

**AN INVESTIGATION OF FACTORS SURROUNDING FOOD INSECURITY IN
KWAMTHETHWA**

BY

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(i)

**AN INVESTIGATION OF FACTORS SURROUNDING FOOD INSECURITY IN
KWAMTHETHWA**

**Submitted in fulfillment of the requirements for the degree of
Masters in Social Work in the Department of Social Work
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(ii)

ABSTRACT

The study “An Investigation of Factors Surrounding Food Insecurity in KwaMthethwa” examines the factors responsible for food insecurity with specific reference to the rural people of KwaMthethwa. The investigation found that many factors coalesce to worsen the problem of food insecurity in the area under study. Mainly but not exclusively, factors that were found to worsen food insecurity in the KwaMthethwa area were: inadequate land supply, unemployment exacerbated by lack of marketable work skills, cultural practices and beliefs that tend to marginalize women away from the profitable work force, the HIV- AIDS epidemic which leaves many children without parents and the colonial mentality of white farm employers who see black labour as an exploitable commodity. In KwaMthethwa area the population group most severely affected by food insecurity was women and children. It was found that the situation of food insecurity could be improved by increasing productive infrastructure such as roads, telecommunication links, clinics, schools and properly equipped libraries.

(iii)

DECLARATION

I, **ZODWA MUNTUMUNTU MFEKAYE(20068609)** declare that this research project **AN INVESTIGATION OF FACTORS SURROUNDING FOOD INSECURITY IN KWAMTHETHWA** is my own work and all sources used have been quoted and acknowledged by means of complete references. This dissertation was previously not submitted by me in any university.

.....

Signature

(iv)

DEDICATION

I would like to dedicate this work to the following:

- My husband Mthandeni Mfekaye
- My beloved parents Shongani Mkhize and Ntondolo Mkhize, both deceased. May their souls rest in peace.
- The entire congregation of the Will of God Family Church

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I would like to extend my gratitude to the following people who have made this study a success.

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- My Almighty God Jehovah for His loving guidance and support.

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CHAPTER ONE

1. ORIENTATION TO THE STUDY

1.1. INTRODUCTION

In recent decades, demographics and economic growth have challenged limits of economic, social and ecological sustainability, giving rise to questions about food security. Access to food is still perceived by many as a privilege rather than a basic human right. According to section 27 of the South African constitution (1996), every citizen has the right to have access to sufficient food and water. The Constitution obliges the State to provide legislation and other supporting measures to ensure that all citizens are enabled to meet their basic food needs. Mlambo (2000:23) contends that “the large number of people mainly women, children and the elderly are vulnerable to malnutrition”. The reports from local clinics reveal that 8 thousand people in KwaMthethwa area are reported to be unable to buy enough food to maintain good health (Sappi clinic).

The United Nations Research Institute for Social Development (1997: 344) considers food security as sustained and assured access by all social groups and individuals to food adequacy in quantity and quality to meet their nutritional needs. The definition of food security by the United Nations Food and Agriculture Organization in Zarges (1997:18) means that food is available at all times, that all persons have means of access to it, that it is nutritionally adequate in terms of quantity, quality and variety and that it is acceptable within the given culture. Only when all these conditions are in place can a population be considered adequately provided in terms of food security (Esu, 2000:2, 45-53).

1.2. HISTORY OF FOOD INSECURITY IN SOUTH AFRICA

The history of food insecurity in South Africa reveals that racism is a problem. Virtually in every country of more than one race, Coloureds, Indians and Blacks were more vulnerable to food insecurity. First preference was given to the White minority.

The extent of food insecurity is significant in certain geographic areas like rural areas, informal settlements and the farms. There are various factors that contributed to the legacy of skewed apartheid socio - economic and political order and these include previous policies, gender inequity, racism and lack of purchasing power.

Boyle and Morris (1999:89) stipulate that “poverty and food insecurity in South Africa are the results of several centuries’ worth of colonial and apartheid policies, designed specifically to create general conditions unfavorable to the well-being of Black people in all its aspects, especially in the former homelands”. In order to design effective policy interventions to redress the injustices of the past, it is important to better understand these historical processes.

The position of Blacks in the urban areas was not much better than in the reserves and former homelands. They were located far from places of work and from the general White population. The primary purpose of urban areas was to provide labor to the mines, industries and to the general white population. The African had very limited access to education, health and social services. To a greater extent these historical legacies led to the current situation, in which a majority of citizens particularly Africans are vulnerable to food insecurity.

Reconstruction and Development Programme (RDP) Document (1994:2) confirms that South Africa is one of the developing countries with a very poor record of poverty and inequalities. Income distribution was racially distorted, and ranks as one of the most unequal in the world. Moreover, lavish wealth on the part of the white sector and abject poverty on the part of the Black masses, characterised the South African society.

1.3. STATEMENT OF THE BROBLEM

According to Ellis and Lipton (2003:15) the high number of poor and hungry people remains stubbornly at a high level. Unemployment is high and it also lowers the income of the household and the higher vulnerability to food insecurity. Ellis and Lipton (2003:15) said South Africa's official unemployment rate rose from 23.1% in the first quarter of 2008 and to 23.2% in the second quarter. Ellis and Lipton

(2003:15) further observe that malnutrition impairs the ability to learn or to work and reduces resistance to disease. These problems are known to increase in severity with the shortfall from the minimum dietary requirement. Poverty is not confined to one race group but is more concentrated among Blacks. 61% African, 38% coloureds, 5% Indians and 1% of Whites can be classified as poor (Poverty Relief Programme Procedure Manual 2001). The researcher is therefore, interested investigating about factors surrounding food insecurity in KwaMthethwa area and motivates the community members to participate in their own development, which would contribute a lot in helping them to sustain their lives.

1.4. MOTIVATION OF THE STUDY

The researcher was motivated to conduct this study because she resides in the area of KwaMthethwa, a typical rural area where she saw people that were affected by chronic malnutrition such as Kwashiorkor and Marasmus. According to the statistic from Sappi clinic (local clinic), 40% of children are being treated for Kwashiorkor and Marasmus. The researcher also noticed that, there was a high rate of unemployment which leads to higher vulnerability to food insecurity. Hunger and starvation are the order of the day in KwaMthethwa area. People who are most vulnerable are women and children who bear the long-term consequences of food insecurity, such as the negative impact on their learning capacity and productivity in adult life. The researcher was therefore, motivated to conduct the study based on factors surrounding food insecurity in KwaMthethwa area and find out whether people of KwaMthethwa have any means to maintain food security in their household, which would help them to fight against hunger and poverty.

1.5. AIM OF THE STUDY

The aim of the study is to identify factors of inadequate food supply in KwaMthethwa area. To achieve this aim the following objectives need to be achieved:

1.6. OBJECTIVES OF THE STUDY

The main objective of the study is to find out factors surrounding food insecurity in KwaMthethwa area. Further objectives are enlisted below:

- i. To analyze the factors surrounding food insecurity.

- ii. To examine that which people in KwaMthethwa area have access to basic food on a daily basis?
- iii. To find out programmes provided by the Department of Social Development in helping people to maintain food security in their household.
- iv. To find out the consequences of food insecurity within the household.

1.7. KEY QUESTION TO BE ANSWERED BY THE STUDY

The following questions should be as considered the key questions in this study:

- i. What do you do to maintain food security in your household?
- ii. What factors contribute to food insecurity in your area?
- iii. What does the government do to help you in order to maintain food security in your area?
- iv. What consequences of food insecurity do you experience in your household?
- v. Which people in your area have access to basic food on daily basis?

1.8. SIGNIFICANCE OF THE STUDY

The researcher envisaged that the study would encourage the community members to fight against poverty by involving themselves in agricultural activities. The study would help the community members to gain skills of making compost through utilizing waste products rather than utilizing fertilizer which may be expensive. This would help to improve the capacity of poor households to fight poverty and secure sustainable livelihoods. The study would assist government officials who deal with food security programmes. The study would also help the policy makers to realize that food security projects change the lives of people through consuming nutritious food, and then take agricultural activities as a point of character in this world.

1.9. LITERATURE REVIEW

According to Kruger and Welman (2004:96) literature review is based on the assumption that knowledge accumulates and that people learn from and build on what others have done. The researcher reviewed different literatures because she was interested in knowing different approaches and answers on the subject of food security. The literature review was based on the history of food insecurity relevant to the study, review of relevant theoretical framework of the study, present government

policies, factors that contribute to food insecurity in South Africa, the effect of HIV/AIDS on food security, the role of women in maintaining food security in their households. Information based of the researcher's study was reviewed and obtain on journals, library books, policy document, internet and participants in KwaMthethwa area.

1.10. METHODOLOGY AND DESIGN OF THE STUDY

1.10.1. Research design

Babbie and Mouton (2006) contend that methodology focuses on the research process and the kind of tools and procedures to be used. It is a point of departure in data collection or sampling. Babbie and Mouton (2006:123) further states that research methodology focuses on the individual steps in the research process and the most objective unbiased procedures to be unemployed. According to Creswell (2009:77) a research design is the plan according to which a researcher obtains research participants and collects information from them. The researcher used the exploratory design because this enabled her to gain insightful knowledge about food security provision in KwaMthethwa community. According to Babbie and Mouton (2006:80) "exploratory design frequently involves the use of in depth interviews, the analysis of case studies, and the use of informants. Exploratory design usually collects more data about a few subjects. It does not involve a large number of people and does not make it unscientific". The objective of the exploratory design is to improve concept, develop questions and frame hypothesis for further research.

The study was conducted in KwaMthethwa community. The researcher used the quantitative research method because all aspects of the study are carefully designed before data is collected. The researcher used tool, such as questionnaires or equipment to collect numerical data. Quantitative research methods emphasize precise, objective and generalize findings. This method attempt to tap the deeper meaning of particular human experiences and it is intended to generate theoretically richer observations that are not easily reduced to number (De Vos et al 2002: 155). Quantitative research data is in the form of numbers and statistics.

1.10.2. Data collection

Babbie and Mouton (2006:70) maintains that “data collection is a term that describes a process of preparing and collecting data”. The collection of data involves two parallel questions. These parallel questions are: which measuring instrument or tool shall the researcher use to collect his or her findings for the study? How shall the researcher ensure that findings are accurately measured?” The researcher collected data by using questionnaires. Each respondent was given an opportunity to answer the questions. The questionnaire was written in English but the researcher interpreted in a language that was understood by the respondents.

Questionnaires are good survey techniques because the cost of printing, distribution, collection and analysis is low relatively to the other methods. The questionnaire contains both open and close ended questions. The questionnaire was designed in order to underpin the quantitative approach towards the study. Literature study conducted served as a backbone in guiding questions contained in the questionnaire. Questions were grouped in themes. The questions asked were of such a manner that they would not offend any respondent.

1.10.3. Target population

Population is the totality of persons, events, organization case records or other sampling units (Kruger and Welman, 2004: 55). The target population of the study was obtained from KwaMthethwa area which has an estimated population of 11 940. KwaMthethwa area is situated at KwaZulu-Natal Province, in a predominantly rural setting. It is located away from municipality of the KwaMbonambi Town. KwaMthethwa area is 185 km north of Durban and 18 km west of KwaMbonambi Town far from the N2, which is a national road on the north coast of KwaZulu- Natal. It is about 40 kms away from Richards Bay and Empangeni. It is also situated near the Owen Sithole Agriculture College.

1.10.4. Sampling methods

According to Kruger and Welman (2004:199) “a sample can be viewed as a subject of measurements drawn from a population in which the researcher is interested”.

Sampling is where the researcher has to focus on the characteristics that she likes to be involved in, observable from the population that is being studied.

According to Rubin and Babbie (2007: 167) purposive sampling is a sample based on researcher's own judgment about which unity are most representative or useful. Rubin and Babbie (2007: 167) further said that purposive sampling is the most important type of sample. A purposive sample allows a known non probability from which each participant was chosen. The researcher used purposive sampling because she believed that she would obtain affluent data from people who are living in a same area but in different reserves. The sample was drawn from both males and females in KwaMthethwa area which includes children. The sample comprising of females between the age of 20 to 45, the males between the age of 20 to 45 and the children between the ages of 14 to 18. The sample consisted of 40 respondents. Twenty (20) respondents were taken from parents and 20 respondents were from children.

To identify 40 households, the researcher was assisted by the area Councillor who organized the community meetings from which the researcher selected 13 households from the beginning of the area, 13 household from the middle of the area, 13 household from the last part of the area and one person was the councillor himself.

1.10.5. Analysis and presentation of data

Analysis is a technique of gathering and analyzing the content of the text (Kruger and Welman 2004:123). In analyzing data, the researcher clearly indicated the findings that would be related to the objectives of the study. Responses were organized and analyzed by means of tables, percentages and numbers in order to give clear understanding about the research out come.

1.10.6. Validity and reliability of data

Validity refers to the extent to which an empirical measure adequately reflects the real meaning of the concept under consideration (Babbie 2004:143). According to Rubin and Babbie (2001:189) "reliability is a matter of whether a particular technique, applied repeatedly to the same object, would yield the same result each time" The primary strategy utilized in this study to ensure external validity was the provision of

rich, thick detailed descriptions of the study so that anyone interested in transferability will have a solid framework for comparison. Multiple methods of data collection and analysis was used which strengthens reliability as well as internal validity (Merriam in Creswell 2009: 168). A data collection and analysis strategy was reported in detail in order to provide a clear and accurate picture of the methods used in this study.

1.11. DEFINITION OF TERMS

1.11.1. Investigation

An investigation is the process of inquiring into a matter through research, a follow up, study or formal procedure of discovery (www.reference.com/browse/investigation 09/06/2010). In this study the researcher's purpose, is to find out the truth about the factors surrounding food insecurity.

1.11.2. Factors

Factors are the elements contributing to a particular result or situation (www.dictionary.reference.com/browse/factor 09/06/2010).

1.11.3. Surrounding

Surrounding is the external circumstance, conditions and objects that affect existence and development. Thus, surrounding is a verb means to lie around and bound on all sides (www.thefreedictionary.com/surrounding 09/06/2010).

1.11.4. Food insecurity

Food insecurity refers to the unavailability of food and no one has access to it. Moreover, food insecurity is a condition that arises from a lack of income (www.ers.usda.gov/./datafeature 09/06/2010).

1.11.5. Community

Crow (1994: 42) maintains that "community is a group, individual or families that share certain values" Furthermore, the community is the number of people having something common and sharing geography, can also be link together by other factors ethnic origin, race, job and they have strong sense of belonging.

1.12. ETHICAL CONSIDERATIONS

Most authors who discuss quantitative research design address the importance of ethical considerations (Locke et al 1982 in Creswell 2009: 165). The researcher is obliged to fulfill the number of obligations such as respecting the rights, needs, values and desires of the informants (Rubin and Babbie 2001: 63). Ethical considerations are of particular concern in this study because the informant's position and institution are highly visible. The researcher adopted the ethical guidelines of the South Africa Council for Social Service Professions Act (1978) that is in line with International guidelines for social work research. The following safeguards were employed to protect the informant's rights. The participants signed consent forms and they were informed about their right to discontinue participation in the study if they feel uncomfortable. The above statement is seconded by Neuman (2003:145) who points out that "the right of subjects need to be protected or the statutory rights of members of the social community or groups being investigated by avoiding undue intrusion, obtaining informed consent, and protecting the rights." Confidentiality was valued among all participants and no information was disclosed without the participant's consent.

The shortcomings, failings and negative findings were reported as they relate to the analysis. All findings are seen as being the respondents' perception of the truth and reality. Before an individual became a subject of this study, he or she was notified about the aims, methods, anticipated benefits and potential hazards of the study. Written permission to proceed with the study as articulated in the ethical guidelines was received from the participants. The final decision regarding informant anonymity was rest with the informant.

1.13. OUTLINE OF THE STUDY

Chapter 1: Introduction to the study

Chapter 1 contains an overview of the study, including the rationale for the study. It also includes the research problem, research questions, and purpose of the research and definition of terms.

Chapter 2: Conceptual framework

Chapter 2 outlines the conceptual framework for the study by providing a literature exploration with regard to information on factors surrounding food in security that is being experienced by households in KwaMthethwa area.

Chapter 3: Community profile

Chapter 3 describes the community profile in depth, including geomagrapy

Chapter 4: Research methodology

Chapter 4 describes the research process in depth, including the research design and methodology to be followed in conducting the study.

Chapter 5: Researcher results

Chapter 5 presents the raw data, an analysis of the data and the findings of the study results are presented in accordance to themes identified during data analysis.

Chapter 6: Conclusion and recommendations

In chapter 6 the researcher summarizes the results of the study and present conclusions drawn from the study.

1.14. SUMMARY

In the history of food insecurity in South Africa, it is shown that racism is a problem. As a country with more than one race, the wealth was distributed unequally. An inequality was perpetuated by apartheid. For example, in employment sphere, salaries and wages were designed according to gender and race. Whites earned more than Coloreds. Indians were earning far better than Blacks. The Africans (Blacks) had very limited access to education (except Bantu Education), health services and social services. On top of this inequality, women and children remained conspicuously vulnerable in terms of food insecurity because of the negative impact on their limited learning capacity and impaired productivity in adult life.

CHAPTER TWO

2. LITERATURE REVIEW

2.1. INTRODUCTION

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. Kruger and Welman (2004: 103) stresses that the researched study is valuable only if it is based on thorough assessment of what other researchers have done about the topic.

From literature review the researcher may identify knowledge, gaps and develop a research problem and learn how earlier researchers have defined the problem, how the problem relates to other areas of concern, and what conclusions they have drawn. The aim of literature review is to avoid duplication of information. Supporting the above statement Creswell (2009:26) says that “literature review might give a new interpretation of material or combine new with old interpretations furthering the trace of intellectual progression of the field including major debates. Depending on the situation, the literature review may evaluate the sources and advise the researcher on most pertinent or relevant questions, approaches or perspectives.

According to Kruger and Welman 2004:134 the literature review also identifies a theoretical framework because theory serves as an orientation for gathering facts since it specifies the types of facts to be systematically observed. If relevant theory exists, hypothesis or research questions can be deduced based upon particular relationships between these elements. Reading the literature helps the researcher to focus on important issues and variables that have a bearing on the research question. A review of the literature provides a researcher with sources for generating or picking up definitions of key concepts that need to be operationalised in the study.

This chapter is focusing on the literature that is available regarding the research study. However, the researcher made a thorough search from books and journals that are concerned with factors surrounding food insecurity. This chapter is focusing on the factors that contribute to food insecurity as faced by individuals, communities and

nations in alleviating poverty. The researcher concentrated on the role played by government to mitigate poverty.

2.2. STATISTICS OF UNEMPLOYMENT AND POVERTY

According to May (2000: 25) the unemployment rate for Black South Africans was 27.4%, coloureds 19.1%, Indians/Asians 11.7% and whites 4.1%. Some 26.3% of all South African women were unemployed compared to 20.6% of South African men. The unemployment rate was highest in Limpopo (29.5%) and the Eastern Cape (27.4%) and lowest in the Western Cape (19.7%) and Gauteng (21.8%). According to estimation of South Africa (2010) Agriculture created 35 000 jobs and private households 34 000 jobs. In the first quarter, the biggest jobs losses and construction shed 64 000 job opportunities. May (2000: 25) says that unemployment was highest among those aged 15 to 24 years and lowest among those aged 55 to 64 years. The youth unemployment rate and the unemployment rate for women are higher than the national average. The number of people who are economically active rose by 1 071 000 annually, with 624 000 being discouraged work seekers.

2.3. FOOD SECURITY CHALLENGES FACED BY SOUTH AFRICA

The plan of mitigation of food insecurity to work, the first step is incorrectly and identifies the problems. There are five main challenges for food security that have been identified by May (2000: 30):

- Ensuring that food is available to all now and in future,
- Matching people's income to food prices to ensure that they sufficient and safe food,
- Empowering citizens to make optimal choices regarding nutritious and safe food,
- Constructing adequate safety nets and food emergency systems that will provide for people that are unable to meet their own food needs and

Gathering, analyzing and communicating adequate and relevant information to ensure effective monitoring, evaluation and reporting on the impact of food security programmes on the target population

- Impact of food insecurity to children

- Challenges faced by women (Senefeld&Polsky 2005).

2.4. FACTORS THAT CONTRIBUTE TO FOOD INSECURITY IN SOUTH AFRICA

2.4.1. Previous government's policies

Spark (2007:122) says that poverty and food insecurity are the legacy of the apartheid socio-economic and political order. South Africa's system of apartheid is usually reported in terms of its gross violation of human rights and human dignity. Apartheid also violated the physical environment. Racism is a problem in virtually every nation which contains more than one race. In such circumstances Coloured, Indians and Blacks were invariably more vulnerable. First preferences and instances of discrimination left a legacy of poverty and inequality.(Spark 2007:123) observes that up to the early 1990's the apartheid political system implemental Poverty Alleviation Programmes(PAPS).

In South Africa bad policies such as Reservation of Separate Amenities Act of 1953 are the cause of the South African crisis situation because the Blacks enjoyed very limited access to education, health and social Services. The Blacks were given Bantu education which prohibited them from training in different skills or to be meaningfully qualified. Such policies lead to the current situation in which a majority of citizens, particularly Africans, have remained vulnerable to food insecurity (Mlambo 2000:82).

2.4.2. Gender inequity

Mgijima (1999: 54) says that the African society is a man's society. The status of women is traditionally very low. In Africa a female person is only considered a woman if she is able to conceive. Her status in the community depends on how many children she is able to bear since polygamy is more than the norm in Africa. In a polygamous family, women often compete to have more children than other wives. Women's lower social and economic status limits their access to education, training, land ownership, decision making, credit and consequently their ability to improve their access to food security and use of food. Studies indicate that food insecurity is higher in a society that observes such norms. Improving gender equality increasing

women's involvement in decision making and their access to land and credit would in turn improve food security as women invest in fertilizers and better seed, labour saving tools, irrigation and land care (Mgijima, 1999: 54).

Mlambo (2000:82) maintains that "there are differences in the distribution of powers and negotiation ability of individuals" This is due to the facts that within the household women and children are more likely to suffer from food insecurity because of their limited control over resources. According to Statistics of South Africa (2001) in Spark (2007:39), currently there is about 35% of women who are vulnerable to food insecurity. Among these, women, children and the elderly are particularly more vulnerable. Men are more likely to eat first in the house as the producers of food and income. It has been repeatedly demonstrated that female headed households are more likely to suffer from food insecurity because they lack access to resources, education and land. As a result, the female mortality rate tends to become greater than that of men.

The current food insecurity situation has a gender bias because girls under six years of age are more prone to stunted growth due to poor nutrition than boys. This variable points to a clear racial bias with Black South African households making up the vast majority of food insecure homes. There is also a glaring rural bias, with rural households being far more prone to food insecurity than urban homes (Mlambo 2000:82).

According to the researcher, gender inequity is more prevalent at KwaMthethwa area. The women are prohibited from working in the formal sector. They are expected to stay at home and do home chores such as fetching water and wood. If a wife gets a job that is far from home, the husband deprives her. The majority of men follow traditional trend which oppresses women. Therefore, the women of KwaMthethwa area have to struggle to acquire out a living to achieve food security under quite unfavourable conditions.

2.4.3. Unemployment

Unemployment is a factor that contributes in food insecurity because people have no money to buy food. Shortage of food causes poor health. Without sufficient calories and nutrients, the body slows down, making it difficult to undertake the work needed to produce food. Without good health, the body is also less able to make use of the food that is available. A hungry mother will give birth to an underweight baby, which then faces a future of stunted growth, frequent illness, learning disabilities and reduced resistance to disease. Contaminated food and water can cause illness, nutrient loss and often death. Addressing health issues would improve utilization and availability of food. At the household level, sufficient and varied food needs to be prepared safely so that people can grow and develop normally to meet their energy needs and avoid diseases (Spark 2007:24).

According to Spark (2007:24) unhealthy people are easily attacked by diseases. They are unable to think for themselves or for people who are depending on them. They are unable to work or cultivate crops because of weakness. They are psychologically unable to think of the way forward or even see what resources are available. They cannot use them because of their powerless bodies. Therefore, being unhealthy can contribute to the absence of food at home.

2.4.4. Lack of purchasing power

The majority of households in South Africa lack cash to purchase food. Underlying the lack of purchasing power is the limited scope of income generating opportunities, especially in the rural areas. Unemployment rates have remained high at 38%, despite other decent economic indicators (Statistics of South Africa, 2001 in Spark 2007). Black households have the lowest standards of living and are much more vulnerable to poverty and food insecurity. Although food insecurity is the highest among Africans, it affects a significant number of Colored's and Indians households as well. Another reason, if food prices increase, richer people will likely be still able to feed themselves, while poorer people may have difficulty in obtaining sufficient safe and nutrition food without assistance as well (Kola 2000: 231).

2.4.5. Poverty

Mgijima (1999:82) contends that “poor people lack access to sufficient resources to produce or buy quality food. Poor farmers may have very small farms, use less effective farming techniques or be unable to afford fertilizers and labour- saving equipment, all of which limit meaningful food production. Often they cannot grow enough food for themselves, let alone generate income by selling excess to others. Without economic resources and a political voice, poor farmers may be forced onto less productive land possibly causing further environmental deterioration. Addressing poverty is critical to ensuring that most people have sufficient food”

People are food insecure when they cannot afford or get foods they need to live healthy and active lives. They may end up eating less healthy food like fast or junk food because that’s what is affordable or available. People who are food insecure are more likely to have poor health and easily attached by chronic diseases like diabetes, heart disease and high blood pressure. Food insecurity also can harm children’s health their development and learning capacity (Mlambo 2000:35)

2.5. THE CURRENT RESPONSE MECHANISMS TO COMBAT FOOD SECURITY BY SOUTH AFRICA GOVERNMENT

Government’s main response to these challenges has been to develop a framework of action to combat food insecurity. This way initially integrated into the Reconstruction and development programme. The framework was accepted by the government of the National Unit in 1994 and later revised and formed part of policy document such as the Agricultural White Paper (1995). In the last decade various government departments attempt to combat food insecurity, malnutrition and poverty.

2.5.1. Current policies used to combat food insecurity

2.5.1.1. The Bill of Rights Declaration

The chapter on the Bill of Rights in the constitution of Republic of South Africa no 108 of 1996 state that:

- Everyone has a right to sufficient food and water

- The state must take measureable legislative and other measures within its available resources to achieve to the progressive realization of these right (Mclechlal and Thome 2009: 27)

2.5.1.2. Black Empowerment Act of 2003

South Africa's policy of Black Economic Empowerment (BEE) is not simply a more initiative to redress the wrongs of the past. It is a pragmatic growth strategy that aims to realise the country's full economic potential while helping to bring the Black majority into the economic mainstream. No economy can grow by excluding any part of its people. In the decades before South Africa achieve democracy in 1994, the apartheid government systematically excluded African; Indian and coloured people from meaningful participation in the country's economy. The Black economic empowerment is an important policy instrument aimed at broadening, the economic based of the legislation. The Broad Based Black Economic Act is owned by people country and through this, at stimulating further economic growth and creating employment. The strategy is broad –based as shown in the name of the legislation. The Black Economic Empowerment Act of 2003 reflects the government approach, which is to situate black economic empowerment strategy focused on historically disadvantaged people and particularly black people, women youth the disabled and rural communities (www.South Africa. Info./. beehtm 2012/08/11)

2.5.1.2.1. Objectives of Black Economic Act of 2003 (BEEA).

The Black Economic Empowerment policy aims to achieve the following objectives.

- Empower more Black people to own and manage enterprises. Enterprises are regarded as black owned if 5%of the enterprises are owned by people and black people have substantial management control of the business.
- To achieve a substantial change in the racial composition of ownership and management structures and new enterprises.
- To promote access to finance for Black Economic Empowerment.

- To empower rural and local communities by enabling their access to economic activities land, infrastructure, ownership and skills.
- To promote human resource development of Black people through, for example mentorships, learnership and internship.
- To increase the extent to which communities, workers, co-operatives and other collective enterprises own and manage existing and new enterprises, and increase their access to economic activities, infrastructure and skills.
- To ensure that Black owned enterprises benefit from the government's preferential procurement policies.
- To assist in the development of the operational and financial capacity of BEE enterprises, especially small, medium and enterprises (SMMES) and black and owned enterprises.
- To increase an extent to which the Black woman own and manage existing and new enterprises (www.South Africa. Info../. bee htm 2012/08/11).

The present government, having achieved political liberation is now copying what worked well in the past. The economic liberation of the people who were disadvantaged by the previous government envisioned that the Black people in this country will benefit from this economic empowerment in the same way as the Afrikaner people did, rising up from being marginalized to becoming successful businessmen. With one difference, this time no one will be discriminated against or excluded by the law.

2.5.1.3. Employment Equity Act (EEA).

The Employment Equity Act applies to all employers and workers and job seekers from unfair discrimination and also provides a framework from implementing affirmative action. The EEA applies to all employers, workers and job applicants but not members of the

- National Defence Force.
- National Intelligence Agency and
- South African Secret Service.

The provisions for affirmative action apply to:

- Employers with 50 or more workers or whose annual income is more than the amount specified in schedule 4 of the Act.
- Municipalities
- organs of state
- Employers ordered to comply by a bargaining council agreement
- Any employers who volunteer to comply (www.labour.gov.za 4 /07 2012).

2.5.1.3. 1. Purpose of the Employment Equity Act

The purpose of the act is to achieve equity in the workplace by promoting equal opportunity and fair treatment in employment through the elimination of unfair discrimination and implementing affirmative action measures to redress the disadvantages in employment experienced acted groups by designated groups, to ensure their equitable representation in all occupational categories and levels in the workforce ([www.labourguide.co.za/employment equity 4 /07 2012](http://www.labourguide.co.za/employment-equity-4-07-2012)).

2.6. INTEGRATED WAYS OF COMBATING FOOD SECURITY BY DIFERRENT DEPARTMENTS

2.6.1 Office of the Premier, KwaZulu Natal Provincial Government

Dr Zweli Mkhize in his state of the Province addresses on Mandele Day 8July 2009 said “the major cause of ill health and death in the developing world is hunger and poverty”. Local statistics back up his statement when it emphasize that approximate 35% of the population in KwaZulu- Natal encounters hunger on a daily basis. On this day,² the premier launched the rural development initiative “One Home, One Garden” strategy as a response to this shocking reality (Department of Social Development, KwaZulu Natal Provincial Government <http://www.kznsocdev.gov.za>6/05/2010).

This “One Home One Garden” strategy will be initiated by the distribution of food parcels there after garden tools, seeds and fertilizer packages will be rolled out for people to commence their gardening activities. During this stage, secondary co-operatives will be formed so that training and support services could be provided. Dr

Zweli Mkhize also promised that the current mechanization programme of the Department of Provincial and local government and the Department of Agriculture that provides power hoes to subsistence farmers, will be re-launched as one way to provide support to these cooperatives. The aim of the mechanization programme is to ensure that agricultural land is cultivated and also prevent child labour among farming communities and assist women and orphans to produce food for their families. The Premier urged agricultural sector trade unions to help monitor the farmers and assist government in improving its strategy towards rural development. Dr Zweli Mkhize pointed out that this strategy should be run by all the Departments and they need to report to the office of the Premier.

2.6.2. The Department of Education

The government's contribution to public education remains its single largest investment, as education is the key to reduce poverty and to accelerate long term economic growth. The Bill of Rights, contained in the constitution of 1996 stipulates that everyone has the right to basic education, including Adult Basic Education and Further Education which the state, through reasonable measures, must progressively make available and accessible. During 2009, the no fee schools were extended from 40% to 60% of learners nationally by 2010. These learners were attending 64% of no fee schools. In these schools, learners do not have to pay fees as the schools receive larger state allocations per learner than other schools, as well as a higher allocation for non-personnel non capital expenditure. The source of HIV/AIDS has seen many families parentless and headed by children as the number of orphans has increased greatly. Providing education and skills to such orphaned learners mitigates their situation against poverty and destitution.

This is a Presidential Lead Programme under the Reconstruction and Development Strategy Framework established in April 1994. Its aims are to improve primary school pupils' active learning capacity, alleviate temporary hunger, educate pupils about nutrition, improve micronutrient intakes and enhance broader development initiatives. The pamphlet "Vuk'uzenzele" issued by the Department of Home Affairs of Republic of South Africa (2010:17) further reported that the National School Nutrition Programmes supported some 5, 6 million learners in about 18 000 schools

on a daily basis during school terms, at a cost of R1,50 per child per day. These programmes received an additional R4 billion in 2009/2010 to enhance the programmes sustainability. There were 6503 food gardens in schools. About 26408 food handlers are working on the programmes and receive a payment every month. Garden projects done at schools are helping the children to be educated how to live by using the soil.

2.6.3. The Department of Social Development

The Department of Social Development (DSD) aims to provide comprehensive, integrated, sustainable and quality social development services (<http://www.kznsocdev.gov.za> 6/05/2010). It also seeks to create an enabling environment for sustainable development in partnership with those committed to building a caring society. According to the White Paper for Social Welfare (1997:26), the National Development Agency's primary mandate is to eradicate poverty by granting funds to civil society organizations that implement development projects in poor communities. Given the high levels of poverty in South Africa, both the previous and current governments were forced to introduce some form of social security. (<http://www.kznsocdev.gov.za> 6/05/2010).

The DSD is responsible for policy and oversight in the critical areas of social assistance and social welfare services, flags its approach as being in the spirit of Batho Pele (meaning people first). The objectives were formulated in the context of the Millennium Development Goals. The eight goals, comprising 18 specific targets, were adopted at the United Nations as part of the Millennium Declaration in 2000. The eight goals are to eradicate extreme poverty, achieve universal primary education, promote gender equality and empower women, reduce child mortality, improve maternal health, combat HIV/AIDS, Malaria and other diseases, ensure environment sustainability and develop a global partnership for development

To achieve these goals, the DSD is collaborating with private sector, non-governmental organizations (NGOs), faith based organisations, organized labour and other role-players to sustain food security (White paper for Social Welfare 1997:27). In 2000 the Department of Social Development commissioned to investigate the

current system's merits and shortcomings (Taylor, 2002). One of the principal conclusions of the Taylor Report is that "the existing social security programs do not adequately address the problem of poverty." In order to close the gaps in the system and to encourage a better take-up of the available grants, the Taylor committee recommended comprehensive reform and the introduction of a Basic Income Grant (BIG)(White paper for Social Welfare 1997:27).

2.6.3.1. Programmes offered by Department of Social Development in helping South Africa people to maintain food security in their household

2. 6.3.1.1. Payment of Social Grants

White paper for Social Welfare (1997:27) stipulates that "South Africa has basic social security system comprising social assistance grants and social insurance payments" Social assistance transfers are funded from general revenue and are appropriated on the Vote of the Department of Social Development. Social-assistance cash grants provide targeted income support to those whose livelihoods are most at risk. Social assistance grants are available to all South African citizens subject to a means test.

War veterans, old age and disability grants are the most common. There is also the sickness insurance scheme for workers sponsored by the government. Currently social security and welfare services constitute a significant poverty alleviation measure of the South African government. Compared to other middle income developing countries, South Africa is said to have an advanced social security system both in terms of coverage against contingencies and spending ratios. However, South Africa is also one of the developing countries with a very bad record of great poverty and huge inequalities between races (Department of Social Development, KwaZuluNatal Provincial Government <http://www.kznsocdev.gov.za> 6/05/2010).

Furthermore, the South African social security system falls short of that described in Article 26 of the Constitutional Rights of Children (CRC) which states that parties shall recognise for every child the right to benefit from social security including social insurance, and shall take the necessary measures to achieve the full realisation of these rights in accordance with the national law. The main social security grants

currently in operation in South Africa are the Old Age Pension, War veterans pension, Disability grant, Child support Grant, Care dependency grant, Foster Care grant, Grant-in-aid and Social Relief of Distress (SRD).

2.6.3.1.2. Grant- In –Aid Relief

In many countries, grant –in- aid relief provides income security for older people in South Africa and it is one of the three main categories of social grants in the country. The state provides relief measures that may be short-term to medium-term on a sustained basis, depending on the nature of the given relief (Department of Social Development, KwaZuluNatal Provincial Government <http://www.kznsocdev.gov.za> 6/05/2010).

2.6.3.1.3. Old Age Pension

People who qualify for old age pension must be South African citizen. Both females and males should reach 60 years old (Department of Social Development, KwaZulu Natal Provincial Government <http://www.kznsocdev.gov.za> 6/05/2010).

2.6.3.1.4. Child Support Grant

The child support grant is probably the only grant that benefits the child directly. This was introduced in 1998 to replace the state maintenance grant. The Child Support grant is an attempt by the state to reach as many poor South African children as possible at a much lower cost as the state maintenance grant. Children 7 years old and younger qualify for this grant. This is a change from the old state maintenance grant where anyone aged 18 years and younger was eligible. The child support grant also does not have any allowance for parents as opposed to the state maintenance grant where mothers were also receiving grants (Department of Social Development, KwaZulu-Natal Provincial Government <http://www.kznsocdev.gov.za> 6/05/2010).

2.6.3.1.5. Foster Care Grant

The Foster Care Grant is also another grant that benefits children. It is payable to a foster parent or parents in respect of a foster child who has been placed in his/her custody in terms of section 156(e) (i) of the Children Act No: 38 of 2005. The Foster parent and child should be a South African and the child should be under 18 years (<http://www.kznsocdev.gov.za> 6/05/2010)

2. 6.3.2. National Food Emergency Programme

Spark (2000:247) maintains that “in 2007/08 the Department of Social Development and the Department of Health developed a business plan and Implementation plan for the Food Emergency Programme to provide Food Relief to vulnerable individuals and households”. The two Departments identified 49 054 beneficiaries for this programme. However, the Food parcels were not distributed because the Provincial Treasury could not authorize the roll-out of the funds earmarked for this purpose. These beneficiaries have now been targeted to benefit from the Social Relief of Distress (SRD) programme which is the responsibility of SASSA (<http://www.kznsocdev.gov.za> 6/05/2010).

2.6.3.3. Youth Development

One of the challenges facing South African’s youth is unemployment and poverty. The commitment of the State is to establish the Youth Development and Special Programmes Directorate to ensure the integrated approach in implementing programmes for youth, gender and people with disabilities. In the past financial year 2006, the state funded various youth development projects to empower young people to cope with life and various social and economic challenges. The state focuses on strengthening existing youth development projects to ensure that they are sustainable and become independent entities. The state recruited 410 youth who have received training on data collection tool for conducting household surveys. These young people receive further training when the full curriculum has been finalized. There is a bilateral agreement between Cuba and South Africa with regard to the training of young people in various skills, including social work, and other related skills. A

similar agreement has been signed with Argentina. (<http://www.kznsocdev.gov.za> 6/05/2010)

2. 6.3.4. Expanded Public Works Programme (EPWP)

According to pamphlet “Vuk’ uzenzele” (2010:31) “more than one million jobs have been created since government launched the first phase of the Expanded Public Works Programme (EPWP) in 2004”. The department is fully engaged in the Expanded Public Works Programme in the Province. The programme is aimed at utilizing the public sector budget to reduce poverty and unemployment. The state identified Home/Community Based Care and Early Child Hood Development that was selected as pilot programmes for the Social sector in an effort to create job opportunities. More than 13 000 job opportunities have been created so far.

The department will now focus on developing and implementing the EPWP Provincial Social Sector Plan for the next 2009 to 2014 phase in partnership with other stakeholders. The department focuses on the expansion of Home Based Care Programme as part of the HIV and AIDS strategies for the province of KwaZulu-Natal 2007 to 2011. The department will train 605 youth on Ancillary Healthcare as part of the National Youth Service Programme (Vuk’ uzenzele issued by the Department of Home Affairs of Republic of South Africa 2010:31). The department will identify new projects that have a potential of creating more work opportunities for the poor and unemployed. By creating jobs and projects, the government aims to be fighting poverty among the people.

2.6.4. The Department of Agriculture

According to National Food Consumption Survey Group (2000:35) “the Department of Agriculture, through its socio economic development initiatives, is committed to reduce poverty in South Africa and on the continent, broadening access to agriculture, and increasing productivity and profitability within the agricultural sector”. The Strategic Plan for South African Agriculture, adopted in 2001, consists of three core objectives:

- Equitable access and participation
- Global competitiveness and profitability
- Sustainable resource management.

The plan is the result of collaboration between government, Agri South Africa (Agri SA) and the National African Farmers' Union (Nafu). (National Food Consumption Survey Group, 2000).

2.6.4.1. Programmes offered by Department of Agriculture in maintaining food security

2.6.4.1.1. Comprehensive Rural Development Programme

According to pamphlet Vuk'uzenzele (2010:21) issued by the Department of Home Affairs of the Republic of South Africa, the Comprehensive Rural Development Programme will be implemented at seven additional sites across the country, benefiting 21 wards with the target of sites in 160 wards by 2014. Food security, land reform and agricultural support programmes will be expanded to increase the number of small scale farmers. Government will put in place measures to reduce water losses that are being caused by leaking pipes and inadequate infrastructure. Mostly rural areas are provided with water. This will encourage people to start their small gardens near to their houses because they will be able to irrigate them. The purpose is to enable people have access to food security. Comprehensive Rural Development Programme framework of July 2009 states that the government will develop support measures to ensure more access to markets and finance by small farmers, including fencing and irrigation systems. The government also assumes the responsibility to expand the agrarian reform programmes by promoting agricultural co-operatives through the value chain.

Pamphlet Vuk'uzenzele (2010:21) further revealed that by May 2008, through the Household Food Production Programme, 15 765 food production packages had been distributed and 6 390 vegetable gardens were established. Through the Farmer Support Programme, 903 clients received Micro-Agricultural Financial Institutions of South Africa loans and R8.5 million was disbursed between January and March 2008 (FAO 2006: 56)

2.6.4.1.2. Land Reform

When the government of National Unity came to power in 1994 had been involved in designing and developing a land reform programme that aims to bring a fair and equitable land dispensation in South Africa in an orderly and planned way. Throughout this process all concerned parties have been involved in this process, policy and legislation has been developed in a transparent and participative manner.

According to Ellis and Lipton (2003: 89) the Department of Land Affairs aims to be a global leader in the creation and maintenance of an equitable and sustainable land dispensation that results in social and economic development for all South Africans. The department's key focus is on providing enhanced land rights to all South Africans, with particular emphasis on previously disadvantaged individuals, which will result in increased income levels and job opportunities, productive land use and well-planned human settlements. South Africa's land reform is premised on three programmes: land-tenure reform, redistribution and restitution. While the Department of Land Affairs implements land-tenure reform and redistribution, the Commission on the Restitution of Land Rights (CRLR) implements the restitution programme. The department has four branches, namely: Land and Tenure Reform, Restitution, Land Planning and Information, and Financial Management and Corporate Services. (Ellis and Lipton 2003:89)

2.6.4.1.3. Land Restitution

The Commission on the Restitution of Land Rights (CRLR) is a statutory body set up in terms of the Restitution of Land Rights Act, 1994 as amended. The role of the commission is to provide redress to victims of dispossession of rights in land, as a result of racially discriminatory laws and practices that took place after 1913. The commission is led by the Chief Land Claims Commissioner and has nine regional offices headed by regional land claims commissioners (Ellis and Lipton 2003: 90)

Vuk' uzenzele (2010:25) states that the Department set up a special toll free line to increase awareness of land rights and occupational security for people living on commercial farms. This hotline was set up during the launch of the Land Rights Awareness Campaign. It was started to make it easier for members of the public to get information and service from the department.

2.6.4.2. Intervention of the Department of Agriculture at International level in maintaining food security

On the international level, South Africa pledged to support the World Food Summit Plan of Action that was encapsulated in the 1996 Rome Declaration on World Food Security. The Declaration, in its broadest sense, urged the promotion of optimal allocation of natural resources, and the efficient use of public and private sector resources to achieve global food security goals (Makhura et al, 1998:90).

South Africa further committed itself to creating an enabling political, social and economic environment and to implementing policies to eradicate poverty. It pledged support to ensure that technology development, farm management, trade and growth policies and distribution systems foster food security. As a response to the Rome Declaration, the government appointed a Food Security Working Group to investigate options to achieve food security in South Africa. The Integrated Food Security Strategy (IFSS) builds on the proposals made in the 1997 Discussion Document on Food Security (Makhura et al, 1998:90)

2.6.4.3. Intervention of Department of Agriculture at Provincial level

Provincial Performance of the Department of Agriculture would be monitored by Association for Rural Advancement (AFRA) as part of its work to monitor land reform and rural development in the province that wishes to raise a number of questions about the strategy. Trade and marketing with Africa and other markets would be encouraged. Other focus areas include food security, agrarian reform and sustenance farming. The development of commercial and small scale forestry would be supported by loans (Makhura et al 1998:90).

2.7. REVIEW OF RELEVANT THEORETICAL FRAMEWORK OF THE STUDY: SOUTH AFRICA GOVERNMENT'S APPROACHES TO COMBAT FOOD SECURITY

Fighting food insecurity was the vision of the apartheid government and is still the vision of the present democratic government. The difference lies in the approaches and methods used to tackle the subject. The present Government of South Africa has considered various approaches aiming to combat poverty in South Africa. The government's vision as stated in the Reconstruction and Development Programme (RDP) policy framework in (1994) identified food security as a priority policy objective. As a result, the Government reprioritised public spending to focus on improving food security conditions of historically disadvantaged people. The government uses the following approaches which will be explained shortly: Reconstruction and Development Programme, Integrated Rural Development Approach and Integrated Food Security Strategy.

2.7. 1. Reconstruction and Development Programme

According to Reconstruction and Development Programme (RDP) White Paper Discussion Document (1994:4) the RDP is an integrated, coherent socio-economic policy framework. It seeks to mobilize all people and the country's resources toward the final eradication of the results of apartheid and the building of a democratic, non-racial and nonsexist society. It represents a vision for the fundamental transformation of South Africa that integrates the process of transformation to ensure that the country:

- Develops strong and stable democratic institutions and practices characterized by representativeness and participation,
- Becomes a fully democratic and non-racial society,
- Becomes a prosperous society, having embarked upon a sustainable and environmentally friendly growth and development path and
- Addresses the moral and ethical development of society.

The purpose of transformation is to create people centered society which measures progress by the extent to which it has succeeded in securing for each citizen liberty, prosperity and happiness. This process of renewal, indeed of the birth of a nation, can only succeed if it involves people themselves in the act of creation, as voluntary participants in the advancement towards the realization of the goals they have themselves. This inclusive approach to developing and implementing policy is unique in South Africa's political history. The Government of National Unity (GNU) was capable of unifying a wide range of social movements; community based organizations, and numerous other sectors and formations so that widespread and broad based extra-parliamentary support for the RDP would continue to grow.

2.7. 2. Integrated Rural Development Approach

Ismail and Immink, (2003:97) maintain that “Integrated Rural Development Approach(IRDA) can be defined as an area development scheme which involves a broad range of activities designed to improve production, infrastructure, services and living standards in line with the objectives and with emphasis on the linkages between the various components and geographical areas internal and external to the area”

Mlambo (2000:234) reveals that “Integrated Rural Development strategy is a new approach used to join forces in promoting effective and sustainable development. It seeks to integrate government department interventions at a community level whilst taking into consideration specific development challenges in a specific community identified as a poverty point”.

It also involves a concerted effort to encourage the development of delineated rural areas in line with national programmes and objectives but entailing a concentrated effort over and above national programmes. The advantages over national programmes are the concentration of effort for improvements in one area at a time.

The design of programmes, good project management such as integrated projects and the combination of schemes specifically suited to conditions in the area which relate to the problems, potential and conditions of the region are central to the success of IRDA. All the enumerated aspects add to the strengthening of local institutions and the encouragement of further self-sustained growth (Ismail and Immink 2003:98). Co-

ordination of services prevents and eliminates duplication of services. It promotes efficiency and effective service delivery (Ismail and Immink 2003: 98)

Integrated Rural Development Approach (IRDA) favors food security framework as it was refined in subsequent policy papers, such as the White paper for Social Development, Agriculture White Paper (1995:6) and the Agricultural Policy Discussion Document (1999). The policies outlined in these documents were consolidated and updated in the Integrated Rural Development Programme (IRDP, 1999), which is the policy of the Government of South Africa. It seeks to integrate government department interventions at a community level. The IRDP was used because it provides a nonracial and nonsexist resource for the building of a democratic society.

2.7.3. Integrated Food Security Strategy

The Integrated Food Security Strategy IFSS (2000: 78) stipulates that “the present government of National Unity has committed itself to fight food insecurity through the formulation of social policies and Integrated Food Security Strategy”. The strategic framework for action to achieve food security was first outlined in the Reconstruction and Development Programme RDP in 1994, which identified food security as a basic human need. It recognized poverty and food insecurity as the legacy of the apartheid socio-economic and political order. The RDP food security framework was then refined in subsequent policy papers, such as the Agriculture White Paper of 1995 and the Agricultural Policy Discussion Document of 1999. The policies outlined in these documents were consolidated and updated in the Integrated Rural Development Programme IRDP (1999:234), which is the policy of the Government of South Africa.

Integrated Rural Development Programme (1999:234) states that in 2000, the Cabinet decided to launch an updated national food security strategy to streamline, harmonize and integrate diverse food security sub programmes in South Africa into the Integrated Food Security Strategy (IFSS). Given the complexity of food security issues, the proposed strategy requires a comprehensive and multisectoral approach of

all spheres of government, and the active participation of the private sector and civil society. To this end, a number of important players from national and provincial governments, public agencies, universities, NGOs and community based associations are involved in the development of this food security strategy, with the Ministry of Agriculture and Land Affairs taking in the lead(IFSS 2000:49)

IFSS (2000:49) contends that “the Government reprioritized public spending to focus on improving the food security conditions of historically disadvantaged people.” That policy resulted into increased spending in social programmes of all spheres of government such as school feeding schemes, child support grants, free health services for children between 0-6 years, for pregnant and lactating women, pension funds for the elderly, working for water, community public works programmes, Provincial community food garden initiatives, land reform and farmer settlement, production loans schemes for small farmers, infrastructure grant for smallholder farmers and the Presidential tractor mechanization scheme.

According to IFSS (2000:49) the vision of the Integrated Food Security Strategy is to attain universal physical, social and economic access to sufficient, safe and nutritious food by all South African citizens at all times to meet their dietary and food preferences for an active and healthy life. Its goal is to eradicate hunger, malnutrition and food insecurity over 2015. Its strategic objectives to realize this goal and the vision of the Integrated Food

Security Strategy are to increase household food production and trading; improve income generation and job creation opportunities; improve nutrition and food safety; increase safety nets and food emergency management systems; improve analysis and information management system; provide capacity building; and hold stakeholder dialogue.

2.8. FACTORS THAT AFFECT FOOD SECURITY

2.8.1. HIV/AIDS

Timberlake (2000:97) states that HIV/AIDS takes an especially heavy toll on the poor. Affected rural families commonly shift to off farm income earning activities

such as small scale trading, processing and servicing, which requires access to urban or peri urban communities. People may migrate in search of employment, or may look for rapid income, which can lead to high risk behaviours such as drug abuse or involvement in prostitution. The consequences of poverty thus increase the risk of infection, and the disease in turn exacerbates poverty.

Whole communities become food insecure and impoverished. For instance, in some highly affected communities, there has been an irreversible collapse of the social asset base. It may be difficult to overcome this drawback without assistance. Yet, the epidemic has a significant effect on formal institutions and their capacities to carry out policies and programmes to assist rural households. Institutions may suffer considerable losses in human resources when staff and their families are infected with the HIV virus. Care for sick family members, attendance at funerals and observation of mourning rituals all combine to reduce the work output. Skilled staff is often the first to be affected by the epidemic. The disruption in services further aggravates the difficulties in meeting vital food needs (Timberlake (2000:97).

2.8.2. Impact of HIV/AIDS at National level

According to Esu the negative impact of HIV/AIDS on nutrition and food security expands from the household to the community and to different parts of the country. The socio-economic deterioration will eventually have a significant impact at the national level. The decrease in the labour force, worker productivity, total outputs, and overall economic growth could lead to a decline in national food supplies and a rise in food prices, including those in urban areas. The breakdown of commercial enterprises may undermine the country's capacity to export and generate foreign exchange (Esu 2000: 90).

The epidemic has a major impact on development because it undermines are physical, human and social capital which are three of the main determinants of economic growth. For instance, UNDP estimates for South Africa suggest that the Human Development Index could be 15% lower in 2010 due to the HIV/AIDS epidemic. Notwithstanding the methodological difficulties involved, the World Bank

has estimated that HIV/AIDS has reduced the annual rate of Africa's per caput GDP growth by 0.7 %.

2.8.3. Effects of HIV/AIDS on the Agriculture sector and Rural Economies

According to Spark (2007:3) “South Africa is amongst the countries hardest hit by the HIV/AIDS pandemic in Sub-Saharan Africa”. According to UNAIDS (2002) in Spark (2007:4) the HIV/AIDS prevalence rate amongst adults in South Africa was 20.1% and up to five million adults and children were estimated to be living with HIV/AIDS at that time. In most of the highly affected countries, agriculture provides a living for the large majority of the population. Agriculture, particularly food production, is affected in several ways by HIV/AIDS. Agriculture has much to contribute in government efforts to bridge the economic divide between the first and the second economy, whereas the HIV/AIDS pandemic has the potential to erode any such efforts.

Firstly, there is a toll on the agricultural labour force. FAO has estimated that in Africa about 7 million agricultural workers have died from AIDS since 1985, and 16 million more deaths are likely in the next two decades. The most are affected in the African countries has been the labour forces where the decreases have ranged from 10-26 % are anticipated. (Timberlake 2000:69) In Tanzania researchers found that women spent 60 % less time on agricultural activities because their husbands were ill. By one estimate approximately 2 person-years of labour are lost by the time one person dies of AIDS, due to their weakening condition and the time others spend giving care him or her. Secondly, AIDS affects food production through sickness and death in a variety of ways (Timberlake 2000: 97) identifies the following seven areas:

Remote fields tend to be left fallow and the total output of the agricultural unit declines. Yields decline as a result of delays or poor timing of essential farming operations, lack of resources to purchase agricultural inputs, abandonment of soil conservation measures and the need to give priority to immediate survival. Switching from labour intensive crops to less demanding ones has been observed. The variety of crops may decline and cropping patterns may change. As a result, food supplies are less varied, with a negative impact on the nutritional quality of the diet. Animal

husbandry and livestock production may decline. Livestock serve multiple functions in most rural areas such as a source of food, traction, fertiliser, income and savings. Post-production, food storage and processing are impaired. Thus, the security of food and other raw materials between harvests are placed at risk, including the availability of seed for subsequent cropping are also impacted negatively.

A breakdown in support services occurs as staffs fall ill. Management capacity, transport, and extension services may be disrupted, further aggravating the plight of rural households. This results in a reduction in crop yields and loss of income causing families to default on loan repayments or forced to sell assets (Timberlake 2000:97). Thirdly, HIV/AIDS can have a detrimental effect on commercial production. On small farms, cash crops may be abandoned because there is not enough labour for both cash and subsistence crops. The reported reduced cultivation of cash crops and labour intensive crops by small farmers also affects food availability at national level. Other effects include:

Loss of seasonal workers can compromise plantation farming. Protracted morbidity and mortality of employees' impose high financial and social costs for businesses, especially as skilled and experienced employees are lost. The fall in productivity and competitiveness results in decreased employment opportunities and local economic spin-offs. Thus, HIV/AIDS can affect healthy people, as some economic activities may no longer be viable. The impact of HIV/AIDS on agricultural production and food availability are felt in terms of quantity and quality of food. In Zimbabwe, communal agricultural output has decreased 50 % in a five-year period, largely due to HIV/AIDS. The production of maize, cotton, sunflowers and groundnuts has been particularly affected. The impact of the disease in systemic HIV/AIDS does not merely affect certain agriculture and rural development sub sector components, leaving others unaffected. If one component of the system is affected, it is likely that others will also be affected, either directly or indirectly (Timberlake 2000: 98)

2.8.4. Impact of HIV/AIDS on Health Department

Treatment costs of HIV/AIDS patients are very high and the increased burden on governments diverts funds from productive investments to greater expenditure on health. The cost of treatment of AIDS and related infections is expected to exceed 30 % of the Ministry of Health budget in South Africa by 2014, and 50 percent and 60 percent in Kenya and Zimbabwe, respectively, by 2010. To this statistics must be added the cost of assisting orphans and destitute households (Esu 2000:80). For the patient, malnutrition and HIV/AIDS can form a vicious cycle where under nutrition increases the susceptibility to infections and consequently worsens the severity of the HIV/AIDS disease. Such a situation in turn results in a further deterioration of nutritional status. Even when a person does not yet show symptoms of illness, infection with the HIV virus may impair nutritional status. The person may lose appetite, be unable to absorb nutrients and start to become wasted (Timberlake 2000:90)

2.8.5. Direct impact of HIV/AIDS on households

Timberlake (2000:401) maintains that when the first adult in a household falls ill, there is increased spending for health care, decreased productivity and higher demands for care. Food production and income drop dramatically as more adults are affected. Once savings are gone, the family seeks support from relatives, borrows money or sells its productive assets to pay for care. Frequently, children are forced to discontinue schooling, as the family needs help and cannot pay school expenses. Time dedicated to child care, hygiene, food processing and preparation is sacrificed. When the AIDS patient dies, expenditures are incurred for the funeral and the productive capacity of the household is reduced (Timberlake 2000:401)

According to Timberlake 2000:401 in the next stage, the partner becomes sick and the downward spiral accelerates. The household is eventually reduced to impoverished elderly people and destitute children. These individuals may have limited decision making power and access to resources, as well as less knowledge, experience and physical strength which are required to maintain a household. Relatives may be unable to care for children whose parents have died.

2.8.6. Impact of HIV/AIDS on women

According to Timberlake 2000:90 women are especially vulnerable in HIV/AIDS affected households. Usually it is women who care for the sick and dying in addition to maintaining heavy workloads related to providing food and feeding the household. Women are more likely to be illiterate, of lower socio-economic status and thus enjoy fewer legal rights, which combine to limit their access to resources and social services. In some societies, socio-cultural practices, such as a widow not being able to maintain access to or benefit equitably from the property of her deceased husband, may further aggravate problems. Poverty, tradition and social pressure tend to limit women's ability to express their wishes regarding choice of sexual partners and safer-sex practices. Low income, income inequality, and low status of women are associated with high levels of HIV infections. Biologically, females are at greater risk of being infected. (Timberlake 2000:90)

2.9. IMPACT OF FOOD INSECURITY TO CHILDREN

According to Statistics of South Africa (2001) in Spark (2007:39), 40% of children are vulnerable to food insecurity. Children are the group most strongly affected by poverty, malnutrition, and food insecurity and its related effects on the environment. In addition; children depend on others for their food. Quite frequently their parents lack either the economic means or the educational level required to provide satisfactory nutrition for their children or they lack an adequate sense of responsibility. Requirements are lower for adults. Furthermore parents have lower requirements because they can feed themselves and therefore suffer less from diseased food availability.

Statistics of South Africa (2001) in Spark (2007:39) further states that recent studies indicate that children in food insecure and hungry households experience considerable psychological and emotional distress. Food hardship due to limited household resources is associated with greater numbers of behaviour problems in children, including hyperactivity and aggression as well as withdrawal behaviours. Food insecure children appear to have more difficulties in getting along with their peers,

increased odds of being suspended from school, depressive disorders and suicidal behaviors for 15- and 16-year old children. Thus, a greater need for special counselling and educational services are imperative.

Children from food insufficient families are more likely to have difficulty in concentrating in the class compared to other children, which in turn may affect their overall academic performance. Spark (2007:39) contends that in a national study, food insufficient teenagers are more likely to have a lot or some difficulty getting along with others and are more likely to report having no friends. This has negative consequences to children's development. The national stunting rate for young children ranges between 23% and 27%. These figures mean that approximately 1, 5 million children under the age of 6 years are malnourished (Spark 2007:39).

Poverty, malnutrition and high birth rates are all causes and effects of one or another and all play a part in the carnage. Children rarely starve to death even in a famine, but they do get very hungry and very weak. Malnutrition leads to severe protein energy deficiency known as Kwashiorkor and Marasmus. It also leads to micro nutrient deficiency such as night blindness and cretinism. This implies that such children have a lower weight for their age and suffer deficiencies of micro nutrition such as vitamin A, iron and iodine. Stunted growth is a result of protein energy deficiency.

Previously women were the mainstay of small-scale agriculture, farm labour force and day to day family subsistence. However they experience more difficulties compared to men in gaining access to resources such as productive land, agricultural credit and productivity enhancing inputs and services. When both men and women farmers are faced with challenges to access productive resources, women's access is even more limited due to cultural, traditional and sociological factors. Again, women have limited access to education; training and extension services as most training and extension services focus on cash crops rather than food and subsistence crops, which are the primary concern of women farmers and the key to food security (Esu 2000:97).

2.10. THE ROLE OF WOMEN IN MAINTAINING FOOD SECURITY IN

THEIR HOUSEHOLDS

According to Esu (2000:97) women play a vital role in maintaining food security in their household. Women produce between 60 and 80 % of the food in most developing countries and are responsible for half of the world's food production. Rural women make a tremendous contribution to food and agriculture production. Women's gardening groups have become a major force for development. Gardening is traditionally women's work as it largely controls the household accounts. The men raise cattle, clear land and work on cash crops. They tend to wait and see. When there is progress, they come on board to participate in that progress. In most developing countries, agriculture and agriculture- related activities provide most of the employment in rural areas. The implication is that agricultural workers are poorly paid as most of the employees in the agriculture sector are unskilled. This factor also means that increasing agricultural growth may have a major positive impact on poverty alleviation in South Africa

Worldwide, women play a major role in many aspects of agriculture including fisheries, forestry and livestock and significantly in household food security. They maintain their food production for family consumption even when aggregate family income is high because of cash crop sales or the husband's wages. Women also often need cash income to buy food to supplement what they produce themselves. Cash income is also needed to provide capital for their income earning activities. Timberlake (2000:231) stipulates that 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 population.

But now women's key role as food producers and providers and their critical contribution to household food security is only now becoming recognized. It is important to recognize that women have special needs as they strive to produce food and contribute to household food security. The women feel that group gardening schemes have both raised income and improved family nutrition and health. They also provide a structure by which local people can work with the government project (Timberlake 2000:231).

2.11. ALTERNATIVE WAYS OF MAINTAINING FOOD SECURITY

2.11.1. Stokvel

Stokvel is an invitation only clubs of twelve or more people serving as rotating credit unions or saving scheme. In South Africa it is where members contribute fixed sums of money to a central fund on a weekly, fortnightly or monthly basis. The name “stokvel” originated from the term stock fairs as the rotating cattle auctions of English settlers in the Eastern Cape during the early 19th century were known. Stokvel generally have a constitution which dictates the size of the contributions when the accumulated money is to be paid out and the roles and responsibilities of the members ([www.collins dictionary.com//stokvel](http://www.collinsdictionary.com//stokvel) 2010 /12/31).

Each month a different member receives the money in the fund, which is collected during that period. Defaults on contribution are quite rare as other members will know if you haven't paid your contribution, and also because the regular meetings are a reminder of what you will gain when it is your turn.

2.11.1. 1.Types of stokvel

2.11.1. 1.1.Contribution stokvel

Traditional saving scheme in which members contribute a fixed amount of money to a common pool weekly, fortnightly or monthly. Members would receive the lump sum on a rotational basis, and they are free to use the money for any purpose.([www.collins dictionary.com//stokvel](http://www.collinsdictionary.com//stokvel) 2010 /12/31)

2.11.1. 1.2. Basic stokvel

Differ from the contributions stokvel in that it functions as a savings scheme that pays out for specific events, such as for a death, or at Christmas ([www.collins dictionary.com//stokvel](http://www.collinsdictionary.com//stokvel) 2010 /12/31)

2.11.1. 1.3. Grocery stokvel

Collects the grocery or cash coupons that members receive from the super market chain where they buy provisions for stokvel parties throughout the year and distributed these coupons at the end of the saving period(www.collinsdictionary.com//stokvel 2010 /12/31).

2.11.1. 1.4. Purchasing stokvel

Collects pool money on a regular basis and uses it to purchase big items that can be used by the group to generate an income for example a marquee that could be rented out to community for use on the special occasions (www.collinsdictionary.com//stokvel 2010 /12/31).

2.11.1. 1.5. Family stokvel

Invest the pooled money in formal bank accounts or financial services. The money is paid out according to the needs of the family, but generally the funds are used for buying land or cars, for business investments, or for deposits on bank loans (www.collinsdictionary.com//stokvel 2010 /12/31).

2.11.1. 1.6. Investment group

Invest money in order to benefit from the interest. When investment pays out the split but in some cases part of it will be kept back to re-investment (www.collinsdictionary.com//stokvel 2010 /12/31).

2.11.1. 1.7. Party stokvel

Arrange street or jazz parties, often with live entertainment. An entrance fee is charged, food and drink is sold. Members then share in the profits some of these

stokvels have grown into sophisticated business ([www.collins dictionary.com//stokvel](http://www.collinsdictionary.com//stokvel) 2010 /12/31).

2.11.1. 1.8. Borrowing stokvel

This loans money at high monthly interest rate (between 20% and 50%) to members and sub members from its regular pool money ([www.collins dictionary.com//stokvel](http://www.collinsdictionary.com//stokvel) 2010 /12/31).

2.11.2. Sewing

Sewing is the craft of fastening or attaching objects using stitches made with a needle and thread. Sewing is one of the oldest of textile arts, arising in the paleolithic era (Anawalt 2007:34).

2.11.2. 1.Types of sewing

2.11.2. 1. 1. Plain sewing

The making of clothes or household linens (Anawalt 2007:34).

2.11.2. 1. 2. Fancy sewing

Purely decorative techniques such as shirring, smocking and embroidery (Anawalt 2007:34).

2.11.2. 1. 3. Heirloom sewing

The imitation of furrier hand sewing and fancy work using a sewing machine and purchased trimmings (Anawalt 2007:34).

2.11.3. Poultry

Poultry is a category of domesticated birds kept by humans for the purpose of collecting their eggs or killing of their meat or feathers.

2.11.3. 1. Egg production

Egg production is one of the largest animal production industries in the country and the primary source of income for small holder farmers. The broiler production section provides extension services to the clientele (Community members' non-governmental organization) and business sector. Practical and useful knowledge based on the needs and interest of the Clientele is disseminated to the people through workshops meeting and individual visitations so that they can improve their production efficiency. Much concentration to the egg production sector is done in order to promote the egg production industry in Swaziland so as to lessen the demand of imports from South Africa. The end result is to improve the quality of life of people on the following sectors.

- To ensure food security.
- To alleviate poverty.
- To provide income generation.
- To drive towards self-sufficiency in poultry and poultry industry.

2.12. SUMMARY

The literature reviewed it is obvious that previous government policies played a contributory role in oppressing Africans. This led to the current situation where Africans are unable to utilize economic opportunities available under the present government. As a result the government has been implement different policies such as Black Empowerment Act.

The number of important role players from national and provincial governments, public agencies, universities, NGOs and community based associations, are involved in the development of food security strategy, with the Ministry of Agriculture and Land Affairs (MALA) taking the lead. Feeding Schemes are available in schools to assist children who are coming from families affected by famine and hunger.

Different literatures highlighted that various factors contribute to food insecurity including previous government policies, poverty, gender inequity, lack of purchasing

power etc. A woman is considered a woman if she is able to bear children. As a result of polygamy her status in the community depended on how many children she could bear. According to National Food Consumption Survey Group (2000)“the Agricultural sector is in a strong position to assist in both the prevention and mitigation of the consequences of food insecurity”. Moreover, it has a responsibility to provide skills and equipment to people who depend on agriculture for their survival. The ministry of Agriculture implemented One Home One Garden and One School One Garden with an aim of mitigating poverty. Literature lighted that people do not fold their hands, but they embark themselves in alternative ways of alleviating poverty.

CHAPTER THREE

3. COMMUNITY PROFILE OF KWA-MTHETHWA AREA

3.1. INTRODUCTION

This is a community profile of KwaMthethwa area which is under the municipality of KwaMbonambi where the research was conducted. It is now known as uMhlana area since 2004. According to Hawtin and Percy Smith (2007:126) “a community profile is a full description of a group of people who think of themselves as a community. It is carried out with the active involvement of members of the community. It includes a description of the people and the resources available to them, their cultural, geographic, economic and political context. A community profile is potentially broad in scope, covering both needs and resources and the whole range of issues affecting the community” Furthermore a community profile can be used to identify community health, development needs, and act as a basis for planning action to improve the health and quality of life of the community. The community profile for this study, people think for themselves how to develop the area. They organize meetings in order to discuss development and issues that hinder development.

3.2. BACKGROUND OF KWAMTHETHWA AREA

KwaMthethwa area was established in 1780-1817. It was named after the KwaMthethwa chief, best known for his mentorship over a young Zulu general Shaka Zulu, who rose to become the greatest of the Zulu kings. This area was the stage for many of the battles which took place in the Zulu Civil war in 1816. Dingiswayo was killed by Zwide and the KwaMthethwa forces were defeated and scattered temporarily, with the remnants reforming under Shaka, KwaMthethwa area became a large area. KwaMbonambi town gained municipal status in year 2000 where people are assisted in every basic need. Since 2004, KwaMthethwa is known as uMhlana area (IDP 2008/2009).

3.3. LOCATION AND PHYSICAL SETTING

KwaMthethwa area is 185km North of Durban. It is 18km West of KwaMbonambi Town and 40km away from Richards Bay and Empangeni. It is also situated near the Owen Sithole Agriculture College. This area is rural but is still developing.

3.4. ADMINISTRATION

KwaMthethwa area comprises 13 wards and 25 councilors who are responsible for the provision of resources of the community. The Latter represent the community at the Municipality and liaise between the Municipality and the community.

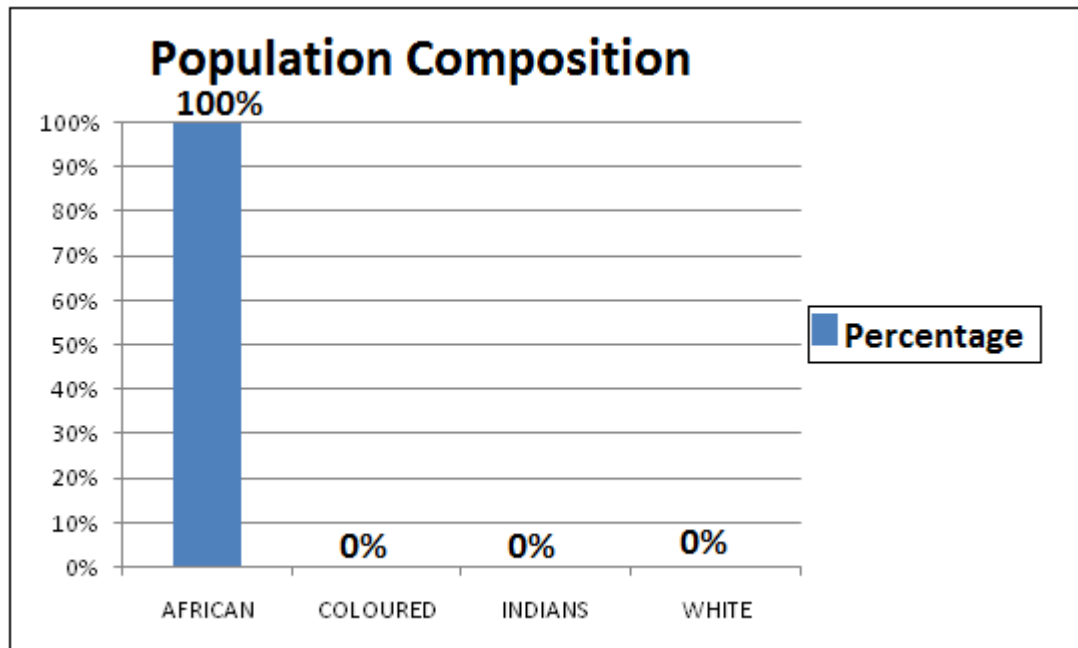
3.5. DISTRIBUTION OF LAND

The system of apartheid had a vast impact on certain areas in South Africa and particularly in KwaZulu-Natal. The allocation of land goes back to the British rule with the result that the best land was allocated to White farmers (IDP 2008/2009). In KwaMthethwa area 87% of the land is owned by White farmers while 13% of land is owned by the Blacks. Fortunately, KwaMthethwa area has a high traditional agriculture activity such as sugar cane and Amadumbe cultivation. It is possible to introduce productive farming systems if

Sufficient land and funds are available for training and to sustain farming (IDP 2008/2009)

POPULATION

Table: 1 below shows the Population composition



3.6. DEMOGRAPHIC PATTERNS

The 2001 census data has been used for the demographic in this area. In 1996 population was 96 497. Currently the total population is estimated at 106 518. The largest proportion of the total population in the Mbonambi Municipal area are based in the Traditional Authority areas. The population densities vary from 0 - 800 people/km². The average density is 300 people /km². The highest population densities are found in the western areas of Mhlana Traditional Authority which varies from 600 - 800 people/km². The population density in the rest of Mhlana is 100 - 400 people/km². The area of jurisdiction of the municipality is demarcated into 13 wards (IDP 2008 and 2009)

Table: 2 below shows the indicator

Indicator	Kwa-Mbonambi Municipality
Area	600 - 800 people/ km ²
Population	106 518.
Households	16 925
Number of settlements	52
Urban areas	1 town and 3 small urban settlements
% rural population	65
% urban population	35%
Gender breakdown	Males 47%
	Females 53%
	0 – 4 13%
Age breakdown	15 – 64 57%
	80 1%

3.6. 1. POPULATION DISTRIBUTION

People who live around KwaMbonambi municipality are about 35%. The 80% lives in the rural hinterland of the municipality and 20% live in the urban area. The people of KwaMbonambi stay far from the formal economy with its related employment opportunities. The biggest proportion of land within the Mbonambi Municipal area is owned by private organizations and companies such as Mangwe Organisation and Richards Bay Mining (RBM). These privately owned lands are located in the centre of the Municipal area surrounding KwaMbonambi.

Table: 3 show the population distribution.

Type	Number	Percentage
Urban	23 415	23
Rural Village	22 341	22
Rural Scattered	32 464	30
Scattered	5 988	5
Rural Farms	22 310	20
Total	106518	100

3.6.2. POPULATION SIZE

Table: 4 below shows the Population Size according wards.

The total population for KwaMthethwa area is estimated at 106 518 people. The researcher illustrates the population size according to ward'

Ward	Population
1	5 910
2	11 988
3	12 724
4	5 478
5	5 256
6	6129
7	9 933
8	11 940
9	5 442
10	13 023
11	4 938
12	6 510
13	7 197
Total	106 518

The highest population densities were found in ward 3 when compared with other wards.

The graph below indicates the gender breakdown of the KwaMthethwa population

3.6.3. GENDERBREAKDOWN

Table: 5 below shows the Gender Breakdown

Type	Number	Percentage
Male	49893	47%
Female	57050	53%

According to the percentage, the high numbers of people who were found in these areas were women.

3.6.4. AGE DISTRIBUTION

KwaMthethwa area has a large population of younger people. Estimated percentage was 57% for people younger than 20 years of age. This has an implication in terms of types of services that might be needed to cater for this age group which impacts on the Municipal budget.

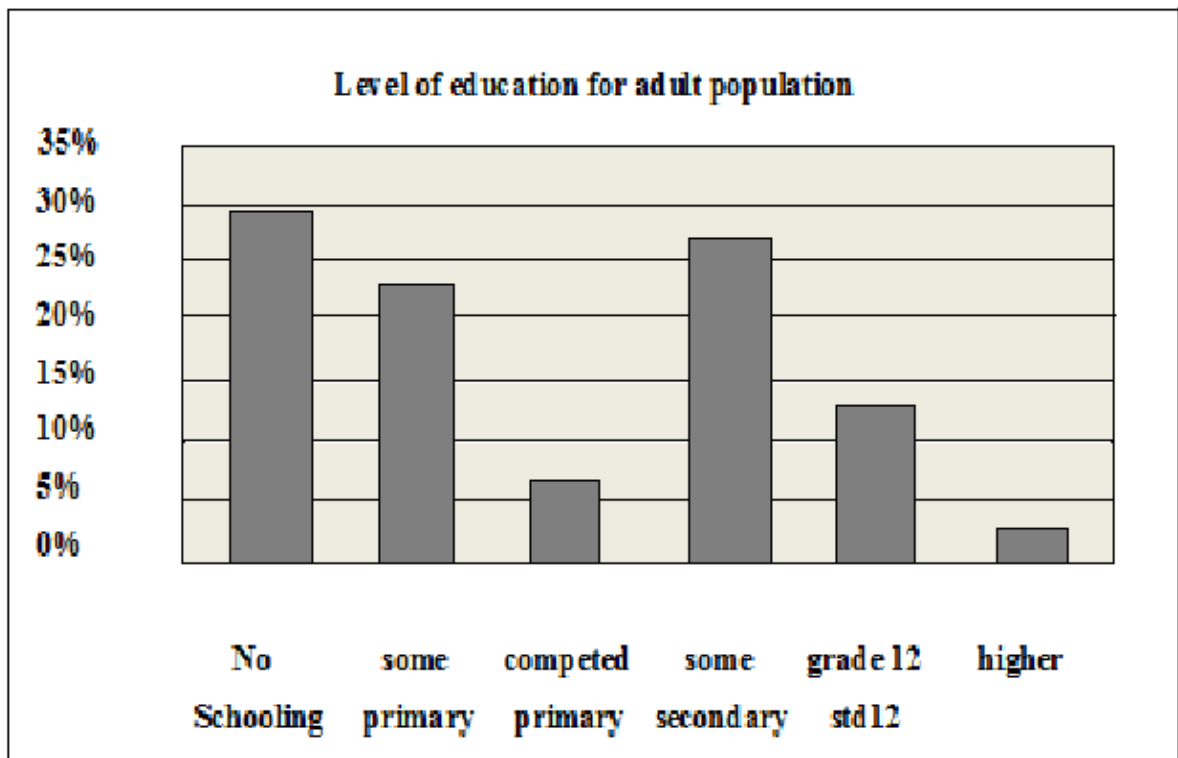
Table: 6 below illustrate the age category, population and the percentage

Age Category	Population	Percentage
0-4	13414	13%
5-9	14810	15%
10-14	14638	15%
15-19	14047	14%
20-24	9910	8%
25-29	7981	5%
30-34	5787	4%
35-39	5572	4%
40-44	5242	4%
45-49	3809	3%
50-54	2818	3%
55-59	2092	2%
60-64	2104	3%
65-69	1507	2%
70+74	1582	2%
75-79	740	1%
80+	890	1%

3.7. LEVEL OF EDUCATION FOR ADULT POPULATION

In 2001; 30% of the total adult population in the Municipality had no formal education and only 2% of the adult population had higher education. The graph below illustrates the level of education for the adult population.

Table: 7 below shows the level of education for the adult population



3.8. POLITICAL SYSTEM

The political parties that were available in this area were the African National Congress (ANC), Inkatha Freedom Party (IFP) and Democratic Alliance (DA) but the most dominating one was the IFP. 13 of the councillors were from the IFP party and even the mayor was from this party. In 1993 many people were killed due to violent fighting between ANC and IFP parties. According to tribal Authority office 40% of people died and hundreds of children were left orphans.

Table: 8 below show the party and number of councillors.

Political Party	Number of Councillors
IFP	13
ANC	11
DA	1

3.9. ECONOMIC SYSTEM

3.9.1. Business and Industries

KwaMthethwa area does not have major industries but it benefits from neighbour industries at Empangeni and Richards Bay like Richards Bay Minerals (RBM). Company is a major international player and generates considerable economic activity and revenue. According to the records unemployment levels in this area was 23.1% and were still high. The most important agricultural sectors in KwaMthethwa are sugarcane and timber. Sugarcane and forestry sectors have been at the forefront of emerging farmers where many people employed by the Whites received inadequate salaries. For instance, it was common for a male employee to earn R700.00 per month. There are garden projects in this area where farmers plant and sell their produce. Seeing that harvest time was seasonal these farmers experienced problems with the police when they try to sell their crops. This red tape creates the impression that traditional communities are without a source of income or they simply survive from day to day.

3.9.2. Employment Centres

The major centres that employ workers from KwaMthethwa are the following: Mbonambi Central Business area, South African Police services, schools, clinics and Ngwelezane Hospital. Some people work in sugar cane farms and Mbonambi suburb where they can sell their labour of a minimum wage. Others get employment at the

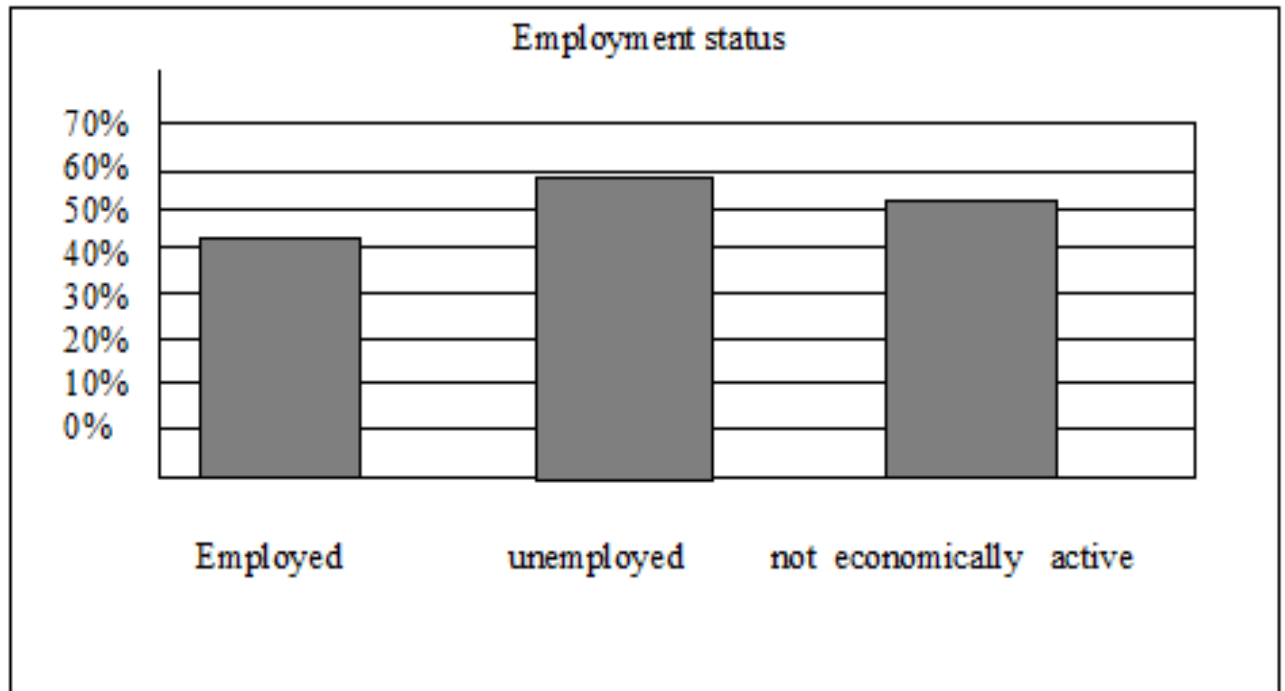
Empangeni Central Business Area, Richards Bay like at RBM, Mondi and SAPPI, Stanger, EThekweni and others. Further these companies do not only support full time employees but also support contractors and their staff.

Many people are self-employed by involving themselves in Traditional agriculture activities like planting maize, sugar beans etc. A traditional agriculture activity has potential for growth with regard to land productivity potential. Development of this sector is hindered by low skills base and lack of funding sources to provide financial assistance, access to markets and technical training programmes.

Table: 9 below shows the economic indicators

STATUS	NO	%
Employed	12013	40%
Unemployed	17136	60%
TOTAL ECONOMICALLY ACTIVE	29149	49%
Not Economically Active	30540	51%
TOTAL	59689	100%

Table: 10 below shows the employment status



Of the economically active population, 48% of the population residing in KwaMthethwa, was not of school going age. Only 41% was employed, meaning that the unemployment rate is extremely high at 59%. The poorest households resided in Wards 12 and 13. In these wards, more than 85% of the households earned less than R1, 600 per month in 2001. 78% of all households earned less than R19, 200 per annum in 2001. This situation has economic as well as negative social impacts. (IDP2008/2009)

The high number of people who are not economically active can also be a result of discouraged people who see no point in seeking work as their previous attempts have been unsuccessful. An interesting statistic from the Quality of Life Survey (QOLS) is that the main place of employment for 51.35% of the households in KwaMthethwa is Richards Bay and Empangeni. The second largest place of employment for the KwaMthethwa is EThekweni that was found to be the place of employment for 10, 81% of the households (IDP2008/2009)

Employment in 2001 was 40% and unemployment 60%. The poorest households resided in wards 12 and 13. In these wards, more than 85% of the households earned

less than R1, 600 per month in 2001. 78% of all households earned less than R19, 200 per annum in 2001(IDP2008/2009)

Table: 11 below shows the percentage of skilled, unskilled, and semi-skilled people

Skilled	30%
Semi-skilled	10%
Unskilled	60%

(IDP2008/2009)

3.10. COMMUNITY SERVICE

3.10.1. Educational System

3.10.1.1. Schools

KwaMthethwa area has 82 schools including 46 primary schools, 14 combined schools and 22 High Schools. The allocation of schools was not the same in all wards. Other wards had 2 Primary schools while some had one. Other wards had 3 secondary schools while some had one. There were 47 pupils per class room (IDP2008/2009). These schools are far from where pupils lived. Other children travelled long distances and arrived at school tired. Some children use school buses and other transport to travel to school. It was difficult for the children to learn during the learning period. These schools did not command the capacity to accommodate the too large population of pupils in the 13 wards in KwaMthethwa.

Table: 12 below shows the number of schools and the number of pupils per classroom

Facility	Number of Schools	Number of pupils per a classroom
Crèche	18	40
Primary School	46	60
Secondary School	22	40
Combined School	14	40

3.10.2. Adults Based Education Training (ABET)

Some places around KwaMthethwa have Adults Based Education Training (ABET) classes. The lessons are conducted at the community school. The classes for ABET scholars normally start from 3:30 to 16:30 when teachers are exhausted. Firstly the teachers teach the day classes first then they continue with the adults. As a result the adult learners derive little learning. The ABET scholars lack basic learning aids such as texts books.

3.10.3. Libraries

KwaMthethwa area has no libraries. When children get an assignment they normally go to Empangeni or Richards Bay where libraries are located. Children who could afford travelled to town to use these resources. However those children from poor families who could not afford simply stayed away. It becomes a problem for all learners to achieve good results.

3.10.4. Laboratories

Laboratories are not available in this area. It is difficult for the children to understand subjects like physical science as it needs a laboratory.

3.10.5. Computer laboratories

Computer laboratories are available in other schools. Some of the other schools do not have them. Computers which are available are not adequate to be used by all the learners. The learners have to share the computers during lecturing hours, two learners to one computer.

3.11. Health facilities

KwaMthethwa area is not adequately serviced by the health facilities. There is no hospital in the area. People use Ngwelezane Hospital if they get sick. They travel for

30km to Ngwelezane Hospital. Only three clinics are available in the area including Sappi, Nseleni and Dondotha clinic for a population of 106518 and they are poorly distributed. It would be better if each ward had its own clinic. Due to a shortage of clinics and hospitals, the Health Department provided the area with a mobile clinic.

3.12. HOUSES

87% of the residents within KwaMthethwa earn an income of less than R1 500 per annum. They do not have the financial ability to construct safe permanent structures due to unemployment. Some people have formal while others have informal houses. The biggest percentage is the informal houses. The Mbonambi Municipality implements the RDP houses. The implementation of RDP houses started in April 2010 in certain wards. The building of RDP houses in other wards is not completed due to crime. The vehicles carrying building materials were hijacked by criminals. The driver was killed and the vehicle was not found. The implementation of RDP houses was stopped immediately. (Mr T. Biyela councilor)

3.13. WATER

Water supply in KwaMthethwa area is a major problem. In 2006 KwaMbonambi municipality fixed the boreholes and water pipes for the citizens of KwaMthethwa. Although the water system had been installed the supply of water was irregular. The Municipality tries to control this situation by providing water on certain days of the week. (Biyela ward councilor)

3.14. ELECTRIFICATION

Electricity is supplied in bulk by Eskom in Wards 2, 4, 6, 7, 8, 9, 10, 12, 13 but the majority of the households in KwaMthethwa area have inadequate access to electricity such as in Ward 1, 3, 5 and 11. In the ward where electricity is not affordable alternative energy sources, such as gas or solar power is used. The total backlog in electricity supply is estimated at 2 958 households. 62 % of the total

households within the KwaMthethwa area use candles to produce light (Biyela ward councilor).

3.15. POSTAL SERVICE

There was no postal service in KwaMthethwa area. A post office has been provided at Kwambonambi Town with post boxes and sub-services at various locations throughout the Municipal area.

3.16. SPORT FACILITIES.

Sports facilities were not available in this area. A sport facility is provided at Richards Bay only. Many youth fail to use and develop their talent. The local schools have to use Richards Bay Sport grounds for their activities in the area

3.17. COMMUNITY HALL

KwaMthethwa area has no halls. People use the Empangeni and Richards bay halls for wedding and funeral services.

3.18. INFRASTRUCTURE

Infrastructural provision in the Mbonambi municipal area has historically been provided in a haphazard and unstructured manner. The overall objective in the provision of infrastructure is to address the backlogs to provide for a balanced growth in an equitable manner with the emphasis being on accessibility to basic services which need to be provided in a sustainable and affordable manner to the local communities (IDP2008/2009).

3.18.1. The transport sector

The area of KwaMthethwa is fairly well serviced with the N2 National Road and several primary roads traversing the local municipality. The N2 national road is

known as the main linkage between the Mbonambi Municipal area to Richard Bay and Mtubatuba at a local level and to Durban and Gauteng on a regional level (IDP2008/2009)

Primary roads form the main linkage between the traditional areas to urban areas such as Empangeni / Richards Bay. However, the local road network is problematic. The road infrastructure needs to be upgraded and more roads need to be constructed. The lack of adequate roads also has implications for access to transport, local economic development opportunities, access to education, etc. This sector does have opportunities for transporting timber for SAPPI and Mondi (IDP2008/2009)

3.18.2. Railway lines

The main railway line from Durban to Maputo is located parallel to the N2 and passes through KwaMthethwa area. This rail line is mainly used for the transport of sugarcane, coal and timber.

3.18.3. Sanitation

At KwaMthethwa area there is no formal sewerage disposal system because it is a traditional area. People of KwaMthethwa use homemade toilets. Refuse disposal in traditional areas is currently effected primarily through individual and open pits for this purpose by the residents.

3.18.4. Telecommunication

Communication facilities are provided by two means namely through the telecommunications network supplied by Telkom, which comprises both a land line and a radio system, as well as the cellular phone facility provided by the current two service providers, Vodacom and MTN. The telecommunications network of Telkom was prone to interruptions mainly due to the theft of cables, which aspect was currently being addressed by the service provider in the provision of optic fibre cable links and also through a combination of telephone lines and radio links. This

upgrading programme mainly affects the urban centres and the rural centres are still in need of assured supply facilities. Telkom is further replacing the whole system and automating exchanges for a more efficient system and expanding the network facilities with an aim of providing access to telephones over the long-term over a 30 minute walking distance. (IDP2008)

3.19. THE CHALLENGES FACING THE MBONAMBI MUNICIPALITY

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

3.19.1. As the land was distributed unevenly more land is occupied by the Whites.

3.19.2. A large rural population is unskilled and depends on the White farms for employment.

3.19.3. The lack of social services and infrastructure in the area especially in rural areas has implications for access to transport. The quality and efficiency of the public transport sector needs attention.

3.19.4. 53% of the population of the municipality is women when compared with men. Women are traditionally expected to be acting as household heads in the absence of partners seeking employment in urban centers. It is also accepted that these women are more disadvantaged in terms of opportunities like access to education. Strategies need to be developed in order to create security for women and their dependents.

3.19.5. KwaMthethwa area has a large population of young people who is estimated at 57% younger than 20 years of age. This has an implication in terms of types of services that might be needed to cater for this age group which impacts on the municipal budgeting.

3.19.6. Close to half of the population are children, placing pressure on the need for educational and social facilities. Many of these children will be orphaned as a result of HIV/AIDS. 17% of the population is already infected with HIV. The severe impact on the need for health, social and welfare services over the next 20 years will have to be accommodated in the municipal budgeting from now on.

3.19.7.85% of the households earned less than R1, 600 per month. The rural areas are the most poverty stricken.

3.19.8. Eskom cables are periodically stolen. This places pressure on the provision of electricity and telecommunication system respectively

3.20. SUMMARY

This chapter focused on the KwaMthethwa community profile. It also highlighted the challenges faced by the Mbonambi municipality due to the increased service demands. As was seen unemployment was high because of inadequate industries in the area. People do not have job skills. As a result many were jobless and depended on the White farmers for employment while the Whites give them low salary. KwaMthethwa area is still developing.



CHAPTER FOUR

4. RESEARCH METHODOLOGY

4.1. INTRODUCTION

When the researcher was conducting a study, it became impossible to study the whole population. As a result, the sampling method was utilized. Sample is a small portion of the total set of objects or subjects which together simulate or represent the totality of the population for the study. In this chapter the researcher discussed research methodology as it is define by Babbie and Mouton (2006:55) as a plan of action or procedure for measuring variables of interest, the specific measuring instruments to be utilized, and specific series of activities to be conducted in making the measurements.

The purpose of conducting this study is to find out factors surrounding food insecurity in KwaMthethwa area. The researcher further discussed the methods used in interpreting, analyzing and presenting the data collected from the study. Lastly, the researcher detailed ethical consideration used in this study, the type of research design and instrument utilized in collecting data.

4.2. RESEARCH DESIGN

According to Creswell (2009:77) research design is the plan according to which the researcher obtains research participants and collects information from them.

4.3. EXPLORATORY RESEARCH DESIGN

The research design chosen for this study is the exploratory research design because it links with the purpose of the study and explains the basis of the problem. Creswell (2007: 148) further explains that exploratory research design is typical when the researcher is examining new interest or when the subject of study is relatively new and unstudied. Creswell (2007: 148) further maintains that the aim of exploratory studies is to gain new insight about the factors surrounding food insecurity.

Creswell (2007:148) further states that “the idea of exploratory research is to answer the research question such as what are the primary causal factors of food insecurity?”. It also seeks to provide explanations for what has been observed. The purpose is to uncover generalizations and develop hypotheses which can be investigated and hence more complex designs and data gathering techniques can be employed. Exploratory research often relies on secondary research such as reviewing available literature. Explanations are based on interpretations of findings in terms of broader concepts and accepted theories. For the purpose of this study, the researcher utilized a number of sources to understand the exploratory research design.

4.4. RESEARCH METHODS

4.4.1. Quantitative research method

Grinnel (2000:180) states that “a research method is a plan or design for the process of finding a solution to the research problem posed by the researcher.” There are two types of research methods namely: qualitative and quantitative method, but the researcher used quantitative method. According to Creswell (2009: 16) “a quantitative study is defined as a post positivist worldview, experimental strategy of inquiry pre and post test measures of attitudes. According to Rubin and Babbie (2010: 34) quantitative research method typically seeks to produce precise and generalizable finding. Therefore, using quantitative methods enabled the researcher to formulate most of her research procedures in advance and then try to adhere precisely to those procedures with maximum objectivity as data are collected.

According to Creswell (2009:16) the purpose of such research is to understand the current number of the participants who are affected by factors that surrounding food insecurity. The above statement is confirmed by Fraenkel and Wallen (in Creswell 2007: 162) who argues that quantitative research method is used most frequently when the audience consists of individuals with a positivist orientation.

4.5. TARGET POPULATION

Population refers to the individuals in the universe who possess specific characteristics, or to the set of entities that represent all the measurements of interest to the researcher (Strydom and Founche, 2002:209). The target population in this study are the people from KwaMthethwa area, consisting of males from the age of 20 to 45 years and the females from the age of 20 to 45. The researcher used 40 respondents from 40 households in collecting data. A small size of the sample was necessary in order to conduct intensive face to face interviews when the questionnaires were distributed.

KwaMthethwa area consists of an estimated 11940 population. It is situated in the KwaZulu Natal Province, in a predominantly rural setting. It is located away from Kwa Mbonambi Town. KwaMthethwa area is 185 kms north of Durban and 18 kms west of KwaMbonambi town on the N2 which is a national road in KwaZulu Natal. It is about 40 kms away from Richards Bay and Empangeni. It is also situated near the Owen Sithole Agriculture College. This population was chosen because it lies in close proximity to the area where the researcher lives.

4.5.1. Sample

Kruger and Welman (2004:199) argue that sample can be viewed as a subject of measurements drawn from a population in which the research is interested. Sampling is where the researcher has to focus on the characteristics she likes to be involved in, in the population that is being studied.

4.5.2. Purposive sampling

According to Rubin and Babbie (2007: 167) purposive sampling is a sample based on researcher's own judgment about which unity are most representative or useful. Purposive sampling may involve studying the entire population some limited group or a subset of a population. In purposive sampling, sample sizes may or may not be fixed prior to data collection depending on the resources and time available as well as the study's objectives. Purposive sampling is therefore most successful when data review and analysis are done in conjunction with data collection. The researcher used

purposive sampling because she believed that she would obtain affluent data from people who are living in a same area but in different reserves.

4.5.3. Sampling size

According to Bless and Higson (2006:97) sampling size is a technical accounting device used to rationalize the collection of information to choose in an appropriate way the restricted set of objects, persons and events from which the actual information will be drawn. The study consisted of 40 household. To identify 40 households the researcher was assisted by an area councilor through organizing the community meeting. The researcher selected 13 households from the beginning of the area, 13 households from the middle of the area, 13 households from the last part of the area and one person was the councillor himself.

4.6. DATA COLLECTION

Babbie and Mouton (2006:70) maintain that “data collection is a term that describes a process of preparing and collecting data”. The researcher collected data through utilizing questionnaires. The basis of such questionnaires was to obtain facts and opinions about a phenomenon from people who were informed on that particular issue. Questionnaires were written in the vernacular language that was preferred by the respondents. Strydom (2002:23) also states that “questionnaires are a set of questions on a form which is completed by the respondents in respect of a research project.” The researcher used open ended questions because they allowed the respondents to express their feelings.

4.7. DATA ANALYSIS, INTERPRETATION AND PRESENTATION

According to Grinnell (2000:49) “data analysis and interpretation answer the question of how the study shall be reported”. Data analysis is an important phase in interpreting research findings. Rubin and Babbie (2001:397) are of the opinion that in quantitative analysis the researcher looks for similarities and dissimilarities in the data, while looking for an answer to the question what? For an example, what are the

primary causal factors of food insecurity? The analysis of data answers the question on how shall the researcher arrange and order her findings. The data was analyzed by means of tables. According to Neuman (2003:336) the logic of quantitative research allows the use of numbers and statistics”. Neuman (2003:294) further states that “a researcher provides the charts, graphs and tables with numbers to give the reader a condensed picture of the data. The tables allow the researcher to see the evidence collected and learn what is in it for benefit of the researcher.

According to Creswell (2009:17) the purpose of data analysis in quantitative studies is numeric. This is useful for mathematical and statistical analysis that leads to a predictive formula. According to Fouche and Bartley in De Vos (2011:248) quantitative research generates statistics through the use of large-scale survey research, using methods such as questionnaires or structured interview. This type of research reaches many more people, but the contact with those people is much quicker than it is in qualitative research. The researcher clearly brought what motivated her and indicated what findings are related to the statement of the problem. The data was categorized, coded and sorted to form the patterns that were used to summarize its interpretation.

4.8. VALIDITY AND RELIABILITY

Validity refers to the extent to which an empirical measure adequately reflects the real meaning of the concept under consideration (Babbie 2004:143). According to Rubin and Babbie (2001:189) “reliability is a matter of whether a particular technique, applied repeatedly to the same object, would yield the same result each time” The primary strategy utilized in this study to ensure external validity was the provision of rich, thick detailed descriptions of the study so that anyone interested in transferability will have a solid framework for comparison. Multiple methods of data collection and analysis was used which strengthens reliability as well as internal validity (Merriam when in Creswell 2009: 168). Finally, a data collection and analysis strategy was reported in detail in order to provide a clear and accurate picture of the methods used in this study.

4.9. ETHICAL CONSIDERATION

Most authors who discuss quantitative research design address the importance of ethical considerations (Locke et al 1982 in Creswell 2009: 165). The researcher is obliged to fulfill the number of obligations such as respecting the rights, needs, values and desires of the informants (Rubin and Babbie 2001: 63). Ethical considerations are of particular concern in this study because the informant's position and institution are highly visible. The researcher adopted the ethical guidelines of the South Africa Council for Social Service Professions Act (1978) that is in line with International guidelines for social work research. The following safeguards were employed to protect the informant's rights. The participants signed consent forms and they were informed about their right to discontinue participation in the study if they feel uncomfortable. The above statement is seconded by Nuenam (2003:145) who points out that "the right of subjects need to be protected or the statutory rights of members of the social community or groups being investigated by avoiding undue intrusion, obtaining informed consent, and protecting the rights." Confidentiality was valued among all participants and no information was disclosed without the participant's consent.

The shortcomings, failings and negative findings were reported as they relate to the analysis. All findings are seen as being the respondents' perception of the truth and reality. Before an individual became a subject of this study, he or she was notified about the aims, methods, anticipated benefits and potential hazards of the study. Written permission to proceed with the study as articulated in the ethical guidelines was received from the participants. The final decision regarding informant anonymity was rest with the informant.

4.10. SUMMARY

This chapter highlighted the detailed description of the research methodology and the manner in which the data was collected and analyzed. It also highlighted the geographical area where the study was undertaken. The chapter also mentioned the

type of research design that was used. Ethical considerations employed in this study were also highlighted.

CHAPTER FIVE
ANALYSIS, PRESENTATION, AND INTERPRETATION OF DATA

5.1. INTRODUCTION

According to Babbie and Mouton (2006:300) data analysis is the process by which the researcher takes a large set of numbers and reduces it to a smaller set. When the researcher analyses data, it is when she interprets the data received from the participants. The main focus of this chapter is on the analysis, presentation and interpretation of data obtained from the questionnaires and interviewing as per responses from children and parents. The analysis of data answers the question of how the researcher arranges the order of the findings. Data was presented in the form of tables and percentages. Twenty questionnaires were distributed to children and 20 questionnaires were distributed to parents to answer questions based on factors surrounding food insecurity in KwaMthethwa area.

SECTION A: INTERVIEW WITH THE CHILDREN

5.2. Identifying particulars

5.2.1. Distribution of respondents according to gender

The researcher was interested to know that which gender is dominating in this sample. Table: 1 below shows the responses to the question of gender.

Gender	Number of respondents	Percentage
Females	18	90%
Males	2	10%
Total	20	100%

The above table shows that eighteen (18) respondents, representing 90% of the total sample are females. The two (2) respondents, representing 10% of the total sample are males. The table above indicates that there are a huge number of females than that of males in the population of KwaMthethwa area.

5.2.2. Distribution of respondents according to age

The researcher wanted to know that which age group dominated the most in this sample.

Table: 2 below shows the responses to the question of age.

Age Group	Number of respondents	Percentage
14-16	15	75%
14	3	15%
16-18	2	10%
Total	20	100%

The table above clearly shows that fifteen (15) respondents, representing 75% of the total sample were between the ages of 14-16. Three (3) respondents, representing 15% of the total sample were at the age of 14 and two (2) respondents, representing 10% of the total sample were between the ages of 16-18. The table above depicts that children between the ages of 14-16 participated the most in this study.

5.2.3. Distribution of respondents according to class levels

The researcher wanted to know about the educational level of respondents, so as to find out how many had already reached grade12 in this sample.

Table: 3 below shows the responses to the question of class levels.

Class level	Number of respondents	Percentage
Grade 7-8	14	70%
Grade 8-9	2	10%
Grade 9-10	2	10%
Grade 10-12	2	10%
Total	20	100

The table above indicates that fourteen (14) respondents, representing 70% of the total sample were in grade 7-8. Two (2) respondents, representing 10% of the total sample were in grade 8-9. Two (2) respondents, representing 10% of the total sample were in grade 9-10 and also two (2) respondents, representing 10% of the total samples were in grade 10-12.

In my sample it became apparent that children who were doing grade 7-8 were mostly found because most of them were still schooling while others were likely to drop out from school due to the fact that their families were living in impoverished circumstances and were sometimes compelled to drop out from school to look for jobs in order to support their siblings as their parents were deceased due to political instability and HIV/AIDS.

5.2.4. Distribution of respondents according to religions

The researcher wanted to find out that which religion is dominating in this sample.

Table: 4 below shows the responses to the question of religions.

Religion	Number of respondents	Percentage
Nazareth	15	75%
Ancestors	3	15%
Christian	2	10%
Other	0	0%
Total	20	100%

The above table states that fifteen (15) respondents, representing 75% of the total sample were from the Nazareth religion.

Three (3) respondents representing 15% of the total sample were from ancestors' religion and also two (2) respondents, representing 10% of the total sample are from the Christian religion.

This means that the dominating religion in this sample was the Nazareth church. In the community profile, it was revealed that Inkosi Mthethwa donated his area to Inkosi of Nazareth known as Isaiah Madliwamafa Shembe. The latter also forced the

people to follow all the rules of the Nazareth Baptist church in regardless of membership. By so doing, many people were in favour of the Nazareth Baptist church while some were not interested.

5.2.5. Distribution of respondents according to residence

The researcher wanted to know about the type of residence and to find out where most people were residing.

Table: 5 below shows the responses to the question of residence

Residence	Number of respondents	Percentage
Rural	18	90%
Urban	1	5%
Semi-urban	1	5%
Total	20	100%

The above table shows that eighteen (18) respondents, representing 90% of the total sample were from rural areas. One (1) respondent, representing 5% of the total sample was from an urban area and one (1) respondent, representing 5% of the total sample was from a semi-urban area.

This shows that more children are residing in rural areas. In the community profile the researcher discovered that most people of KwaMthethwa area are residing in rural areas because they are not employed they depend on planting crops in order to survive.

5.2.6. Distribution of respondents according to the person responsible for buying food at home.

The researcher wanted to know who buys food at home.

Table: 6 below shows the responses to the question of a person responsible to buy food at home.

Person responsible for buying food at home.	Number of respondents	Percentage
Mother	14	70%
Father	2	10%
Widow parents	2	10%
Child headed families	2	10%
Total	20	100%

The above table shows that fourteen (14) respondents, representing 70% of the total sample revealed that mothers play a major role in poverty alleviation. Children mentioned that they reside with their mothers at home while their fathers seek job opportunities.

Two (2) respondents, representing 10% of the total sample said that their fathers are responsible for buying food. One of them mentioned that his father was a business man and the other one said that his father was a farmer.

Two (2) respondents, representing 10% of the total sample revealed that widowed parents play a crucial role in determining and guaranteeing food security and well-being for the entire household. They involved themselves in agricultural activities to maintain food security in their households.

Two (2) respondents, representing 10% of the total sample said that child headed families make a tremendous contribution to food security as children are staying with their elderly sisters and brothers in their homes. Their sisters and brothers left the school at an early stage due to the death of their parents. They took responsibility of caring for their siblings and other young children. They are working for the White farmers in order to get money to buy food.

The table above shows that mothers are responsible for buying food in the families because most fathers are away due to migrant labour. As they are far away from their homes some started new families where they spent more money and forget to support their rural families. Others become addicted to alcohol. In the literature review Spark 2003 points out that woman from rural areas strived to produce food and contribute to household food security.

5.2.7. Distribution of respondents according to the manner in which the parents obtain food.

The researcher was interested to know what the parents do in order to get food.

Table: 7 below shows the responses to the question of parents what they do to get food.

Manner in which the parents get food	Number of respondents	Percentage
Gardening	15	75%
Poultry	3	15%
Sewing	2	10%
Total	20%	100

The above table states that fifteen (15) respondents, representing 75% of the total sample mentioned that their parents maintain food security through agricultural production for their families. They revealed that agriculture activities provide employment in rural areas because it accommodates everybody whether you are educated or not.

Three (3) respondents, presenting 15% of the total sample revealed that their parents maintain food security through indulging themselves in poultry projects.

Two (2) respondents, representing 10% of the total sample said that their parents engage themselves in sewing projects to enhance living conditions for their families. Many parents are not willing to embark on sewing projects because it needs educated

people. The table above shows that the majority of people engage themselves in agricultural activities as it accommodates everybody either educated or not.

5.2.8. Distribution of respondents according to the effects of not having food.

The researcher was interested to know what happens if children do not obtain food in their households.

Table: 8 below shows the responses to the question of the effects of not having food

Effect of not having food	Number of respondents	Percentage
Increasing rate of absenteeism from school	14	70%
Children isolate themselves from other children	4	20%
Repetition of grade	2	10%
Total	20	100%

The above table shows that fourteen (14) respondents, representing 70% of the total sample mentioned that they become absent from school for more days than other children because other schools are still not having feeding scheme programmers, even those which are having these feeding schemes only provide meals to primary schools. Due to limited household resources such as food, greater numbers of behavior problems occur like bullying and aggressiveness toward other children. Such actions increase untoward behavior like stealing of lunch boxes and pocket money of other children and that lead them to be suspended from school.

Four (4) respondents, representing 20% of the total sample revealed that children experience difficulties in getting along with peers and friends because they like to isolate themselves from other children as they feel ashamed of their homes and they are having low self-esteem.

Two (2) respondents, representing 10% of the total sample revealed that it is difficult for them as children to concentrate in the class when they are hungry. As a result, they perform badly at school. They therefore, experience emotional distress because of poor performance.

From the study it can be inferred that many children are affected by not having food. In the community profile the researcher found that in high schools, feeding scheme program is not available despite the fact that most children between the ages of 12 and 13 are in grade 8 and they need to get food.

5.2.9. Distribution of respondents according to the group of people affected by not having food.

The researcher was interested to know that is which type of group that is more affected by not having food.

Table: 9 below shows the responses of those who are more affected by not having food

The group of people affected by not having food	Number of respondents	Percentage
Females	9	45%
Children	9	45%
Males	2	10%
Total	20	100%

The above table shows that nine (9) respondents, representing 45% of the total sample said that females suffer from food insecurity because of the traditional culture in this area. The females are not allowed to work. Mothers had more difficulties than men in gaining access to resources such as productive land, agricultural credit etc. They engage in small-scale of agriculture due to loss of agricultural land. More land is occupied by the whites. The mortality rate among mothers is greater than that of fathers

Nine (9) respondents, representing 45% of the total sample indicated that children are more affected by the shortage of food because they depend on their parents to get food while their fathers feed themselves. Before fathers go home they started by going to braai places (shisanyama) where they get food to eat, especially those who are employed. As a result infant mortality is high in KwaMthethwa area. This finding was seconded by the statistic from Sappi local clinic which states that 80% of children were provided with milk formula. The respondents also revealed that malnutrition

lead to severe protein energy deficiency known as Kwashiorkor and Marasmus. It also leads to micro nutrient deficiencies such as night blindness and cretinism. This result implies that such children had a lower weight for their age as a result of deficiencies in micro nutrition such as vitamin A, iron and iodine. This lack of food had negative consequences in the children's development.

Two (2) respondents, representing 10% of the total sample said that males are also affected by not having food especially those who are unemployed.

This finding means that children and women are more affected by malnutrition and food insecurity as they depend on men for financial support. In the literature reviewed, it was seen that other authors found that 35% of women and 40% of children were more vulnerable to food insecurity than men. (Spark 2007: 39)

5.2.10. Distribution of respondents according to programmes which provide food at school.

The researcher was interested to know whether there are programmes at school which assist the children to get food.

Table: 10 below shows the responses to the question of programmes providing food at school.

Programmes which provide food at school.	Number of respondents	Percentage
Primary School Nutrition programme	10	50%
Gardening project	10	50%
Total	20	100%

The above table shows that ten (10) respondents, representing 50% of the total sample said that Primary School Nutrition programme help them to get food. They mentioned that sometimes they come from home without having eaten and get food only at school.

Ten (10) respondents, representing 50% of the total sample mentioned that they get vegetables from the school garden. The government formulated policies that encouraged one school one garden. This policy means that all schools should have a garden where the school can get vegetables without spending money and it also educates children about the importance of agricultural activity.

The table above indicates that the programmes that are being provided at school are crucial to the health of children and act as the best vehicle to reduce rural poverty and provide sufficient food for an active health life to the children.

5.2.11. Distribution of respondents according to the manner in which programmes on food at school are being viewed.

The researcher was interested to know how the programmes are being viewed.

Table: 11 below shows the responses to the question of how they view programmes providing food at school.

The manner in which programmes on food at school are being viewed that provide food at school.	Number of respondents	Percentage
Good	16	80%
Fair	2	10%
Poor	2	10%
Total	20	100%

The above table indicates that sixteen (16) respondents, representing 80% of the total sample said that programmes providing food at schools are good. They revealed that programmes improve primary school pupils' active learning capacity, alleviates temporary hunger, educates pupils about nutrition, improves micronutrient intakes and enhances broader development initiatives. Children also revealed that feeding schemes fight against malnutrition for those who are residing in a rural area.

Two (2) respondents, representing 10% of the total sample view the programmes as fair but they need to be expanded. The implementation of the programmes was bias. In high schools feeding scheme programmes are not available. Most children in grade 8 were between the ages of 12 and 13 so they need to get food from school. Other children go to school with empty stomach due to circumstances at home. Other children go to school without pocket money or a launch box. As a result, they often failed to concentrate on their school work.

Two (2) respondents, representing 10% of the total sample said that school feeding scheme is ineffective as it provides the monotonous menu every day.

The table above shows that the programmes that were implemented are crucial as they enhance the learning capacity of the children.

SECTION B: INTERVIEW WITH THE PARENTS

5.2.12. Distribution of respondents according to gender

The researcher wanted to know that which gender was dominating the most in this sample.

Table: 12 below shows the responses to the question of gender.

Gender	Number of respondents	Percentage
Females	18	80%
Males	2	20%
Total	20	100%

The table above stated that eighteen (18) respondents, representing 90% of the total sample were females. Two (2) respondents, representing 10% of the total sample were males.

This indicates that the number of females are huge than of males. The African culture is not the same as compared to European culture which encourages married people to move their families closer to work places. In African practices it is the husband who moved to the work place alone. In the community profile the researcher discovered that females at KwaMthethwa are more than males and women status is very low. The woman was perceived as a real woman if she remains at home to plant crops and look after children.

5.2.13. Distribution of respondents according to age

The researcher wanted to know that which age group dominating the most in this sample.

Table: 13 below shows the responses to the question of age.

Age Group	Number of respondents	Percentage
20-25	2	10%
25-30	14	70%
30-35	2	10%
35-40	2	10%
Total	20	100%

The table above clearly shows that fourteen (14) respondents, representing 70% of the total sample were between the ages of 25--30. Two (2) respondents, representing 10% of the total sample were between the ages of 20-32. Two (2) respondents, representing 10% of the total sample were between the ages of 30-35 and two (2) respondents, representing 10% of the total sample were between the ages of 35- 40.

The table above shows that respondents ranging between the age of 25-30 participated the most in the study.

5.2.14. Distribution of respondents according to educational level

The researcher wanted to know educational level of the respondents.

Table: 14 below shows the responses to the question of educational level.

Educational level	Number of respondents	Percentage
Secondary	15	75%
Primary	3	15%
Tertiary	2	10%
Total	20	100%

The table above indicates that fifteen (15) respondents, representing 75% of the total sample had finished secondary education.

Three (3) respondents, representing 15% of the total sample, finished primary education whilst two respondents, representing 10% of the total sample finished tertiary education.

The table above shows that people of this sample did not finish their education in high school because they dropped out from school to look after their siblings. Others were not encouraged about the importance of being educated as they are residing in rural area.

5.2.15. Distribution of respondents according to marital Status

The researcher wanted to know the marital status of respondents.

Table: 15 below shows the responses to the question of marital status.

Marital Status	Number of respondents	Percentage
Widow	12	60%
Married	3	15%
Single	3	15%
Divorced	2	10%
Other	0	0%
Total	20	100%

The table above clearly indicates that twelve (12) respondents, representing 60% of the total sample were widow parents

Three (3) respondents, representing 15% of the total sample were single parents.

Three (3) respondents, representing 15% of the total sample were married parents and two (2) respondents, representing 10% of the total sample were divorced parents.

According to the information received from Inkosi Mthethwa most people are widows because their husbands were killed in political violence between the IFP and ANC whilst some died because of HIV/AIDS (Inkosi Mthethwa). In the community profile it was found that in 1993 many people were killed in fights between ANC and IFP followers.

5.2.16. Distribution of respondents according to residence

The researcher was interested to know the type of residence in which the respondents are residing.

Table: 16 below shows the responses to the question of residence

Residence	Number of respondents	Percentage
Rural	18	90%
Urban	1	5%
Semi-urban	1	5%
Total	20	100%

The above table shows that eighteen (18) respondents, representing 90% of the total sample were from rural area. One (1) respondent, representing 5% of the total sample was from an urban area and also one (1) respondent, representing 5% of the total sample was from semi-urban area.

The table above indicates that many people are residing in a rural area. In the community profile, the researcher found that most people of KwaMthethwa area are residing in rural areas because most of them are not employed and they depend on cultivating and planting the crops in order to survive.

5.2.17. Distribution of respondents according to religions

The researcher wanted to know whether the respondents adhere to any religion.

Table: 17 below shows the responses to the question of religions.

Religion	Number of respondents	Percentage
Nazareth	15	75%
Ancestors	3	15%
Christian	2	10%
Other	0	0%
Total	20	100%

The above table indicates that fifteen (15) respondents representing 75% of the total sample were from the Nazareth religion.

Three (3) respondents, representing 15% of the total sample adhere to ancestors' belief whilst two (2) respondents, representing 10% of the total sample follow Christian religion.

This means that the dominating religion in this sample was the Nazareth church because Inkosi Mthethwa donated his area to Inkosi of Nazareth known as Isaiah Madliwamafa Shembe. This act also forced people to follow all the rules of the Nazareth Baptist church regardless of being a member. By so doing, many people were in favour of Nazareth Baptist church although some were not interested.

5.2.18. Distribution of respondents according to the number of dependents per household

The researcher wanted to know the number of dependents per household.

Table: 18 below shows the responses to the question of number of dependents in despondence's household

Number of dependents per household	Number of respondents	Percentage
5-10	15	75%
10-above	3	15%
1-5	2	10%
Total	20	100%

The table above indicates that fifteen (15) respondents, representing 75% of the total sample have 5-10 members in a household. Three (3) respondents, representing 15% of the total sample have 10 and above members in a household. Two (2) respondents, representing 10% of the total sample have 1-5 members in a household. The table above clearly shows that many children depend on each other because of political instability and HIV/AIDS.

5.2.19. Distribution of respondents according to the person responsible for buying food at home.

The researcher wanted to know the person who buys food at home.

Table: 19 below shows the responses to the question of who buys food at home.

Person responsible for buying food at home	Number of respondents	Percentage
Mother	12	60%
Child headed	3	15%
Female headed	3	15%
Father	2	10%
Total	20	100%

The above table states that twelve (12) respondents, representing 60% of the total sample revealed that mothers are responsible for providing food at home because most fathers are addicted to alcohol. Whatever money they get they buy alcohol. Some mothers were left with the children while their husbands were looking for job opportunities outside. Furthermore, other mothers had died due to HIV/AIDS.

Three (3) respondents, representing 15% of the total sample belong to female headed families who provide food security because their husbands died due to HIV/AIDS. Others said they were left alone because of divorce; many children were left with their mothers.

Three (3) respondents, representing 15% of the total sample mentioned that other homes are under the supervision of children only, so food is provided by children. These children are normally granted with foster care grant by the department of Social Development.

Two (2) respondents, representing 10% of the total sample contend that the men are responsible for providing food in their household. They said that it is the men responsibility to care for their families either their wives are working or not.

The study revealed that mothers are responsible for providing primary care through buying groceries. As they were left with their children when husbands were away on migrant labour or some were dead. In the literature review other authors said rural women struggled to produce food and contributed to household food security. The above statement is supported by Esu (2000:97) when he said that rural women make a tremendous contribution to food and agriculture production.

5.2.20. Distribution of respondents according to obtaining food on a daily basis.

The researcher wanted to know whether the parents obtain food on a daily basis.

Table: 20 below shows the responses to the question whether the parents get food on a daily basis

Obtaining food on daily basis	Number of respondents	Percentage
Agree	18	80%
Disagree	2	20%
Total		100%

The above table shows that eighteen (18) respondents, representing 80% of the total sample agreed that they obtain food daily although it is not enough. They mentioned that they involved themselves in agricultural activities in order to produce food. Some of them receive grants provided by the Department of Social Development while others are employed by construction companies as the Department of housing was busy building houses in the area.

Two (2) respondents, representing 20% of the total sample, mentioned that some of them are HIV/AIDS infected. As a result it is difficult for them to work and they receive little payment in the form of disability grants. This disability money cannot buy enough food for the whole family. These respondents revealed that women are food producers and providers for their households but they do not get enough time on agricultural activities when their husbands are ill and they have to take care of them. Women especially are vulnerable in being affected by HIV/AIDS when they care for the sick family members. The respondents reported that the Department of Social Development refused to give them grants as they had no South African identity

document as most of them came from Zimbabwe and Mozambique but staying in South Africa.

The table above shows that although people get food but they need more relief from the government as the social security grant is not adequate and is not available to everybody. It was more difficult for those who are taking care of the sick as they spent less time for the activities that provide food.

5.2.21. Distribution of respondents according to the effect of not having food

The researcher wanted to know the effect of not having food.

Table: 21 below shows the responses to the question of in what way they are affected by not getting food.

Effect of not having food	Number of respondents	Percentage
Illness	15	75%
Low weight	5	25%
Total	20	100%

The above table shows that fifteen (15) respondents, representing 75 % of the total sample mentioned that if they do not get enough food, ill health and a short life expectancy become real risks. They also said that the body slow down, making it difficult for one to execute the work that is needed to produce food likes cultivating the land. Without good health, the body is unable to engage in life sustaining activities such as planting vegetables although the government is currently providing people with seeds. The above statement is seconded by pamphlet Vuk' uzenzele (2010:21), when it said that people who are living in the rural area are provided with seeds and fertilizer packs.

Five (5) respondents, representing 25% of the total sample said that pregnant women, who had been subjected to insufficient food, give birth of underweight infants, who then face a challenge of stunted growth, frequent illness, and learning disabilities and eventually reduced resistance to disease. These young children who suffer from food insecurity became less develop less than children of the same age who have had sufficient food.

The table above clearly indicates that, having less food increases illness in people's health status since the immune system becomes less resistant to fight against disease.

5.2.22. Distribution of respondents according to factors that causing people to live without food.

The researcher was interested to know factors that cause people to have no food.

Table: 22 below shows the responses to the question of factors that cause people to have no food.

Factors causing people to live without food.	Number of respondents	Percentage
Previous policies	6	30%
Gender inequity	6	30%
Diseases	6	30%
Lack of purchasing power	2	10%
Total	20	100%

The above table shows that six (6) respondents, representing 30% of the total sample revealed that previous policies are the factors that cause people to have less food. Previously, first preference such as quality education was given to the Whites and Blacks were given the Bantu education which provided less information that was not allowing the Blacks to hold high positions in the work place. The land was not well distributed as White people were given 87% of land while the Blacks were given 13% of land. The whites were located in the East area of KwaMthethwa where the area receives more rain. By contrast the Blacks were located in the western area of KwaMthethwa area where there is a less rain. As Blacks were having small piece land in the area and received little rain, they yield less products. Timberlake (2000:231)

Six (6) respondents, representing 30 % of the total sample revealed that gender inequity is a factor that causes people to have less food. The status of women was traditionally very low. In the KwaMthethwa area a woman was only considered a woman if she was able to conceive children. Due to women's marginal status socially

and economically, their access to education, training, land ownership, decision making, and credit access and their ability to improve their access to food security remained limited.

Six (6) respondents, representing 30 % of the total sample said that disease remains a factor that caused people to have less food. Many people suffer from chronic disease such as blood pressure, diabetes, HIV/Aids etc. People who suffer from these diseases are not capable of working. This factor does not only affect the individual but also it affects the whole family, especially where family members had to tackle the responsibility of caring for the sick person.

Two (2) respondents, representing 10 % of the total sample mentioned that the majority of households at KwaMthethwa area community do not command cash to purchase food. The unemployment rate remains high. This community enjoys the lowest standard of living and is much more vulnerable to poverty and food insecurity

The study indicates that previous policies, gender inequity unemployment and disease are factors that had cause people to have less food because the Blacks were not given quality education. As a result people of KwaMthethwa area lose their tenders. The meeting held by the local councilor Mr. Timothy Biyela revealed that people of KwaMthethwa area lost their tenders because they are not educated. The Whites used the name of the Blacks as a front in order to get tenders. The gender inequity was high in this area where husbands do not allow their women to work outside the homestead but allowing staying at home and looking after their children. Due to previous policies, gender inequity and disease, Africans are vulnerable to food insecurity.

5.2.23. Distribution of respondents according to the activities the respondents do in order to get food

The researcher wanted to know whether parents are involved in food providing activities.

Table: 23 below shows the responses to the question what types of activities the respondents are involved in order to get food

Activities of alleviating poverty	Number of respondents	Percentage
Gardening	8	40%
Sewing	2	10%
poultry	2	10%
Stokvel	8	40%
Total	20	100%

The above table shows that eight (8) respondents, representing 80% of the total sample said that they are involve in agricultural activities. They revealed that agriculture provides a living for the majority of the families. Gardening was traditionally women's work in this area. This area has fertile soil and which is suitable for vegetable, sugar cane and forestry.

Eight (8) respondents, representing 80% of the total sample said that they involve in stokvel activities that help their family to have money to buy food. According to [www.collins dictionary.com//stokvel](http://www.collinsdictionary.com//stokvel) members would receive the lump sum on a rotational basis, and they are free to use the money for any purpose

Two (2) respondents, representing 20% of the total sample were the women who are involve in sewing activity. They received help from the Social Development Department as well as Official professionals through the provision of funds.

Two (2) respondents, representing 20% of the total sample said that they participate in poultry activity. They eat and sell chicken in order to survive.

The table above implies that many people depend on agricultural activities to survive.

5.2.24. Distribution of respondents according to training received to perform the project activity.

The researcher was interested to know whether people receive training in preparing themselves to perform their activities.

Table: 24 below shows the responses to the question of training received to perform the project activity.

Training received to perform the project activity.	Number of respondents	Percentage
No training received	18	90%
Training received	2	10%
Total	20	100%

The above table shows that eighteen (18) respondents, representing 90% of the total sample did not receive training. They revealed that people who receive training were those who belong to a certain project. They engage in agricultural activities because it is traditional for them to do so.

Two (2) respondents, representing 10% of total sample received training as they participate in projects available in the area. The table above shows that many people are not trained to perform activities they are involved in. Therefore people who received training are those who are engage in projects.(Anawalt 2007:34) support the above statement when he said that practical and useful knowledge based on the needs and interest of the Clientele is disseminated to the people through workshops and meeting.

5.2.25. Distribution of respondents according to the presence of a programme within the community that contributes positively towards food security.

The researcher was interested to know the availability of programme within community that contributes positively towards food security.

Table: 25 below shows the responses to the question of a programme that contributes positively towards food security in the community.

Presence of a programme within the community that contributes positively towards food security	Number of respondents	Percentage
Payment of social grants and Social Relief	16	80%
Youth Development	2	10%
Land and Agricultural Development Bank of South Africa	2	10%
Total	20	100%

The above table shows that sixteen (16) respondents, representing 80% of the total sample said that payment of social grants is a significant poverty alleviation intervention in this sample because the grants provide the source of income to most families. Social Relief of distress also plays a crucial role through helping families not to skip meals. According to <http://www.kznsocdev.gov.za> the state provides social relief that may be short-term to medium-term on a sustained basis, depending on the nature of the given relief.

Two (2) respondents, representing 10% of the total sample revealed that the state established youth development projects to empower young people to cope with life and meet various social and economic challenges. They also said that the government helped them to sustain existing youth development projects through ensuring that these projects are independent entities. Other youth secured jobs because the state also rolled out the Masupatsela Youth Pioneer Programme (MYPP), which was another contribution to the National Youth Service Programme. This programmes ought to recruit, train and absorb the unemployed and out of school youth <http://www.kznsocdev.gov.za>.

Two (2) respondents, representing 10% of the total sample revealed that they receive assistance from the Department of Agriculture as they are involved in the planting forests and sugar cane. The study indicates that payment of social grants is a programme that assists many people in need.

5.2.26. Distribution of respondents according to the manner in which they utilize products like vegetables and chickens.

The researcher was interested to know that what people do with products they produce.

Table: 26 below shows the responses to the question of what people do with products like vegetables and chickens.

Manner in which respondents utilize the products like vegetables and chickens	Number of respondents	Percentage
Consume	16	80%
Save	2	10%
Sell	2	10%
Other	0	0%
Total		100%

The above table shows that sixteen (16) respondents, representing 80% of the total sample said that they consume their product because they had no stable markets

where they can sell their products. The Indians sell their products at lower prices and most managers are Indians and they take goods from other Indians. Plenty products are thrown away because there is no market to sell.

Two (2) respondents, representing 10% of the total sample said that they experienced difficulties during droughts as they are unable to save anything from their product.

Two (2) respondents, representing 10% of the total sample said that they sell their products in order to get money to buy food and to take care of their sick relatives.

5.2.27. Distribution of respondents according to the help received from the Government Departments.

The researcher was interested to know if there is anything that the Government does in order to help people.

Table: 27 below shows the responses to the question of the help received from the Government

Government Department	Number of respondents	Percentage
Department of Social Development	14	70%
Department of Agriculture	4	20%
Department of Housing	2	10%
Total	20	100%

The above table shows that fourteen (14) respondents, representing 70% of the total sample mentioned that the Government uses various Departments including the Department of Social Development and Agriculture in alleviating food insecurity etc. The Department of Social Development helps them a lot through the provision of social grants and social relief. It catered for the very disadvantaged people in the community. Social Development recommended that raising household income would contribute to higher calorie intake and better nutritional status of people. The above statement is supported by the White Paper for Social Welfare (1997:26), when it said that the National Development Agency’s primary mandate is to eradicate poverty by granting funds to civil society organizations that implement development projects in poor communities.

Four (4) respondents, representing 20% of the total sample mentioned that they obtain help from the Department of Agriculture. The Department of Agriculture provides seeds to people since it emphasizes the programme called “One home one garden” This area had farmers who plough sugar cane and raise forests. They got assistance of funds from the Land Bank.

Two (2) respondents, representing 10% of the total sample said that the Department of Housing assisted many people with houses even though other wards were not provided with houses. The construction of house was terminated because of escalating crime in the area.

The table above clearly indicates that the Government is assisting people by using various Departments to alleviate poverty. The respondents also mentioned that the Department of Social Development provides citizens with social grants and social relief. The Department of Agriculture provided citizens with seeds, hoes, watering cans, forks, spades and etc. The Department of Transport renews roads which help citizens to transport sick people safely to the hospital and workers to the various work destinations. The Department of Housing provides citizens with houses. The few Departments operating provide comprehensive, integrated, sustainable and quality services. The aim of integrating various Departments is to eradicate hunger, malnutrition and food insecurity. The table above implies that the integration of various Departments alleviate poverty, hunger and malnutrition.

5.2.28. Distribution of respondents according to various types of illnesses as an effect of the unavailability of food.

The researcher was interested to know which types of illnesses attached people due to the shortage of food

Table: 28 below shows the responses to the question of various type of illness

Various type of illness	Number of respondents	Percentage
HIV/AIDS	20	100%
TB	0	0%
Diabetics	0	0%
Total		

The above table states that twenty (20) respondents, representing 100% of the total sample mentioned that HIV/AIDS is affecting the agricultural sector because AIDS impacts food production through sickness. As a result agricultural workers die from AIDS. The women are the one who are involved in agricultural activities and spend more time, but now they spent less time on agricultural activities because they look after family members who become ill. HIV/AIDS had a detrimental effect on commercial production. The above statement is seconded by (Spark 2007: 3) when he said that Agriculture, particularly food production, is affected in several ways by HIV/AIDS.

Respondents also mentioned that HIV/AIDS has direct impact on the households For example, when the first adult in a household become ill, she or he becomes less productive and higher demands for care increase. Food production and income drop dramatically as more adults are affected. Once savings are gone, the family seeks support from relatives, borrow money or sell its productive assets to pay for care Timberlake (2000:401)

This indicates that people experienced food insecurity because they spent less time in agricultural activities so as to take care of the sick.

5.2.29. Distribution of respondents according to the improvement of access to food

The researcher was interested in knowing about what can be done to improve access to food.

Table: 29 below shows the responses to the question of improvement of an access to food

	Number of respondents	Percentage
Improve access to food		
Recognizing the role of women	15	75%
Improving food production	3	15%
Distribution of resources	2	10%
Total		

The above table states that fifteen (15) respondents, representing 75% of the total sample mentioned that the role of the women should be recognized in this area. The women should make their own decisions and not be submissive to husbands. For instance, if the women wanted to work they should be allowed to take that decision.

Three (3) respondents, representing 15% of the total sample revealed that if the government improved food production, it will be necessary to feed the growing population. They also said the government should focus on improving farming practices through training, use technology, provider of low cost finance, fertilizers and small irrigation pumps that will help the farmers during droughts.

Two (2) respondents, representing 20% of the total sample said that the resources should be distributed equally between rural areas and the urban areas. For example electricity is available in urban areas but it is difficult to obtain It in rural areas.

The table above indicates that women notice that their role is not recognized fully as they survived under oppression from gender inequality in their household. As a result,

they saw lack of decision making and conservative cultural traditions as the main drawback acting against female progress in this area.

5.3. SUMMARY

The chapter focused on the presentation, analysis and interpretation of data gathered in the study. The conclusions drawn from the data analyses indicate that beyond any doubt that people of KwaMthethwa area are experiencing food insecurity on a level that clearly calls for state intervention. The respondents interviewed were selected according to the variables of gender, age, education, religion and residence. This list is not exhaustive. The researcher noted a strong correlation between the women's educational level and their corresponding capacity to confront their marginalization in relation to fighting the factor of food insecurity. From the data analyzed, it was also noted that, after the low status of women, the group that is most affected by unavailability of food are children particularly at pre- and school going age. The conclusion drawn is that lack of food has dire consequences for the continued growth and education of the children in question. Intervention has been made, but the Government still needs to do more in order to improve the lives of people.

CHAPTER SIX

6. OBJECTIVES, RECOMMENDATIONS AND CONCLUSION OF THE STUDY

6.1. INTRODUCTION

This chapter completes the study that was undertaken; the researcher re-stated the objectives, recommendations and conclusion of the study. It is important for the researcher to report the findings of the study because it would assist other researchers who would like to repeat the study. The study was conducted up to its final stage and discussed the factors surrounding food insecurity in KwaMthethwa area which the major focus for the study.

6.2. RESTATING THE OBJECTIVES:

The main objective of the study is to find out factors surrounding food insecurity in KwaMthethwa area. Further objectives are enlisted below.

- i. To analyze the factors surrounding food insecurity.
- ii. To examine that which people in KwaMthethwa area have access to basic food on a daily basis?
- iii. To find out programmes provided by the Department of Social Development in helping people to maintain food security?
- iv. To find out the consequences of food insecurity within the household?

6.3 FINDINGS AS PER OBJECTIVES OF THE STUDY

6.3.1. To analyze the factors surrounding food insecurity

Objective 1 looked at the factors surrounding food insecurity. This study revealed that previous Government policies were some of the factors that contributed to food insecurity. Previously first preference, such as the provision of quality education, was enjoyed by the Whites while Blacks were given Bantu Education which was not designed to equip them with skills necessary to compete meaningfully in the job

market. The land was not equitably distributed as white people occupied 87% of the land in contrast to the Blacks who occupied a mere 13% of the land. The whites were located in the Eastern area of KwaMthethwa where the area receives more rain while the blacks were located west of KwaMthethwa where there is a less rain. As Blacks are having small place of land, the area received little rain and their land produced very little crops.

Gender inequity is another factor that causes people to have no food in KwaMthethwa. The status of women was traditionally very low. Women were only considered as a woman if she is able to conceive. Due to women's lower social and economic status, women's access to education, training, land ownership, decision making, and access to credit their ability to improve their potential of fighting against food insecurity was severely hampered.

The nursing sister from Sappi clinic reported that 65% of the people in the KwaMthethwa area had chronic disease such as high blood pressure, diabetes, HIV/Aids and others. People suffering from these diseases were not capable of working. This did not only affect the individual as such only but also impacted the whole family including children as well.

6.3.2. To examine that which people in KwaMthethwa area have access to basic food on a daily basis

According to the findings of the study, many people get food on a daily basis but was not enough as they get it after lunch time. The women do not have enough time for agricultural activities which provide food as they have to take care of the sick family members. Women are vulnerable to being affected by HIV/AIDS since they care for the sick.

Some people get help from various Government Departments which provide them with social security grants such as the Department of Social Development. Others were employed by the housing construction as the Department of housing was busy building houses in the area. This observation was corroborated by the National Food

Consumption Survey Group report (2000) that people get food as a result of the assistance of women who engage in agricultural activities and Government Departments providing them with social grants and in some cases employment.

6.3.3. To find out programmes provided by the Department of Social Development in helping people to maintain food security

This study confirms that the Social Development Department has provided programmes which address the challenge of food security. The payment of social grants is significant in alleviating poverty especially for those whose livelihoods are most at risk. Department of Social Development has established Youth Development programmes that empower young people to cope with life's pressures and various social and economic challenges. A good example is the Masupatsela Youth Pioneer Programme (MYPP). The Masupatsela Youth Pioneer Programme assists the social workers to deliver services to the communities and through other small interventions such as photocopying and so on. The Masupatsela programme seeks to recruit, train and absorb unemployed and out of school youth.

6.3.4. To find out the consequences of food insecurity within the household

The findings of the study revealed that food insecurity has negative effect within the household. People become ill because they do not get enough food. The body slows down, making it difficult for it to undertake the life sustaining activities such as cultivating the land. Without good health, the person is unable to eke out an existence through activities such as planting vegetables even though the government is currently providing people with seeds. A woman who experience hunger during her pregnancy would give birth to an underweight baby, who then faces frequent illness, and learning disabilities and ultimately reduce resistance to disease. The young children who suffer from food insecurity are less develops than children of the same age who have had sufficient food.

The children who struggle to get adequate nutritious food tend to be absent from school for more days than children of normal health. It becomes difficult for such

children to concentrate when they are hungry. As a result, they perform badly at school. They therefore, experience emotional distress because of poor performance. Other children experience difficulties in getting along with peers or friends because they tend to isolate themselves from other children as they feel ashamed of the homes circumstances. Due to household problems such as food shortages, a child may develop behavioral tendencies such as bullying and aggressiveness toward other children. Other pathological behaviors manifest in stealing from lunch boxes or pocket money of other children. Ultimately such deviant behaviors would lead to such a child being suspended from school.

6.4. RECOMMENDATIONS OF THE STUDY

6.4.1. Training

The researcher is recommending that people need to be trained in agriculture activities in which they can engage. Training people still remains the essential condition to empower them because it improves their wellbeing. People also develop self-esteem which in turn boosts their human dignity.

6.4.2. Awareness campaigns should be conducted

The HIV/ AIDS is wide spread in KwaMthethwa area. The consequences threaten to inhibit social and economic progress and were a particular threat to food security and nutrition in particular in rural communities. People should have access to information that would enable them take care of the sick among them and to protect themselves. Thus, the government sought to strengthen collaboration with UNAIDS and other UN Agencies and development partners to promote food security and nutritional wellbeing among people. Therefore, it is recommended that the community members should be informed about the importance of education as most of them had only ended their education in secondary school. Their low education level has negative impact to get tenders from the government.

6.5. SUMMARY

In this chapter, the findings confirmed that there are factors that caused people of KwaMthethwa to have insufficient food. In KwaMthethwa area, despite the high rate of unemployment and insufficient food, people did acquire food to eat although it was not on regular intervals. It was found that the community members need to be equipped with agricultural skills as they reveal that they lack skills which lead to poor production. The situation hinders the socio economic development of the community. By capacity building in the community through transfer of agricultural skills, people anticipate that they will be able not only to secure food but they would also be involved in small scale farming. The training would improve the capacity of poor households to fight poverty which would lead to secure sustainable livelihoods.

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SECTION A

INTERVIEW WITH A CHILD

1. IDENTIFYING OF PARTICULARS

Gender

Male	
Female	

Age

14	
14-16	
16-18	

1.3. Class level

Grade 8-9	
Grade 9-10	
Grade 10-11	

1.4. Religion

Nazareth	
Ancestors	
Christian	
Other	

1.5. Residence

Urban	
Rural	
Semi urban	

1.6. Who buys food at home?

Mother	
Father	
Widow parents	
Child headed families	

1.7. Who obtain food on daily basis?

Women	
Men	
Children	

1.8. What do your parents do to get food?

Employed	
Gardening	
Sewing	
Poultry	

1.9. What happens when you do not have food?

1.10. Who do you think are more affected by not having food?

Males	
Females	
Children	
Others	

1.11. Are there any programmes in your school which provide food?

Yes	
No	

If yes, what are they?

Explain.....
.....
.....
.....
.....

1.12. How do you view those programmes?

Explain.....
.....
.....
.....
.....

SECTION B: INTERVIEW THE PARENTS

1.13. Gender

Male	
Female	

1.14. Age

20-25	
25-30	
30-35	
35-40	

1.15. Educational level

Primary	
Secondary	
Not educated	
Tertiary level	

1.16. Marital Status

Married	
Single	
Divorced	
Widow	
Other	

1.17. Residence

Urban	
Rural	
Semi urban	

1.18. Religion

Nazareth	
Ancestors	
Christian	
Other	

1.19. Number of dependents in your household?

1-5	
5-10	
10-above	

1.20. Who buys food at home?

Mother	
Father	
Other	

1.21. Do you get food on daily basis?

Yes	
No	

If no

Explain.....
.....
.....
.....

1.22. What happens when you do not have food?

Explain.....
.....
.....
.....
.....

1.23. Are there any reasons that make you not get food?

Yes	
No	

If yes,

Explain.....
.....
.....
.....

1.24. What type of activities are you involved in to get food?

Gardening	
Sewing	
poultry	

1.25. Did you receive any training for your activity?

Yes	
No	

Explain.....
.....
.....

1.26. Is there any programme in your community that contributes positively towards food?

Yes	
No	

If yes,
explain.....
.....
.....
.....
.....

1.27. Do you participate?

Yes	
No	

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

1.28. Are you able to produce enough through that programme?

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

1.29. What do you do with that product?

Sell	
Save	
Consume	
Other	

1.30. Is there anything with which Government helps?

Yes	
No	

If yes,
explain.....
.....
.....

1.31. Which Departments are assisting you to sustain food?

1.32. Do you think collaboration of various Departments is the best method in providing food?

Yes	
No	

If yes,
explain.....
.....
.....
.....
.....

1.33. These days people suffer from various types of illnesses does this affect the provision of food?

Yes	
No	

If yes,
explain.....
.....
.....
.....
.....

1.34. What should be done to improve access to food?

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

1.35. Is there anything else you would like to share concerning the subject matter?

Yes	
No	

If yes
explain.....
.....
.....
.....

