
Hotels, Resorts & Conference Facilities	
Cemeteries	
Municipal Offices	

FACILITY	NUMBER OF FACILITIES	TOTAL POPULATION 2006	% OF TOTAL POPULATION PER TRAVEL TIME RANGE			
			30 MINUTES	31-60 MINUTES	61 – 90 MINUTES	90 MINUTES
Clinics	6 (excluding Community Health Centre)	101 548	46.12%	27.61%	10.97%	15.30%
Community Halls	5		14.17%	42.47%	19.89%	23.48%
Tribal Courts	2		24.32%	36.50%	16.33%	22.86%
Hospitals	0		0.00%	0.17%	3.22%	96.61%

### 3.9.1. Education

Low schooling levels has serious implications for income generating and employment opportunities among the population of èDumbe and highlights the need for training and Adult Based Education and Training (ABET) programmes. In Paulpietersburg area, 17 percent of the population has no schooling at all, 5 percent have matric and only 1.5 percent possesses any sort of higher education. The households whose distance is further than 5 kilometers from primary school is considered as a backlog and every 3500 people constituting the need for another primary school. According to èDumbe municipality, the area currently requires 7 Primary Schools and 2 Secondary Schools. According to information obtained from the Department of Education, there are at present a total of 110 educational facilities in the municipal area. These facilities consist of the following:

Facility	Number
Crèche	20
Primary School	61
Secondary School	15
Combined School	14



### **3.9.2. Health**

There are at present 7 clinics (Including Community Health Centre) in the municipal area of èDumbe. Community Health facility is the best equipped for primary health care. Services of this facility include general medicine, an ambulance service, maternity and ante natal care, childcare, family planning, immunization against TB and venereal diseases, mental health care, X-Ray services, laboratory services, dental, mortuary, physio or occupational health, outpatient Services, orthopaedic Service and emergency Unit.

There are also 14 mobile clinics operating in the rural areas. Although the municipal area is fairly well serviced in terms of primary health care, there is a distinct lack of any higher order health functions such as hospital. The closest hospital is situated in Vryheid which makes it virtually inaccessible to people living in the municipality's deep rural areas. Vryheid is approximately 50 Kilometers away from èDumbe. The households whose distance is more than 5 Kilometers from Clinic, is considered as a backlog. ÈDumbe municipality therefore, recommended that 8 Clinics are required for every 100 000 people and 1 hospital facility should be provided.

### **3.9.3. Social Development**

There is one welfare agency situated at Bilanyoni area and it is called Bilanyoni Social Development. The nature of services rendered by an agency involves case work, group work and community work. These services rendered by the agency are: foster placement, child and elderly abused. The social workers motivate people to speak up if there is any form of abuse against children or the community members as a whole. They also motivate the community members to report any disgusting action against them. Other services offered by the Department of Social Development include adoption, counseling, early childhood development (ECD), HIV/AIDS and marital counseling. The community developers also help the community members to participate in food security projects. There are also the cleaning environment campaigns in the area.

#### **3.9.4. Welfare services**

A shortcoming in the municipal area is the lack of a facility for children. HIV/AIDS is affecting economically active adults which lead to an increase in the number of households headed by children, destitute children and street children. There is one private facility for senior citizens in Paulpietersburg with 24 residential units. This indicates a need for a place of safety as a transitional residence for women and children in distress as well as permanent accommodation for homeless and orphaned children. Funding has been approved for an Orphanage in Tholakele area although the relevant sector department has never implemented the project. There are a total of 12 pension payout points distributed throughout the municipality, making provision for the scattered rural population. The municipality provides these Payout points with drinking water and sanitation facilities on pension pay-out days. The huge problem with these Payout points is that there are no shelters in most of them. If it is raining, the pensioners get wet. If it is sunny they need to persevere in a hot temperature, as a result, there is a possibility for them to faint.

#### **3.9.5. Emergency services**

The emergency services in the municipal area are provided on a public-private partnership basis namely: the KZ261 control centre which was formed by the Local Municipality, the Farmers Association & a security firm and the Tango Foxtrot. The KZ 261 Control Centre provides 24/7 monitoring services. The municipality has one fire-engine for the area. There are currently 12 trained voluntary firemen on 24/7 standby. The fully equipped rapid response vehicle forms the heart of the municipality's emergency services. There is a toll free number that can be used to report any emergency, so that emergency services can be deployed. There is only 1 police station in Paulpietersburg that serve the whole Municipal area. Long travel distances from the rural areas indicate that it is crucial to provide a satellite station in the densely populated rural areas at Mangosuthu and Bilanyoni.

### **3.9.6. Community Facilities**

Community facilities are available in the urban areas. This creates a problem for rural residents, especially in light of the fact that there is very limited public transport available in these areas. This is because of the low standard of roads and the low threshold for these services.

### **3.9.7. Post and Telecommunication**

There is only one Post Office which provides postal services in the area with satellite post boxes in the rural areas. There is however a backlog because the post boxes in the rural area are limited and not widely distributed. This leads to a situation where some densely populated rural settlements don't have access to postal services. Telkom and the three cell phone companies provide telecommunication services. The extension of the cellular phone network has provided many people in rural areas with access to communication services. Telkom has gone a long way towards providing infrastructure in previously marginalised areas and rural areas in South Africa. It has set a standard of at least one public phone within 200m. This standard has not yet been met in the rural hinterland of the Municipal area and can be regarded as a backlog.

### **3.9.8. Media and Communication**

The channels of communication that are available within the community are newsletters from the local Municipality. The forms of communication that are utilized to influence the public opinion are radio and bulletin boards. Sometimes communication flows through notice boards and meetings. In most cases if the councilors want to convey messages to the community they normally use louder hailers so that everyone will be informed.

### **3.9.10. Socio-cultural system**

In this community the youth engage themselves in some activities including traditional music like Indlamu and Isicathamiya. Most of the community members believe in ancestors, especially by slaughtering the cow with the purpose of giving them recognition.

### **3.10. PROJECTS OFFERED BY THE DEPARTMENT OF SOCIAL DEVELOPMENT**

The following is the list of poverty alleviation projects implemented in Paulpietersburg area by the Department of Social Development:

- Ubuhle be Tholakele is an orphan care project situated at Tholakele area
- Thanduzenzele is a gardening project situated at Tholakele area.
- Ihawu Lesizwe is a gardening and orphan care project situated at Bhadeni area
- Sphehile co-operation project deals with gardening and poultry. It is situated at Bilanyoni area.
- Mangosuthu project is a poultry project situated at Mangosuthu area.
- Siphilaza gardening project situated at Tholakele area, monitored by the Municipality

### **3.11 COMMUNITY DEVELOPMENT WORKERS**

The Municipality allocated 2 community development workers. The central purpose for this project is to improve Government's capacity to fight poverty and foster development. The main role of the community workers include:

- The provision of active information to communities
- Collection of information on needs, problems and opportunities
- Identification of resource persons and organisations that can add value to government programs
- Facilitating implementation coordination of intergovernmental programs
- Facilitating the ongoing liaison with government in 3 levels
- Monitoring and evaluating the programme implementation
- Assisting with HIV/AIDS programs
- Assisting in implementing the people's contract

### **3.13 KEY CHALLENGES FACING ÈDUMBE MUNICIPALITY THAT WAS REVIEWED IN 2008/2009**

The key challenges for the Municipality that are being reviewed from this community profile are stated below:

- The ÈDumbe Municipality is located in one of the poorest and poverty stricken district municipalities in KwaZulu-Natal.
- A large rural population depends on the nearby urban areas of Paulpietersburg for commercial and public services. This places pressure on the primary node because of the lack of social and economic services within the rural areas.
- The lack of social services and infrastructure in the area especially at the satellites sub satellites together with the associated basic infrastructure such as water and sanitation.
- Most of the rural settlements are limited in number, thus this makes service delivery costly. This effect is compounded by the aspect that only 23 percent of the municipality's population lives in an urban area while 77 percent lives in the rural hinterland of the Municipality.
- Fifty three (53) percent of the population of the municipality is women. Women assumed to be acting as household heads in the absence of partners seeking employment in other urban centers. It is also accepted that these women are more disadvantaged in terms of resources. Strategies need to be developed in order to create security for women and their dependent children.
- Close to half of the population are children, placing pressure on the need for educational and social facilities. Many of these children will be orphaned as a result of HIV/AIDS. Seventeen (17) percent of the population is already infected with HIV. The severe impact on the need for health, social and welfare services over the next 20 years will have to be accommodated in the Municipalities strategy for service delivery.

- Income levels in èDumbe tend to be quite low with 69 percent of the population earning less than R800 a month. The traditional and rural areas are the most poverty stricken.
- The majority of the population relies on public transport facilities. This is primarily taxi based. The quality and efficiency of the public transport sector needs attention.

### **3.11. SUMMARY**

This chapter gave a clear picture about the community of Paulpietersburg. It highlighted the challenges faced by èDumbe Municipality due to the increased service demands with a small and stagnant revenue basis. The èDumbe Municipality is located in one of the poorest and poverty stricken district municipalities in KwaZulu-Natal. Many people are poor, uneducated, do not have skills, jobless and they depend on the nearby urban areas of Paulpietersburg for commercial and public services. In order to sustain èDumbe's financial position as a viable entity, a number of strategies and programs had to be put in place.

## **CHAPTER FOUR**

### **4. RESEARCH METHODOLOGY**

#### **4.1. INTRODUCTION**

In this chapter the researcher has focused on the major components of the methodology of the study. Methodology is the science of finding out, it also constitutes the set of procedures used in the research process to prevent errors of observation, interpretation, false generalization, dependency on authority and inappropriate use of evidence (Garbas, 1990:209). According to Neuman (2003) research methodology includes the specific techniques to be employed, the specific measuring instruments to be utilized, and specific series of activities to be conducted in making the measurements. In this study, research methodology includes subheadings such as the design of the study, the sampling methods, and the way in which data was collected and analyzed. This chapter details the ethical consideration associated with the study.

#### **4.2. RESEARCH DESIGN**

Research design is the plan according to which the researchers obtain research participants (subjects) and collect information from them (Kruger and Welman, 2001:46).

#### **4.3. EVALUATIVE RESEARCH DESIGN**

O'Leary (2004: 135) argues that evaluation research attempts to assess the effectiveness of change intervention programs and policies, and is related more to a research purpose or goal than a particular methodological approach. Babbie (2007:349) states that the effectiveness is through the use of systematic research strategies, objective, methods of research which are capable of being replicated by others. Scriven (2008) argues that the objectives may be setting up a system that shows who gets services, how much service is delivered, how participants rate the services they receive, and which approaches are most readily adopted by staff.

The researcher is of the opinion to use evaluative research design since it involves assessing the strengths and weaknesses of programs, policies, personnel, products and organizations to improve their effectiveness. Scriven (2008) further states that this design pinpoints the services needed such as finding out what knowledge, skills, attitudes or behaviors a program should address.

Summative evaluation was utilized in this study because it focuses on judging the worth of a program at the end of the program activities. According to Scriven (2008) summative evaluations assess program outcomes or impacts that a project has on beneficiaries. It assesses the changes that can be attributed to a particular intervention, such as a project or program or policy. Scriven (2008) further argues that summative evaluation typically does this by comparing outcomes between beneficiaries and a control group, both before and after a project has been implemented. It also answers the question like ‘what would have been the beneficiaries’ outcomes in the absence of the project, both before and after the project’. It also focuses on ‘what would have happened to these beneficiaries in the absence of the project’ (Scriven, 2008).

O’Leary (2004: 136) states that summative evaluation may consider cost-effectiveness and include cost-benefit analysis. The results are expected to inform decision making related to program funding, continuation, termination, expansion and reduction. (Scriven, 2008) states that summative evaluation enhances the importance of doing rigorously and accurately in order to arrive at a true picture of the best way of achieving desired results for beneficiaries. These desired results can include meeting the Millennium Development Goals, or achieving the targets under the Africa Action Plan.



#### **4.4. RESEARCH METHODS**

According to O'Leary (2004: 99) there are two types of research methods namely, qualitative and quantitative research methods. The researcher used these methods because they both permit for statistically reliable information obtained from numerical measurement to be supported and enriched by information about the research participant's explanation.

##### **4.4.1. Qualitative research method**

Qualitative research method of collecting data was employed to address the research aim in this study. Rubin and Babbie (2001:357) argues that qualitative method refers to research methods that emphasize depth of understanding and deeper meaning of human experience from multiple perspectives, conducted in a natural setting with a goal of building a complex and holistic picture of the phenomenon of interest. Its aim is to generate theoretically richer, albeit more tentative, observation, and unstructured or intensive interviewing.

Swanepoel and De Beer (2006: 162) contend that a method is characterized as qualitative because it is based on the perceptions and opinions of people. Thus, this method helped the researcher to get insight information from the projects participants about the impact of the project within the community of Paulpietersburg area. The researcher used qualitative method because she wanted to observe feelings, attitudes and behaviors of the project's participants about the studied phenomenon. Terre Blanche, et al (2007) state that qualitative methods are effective in identifying intangible factors, such as social norms, socioeconomic status, gender roles, motivations, aspiration, ethnicity, lifestyles, religion whose role in the research, political cultural and temporal conditions and subsequent interpretation of the meaning thereof.

#### **4.4.2. Quantitative methods**

Quantitative method was employed in conducting the study. According to Babbie (2007:23) quantitative method is an approach to research that relies on studying phenomenon through the use of numerical means. It refers to a specification of the most adequate operations to be performed in order to test specific hypothesis under given conditions. It focuses on the end product, formulates a research problem as a point of departure and focuses on the logic of the research. Quantitative method helped the researcher to know the population size, age and gender of the respondents. The researcher utilized this method because it enabled her to aggregate, compare and summarizes data. Hawtin and Percy-Smith (2007:98) contend that quantitative data enables the researcher to ask questions about things that he or she feels are most significant.

### **4.5. POPULATION SAMPLE AND SAMPLING METHODS**

#### **4.5.1 Sample**

Sample can be viewed as a smaller group which is actually studied drawn from a larger population. Sampling is where the researcher has to focus on the characteristics that he or she likes to be involved in population that is being studied (Punch, 2005: 293).

#### **4.5.2. Purposive sampling**

Purposive sampling was employed in this study because it is based on the judgment of a researcher regarding the characteristics of a representative sample. The researcher was of the opinion that purposive sampling starts with a purpose in the researcher's mind. Babbie (2007:184) states that purposive sampling is a sampling method in which elements are chosen based on the purpose of the study. It may involve studying the entire population of some limited group. The sample is thus selected to include people of interest and exclude those who do not suit the purpose. The sample was selected and the appropriate data was obtained from the project participants who engaged themselves in the project and realize its impact.

#### **4.5.3. Target Population**

Population refers to the individuals in the universe who possess specific characteristics, or to set of entities that represent all the measurements of interest to the researcher (De Vos et al, 2002:209). The target population of the study was the project participants from Tholakele area in Paulpietersburg. The town of Paulpietersburg has an estimation of 101 607 population. This is a tiny rural area which is situated at the North Coast of Kwa- Zulu Natal. The town of Paulpietersburg is 50 kilometers away from Vryheid and 51 kilometers away from Piet Retief. This town lies in the foothills of eDumbe Mountain respectively under eDumbe Municipality Integrated Plan, 2008/2009.

Access to this area was gained from its Community Authorities and its Local Municipality which is eDumbe Municipality. The researcher was assisted by the Social Welfare Agency to identify the exact location of food security project. The project participants in this study consisted of the orphans aged between 12 and 18 who normally participate in the projects, the woman aged between 36 and 54, and the old women aged between 50 and above. The participants was those who assumed to strictly adhere themselves in the project in order to fight against the devastating poverty in their families and community.

#### **4.5.4. Sample size**

According to Bless and Hyson (2006:97) sampling size is technical accounting device used to rationalize the collection of information to choose in an appropriate way the restricted set of objects, persons and events from which the actual information will be drawn. The study consisted of 30 food security project participants who devoted themselves to participate in the project with the purpose of alleviating poverty from their families and community.

#### **4.6. DATA COLLECTION**

An interview schedule was utilized in this study as a method of collecting data. Interview schedule is a list of questions that prepared by the researcher before he or she goes into the interview so as to ask the interviewees. The researcher collects data from individuals through talking and well listening to them (Denzin and Lincoln, 2000). Interview schedule indicates how questions are structured according to the interviewee, often based on what the researchers expect them to know (Wilkinson and Birmingham, 2003). Hawtin and Percy-Smith (2007:86) maintain that interview may be the formal or informal meeting between two people or among a group of people for the purpose of obtaining information about something in particular. It may be conducted in any number of ways, including the depth interview and the focus group interview. Hawtin and Percy-Smith (2007:86) further assert that the best way to find out useful, accurate information effectively is to prepare an interview schedule.

The researcher, therefore, decided to use interview schedule as a method of collecting data because it provides an opportunity for the respondents to talk in depth about the topic. It also leads to more general informal dialogue which should mean that the interviewees are more forthcoming. Interview scheduled would enable the researcher to establish rapport with the respondents. Hawtin and Percy-Smith (2007:86) state that interview schedule enables the researcher to compare answers from different people because she or he asks them all the same questions. Interview schedule would enable the researcher to observe verbal and non- verbal cues of the respondents. Hawtin and Percy-Smith (2007:86) further contend that interview is used to elicit information in order to achieve a holistic understanding of the interviewee's point of view or situation. It can also be used to explore interesting areas for further investigation. It involves asking informants open-ended questions, and probing wherever necessary to obtain data deemed useful by the researcher.

In this study, questionnaire contained both open and close-ended questions were utilized. The questions were comprehensively and allow the researcher to explore the topic of the study more openly. As a result, participants were able to ventilate their feelings and express their views about the studied phenomenon. The interviews took 50 minutes and one hour. Interviews were recorded and transformed from isiZulu to English language before analysis occurred.

#### **4.7. DATA ANALYSIS**

According to O'Leary (2004:184) analysis is the process that requires the researcher to manage and organize the raw data, systematically codes it, interprets meaning, uncover and discover findings, and finally draw relevant conclusions that reflect on the interest, ideas and theories that initiated the inquiry. De Vos, et al (2002:234) allege that, analysis is a technique of gathering and analyzing the content of the text. The data collected in this study was qualitatively. Therefore, to get an idea about trends in the data, the researcher analyzed the collected data by means of tables, percentages and numbers to give a clear picture about the research outcomes.

#### **4.8. VALIDITY AND RELIABILITY OF DATA**

Validity and Reliability of the study was taken into consideration to ensure that the findings are precise. According to (Babbie, 2007: 146) validity refers to the extent to which an empirical measure adequately reflects the real meaning of the concept under consideration. Validity suggests truthful. (Babbie, 2007: 146) highlighted that validity refers to how well an idea fits with actual reality, the first will be the point at which information will be collected and coded, and the second point will be classified and coded.

According to Babbie and Mouton (2001:125) reliability refers to the extent to which an empirical measurement procedure will yield same description of a given phenomenon if that measurement is repeated. It means dependability or consistency, it suggests that the same thing is repeated or occurs under identical or very similar conditions. Reliability and validity are the back bone in all

measurement. Hence, it is essential for the researcher to make sure that reliability procedures are pursued in this study.

#### **4.9. ETHICAL CONSIDERATIONS**

Ethical issues arise at almost every stage in social research. They may be conceptualized as a special case of norms governing individual or social action. According to De Vos et al (2002: 44) ethics are typically associated with morality and issues of right and wrong. In this study, the participants were notified of the aims, methods, anticipated benefits and potential hazards of the research before they became a subject of research. During the research process all participants were given clarity about their rights to participate and their rights to discontinue the participation at any stage if they feel uncomfortable. Permission from the subjects was obtained before the researcher offer an interview program.

Confidentiality and anonymity were valued among all participants since the participant's names were not asked during the interviews. Moreover, the researcher ensured that respect, honest and compassionate was valued towards all participants. Sensitive information provided by the participants was protected and remain unavailable to anyone other than the researcher. The researcher ensured that the participants received no harm during the research process and conflict of interest was avoided.

#### **4.10. SUMMARY**

This chapter gave an overview of all the research procedures. The instrument that was utilized in accomplishing the researcher's main objectives has been accurately and in briefly described. The researcher ensured that the entire steps were followed and useful in the process of the study. The researcher elaborated on the geographic area where the study was undertaken. Confidentiality was valued among all participants and no information divulged without the participant's consents.

## CHAPTER FIVE

### 5. PRESENTATION AND DISCUSSION OF FINDINGS

#### 5. 1. INTRODUCTION

O’Leary (2004:184) states that analysis is the process that requires the researcher to manage and organize the raw data, systematically codes it, interprets meaning, uncover and discover findings, and finally draw relevant conclusions that reflect on the interest, ideas and theories that initiated the inquiry. The crucial intention for the researcher to analyze data is to sieve and classify the collected data so that it could be understandable and tackles the exact research problem. This chapter is the backbone of study because it discovers new features and confirms existing hypotheses. In this chapter the researcher will use tables and percentage in presenting and analyzing the data. The information is both quantitatively and qualitatively analyzed.

#### 5.2. THEME ONE: IDENTIFICATION OF PARTICULARS

In identifying the particulars of the respondents, the researcher focused on gender, age, educational level, marital status and geographical position.

##### 5.2.1. DISTRIBUTION OF RESPONDENTS ACCORDING TO GENDER.

The researcher wanted to find out whether the respondents were males or females.

**Table 5.1: Gender**

Gender	Number of respondents	Percentage
Female	18	60
Male	12	40
<b>Total</b>	30	100

The above table shows that 18 respondents, representing 60 percent of the total sample was females and 12 respondents, representing 40 percent of the total sample were males. This indicates that more females are enthusiastic about indulging themselves in activities that help them to maintain food security. The males increased in number because most of them were the children who participate in the project during the afternoon, holidays and weekends. Quisumbing and McClafferty (2006) allege that women play a central role in maintaining food security.

## 5.2. 2. DISTRIBUTION OF RESPONDENTS ACCORDING TO AGE

The researcher was eager to know the ages of the community members who devoted themselves to participate in food security project with an intention of maintaining food security in their homes.

**Table 5.2: Age**

Age Group	Number of respondents	Percentage
12-18	22	73
19-35	0	0
36-54	5	17
50 above	3	10
Total	30	100

The above table shows that 22 respondents, representing 73 percent of the total sample were children ranging from the age of 12 and 18. It also shows that 5 respondents, representing 17 percent of the total sample were the participants ranging from the age of 35 and 45 whilst 3 respondents, representing 10 percent of the total sample were the participants ranging from the age of 50 and above. This indicates that the majority of the project participants were the children who devoted themselves to participate in the project with the purpose of acquiring survival skills. Some of these children are from the child headed families and they are responsible for their family's basic needs. This also clarifies that community members do not just keep quiet when



there are vulnerable people within an area, but they stand up and find means and ways of helping them. These children participate in the project because the adult members are supportive and they are their shoulders to cry on.

Spark (2007:44) contends that gardening projects provides children with a tool for survival at times of food shortages. They also familiarize children with methods of sustainable production of food that are applicable to their homestead or farms and important for household food security.

### **5.2.3. DISTRIBUTION OF RESPONDENTS ACCORDING TO EDUCATIONAL LEVEL**

The researcher wanted to know the educational level of respondents since previously the majority of the community members were oppressed by the apartheid laws and they were not exposed to education.

**Table 5.3: Educational Level.**

<b>Class level</b>	<b>Number of respondents</b>	<b>Percentage</b>
<b>Primary</b>	8	27
<b>Secondary</b>	16	53
<b>Not educated</b>	6	20
<b>Total</b>	30	100

Eight (8) respondents, representing 27 percent of the total sample ended up at primary level and some of them are still schooling. Sixteen (16) respondents, representing 53 percent of the total sample was exposed to secondary education and some of them are still schooling. Six (6) respondents, representing 20 percent of the total sample were not educated at all.

This indicates that more people are now exposed to education although the majority of the respondents were children who are still schooling. The majority of the adults were not educated at all. They revealed that previously, the first preference was given to the Whites in all spheres of Government. This view was supported by Alan (2003) when he asserts that the policies of all Governments favoured the elites by keeping seeing to it that profits from major cash cropping schemes go to urban based companies and individual. The critical question emerged was that how would the Blacks afford education or head start for their children since the Whites took them to produce and giving them back little money. Although people were oppressed previously, but there is an indication that most people are expose to education now and they realise that education is the backbone towards success in this country.

#### **5.2.4. DISTRIBUTION OF RESPONDENTS ACCORDING TO MARITAL STATUS**

**Table 5.4: Marital status**

<b>Marital status</b>	<b>Number of respondents</b>	<b>Percentage</b>
Married	3	10
Single	3	10
Widow	2	7
Orphan	22	73
Other	0	0
<b>Total</b>	30	100

According to table 5.4 twenty two (22) respondents, representing 73 percent of the total sample was orphans. Three (3) respondents, representing 10 percent of the total sample were married whilst (3) respondents, representing 10 percent of the total sample were single. Two (2) respondents representing 7 percent of the total sample were widows. This shows that orphans do not just stay in their homes and tolerate poverty, but the elder people within an area serve as their point of reference. The adult women took an initiative of caring their families and the aged whilst orphans learn the ways of surviving from them. This statement was emphasised by the

Department of Agriculture (2002) when it encourages orphans to participate in cases aimed at alleviating poverty, and the elderly to grow gardens that would empower them to take control of their difficult circumstances.

#### **5.2.5. DISTRIBUTION OF RESPONDENTS ACCORDING TO GEOGRAPHICAL POSITION**

The researcher was eager to know whether the respondents who view project as the best initiative to alleviate poverty are residing in rural, urban or semi-urban area.

**Table 5.5: Geographical position**

<b>Geographical position</b>	<b>Number of respondents</b>	<b>Percentage</b>
Rural	30	100
Urban	0	0
Semi-urban	0	0
<b>Total</b>	30	100

Thirty (30) respondents representing 100 percent of the total sample were residing in rural area. This indicates that the majority of people, who dedicate themselves to alleviate poverty through food security projects, are residing in rural areas.

### 5.3. THEME TWO: INFORMATION ABOUT THE PROJECT

#### 5.3.1. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE REASON FOR INITIATING THE PROJECT

The researcher was eager to know the motive of respondents which led them to initiate the project

**Table 5.6: Reason for initiating the project**

Reason for initiating the project	Number of respondents	Percentage
Lack of employment	3	10
High crime rate	0	0
Shortage of food	16	53
Increasing number of orphans	11	37
Total	30	100

According to table 5.6 the number of respondents who were motivated to initiate the project due to the shortage of food were 16, representing 53 percent of the total sample. The number of respondents who were passionate about initiating the project due to the increasing number of orphans were 11, representing 37 percent of the total sample. On the other hand, 3 respondents, representing 10 percent of the total sample were motivated to initiate the project due to the lack of employment. This indicates that lack of employment and death rate were the major courses of initiating the project because lack of employment leads to the shortage of food. However, death rate leads to the increasing number of orphans who do not have any source of income. As a result, they need to be cared by the community members.

Swanepoel and De Beer (2006:6) contend that ‘unemployment is both a cause and a result of the poverty situation in which people find themselves. It is a cause, since without a job a person has no income and cannot pay for a proper housing, food, medical care and education for him or

herself and his or her children. It is a result because poor health caused by an unbalanced diet, poor housing and lack of appropriate education are all on account of poverty which prevents a person from finding and keeping gainful employment.’

Health Systems Trust (2002) asserts that poverty contributes to the high spread of HIV/AIDS and malnutrition. When people become ill, there is an immediate strain on the family's ability to work, feed themselves and provide care. Moreover, as the disease progresses, it can become even harder for a family to cope, especially as resources are drained.

### **5.3.2. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE MAJOR BENEFICIARIES FROM THE PROJECT**

The researcher was eager to know that whether the vulnerable people benefit from the project.

**Table 5.7: Major beneficiaries**

<b>Major beneficiaries</b>	<b>Number of respondents</b>	<b>Percentage</b>
Orphans		
Chronic ill people		
Aged		
All the above	30	100
Total	30	100

Table 5.7 shows that the major beneficiaries from the project are orphans, chronic ill people and aged. This indicates that vulnerable people do not suffer from famine due to the presence of the project in the area. They also revealed that they are able to support their families and aged who are not able to work for themselves in the area. This statement was emphasised by Vargas (2005) when he claims that projects aid in supporting project members’ families, the needy families like

the orphans most of which are headed by children, who have lost their parents or breadwinners largely due to HIV/AIDS, disabled and aged.

The Department of Agriculture Republic of South Africa (2002) also supported the idea of Vargas when it states that this program especially aims to target women, single unemployed mothers, lactating women, grandmothers providing care for grandchildren or foster children, child headed-households, unemployed youth who are at risk, destitute families, disabled people and people living with HIV/AIDS.

### **5.3.3. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE ROLE PLAYED BY THE PROJECT IN HELPING THE COMMUNITY MEMBERS TO REDUCE THE LEVEL OF HUNGER**

The researcher was willing to know the views of the respondents about the role played by the project in their lives in reducing the level of hunger.

**Table 4.8: Role of project in reducing the level of hunger**

<b>Role of project in reducing the level of hunger</b>	<b>Number of respondents</b>	<b>Percentage</b>
Increases the respondent's potential		
Prevents commercial sex caused by hunger		
preclude criminal activities		
Thwart community members from skipping meals		
All the above	30	100
Total	30	100

Table 4.8 illustrates the role played by the project to the lives of community members. Thirty (30) respondents, representing 100 percent of the total sample revealed that project opens their minds because it helped them not to tolerate their poverty, but it increases their potential. The

project also prevents them from engaging into antisocial activities in order to survive and they do not go to bed on empty stomachs. This indicates that project plays a major role to the lives of the community members. Love and Sayed (2001) supported this view when they allege that food security projects preclude poor people especially the orphans from criminal activities, prevent commercial sex as a source of income and prevent them from skipping meals as coping measure.

#### **5.3.4. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE EXTENT IN WHICH THE PROJECT HELPS THE COMMUNITY AT LARGE TO REDUCE THE LEVEL OF POVERTY**

The researcher was willing to know whether other people in Paulpiertersburg benefit from the project.

**Table 5.9: The project's extent in helping the community at large to reduce the level of poverty**

<b>The project's extent in helping the community at large</b>	<b>Number of respondents</b>	<b>Percentage</b>
Very much	30	100
To large extent	0	0
To a limit	0	0
Does not help at all	0	0
Total	30	100

According to table 5.9, the project benefit the community very much since 30 respondents, representing 100 percent of the total sample revealed that the project serves a back bone in their lives. They accentuated that the project benefit the whole community of Paulpiertersburg since they sell their products to the community, schools and to the retail store (Paulpiertersburg Spar). They sell their products in loose and bulk. The Department of Agriculture (2002) argues that gardeners feed their families first and then sell, barter or give away surplus garden foods. This

Department further argues that the project has had a positive impact with an estimated direct and indirect 10,000 beneficiaries. Extra produce is sold in local markets.

### **5.3.5. DISTRIBUTION OF RESPONDENTS ACCORDING TO AWARENESS CAMPAIGN CONDUCTED IN THE AREA CONCERNING THE PHYSICAL IMPROVEMENT OF LIVING PLAYED BY THE PROJECT IN A HUMAN LIFE**

The researcher was passionate about knowing whether the respondents are exposed to information concerning the imperative role played by the garden's products in the physical improvement of the human life.

**Table 5.10: Awareness campaign conducted in the area**

<b>Awareness campaign</b>	<b>Number of respondents</b>	<b>Percentage</b>
Yes	30	100
No	0	0
Total	30	100

In terms of table 5.10 thirty (30) respondents, representing 100 percent of the total sample revealed that there is awareness campaign conducted in an area concerning the physical improvement of living played by the products of the project in a human life. They revealed that they have been told that vegetables and fruits are important in the body of a human being because they contain nutrients required by a human body such as vitamins and carbohydrates.

Swanepoel and De Beers (2006:28) argue that one of the most important gains for a community is the awareness that community development generates. People become aware of themselves and their environment, their needs and resources. These authors insisted that awareness campaign helps in changing apathy into a positive disposition. Love and Sayed (2001) supported the views of the respondents when they allege that vegetables and fruits are serving as a tool for providing vitamins, carbohydrates and essential nutrients needed by the human body. They



accentuated that vegetables and fruits meet dietary preferences for an active and healthy life and they also assist in keeping entire families food secure.

### **5.3.6. DISTRIBUTION OF RESPONDENTS ACCORDING TO PSYCHOLOGICAL DEVELOPMENT THE PROJECT HAS TO THE COMMUNITY MEMBERS THAT HELP THEM TO FIGHT AGAINST POVERTY**

The researcher was enthusiastic about knowing whether the project plays an essential role in uplifting the respondent's self-esteem and self-reliant, and also break gender inequality that leads the women to view themselves inferior.

**Table 5.11: psychological development the project has to the community members**

<b>Psychological development</b>	<b>Number of respondents</b>	<b>Percentage</b>
Yes	30	100
No	0	0

Table 5.11 indicates that 30 respondents, representing 100 percent of the total sample agreed that project develop them psychologically, which assist them to fight against poverty. They revealed that sometimes if you are poor, people do not value you. They accentuated that project helps them to realise their potential, increases respect for human dignity, develop self-confidence and self-reliant. They also insisted that project add a quality of life to them since they are now able to generate income without relying on their husband's remittances. Those who do not have husbands and those who are not married, revealed that project improves their dignity since it precludes them from engaging into antisocial activities that may devastate their lives.

Seebens and Sauer (2007) state that small agricultural projects developing around the world empower marginalized populations, create livelihoods, help in improving gender equality, poverty alleviation, helping to address health issues such as malnutrition, and restoration of

ecosystems. This idea was also supported by Quisumbing and McClafferty (2006) when they allege that supported projects enable women to have a voice, by facilitating their rights of association and expression, building their awareness of their rights, improving their access to microfinance, supporting them in questioning gender stereotypes and facilitating their participation. Empowered women gain self-confidence, self esteem and social status in their communities and participate in transforming gender relations

### **5.3.7. DISTRIBUTION OF RESPONDENTS ACCORDING TO PROJECT IN CREATING JOB OPPORTUNITIES IN THE COMMUNITY**

The researcher was passionate about knowing whether the project initiated in the area has an impact in creating job opportunities

**Table 5.12: Job opportunities**

<b>Job opportunities</b>	<b>Number of respondents</b>	<b>Percentage</b>
Yes	28	93
No	2	7
<b>Total</b>	30	100

Table 5.12 indicates that 28 respondents, representing 93 percent of the total sample assumed that the project has a great impact in creating job opportunities within an area. The majority of the community members revealed that project enables them to generate income and pursue family needs such children's education and grocery needed by the family which improves the state of good health. They further accentuated that project plays a crucial role in keeping vulnerable people in action. Two (2) respondents, representing 7 percent of the total sample view project as not capable for creating job opportunities in the area.

The majority of the respondents view project as a backbone for creating job opportunities within the area. This idea was supported by the World Health Organization (WHO) and the Global Food Crisis (2008) when they accentuate that vegetables productions engage more labour of vulnerable population groups, such as women and children and are used to feed their own families along with their patients and orphans. On the other hand, The Department of Agriculture (2002) supported this view when it contends that food security projects such as gardening projects are serve as a job creation procedure because they keep the youth in action, orphans, vulnerable children, and families affected by HIV/AIDS.

#### **5.3.8. DISTRIBUTION OF RESPONDENTS ACCORDING TO MONTHLY WAGES RECEIVED BY PROJECT MEMBERS**

**Table 5.13: Monthly wages received by project members**

<b>Monthly wages</b>	<b>Respondents</b>	<b>Percentage</b>
R150-300	0	0
R350-500	10	33
R500 and above	20	67
<b>Total</b>	30	100

Table 5.13 indicates that 10 respondents, representing 33 percent of the total sample are receiving an amount of R350 and R500 monthly, whilst 20 respondents, representing 67 percent of the total sample are receiving an amount of R500 and above per month. They accentuated that it depends on the season since in winter cabbage and spinach generate more income whilst in summer, potatoes and tomatoes generate income the most. This indicates that the project enables the participants to have a source of income in their families.

### 5.3.9. DISTRIBUTION OF RESPONDENTS ACCORDING TO PROFIT MAKING

This question was asked in order to find out whether the participants earn a profit which may help them in sustaining their lives.

**Table 5.14. Profit making**

<b>Profit making</b>	<b>Respondents</b>	<b>Percentage</b>
Yes	30	100
No	0	0
<b>Total</b>	20	100

Table 5.14 illustrate that 30 respondents, representing 100 percent of the total sample earn profit to the value of R500 a month, but they revealed that since the project is not funded, they sometimes take their profit and buy seeds in case there is a shortage of them. Adult participants revealed that they afford a head start for their children with the profit they receive and it assists them not to rely on government's grant only as a source of income.

### 5.3.8. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE MANNER IN WHICH THE PROJECT BENEFIT THE COMMUNITY MEMBERS ESPECIALLY THE ORPHANS

The researcher was ambitious to know the manner in which the project benefits orphans since they are the members of the community.

**Table 5.15. Manner of benefiting orphans**

<b>Manner of benefiting orphans</b>	<b>Respondents</b>	<b>Percentage</b>
Gain productive skills	15	50
Promotes a consumption of micronutrient	15	50
I do not know	0	0
<b>Total</b>	30	100

According to table 5.15 fifteen (15) respondents, representing 50 percent of the total sample revealed that project helps them to gain survival skills which may help them in future. Fifteen (15) respondents representing 50 percent of the total sample revealed that project promotes a consumption of micronutrient in their lives. The researcher observed them through their verbal cues that they were delighted and they are empowered. Most respondents revealed that the project serves as a point of reference to them because it teaches children on how to establish and maintain home gardens and encourage the production and consumption of micronutrient-rich vegetables.

Spark (2007:44) also confirms the above statement when he asserts that gardening projects familiarize children with methods of sustainable production of food that are applicable to their homestead or farms and important for household food security. Gardening projects also enhance the nutritional quality of meals and reducing the incidence of malnourished children attending school.

However, WHO/UNICEF/UNAIDS (1998b) supported this idea when they allege that gardening projects are critical because they increase school attendance and compensating for the loss in transfer of life skills from parents to children due to the impact of HIV/AIDS and the increasing phenomenon of child headed households. Babu et al (1992) contends that gardens projects help in improving children's attitudes towards agriculture and rural life and promote healthy diets and lifestyles.

### **5.3.9. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE SKILLS ACQUIRED FROM PARTICIPATING IN THE PROJECT THAT HELP THE COMMUNITY MEMBERS TO FIGHT AGAINST HUNGER**

The researcher was eager to know whether through participating from the project, the participants are equipped with fruitful skills.

**Table 5.16. Skills acquired from participating in the project**

<b>Skills acquired</b>	<b>Number of respondents</b>	<b>Percentage</b>
Money management skill	<b>2</b>	<b>7</b>
Crop rotation techniques	<b>28</b>	<b>93</b>
No skills gained	<b>0</b>	<b>0</b>
<b>Total</b>	<b>30</b>	<b>100</b>

Table 5.15 illustrates that 28 respondents, representing 93 percent of the total sample learnt crop rotation techniques such as growing different crops together in one field and planting crops that are suitable to soil and climatic conditions. They revealed that in order to keep soil fertile, they need not to plant same crop in the same place more often. Two (2) participants representing 7 percent of the total sample obtained money management skills. This shows that people need to be trained about project management and money management skills so that they would be able to manage their project effectively though they gained crop rotation techniques.

Brand, et al (2007) postulate that in order to help people change their lives through improved income-generating, it may be essential to develop their money management skills. People will need to develop an understanding of profit as a goal; learn ways to calculate profit and minimise costs; learn ways to improve marketing decisions and manage the availability of cash to conduct transactions.

### **5.3.10. DISTRIBUTION OF RESPONDENTS ACCORDING TO PRACTICAL EXPERIENCE IN FOOD PRODUCTION AND NATURAL RESOURCE MANAGEMENT ACQUIRED FROM PARTICIPATING IN THE PROJECT**

The researcher was passionate about knowing whether participating from the project helps the respondents to gain skills in food production and natural resource management.

**Table 5.17. Practical experience in food production and natural resource management acquired from participating in the project**

<b>Practical experience in food production and natural resource management acquired</b>	<b>Number of respondents</b>	<b>Percentage</b>
Using compost for fertilization	<b>29</b>	<b>97</b>
I do not know	<b>1</b>	<b>3</b>
Nothing acquired	<b>0</b>	<b>0</b>
<b>Total</b>	<b>20</b>	

Table 5.17 indicates that 29 respondents, representing 97 percent of the total sample gained practical experience in food production and natural resource management from participating in the project. They learnt that using compost such as leaves and grass for fertilization rather than buying the fertilizer is more productive. The number of respondents who said they do not know was only 1 representing 3 percent of the total sample. This indicates that the project has a great impact in encouraging household food production through improving crop intensification, diversification and the adoption of simple and affordable technologies.

Vargas (2005) alleges that sustainability and soil health are at the forefront since the community members can use the compost which is a natural and balanced fertilizer to replenish soil

nutrients, resulting in healthy plants that are better able to resist pests and diseases. Close plant spacing, mulching and deep soil preparation make the most of land and water resources. This author further argues that natural pest serves as disease solutions and using positive plant relationships replace chemical additives that could harm human and soil health. Thus, employing all of these components, empower garden projects participants and implement sustainable practices such as rainwater catchment and natural organic management.

### **5.3.11. DISTRIBUTION OF RESPONDENTS ACCORDING TO OTHER ACTIVITIES THEY DO IN ORDER TO FIGHT AGAINST HUNGER**

The researcher was eager to know whether the respondents engage themselves to other activities that help them to fight against hunger.

**Table 5.18. Activities they do in order to fight against hunger**

<b>Activities of fighting against hunger</b>	<b>Frequency</b>	<b>Percentage</b>
Household garden	7	23
Sell hand-work	6	20
Stokvels/savings clubs	15	50
No means	2	7
<b>Total</b>	<b>30</b>	<b>100</b>

Table 5.18 illustrate that 7 respondents, representing 23 percent of the total sample maintain their food security through a household garden. Six (6) respondents, representing 20 percent of the total sample supplement their income through selling handwork. They revealed that they sell decorated mats and door mats. Fifteen (15) respondents, representing 50 percent of the total sample supplement their income through stokvel. They revealed that their stokvel include different activities such stokvel for food, money and blankets. They insisted that it varies over



time depending to the needs of the members. These respondents revealed that though they joined stokvel, but they have cattle, chickens and goats which contributes a lot in supplementing their income. The other 2 participants, representing 7 percent of the total sample have no other means of alleviating poverty.

Though some respondents do not have other activities of alleviating poverty, but it indicates that the majority of respondents are exposed in different ways of alleviating poverty. Thus, having alternative ways of alleviating poverty make difference through increasing the state of good health and minimising the state of destitution.

### **5.3.12. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE KIND OF HELP THEY RECEIVE FROM THE GOVERNMENT THAT HELPS THEM TO MAINTAIN FOOD SECURITY**

**Table 5.19. Kind of help they receive from the government**

<b>Kind of help received from the Government</b>	<b>Respondents</b>	<b>Percentage</b>
Funding	0	0
Seeds and crops	30	100
Nothing	0	0
<b>Total</b>	30	100

Table 5.19 illustrates that 30 respondents, representing 100 percent of the total sample receive seed and crops from the Government. They revealed that although they are not funded, but the local municipality which is eDumbe Municipality, provides them with seeds but not more often.

Kruger (2007) alleges that the Premier emphasized that 'One home, one garden' strategy will be initiated by the distribution of food parcels. Thereafter seed and fertilizer packages will be rolled

out for people to commence their gardening activities. On the other hand, this indicates that funding is essential because it uplifts the lives of the community members. Vargas (2005) supported the above statement when he alleges that it is essential for the community developer to apply funding for the project in order for it to sustain.

### **5.3.13. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE WAYS OF SUSTAINING THE PROJECT**

The researcher was eager to know on how they manage to keep their project running since it is not funded.

**Table 5.20. Ways of sustaining the project**

<b>Ways of sustaining the project</b>	<b>Respondents</b>	<b>Percentage</b>
Reducing competition	15	50
Committed	15	50
Nothing	0	0
<b>Total</b>	30	100

Table 5.20 indicates that 15 respondents, representing 50 percent of the total sample sustain their project through the reduction of competition when it cost them to set prices of their products, but they set prices together. On the other hand, 15 respondents, representing 50 percent of the total sample revealed that they are committed in their work. They accentuated that they participate fully and each and every respondent has a piece of land that he or she needs to cultivate which increases the level of competition when it comes to the good work. Thus, no one likes to be the failure since all of them focused on their real needs. They also emphasized that their sustainability is secreted on respecting each other. In case one respondent is sick, they help him

or her. Since some of the participants are schooling, the adult participants developed a strategy of helping them.

Webb and Von Braun (1994:43) contend that participation begins with the expression of needs and it can be viewed as a development goal. It serves as a vehicle for increasing the person's capacity to control and shape his or her environment. Therefore, it achieves a greater self reliant and it increases the sense of ownership to the participants. sustainability is about the future of our society and it is also about commercial success.

#### **5.3.14. DISTRIBUTION OF RESPONDENTS ACCORDING TO THE GAP THAT MUST BE BRIDGED CONCERNING THE SUBJECT MATTER**

The researcher was passionate about knowing different views of the participants concerning the challenges they are facing in their operation.

**Table 5.21. Gap that must be bridged concerning the subject matter**

<b>Gap</b>	<b>Respondents</b>	<b>Percentage</b>
Yes	25	83
No	5	17
<b>Total</b>	20	100%

According to table 5.21 the number of respondents who realised the gap that needs to be bridged concerning the subject matter is 25 respondents, representing 83 percent of the total sample. They revealed that although they have a water tank, but they do not have irrigation furrows for wetting their product. Thus, they are compelled to use buckets or watering cans when they are irrigating their products. They also revealed that their garden is not fenced. Thus, they are facing with a huge challenge because criminals steal their product. They even revealed that they employed a security, but it is not safety since their garden is big. These participants also

accentuated that they do not have the garden equipment and that serves as the impediment since they are compelled to share them, and they would be appreciate if the Government could fund them so that their garden would reach the highest point. As a result, they would be able to buy fence and fence their garden. They revealed that they would also be able to buy garden equipment.

The participants further revealed that although they are empowered, but they need training base on project management, recording of the project income and expenditures, financial management, business plan and bookkeeping skills. They concluded by saying that awareness campaigns should be conducted because they would have a great impact in empowering them. Five (5) respondents, representing 17 percent of the total sample, realised no gap that should be bridged concerning the subject matter.

In supporting the views of the majority respondents, Boyle and Moris (1999:64) argue that empowerment is the backbone in uplifting the lives of the community members. If people are not empowered, they end up becoming another charitable activity that will not produce any permanent benefit. Speer and Hughey (1995: 729) contend that empowerment of communities is the expansion of assets and capabilities of poor people to participate in negotiate with, influence, control, and hold accountable institutions that affect their lives

## **5.4. SUMMARY**

In this chapter, the data has been presented, analyzed and interpreted by using tables which enables the researcher to calculate the percentages. In collecting data the researcher used interview scheduled that contained both open and closed questions. It was found that project also has a great impact in the local communities in terms of job creation, self-reliance, self-sufficiency and sustainability by utilising the surrounding natural resources to produce natural organic vegetables. The community members are not equipped with project management skills, therefore, empowerment programs are imperative and they would contribute a lot in equipping them with survival skills. It was also revealed that lack of funding may hinder the development of our communities.

## **CHAPTER SIX**

### **6. CONCLUSION AND RECOMMENDATIONS**

#### **6.1. INTRODUCTION**

The researcher finds it essential to report findings of the study as they are very important in assisting other researchers who would like to replicate the study. The study was conducted successfully and has revealed the impact of food security project in alleviating poverty. It also revealed the gaps and its impact that may prevent the development of the community. This chapter entails findings of the study, conclusion, recommendations on the findings gathered. Objectives of the study are restated.

#### **6.2. RESTATING THE OBJECTIVES**

- i. To explore whether the project contributes in the promotion of gender equality and empowerment of women;
- ii. To verify if the project support the community at large and provide knowledge and skills of nutrition through the provision of practical experience in food production and natural resource management;
- iii. To examine the gap and its impact that may preclude the development of the community and
- iv. To determine whether the community members are exposed in different ways of alleviating poverty and hunger

## **6.3. FINDINGS AS PER OBJECTIVES OF THE STUDY**

### **6.3. 1.TO EXPLORE WHETHER THE PROJECT CONTRIBUTES IN THE PROMOTION OF GENDER EQUALITY AND EMPOWERMENT OF WOMEN**

According to the findings of the study, food security project plays a major in the promotion of gender equality and empowerment of women. (Thirty) 30 respondents, representing 100 percent of the total sample revealed that project develop them psychologically, which assist them to fight against poverty. They accentuated that project helps them to realise their potential, increases respect for human dignity, develop self-confidence and self-reliant. They highlighted that sometimes if you are poor, people do not value you. It was observed that they were delighted and they felt the sense of ownership. They also insisted that project add a quality of life to them since they are now able to generate income without relying on their husband's remittances. Those who do not have husbands and those who are not married, revealed that project improved their dignity since it precludes them from engaging into antisocial activities that may devastate their lives.

### **6.3.2. TO VERIFY IF THE PROJECT SUPPORT THE COMMUNITY AT LARGE AND PROVIDE KNOWLEDGE AND SKILLS OF NUTRITION THROUGH THE PROVISION OF PRACTICAL EXPERIENCE IN FOOD PRODUCTION AND NATURAL RESOURCE MANAGEMENT**

This study inveterate that food security project supports the community at large since 30 respondents, representing 100 percent of the total sample revealed that the project serves a back bone in their lives. They highlighted that the project benefit the whole community of Paulpiertersburg. They revealed that their families, orphans, chronic ill people and aged also benefit from the project. More than that they sell their products to the community, schools and to

the retail store (Paulpietersburg Spar). Thus, the whole community of Paulpietersburg consume nutritious food from their project. They sell their products in loose and bulk.

Vargas (2005) supported the respondent's views when he claims that projects aid in supporting project members' families, the needy families like the orphans most of which are headed by children, who have lost their parents or breadwinners largely due to HIV/AIDS, disabled and aged.

The participants revealed that awareness campaign conducted in an area concerning the physical improvement of living played by the products of the project in a human life plays a crucial role to them, because they know now that garden products contain nutrients required by a human body such as vitamins and carbohydrates. The participants revealed that they gained practical experience in food production and natural resource management from participating in the project. They revealed that they learnt that using compost such as leaves and grass for fertilization rather than buying fertilizer is more productive. Moreover, their views was supported by Vargas (2005) when he alleges that sustainability and soil health are at the forefront since the community members can use the compost which is a natural and balanced fertilizer to replenish soil nutrients, resulting in healthy plants that are better able to resist pests and diseases.

It was found that project helps vulnerable people such as orphans within an area to gain survival skills which may help them in future. The participants revealed that they learnt crop rotation techniques such as growing different crops together in one field and planting crops that are suitable to soil and climatic conditions. They revealed that in order to keep soil fertile, they need not to plant same crop in the same place more often. The findings of the study revealed that the project is fruitful to the community members especially to the orphans because they do not go to



bed and school on empty stomachs. As a result, it increases school attendance to orphans and transfer life skills lost from parents to children due to the impact of HIV/AIDS, which led to the increasing number of child headed households.

### **6.3.3. TO EXAMINE THE GAP AND ITS IMPACT THAT MAY PRECLUDE THE DEVELOPMENT OF THE COMMUNITY.**

The findings of the study revealed that there is a gap that needs to be bridge that may hinder the development of the community. It was found that 25, representing 83 percent of the total sample experience the gap. The participants revealed that although they are empowered, but they do not have skills for project management, recording of the project income and expenditures, financial management, business plan and bookkeeping. They accentuated that awareness campaigns should be conducted because they would have a great impact in empowering them.

The findings revealed that funding the community members who devoted themselves to make change within the community is very crucial. Although the respondents have a water tank, but they stated that they do not have irrigation furrows for wetting their product. Thus, they are compelled to use buckets and watering cans to irrigate and that waste a lot of time. Sometimes other crops may shrivel due to the shortage of water. The findings revealed that the participants do not have the garden equipment and that serves as an impediment since they are compelled to share them. The findings also revealed that due to the limit income the participants received, their garden is not fenced. Thus, they are facing with a huge challenge because criminals steal their products. They even revealed that they employed a security, but their attempts vained since their garden is big.

#### **5.3.4. TO DETERMINE WHETHER THE COMMUNITY MEMBERS ARE EXPOSED IN DIFFERENT WAYS OF ALLEVIATING POVERTY AND HUNGER**

The findings revealed that the majority of the community members are exposed in alternative ways of alleviating poverty. Seven (7) respondents, representing 23 percent of the total sample revealed that they maintain their food security through a household garden. Six (6) respondents, representing 20 percent of the total sample supplement their income through selling handwork. They revealed that they sell decorated mats and door mats. Fifteen (15) respondents, representing 50 percent of the total sample supplement their income through stokvel. They revealed that their stokvel include different activities such stokvel for food, money and blankets. They insisted that it varies over time depending to the needs of the members.

It was found that though the respondents joined stokvel, but they have cattle, chickens and goats which contribute a lot in supplementing their income. Some respondents do not have other activities of alleviating poverty, but it was found that the majority of them are exposed in different ways of alleviating poverty, which makes a huge difference through increasing the state of good health and minimising the state of destitution.

### **6.4. RECOMMENDATIONS OF THE STUDY**

#### **6.4.1. Training**

It is recommended that training the community members is the central part of empowering them because it would improve the quality of life and enhances their well-being. Training encompasses the provision of survival skills that may sustain the lives of the community. The communities should have skills for project management including recording of the project income and expenditures, financial management, business plan and bookkeeping. For instance, once they are equipped with these skills, they would be able to know profit and loss and they would be able to use the profit fruitfully. Training the community members would improve self-

esteem, lift up human dignity and generate new expectations, which would help them to stand for future difficult situations.

#### **6.4.2. Funding**

It is recommended that funding the project would make a huge difference in shaping the lives of the participants. Through funds they receive from the government, the project participants would be able to buy the project equipment such as spades, forks, hoes, sickles and many more. They would also be able to buy fence and irrigation furrows.

#### **6.4.3. Monitoring and evaluation**

The researcher is recommending that a meticulous monitoring and evaluation is crucial if the project is funded so as to ensure that funds are used in an appropriate manner. Evaluation would also help the project facilitator to see to it that it is working efficiently. However, monitoring would help to receive feedback on the degree to which the project operates. After monitoring evaluation is imperative in order to make essential project modifications if it is necessary.

#### **6.4.4. Awareness campaigns should be increased**

The level of HIV/AIDS is high in our country and it increases the high rate of child-headed households. Thus, it is recommended that the community members need to be informed about the balanced diet. They should have information about the role played by the garden project in a human body. Therefore, an introduction of micro-nutrient rich varieties is important through the provision of knowledge concerning the linkages between agriculture, nutrition and health.

### **6.5. FUTURE RECOMMENDATIONS**

- i. The provision of food security projects should be prioritised since agricultural production plays a crucial role in alleviating poverty worldwide and it should be viewed as the strength of character of the country.

- ii. This is a time to stand up and move forward with accurate solutions, not repudiate with excuses. Therefore, all nations should work together to increase agricultural production, while providing necessary food aid for a growing world population.
- iii. The researcher suggests fundraising as a method of sustaining the project while it is waiting for the government's funds. This is imperative because fundraising is a primary method that aids the project to obtain money for its operations and it has a great impact in fulfilling the participant's mandate although it takes time to fundraise.
- iv. The government should scrutinize policies and programmes to ensure that the poorest of the poor have access to food, knowledge, technologies and resources to ensure agricultural production

## **6.6. CONCLUS ION**

In this chapter, the findings verified that food security project has a measurable positive impact on indicators of health, growth and poverty alleviation in community members including the vulnerable group such as children, orphans, aged, disabled and women. It was found that food security project plays a crucial role in empowering the marginalized populations and destitute children. Food security project creates livelihoods through developing women's capacity to sustainably grow their own food, and earn an income from the surplus has proved a successful way to alleviate poverty, improve health, improve women's self esteem and social status in their communities as they become more independent and confident.

Through participating in the project, people gain different survival skills and natural organic management skills. It was revealed that there are gaps that need to be bridged because they hinder the development of our communities. Thus, food security project and alternative ways of alleviating poverty are both achievable goals.

## QUESTIONNAIRE

Dear prospective participant

The researcher, Miss V.A. Lunga is conducting a research study on **“The impact of Siphilaza food security project in alleviating poverty”**. You are kindly requested to partake voluntarily in this study. You will receive no harm during the research process. Information provided will be firmly treated with confidentiality.

Thank you for your co-operation

## 5. THEME ONE: IDENTIFYING PARTICULARS

### 5.1. Gender

Male	
Female	

### 5.2. Age

15-18	
19-35	
36-54	
55 -above	

### 5.3. Educational level

Primary	
Secondary	
Not educated	

### 5.4. Marital Status

Married	
Single	
Widow/widower	
Orphan	
Other	

### 5.5. Geographical Position

Urban	
Rural	

## THEME TWO: INFORMATION CONCERNING THE PROJECT

5.6. What was the reason for initiating the project?

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5.7. Who are the major beneficiaries from the project?

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5.8. In what way does the project help the community members to reduce the level of hunger?

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5.9. To what extent does the project helps the community at large, to reduce the level of poverty?

- i. Very much
- ii. To a large extent
- iii. To a limit
- iv. Does not help at all


5.10. Is there any awareness campaign conducted in your area concerning the physical improvement of living played by the project in a human life?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

If yes elaborate .....

.....

.....

5.11. What psychological development does the project have to the community members that help them to fight against poverty?

.....

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5.12. Does the project have a possibility in creating job opportunities in the community?

i.	Yes	<input type="checkbox"/>
ii.	No	<input type="checkbox"/>

If yes, elaborate

how?.....

.....

.....



5.13. How much do you receive from the project as your monthly income?

- i. R150-300
- ii. R300-500
- iii. R500-above


5.14. Is there any profit do you make from the project?

- i. Yes
- ii. No


If yes how much is it? .....

5.15. How does the project benefit the community members especially the orphans?

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5.16. What skills do you learn from participating in the project that helps you to fight against hunger?

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5.17. What practical experience in food production and natural resource management do you learn from participating in the project that helps you to fight against hunger?

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5.18. What other activities do you do in order to fight against hunger?

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5.19. What kind of help do you receive from the government that helps you to maintain food security?

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5.20. What do you do in order to sustain your project?

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5.21. Is there any gap you feel it must be bridged concerning the subject matter?

i. Yes

☐

ii. No

☐

If yes, what is it

.....

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Thank you for your partaking

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