

# JANGOKORO FOOD SECURITY PROJECT

## RAPID BASELINE STUDY REPORT

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However, AFARD takes full responsibility for the views and errors expressed herein.

Dr. Alfred Lakwo  
Programme Director

## ACRONYMS

AFARD = Agency for Accelerated Regional Development

FO = Field Officers

LLG = Lower Local Government

UGX = Uganda Shillings

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# EXECUTIVE SUMMARY

## Why and how the baseline study

Manos Unidas extended a small grant (Ref # UGA 5887 AFARD) to AFARD for a 1-year Jangokoro Food Security Project. This project, AFARD envisaged, will improve the food and economic security status of the people in Jangokoro sub county through increasing sustainable access to improved agro-technologies and improving safe nutrition practices. For a relevant entry now and succinct accountability at the end of the project, it became important to establish the current status of recommended agricultural and safe nutrition practices and food security among benefiting households. That is why this baseline study was conducted.

The survey that covered all the project benefiting households in the two community based groups of Canmuwa and Adiober was conducted under the supervision of AFARD staff. Data was collected by local trained personnel who reached out to all community group members' using a questionnaire designed to capture household and individual information. Data entry, cleaning, and analysis followed by report generation were then conducted within AFARD offices. Below are the findings.

### *Finding 1. Project beneficiaries*

- Adiober and Canmuwa groups have 90 members (46 males and 44 females) in whose households 591 people (51.4% females) reside. The people are largely semi/illiterate. They depend entirely on farming on small pieces of land for a living.
- They live in grass thatched houses, travel on foot, light their houses with paraffin lamps and cannot afford basic food, medication and education for their children.

### *Finding 2. Sustainable agriculture practices*

- More than 50% depend on neighbors for knowledge about farming.
- There is over-dependence on local seeds that have lost genetic vigor and have succumbed to diseases.
- Practices that conserve and enhance the soil are not used.
- Current crop yields are about 30% of what would have been realized if improved seeds and better farming practices were used.
- Selling farm produce in small quantities during harvest time without processing also lowers returns to resources spent.
- Income from crops is extremely low (Ush 12,000 per season = 5 euro equivalent).

### *Finding 3. Food security*

- Only 22% know about, and eat balanced diet.
- Only 6% have food all year round and only 14% can afford to buy food from the market.

## Conclusion

The project has targeted typical poor peasant and food insecure farmers who are using traditional technologies to eke a living from small pieces of land. They do not have knowledge about how to sustain and enhance the productivity of their natural resources and proper nutrition. Thus, the project inputs will go a long way in improving the livelihoods of the people.

# 1 INTRODUCTION

## 1.1 Basis for the study

On July 15, 2009, AFARD signed a Memorandum of Understanding with Manos Unidas for a 1-year funding support towards Jangokoro Food Security Project. That the project was developed based on the field observations and discussions AFARD staff had with the community of Patek parish during a livelihood profiling study, it became imperative that a data guided entry and accountability framework is developed. Why? Because, during the field observations, the community expressed lack of access to improved agro-technologies and improper nutrition practices as their main causes of food security.

The goal of the project is to increase benefiting households' food security status through increasing access to improved agro technologies and improving on their nutrition practices. However, to what extent this project would achieve these aims remained questionable as no hard baseline data was in place. This study was therefore conducted in order to:

1. Establish the beneficiary households' status with respect to access to and utilization of recommended agro-technologies, safe nutrition practices, and food security.
2. Fine-tune monitoring and evaluation framework for the project.

## 1.2 Data collection methods and processes

In order to collect relevant data to meet the above objectives, two critical questions were asked:

1. To what extent are benefiting households' using recommended agro-technologies and safe nutrition practices?
2. To what extent are benefiting households food secure?

Answers to these questions were considered critical in identifying the strengths and gaps in existing practices. Such answers would help improve the intervention strategy as well as the design of the project M+E.

In answering these questions, the following were done:

- **Design of project effect indicators:** To ensure that a clear M+E data needs was in place, a M & E framework was participatorily developed by AFARD staff in consultation with the community members basing on what goal indicators they were striving for.
- **Questionnaire production:** That the M&E framework and its core indicators was in place, the baseline questionnaire was developed to capture demographic and household information with regards to the core indicators.

- **Interviewer identification and training:** The interviewers were identified by AFARD Field Officer (Agronomy) basing on their past performance in similar works with AFARD. The interviewers were then trained by AFARD staff.
- **Household interviews:** After the interviewers training, they embarked on collecting data from all group members' households. Respondents were interviewed on dates set with them and at their premises. During this process, an AFARD staff provided supervision through periodic reviews of questionnaires as well as mentoring the interviewers.
- **Data entry, cleaning, and analysis:** Once data collection was finished, data entrants were identified (from the old team AFARD has been working with). They were briefed on the data entry requirements and norms. After the team accomplished their task, the data was cleaned of entry errors and analyzed concurrently with the report generation by AFARD staff.
- **Feedback meeting and final report generation:** Once the draft report was produced, it was shared internally for discussions within AFARD. Later, a feedback meeting was organized with the project beneficiaries where the critical findings were discussed and an "action plan" – the way forward in this report, was agreed upon. The conclusions arrived at therefore provided the basis for the production of this final report.

### 1.3 Structure of the report

This report is structured in 6 parts, namely:

- Part 1 gives the background information to the baseline study.
- Part 2 presents the characteristics of the beneficiary households and population.
- Part 3 explains current practices concerning sustainable agriculture.
- Part 4 is devoted to an analysis of food security status basing on AFARD's 4As- food security pillars (food availability, adequacy, affordability, and acceptability).
- Part 5 presents the project M& E Framework.
- Part 6 explores the most effective way forward.



## 2 ABOUT THE PROJECT BENEFICIARIES

This part presents the general characteristic of the project beneficiaries. It provides both the basic demographic and household information.

### 2.1 Project Outreach

The beneficiary groups of Adiober and Canmuwa are located in Ambaki and Paronya villages, Patek parish, Jangokoro sub county. These groups have 90 members (46 males and 44 females). As table 1 below shows, these member households have 591 people (51.4% females) who are mainly married (91.1%), have primary education (63.3%) and depends entirely on farming (100%). However, the average number of people in these households (6.6) is bigger than that of the district (5.3) because of the increasing number of orphans (15% over and above the district estimate of 1.4% and Uganda 13.1% orphanhood status).

**Table 1: Outreach demographic characteristics**

Characteristics	Total
<b>Total population (Number)</b>	
Males	295
Females	296
Total	591
Orphans	87
Persons with disabilities	30
Mean household size	6.6
<b>Age-group (%)</b>	
Less than 25 years	22.2
25 - 50 years	63.4
Over 50 years	14.4
Total	100.0
<b>Marital status of household heads (%)</b>	
Single	1.1
Married	91.1
Widow(er)	7.8
Total	100.0
<b>Education status of household heads (%)</b>	
None	27.8
Primary	63.3
Secondary	8.9
Total	100.0
<b>Main source of livelihoods (%)</b>	
Farming	100.0
Employment income	-
Total	100.0

The data above points to the fact that the beneficiaries of the project are typical peasant farmers who are mainly semi-illiterate households eking a living on their small piece of land. Care should be taken not to take them too fast along the improved agro-technology path. Rather, simple technologies and techniques that allow them build on what they already know should be promoted so that gradually they can move away from the current status quo.

## 2.3 Beneficiary household characteristics

**Table 2: Household characteristics (%)**

Characteristics	Total
<b>Type of housing</b>	
Permanent units	-
Semi-permanent units	6.7
Temporary units	93.3
Total	100.0
<b>Source of water for drinking</b>	
Safe sources	74.4
Less than 1Km (to & fro)	44.4
Less than 1 Hr (to & from)	36.7
<b>Source of lighting</b>	
Electricity	-
Paraffin lantern	10.0
Tadooba	90.0
Total	100.0
<b>Cooking technology</b>	
Charcoal cook-stove (sigiri)	-
Local 3-stone firewood cook-stove	82.2
Improved firewood cook-stove	17.8
Total	100.0
<b>Means of transport</b>	
Foot	77.8
Bicycles	22.2
Total	100.0
<b>Household facilities</b>	
Have a vehicle	-
Have a motor cycle	-
Have a bicycle	38.9
Have a radio	41.1
Have a mobile phone	12.2
Have chairs with cushions	5.6
Have raised bed with mattress	45.6
Have good kitchen wares	76.7
Have best clothes (for occasions)	91.1
<b>Household economic abilities</b>	
Buys meat with ease	3.3
Buys sugar with ease	3.4
Pays medical bills with ease	6.7
Pays school dues with ease	7.8

Generally, the benefiting households as is shown in Table 3 below are very poor because:

- 9 in 10 reside in temporary housing units.
- 7 in 10 use safe water sources.
- 9 in 10 rely on the smoky paraffin local lamps for lighting.
- 8 in 10 use unimproved firewood-based local cook-stoves.
- 8 in 10 depends on their foot as the main means of transport.
- Only 4 and 1 in 10 households have a radio and a mobile phone respectively.
- Less than 10% can afford, with ease, the very basics of life like foods (sugar and meat) and basic medical care and cost of education of their children.

### 3 SUSTAINABLE AGRICULTURE PRACTICES

This part explores how the beneficiary households practice farming their key livelihood activity. It delves into how best farming practices are utilized, and what returns are attained from current farming practices.

#### 3.1 Main farming support systems

Table 3 below shows the main farming support systems. It reveals that the project beneficiaries' main source of extension information remains the neighbors (54.4%). In a neighborhood where almost everybody is relying on indigenous technical knowledge, not much new ideas can be generated. Yet, the households have a big potential to be tapped into. Most of them (74.5%) have 2.5 acres of land, which if tapped well, can sustain the food security of the beneficiaries. One way of tapping such opportunity is by promoting optimal and equitable utilization of everyone's land size through pegging seed distribution to land sizes opened.

**Table 3: Percent distribution of farming support systems**

Characteristics	Total
<b>Main source of extension information</b>	
Radio	16.7
Print media	-
Community meetings	2.2
Neighbors	54.4
Extension staffs	25.6
Others	1.1
Total	100.0
<b>Land size owned</b>	
Only 1 acre	12.2
2-5 acres	74.5
> 5 acres	13.3
Total	100.0

#### 3.2 Varieties of crops being planted

Evident from Table 4 below are first, access to improved seeds and planting materials is limited in the project area given that almost all households are growing local varieties. Second, many households despite having land are not growing these basic food (and income) security crops (a factor they attributed in the community meeting to lack of seeds). An elderly woman remarked:

*Who would not want to grow cassava, our main food crop? It is lack of cassava cuttings that is forcing me not to plant cassava. Where will I get UGX 20,000 for buying just a sack of cassava cuttings? I am not a beneficiary of NAADS [currently the main*

*government agricultural project]. Neither do I have a son who can buy such cassava cuttings for me.*

Observations during the survey also revealed that most the crops were not doing well because the old seeds had already lost their genetic vigor. For instance, the local varieties of cassava had severely succumbed to cassava mosaic disease. Maize had succumbed to maize streak. The provision of improved seeds is therefore vital if production is to improve significantly

**Table 4: Percent distribution of varieties of crops**

<b>Varieties</b>	<b>Total</b>
<b>Cassava</b>	
Improved variety	1.1
Local variety	93.3
Both varieties	-
None	5.6
Total	100.0
<b>Beans</b>	
Improved variety	1.1
Local variety	85.6
Both varieties	4.4
None	8.9
Total	100.0
<b>Maize</b>	
Improved variety	1.1
Local variety	85.6
Both varieties	-
None	13.3
Total	100.0

### 3.3 Breeds of livestock being reared

Table 5 below shows that there are very few livestock in the project area. There is no improved goat. And, the few livestock available are largely of local breed.

Goats and chicken are highly valued because of the ease of conversion into cash. Neither do they need as much attention and food as cattle, especially in an environment where average land holding is low. While chicken can be easily acquired by all households, but not goats thus the provision of goats to all households by the project can boost the livelihood security of the beneficiaries.

**Table 5: Livestock breeds and quantity reared by district**

		<b>Total</b>
Livestock distribution (Number)	Total number of cattle	10
	Cattle per household	0.1
	Total number of improved goats	-
	Improved goats per household	-
	Total number of local goats	143
	Local goats per household	0.6
	Total number of poultry	182

Poultry per household		2.0
Number of cattle (%)	None	94.4
	Only 1 cow/bull	3.3
	2-5 cattle	2.2
	Total	100.0
Number of local goats (%)	None	37.8
	Only 1 goat	13.3
	2-5 goats	43.3
	5+ goats	5.5
	Total	100.0
Number of poultry (%)	None	42.2
	Only 1 bird	10.0
	2-5 birds	39.0
	5+ birds	8.8
	Total	100.0

### 3.4 Utilization of best farming practices

**Table 6: Utilization of best agronomic and livestock husbandry practices (%)**

	Total
<b>Agronomic practices</b>	
Early land opening	18.9
Correct spacing	24.2
Soil and water conservation	15.6
Organic pest and disease control	-
Improved post harvest handling	-
Proper farm records	7.8
<b>Livestock husbandry practices</b>	
Livestock housing	-
Cross breeding	-
Supplementary feeding	-
Parasite & disease control	-
Routine work	-
Livestock records	1.1

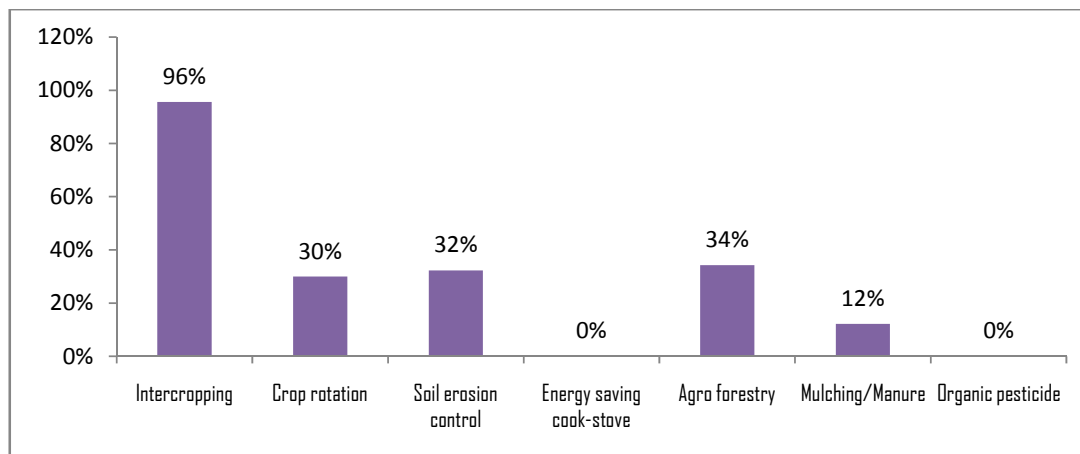
Programme beneficiaries were asked whether they were utilizing any recommended best practices for at least any one crop they grow or on the animals they keep. Table 6 above presents a summary of the responses. Evident is that a very limited number of households are selectively using some best practices in crop farming especially those that are tied to traditional farming methods. Meanwhile for livestock farming, almost all recommended practices are not in use.

In a situation of limited access to land it is important to stress crop production practices that maximize returns on land and labour but at the same time conserve and enhance soil fertility. This can be linked up with livestock production in such a way that crop residues are fed to supplement diet for the goats. The goats also have to be improved through cross-breeding since the offsprings grow faster, bigger and therefore bring more meat/money.

### 3.6 Natural resources management

Although farmers rely primarily on natural resources use, from Figure 1 below it is evident that they are engaged in improper management of these resources. The farmers are simply mining the soil without caring about the sustained productivity of the soils into the future. Dispensing with the practices listed would have been appropriate in the past when land was still plenty and once a piece of land was exhausted, it was left to fallow and regain its fertility on its own. But with dwindling land size per capita, neglecting soil natural resource conserving and enhancing technologies is a sure way to ever lowering food productivity and hence ever worsening food insecurity.

**Figure 1: Utilization of natural resources management practices (%)**



### 3.7 Yields from crop farming

Respondents were asked how much produce they harvested during the last harvest season. Evident from their responses in Table 7 is that households are realizing very low yields from their local varieties. Many are harvesting up to 100Kgs only which does translates into inadequate food stocks let alone minimal income as part of the produce are sold to raise incomes for meeting basic needs.

**Table 7: Crop yields last season (June 2009)**

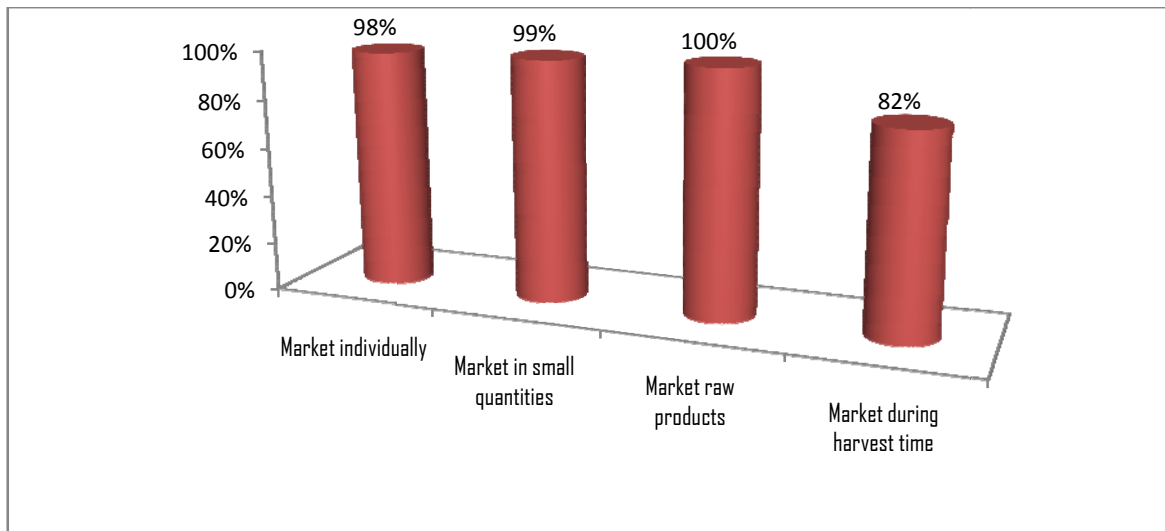
	Cassava	Beans	Maize
Number	80	79	65
Minimum	30	7	10
Maximum	1,500	450	580
Mean	310.83	54.94	96.14
Sum	24,866	4,340	6,249
Up to 100 Kgs	28.8%	88.6%	69.2%
101-250 Kgs	22.5%	8.9%	26.2%
251- 500 Kgs	32.5%	2.5%	3.1%
> 500 Kgs	16.3%	-	1.5%
Total	100.0%	100.0%	100.0%

The low yields above are probably the results of the use of local seeds that have lost their vigor coupled with practices that are detrimental to soil fertility sustenance. Yet, even under current (soil and rainfall) conditions a farmer in the project area can expect a minimum of 700kg of maize per acre instead of the reported maximum of 580 kg. Improved bean seeds under the same situation should yield at least 400 kg and cassava at least 2,000 kg.

### 3.8 Marketing practices

That poverty in many farming households can be better fought through the effectiveness of farming as a business, the cornerstone for doing so is underpinned by how farmers market their produce. Figure 2 below shows that it is the traditional farm marketing practices being used. Group members sell their produce raw, soon after harvest, in bits, in order to meet the pressure for daily necessities. Yet, selling small unprocessed produce during harvest time simply brings in little money as many households will be rushing to sell at cheaper prices too. More returns to farmers can in part be gained if farmers in collective value addition, through for instance, joint bulking, storage, processing and marketing (that is possible for a group with 45 households as members).

Figure 2: Prevailing marketing practices by district



### 3.9 Income from farming

Table 8 below shows that within the project area income from farming is extremely low. With a majority of households having no incomes from both crops and livestock, especially in the last harvest season, it remains alarming how these households continue to survive. While the average income from crops were UGX 12,143 that from livestock was UGX 1,000.

**Table 8: Income from farming (at at June 2008)**

Income category (%)	Farm enterprises	
	Crops	Livestock
None	37.8	87.8
Up to UGX 100,000	8.9	12.2
UGX 100,001 – 250,000	2.2	-
UGX 250,001 – 500,000	-	-
Over UGX 500,000	-	-
Total	100.0	100.0

The above findings are not surprising given the type of practices they farmers have been employing. Efforts should be increased in increasing crop and livestock productivity to levels beyond household consumption. Fortunately now there is no distinction between “cash” and ‘food’ crops because all crops grown for food can as well bring in cash. Secondly, given that the farming system is based on nature (rainfall) and of late weather has become more and more unreliable, it is prudent to explore other avenues of generating income in order to reduce total reliance on farming.

### 3.10 Nutrition practices

Apart from serving food when hot, in many households the practice of safe food and nutrition is lacking. Table 9 shows that there is also inadequate knowledge about balance diet as well as limited practices of recommended safe food hygiene.

**Table 9: Utilization of safe nutrition practices (%)**

Eat balance diet	22.2
Eat food at the recommended timely	23.3
Cook food within the recommended time	5.6
Serve food when hot	95.6
Store food safely	46.7

The project area is known for growing green vegetables, but unfortunately, green vegetables are traditionally associated with a poor man’s diet. The locals look down upon any food item other than fish and meat which they rarely eat. It is therefore important for them to understand what ‘balanced diet’ entails. They should also open up ways of cooking food in such a way that conserves the nutrient values in addition to embracing non-traditional foods, for instance silver fish. Of course, balanced diet alone without proper food hygiene is still not good enough.



## 4 FOOD SECURITY STATUS

Farming as a core livelihood activity is the basis for food security in many farm families. This part, therefore, focuses on analyzing to what extent current project beneficiaries are food secure.

### 4.1 Food security concept

AFARD sees food security as based on 'Equitable and sustainable 4A's – Availability, Adequacy, Acceptability, and Affordability of quality foods at all times by all household members regardless of social categorisation.' This implies that people should, *always*, be able to either produce or buy the right food they need. And given that own production is marginal in respect of 'all food needs' people should access other foods from the market. Yet, food utilization should be without discrimination against especially women and children.

As such, food security is interlinked with a household's ability, at all times, to produce enough, purchase deficits or what it cannot produce, and accept to eat equitably diverse foods as is shown below.

Focus	Component	Variable
Ability to produce enough food needed in the household	Food Availability	Have food throughout the year
	Food Adequacy	Number of meals eaten per day
Ability to purchase what a household lacks from the market	Food Affordability	Buy enough required category of foods(carbohydrates, protein and vitamin)
Ability to share food equitably and diversify foods eaten	Food Acceptability	Eating nontraditional food as a main meal
		Eating culturally forbidden foods by children and women
		Equal sharing of food among all household members

### 4.2 Food security status

Using the above criteria, overall, the project beneficiary households are largely food insecure. Table 10 below shows that only 1 in every 10 households is food secure. The critical situations are that food is not always available between farming seasons. What many households have are too inadequate for every household members' consumption. Besides, the food purchasing power is limited.

As a result, households have adopted many response strategies to the limited food availability status. Hardly do they eat 3 meals a day in order to 'spread the limited food quantity over a longer period of days, said an old man, 'with the hope that overtime things may improve' as he concluded. Besides, in many households the women reported, 'the tendency of being unable to share food equitably for all the household members continues to increase'.

**Table 10: Food security status by district**

	<b>Key variables</b>	<b>Total</b>
Food availability	Have food all year round	<b>5.6%</b>
Food adequacy	Eat at least 3 meals a day	<b>11.1%</b>
Food affordability	Able to buy required foods	<b>14.4%</b>
Food acceptability		<b>34.8%</b>
	Eat non-staple food for a main meal	20.0%
	Eat traditionally forbidden foods	70.0%
	Share foods equally	14.4%
<b>Total</b>		<b>16.5%</b>

## 5 MONITORING AND EVALUATION FRAMEWORK

In order to effectively monitor and evaluate the project within its implementation span, below is the framework that will be used to ensure that the food security status of the population improves. This framework is designed to help assess the realization of the envisaged changes as well as to account for the efficacy of the project. Worthy to note is that as a complement to the figure-based framework, life stories too will be collected to show the inherent meetings in each change.

**Table 11:** The monitoring and evaluation checklist and targets

Monitoring Indicators	Baseline 2009	Target 2010	Method	Responsible
<b>Impact 1: Household food security status improved</b>				
• Food availability - have food all year round	5%	50%	Survey	PD & FISM
• Food adequacy – eat at least 3 meals a day	11.1%	60%	Survey	PD & FISM
• Food affordability-able to buy different foods	14.4%	35%	Survey	PD & FISM
• Food acceptability – share equitably between all members	14.4%	50%	Survey	PD & FISM
• Food acceptability – eat non-traditional staple foods for main meal	20.0%	65%	Survey	PD & FISM
• Food acceptability – eat traditionally forbidden foods	70.0%	90%	Survey	PD & FISM
<b>Outcome 5: Safe nutritional practices increased</b>				
• Eat balance diet	22%	80%	Survey	PHM & FO
• Eat food timely	23.3%	65%	Survey	PHM & FO
• Cook food timely	5.6%	80%	Survey	PHM & FO
• Serves food while warm/hot	95.6%	100%	Survey	PHM & FO
• Store food in safe places	46.7%	80%	Survey	PHM & FO
<b>Outcome 4: Incomes from farming increased</b>				
• Earns (≥ UGX 500,000 ) from crop production per season	-	35%	Survey	FISM & FO
• Earns (≥ UGX 500,000 ) from livestock production per season	-	25%	Survey	FISM & FO
<b>Outcome 3: Improved marketing practices</b>				
• Sells some farm products in groups	2%	15%	Survey	FISM & FO
• Sells some farm products in bulk	1%	15%	Survey	FISM & FO
• Sells some farm products after processing	0%	5%	Survey	FISM & FO
• Sells some farm products off-harvest season	18%	35%	Survey	FISM & FO
<b>Outcome 2: Yield advantage increased</b>				
• Number of improved goats raised (≥ 5 ) per annum	0%	55%	Survey	FISM & FO
• Number of chickens raised (≥ 5 ) per annum	8.8%	50%	Survey	FISM & FO
<b>Outcome 1: Adoption of sustainable farming practices</b>				
• Use of improved cassava stocks (even with own cash)	1.1%	90%	Survey	FISM & FO
• Use soil and water conservation measures	15.6%	80%	Survey	FISM & FO
• Practice supplementary feeding	0%	25	Survey	FISM & FO
• Use mulch/manure	12%	25%	Survey	FISM & FO

Note: PD = Programme Director; FISM = Food and Income Security Manager; and FO= Field Officer

## 6 WAY FORWARD

The findings above presents the deplorable food insecurity status the people in Patek parish are faced with. Equally, it validates the justification of Manos Unidas funding to the area. However, the relevance of such support were identified during the Action Planning session wherein members of both benefiting groups discussed how best this study result can add value to their project. As critical entry points, they resolved that:

- Technologies designed to improve on food security should take cognizance of the education level of the people, their current knowledge and aim to build on them for eventual movement away from status quo.
- Improved seeds and breeds should be supplied so as to relieve the farmers of their genetically exhausted local varieties.
- Food security should not only rely on food production, alternative sources of income should be sought in order to ensure food security in a situation where crop failure is ever likely. A group run credit scheme initiated with their own funds be supported.
- Practical knowledge about proper nutrition and safe practices must be provided so that people can eat balanced diet for healthy living.
- While the aspect of marketing is critical in improving food affordability, more effort in the meantime be placed on increasing household food production capacity. And in light of different land sizes, it was resolved that members should be provided with seed and planting materials as per the sizes of their land instead of a flat distribution approach (that promotes waste).
- Environmental conservation should also be promoted so that land productivity is improved.

In all, the Jangokoro Food Security Project is targeted to the deserving poor. Its components are in line the critical needs for every household struggling to build food security status – inputs with skills. What remains important are first, the local-area responsiveness of the project deliverable, and second the continuous mentoring of beneficiaries by AFARD staffs in order to promote an effective translation of easy to achieve inputs-outputs into sustainable outcomes-impacts. Equally, achieving such sustainability will entail a more than one-off project support (that should be discussed with Manos Unidas).