

**THE ASSESSMENT OF THE FOOD SECURITY PROJECTS ON THE LIVES OF THE
PEOPLE AT MANGUZI**

By

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PEOPLE AT MANGUZI**

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DECLARATION

I, Nonhlanhla Florence Gumede, hereby declare that this dissertation, “**The assessment of the food security on the lives of the people at Manguzi**”, is my own work, and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references.

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Nonhlanhla Florence Gumede

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- My parents, brothers and sisters Ayanda, Siphon, Thandi, Thandeka and Velemseni for enduring many family gatherings without my presence
- Finally, the respondents for their participation in this project.

DEDICATION

This thesis is dedicated to my mother Busisiwe Gumede and my aunt Agnes Gumede who worked hard and sacrificed a lot to ensure their children received a descent education. May the good Lord allow them to reap the fruits of their labour during their lifetime.

ABSTRACT

For many poor people globally, in particular in Sub-Saharan Africa, food security continues to be a challenge today. Ever rising poverty levels, an increase in the prevalence of the HIV/ AIDS pandemic, reduced rainfall accompanied by changing climatic patterns, environmental degradation, the complexities associated with urbanization, globalization as well as technology shift in the agricultural sector and capitalistic market economies all play a role in the food security crisis. This research has highlighted some of the factors that influence the food economy and related these to the household food security of poor rural dwellers. Achieving household food security for poor rural households requires an integrated approach in terms of poverty eradication as well as deliberate efforts with regards to food production and distribution within a framework of ecological integrity, with an aim of empowering the poor and ensuring that their household food security is guaranteed.

The basic finding, and one which impacts directly on the household food security of residents of the Manguzi rural settlement, is that the majority of them consisted largely of households that depended on casual employment, and were therefore classified as poor. However, as a survival mechanism, some households with experience in agriculture from rural areas have resorted to home gardens, as well as initiated group gardens.

ACRONYMS

AIDS- Acquired Immune Deficiency Syndrome

FAO- Food and Agriculture Organization

HIV -Human Immuno-deficiency Virus

WFP -World Food Programme

SADC- Southern African Development Community

CASP-Comprehensive Agricultural Support Programme

IFSNP-Integrated Food Security and Nutrition Programme

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CHAPTER ONE

1. ORIENTATION TO THE STUDY

1.1. Introduction

South Africa faces a wide range of food security challenges, in reality ranging from issues at national-level to household ones. These challenges have implications for vulnerable households, in addition to a wide range of other household level challenges. Though many children and women die needlessly every year because of malnutrition in developing countries, yet food security receives less attention than poverty reduction.

Food security exists when most people at all times can enjoy physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. It therefore seeks to contribute towards the identification of better options to enhance sustainable livelihoods in poor rural households and improve equitable economic growth in South Africa and other Sub-Saharan African countries. It is, however, important to note that the problem of food insecurity among poor rural households in most developing countries has its origin partly in the migration of people from rural to urban settlements in search of what they perceive to be better jobs and a good life.

The purpose of this chapter is to introduce the research. The introduction is arranged according to the following:-background to the study, formulation of the problem, research methodology used in the study as well as the delineation of the remaining chapters.

1.2. Background to the study

This study has come up as a result of food insecurity among the rural households in Manguzi. People in Manguzi, especially children, experience problems related to malnutrition. The researcher assumed that community members are unable to make use of resources available to better their lives. The problems of food insecurity come in different forms, but the researcher cannot assume or preempt their cause. Achieving food security is a major concern for many households and governments in Africa today. This situation has been exacerbated by key issues such as the impact of environmental degradation and climate change on food production, rising food prices as a result of reduced production, a shift of focus from growing food crops for food

to providing bio-fuels, the global economic recession being faced by the global market, and the traditional challenges of inequitable access to means of production by men and women. Breman (2004:1) states that “food security is one of the most urgent issues facing Africa today”, and agrees with Rupiya (2004:83), who observes that “the African continent is the only region in the world that has not been able to feed itself since the mid –1970s and is unlikely to do so in the near future unless radical policy changes are made to current practice.” In Africa, the challenge remains to ensure adequate and sustainable production of food, proper distribution to ensure equitable access, as well as knowledge to ensure a balanced diet in terms of nutritive value. The researcher will describe the constraints in achieving food security.

1.3. Motivation for the study

This research could not be undertaken at a more appropriate time, because the world is dealing with issues of rising food prices, global environmental pollution, a crumbling global economy and a general increase in human insecurity. The increase in the rate of rural-urban migration leading to rapid urbanization and the number of poor people in developing countries indicates the need for practical poverty alleviation measures to be adopted. As the number of poor rural dwellers increases, so does the challenge to provide adequate housing and other social amenities to meet the demand. In addition, there is also a need to provide adequate food, shelter, education and health care for them.

The choice of Manguzi rural settlement for this study was based on various factors. Firstly, the researcher is relatively familiar with this location, and had a network of acquaintances living in Manguzi. Secondly, the researcher is familiar with the difficulties experienced by inhabitants of rural settlements such as Cilwane in KwaZulu Natal, where she had previously worked but Manguzi inspired her to want to understand the situation there better and come up with recommendations that policy makers could examine, not just as a possible remedy for the Manguzi situation, but also for other rural settlements in South Africa as well.

Thirdly, the researcher is motivated by the South African Constitution (Chapter 2, Section 27.1b), which states that every citizen has the right to have access to sufficient food and water, and that the state must take reasonable legislative and other measures, according to its available resources, to achieve the progressive realization of this right to sufficient food. In addition to the

abovementioned three factors, the researcher is also motivated by the geographical location of Manguzi. Poor households are unable to grow or purchase enough food because they are dependent on wage income than on spending wages to expand their own agricultural production.

1.4. Statement of the problem

Food security has always been a debated subject especially as it affects people in a developing world. Unfortunately, the public benefit organizations and institutions do not appear to easily find satisfactory answers to the problem involved. It is clear that in the rural areas many households are becoming more food insecure at a time when people require good nutrition. Community members are unable to effectively assist families in need since they themselves do not have enough to share among themselves. The overall problem appears to be lack of access to agricultural technology, knowhow and resources. Women and children bear the long term consequences of food insecurity because of the negative impact on their learning capacity.

The National Department of Social Welfare and Population Development adopted policies which aimed at creating job opportunities by involving disadvantaged groups such as women. Manguzi food security projects run program activities such as garden projects, sewing, baking, block making, poultry farming, craft work, etc. The aim behind food security projects is to assist vulnerable individuals and families to increase their food producing capacity to enjoy a better living through employment creation and develop skills to improve their welfare. The aim of food security is also to ensure that women had access to skills training in order to empower them achieve self help and self reliance. In order to achieve this goal, the following objectives were identified:

1.5. Objectives of the study

- To describe the state of the food security projects at Manguzi and whether the participants are benefiting,
- To determine the key roles of rural women in food security projects run in rural settlements,
- To identify factors that constrain or contribute to adequate food security in the projects run in a rural community,

- To describe the roles of the critical stakeholders from government and private sector in facilitating food security.

1.6. Hypothesis

The researcher has hypothesized that food security projects are not benefiting people of Manguzi. The researcher also hypothesized that women play a key role in food security. The researcher further hypothesized that there are factors that constraint adequate achievement of food security through these projects. Lastly the researcher hypothesized that there are critical roles to be played by stakeholders from government and private sector in facilitating food security.

1.7. Definitions of terms

The following terms are defined in order to eliminate misunderstanding about the conceptualization of terms.

1.7.1 Food security

The concept of food security can be seen in terms of four major components, as outlined by the World Food Programme (WFP). These components are: availability of food, access to food by individuals and households, utilization, which has to do with a person's ability to select the food that they prefer, as well as absorb the nutrients in the food and vulnerability of the individual to future shocks (WFP, 2002).

Food security may also be viewed from macro and micro perspectives. The macro level refers to large players such as governments and regional bodies, while the micro level refers to households.

1.7.2. Poverty

In this study the concept of poverty will be defined as the state of being poor or deficient in money or means of subsistence. The poor are seen as being handicapped by the lack of resources in the environment, limited opportunities for employment and advancement in education.

Poverty is defined with reference to the poverty datum line, i.e, if a household earns an income lower than a set amount that household and its members are deemed to be living in poverty (White paper of Social Welfare, 1997:86)

1.7.3. Projects

In this study the concept of projects will mean programmes for income generation projects which are funded by the Department of Social Development and Population Development for the 2000 financial year.

1.7.4. Empowerment

Kirst-Ashman in Patel (2005:218) defines empowerment as the process of increasing personal, interpersonal or political powers so that individuals can take action to improve their situation. It is concerned with addressing the social and economic inequalities inherent in the way in which society is structured and organized which lead to social and economic exclusion and experiences of marginalization.

1.8. Literature review

According to Donald and McBurney (2005:8) literature review is the identification and analysis or review of the literature and information related to what is intended to be or has been studied. Literature review is the basic step or the underlying foundation of the research. It helps the researcher to have more information about interest of the study by reading what has been researched. Literature review has helped the researcher to identify gaps in the other researchers that call for further research. Reviewing the literature enabled the researcher to evaluate the methods that have been used by previous researchers. Literature review has helped the researcher to know where other researchers ended in their studies in a similar topic that the researcher was researching about. It will help the researcher to see if there was bias on the previous research on the same topic.

1.9. Methodology for the study

According to Babbie and Mouton (2001:647) research methodology refers to methods and techniques that are employed in the process of implementing design or research plan as well as

underlying principles and assumptions that underlie their use. Research methods therefore determine the plan and structure that guides the research process. The researcher used quantitative method. According to Neuman (2003:140) quantitative method is an approach relies on studying phenomena through the use of numerical means. It refers to 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. The quantitative method helped the researcher to know population size, age and gender of the respondents.

The research study was conducted at Manguzi. The researcher identified objectives and different techniques were employed. A detailed literature review was conducted, in which various published and unpublished materials formed part of the secondary data. This approach was useful in terms of gaining knowledge on different views people have regarding food security among poor people in rural settings.

Manguzi community library, University of KwaZulu Natal and University of Zululand libraries were a major resource in this regard. Specific sources such as published books and journal articles were used. The researcher analyzed reports by development agencies dealing with food security issues, such as the World Food Programme (WFP) and the Food and Agricultural Organization (FAO), as well as other international research institutions. Data was gathered from interviews conducted with key informants, who included officials from the Department of Agriculture, civil society workers, as well as members of local projects. The researcher made several visits to different households in Manguzi rural settlement and was able to meet with members of Manguzi food security projects and discuss their food security situations with them. Questionnaires were used to collect quantitative data.

1.9.1. Research design

Babbie and Mouton (2001:74) stipulate that research design is a plan or blue print of how you intend conducting the research. The researcher used evaluative research design because the researcher was assessing the state of food security projects and whether participants are benefiting from the food security projects. This study allowed the respondents to describe realities of the study in accurate verbal terms.

1.9.2. Population

Population is a group of elements or cases, whether individuals, objects or events that conform to specific criteria and to which we intend to generalize the results of the research (McMillan & Schumacher, 2006:119). Population could be the entire collection of individuals being considered. Manguzi has an estimated population of 140 963. It mainly consists of Black people and a smaller percentage of other racial groups. Manguzi is situated in the Northern part of Kwazulu-Natal. It is about 260km from eMpangeni and 12 km from the Mozambique boarder. It is predominantly in a rural setting.

1.9.3. Sampling method

Babbie and Mouton (2001:164) contends that sampling is the process of selecting observations. Sampling methods are used in research when one is unable to investigate the total population which is involved in the information that the researcher needs to obtain. Social work researchers often investigate large groups or communities. It is not feasible in terms of time, manpower and financial costs involved to physically research the total population. The reasons for using a sample rather than collecting data from the entire population are self-evident. Even if it were possible it would be prohibitive in terms of time and other human resources. A study of a sample rather than the entire population is also sometimes likely to produce more reliable results (Rubin & Babbie, 2001:40). The sampling method used by the researcher was obtained through simple random sampling procedure. The researcher used probability technique because participants had an equal chance of being selected.

1.9.4. Data collection methods used in this study

The collection of data for this research included both primary data and secondary methods, in which various tools and approaches were used, as discussed below.

a) Primary data collection methods

In order to compile evidence for an assessment, research requires data. Such data, especially primary data from the case being studied, provides first-hand information for an assessment. The following methods were used to collect primary data:

i) Observation as a tool for data collection

Observation was a major component of the field research, and was used in all stages of data collection. This technique involved observing the way of life of the people in Manguzi in terms of their livelihood approaches, for example, what was commonly grown in house gardens, the types of housing and infrastructure, as well as the composition of the community and their attitude towards the research.

(ii) Questionnaires

The use of questionnaires in this research was very important for documenting responses. 20 questionnaires were distributed to the respondents who were randomly selected from 40 beneficiaries of Manguzi food security projects. Given that the questionnaires all contained the same questions, it was easier for the researcher to analyze responses systematically and triangulate them with answers during interviews. In instances where respondents could not interpret the questionnaire effectively, the researcher translated the questions in the respondents' own language. The researcher then filled in the questionnaires in an interview format. This happened whenever respondents required some help in filling in the questionnaires.

b) Secondary data sources used

Secondary data gathered from previous research on the subject being studied helps the researcher to understand the research area better, thus assisting the researcher in shaping the research approach, as well as filling the gaps that need to be filled in by the research. In this research, information was gathered by reviewing government reports, news items and research findings from previous studies in the area of food security. More secondary data was obtained from the University of Kwa-Zulu Natal, University of Zululand and Manguzi community library, as well as the Internet, especially from the websites of various development institutions, such as FAO.

This research has adopted the triangulation method to correlate the data gathered through the various methods such as observations and questionnaires. Miller and Brewer (2003:326) define triangulation as the combination of different methods, methodological perspectives or theoretical viewpoints in order to achieve a net gain where the strength of each contrasting approach more than cancels out the weaknesses of their counterparts.

1.9.5. Analysis of data

The procedures that are utilized to analyze the data must be described. Data analysis is the process by which a large set of numbers is reduced to make it more understandable. Analysis means categorizing, ordering manipulating and summarizing of data to obtain answers to research questions (Strydom et al., 2005: 218). Data collected from the respondents was presented in the form of tables to give a clear picture of the research outcomes. The researcher analyzed the data collected and converted the number of responses into percentages. The data was analyzed using descriptive statistics such as percentage distribution.

1.9.6. Presentation of the data

The researcher used descriptive statistics. The data was coded into tables and percentages to give a clear picture of the researcher outcome. Responses to open ended questions were organized into themes and discussions.

1.9.7. Validity and reliability

According to Babbie (2004:143) validity refers to the extent to which an empirical measure accurately reflects the concept it is intended to measure. Babbie and Mouton (2001:119) contends that reliability is a matter of whether a particular technique, applied repeatedly to the same object, would yield the same results each time. A test is considered reliable if we get the same results repeatedly. Unfortunately, it is impossible to calculate reliability exactly, but there are several different ways to estimate reliability.

The researcher used pilot test in order to ensure that the study is valid and reliable. In this regard Babbie, (2004:256) recommends that is it better to ask people to complete the questionnaires than to read through it looking for arrears. A question seems to make sense on a first reading, but it proves to be impossible to answer. Only after necessary modifications have been made following the pilot test should the questionnaires be presented to the full sample. Space was left on the questionnaires for comment or evaluation of the questionnaire by the respondent.

1.10. Ethical consideration

The researcher was aware of the professional ethical consideration in undertaking research with the participants. Informed consent was obtained from the respondents. The researcher explained the aim and objectives of the study, confidentiality; anonymity and human rights were maintained throughout the study. The respondents were informed that they have the right to participate or withdraw from the study without any penalty. The researcher maintained good conduct of the study and also professionalism, good manners in the research work is highly recommended. The researcher makes sure that respondents were not harmed when participating in the research. Information provided by participants particularly sensitive and people's information was protected and made unavailable to anyone other than researchers. Researcher ensured that the dignity and self- respect of participants is maintained.

1.11. Significance of the study

The main significance of this study was to identify factors that constrain adequate food security and make policy recommendations aimed at alleviating this problem. It therefore wanted to contribute towards the identification of better options to enhance sustainable food security projects livelihoods in poor rural households and improve equitable economic growth in South Africa and other Sub-Saharan African countries. It is, however, important to note that the problem of food insecurity among poor rural households in most developing countries has its origin partly in the migration of people from rural to urban settlements in search of what they perceive to be better jobs and a good life. This research has opened up people's minds in terms of possible results and effectiveness of Manguzi food security projects and describes how they actually feel about the projects being in place.

The research will assist policy makers in planning, implementation and decision making about different food security programmes. The findings will assist in improving the quality of service delivery to individuals, groups and communities.

1.12. Summary

This chapter has provided the background to the study. It discussed the motivation for selecting this research topic, and went on to discuss the statement of the problem and research

methodology, as well as presenting the outline of the study. It also provided a justification for the selection of the Manguzi rural settlement as the case study. It has therefore set the stage for the in-depth discussion of the chapters that follow, in which the issues mentioned in this chapter are dealt with in more detail and recommendations made accordingly.

1.13. Chapter outline

The rest of the study is divided into five further chapters of for coherence and flow the various arguments are linked to each other where applicable.

Chapter 1: Orientation for the study

Chapter one began with a descriptive definition of the two main concepts in this study, namely food security, project and poverty, in the context of the world, Sub-Saharan Africa and South Africa. The chapter followed this description with a discussion regarding the background to the study, its motivation, the research problem, objectives of the study as well as the research methodology.

Chapter 2: Conceptual framework

The main purpose of chapter two is to discuss the concept of sustainable development within the context of food security in South Africa. It also included the factors influencing the achieving of food security in Sub-Saharan Africa and provides a detailed discussion of factors exacerbating food insecurity in South Africa. This chapter further discusses the role women play in food provision towards household's food security within the study area.

Chapter 3: Community profile

The chapter proceeds to describe the summary of the history for the study area, physical location, development needs, presents conditions, and anticipated future of the area, before dealing with the methodology for the study.

Chapter 4: Methodology for the study

Chapter four outlines the research methodology which includes the research process.

Chapter 5: Analysis, presentation and interpretation of data

The chapter includes an analysis of the findings of the research conducted in the Manguzi rural settlement and presents a qualitative analysis of the collected data together with the findings as indicated in the objectives of the study identified in chapter one.

Chapter 6: Conclusion and recommendations

The final chapter presents the conclusions of the study, recommendations as well as indicates areas considered relevant for further research.

CHAPTER TWO

2. LITERATURE REVIEW

2.1. INTRODUCTION

This chapter looks at the literature that is available regarding the research study. Without conducting a review of literature, it is difficult to build a body of scientific knowledge about any social phenomena (McMillan and Schumacher, 2006:75). The researcher has examined how researchers have studied the problem and what conclusions they have drawn. However, the researcher has made a thorough search from books that are concerned with food security. Hence, this chapter is going to focus on the issues of food security. The literature review had to draw from the literature that exists as well as research that looks at how the issue of food security is dealt with nationally and also in terms of the projects undertaken locally by communities, the government as well as NGO's and development agencies.

2.1. GLOBAL FOOD SECURITY

Global food security depends not only on raising global production, but also on reducing distortions in the structure of the world food market and on shifting the focus of food production to food-deficit countries, regions, and households. Many of the countries not growing enough food to feed their populations possess the largest remaining reservoirs of untapped agricultural resources. Latin America and Sub-Saharan Africa have vast tracts of unused land. Although the quality and quantity of land may vary greatly from nation to nation yet much of it is ecologically vulnerable. The Soviet Union and parts of North America have significant amounts of frontier land suitable for agriculture. Only Asia and Europe are truly land-starved because of population pressure (FAO, 2001).

Food security also depends on ensuring that all people, even the poorest of the poor, can get food. While on the world scale this challenge requires a reappraisal of global food distribution, the task weighs more immediately and heavily on national governments. Inequitable distribution of the means of production, unemployment and underemployment are at the heart of the problem of hunger in many countries.

The first phase of the food insecurity to be experienced as a crisis began with the world food crisis of 1972 to 1974 which lasted until about 1980. However, the most notable and unusual feature was a doubling of international grain prices, caused largely by harvest failure in the Soviet Union and grain imports by that country. This crisis was an issue of global food security that could not be tackled by existing institutional arrangements alone. In 1974, the World Food Conference recognized the food crisis as a global problem.

The FAO set up a committee on World Food Security. In subsequent years, the Food Aid Convention was strengthened. All these measures served to set in place an international regime in which the supply of food, and the ability of countries to acquire it, became essential features. It is ironic that this period of thinking and action on food security at a global level coincided with a time in which poverty alleviation and food distribution began to be given greater attention in international discourse on development. This period was the era of integrated rural development, basic needs projects, and employment missions. There was something of a mismatch between food security and wider development thinking (Devereux & Maxwell, 2005:24).

2.3. FOOD SECURITY IN SOUTHERN AFRICA

Most of the South Africa's population is African. Nearly 95 percent of this group is poor. South Africa 4 percent is coloured and 1 percent is either Indian or White. Most of South Africa's poor 75 percent live in rural areas and nearly all rural areas are located in the former homelands. It has been confirmed by the Department of Social Welfare that food insecurity in South Africa has emerged as one of the problems that must be solved to ensure economic and political stability (Social Welfare White Paper, 1997: 9).

Food insecurity in the Southern African region is intensified by adverse weather conditions and droughts which impact negatively on farm level food. Maize is the cereal that is produced and consumed in the largest quantities in the Southern African region. Erratic rainfall by season and locality as well as poor sand soils, characterize most of the low production areas in the region. In response to these adverse conditions, the SADC Food Security strategy shifted from promoting self- sufficiency in food production to utilization of comparative advantage thus free trading. To be able to supply enough food to the growing populations of Asia, Africa and Latin America more food has to be produced where people live so as to avoid dependence on international

markets for food aid. Despite a strong desire for autonomy, developing countries are becoming increasingly dependent on the world markets for food supplies (FAO, 2001). In this regard, government needs to develop a more informed approach that would ensure a sustainable use of this grant. Critics such as Lambsdorff have argued that while the intention of social welfare is noble, such a policy would result in overburdening a country's economy, be counterproductive on issues of unemployment, and in the long run, decrease sustainable development in South Africa (Lambsdorff, 2006). A similar study by Frayne (2004:490) conducted in Windhoek, showed a high incidence of unemployment in rural communities.

Food insecurity is highest among the African population and rural households. Provinces with high stunting rates are also provinces with large rural populations. For example the Northern Cape and Free State show high rate of 31% and 30% respectively. According to the National Food Consumption Survey group (2000) anemia and marginal vitamin A status are wide spread. It is further said that malnutrition may lead to severe protein energy deficiency conditions such as kwashiorkor and marasmus. This observation implies that such children have a low birth weight for their age and deficiencies in micro nutrients. Malnutrition might be caused by a lack of nutritious food in the home. A household vulnerability to food insecurity is intensified if it has to use the bulk of its human and financial resources to meet basic food needs, with just a little or nothing left to address other basic needs like clean water or housing. Women and children bear the long term brunt of food insecurity because of the negative impact on their learning capacity and productivity in adult life. Wages constitute a large part of incomes in both rural and urban areas. Income distribution in South Africa is among the most unequal in the world.

The fewer the jobs the lower the household income and thus the vulnerability to food insecurity becomes higher. Unemployment trends shift as one moves from province to province. For those who are employed wages tend to be too low to sustain them and their families. The area under study is located in South Africa. It bears similar characteristics in terms of employment or unemployment patterns as well as poor distribution of wealth typical of rural areas.

2.3.1. POVERTY SITUATION IN SOUTH AFRICA

According to the Statistics South Africa (2007) the main cause of huge poverty and inequality in South Africa is joblessness. The poorest households rely on social grants because they cannot

earn an income. As a result households that do not qualify for a social grant are the poorest of all. The statistics shows that earned income, whether from self-employment (mostly hawking) or paid employment, provides only two fifths of income for the poorest 20% of households, and less than half for the poorest half of households. (Statistics South Africa 2007. *General Household Survey 2006*. Downloaded from www.statssa.gov.za in March 2011).

Zastrow (2010:114) reports that in the United States in 2008 over 36 million people, about 12% of our population, were living below the poverty line. The poverty line is the level of income that the federal government considers sufficient to meet basic requirements of food, shelter, and clothing. The poor are exposed to high rates of malnutrition and diseases. Schools in poor areas are of lower quality and have fewer resources. As a result, the poor achieve less academically and are more likely to drop out of school.

According to Labour Statistics Database (2007), South Africa has an extraordinarily large number of households dependent on state grants. Almost two million households, or around one in seven, get most of their income from social grants, old-age pensions, and child-support or disability grants. But these grants are not enough to support a whole household. The old-age and disability pensions are under R2000,00 a month, and the child-care grant is less than R300,00 a month. Two factors mostly lead to high unemployment in South Africa. First, under apartheid, black people were pushed into the least developed parts of the country in the former homelands. In this way black people were deprived of access to wealth accumulation and education. As a result, it is hard for them to start their own enterprises or co-operative enterprises. Many still live very far from work opportunities. The statistics shows that while 40% of South Africans live in rural areas, only around 10% have agricultural employment. It is not surprising, then, that poverty remains deepest in the former homeland areas. (*International Labour Organisation, Labour Statistics Database. Series on total and economically active population by age group*, downloaded from www.laborsta.ilo.org in May 2011).

In light of the above discussion, it is given that in five years growth in employment combined with an expansion in social grants, especially child support grants, has not yet done enough to improve conditions for the poorest of the poor because the communities are trapped in the poverty in which they remain locked.

2.4. Towards an Understanding of Sustainable Development

Sustainable development deals with economic, environmental and social justice issues amongst others. Sustainable development thus emphasizes a balance between ecological sustainability and development. This is a challenge that becomes more complex by the day. A combination of concerns raised by academics and those involved in the debate between economic growth and economic development yielded a more balanced approach to the theory and practice of sustainable development. Although the term “sustainable development” was not popularised until the 1980s, its origin goes back to the 18th century, when it was used to indicate concern with regard to logging practices (Dwivedi et al., 2001: 220). The term was first introduced to the international arena at the 1972 Stockholm Conference (Engfeldt, UN Chronicle, 2002).”This definition of sustainable development implied that development might be desirable if it occurred within a holistic framework. This reflected an increased awareness of interest in the long-term view of development and the necessity to preserve environmental integrity during a time of increasing development.

2.5. THEORETICAL FRAMEWORK OF FOOD SECURITY

2.5.1. Ecological theory

According to Davies (2000: 18) food security is a sub-system of needs, neither independent of nor necessarily more important than other aspects of subsistence and survival within poor households. The reasons some households are food insecure are rooted in the ways entire livelihoods systems have changed and adapted, or failed to adapt, to challenges from the ecological and economic environment, including shocks such as droughts.

By far the most food insecure environments in Africa are the arid and the semi-arid zones, where droughts is a major recurring risk. Droughts were originally seen as an exception: unpredictable disruptions of normal rain fall patterns. The recent research in ecology stipulates that drought is the most causal factor of grasslands fires and animal diseases. In such environments, uncertainty is the key constraints to which farmers and herders must adapt. Successful households in these more dynamic environments are those which are able to diversify economic activities or to use different ecological niches (Devereux & Maxwell 2005:67-68).

The rapid population growth poses a problem for future generations in terms of meeting the needs in the environment they live in. If population growth patterns are not checked, then the earth's resources would not be able to accommodate the growing human population in a sustainable manner. It is argued that too many people would outrun the earth's ability to produce enough food to meet people's food needs. This means that the human population would overstretch the earth's ability to sustain itself and renew its resources, in order to maintain a healthy ecosystem (Brown, 2004:20).

Not only have the demands of the global population increased, but also the amount of pressure exerted on the environment by an individual. Today, an individual needs more fresh water due to changes in diet and lifestyle, while at the same time polluting the environment more as a result of using more fossil fuels to facilitate his or her daily life. Thus, the higher the population, the more pressure on the environment's resources, hence the higher the likelihood of increased environmental degradation that influences the capacity of the soil to be more productive.

The forces of nature make existence a demanding and uncertain adventure, but earth has provided the conditions essential to life's evolution". It goes on to say that "the resilience of the community of life and the well-being of humanity depend upon preserving a healthy biosphere with all its ecological systems, a rich variety of plants and animals, fertile soils, pure waters, and clean air" (Falconer & Foresman, 2002:9).

Whatever argument is proposed, it is clear that, "Once the demands of a growing population surpass the sustainable yield threshold of an ecosystem, any growth in human numbers is a matter of concern" (Brown, 2004:23). The need to improve food production in order to meet the demands of a growing population led to the establishment of various initiatives, one of which was the green revolution. An increase in population is equated with an increase in demand for food. In order to meet this growing demand, new techniques in food production had to be introduced.

A study by the Food and Agricultural Organisation (FAO, 2001) revealed that "expansion of grazing land for livestock is a key factor in deforestation; it is an indisputable fact, that water is the single most important natural resource needed for the survival of any living organism on earth. The importance of water for both human consumption and agricultural production cannot

be overemphasized. Despite this, there are millions of people today, more than ever before, who do not have access to clean drinking water, let alone access to sufficient water for agriculture. Today, women in most African rural areas have to walk long distances in search of fresh water. Fetching water for these communities is a time and energy consuming exercise, and one which leaves people with very little time for other economic activities to help improve their livelihoods.

According to Devereux and Maxwell (2005:94) there is a link between the environment and nutrition. People in different environments respond in varied ways to energy stress depending on household structure, ecological setting, stage of development and cultural traditions. Understanding the strategies that people adopt in order to resist and tolerate malnutrition, be they physiological, biomedical or behavioural, is crucial to understanding the links between people and their environments. The coping mechanisms to enable people to tolerate and adapt to long term climatic cycles are of necessity different from people's reaction to short term food security shocks

2.5.2. Empowerment approach

Empowerment approach is an integrated method of social work practice driven by the unified personal, political construct and a commitment to the unleashing of human potential to achieve the end of building the beloved community. The empowerment practice is aimed at joining with the community of clients to help them gain access to power by themselves, in and with each other and in the social, economic and political environment (Judith, 2001:26).

Community work within an empowerment approach must utilize multifocal visions, embrace the values and principles of empowerment practices and reflect skills of this approach. As the practitioner tunes into a particular community, the practitioner needs knowledge of the oppression experienced by the members of the community and what social policy maintained this, in addition to knowledge about community gained through getting to know people. The worker's reason for being there is the conviction that oppression as manifested in intolerable community conditions is destructive of life and should be challenged (Simon, 2003:57).

Using an ecological view, the worker then observes and talks with people about how they cope with the existing conditions in the community and transact with the power structures that may loom larger than life. The worker may share her own experience of oppression as this relates to

the residence's struggles. It is given that empowerment work is political. This is especially true of community work. Therefore personal issues will be attended to from beginning to end as community residents must say their own words, plan their own option, and act in ways that are their own (Judith, 2001: 379).

According to Devereux and Maxwell (2005:234) many women who have been undernourished since early childhood are more likely to be not fully developed in their stature and might be short. Further, there is more likelihood that they will manifest a lower birth rate. This continuity of malnourished and under nutrition condition affects both mother and child. It is therefore indicative of a serious food security problem.

2.6. WOMEN HOLD THE KEY ROLES TO FOOD SECURITY

The roles which women play in ensuring that food is available at home at all times for household members are enormous. They engaged in various activities in order to ensure the availability of food for household members. Previous studies such as FAO (2001) established that, in sub-Saharan Africa, where women and men farm separate plots, women farmers have traditionally been responsible for food production separate from their husbands.

Hemson (2002: 2), states that women's roles still revolve around nurturing the household while men tend to take on the role of provider. Rural women make a tremendous contribution to food and agricultural production. They also play a crucial role in determining and guaranteeing food security and well-being for the entire household. Equitable, effective and sustainable agriculture and rural development cannot be pursued without an explicit recognition of these realities. In a global atmosphere of increasing poverty, food insecurity, rural out-migration and environmental degradation, all potential actors in development must be given the support and access to resources they need to pursue sustainable livelihoods and strategies for a better life. Within this context, women's empowerment will be central to raising levels of nutrition, improving production and distribution of food and agricultural products, and enhancing the living conditions of rural populations. Women's role in the economy has often been underestimated, and their work in agriculture has for long been taken for granted. While policy makers have accommodated women's productive roles in population, health and nutrition programmes, they have overlooked their reproductive contribution to food security. This situation however is

changing with the growing evidence that income in the hands of women contributes more to household food security and child nutrition. Such knowledge about women's key role in food security is essential to enhance their potential. Women play important roles as producers of food, managers of natural resources, income earners, and care takers of household food and nutrition security. Hence, giving women the same access to physical and natural resources as men could increase agricultural productivity (Simon, 2003:63).

In addition, increase in women's education and improvement in their status over the past quarter century have contributed to more than half of the reduction in the rate of child malnutrition. This factor becomes an important aspect in food security. Despite the efforts directed at building women capabilities, gender gaps in access to resources through available legal means continue to persist. These disparities have serious consequences for the wellbeing, not only of the women themselves, but also of their families and society. Empowering women is a key to achieving food security. Improving women's education is probably the single most important policy instrument to increase agricultural productivity and reduce poverty (Simon, 2003:50).

In Sub Saharan Africa, women have less access to education and to labour, fertilizer and other inputs than men do, in spite of the fact that women obtain the same levels of education, experience and farm inputs that currently benefit the average male farmer. Household food security which is often defined as access by all people at all times to sufficient food required for a healthy and active life in the household can be ensured through the food supply at household level (ii) reasonable degree of stability in the supply of food during the year and in all years and (iii) access by each household to sufficient food to meet the needs of all. For all households to be food secure, each must have physical and economic access to adequate food. Each household must always have the ability, the knowledge and the resources to produce for all the nutritional requirements of the household members, which means a balanced diet providing all necessary energy, protein and micronutrients. From the foregoing, it would be necessary to establish with empirical evidence, the importance of education towards the attainment of household food security (Simon, 2003:63).

2.6.1. Key issues affecting the future of rural women

According to the White Paper for Social Welfare (1997:73) rural women make up slightly more than half of the South African population while their experiences are diverse and differ. According to race and class, commonalities between them do exist regarding gender inequality. Black women have been severely disadvantaged by skewed policies of the past. Women in the rural areas have been especially disadvantaged. They are isolated and do not have access to social and economic opportunities to improve their lives.

Illiteracy and poverty are major obstacles to women's advancement. Female unemployment is higher than male unemployment. Women account for only 45% of those unemployed in the formal sector. Moreover, women tend to be employed at lower levels than men and therefore earn less than men do. They are in the majority in the informal sector employment where wages are generally lower and with no social benefits. Female-headed households are financially vulnerable as fathers do not always remit maintenance of their children (White Paper for Social Welfare, 1997:73)

Worldwide, women play a major role in agricultural activities such as fisheries, forestry and livestock considered central for rural development. In many countries, they provide 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. Gender bias persists: farmers are still generally perceived as "male" by policy-makers, development planners and agricultural service deliverers.

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. Simon, (2003:67) established that, increasing women's education is a key factor for women's empowerment which invariably would affect household food security. Those who lack access to basic education are not likely to accept new programmes that will enhance food security within the households. The higher the educational status of women, the better their contribution to household food security.

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 (Simon, 2003:65).

2.6.2. Various approaches on gender issues in development

2.6.2.1 Efficiency approach

This approach seeks to enhance the involvement of women in development on the ground that women are a useful productive resource for economic growth. It encourages the involvement of women in increasing of the positive contribution they can make to development (Midgley, 1999:123).

2.6.2.2 Empowerment approach

It has been articulated by women themselves. It attributes women's subjugation not only to patriarchy but to imperialism and neo-colonialism. It contends that the position of women can only improve when women become self-reliant and exercise full control over decisions that affect their lives. To achieve this objective, women must mobilize through a bottom-up strategy of campaigning and organizing. To be fully empowered, they must fully collectively oppose all forces that perpetuate their oppression. Women may use their gender based social development approach to create a community in which all are truly equal (Midgley, 1999:123-124).

2.6.2.3 Equity approach

This approach seeks to enhance the status of women and foster greater equality with men through access to employment, equal pay and greater opportunities. However, this approach has not been very successful in developing countries partly because it is viewed as threatening and an inappropriate imposition of Western feminist ideas (Midgley, 1999:123).

2.6.2.4 Welfare approach

Midgley (1999:123) contends that welfare approach views women as passive recipients of special development programmes designed to address their needs as mothers and homemakers. In many developing countries, Ministries of Social Welfare have established women's programmes to promote domestic activities or otherwise provided maternal and child welfare services to help women in need.

2.6.2.5 Anti-poverty approach

It seeks to foster self-employment among low-income women. This approach defines the low position of women as a consequence of economic underdevelopment and not as a result of subjugation by creating small-scale income generating projects among poor women. It suggests that women can enhance their status through economic self-development (Midgley, 1999:123).

2.7. FACTORS CONTRIBUTING TO FOOD INSECURITY

2.7.1. Inadequate safety nets

Poor households are typically characterised by few income-earners, and many dependants. They are also often primarily dependent on migrant remittances and social security grants, making them vulnerable to food insecurity. Rural households are particularly vulnerable because of their reliance on the remittances from the urban areas. In South Africa, they are also frequently constrained by a lack of economic activities in close proximity to their communities, inappropriate farmer support services, and face constraints to gaining access to employment elsewhere, such as a lack of information and transport. At the national level, the challenge is to create the economic conditions that favour poor, food-insecure households. This means instituting changes that actively foster the participation of all in the mainstream economy, and thereby minimizing poor households' dependency on government assistance. In other words, social safety nets should be viewed as a policy of 'last resort', helping those food insecure households that have not benefited from the enabling, pro-poor economic environment that Government has supported (Edstrom & Samuels, 2007: 15).

2.7.2. Weak support networks and disaster management systems

In order to develop new policies and implement food security programmes, policy-makers at all levels of government require considerable information on the conditions of food demand and supply in different parts of the country. This information can be used to identify risky and vulnerable areas, with respect to food access and use. Food security information is multi-sourced and, when using existing data collection systems through established agencies, cooperation and coordination is the key to establishing efficient and cost-effective systems. One such example of weak institutional support networks relates to disaster management systems. South Africa does not yet have a structured system of dealing with food security disasters, such as droughts or

floods. These disasters, which occur at regular intervals, can substantially threaten the food security position of agriculture-based households. With few reserves to draw on, these households are hit hard by crop failure and asset loss.

2.7.3. Inadequate and unstable household food production

Hunger and malnutrition in South Africa stem from insufficient, unstable food supplies, at the household or intra-household level. The majority of producers in the former homelands are unable to feed their families from their narrow production base. They are deficit producers, and hence, net consumers of purchased food, and rely on non-farm income to meet most of their household needs. Even non-catastrophic events such as seasonal, climatic variation are enough to push many of these households onto the verge of a food crisis. Government assistance is often a major source of income for many of these households, given the high level of rural unemployment and dwindling migrant income transfers. As a result, many rural areas experience periodic sessions of hunger.

2.7.4. Lack of purchasing power

The majority of households in South Africa lack cash to purchase food as they have financial constraints. Underlying the lack of purchasing power is the limited scope of income opportunities, especially in the rural areas. Unemployment rates have remained high at 38%, despite other decent economic indicators (Statistics SA, 1998). Black households have the lowest standards of living and are much more vulnerable to poverty, and food insecurity. Although food insecurity is highest among Africans, it also affects a significant number of Coloured and Indian households. There are also some pockets of food insecurity among urban whites. The HIV/AIDS epidemic and other communicable diseases have further undermined food-insecure households.

Brown, (2004:68) agree that the ability to earn a cash income is an especially important determinant of urban food security, and Simon, (2003:45) add that “because rural dwellers must rely on income in order to survive, rural poverty tends not to be primarily the result of lack of work but the lack of well-paying, steady jobs”.

2.7.5. Poor nutritional status

According to the Lund Report on Child and Family Support (1999), one child in four children under the age of six years is stunted due to chronic malnutrition. These figures dramatically highlight the vulnerability of children in South Africa. Food insecurity and malnutrition are highest in provinces with large rural populations such as KwaZulu-Natal, Northern Province, Eastern Cape and the Free State.

2.7.6. Poverty as a contributing factor to food insecurity

There is no single, universally accepted or standard definition of poverty. The definitions have moved away from conceptions based on a lack of physical necessities towards a more social and relative understanding. However, scholars such as Bjorn (2002: 2) have identified five categories of poverty, based on the extent and nature of the specific situation. According to Bjorn, there is absolute poverty, which occurs when human beings live in a state of deprivation due to insufficient income or lack of access to basic human needs, including food, safe drinking water, sanitation, health, shelter, education and information. The second category is relative poverty, derived from a comparative point of view.

The historical context of poverty in Africa can be attributed to various factors, ranging from colonial marginalisation of indigenous communities to situations of chronically poor resource endowments at both household and regional levels, vagaries of harsh climatic conditions such as endemic droughts and floods, and the extreme remoteness of some communities. Poverty in Africa is also directly related to the continent's instability due to political, ethnic and armed conflicts, events which result in a cycle of chronic poverty and food insecurity. Poverty in Africa has also been historically affected by unfavourable trade policies and the external debt burdens of many African nations.

On the other hand, economic development in Africa continues to be hindered due to lack of government investments in infrastructure and social services. This has a direct impact on food production, as many African farmers are economically excluded from modern inputs such as fertilizers, pesticides and improved seeds, which would result in increased production. The knock-on effect of this situation is the weak purchasing power of consumers, often too poor to purchase the food required to maintain a healthy and productive life. According to the World

Bank (2001), the situation continues to worsen, as the per capita consumption of food has decreased in recent years in some African regions. Despite other parts of the world recording significant progress towards poverty alleviation, Africa, in particular Sub-Saharan Africa, continues to lag behind.

2.7.7. HIV/AIDS pandemic perpetuates food insecurity

In general, diseases particularly HIV/AIDS, are intrinsically related to poverty. Africa, particularly the Sub-Saharan region, continues to bear the brunt of the HIV/AIDS epidemic, as the disease continues to be the leading cause of adult deaths. The 2008 report on the global Aids epidemic showed that although the global percentage of people living with HIV has stabilized since 2000, the overall number of people living with HIV had increased as a result of the increasing number of new infections each year and the beneficial effects of more widely available antiretroviral therapy. Sub-Saharan Africa, according to the report, remained most heavily affected by HIV, accounting for 67% of all people living with HIV, and for 72% of AIDS deaths in 2007 (UNAIDS Summary Report, 2008: 5).

People with inadequate access to food, income and land, especially women and girls, are more likely to be forced into situations that place them at risk of HIV infection. All these factors are linked to inadequate access to resources, of which the primary one is food in addition to its impact on health, economic and social aspects of life, the disease seriously affects food security and nutrition, since the epidemic is most common among the most productive age group (15-50-year-olds). When families lose their breadwinners to the virus, households are often deprived of their normal source of income, while assets are used for medical or funeral costs. More often than not, both parents succumb to the disease, leaving behind orphans. The fact that lack of food security and poor nutritional status may hasten progression to Aids-related illnesses, undermines adherence and response to antiretroviral therapy, and exacerbates the socioeconomic impacts of the virus. Edstrom and Samuels (2007: 8-9) add that HIV infection in itself undermines food security and nutrition by reducing work capacity and productivity, thus jeopardizing household livelihoods.

2.7.8. How poor governance affects household food security

The problem of poor governance can be found throughout the African continent, and is often the key cause of most post-Cold War conflicts. When structures of governance such as official (public) positions are enshrouded in corruption, collusion and nepotism, generate a strong potential to negatively impact on the ability of governments to promote development efforts. Many African countries are perceived to be corrupt. According to the Corruption Perception Index (CPI) of 2008, a global survey conducted in 2007 revealed that while only a very small proportion of respondents from North America and EU regional groupings reported having paid a bribe to the police and judiciary, about half of the respondents in Africa who had contact with the police in 2007 had paid them a bribe (Transparency International, 2008: 303).

The Global Corruption Report of 2008, focuses specifically on corruption in the water sector. It cautions that the water crisis ensues from bad governance, with corruption as one of its root causes. The report argues that corruption in the water sector is widespread and makes water undrinkable, inaccessible and unaffordable. These are all stakeholders with a weak voice and limited ability to demand more accountability. Yet, without adequate access to clean water, household food security is adversely affected.

2.7.9. Impact of population growth on food security

Population growth places excessive pressure on the environment. This leads to an increase in water and food consumption and waste generation, the latter of which adds to environmental pollution. Gradually, the environment becomes unable to cope with the demands of people, leading to abnormalities such as pollution and global warming. Not only have the demands of the global population increased, but also the amount of pressure exerted on the environment by an individual. Today, an individual needs more fresh water due to changes in diet and lifestyle, while at the same time polluting the environment more as a result of using more fossil fuels to facilitate his/ her daily life. Thus, the higher the population, the more pressure on the environment's resources, hence the higher the likelihood of increased environmental degradation. Whatever argument is proposed, it is clear that, "Once the demands of a growing population surpass the sustainable yield threshold of an ecosystem, any growth in human numbers is a matter of concern" (Brown, 2004:23).

Clover (2003:10) cautions that while population pressure may be viewed as a cause of world hunger, it may actually be only an aggravating factor, not a cause. The author goes on to absolve weather and climate from blame, arguing that they have also been a convenient scapegoat for explaining the current regional food shortages, although an abundance of food can and does exist alongside famine, even in the case of natural disasters. An increase in population is equated with an increase in demand for food. In order to meet this growing demand, new techniques in food production had to be introduced.

The discussion of the factors contributing to food insecurity clearly indicates individually and collectively the influence of these factors in promoting undesirable state of food insecurity among the rural people.

2.8. GLOBAL STRATEGY IN SUSTAINING FOOD SECURITY

One of the main ways which government in some countries have tried to alleviate food insecurity is to make available subsidised food at authorised points of public distribution. For example, India has a large programme of public food distribution through fair price shops, accounting for a significant part of the government's budgetary subsidy, but is a very costly programme. A much more cost effective way of reaching the poor specifically the able-bodied adults is through public work programmes where work is made available for low wages whenever the workers want.

Global hunger causes 25,000 deaths per day and deprives over 854 million people from living healthy, productive lives. Without food, men and women cannot work and children cannot learn, making long-term economic stability and growth in many developing countries nearly impossible. A majority of the world's poorest and most vulnerable people live on farms and in rural towns and are dependent on agriculture for food, employment and income. There is no quick fix to the food security crisis that continues to afflict the world's poorest nations. However, in the medium term, action can be taken to lay the necessary foundations for a lasting solution to the crisis, enhancing the sustainability of food production and agriculture while simultaneously improving the quality and safety of the food available for consumption, particularly in the least developed countries (FAO, 2001).

2.9. SOUTH AFRICAN GOVERNMENT’S STRAGIES IN SUSTAINING SECURITY FOOD

2.9.1. One home, one garden strategy

One home one garden “umuzi nomuzi isivande” this programme was established by government to eradicate poverty, to ensure that people have sufficient food in their home and to improve food security, health status, food awareness, diversification. Government have provided each and every home with a starter pack of seeds that will provide people with food which include spinach, cabbage, onions, carrots, beans, mealies, beetroot and butternuts. This strategy is aimed to prevent child labour among farming communities and assist women and orphans to produce food for their families. This programme encourages communities to do things themselves.

Government has then ensured that people who received starter pack are trained on how to grow such vegetables. Government further employed more of his employers who will assist in training people on growing such vegetables. By this programme people would have to grow vegetables even where there are such places with no sufficient water as long as people were trained on efficient use of water. All of us have to create a garden to feed a hungry person and still have excess from the garden to take to the markets. The major cause of ill health and death in the developing world is hunger and poverty. Therefore, “One home, one garden strategy” is a response to this shocking reality.

Through the Department of Agriculture for example, Manguzi is running the ‘One home, one garden’ strategy. The Department of Agriculture distributes seeds and fertilizer packages to people to start their gardens. People’s active participation is crucial for any development project’s success. Yet there is little evidence that this vital aspect has been taken into account in this strategy. It is not whether or not sufficient pre studies were done to ascertain if the targeted groups are willing to participate in the ‘One home, one garden strategy’. Normally integrated development plans that are people centered call upon policy makers to incorporate indigenous information systems such as rural people’s perceptions and suggestions (DR [Mkhize’s Province of KwaZulu Natal state of the province address on Mandela Day, 19-8 July 2009](#))

2.9.2. Community gardens

Community gardens promote healthy communities and provide food security for many low income persons. In an urban setting, community gardens are part of the open space network. The gardens and those who participate in community gardening contribute to the preservation of open spaces, provide access to it, and create sustainable uses of the space. Community gardens strengthen community bonds, provide food, and create recreational and therapeutic opportunities for a community. They can also promote environmental awareness and provide community education.

Community gardens provide access to fresh produce and plants as well as access to satisfying labour, neighbourhood improvement, sense of community and connection to the environment. They are publicly functioning in terms of ownership, access, and management as well as typically owned in trust by local governments or non-profit organisations. A city's community gardens can be as diverse as its communities of gardeners. Some choose to solely grow flowers while, others are nurtured communally. Some have individual plots for personal use, while others are equipped with raised beds for disabled gardeners. For example, mention can be made of one of the projects called Phezukomkhono which is situated at Manguzi. Fourteen members of nine females and five males constitute the project. This project deals in poultry farming and gardening. Members of this project state that they are able to provide their family members with fresh vegetables they produce and so are able to make a living.

Community gardens encourage an urban community's food security, allowing citizens to grow their own food or for others to donate what they have grown. The gardens also combat two forms of alienation that plague modern urban life: first they bring urban gardeners closer in touch with the source of their food. Second gardens break down isolation by creating a social community. It has also been found that gardening communities experience less crime and vandalism. Community garden advocates point out that locally grown food decreases a community's reliance on fossil fuels for transport of food from large agricultural areas. It also decreases the level of fossil fuels used in agricultural machinery, since more of the work is done manually.

Community gardens involve a change in food systems in order to change food production. There is a pilot project that was initiated in 2002 established the need for a community garden project within different districts. The project promotes healthy eating, food safety, food hygiene, organic

growing and exercise. Many families and youngsters are out of touch with where their food comes from, healthy eating and regular exercise, making this project unique, relevant and invaluable (DR Mkhize's Province of KwaZulu Natal state of the province address on Mandela Day, 19-8 July 2009).

2.9.3. School garden projects

The School Garden Project is a non-profit organization that helps schools create and sustain gardens where hands-on learning connects students with their environment and local food system. School gardens are an excellent way to teach children about the source food they eat. Children have the opportunity to grow fruits and vegetables, and to learn firsthand about different foods. Many programs also enable children to prepare and eat the food they grow.

School gardening is an effective way to educate children, and their parents, about the nutritious advantages of fresh, locally grown food while helping children get balanced meals. Gardening programs are also an excellent way to teach about sustainable agriculture and to alleviate the plight of small farms around the country. For example, pupils at Masondo Primary School in Manguzi plant vegetables and look after them until harvest. Pupils prepare and eat nutritious meals from the food they have collected by themselves (DR Mkhize's Province of KwaZulu Natal state of the province address on Mandela Day, 19-8 July 2009).

2.9.4. Integrated food security strategy

The Integrated Food Security and Nutrition Programme (IFSNP) resulted from the worldwide food and security summit that took place in Rome in 1996, with participation from 185 countries. The World Summit on Sustainable Development, Johannesburg (2002) aimed to halve poverty by 2015. Other stakeholders included the United Nations (UN), world food programmes and other Departments in the Social cluster. Issues around food security were first aligned in 1994 in RDP programmes. South Africa was one of the SADC countries whose constitution stipulated a right to food as a basic human right (527). The objectives of the programme are to see an increase in food production and trade where agriculture provided key structural input. The participation of the Social cluster was imperative. Social grants, food fortification for the ill and provision of food by schools could respectively be provided by the Departments of Social Development, Health and Education. Income generation and job creation projects could be led

by the Department of Public Works. Food Security and vulnerability monitoring systems would assist all departments in obtaining information to assess how effectively the programmes were.

The Household Food Production Programme had been integrated into the Comprehensive Agricultural Support Programme (CASP) in 2005. During the 2005/6 financial year R22 million had been spent on 273 projects reaching over 17 000 beneficiaries. In the current financial year R30 million from CASP was budgeted for food security to provinces. Some of the challenges were lack of water resources in the remotest and poorest areas, a shortage of expertise, especially in agricultural engineering and economics, inadequate support from research and extension services in provinces, poorly understood procurement procedures and market access for small-scale producers. Corrective measures included new water harvesting techniques, cooperative programmes to improve bargaining power and economies of scale, retraining and orientation of extension services and bursaries for scarce skills livelihoods (DR Mkhize's Province of KwaZulu Natal state of the province address on Mandela Day, 19-8 July 2009).

2.9.5. Comprehensive agricultural support programme (CASP)

The aim of this programme is to provide post settlement support to the targeted beneficiaries of land reform and to other producers who have acquired land through private means and are, for example, engaged in value-adding enterprises domestically or involved in export.

The programme is a core focus for the Department and makes interventions in six priority areas: Information and technology management, technical and advisory assistance, and regulatory services, marketing and business development training and capacity building ,on/off farm infrastructure and product inputs as well as financial support (DR Mkhize's Province of KwaZulu Natal state of the province address on Mandela Day, 19-8 July 2009).

2.10. PROMOTING SUSTAINABLE DEVELOPMENT

In order for sustainable development to be promoted, the issue of stakeholder participation is fundamental, because it is central to determining whether or not resources are equitably distributed and how they are distributed whether they are distributed to groups or individuals, and the criteria used in selecting beneficiaries (Ramachandran, 2002). Participation in this sense refers to the ability of stakeholders to participate in an activity. In order for sustainable development to be achieved, all stakeholders have to be equitably represented, with a corresponding share of the resources. The issue of participation has been central to the discourse

on sustainable development right from the beginning. For example, principles of eco-development, which is the term used before sustainable development, emphasized the need for equity and social justice as prerequisites for achieving sustainable development. The term that was used at that time was sustainable equitable development, although this fell by the wayside when the terms equity, participation and decentralisation were adopted, as they carried the same meaning.

The reality is that in today's world, where competition thrives, it is difficult for such ideals to be met without any challenges. This is particularly true for those who hold pessimistic views about the possibility of achieving sustainable development. It is important to note, however, that when striving to promote food security, it is essential that whatever efforts are made include all stakeholders, with the view to achieving inclusiveness. A participatory approach to development helps to reduce the feeling of "them against us" amongst stakeholders, especially between locals and foreigners. This is because the more the beneficiaries feel part and parcel of the process, the less resistance they will show towards the project, and hence the greater the chances will be of it succeeding. Proper participation should therefore be a requirement for all sustainable development endeavours including food production processes. This would ensure maximum benefits from food production processes, thereby ensuring that food security is achieved in a sustainable manner.

2.10.1. Climate change as a factor influencing food security within the framework of sustainable development

From the above discussion, it becomes evident clear that the importance of promoting sustainable development cannot be overemphasised. However, it is of utmost importance to note that with current climate change conditions, achieving food security within acceptable sustainable development targets is a definite challenge. This section discusses climate change and how it impacts negatively on the lives of living organisms, especially humans. In order to bring the underlying issues to the fore, this section analyses phenomena such as global warming and the greenhouse effect, and then relates them to emerging challenges to the ecosystem, particularly for human survival.

Climate change has been referred to as "an alteration of long standing weather patterns- as opposed to daily fluctuations-above and beyond natural climate variability observed over

comparable time periods; climate changes are changes in composition of the global atmosphere that can be attributed directly or indirectly to human activity” (Falconer and Foresman, 2002:34). Controversies surrounding climate change are slowly dissipating, as man gradually comes to terms with the reality that weather patterns are no longer as predictable as they were in the past.

McCaffrey (2006) confirmed this view, emphasizing that the existence of an environmental crisis is not an arguable subject any longer, as shown by the myriad scenes of climatic change patterns that continue to occur globally. However, the effects of changing climatic conditions vary from place to place, and these changes impact differently on human life.

Mukherjee, (2000) reflects on the realities of environmental change and how it affects different people, depending on their location and status in society. Due to differences in livelihoods, economic capabilities and physical environments, the impact of environmental change is experienced differently by different people. However, changes in the environment resulting from excessive human activity have led to a myriad of undesirable consequences for life on earth, with the most conspicuous effect being global warming. Global warming has led to a number of environmental imbalances, such as a rise in temperatures, which has resulted in the melting of glaciers. This phenomenon has led to unpredictable rainfall patterns, flooding and unprecedented droughts in certain instances. These developments continue to impact negatively on traditional patterns of food production.

2.11. WHAT PEOPLE BENEFIT FROM THE FOOD SECURITY PROJECTS?

Sowman and Gawith, (2004:45) contends that projects promote the unique opportunities and play a crucial role in creating a holistic, engaging educational atmosphere for today’s youth: one that encourages hands on experiences, healthy eating and curiosity about the natural world. Community Gardens Project brings neighbours together and empowers people to supplement their food supply by growing it themselves. Community gardening stimulates social interaction, encourages self-reliance, truly beautifies neighbourhoods and produces nutritious foods, while reducing family food budgets. Each garden is an autonomous neighbourhood-based effort where friends share work and responsibility

People exercise from digging, planting, harvesting and many more. The participants gain knowledge of the environment and food issues as information. Cooking food safely that has been

‘home’ grown and the importance of a balanced diet. Project gives them access to a “vegetable box” for home use, knowledge of food safety as information and access to the garden for all. It calls upon encouragement to establish similar community gardening projects in rural areas, food safety and food hygiene as information. Participating in the projects helped them to identify the gaps in their knowledge.

The projects build capacity and confidence in the community members to mobilise, organise and participate in development interventions, and to improve their lives. It encourages transparency and accountability amongst the beneficiaries of Manguzi food security projects. The beneficiaries have strong national and local leadership with sufficient depth and expertise to execute this project. These projects enable the beneficiaries to form a cohesive, capable and action-oriented group committed to development in their community. The provision of food gardening, farm animal and food production economics training, as well as the agricultural training and resources, enables a food insecure household to better meet its immediate nutritional needs, while creating future opportunities for income generation. As communities become involved in the projects they become stronger, healthier, and more responsive to government programmes and improve their living conditions.

2.12. CONCLUSION

In view of the above given literature obtained from the work of cited respective authors, the researcher has gained relevant and useful information for answering the questions that the researches has. This chapter has provided an analysis of food insecurity, both globally and then in South Africa in particular. This chapter has therefore attempted to provide the factors that contribute to food insecurity and explained the reasons behind the persistence of hunger for some of the most vulnerable people in society, especially those living in poverty. Factors which influence food security differ across urban and rural environments. Therefore urban planners and policy makers should recognise these differences when designing programmes to meet the needs of the urban poor. Improving food security requires an understanding not just of who is food insecure today and why they are so, but also of who is likely to be food insecure in the future and why so. The solution lies in increasing food availability, food access and food adequacy for all.

Because the food insecurity in Africa is directly correlated with poverty, it is necessary to not only alleviate poverty but also create wealth for the target population.

The fore going discussion and analysis from the literature point of view should give a direction to the research in terms of the discussions to follow. It became clear that women do or can play a critical role in promoting food security. The issue is what enhancement strategies are required in order to empower and capacitate them in more critical productive roles. These theoretical bases should help in the analysis and interpretation on the actual field data and results.

CHAPTER THREE

3. COMMUNITY PROFILE OF MANGUZI AREA

3.1 INTRODUCTION

This chapter focuses on the community profile of Manguzi area, which is under uMhlabuyalingana municipality where the study was conducted. The researcher views community profile as a summary of the history, presents conditions, and anticipated future of an area. A community profile can be used to identify the development needs of the community and plan for the ways of implementing the quality of life of the community.

3.1. BACKGROUND OF MANGUZI AREA

The other name for Manguzi area is KwaNgwanase. It was named after the king Ngwanase Tembe who was the founder of the place. The area is under Ngwavuma District along the Swaziland boarder on the west side. However, over the last few years there has been an increase in population density in some areas along the main roads as a result of a conurbation of commercial activities occurring in strategic points thus giving rise to development nodes. This pattern is a result of the unfortunate history of the area. The previous (apartheid) government discouraged development in the area as a means to control movement of the freedom fighters between South Africa and Mozambique in particular. A prevalence of malaria in the area also contributed to the lack of development. This is despite the area having received significant attention in terms of development planning since the 1990s.

3.2. LOCATION AND PHYSICAL SETTING

Manguzi area is situated in the North Eastern part of KwaZulu-Natal. It is about 260km from eMpanjeni and 12 km from the Mozambique boarder along the costal belt of the Indian ocean. The Municipality has an area of 3621 km² and a population of approximately 163 692 people, with an average household size of 6 people per household. This translates to 27282 house-holds according to the Statistics South Africa 2007 Community survey. The municipality is one of the five municipalities that has a rural character with 99% of the municipality classified as rural, and consists of 13 wards. Nearly 60 % of the municipal area falls under traditional authority ownership, with the remaining 40% consisting of commercial farms and conservation areas. The

area has one urban center: Manguzi which is a home to Kosibay and Sodwana respectively. This is a deep rural area characterized by a high level of poverty, diseases, unemployment and illiteracy. This community has the local municipality which is uMhlabuyalingana but is still under the authority of traditional leaders. The municipality is still working under traditional leaders because they do not have complete powers over this area, one of the factors that poses a challenge even to the municipality is that almost 54% is uneducated compared to those educated. Only 10% is employed.

3.3. DEMOGRAPHIC PATTERNS

According to the results of the 2001 Census, Manguzi had an estimated population of 140 963 in 2001. In 2001 the population spread unevenly among the 13 municipal wards. The population is dominantly from rural, tribal and farming communities and there is no formal town and increased to 163 692 by 2007. It covers an area of 3621 km².

Age and sex distribution of residents in the area is not equal as the statistics show that females number more than males with is 55% females and 45% males.

Key statistics

Indicator	UMhlabuyalingana Municipality
Area	3621 km ²
Population	163 692
Households	27 282
Urban area	1 town
% rural population	99 %
% urban population	1 %
Gender breakdown	Males 45%
Age breakdown	Females 55%
	0-4 13.7%
	5-14 30.0 %
	15-34 33.6%
	35-64 17.3%

65 and above 5.4%

3.3.1 Political system

The political structure consists of 26 councilors' executed community members and 5 portfolio committees and 13 ward committees. There are two dominating parties on them controlling the local municipality. These political parties work together and get along very well. Even when there are contentious issues they put their work first to work for the community. In meetings the members all contribute positive ideas that will benefit the entire community. The political party breakdown of the councilors is indicated in the following table:

Political party	Number of councilors
IFP	14
ANC	12

3.3.2 Law enforcement

The tribal court serves the purpose of a disciplinary committee. This tribal court was formed to discipline those that act against the law. The Manguzi South African Police Service works with the community to enforce the law. There are Policing Community forums which walk around the target areas especially during weekends and month ends. They work hand in hand with Induna together with the local police. The Induna gives judgment to the case and if the case needs further attention, he then refers it to the tribal court, which convenes every Tuesday at the traditional council hall.

3.3.3 Economic and income distribution

According to the results of the recent research conducted in Manguzi on the difference in the employment status among the different races and gender groups, it is depicted that over two third (68%) of the labour force is not in the economically active category, compared to males (65%). A smaller proportion of females (8%) are employed compared to a relatively high ratio of males (13%). Yet the population of the males outnumbered that of males. Such high levels of unemployment are indicative of a poor absorption capacity of the local economy. The level of

unemployment is an important indicator of the relative poverty and social well-being of the community. The census data indicates a relatively high level of unemployment within uMhlabuyalingana. However, the most worrying factor is an even higher representation of people who are not economically active.

The uMhlabuyalingana municipality's economic base depends largely on tertiary services, with community services accounting for about 70% of the municipality's GDP. Agricultural production contributes about 20%, while the secondary sector consisting of manufacturing, electricity/gas/water supply contributes 10% to the GDP of the Municipality. Only 3% of the economically active population within the Municipality earns more than R 1600 per month. The alarming fact is that 47% of the economically active population (out of a total of 52%) receives either no income, or less than R1 600 per month.

3.3.4 Access to services

(i) Accessibility in electricity

It is estimated that only 2480 and 3474 households have a supply of electricity for cooking and lighting purposes respectively. UMhlabuyalingana has an electrification backlog of about 87%. This is attributed mainly to the previous neglect of the area and the settlement pattern which renders electrification costs high. The area is sparsely settled and, in some instances, the terrain is very difficult. The limited spare capacity of the existing network has also been a factor in this regard. The nodal areas, particularly Manguzi and Mbazwana, are the most affected by power shortages due to a relatively high demand for energy. Electricity in this area is imported from Mozambique.

The tables below illustrate the energy source used by households for cooking and lighting purposes:

Energy source	2001	2007
Electricity	1887	3474
Gas	109	0
Paraffin	176	57

Candles	24008	21 535
Solar	189	1368
Other	306	572

(ii) Water supply and sanitation

Communities have an access to portable water at a minimal distance. People have access to reasonable sanitation and minimal that stipulates 25 liter/ capacity into 200m should be provided to Manguzi town and the water borne sewage system should be maintained, repaired and developed according to the service plan provided. People in Manguze have been provided with free toilets in each household.

The backlog in terms of sanitation and water provision within the municipality is estimated at being 85.4% and 44.7% respectively (WSDP, 2007). An average of the two figures provides a percentage of 65.05% and based on this percentage the backlog is estimated at being approximately 8806 housing units. The table below illustrates the main supply of water to households:

Water Source	2001	2007
Piped water inside dwelling	462	2723
Piped water inside yard	3265	5147
Piped water on community stand: less than 200m from dwelling	986	-
Piped water on community stand: greater than 200m from dwelling	3957	-
Piped water from access point outside the yard	-	5159

3.4. Housing

According to the Statistics South Africa 2007 Community survey, nearly 50% of all households live in traditional dwellings. In the period from 2001 to 2007, there has been an increase of nearly 28% in the number of households living in brick structures on a separate stand or yard. UMhlabuyalingana Housing Demand according to the draft uMhlabuyalingana housing plan, the best method for determining housing backlogs is a housing waiting list, of which the municipality has none. By using the backlog figures for water and sanitation supply, it is estimated that the backlog is 8806 housing units

3.5. SOCIAL SERVICES

Access to social services within the municipality gives a perspective on the severe socio-economic conditions that households have to deal with on a daily basis. Access to schools and hospitals has a severe impact on health and level of education in the municipal area.

3.5.1. Education

The level of education within a population is related to the prevailing socio-economic conditions within the population. In the case of the uMhlabuyalingana municipality, the direct correlation between the level of income and level of education is clearly visible. Table 3 below gives an indication of the overall level of education, which in this case is very low. Out of the total population, 18% has had no formal education, 57% did not complete grade 12, and only 8% obtained a grade 12 or higher education. Of the 8% with grade 12 or higher, 2% of the municipality's population obtained a tertiary education.

Manguzi community's young school going population is very keen on education. Some of the schools are built by the community but subsidized by the government under the department of education. According to the information supplied by the education inspectorate at Manguzi, the number of pupils going to school is 32579 because the area is very large. The municipal management has divided the place into two that is Kosibay and Manguzi.

According to information obtained from the Department of Education, there are about 906 educators in these wards. There are 74 primary and 19 high schools and one combined high school. There are 180 educational facilities in the municipal area.

These facilities consist of the following:

Facility	Number
Creche	86
Primary school	74
High school	19
Combined school	1

(i) Education facilities

Educational facilities are poor as this place is situated in a deep rural area. Progress is slow as provision of facilities takes time as authorities' battle against budgetary constraints. There is an education centre called Manguzi education centre. It contains all information about education in the area. Overcrowding also poses a further problem for the schools in the area.

(ii) Educational Level

Educational level is very low and many people are now joining Adult Basic Education so that they can be able to read and write. There is no tertiary institution but there is one FET College and one finishing school that is owned by Mr. S Mabika.

3.5.2. Health

There are at present 11 stationed clinics, 37 mobile clinics and one hospital in the municipal area. The health centers render the following services: family planning, TB treatment, child care, antenatal care, mental health care, X-ray services, laboratory services, dental, occupational health, outpatient services, general medication, orthopedic and emergency unit.

There is only one hospital located in Manguzi, while the clinics are strategically placed in areas with greater population densities. By applying the same principle as above, with radiuses of 10km and 50km for clinics and hospitals respectively, it appears that 91.6% of municipal households have access to health facilities. The impact of HIV/AIDS has had severe consequences on the socio economic development of the Municipality. In the uMhlabuyalingana Municipal area HIV and infection rates were estimated to be 15, 21 % of the population in 2007.

Relative to the provincial figure of 6.64% of the population, uMhlabuyalingana is double the average provincial rate of infection and 4.4% higher than the national infection rate.

3.5.3 Social welfare services

There is one Social Development Office called KwaNgwanase Service Office. According to the Service office Manager Mr. M.E Nkosi, Manguzi communities are very much in need of welfare services as a poor community. The services rendered by the Service Office involved casework, group work and community work. These services include counseling, foster care placement, adoption, child and elderly abuse, early childhood development (ECD), HIV/AIDS as well as probation services. This organization is available and has dedicated its self to the purpose of rendering the best health and welfare services to the community with utmost dignity and respect.

(i) Life Skills Programmes offered by Social Development

There are various life skills programmes rendered by the social workers stationed at Manguzi Service Office. These programmes are incorporated into awareness campaigns. They can be listed as follows: sex education, domestic violence, HIV/AIDS, victim empowerment and teenage pregnancy.

3.5.4 Tholulwazi (NGO)

This Non-Governmental Organization is situated near Manguzi Hospital. Tholulwazi renders the following services: emotional healing, psychosocial workshop, poverty alleviation, social support, emergency food parcel, home based care, youth development services, school uniforms life skills and empowerment programs.

3.5.5 Community facilities

Community facilities are more likely found in urban areas than in rural areas. Manguzi is one of the deep rural areas and this causes a problem to the rural residents. For example the lack of water, roads and electricity poses one of the biggest crises in the area. Access to clean water and toilets brings dignity to people living in rural communities. The road infrastructure is poorly developed with some of the areas almost completely inaccessible by road. These in accessible areas include some potential tourist destinations. Lack of a proper road network at this level is a

serious weakness. It paralyses initiatives intended to turn comparative advantages to competitive advantages. Internal roads within the nodal areas also require substantial upgrading and formalization into business services roads.

3.5.6. Post and telecommunication

There is only one post office which provides postal services in the area with satellite post boxes positioned in the rural areas. Post boxes in the rural areas are scarce and not easily accessible to the local residents. As a result many local communities in the rural settlements end up not having access to postal services. Telkom and three cellular phone companies provide telecommunication services and the networks make it easier for the residents to access communication services.

3.5.7 Media and Communication

There are various channels of communication that are available within the community. In case of public meeting they use radio, bulletin boards as well as iZinduna to announce to the community the meeting to be held. Local newspapers circulating within the area of jurisdiction are used to inform the community members and issuing public notices. The local / community Radio stations like the Maputaland Community radio station are utilized for publicity purposes.

3.5.8 Socio-cultural system

UMhlabuyalingana is a largely rural area and still under influence of tribal leaders, in the view of these observations it is not surprising that most communities in uMhlabuyalingana operate through traditional events like uMthayi to celebrate the reap of the first harvest such as marula fruits.

The community spends its leisure by organizing cultural festivals like uMthayi where they come together to share home brewed beer to make the first harvest at the home of izinduna. Here they take everything the community members have harvested to the Inkosi where the people hold on celebration. Another cultural practice is the reed dance; the reed dance (uMkhosi womhlanga) is the celebration for maidens.

3.6. Projects offered by the Department of Social Development

Poverty alleviation projects implemented in Manguzi area can be listed as follows:

- Ahihanyeni community care is an HIV/AIDS project in Ekuthukuzeni area
- Siyazama is the HIV/AIDS and orphan care project in the Zamazama area
- Vukusebenze women's project (widows) deals with food gardens, poultry, beadwork and sewing in Zamazama area
- Siyakhona women's project is a poultry project in the Sicabazini area
- Bambanani disabled group deals with craft work in the Ekuthukuzeni area

3.7. COMMUNITY DEVELOPMENT WORKERS

The municipality has two community development workers. The purpose of these projects is to eradicate poverty and foster development. The main role of the community workers are as follows:

- to facilitate the establishment of community projects in the community
- to assist with the drafting of constitutions for the organization
- to form linkages with the relevant stakeholders
- to monitor and evaluate the programme implementation
- to do household profiling in order identify their problems and needs of the community
- to assist with HIV/AIDS programmes
- to form youth forums
- to organize training in capacity building
- to make the project members or the community members play a crucial role in the planning and implementation of the activities that affect them

3.8. SUMMARY

This chapter highlighted the history, present conditions and the challenges of uMhlabuyalingana municipality. UMhlabuyalingana municipality is situated in the Northern-Eastern part of KwaZulu-Natal Province. The Municipality is one of the poorest municipalities in the country to

extent that it was declared as one of the presidential node, because it is poverty-stricken. UMhlabuyalingana municipality was also proclaimed as one of the World's Heritage Sites, with some patches of environmentally protected areas. Like any other municipalities in the country this Municipality is has a huge service backlog. It remains a challenge for the municipality to deliver basic services to the community within a short period of time. Over the past half-decade the municipality has managed to deliver relevant services to the communities, but a lot of work still remains to be done. This has been achieved through effective utilization of funds and human resources. The integrated planning together with the district municipality has gone a long way to reduce the service backlog. The municipality has now set to create more jobs, with the proposed proclamation and formalization of Manguzi as well as implementing various strategies and programmes that will effect change. Community profiling has helped the researcher to identify that most of food insecure households are amongst those who are not participating in the food security project.

CHAPTER FOUR

4. RESEARCH METHODOLOGY

4.1 INTRODUCTION

According to Babbie and Mouton (2001: 647) research methodology involves methods, techniques that are employed in the process of implementing design or research plan as well as underlying principles and assumptions that underlie their use. This chapter aimed to describe the procedures that the researcher followed in research methodology. The researcher gave a detailed account of the respondents of the study and the type of research design which was used. The research methodology has helped the researcher to follow a predetermined procedure and not to do the research haphazardly. The methodology has guided the researcher on how to go about conducting the study. This chapter looks at the methodology, research design, targeted population, research instrument, sampling strategy and ethical considerations.

4.2. RESEARCH METHODOLOGY

According to Babbie and Mouton (2001:647) research methodology are methods, techniques that are employed in the process of implementing research design or research plan as well as underlying principles and assumptions that underlie their use. Research methods are, therefore, the plan and structure that guides the research process. The research study was conducted in Manguzi. Manguzi community library, University of KwaZulu Natal and University of Zululand library were major resources in this regard. Specific sources such as published books were used. According to Neuman (2003:140) there are two types of research methods namely qualitative and quantitative methods. The researcher used quantitative method because it permits for statistically reliable information obtained from numerical measurement to be supported and enriched by information about the research participants' explanation.

Quantitative methods rely on studying phenomena through the use of numerical means. It refers to the 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 (Newman, 2003:140).

The quantitative method helped the researcher to know the population size, age and gender of the respondents.

4.3. RESEARCH DESIGN

Babbie and Mouton (2001:74) define research design as a plan or blue print of how a researcher intends conducting the research. Research design focuses on the end-product or what kind of study is being planned and what kind of results are aimed at. The researcher used evaluative research design which utilized quantitative methods. This study allowed the respondents to describe realities of the study in accurate verbal terms.

4.3.1. Evaluative research design

Evaluative research design is a social research designed to investigate whether a particular project or intervention has met its stated objectives and how the effectiveness of that project might be improved (Blessed, 2006:183). The researcher used evaluative research design because the researcher assessed the effective of Manguzi food security project and what people benefit from food security projects.

4.4. TARGETED POPULATION

Population is a group of elements or cases whether individuals, objects or events that conform to specific criteria and to which we intend to generalize the results of the research (McMillan & Schumacher, 2006:119). The population targeted was a sample from the beneficiaries of food security projects from Manguzi.

4.5. SAMPLING METHOD

Babbie and Mouton (2001:164) contends that sampling is the process of selecting observations. Sampling methods are used in research when one is unable to investigate the total population which is involved in the information that the researcher needs to obtain. Social work researchers often investigate large groups or communities. It is not feasible in terms of time, manpower and financial costs involved to research the total population. The reasons for using a sample rather than collecting data from the entire population are self-evident. Even if it were possible it would be prohibitive in terms of time and other human resources. The study of a sample rather than the

entire population is also sometimes likely to produce more reliable results (Rubin & Babbie, 2001:40). The sampling was obtained through the simple random sampling procedure. Questionnaires were administered to 20 beneficiaries of food security projects that were randomly selected from 40 beneficiaries of Manguzi food security project.

4.6. SAMPLE SIZE

The researcher used a sample of twenty respondents in collecting data. Twenty was sample drawn from 40 beneficiaries of food security project at Manguzi which included both females and males.

4.7. DATA COLLECTION

According to Donald and McBurney (2005:7) a detailed description of the data gathering procedures is needed for the planned investigation. The most difficult and time consuming phase of the process is the data collection. This research adopted the triangulation method to correlate the data gathered through the various methods such as interviews, observations and questionnaires. Miller and Brewer (2003:326) define triangulation as the combination of different methods, methodological perspectives or theoretical viewpoints in order to achieve a net gain where the strength of each contrasting approach more than cancels out the weaknesses of their counterparts.

The collection of data for this research included both primary data and secondary methods, in which various tools and approaches were used, as discussed below.

a) Primary data collection methods

In order to compile evidence for an assessment, research requires data. Such data, especially primary data from the case being studied, provides first-hand information for an assessment. In the case of this study, the researcher has conducted several visits to the beneficiaries of Manguzi food security project and to the households.

The following methods were used to collect primary data:

i) Observation as a tool for data collection

Observation is a major component of the field research, and was used in all stages of data collection. This technique involve observing the way of life of the people in Manguzi in terms of their livelihood approaches, for example, what is commonly grown in house gardens, the types of housing and infrastructure, as well as the composition of the community and their attitude towards the project.

(ii) Questionnaires

The use of questionnaires in this research was very important for documenting responses since it formed a part of quantitative data. Twenty questionnaires were used during this study. Given that the questionnaires all contained the same questions, it made it easier for the researcher to analyse responses systematically and triangulate them with answers during interviews. In instances where respondents could not interpret the questionnaire effectively, the researcher translated the questions in the respondents' own language. The researcher then filled in the questionnaires in an interview format.

b) Secondary data sources used

Secondary data gathered from previous research on the subject being studied has helped the researcher to understand the research area better, thus assisting the researcher in shaping the research approach, as well as the gaps that were needed to be filled in by the research. In this research, information was gathered by reviewing government reports, news items and research findings from previous studies in the area of food security. More secondary was obtained from the University of Kwa-Zulu Natal, University of Zululand and Manguzi community library, as well as the Internet, especially from the websites of various development institutions, such as FAO.

4.8. DATA ANALYSIS, INTERPRETATION AND PRESENTATION

The procedures that are utilized to analyze the data must be described. Data analysis is the process by which a large set of numbers is reduced to make it more understandable. Analysis

means categorizing, ordering, manipulating and summarizing data to obtain answers to research questions (Bless, 2006:184). The data that was collected from twenty respondents was presented in the form of tables to give a clear picture of the research outcomes. The researcher analyzed the data collected by converting the number of responses into percentages. The researcher sees that the data from the questionnaires would be meaningless after collection; it has to be converted into useful units. The data was analyzed using descriptive statistics such as percentage distribution.

4.9. VALIDITY AND RELIABILITY

According to Babbie (2004:143) validity refers to the extent to which an empirical measure accurately reflects the concept it is intended to measure. Babbie and Mouton (2001:119) contends that reliability is a matter of whether a particular technique applied repeatedly to the same object would yield the same results each time.

The researcher used a pilot test in order to ensure that the study is valid and reliable. In this regard Babbie (2004:256) recommends that it is better to ask people to complete the questionnaires than to read through it for errors. Necessary modifications have been made following the pilot test where the questionnaires were presented to the full sample. Space was left on the questionnaire for comment or evaluation of the questionnaire by the respondent.

4.10. ETHICAL CONSIDERATIONS

According to Newman (2003:140), before an individual becomes a subject of research he or she shall be notified of the aims, methods, anticipated benefits and potential hazards of the research. All participants were properly briefed about the aims of the study as well as their rights to participate. Ethical consideration in research are always evolving and changing. It is therefore very important that the researcher keeps up to date with the latest thinking about research ethics and the researcher also has the responsibility to make sure that every study meets the highest ethical standard.

The researcher adhered to the following ethical standards:

Informed consent: participants were informed what the research is about, how it would affect them, the risks and benefits of participating and the fact that they have a right to decline to participate if they chose to do so.

Confidentiality: information provided by participants, particularly sensitive and personal information was protected and not made available to persons in the public domain. Thus, data from participants was kept under secure conditions.

Anonymity: the principle of anonymity is linked with confidentiality. A participant's data was not associated immediately and obviously with his or her name or any other identifier.

Discontinue: participants were given every assurance that they are free to discontinue their participation at any time without being required to offer any explanation. A participant's decision was respected and the researcher had the responsibility to ensure that participants fully understand the consequences of his or her decision.

4.11. SUMMARY

This chapter is a reflection of how the study was conducted. It provides a clear picture of procedures and methods that were used by the researcher to make the research successful. The following were covered, research design, qualitative and quantitative research methods, sampling method, population and data collection. This is the methodology that the researcher used in conducting the study in order to make the research study effective to prove the hypothesis.

CHAPTER 5

5. ANALYSIS, PRESENTATION AND INTERPRETATION OF DATA

5.1. INTRODUCTION

The chapter begins by providing a presentation of the findings. The information presented was taken from the beneficiaries of Manguzi food security projects. In this chapter the researcher used tables and percentages in presenting and analyzing data. Analysis means categorizing, ordering, manipulating and summarizing of data to obtain answers to research questions (Bless, 2006: 184). The data was be coded into tables and percentages to give a clear picture of the research outcome.

It is important to mention that the researcher divided the questionnaire into five themes as follows:

- identifying particulars of respondents
- information about the project
- source of livelihood
- programme planning and implementation
- food security situation
- government intervention
- suggestions

SECTION A: INTERVIEWING WITH TWENTY PARTICIPANTS

5.2. IDENTIFYING PARTICULARS OF RESPONDENTS

The data was collected from twenty respondents who were subjected to individual interviews and answering of the questionnaires at Manguzi area. Identifying particulars that were obtained from the respondents were gender, age, marital status and level of education were regarded important factors influencing the views of the respondents.

5.2.1. Distribution of respondents according to gender

The question on gender was asked in order to establish whether the responses fitted with the aim of the study requires respondents according to their gender.

Tables 1 below shows responses to the question of gender.

Gender	Number of respondents	Percentage
Females	15	75
Males	5	25
Total	20	100%

The data in tables 1 indicated that the majority of respondents were females 15(75%) and 5(25%) males. Women appeared to be better versed in household matters than their male counterparts. This was attributed to the fact that women were usually responsible for the day-to-day running of the household. Simon (2003:63) emphasized that rural women make a tremendous contribution to food and agricultural production.

5.2.2. Distribution of respondents according to age

The researcher wanted to find out the age range of respondents.

Table 2 below shows responses to the question of age.

Age	Number of respondents	Percentage
18-30	6	30%
30-40	10	50%
40 and above	4	20%
Total	20	100%

The data in tables 2 showed that more than half of the respondents fell between the age class interval of 30 and 40, which indicates that they were 10(50%) of the respondents. About 6(30%) were 18-30 years, while only 4(20%) were above 40 years old. The researcher finds that all the

respondents were in their prime age. In addition they could also be trained and would be able to engage in educational programmes.

5.2.3. Distribution of respondents according to marital status

The researcher wanted to find out whether the responses of respondents will differ according to their marital status.

Tables 3 below show responses to the question of marital status.

Marital status	Number of respondents	Percentage
Married	6	30%
Single	8	40%
Cohabitation	4	20%
Divorced	2	10%
Total	20	100%

The data in tables 3 showed that 8(40%) of the respondents were single. The number of the respondent who were married were 6(30%) and 4(20%) of the respondents were cohabiting and 2(10%) of the respondents were widows. This is an indication that most of the respondents were single.

5.2.4. Distribution of respondents according to level of education

The researcher wanted to know the educational level of respondents.

Tables 4 below shows responses to the question of level of education.

Education level	Number of respondents	Percentage
Primary	9	45%
Secondary	8	40%
Tertiary	3	15%
Not educated	-	-
Total	20	100%

The data in tables 4 showed that 3 (15%) of the respondents had tertiary education while 9 (45%) had primary education and 8 (40%) was with secondary education. This is an indication that the subjects could read and write which indicates a fairly high level of literacy. Zastrow (2010:114) stipulates that the poor are exposed to high rates of malnutrition and diseases. Hemson (2002: 34) established that, increasing women’s education is a key ingredient for women’s empowerment which invariably would affect household food security.

INFORMATION ABOUT THE PROJECT

5.2.5. Distribution of respondents according to the type of the project

The researcher wanted to know the various projects that the respondents were involved in.

Tables 5 below shows responses to the question of project type.

Project type	Number of respondents	Percentage
Craft work	5	25%
Sewing	3	15%
Gardening	10	50%
Poultry	2	10%
Block making	-	-
Other	-	-
Total	20	100%

Tables 5 indicates that the majority of the projects were 10(50%) which were on the gardening projects and 2(10%) on poultry farming. Almost all respondents were engaged in gardening projects as a precautionary coping mechanism. This was cited by (Midgley, 1999:123) that creating small-scale income generating projects among poor women can enhance their status through economic development.

5.2.6. Distribution of respondents according to period of operation of the project

The researcher wanted to know how long the project has been running.

Tables 6 below shows responses to the question of period of operation.

Period of operation	Number of respondents	Percentage
1-2	6	30%
2-3	4	20%
3-4	4	20%
4-5	4	20%
5 years and above	2	10%
Total	20	100%

Tables 6 showed that 6(30%) of the programmes of the projects were operating for the period between 1-2 years and 2(10%) projects has been running for more than five years. The study revealed that most of the projects have been run for short term periods.

EMPLOYMENT

5.2.7. Distribution of respondents according to the question are you employed or unemployed.

The researcher wanted to find out whether the respondent was employed or unemployed

Tables 7 below show the response to the question of whether the respondent was employed or unemployed.

Employment rate	Number of respondents	Percentage
Employed	6	30%
Not employed	14	70%
Total	20	100%

The data in table 7 showed that 6(30%) of the households interviewed considered themselves to be unemployed, in comparison with 14(70%) who stated that they were employed, either formally or in their own businesses. Illiteracy and a lack of specialised skills render residents of rural settlements more prone to unsustainable employment. At the time of this research, the

unemployment rate in Manguzi was high. According to the Statistics South Africa (2007) the main cause of huge poverty and inequality in South Africa is joblessness and unemployment rate is high. A similar study by Frayne (2004:490), conducted in Windhoek, showed a high incidence of unemployment amongst rural settlement dwellers.

5.2.8. Distribution of respondents according to employment status

The researcher wanted to find out the employment status of respondents

Tables 8 below shows the responses to the employment status.

Nature of employment	Number of respondents	Percentage
Self employed	6	30%
Informal (requires training)	12	60%
Formal (requires manual labour)	2	10%
Total	20	100%

The data in tables 8 showed that 12(60%) of the respondents were casual labourers, interestingly 6(30%) were self-employed and 2(10%) respondents were employed on permanent basis. Those who were formally trained had access to better paying jobs than those who were not formally trained. This was emphasized by Hemson (2002: 34) when he said that the higher the educational status of rural households, the better was their contribution to household food security. It was therefore concluded that illiteracy contributes to poverty and hence to food insecurity. In order for poverty eradication to be achieved and food insecurity to be reduced amongst informal settlement dwellers, one of the major factors that need to be considered is the promotion of both formal and non-formal education. Both adult and primary education should be promoted, as well as skills development at the informal level. This is necessary in order to empower people with skills that can assist them to make better livelihood choices, both in terms of getting jobs and setting up small-scale businesses.

5.2.9. Distribution of respondents according to average monthly income of the respondent

The researcher wanted to know the average monthly income amongst the respondents.

Tables 9 below shows the responses to the question of income.

Income	Number of respondents	Percentage
Below R1000	-	-
R1000-R2000	12	60%
R2000-R3000	6	30%
Above R3000	2	10%
Total	20	100%

The data in tables 9 reflects to the question regarding salaries and wages proved to be difficult to get open answers to, and most respondents felt freer to respond to this in the questionnaire, due to its anonymous nature, than to respond directly. There were 12(60%) respondents, whose gross monthly income of between R1000.00 and R2000.00 There were 6(30%) respondents who had a gross monthly income of between R2000.00 and R3000.00 per month. Only 2(10%) respondents were above R3000.00 per month. Only those with a gross income of above R3000 had any formal training. The rest were casual labourers whose jobs did not require any formal training.

From observations and controlled interviews, it became evident that an individual's income was directly proportional to their level of training. Those who were formally trained had access to better paying jobs than those who were not formally trained. It was therefore concluded that illiteracy contributes to poverty and hence to food insecurity. In order for poverty eradication to be achieved and food insecurity to be reduced amongst informal settlement dwellers, one of the major factors that need to be considered is the promotion of both formal and non-formal education. Both adult and primary education should be promoted, as well as skills development at the informal level. This is necessary in order to empower people with skills that can assist them to make better livelihood choices, both in terms of getting jobs and setting up small-scale businesses.

5.2.10. Distribution of respondents according to source of livelihood of the respondent

The researcher wanted to know the source of livelihood.

Table 10 below shows the responses to the question on the source of livelihood.

Source of livelihood	Number of respondents	Percentage
Government support/grant	14	70%
Other	6	30%
Total	20	100%

This study established that only 14 out of 20 respondents received some government support. This translates into 8(40%) received child support grants, while 6(30%) received disability grants. The percentage of those who did not receive government support in the form of social security grants was 6(30%) of the total sample. The research concluded that the government support grant does not benefit all residents in rural settlements, despite some being in situations of abject poverty. There are several reasons why deserving people are unable to qualify for such grants, the most common being a lack of identity documents. The most accessible grant was that of child support, amounting to R260 per child per month as at the time of this research. With the increase in living costs, it was apparent that this grant's impact on the livelihoods of beneficiaries was very minimal. For some households, the child grant was the only source of direct income at any time. There were cases where teenage mothers used the child grant to finance other personal projects, such as buying clothes and jewellery. In this regard, government needs to develop a more informed approach that would ensure the sustainable use of this grant. Critics such as Otto Lambsdorff have argued that while the intention of social welfare is noble, such a policy would result in overburdening the country's economy, being counterproductive on issues of unemployment, and in the long run, decreasing sustainable development in South Africa (Otto Lambsdorff, 2006).

5.2.11. Distribution of respondents according to the question is the income sufficient to meet the daily needs of the respondents

Tables 11 below shows the responses to the question are the income sufficient to meet the daily needs of the respondent.

Enough income	Number of respondents	Percentage
Yes	8	40%

No	12	60%
Total	20	100%

The data in tables 11 showed that 8(40%) of the respondents who reported that income was sufficient to meet their daily needs and 12(60%) of the respondents reported that income was insufficient to meet their daily needs. This study established that most of the respondents engage themselves in food security projects as a way of supplementing their wages. UNAIDS Summary Report, (2008: 5) emphasized that people with insufficient access to food, income and land, especially women and girls, are more likely to be forced into situations that place them at risk of HIV infection.

PROGRAMME PLANNING AND IMPLEMENTATION

5.2.12. Distribution of respondents according to the question does respondents need training services for the project

The researcher wanted to know whether respondents need training services for the project

Tables 12 below shows the responses to the question does respondents need training services for the project.

Need training services	Number of respondents	Percentage
Yes	14	70%
No	6	30%
Total	20	100%

The data in table 12 showed that 14(70%) of the respondents need training services while 6(30%) of the respondents from different projects do not need training. In order to undertake any activity in which food security project is aiming at attracting the market, appropriate and good skills must be developed, patterning the provision of skills and training the respondents regarding their respective projects activities. Training and inputs will support field crop production including drought resistant crop. Households unable to adequately capitalize on this support will be linked with local community

FOOD SECURITY SITUATION

5.2.13. Distribution of respondents according to the question do women holds the key roles in the provision of food security

The researcher was interested to know whether women hold the key in the provision of food security.

Tables 13 below shows the responses to the question do women hold the key in the provision of food security.

Women hold the key roles in food security	Number of respondents	Percentage
Yes	16	80%
No	4	20%
Total	20	100%

The data in table 13 indicates that 16(80%) agreed that women hold the key in the provision of food security. (Hemson, 2002: 33) supported this argument by stating that women's roles still revolve around nurturing the household while men tend to take on the role of household provider. The research revealed that although men were aware of the food situation in their households, they often regarded it as a woman's territory. It was also a natural trend for women to consider the production of food for their families as being one of their primary household roles.

5.2.14. Distribution of respondents according to the question do people benefit from food security projects.

The researcher wanted to know if people benefit from food security projects.

Tables 14 below shows the responses to the question do people benefit from food security projects.

Benefiting from food security projects	Number of respondents	Percentage
Yes	8	40%

No	12	60%
Total	20	100%

The data in tables 14 reflects that 12 (60%) of the respondents did not benefit from the food security projects. Most of the respondents regretted that the programme had not managed to create job opportunities but it was helpful to those who were employed because they used the money that they receive from the project to supplement their wage incomes. The researcher observed that none of the projects had absorbed or employed new members. They contained members who started the projects some of whom had left for formal employment, for those who were temporarily employed. The researcher revealed that empowerment and anti-poverty intervention will be more appropriate to this study area. Midgley, (1999:123) contends that anti-poverty approach seeks to foster self-employment among low-income people. This approach defines the low position of women as a consequence of economic underdevelopment and not as a result of subjugation by creating small-scale income generating projects among poor women. It suggests that people can enhance their status through economic development.

5.2.15. Distribution of respondents according to the question what are the constraints you face in accessing food

The researcher wanted to know what the constraints are encountered in accessing food security.

Tables 15 below shows the responses to the question what are the constraints the respondents face in accessing food.

Constraints in accessing food	Number of respondents	Percentage
Financially	12	60%
Availability of food	6	30%
Not a problem	2	10%
Total	20	100%

The data in tables 15 shows that 12(60%) of the respondents had financial problems while 2(10%) of the respondents had no problems in accessing food. Statistics SA, (1998) reported that

the majority of households in South Africa lack cash to purchase food as they have financial constraints. Underlying the lack of purchasing power is the limited scope of income opportunities, especially in the rural areas. Unemployment rates have remained high at 38%, despite other recent economic indicators UNAIDS Summary Report, (2008: 5) emphasized that people with insufficient access to food, income and land, especially women and girls, are more likely to be forced into situations that place them at risk of HIV infection.

5.2.16. Distribution of respondents according to the question what do you think are the causes of food insecurity

The researcher wanted to know the perceived causes of food insecurity according to the respondents’.

Tables 16 below shows the responses to the question what respondents see as the causes of food insecurity

Causes of food insecurity	Number of respondents	Percentage
Joblessness	14	70%
Population increase	2	10%
Lack of purchasing power	4	20%
Total	20	100%

The data in tables 16 shows that 14 (70%) of the respondents argued that joblessness is the cause of food insecurity while 2(10%) of the respondents reported that population increase causes food insecurity. The study shows that most of the respondents were joblessness and expressed a desire to obtain stable or permanent jobs. According to the Statistics South Africa (2007) the main cause of huge poverty and inequality in South Africa is joblessness.

5.2.17. Distribution of respondents according to the question what can you do to improve your food security situation

The researcher wanted to know what the respondents can do to improve their food security situation.

Tables 17 below shows the responses to the question what respondents can do to improve their food security situation.

Improving food security	Number of respondents	Percentage
Get a job	12	60%
Get a plot for small-scale farming	2	10%
Government to give food stamps	6	30%
Total	20	100%

The data in tables 17 shows that 12 (60%) of the respondents wanted to get a job while 2(10%) of the respondents for small scale farming wanted to get a plot. This study reveals that most of the respondents wanted to depend on a wage income rather than starting their own businesses. Brown, (2004:68) agrees that the ability to earn a cash income is an especially important determinant of rural food security, and Simon, (2003:45) adds that “because rural dwellers must rely on income in order to survive, rural poverty tends not to be primarily the result of lack of work but the lack of well-paying, steady jobs”. This research attempted to understand the ratio between those regarding themselves as being employed and those who were unemployed.

5.2.18. Distribution of respondents according to the question are you aware of the roles of the critical stake holders from government and private sector in assisting poor people to achieve food security

The researcher wanted to know if people are aware of the roles of the critical stake holders government private sector in assisting people to achieve food security.

Tables 18 below shows the responses to the question are you aware of anything the government is doing to assist the poor people to achieve food security.

Aware of government’s role and private sector	Number of respondents	Percentage
Yes	16	80%

No	4	20%
Total	20	100%

The data in tables 18 shows that 16(80%) percent of the respondents reported that they are aware of what the government is doing to assist the poor people to achieve food security such as social grants. The respondents revealed that these social grants do not benefit all people in Manguzi, despite some people being in a situation of abject poverty. There are several reasons why deserving people are unable to qualify for such grants, the most common being a lack of identity documents as many of them originate from Mozambique. According to Labour Statistics Database, South Africa has an extraordinarily large number of households dependent on state grant, almost two million households, or around one in seven, get most of their income from social grants, old-age pensions, child-support or disability grants. These grants are not enough to support a whole household. Two factors mostly lead to the high unemployment rate in South Africa. First, under apartheid, black people were pushed into the least developed parts of the country. Under the former homelands many were deprived of assets and education. As a result, it is hard for them to start their own enterprises or co-ops. Many still live very far from work opportunities.

5.2.19. SUGGESTIONS

At the end of the questionnaire, respondents were asked to list their immediate needs in order to live a decent life. Most of them gave similar responses in terms of their immediate and future needs. They prioritized them as: an adequate supply of water, toilet facilities, electricity, better houses, permanent jobs, and identity documents, so that they would qualify for government grants. All participants expressed a desire to obtain stable or permanent jobs, and for the government to build low-cost houses for them.

5.2.20. CONCLUSION

From the findings of this research, it became obvious that household food security in Manguzi depends on access to a source of income, as is the case in all societies. They are unaware of the food security programmes in place that they can involve themselves as means to make a living. From the findings of this research, it became obvious that household food security in Manguzi depends on access to a source of income, as is the case in all societies. Without adequate income, a household can succumb to the lowest levels of deprivation, and even engage in morally unacceptable activities in order to make a living.

CHAPTER SIX

6. FINDINGS, CONCLUSION AND RECOMMENDATIONS OF THE STUDY

6.1. Introduction

This chapter discusses the findings that emerged from this study in terms of food security projects in Manguzi. These findings are presented in a qualitative manner by linking data collected by primary and secondary sources. This chapter brings the undertaken study to a conclusion. The researcher presents the findings, conclusion, limitations and recommendations to this study after careful analysis was done.

6.2. Findings as per the objectives of the study

This study seeks to:

- describe the state of the food security projects at Manguzi and whether the participants are benefiting,
- determine the key roles of rural women in food security projects run in rural settlements,
- identify factors that constrain or contribute to adequate food security in the project projects run in a rural community,
- describe the roles of the critical stakeholders from government and private sector in facilitating food security.

6.2.1 The state of the food security projects at Manguzi and whether the participants are benefiting

Research study helped the researcher to identify the most food insecure households. The findings revealed that food security projects benefited few individuals; hence the main aim of food security projects was to alleviate poverty and improve the socio-economic status of poverty striven families through job creation. Members of the project were working on the part-time basis to the project. Most of the individuals regretted that the project had not managed to create job opportunities but was helpful to those who were employed because they used the money that

they receive from the project to supplement their wage income. The researcher observed that none of the projects had absorbed or employed new members.

People can enhance their status through economic development. The income from the project complements other sources of income such as social grants, salaries, farming and hawking. Since most of the households which are women headed earn less, the income from the project boost the overall household income and improves the quality of life of women and children.

According to Sowman and Gawith, (2004:45) projects promote the unique opportunities and play a crucial role in creating a holistic, engaging educational atmosphere for today's youth, one that encourages hands on experience, healthy eating and curiosity about the natural world. The community Garden Project brings neighbours together and empowers people to supplement their food supply by growing it themselves. Projects stimulate social interaction, encourage self-reliance, and truly beautify neighbourhoods and produces nutritious foods, while reducing family food budgets. Each garden is an autonomous neighbourhood-based effort where friends share work and responsibilities.

6.2.2 The key roles of women in food security projects run in rural settlements

The study revealed that most of the beneficiaries of Manguzi food security projects are female headed household. This is caused by HIV/AIDS that is killing more people especially males who are scared to test. Women involve themselves in the project to do away with stress and frustration at home. The study also revealed that women hold the key to the provision of food security. (Hemson, 2002: 33) supported this argument by stating that women's roles still revolve around nurturing the household while men tend to take on the role of provider. The study deduced that although men were aware of the food situation in their households, they often regarded it as women's territory. It was also a natural trend for women to consider the production of food for their families as being one of their primary household roles. Women are actively involved in decision making about the strategic direction of the day to day running of the projects. Through this programme, women had positive experiences and continue to view their participation as a privileged and an honour (Patel, 200:262). Hemson (2002: 2) states that women's roles still revolve around nurturing the household while men tend to take on the role of provider. Although men were generally the household heads, the contribution of women to the

survival of households was found to be significant. Generally, the women were more responsive and more active in discussions and interviews, as well as being more willing to participate. This observation is emphasized by Simon (2003:63) who confirms that rural women make a tremendous contribution to food and agricultural production. They also play a crucial role in determining and guaranteeing food security and well-being of the entire household. Equitable, effective and sustainable agriculture and rural development cannot be pursued without an explicit recognition of these realities. In a global atmosphere of increasing poverty, food insecurity, rural out-migration and environmental degradation, all potential actors in development must be given the support and access to all resources needed to pursue sustainable livelihoods and strategies for a better life.

6.2.3 Factors that constrain adequate food security in the project run in the rural community

The study revealed that project members had financial problems. In the most cases people become dazzled by money. They start a project but when they get funding they find ways to misuse it. Other people needed to get benefits at an early stage and when they do not get money they withdraw. If there is no trust among the project members this may also cause constraints. Problems and quarrels among the members cause constraints against adequate achievement of food security. The study also revealed that a lack of transparency in decision making as well as improper utilization of funds poses a constraint against adequate achievement of food security.

Statistics SA, (1998) reported that the majority of households in South Africa lack cash capacity to purchase food as they have financial constraints. Underlying the lack of purchasing power is the limited scope for income opportunities, especially in the rural areas. Unemployment rates have remained high at 38%, despite other recent economic indicators. UNAIDS Summary Report (2008: 5) emphasized that people with insufficient access to food, income and land, especially women and girls, are more likely to be forced into situations that place them at risk of HIV infection. Poor households are typically characterized by few income-earners, and many dependants. They are also often primarily dependent on migrant remittances and social security grants, making them vulnerable to food insecurity. Rural households are particularly vulnerable because of their reliance on the remittances from the urban areas. In South Africa, women are also frequently constrained by a lack of economic activities in close proximity to their

communities, inappropriate farmer support services, and face constraints in gaining access to employment elsewhere, frequently exacerbated by a lack of information and transport.

6.2.4 Roles of the critical stakeholders from government and private sector in facilitating food security

The study revealed the government and private sector assist in funding projects. The community also receives social grants, despite some being in a situation of abject poverty. There are several reasons why deserving people are unable to qualify for such grants, the most common being a lack of identity documents as many of them originate from Mozambique. According to Labour Statistics Database, South Africa has an extraordinarily large number of households dependent on state grants. Almost two million households, or around one in seven, get most of their income from social grants, old-age pensions, and child-support or disability grants. But these grants are not adequate to support a whole household.

South African government strategies are in place to sustain food security. There are listed as follows: One home, one garden strategy, community gardens, school garden projects, integrated food security strategy and comprehensive agricultural support programme (CASP). One home one garden is popularly known as “umuzi nomuzi isivande” . This programme was established by government to eradicate poverty, to ensure that people have sufficient food in their homes and to improve food security, health status and food awareness through diversification. Government have provided each and every home with a starter pack of seeds that will provide people with food which includes spinach, cabbage, onions, carrots, beans, mealies, beetroot and butternuts. This strategy aimed to prevent child labour among farming communities and to assist women and orphans to produce food for their families. This programme encourages communities to do things themselves. Government has then ensured that people who collected starter packs are trained how to grow such vegetables.

Community gardens promote healthy communities and provide food security for many low income families. In an urban setting, community gardens are part of the open space network. The gardens and those who participate in community gardening contribute to the preservation of open spaces, provide access to it, and create sustainable uses of such space. Community gardens strengthen community bonds, provide food, and create recreational and therapeutic opportunities

for a community. They can also promote environmental awareness and provide community education.

The School Garden Project is a non-profit organization that helps schools create and sustain gardens where hands-on learning connects pupils with their environment and local food system. School gardens are an excellent way to teach children about the food they eat. Children have the opportunity to grow fruits and vegetables, and to learn first-hand about different foods. Many programs also train children to prepare and eat the food they grow.

The Integrated Food Security and Nutrition Programme (IFSNP) resulted from the worldwide food and security summit that took place in Rome in 1996, with participation from 185 countries. The World Summit on Sustainable Development, Johannesburg (2002) aimed to halve poverty by 2015. Other stakeholders included the United Nations (UN), world food programmes and other Departments in the social cluster. The aim of this programme is to provide post settlement support to the targeted beneficiaries of land reform and to other producers who have acquired land through private means and are, for example, engaged in value-adding enterprises domestically or involved in export.

The programme is a core focus for the Department and makes interventions in six priority areas: information and technology management, technical and advisory assistance, and regulatory services, marketing and business development training and capacity building ,on/off farm infrastructure and product inputs as well as financial support. Government and private sectors use an integrated approach because it reduces the duplication of services in the community. It is an easy way to identify the needs in the community and make appropriate intervention. It is a means of forming linkages and referrals when necessary.

6.3. Recommendations of the study

This study has noted that economic development is a major challenge facing developing countries, and more specifically Africa, and that solutions to South Africa's challenge of hunger and poverty are intrinsically embedded in global politics. It follows therefore that in order for African countries to mitigate some of the adverse effects of globalization, the continent has to pursue policies and strategies that promote long-term growth, while at the same time offering short-term security options for the poorest of the poor, such as residents of the Manguzi, which

formed the case study for this research. It is for this reason that the following recommendations, emerging from this study, can be made.

- the need for financial assistance from government and private sector in facilitating food security projects
- focus on rural development
- dietary concerns to ensure that crops grown in gardens will maximize nutrition
- tackling HIV/AIDS in order to improve food security projects
- the need to ensure equal access to resources
- promoting good governance for maximum use of interventions and support
- short-term interventions to improve the food security projects

6.4. Recommendations for further research

Based on the findings of this research, it is apparent that there are several issues related to those discussed that need to be investigated further and recommendations made. The six specific issues for further research with regard to the Manguzi rural settlement are:

- the role of women in promoting food security project.
- how to use innovative technologies such as rainwater harvesting and small-scale bio-intensive gardening, among others, to improve food security projects and alleviate poverty.
- the social impact of the child support grants on society, with direct reference to behavioral change and the spread of HIV/AIDS.
- the impact of climate change on food security projects in South Africa.
- how to promote ecological integrity in the rural biosphere
- interdisciplinary research on food security projects within the fields of anthropology, geography, agriculture and sociology

6.5. Conclusion

The study was based on Manguzi food security projects situated under uMhlabuyalingana Municipality. The main aim of the projects was to create job opportunities by involving disadvantaged groups such as women in different projects with different programme activities, such as sewing, baking, gardening, block making and poultry farming. These projects were also aimed at ensuring that households are self sufficient in food production through self-help schemes.

The basic finding, and one which impacts directly on the food security projects of residents of the Manguzi rural settlement, is that the majority of them consisted largely of households that depended on casual employment, and were therefore classified as poor. However, as a survival mechanism, some households that had gained experience in agriculture from rural areas have initiated home gardens, as well as group gardens. A key concern emanating from this study is the need for government to intervene with policies to enhance food security among households in Manguzi. Above all, an integrated approach to sustainable livelihoods and development should be adopted by the government at all levels of service provision, in the spirit of 'Batho Pele', meaning "people first", in order to empower the poor and thereby promote poverty eradication and improve self-reliance. This chapter has proposed some of the major recommendations that emanated from the study. If these recommendations are implemented, they would go a long way towards contributing to the improvement of food security projects, not only for the urban poor, but for everyone.

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APPENDIX A QUESTIONNAIRE SAMPLE

SECTION A: INTERVIEW SCHEDULE

This questionnaire is aimed at obtaining information regarding the assessment of food security projects in Manguzi area, with the objective of finding out how the overall food security projects in rural settlements can be improved.

1. Identifying particulars of respondent (Please tick one)

1.1. Gender

Male	
Female	

1.2. Age

18-30	
30-40	
40 and above	

1.3. Marital status

Married	
Single	
Widow	
Divorced	
Cohabitation	

1.4. Level of education

Primary	
Secondary	
Tertiary	
Not educated	

Information about the project:

1.5. Project type (Please tick one)

Craft work	
Sewing	
Gardening	
Poultry	
Block making	
Other	

1.6. How long has the project been running? (Please tick one)

1-2 years	
2-3 years	
3-4 years	
4-5 years	
5 years and above	

Employment (Please tick one)

1.7. Are you employed?

Yes (If yes go to 1.8) No (If no go to 1.10)	
---	--

1.8. Employment status (Please tick one)

Self employed Formal (requires training)	
Informal (requiring manual labour)	

1.9. What is your average monthly income?

Below R1000	
R1000-R2000	
R20000-R3000	
Above R3000	

1.10. What is your source of livelihood (how do you get money for your day to day activities?)

Government support/grant	
Other (mention)	

1.11. Is your income sufficient to meet your daily needs?

Yes	
No	

If no

explain.....
.....
.....

Programme planning and implementation

1.13. Do you need training services for your project?

.....
.....
.....

1.14. Do you think you have enough skills to perform your project activities?

Yes	
No	

Food security situation (Please tick where appropriate)

1.15. Do women hold the key role in the provision of food security?

Yes	
No	

If yes

explain.....
.....
.....

1.16. Do you benefit from food security project?

Yes	
No	

If yes

explain.....

.....

 1.17. What are the constraints you face in accessing food?

Financial Availability of food	
Availability if culturally acceptable food	
Not a problem	

1.18. What do you think are the causes of food insecurity?

Joblessness	
Population increase	
Lack of purchasing power	
Other(mention)	

1.19. In your opinion, what can you do to improve your food security situation?

Get a job	
Get a plot for small-scale farming	
Government to give food stamps	

Government Intervention

1.20. Are you aware of anything the government and the private sector are doing to assist poor people to achieve food security?

Yes	
No	

1.21. Suggestions

Do you have anything else to say regarding promoting your food security needs as an individual on behalf of your household?

.....
.....
.....

Thank you for your support