

ABSTRACT

To determine the association between household food availability and food security of children below five years of age. The methods of data collection included, structured questionnaires, participant observations, focus group discussions and key informants. Data was analysed qualitatively and quantitatively, through critical descriptions, percentage tables and cross-tabulations. Majority of the respondents produced their own food from their farms rather than purchasing it from the markets. Respondents who combined livestock rearing with farming i.e. those who practiced mixed farming realized higher levels of food security compared to those who relied solely on farming. Respondents who kept small animals such as goats, sheep and poultry had a better source of farmyard manure compared to those who did not. The kind of storage facilities respondents used determined the level of food availability in their households. Much food was wasted through inappropriate food storage facilities. The system of food distribution to household members and the quality and quantity of food consumed by children in particular determined their food security status. That effort must be taken to reinforce the local food security system through ensuring better farming methods to ensure sustainable farming. Kitchen gardens be developed and maintained by all households since they increase the level of food availability. That agricultural information and extension services be focused on women who are the main food producers and distributors in the households. Furthermore, credit facilities should be made available to them to ensure sustainable farming.