

**SUSTAINABILITY OF FOOD ASSISTANCE PROGRAMMES IN KENYA: A  
CASE OF KAKUMA, TURKANA COUNTY**

**STELLA KADZO DADU**

**A Research Project Report Submitted in Partial Fulfillment of the Requirement for  
the Award of the Degree of Master of Arts in Project Planning and Management of  
The University of Nairobi**

**2019**

**DECLARATION**

This research project report is my original work and has never been submitted to any other higher learning institution for the award of a degree.

**SIGNATURE .....**

**DATE.....**

**Stella Kadzo Dadu  
L50/10205/2018**

I confirm that the work submitted in this research project report has been done by the student through my supervision as the university representative.

**SIGNATURE.....**

**DATE.....**

**Dr. Johnbosco Kisimbii  
Lecturer, School of Open and Distance Learning,  
The University of Nairobi.**

## **DEDICATION**

This research project report is dedicated to God for His sufficient grace throughout my work, to Him alone be the Glory. Further dedications go to the Food Assistance for Assets programme stakeholders in Kakuma, Turkana County, Kenya, for their commitment and desire to transform their lives; to my husband, Felix Katana for his persistent prayers and invaluable moral and financial support, and most importantly, my God-given precious gift, Ivan Kheri- my son, for he is the reason of my efforts and desire to excel.

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## **ABBREVIATIONS AND ACRONYMS**

<b>MDG</b>	:	Millennium Development Goals
<b>CFGB</b>	:	Canadian Foodgrains Bank
<b>FAO</b>	:	Food and Agricultural Organization
<b>FFA</b>	:	Food Assistance for Assets
<b>IMF</b>	:	International Monetary Fund
<b>KFSSG</b>	:	Kenya Food Security Survey Group
<b>SSA</b>	:	Sub-Saharan Africa
<b>WCED</b>	:	World Commission on Environment and Development
<b>WFP</b>	:	World Food Programme
<b>HCD</b>	:	Human Capital Development
<b>UNDP</b>	:	United Nations Development Programme
<b>CHW</b>	:	Community Health Worker
<b>TRP</b>	:	Turkana Rehabilitation Program
<b>SPSS</b>	:	Statistical Package for Social Sciences

## ABSTRACT

This study was carried out to investigate the factors influencing the sustainability of Food Assistance Programmes in Kenya: A Case of Food Assistance for Assets programme in Kakuma, Turkana County. This research was driven by the fact that after a couple of years, the projects initiated by a number of humanitarian organizations under the study sample, had either stalled or the fruits of these initiatives not fully enjoyed by the local communities. Looking at the study sample, very good projects can be seen yet abandonment of these on several occasions has meant that sustainability of the Food Assistance Programmes can only be found on paper. Four objectives guided this research; to examine how demographic characteristics of beneficiaries influence the sustainability of Food Assistance Programmes, to investigate the level to which weather conditions influence the sustainability of Food Assistance Programmes, to assess how beneficiaries' participation influences the sustainability of Food Assistance Programmes and to determine how capacity building of beneficiaries influences the sustainability of Food Assistance Programmes. The study adopted a descriptive research approach. Quantitative and qualitative techniques were used in collecting information from a sample of 40 beneficiaries, 2 WFP managers, and two managers from TRP, 2 Chiefs, and ten community leaders. A similar group from a different location was used to validate the data collection instruments and to determine their reliability. The study established that 90% of the program implementers were female, with only 10% representing the male gender. Also, the study established that 52.5% of those interviewed agreed that gender has a significant influence on the sustainability of food assistance programs. The research also showed that 90% of the implementers were of the view that age determines the success and sustainability of programs. Again, the findings showed that there was a strong correlation between the size of the family and the sustainability of food assistance programmes. On education level, 85% never attained any form of education. On the influence of weather conditions, 85% of the respondents agreed that the distribution of rainfall across the area is not favourable to support any productive agricultural activities. On stakeholder participation, 85% of the respondents agreed that they are not consulted on matters to do with the implementation of the program but are most of the time informed of what is expected of them. The research also established that 60% of those interviewed had not been trained. Further, 35% of those trained said they had only been trained once in the past 12 months. The researcher, therefore, recommends that gender inequality and discrimination should be addressed to ensure that both men and women are involved at every stage of the programs. Regarding the weather aspect, the researcher proposes the introduction and/or expansion of climate-smart agriculture, which has proved to be the cure to most agricultural and environmental problems faced by most farmers in the semi-arid and arid regions. The food assistance programmes should also be designed from the beneficiaries' point of view, and they should also be fully involved in the implementation process. On the education level, since most of those interviewed had very low levels of education; their capacities to implement the program activities need to build and strengthened regularly.

**Keywords:** Sustainability, Demographic, Characteristics, Weather conditions, Stakeholders, Participation, Capacity building.

## **CHAPTER ONE**

### **INTRODUCTION**

#### **1.1 Background of the Study**

Kenya is faced with extreme hunger and abject poverty just like other developing countries in the continent, with food security situation getting worse by the day. Many Kenyans are poor, and therefore, cannot afford basic needs, like food, thus calling for humanitarian assistance. In response to this, the Kenyan government together with donors and Non-Governmental Organizations have been implementing interventions to mitigate the food crisis, broadly described as programs and policies that address immediate needs of the poor and food insecure (FAO, 2008).

Among these interventions are food-based programs like the Food Assistance for Assets. The majority of food-insecure people often live in fragile and deteriorated environments and areas that are susceptible to frequent natural shocks and other risks (World Food Programme 2018). Food Assistance for Assets (FFA) is among World Food Programme's (WFP) flagship initiatives aiming to address the immediate food needs of the most food-insecure people with cash, vouchers or food transfers and improving their food security and resilience. The concept is simple: people receive food-based or cash transfers to address their immediate food needs, as they build or boost assets, such as constructing a road or rehabilitating degraded land, that will improve their livelihoods by reducing risks and impact of shocks, creating healthier natural environments, increasing food production, and strengthening natural disasters resilience (World Food Programme 2018). Together with communities and other partners, FFA programme helps to develop three types of assets: natural assets related to landscapes (water ponds, land rehabilitation, reforestation), physical assets to improve access to food or markets (trails, bridges, community access roads), and community infrastructure (schools, grain stores, schools) (World Food Programme 2018). These projects put communities at the centre of planning, empowering them to build up their resilience to shocks over time.

The FFA programme has become more popular in sub-Saharan Africa over the past decade (Devereux 1999, von Braun et al. 1999). This sharp growth in Food Assistance for Assets programme popularity has been influenced by several trends: researchers and policymakers have realized that hunger is largely determined by individuals' capacity to access sufficient food to maintain good nutrition, resulting in good health; FFA programme schemes have become popular in severe food-insecure areas as a way of ensuring food access. (Barrett,

Holden and Clay,2002); and the desire to curb dependency that is attributed to beneficiaries getting items that they have not worked for hence the greater need to shift from general food assistance to workforces. Other trends include the reduction in development aid to developing countries, thus leaving countries with inadequate resources to curb food insecurity. Consequent to the reduced development aid, the need for optimal use of resources has also influenced the shift to FFA activities.

There is a developing consent that prolonged food insecurity should be addressed in a more feasible way rather than as an emergency. Donors have become uncertain of the never-ending feeding programmes in most of the Semi-arid regions which undermine the resilience of communities in these regions. This has resulted in the higher adoption of FFA programme with the view of creating social protection mechanisms and safety nets. These mechanisms ensure that not only are lives saved but also provides the avenue for protection and strengthening of livelihoods. In addition to protecting and strengthening the community livelihoods, an avenue is also created to address the main causes of persistent food insecurity and poverty (World Vision, 2009).

In Sub-Saharan Africa (SSA), the Food Assistance for Assets programme has been most extensively employed as a model of food aid resulting from the recurrent drought that was most prominent in 1984-5 which was later aggravated by political turmoil. Consequently, most of the literature available has its origins from the experiences and lesson from FFA programme activities implemented in Ethiopia. (Humphrey, 1998). In Turkana County, Kakuma has been one of the key beneficiaries of the programme due to its susceptibility to prolonged droughts which leave its populace in dire need of humanitarian assistance. The FFA programme has been implemented in the area for several years, but the desired outcome of sustainable food security has remained a mirage. The population in Kakuma has remained vulnerable to risks and hazards, and therefore in dire need of social safety nets such as direct food or cash support to meet their daily dietary requirements. However, the success of such interventions and the sustainability of their outcomes have remained invisible, leading to cyclical humanitarian assistance in the area. It was in view of this background that the researcher was inspired to investigate the factors which influence the sustainability of food assistance programmes: A case of Food Assistance for Assets Programme in Kakuma, Turkana County, Kenya.

## **1.2 Statement of the problem**

Among many developing countries, people have suffered from extreme hunger while others have succumbed to death notwithstanding the combined governments' and international humanitarian agencies' efforts to fund and support interventions intended to reverse the situation. For example, approximately 925 million people around the world were undernourished in the year 2010 (FAO, 2011). Efforts of countries working towards reducing hunger and extreme poverty have not been fruitful in some countries.

The Kenyan government has endeavoured to implement interventions to fight hunger. In addition, Non-Governmental Organizations and WFP-the food assistance arm of the United Nations, have been implementing food assistance programmes, including Food Assistance for Assets in Kakuma among other regions in Kenya. Kakuma in Turkana County, Kenya has been a beneficiary of mitigating famine strategies especially the Food Assistance for Assets programme funded by WFP and implemented jointly by the Kenyan Government, WFP, and Turkana Rehabilitation Programme (TRP). This strategy has been used to help the drought-affected population in the entire Turkana County.

Generally, the Food Assistance for Assets Programme has been viewed as an important intervention since it does not only meet the dietary requirements of individuals but also helps vulnerable populations address future food needs, while building their resilience and strengthening their livelihoods. However, there has been a growing concern that the expected outcome of the intervention is never achieved as evidenced by the persistent vulnerability of the affected populations, for example, majority of the targeted beneficiaries in Kakuma still live in hunger and poverty despite being in the programme for over five years. It was in view of this that the researcher felt the need to look into the possible factors that influence the sustainability of food assistance programmes and especially the Food Assistance for Assets programme.

## **1.3 Purpose of the Study**

This study's purpose was to determine the factors which influence the sustainability of Food Assistance Programmes: A Case of Food Assistance for Assets Programme in Kakuma, Turkana County, Kenya.

### **1.4 Objectives of the study**

The study was driven by the following objectives;

- i. To examine how demographic characteristics of beneficiaries influence the sustainability of Food Assistance for Assets Programmes.
- ii. To determine the level to which weather conditions influence the sustainability of Food Assistance for Assets Programmes.
- iii. To assess how beneficiaries' participation influences the sustainability of Food Assistance for Assets Programmes.
- iv. To establish the extent to which capacity building of beneficiaries influences the sustainability of Food Assistance for Assets Programmes.

### **1.5 Research Questions**

The research was intended to give answers to the following questions;

- i. How do demographic characteristics of beneficiaries influence the sustainability of Food Assistance for Assets Programmes?
- ii. To what level do weather conditions influence the sustainability of Food Assistance for Assets Programmes?
- iii. How does beneficiary participation influence the sustainability of Food Assistance for Assets Programmes?
- iv. To what extent does capacity building of beneficiaries influence the sustainability of Food Assistance for Assets Programmes?

### **1.6 Research Hypotheses**

The research proposed to test the following hypotheses:

- i. **H<sub>1</sub>**; Demographic characteristics have an influence on the sustainability of Food Assistance for Assets Programmes.
- ii. **H<sub>2</sub>**; Weather conditions have a significant influence on the sustainability of Food Assistance for Assets Programmes
- iii. **H<sub>3</sub>**; Beneficiaries participation has a significant influence on the sustainability of Food Assistance for Assets Programmes.
- iv. **H<sub>4</sub>**; Capacity building of beneficiaries has a significant influence on the sustainability of Food Assistance for Assets Programmes.

### **1.7 Significance of the study**

The findings of the study were expected to assist humanitarian agencies to formulate and implement strategies that will ensure effective program implementation and their sustainability. To document the factors that influence the sustainability of food assistance programmes so that key assumptions of the programmes can be redefined to ensure sustainability. The study findings were also anticipated to provide important lessons learnt to enable humanitarian agencies to factor in when designing and implementing food assistance programmes. The research also hoped to promote stakeholders' commitment through active participation in activities geared towards the realization of sustainable food assistance programmes.

### **1.8 Basic Assumptions of the Study**

The research assumed that respondents would be available and willing to give correct, honest and unbiased responses. The study also assumed that it would be completed within the scheduled time without interruptions. It was also assumed that the study variables would apply to this particular research.

### **1.9 Limitations of the Study**

Kakuma is purely arid with harsh climatic conditions and poor infrastructure, which hinder accessibility to all respondents in good time; it was also time consuming and exhausting. To overcome this challenge, the researcher focused on interviewing informants that were present only in the research area at the time of the study.

The researcher also encountered informants who were uncooperative due to suspicion of the real motives of the researcher. However, the researcher cleared doubts beforehand by obtaining consent to carry out the study and also assuring the respondents of confidentiality. The researcher was also transparent and maintained a higher degree of integrity concerning the purpose of the study and the way was conducted. Another limiting factor of the study was the language barrier because of the high illiteracy levels in the area. To counter this challenge, the researcher used interpreters from the local area who understand and speak the local languages.

### **1.10 Delimitations of the Study**

The research sought to establish the factors influencing the sustainability of food assistance programmes among the Food Assistance for Assets programme beneficiaries which target the poor and vulnerable population in Kakuma. The area was selected due to its extreme climatic

conditions, prolonged droughts, and the fact that the FFA programme has been implemented in the area for several years, yet food insecurity has remained a challenge and poverty levels have remained high.

Kakuma was also chosen due to its proximity to the researcher-the researcher who works in the area. Further, the researcher was also popular to the beneficiaries of the programme in the area, and also familiar with the geography of the area. The study focused on collecting data on the factors that directly or indirectly influence the sustainability of food assistance programmes among the Food Assistance for Assets programme beneficiaries in Kakuma, Turkana County. Research data was collected from the Food Assistance for Assets programme beneficiaries since it was believed that they have key information on the factors that influence implementation and the sustainability of the programme in the area. Open and closed-ended questions were used for data collection so as to allow informants to respond in their own words and also have adequate time to give well thought out answers.

### **1.11 Definition of significant terms**

**Food Assistance for Assets:** An approach where people receive food or cash-based transfers to meet their immediate food needs, while they build or improve assets, such as constructing a road or rehabilitating degraded land, that will improve their livelihoods by creating healthier natural environments, reducing shock risks and impact, increasing food production, and enhancing resilience to natural disasters.

**Vulnerability:** The inability (of the community members) to cope with disasters such as drought as a result of their economic situations.

**Sustainability:** The ability to assistance programmes to be maintained longterm while meeting the needs of affected populations.

**Demographic Characteristics:** Refers to statistical data about the features of a population, e.g. gender, age, education level and income of the people within the population.

**Stakeholder participation:** The mechanism through which an entity involves people who may be affected by the decisions it makes or can influence the execution of its decisions.



### **1.12 Organization of the Study**

This research project report comprises five chapters. The first chapter focused on introduction and covered the study background, statement of the problem, the study purpose, objectives of the research, research questions, research hypotheses, the study significance, basic assumptions of the study, the study limitations, and delimitation, definitions of significant terms used in the study and organization of the study. The second chapter covered the literature review, where the researcher reviewed the relevant studies concerning the topic of study. The third covered the research methodology which includes research design, target population, sample size and sampling procedure, research instruments, reliability and validity of the instruments, data collection procedure, data analysis techniques, ethical considerations and the definition of variables. Chapter four of this study covered data analysis, presentation and interpretations while chapter five covered a summary of findings, discussions, conclusions and recommendations of the same.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.1 Introduction**

This chapter contains information on literature that was reviewed by past researchers, and that was relevant to the study. This assisted the researcher to develop new knowledge from the identified gaps in the literature reviewed. The independent variables of the study were discussed as well as their influence on the sustainability of food assistance programmes among the food assistance for assets programme beneficiaries within the study area. A conceptual framework was also used to demonstrate the correlation between the dependent variable and the independent variables.

#### **2.2 Sustainability of food assistance programs**

Every project is undertaken with the aim of seeing it overcome the test of time and all vagaries of nature among other limiting factors. Sustainability depends on a balance between the availability of resources and their use; so as to maintain any project or undertaking at a certain level without the depletion of any of the sustaining resources of the project or the project suffering from premature deaths. As put forward by Gray et al. (2019), the ability of a program to exist constantly, is fundamentally influenced by the levels of ownership of the program by the local community and that of involvement of the same community in the whole process (Allen et al, 2007).

Devereux et al (1999) opine that the sustainability of the food assistance programs is majorly dictated by how much the local community is involved from the onset to its completion. So many assets that were sincerely deemed beneficial to the local community have suffered from the devil of disruption and ultimate collapse because either the local community was not fully involved from the start or it was somehow disregarded at some stage. The beneficiaries usually participate in these programs on a voluntary basis and as such if they feel like being dropped from the implementation of the program, they chose to abandon them. In other cases, the needed resources such as land are mainly donated by members of the benefiting communities (PCI, 2014). With this in mind, therefore, the donors feel a sense of entitlement, and in the event that they are not consulted or dropped, some retract their donated resources such as land because they feel like having been shortchanged. Instances such as these affect the programs in the long run (Madlavu et al, 1993).

Less involvement of the local community many a time leads to less ownership of the projects by the beneficiaries. No project or the established assets is bound to exist for decades if the local communities do not take the assets as theirs so as to protect them. If WFP and other humanitarian organizations do not instil a sense of ownership into the local people, then many of their programs are either bound to face obstacles midway or total collapse after completion (Gray et al, 2019). Their continuity days and years after handing over of the assets to the local communities is influenced by how the same people take and understand the project: is it there to help alleviate their living standards and therefore the need for the people to protect it or it is there just because it was imposed on them by the humanitarian organization undertaking it (Christen, 2010)?

Ownership dictates the level of care that the people will exhibit towards the project. The people are well known to create for themselves alternative uses of the established assets because the eyes of the benefactors are not upon them. Water pans for animal use have seen humans encroach them and use the water for their own home use because they do not see the essence of it all; which basically erupts from the fact that they do not fully feel that they own the pans (Mbithi, 2000).

Ownership has also affected the replication of the program to the beneficiaries' households. The goal of many of the Food assistance programs is to see that the pilot programs are replicated on a large scale by the beneficiaries so as to add to the assets (Udoh, 2012). Many a time, the programs collapse on completion of the pilot projects because the people do not take the initiative to carry out these projects in their households independently. This fact is also affected to some extent by the literacy levels of the people (Basse et al, 2013). The less educated either, formally or non-formally, the people are the high chances that the project will remain at the pilot stage because of fear due to lack of enough education or the absence of initiative due to lack of ownership of the project. If the people see no meaning in carrying out the project, then sustainability a peak on a steep hill to reach, let alone to maintain (Mbithi, 2000).

### **2.2.1 Influence of Demographic Characteristics of Beneficiaries on the sustainability of food assistance programmes**

In general, most food assistance programmes have focused on women and the gendered nature of work. The researcher aimed to investigate whether involving women in the implementation

of the Food Assistance for Assets programme would help achieve sustainability as noted by Ponttier (1998) that it is essential for women and youth to participate in projects which have a profound impact on their lives.

Education is one of the essential tools for the development of appropriate skills, knowledge and attitudes. Education forms the pillar for developing innovation and technology, which are vital in the implementation of humanitarian initiatives such as food assistance programmes. Lack of education limits accesses to information, denying people the opportunity to attain development as a result of poor implementation of humanitarian interventions such as the Food Assistance for Assets programmes. Provision of education will enhance the community members' capacity to participate in development projects, thus contributing to sustainability. Education among the heads of households could lead to knowledge of the potential benefits of modernizing agriculture through technological input, reading and understanding information, reading instructions on fertilizer and/or chemical packs, and diversifying household income, which could in effect increase household food supply. (Kidane (2006).

A study by Michelle, (2006) in Senegal, reported that non-formal education plays a key role in fostering community involvement in community project implementation, although the utilization of non-formal education had largely been ignored. The study also found that those with non-formal education were more likely to belong to a community organization than those without education at all, vie for and hold leadership positions with the local institution, attend local organizational meetings at least occasionally, speak out in meetings and get together with others to raise an issue.

Education levels among food assistance programme beneficiaries can influence their level of participation in decision making as well as the implementation processes which affects the outcomes. Education qualification can also determine the capacity of individuals to explore and exploit alternative innovations and technologies with the potential to boost their development. Food Assistance for Assets programme in Kakuma targets members from the host community who are poor, food insecure and vulnerable; most of whom have not attained any form of education or have very low education, hence high illiteracy levels among the target beneficiaries. It's against this that the researcher intends to find out whether or not improving education among the disadvantaged communities would contribute to the achievement of sustainable food assistance programmes through the successful implementation of the Food Assistance for Assets programme.

Family size and age distribution affect the execution of projects and their sustainability. The elderly may be challenged when it comes to participating in physical project activities as opposed to the young and energetic members of the community. Similarly, in as much as a large family size can mean availability of labour, it is also disadvantageous when it comes to the amount of food and other resources needed to support it, (Author, 2014). In Zimbabwe, age distribution played a major role in determining labour distribution, and those households with more members adopted fish farming projects introduced by the government as a means of improving food security within the community (Jimmie (2005).

Population dynamics enhance every aspect of human, social and economic development. Demographic experts should thus analyse population trends with a view to developing guidelines for policy and decision-makers who can then use it to plan for current and future food security interventions (Barrett, 2002). The 2009 census in Kenya depicts a habitation of about 860,000 people, making Turkana sparsely populated. Approximately 14.2% of the total population lives in the urban areas of the county while the other percentage resides in the rural areas (Kenya Food Security Steering Group, 2011). These numbers are projected to increase by at least 2.3% by the next national population census. Education, on the other hand, plays a vital role in personal and social development through the reduction in ignorance, poverty, oppression, exclusion and war (Michelle, 2006).

### **2.2.2 Influence of Weather Conditions on the sustainability of food assistance programmes**

Weather conditions play a vital role in the implementation and success of agricultural projects. Extreme weather conditions can affect the resilience of the food chain by destroying soil, thereby reducing crop yield (Kenya Food Security Steering Group, 2011). Agriculture-based livelihood projects face an immediate risk of crop failure, pests and diseases, and loss of livestock. People living in drylands are at greatest risk, and the first to be affected are those who are already vulnerable and food insecure.

The absence of rains for long periods poses a great challenge in the successful implementation of agricultural projects since many of them depend on the availability of rainfall. Furthermore, many crops have annual cycles, and yields change with climate, especially temperature and rainfall. Maintaining food supply continuity when production is seasonal is, therefore, a big

challenge. Floods and droughts are a particular challenge to the implementation and sustainability of rain-dependent projects (Devereux et al, 1999).

Extreme weather conditions destroy livelihoods resources which food assistance programmes, such as Food Assistance for Assets try to rebuild and protect, especially during emergencies. Based on this information, the researcher intended to investigate whether or not prevailing weather conditions have an influence on the sustainability of Food assistance programmes where most of the projects depend on rainfall, (FAO, 2008).

### **2.2.3 Influence of Beneficiaries' Participation on the Sustainability of food assistance programmes**

Participation is a mechanism by which stakeholders influence and share control over development interventions, and the decisions and resources that affect them (World Bank, 1994). Participation is further defined by Bhatnagar and Williams 1992, as a function of information that allows people to share a vision of development, make choices and manage activities.

Various food assistance programmes have failed to meet their long-term goals because of poor organization and strategies for implementation. Kerote (2007) revealed that relevant field methodologies calling for effective management of funds have not been adequate to allow maximum local resource utilization. He also noted that essential components of project implementation, project identification, monitoring and evaluation have not been fully managed by the constituency committees. Schübeler (1996) states that participatory relationships are voluntary, and their effectiveness depends on the conviction of stakeholders that the process is in their interest. Community members must, therefore, be allowed to use their own opinions and beliefs to address the issues which prevail in their community. Participation must be considered in decision-making, implementation and maintenance and evaluating successes and failures (Lane, 1995).

World Vision, (2009) states that participation in relief and development projects facilitates fostering of a sense of organization with the view of increasing control of the public utilities by the community. Kumar, (2002) has argued that people's participation can improve efficiency, effectiveness, self-reliance, coverage and sustainability of development projects and programs. Isham et al. 1995 assert that increasing participation of beneficiaries in community

water projects directly causes better project outcomes. He argues that where local people take part in decision making at all the stages of the project cycle, participation will be high, and the best results will follow. Heck, (2003) Further affirms this when he says that in participatory development, it's expected that the beneficiaries contribute to the planning of the project or Programme, participate in its implementation, monitoring and evaluation as well as share its full benefits. As a result, wide arrays of participatory approaches and methodologies have been developed to ensure that participation is incorporated into the development. This approaches and methodologies have been incorporated in varied organizations; from the multinational organizations to the smallest organizations at the community level. When an effective and efficient participatory approach has been put in place in program design and implementation, communities have a true sense of ownership and are therefore are likely to invest considerable time and resources in maintaining the assets that are created (World Vision, 2009).

Some of the factors that impact the nature and quality of the actor's participation may include the participation style, relationships, information sharing and interaction. For example, local stakeholders with negative relationships with other stakeholders participate less frequently as compared to those with a positive relationship. According to Anyanwu (1992), Conventional Community participation has, however, been faulted for its limitation in the technical capacity as well as the fact that it assumes that communities are composed of people with homogenous characteristics and that is static. It is argued that conventional participation does not put into considerations a community's power dynamics, which may cause the decisions of an already powerful group to prevail at the expense of the marginalized (Cooke, 2001).

Participation as a theme has been suggested from two perspectives where one school of thought describes participation as a means as well as an end. In the former school of thought, participation is viewed as a way of achieving some important objective where resources are harnessed to achieve the development objectives that have been set. On the other hand, participation as an end focuses on empowering the communities so that they can be in charge of their own development objective, here participation is seen as a way of empowering the individuals with the skills, knowledge and experiences that are necessary (Hardina, 2003).

Participation can also be considered from a weak or strong dimension where weak participation involves informing and consulting while strong participation consists of involving partnership and control according to Hardina (2003). Neither of the levels of participation in the continuum can be deemed to be better than the other since different levels at the continuum are useful at

different development times and contexts (Wilcox, 1994). Several approaches to encourage participation in development have been used, and they define participation of beneficiaries at different levels: Induced involvement; this is where the strategy for the project is already predetermined, and the intended project participants are expected to carry out certain participatory activities in order to benefit from the project. Participation may range from the contribution of labour to the contribution of materials that are used in the project (Kumar, 2002).

Transitory mobilization involvement; People get involved in certain temporal tasks for the development of their community, but there is no structural or institutional framework that is set for further involvement. Group formation; the project, in this case, strengthens existing self-help groups and self-run groups through which the community can assess resources, actively participate in planning as well as actively participate in the project (Heck, 2003). To facilitate participation that results in empowerment of the community, (Heck, 2003) indicates that groups and organizations that are self-formed and self-run are appropriate for full participation leading to the empowerment of the poor. Other possible approaches to facilitating community participation include the use of extension officers as the link between the community and the project implementers. The extension facilitates this by providing information on local needs, conducting impact assessment as well as the creation of awareness on roles and responsibilities (Nkunka, 1987).

People's involvement in the implementation of community development projects is a vital element in the development of the rural areas, and it is well attested to in research literature ((Moughalu, 1986; Okafor, 1984; Asnarukhadi & Fariborz, 2009; Udoye, 1992; Udensi, 2012; Udoh, 2012; Ekong, 2010;). Success indicator for the realization of development projects is a high level of citizen involvement that can only be ensured if people's initiative is sufficiently stimulated to inspire enthusiasm and full involvement (Anyanwu, 1992). Sharma (1997) argues that "participation is not regarded as having been committed to any social goals but is regarded as a technique for setting goals, choosing priorities and deciding what resources to commit to goal attainment". The rationale for this is that the possibility of remarkable success is assured when those directly involved are effectively involved in planning and implementation. Piccioto (1992) and Madlavu & Davis (1993) believe that participating is sharing, owning and allowing people to be responsible for their own development, determining their needs and framing their own development strategies and owning the process.



Based on the literature reviewed, participation, therefore, involves getting rural community members to participate actively and responsibly in the analysis of their problems, identifying solutions based on their knowledge and available natural resources, and taking decisions to achieve their development goals. The study, therefore, sought to determine whether the level of participation of beneficiaries influences the sustainability of Food Assistance programmes.

#### **2.2.4 Influence of Capacity Building of Beneficiaries on the Sustainability of Food food assistance programmes**

Capacity building is the ability to effectively, efficiently and sustainably execute functions (United Nations Development Programme-UNDP). According to Hope (2009) Capacity building is seen as enhancing the capacity of individuals and local communities to engage in sustainable activities for positive development, poverty reduction and meeting the Millenium Development Goals (MDGs). Capacity building involves strengthening capacity performance by empowering those most marginalized by giving the community equal opportunities to access resources.

In the execution of food assistance programmes like the Food Assistance for Assets, the beneficiaries need to be able to perform several functions to ensure food availability and access to all. The economic transformation, therefore, focuses on the development of human capital defined as expanding choices and the ability to respond to changes. Neglect of human development would result in failures, and different studies illustrate the value of human capacity development in enabling efficient use of resources and productive farming (Mac Calla, 1999). Therefore, the organization of project stakeholders and beneficiaries, and facilitation of interaction and networking are vital in the successful implementation and sustainability of any development projects. During this process, limitations in skills can be addressed through focused training programs which would enable project beneficiaries to make informed decisions (Sharma, 1997).

According to Jeffrey and Denis, (1997) personnel issues, including recruitment, selection of training is among the common crucial success factors in effective implementation of a project. In many situations, personnel are chosen with less regard for the skills necessary to actively contribute to successful project implementation. Hammord (1979), in his book, has developed a contingency model of the process of project implementation which includes people as a situational variable whose skills, knowledge and abilities have to be considered for the success

of the project. It's also important for the project to be implemented by people with technical skills and with adequate technology to perform their duties. Lack of knowledge and skills has prevented people from completely leveraging recent government agricultural programmes (Shalmali 2006). Policies in supporting small-scale farmers have a similar objective of providing short-term support with long-term structural changes. These, however, cannot be realized without further resources geared to farmer's capacity building in market functioning, gathering information, and general education.

Building community-level functional capacities remain critical in global participatory development strategies. An assessment by the World Bank (2006) showed that in an effort to provide a sustainable platform for future growth in Cambodia, development agencies had adopted an interconnected approach that plays a critical role in building capacity at the local level. This focus reflects the importance of supporting community-level growth and bottom-up development interventions in a primarily rural society that remains largely clustered around the village and where rural-urban ties remain weak. Community Health Workers (CHWs) studies on the implementation of health programs show that in India, such CHWs receive training for approximately three months, while in other countries like Brazil they receive training for approximately six to eight months at the start of their career. (Campos et al., 2004).

In Kenya, a study carried out by Koech (2008) on Kenya Green Growers Projects in Eldama ravine indicates that only facilitators and leaders were given formal education, the other community project implementers were taken through demonstrations because of their low educational levels. Most of the studies done are based on the implementation of organizational and institutional programs, in which the implementers are illiterates, thus a positive correlation between capacity building and program implementation. A study by Ropp (1999) in Malaysia concluded that for teachers to implement the usage of computers, they should be computer literate and thus be given appropriate training in computer usage.

Kenya is in the age of new technology, which is why the author intends to get more knowledge on the adoption and replication of the new technologies and innovations through capacity building for programmes/projects' implementation, and their sustainability.

## **2.3 Theoretical Framework**

This section focuses on the theories supporting sustainability, which include; Economic theories, Ecological theories and Political theories.

### **2.3.1 Economic Theories**

Economic theories suggest that opportunities be sustained, usually in the form of capital. According to the classic definition formulated by the economist Robert Solow, sustainability should be seen as an investment problem in which returns from the use of natural resources must be used to create new opportunities of equal or greater value (Black, 2006). Social spending on the disadvantaged or on protecting the environment, while perhaps justifiable on other grounds removes this investment and thus competes with sustainability commitments. However, the economic model may look different from another view of the capital. If we do not assume that "natural capital" is always interchangeable with financial capital, Herman Daly (1996) and other ecological economic advocates argue, then sustaining opportunities for the future requires strong conservation measures to preserve ecological goods and keep economies operating within natural boundaries. These considerations are complementary to an ecological model.

From a different perspective of the relationship between opportunity and capital, expenditure on the poor could be seen as a kind of future investment. According to the dictum "Development as Liberty" (1999) of economist Amartya Sen, we are creating options for the future by creating options for the poor of today because more options will push for greater development. Sustaining opportunities for the future in this political model of sustainability requires investment in today's individual dignity.

### **2.3.2 Ecological Theories**

Ecological Theories suggest that biodiversity and ecological integrity be maintained. That is, they focus directly on the health of the living world rather than focusing on opportunity or capital as the main unit of sustainability (Rolson 1994). There are two main ways within this theory to determine what ecological goods to maintain. Anthropocentrically, essential natural resources should be sustained, as should those ecological systems and regenerative processes on which human systems rely. From an ecocentric viewpoint, species should be sustained for their intrinsic value, as should ecological systems as generators of creatures with intrinsic value. In policy, strong and weak views may converge as noted above (Bureekul, 2000).

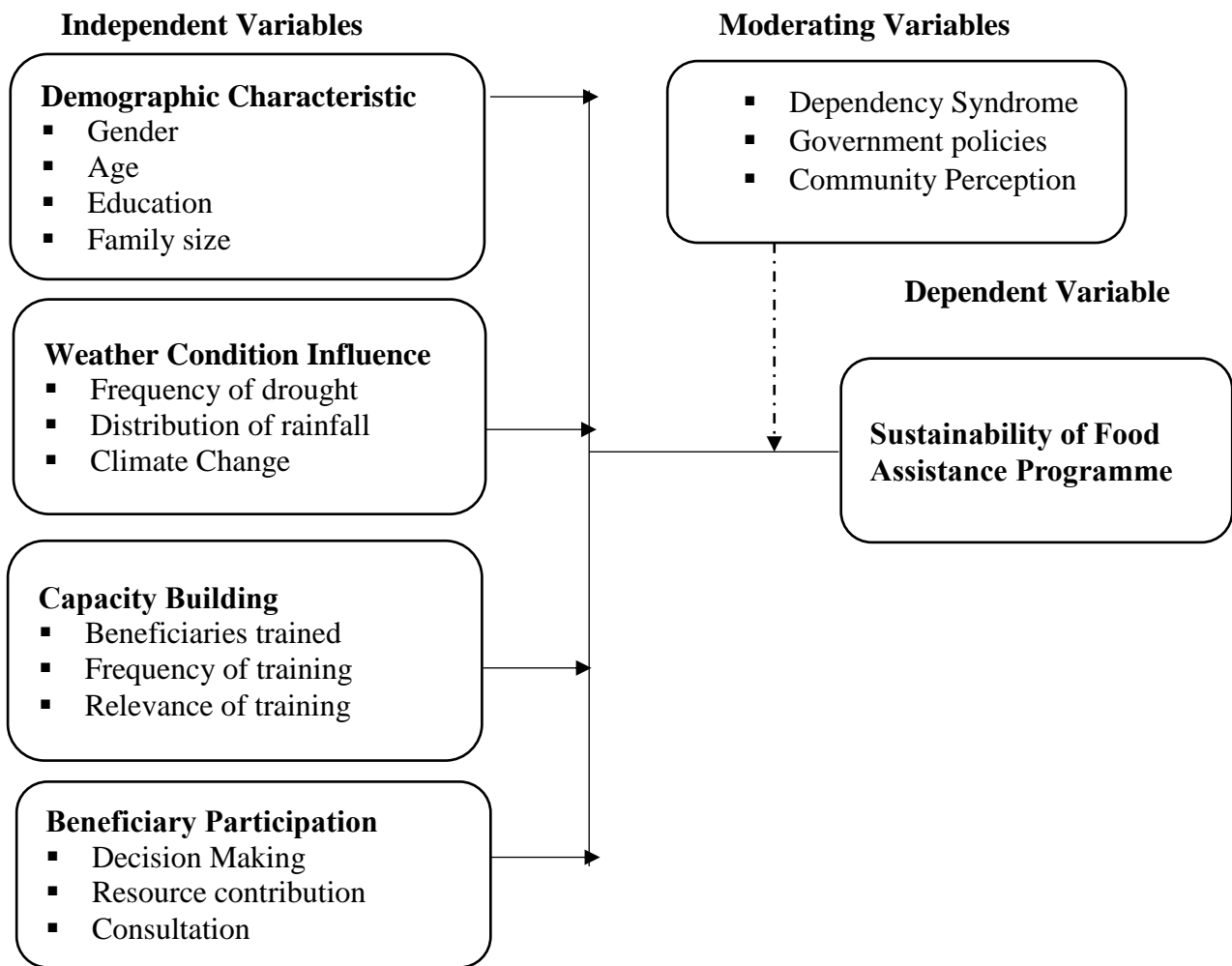
### **2.3.3 Political Theories**

Political theories suggest the preservation of social systems that recognize human dignity. With regard to the manner in which local and global environmental issues jeopardize human dignity,

these ideas focus on sustaining the environmental conditions of human life in its entirety. (Bureekul, 2000). Environmental justice and civic environmentalism are one of the strategies of this theory; they point to the necessary ecological goods or sustainable environmental management schemes by focusing on environmental threats to human life (see Ageyman 2005). Other strategies within this model include more substantive visions of the human good, such as agrarianism or deep ecology. Ultimately, these models recommend that the cultural conditions necessary for ecological personality, civic identity or even personal faith be sustained through ecological membership (Plumwood 2002, Wirzba 2003). A branch of the political model takes a pragmatic approach and argues that we need to preserve the conditions to hold the sustainability debate open. In this view, to sustain a political system of deliberative democracy requires sustaining ecological and economic resources along with political goods such as procedural rights.

#### **2.4 Conceptual Framework**

A conceptual framework is a hypothetical model that identifies the relationships of the concepts under study (Mugenda & Mugenda 2003). A conceptual framework shows how the researcher conceptualized the relationship between the independent and the dependent variables and other variables in a diagrammatic form. The study generated a conceptual framework as indicated in Figure 1, which indicates the correlation between Independent and Dependent Variables.



**Fig. 1 Conceptual Framework**

In figure 1, the Sustainability of Food Assistance Programme, on the right side, represents the dependent variable which is influenced by the independent variables on the left side of the framework. Education level will impact the implementation of community development projects as well as their sustainability because it forms the foundation for developing innovation and technology which are key in the implementation of development and humanitarian initiatives such as food assistance for assets programmes. A study conducted by Saara (2005) notes that education is critical in project implementation.

Weather conditions, especially drought, influence the implementation and sustainability of Food Assistance for Assets Programmes. Evidence shows that more frequent and more intense extreme weather events (floods, heat and cold waves, severe storms, droughts), rising sea levels and growing anomalies in seasonal rainfall patterns already have an immediate impact not only on food production but also on food distribution systems, the incidence of food shortages, livelihood resources and human health both in rural and urban areas (FAO, 2008).

Beneficiary participation explains how the target beneficiaries are responding to the programme and their faith in the project, donors and programme staff which limits or increases their commitment and ownership of the programmes' outcomes, thus affecting sustainability. As noted by Umesi (2005), it is the intended beneficiaries ' participation that can lead to the sustainability of community projects.

The number, relevance and frequency of training play a major role in ensuring that beneficiaries participate fully in the implementation of the Food Assistance for Assets programme. Adoption and replication of the same also require some degree of technical knowledge (Gan, 2001). Training empowers the beneficiaries and increases their capacity to perform and make key decisions and choices regarding the implementation and maintenance of the programme. Capacity building increases one's knowledge and skills, thus influencing how projects are going to be implemented and sustained for the desired goal of sustainable food assistance programmes to be realized (Michelle, 2006).

Therefore, the presence or absence of the independent variables on the left side will definitely have a positive or negative impact on the dependent variable on the right side of the conceptual framework. As well, the level of the independent variables will influence the level at which the Food Assistance for Assets programme is implemented and outcomes sustained.

## 2.5 Knowledge Gaps

Table 1 shows the literature reviewed, the knowledge gaps, and focus of the current study.

**Table 1: Knowledge gaps**

<b>Study Variable</b>	<b>Author (Year)</b>	<b>Findings and Conclusions</b>	<b>Knowledge gap</b>	<b>The focus of the current study</b>
Influence of demographic characteristics of beneficiaries on the sustainability of food assistance programmes	Jimmie (2005)	Households with more members contributed adequate labour for fish farming projects	The study did not investigate whether large family size could negatively influence the sustainability of the projects	To investigate how family size influences the sustainability of food assistance programs
Influence of weather conditions on the sustainability of Food Assistance Programmes	Millennium Assessment Report (2005)	Forested and mountainous ecosystems are more likely to produce more food crops than flat and open arable land such as the coastal ecosystems	The study did not establish whether the amount and distribution of rainfall affected crop production	To establish how the amount and distribution of rainfall affects agricultural production, as most of the food assistance programs are agricultural-based
Influence of beneficiaries' participation in the sustainability of Food Assistance Programmes	Gray et al. (2019)	The ability of a program to exist constantly is fundamentally influenced by the levels of	The study did not show whether the involvement level of community members in	To establish how participation/involvement of beneficiaries in the food assistance program affects the sustainability of these programs

		ownership of the program by the local community	programs determined the level of ownership	
Influence of capacity building of beneficiaries on the sustainability of Food Assistance Programmes	Shalmali (2006)	Lack of knowledge and skills have prevented people from making full use of recent agricultural programs of the government	The study failed to establish whether the type and frequency of training of program stakeholders determine their capacity to implement development programs successfully	To investigate whether the frequency and type of stakeholder training/capacity building affects the sustainability of food assistance programs

## 2.6 Summary of Literature Review

The researcher reviewed and analyzed different kinds of literature on a similar study and noted that education is key and very necessary for any development to be realized since it forms the pillars of innovation and technology necessary for the implementation of humanitarian programmes (Kidane, 2006). The studies also revealed that both formal and non-formal education influence the implementation of community projects, as reported by Michelle (2006).

As far as family size and age are concerned, Jimmiel, (2005) reported that age distribution in Zimbabwe played a major role in the determination of labour distribution and those households with more members adopted fish farming projects introduced by the government as a means of improving food security within the community. `

Weather affects agricultural productivity, more so, crop production as this is dependent on the amount of precipitation and other factors associated with it, such temperature, among others.



As such, most of the arid and semi-arid areas in Kenya have experienced a lot of droughts, and sometimes ragging floods, hence low production levels leading to perennial hunger and starvation (FAO, 2008). The literature reviewed also showed that forested and mountainous ecosystems are more likely to produce more food crops than flat and open arable land such as the coastal ecosystems, (Millennium Assessment Report, 2005).

The researcher also learnt that the participation of the target population is very crucial. First, the affected group knows itself better than any other person and need to be involved in making choices and decisions affecting them, directly or indirectly. Everybody would need to be convinced that the project will/are addressing their interests, and this calls for their full and meaningful involvement throughout the whole project management cycle. However, some projects ignore this fact, Lane (1995). However, there are factors which affect the level of beneficiaries' participation, such as the existing relationships between the implementers and beneficiaries, and their interactions as well as information sharing.

Finally, the target group is made up of very resourceful individuals although they have capacity weaknesses and gaps which need to be strengthened for them to be able to participate and cause the desired changes in the community optimally. Projects need to consider and empower the most marginalized and vulnerable, thus encouraging sustainability (Mac Calla, 1999).

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.1 Introduction**

This chapter aimed primarily at presenting a summary of the research methodology used in this study. Among the areas covered include; the research design used, the target population studied, the sample size and sampling procedure applied, data collection methods, data collection instruments and data collection procedure used. Also, it examines the validity and reliability of the tools used in data collection as well as data analysis and presentation procedures. The ethical considerations and operational definition of variables are also discussed in this chapter.

#### **3.2 Research Design**

This research employed a descriptive survey design. A survey is a way to gather information about a group of people's characteristics, actions or opinions. It assists in describing data and features about a population and the phenomenon being studied, Best (2004). This design was appropriate for the research as it enabled the collection of data from the sample on the factors influencing the sustainability of the Food Assistance for Assets programme. In addition to this, it allowed the study to observe and draw conclusions from the manipulation of the independent variables while keeping the resultant effects on the dependent variable; this was the main objective of conducting the research.

#### **3.3 Target Population**

Mugenda and Mugenda (2003) identified the target population as the whole group in which a researcher is interested or the group on which the researcher would like to draw a conclusion. The target population used in this research was drawn from key stakeholders who are directly involved in the FFA Program. This was in Kakuma Ward of Turkana West Constituency, Turkana County. The composition of the respondents was drawn from 2 Managers from the World Food Programme, 2 Managers from Turkana Rehabilitation Program-TRP, 200 Beneficiaries, 2 Chiefs and 50 Community Leaders.

#### **3.4 Sample Size and Sampling Procedure**

Under this section, the procedure that was used to determine the sample size from the target population and from which data was collected is presented. Further, this section describes the sampling techniques used in selecting individuals that were included as the subjects of the study sample.

### 3.4.1 Sample size

A sample in a research study is a group on which information is gathered (Frankel 2000). The idea of sampling is that we can conclude the entire community by selecting some of the elements in a population (Cooper 2006). The researcher purposively chose 2 WFP Managers, 2 Managers from Turkana Rehabilitation Programme, and 2 Chiefs. The researcher also chose randomly, 20 % of the Total beneficiaries (200) and Community leaders (50); this brought a total of 56 Respondents.

### 3.4.2 Sampling Procedure

Purposive sampling and specific strata of interest were drawn at 20%.

**Table 2: Sample size distribution table**

Participants	Target Population	Purposive/%	Sample Size
1) WFP Managers	N/A	02	02
2) TRP Managers	N/A	02	02
3) Chiefs	N/A	02	02
4) Beneficiaries	200	200 x 0.2	40
5) Community Leaders	50	50 x 0.2	10
<b>Totals</b>	<b>256</b>	<b>N/A</b>	<b>56</b>

### 3.5 Data Collection Methods

These are the instruments used for data collection from the respondents on the topic under research (Creswell, 2003). The researcher used questionnaires to collect the data for analysis. According to Mugenda and Mugenda (2003), a questionnaire is a list of standard questions that are designed for a particular inquiry. Questionnaires were issued to all the respondents as sampled from the target population. For respondents who were unable to read and write, questionnaires were administered through interview. The questionnaires contained both closed and open-ended questions to enable the respondents to give in-depth information.

#### 3.5.1 Pilot Testing of Instruments

Pilot testing involves the pre-testing of the tools to determine their validity and reliability. According to Orodho (2004), pilot testing is a smaller version of more extensive research conducted to prepare for the research or to field test the survey to provide the design rationale. The researcher tested the instruments by targeting a small group of the program beneficiaries from an area not under this study, but from within the same county, and then made the necessary adjustments on the instruments as per the pre-test's experiences. According to

Mugenda and Mugenda (2003), a pre-test sample of 10% of the research sample is adequate to pilot the research tools, based on these guidelines, the researcher selected a sample of 10 respondents from Kalobeyei area, for pilot-testing.

### **3.5.2 Validity of the Research Instruments**

The validity of the research instrument determines whether it actually measures what it was intended to measure or how accurate the research results are, (Joppe, 2000). In this study, the researcher determined the validity of the instruments by conducting a pilot test of the questionnaire by administering it to 10 Food Assistance for Assets programme beneficiaries.

### **3.5.3 Reliability of Research Instruments**

Reliability is the degree to which findings are consistent over time and an accurate representation of the total population being studied. In other words, if the findings of the research can be replicated using a similar approach, the research tool is considered reliable (Joppe, 2000). This is confirmed by Leedy (2000) who describes reliability as the accuracy of the measuring instrument, so that, apart from providing accurate results, the measuring instrument must consistently deliver similar results after repeated testing. The researcher used the test-retest technique to measure the degree of reliability of the instruments; this was done at two different times during the pilot-testing. The researcher administered 50% of the questionnaires to the target group of randomly selected individuals and the other 50% to individuals chosen from the larger group of beneficiaries one week later. The results obtained were similar, which indicated that the research instruments were reliable. The coefficient of reliability was 0.8.

### **3.6 Data collection procedure**

The researcher used both primary and secondary sources of data. Questionnaires were distributed to all research respondents through the help of experts from WFP who are Key stakeholders of the Programme. This ensured proper data triangulation with a primary focus on the proposed objective and how the data was to be analyzed. The researcher engaged a research assistant to give support on the technical areas more importantly, on purpose, objectives and other administration duties more to the research instruments.

### **3.7 Data Analysis**

Data were summarized and presented in cross-tabulation, percentages and frequency tables. This research relied on both quantitative and qualitative analysis techniques, all data collected were coded and arranged according to the research topics. Qualitative methods were involved

in describing the characteristics of data, classifying them and then making connections to make general statements while quantitative analysis techniques were used in coding data and frequency tables drawn. Statistical Package for Social Sciences (SPSS) was used to describe the association between the independent and the dependent variables. Chi-square test was used for hypotheses testing.

### **3.8 Ethical Consideration**

The researcher put into consideration several ethical issues during the study, among them; seeking and obtaining permission from the authorities concerned in the country and within the county prior to conducting interviews with the programme beneficiaries in the area of study. Throughout the study, the researcher sought the consent of the interviewees and where they were not comfortable to be quote or recorded in the study, an agreement was reached not to record or capture their personal information. Sources of all secondary materials in this study were provided while quotes from individual respondents and their names concealed for confidentiality.

### 3.9 Operational Definition of Variables

<b>Objectives</b>	<b>Variables</b>	<b>Indicators</b>	<b>Scale</b>	<b>Instruments to be used</b>
Examine how demographic characteristics of beneficiaries influence the sustainability of Food Assistance Programmes	Independent Demographic Characteristic	Gender Age Education Family size	Ordinary	Questionnaires/Interview
Investigate the level to which weather conditions influence the sustainability of Food Assistance Programmes	Independent Weather Condition	Frequency of drought Distribution of rainfall Climate Change	Ordinary	Questionnaires/Observation
Assess how beneficiaries' participation influences the sustainability of Food Assistance Programmes.	Independent Beneficiaries Participation	Decision Making Resource contribution Consultation	Ordinary	Questionnaires/Interview
Determine the extent to which capacity building of beneficiaries influences the sustainability of Food Assistance Programmes.	Independent Capacity Building	Beneficiaries trained Frequency of training Relevance of training	Ordinary	Questionnaires/Interview

## CHAPTER FOUR

### DATA ANALYSIS, PRESENTATIONS AND INTERPRETATIONS

#### 4.1 Introduction

This chapter provides analyses, presentation and interpretation of the data collected from the study beneficiaries implementing the Food Assistance Program. Information collected was on the demographic characteristics of 40 program beneficiaries that covered gender, age, family size and education levels of the program beneficiaries; income levels; weather conditions; beneficiary participation and capacity building. Other respondents included 2 WFP Program Managers, 2 TRP Managers, 2 Chiefs and ten community leaders.

#### 4.2 Questionnaire Return Rate

The study used a sample size of 40 respondents (beneficiaries) from the target population, and all the 40 questionnaires were completed and returned. This was 100% of all questionnaires administered, which met the requirement as per Frankel and Wallen (2004), who noted that a response rate of more than 95 per cent of respondents can adequately represent the sample of the study and provide adequate information for the study analysis and, consequently, the conclusion and recommendations.

**Table 4.1: Questionnaire Return Rate**

<b>Questionnaires issued</b>	<b>Questionnaires returned</b>	<b>% of questionnaire returned</b>
40	40	100

#### 4.3 Influence of Demographic Characteristics of the Respondents on the Sustainability Food Assistance Program

One of the research objectives was to examine the impact of demographic characteristics of the beneficiaries on the sustainability of the Food Assistance Program. In order to establish the influence of demographic characteristics of the respondents, the study obtained responses on age, gender, family size and education qualification of the beneficiaries.

### 4.3.1 Gender of Respondents

In order to establish the composition of the program beneficiaries by gender, the study asked the respondents to indicate their gender groups and the responses were analysed in table 4.1.

**Table 3.2: Gender of Respondents**

		Frequency	Percent	Valid Percent	Cumulative Percent
Respondent's Gender	Male	4	10	10	10
	Female	36	90	90	100
	Total	40	100	100	

Table 4.2 above shows that out of the 40 respondents interviewed, 36 or 90% were female and only 4 or 10% were male. This indicates that the majority of the program beneficiaries are women.

#### 4.3.1.1 Influence of Gender on the Sustainability of the Food Assistance Program

The researcher wanted to determine whether gender had an impact on the program, and the responses from the beneficiaries were as follows:

**Table 4.3: Influence of gender on the program**

		Frequency	Percent	Valid Percent	Cumulative Percent
Gender Influence	Weak Positive	9	22.5	22.5	22.5
	strong Positive	12	30	30	52.5
	Weak Negative	9	22.5	22.5	75
	Strong Negative	10	25	25	100
	Total	40	100	100	

Table 4.3 above shows the study findings on the influence of gender of the beneficiaries as per the respondents were out of 40; 9 said that gender had a “weak positive” influence; 12 said the influence was “strong positive”; 9 said gender’s influence on the program was “weak negative” and the remaining 10 said the influence was “strong negative”. In other words, 21 (or 52.5%) of the respondents agreed that gender of the beneficiaries had a positive influence on the sustainability of the program while 19 (or 47.5%) disagreed with that opinion.

### 4.3.2 Age of Respondents

The study respondents were also asked to give their age details and below are their responses as recorded during the interviews:



**Table 4.4: Age of Respondent**

		Frequency	Percent	Valid Percent	Cumulative Percent
Age of respondent	19 -30	21	52.5	52.5	52.5
	31 - 40	12	30	30	82.5
	41 and above	7	17.5	17.5	100
	Total	40	100	100	

As indicated in table 4.4, the study respondents who were the program beneficiaries' ages were: 21 or 52.5% of the respondents were aged between 19-30 years; 12 or 30% of the respondents were aged between 31 and 40 years while 7, which was equivalent to 17.5% were aged between 41 years and above.

#### 4.3.2.1 Age Influence on the Program Sustainability

The study findings on the influence of age on the sustainability of the program were recorded and tabulated as follows:

**Table 4.5: Age Influence of Program Sustainability**

		Frequency	Percent	Valid Percent	Cumulative Percent
Age Influence	Weak Positive	5	12.5	12.5	12.5
	Strong Positive	31	77.5	77.5	90
	Weak Negative	3	7.5	7.5	97.5
	Strong Negative	1	2.5	2.5	100
	Total	40	100	100	

According to Table 4.5 above, most of the respondents at 77.5% indicated that age had a strong positive influence, while 12.5% said the influence was weak positive. Another section of 7.5% of respondents said the influence of age was weak negative, and 2.5% said the influence was strongly negative.

#### 4.3.3 Family Size of Respondent

The researcher asked the respondents to write their family sizes on the questionnaires. This was to help determine the sizes of the households they were representing and to establish further whether this influenced the program's sustainability.

**Table 4.6: Family Size of Respondent**

	Frequency	Percent	Valid Percent	Cumulative Percent
Family size	01-5	7	17.5	17.5
	06-10	22	55	72.5
	11 +	11	27.5	100
	Total	40	100	

As shown in Table 4.6, the respondents of the study were coming from households with different family sizes where 7 or 17.5% had family sizes of between 1 and 5; 22 respondents or 55% of them had family sizes of between 6 and 10, while 11 of them which was equivalent to 27.5% had family sizes of between 11 and above. This can mean the average family size of most households was between 6 and 10.

#### 4.3.3.1 Influence of Family Size on Sustainability of the Food Assistance Program

**Table 4.7: Family size Influence**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Weak Positive	7	17.5	17.5
	Strong Positive	17	42.5	60
	Weak Negative	11	27.5	87.5
	Strong Negative	5	12.5	100
	Total	40	100	

According to this table, seven respondents indicated that the influence of family size on the sustainability of the program was weak positive; 17 of them indicated that it was strong positive; 11 of them said the influence was weak negative and 5 of them said it was strongly negative. In terms of positive versus negative influence, 60% agreed that the influence was positive, while 40% said family size had a negative influence.

#### 4.3.4 Education Level of Respondents

The level of education of the beneficiaries was another factor which was investigated, and the analysis of the respondents' responses was summarised in the table below.

**Table 4.8: Education Level of Respondent**

		Frequency	Percent	Valid Percent	Cumulative Percent
Education Levels	Primary Level	6	15	15	15
	Have never attended any school	34	85	85	100
	Total	40	100	100	

According to table 4.8, the findings showed that only 6 or 15% of the respondents had acquired primary education, and 34 of them or 85% had not attained any formal education at all. None of the respondents had neither secondary nor college levels of education.

#### 4.3.4.1 Influence of Education on Sustainability of Food Assistance Program

The findings under this section were summarised in table 4.8.

**Table 4.9: Influence of Education on Food Assistance Program**

		Frequency	Percent	Valid Percent	Cumulative Percent
Education Influence	Weak Positive	6	15	15	15
	Strong Positive	20	50	50	65
	Weak Negative	8	20	20	85
	Strong Negative	6	15	15	100
	Total	40	100	100	

Out of the 40 respondents, 50% agreed that the education level had a strong positive influence on the sustainability of the program, while 15% said the influence was positive but weak. Other 15% indicated that the influence was strong negative, while 20% said education has a weak negative influence. Note that, earlier, it was shown that only 15% of the beneficiaries had attained a primary education level with the majority of them at 85% with zero education.

#### 4.4 Influence of Weather Conditions on the sustainability of food assistance programmes

Under this variable, the distribution of rainfall, and the frequency of drought were investigated to determine their influence on the sustainability of food assistance programmes.

#### 4.4.1 Influence of Rainfall Amounts on Sustainability of Food Assistance Program

Rainfall was one of the factors under investigation to determine if it had any effect on the sustainability of the program, given that some of the Food for Assets projects were agricultural-based. The findings on rainfall related questions were as indicated in table 4.10.

**Table 4.10: Influence of Rainfall Amounts**

		Frequency	Per cent	Valid Percent	Cumulative Percent
	Strongly Agree	9	22.5	22.5	22.5
	Agree	17	42.5	42.5	65
Influence of rainfall amount	Strongly Disagree	2	5	5	70
	Disagree	11	27.5	27.5	97.5
	Neither Agree nor Disagree	1	2.5	2.5	100
	Total	40	100	100	

The respondents' responses were as indicated on the table with 9 (or 22.5%) strongly agreeing that rainfall amounts had an influence on the projects, 17 (or 42.55%) agreed that there was an influence of rainfall amounts on the projects, 2 (or 5%) strongly disagreed, 11 (or 27.5%) disagreed while 2.5% neither agreed nor disagreed.

#### 4.4.2 Rainfall Distribution Unfavourable for Agriculture

**Table 4.11: Rainfall distribution unfavourable for agriculture**

		Frequency	Percent	Valid Percent	Cumulative Percent
Rainfall distribution affects agriculture	Strongly Agree	20	50	50	50
	Agree	14	35	35	85
	Strongly Disagree	1	2.5	2.5	87.5
	Disagree	4	10	10	97.5
	Neither Agree nor Disagree	1	2.5	2.5	100
	Total	40	100	100	

As per the findings in table 4.11, on whether the respondents agreed that rainfall distribution had an influence on agriculture or not, 20 of them, equivalent to 50% strongly agreed, and 35% of them agreed while 2.5% strongly disagreed and 10% disagreed. There were also 2.5% of them who did not agree nor disagree.

#### 4.4.3 Droughts Responsible for Agricultural Failures

**Table 4.12: Droughts Responsible for Agricultural Failures**

		Frequency	Per cent	Valid Percent	Cumulative Percent
Drought causes agricultural failures	Strongly Agree	20	50	50	50
	Agree	15	37.5	37.5	87.5
	Strongly Disagree	2	5	5	92.5
	Disagree	3	7.5	7.5	100
	Total	40	100	100	

The results in table 4.12 revealed that 50% of the respondents strongly agreed while 37.5% agreed that droughts were responsible for the agricultural failures experienced in the area. There were 5% of them who strongly disagreed and 7.5% disagreed; that drought played any role in the crop failures.

#### 4.4.4 Projects Dependent on Rainfall Ought not to be emphasized

The respondents' opinion on whether they believed that projects which relied on rainfall should not be encouraged during the implementation of the program and the following were their responses.

**Table 4.13: Rainfall-dependent projects should not be emphasized**

		Frequency	Percent	Valid Percent	Cumulative Percent
Abolish rain-fed projects?	Yes	12	30	30	30
	No	25	62.5	62.5	92.5
	No idea	3	7.5	7.5	100
	Total	40	100	100	

According to the respondents, 30% agreed that the rainfall-dependent projects should not be encouraged while 62.5% insisted that rainfall-dependent projects still need to be emphasized in the project area. Other 7.5% of them had no idea or could not tell whether it was important to keep on implementing projects that relied on rainfall.

#### 4.5 Influence of Beneficiaries' Participation on the Sustainability of food assistance programmes.

Beneficiaries' participation was another factor that was investigated to determine its effect on the sustainability of food assistance programmes. The participation was investigated in terms of resource contribution, consultation, interaction, and information provision.

##### 4.5.1 Beneficiaries' Resources Contribution

The researcher wanted to know if there was any sort of contribution from the beneficiaries in the project, and these were their responses, in table 4.14.

**Table 4.14: Resources contributed by the beneficiaries**

	Frequency	Percent	Valid Percent	Cumulative Percent
Labour	21	52.5	52.5	52.5
Ideas	1	2.5	2.5	55
Labour, Land, Money	1	2.5	2.5	57.5
Working implements, ideas	2	5	5	62.5
Labour, Land, Working implements, Ideas	6	15	15	77.5
Labour, Land, Money, Ideas	1	2.5	2.5	80
Labour, Ideas	8	20	20	100
Total	40	100	100	

From the beneficiaries' responses as tabulated above, 52.5% of them said that the beneficiaries' contribution was mostly in the form of labour or manpower while only 2.5% of them indicated that they contributed in ideas. The rest were combinations of resources where 2.5% said they contributed both labour, land and money; 5% of them said that their contribution was in the form of labour, land, working implements and ideas and 2.5% indicating that they contributed labour, land, money and ideas while 20% indicated that their contribution was in the form of labour and ideas.

#### 4.5.2 Beneficiaries' Participation during Implementation through Consultation

**Table 4.15: Beneficiaries Participation by Consultation**

	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Agree	2	5	5	5
Agree	28	70	70	75
Strongly Disagree	1	2.5	2.5	77.5
Disagree	9	22.5	22.5	100
Total	40	100	100	

According to table 4.15, 5% of the respondents strongly agreed that they were consulted on matters to do with the program; 70% of them agreed to be consulted while 2.5% strongly disagreed and 22.5% disagreed to being consulted. From this analysis, the majority of them agreed to be consulted.

### 4.5.3 Beneficiaries Participation through Interaction

**Table 4.16: Beneficiaries Participation through Interaction**

		Frequency	Percent	Valid Percent	Cumulative Percent
	Strongly Agree	9	22.5	22.5	22.5
Participati	Agree	15	37.5	37.5	60
on by	Strongly Disagree	4	10	10	70
interaction	Disagree	12	30	30	100
	Total	40	100	100	

A total of 60% of the respondents agreed that they participate in the program through interactions where 22.5% strongly agreed and 37.5% agreeing. On the other hand, 16 of the beneficiaries disagreed that there was interactive participation – 10% of them strongly disagreeing and 30% of the just disagreeing.

### 4.5.4 Beneficiary Involvement as Recipients of Information

The study also tried to find out whether beneficiaries were not involved, but only treated as recipients of information on what was happening or expected in the project.

**Table 4.17: Beneficiaries are only informed of what is expected**

		Frequency	Per cent	Valid Percent	Cumulative Percent
Beneficiaries	Strongly Agree	19	47.5	47.5	47.5
as	Agree	15	37.5	37.5	85
information	Strongly Disagree	2	5	5	90
recipients	Disagree	4	10	10	100
	Total	40	100	100	

On this question, as per table 4.17, 47.5% strongly agreed and 37.5% just agreed that they were only or mostly informed of what was expected on the project but were not involved in decision



making nor generation of ideas while 5% strongly disagreed and 10% just disagreed that their only involvement was through receiving information.

#### 4.5.5 Influence of Beneficiary Participation on Program Success and Sustainability

**Table 4.18: Does the Level of Beneficiaries' Involvement Affect Program Success**

		Frequency	Per cent	Valid Percent	Cumulative Percent
Level of involvement affects the success	Yes	19	47.5	47.5	47.5
	No	15	37.5	37.5	85
	I don't know	6	15	15	100
	Total	40	100	100	

Of the total respondents involved, 47.5% agreed that the level of beneficiaries' involvement has an effect on the success and sustainability of the program while 37.5% disagreed. There were other 15% of them who did not know what to say about this.

#### 4.6 Influence of Capacity Building of Beneficiaries on the Sustainability of Food assistance programmes.

This variable looked at whether the beneficiaries were trained, how many times they were trained, and frequency of the training and relevance of the training.

##### 4.6.1 Training of Beneficiaries on Program Implementation

Training was one of the areas the researcher was looking at; beneficiaries were asked if they had received any training on the program implementation.

**Table 4.19: Were you trained on how to implement the Program**

		Frequency	Percent	Valid Percent	Cumulative Percent
Beneficiary training?	Yes	16	40	40	40
	No	24	60	60	100
	Total	40	100	100	

Out of the total respondents, 16 (or 40%) stated that they had been trained while 24 (or 60%) of them said they had not received any training.

#### 4.6.2 How many times the beneficiaries were trained?

**Table 4.20: Number of Trainings**

		Frequency	Per cent	Valid Percent	Cumulative Percent
No of training	Once	14	35	35	35
	2-4 times	2	5	5	40
	N/A	24	60	60	100
	Total	40	100	100	

On the number of times the beneficiaries had been trained, 14 out of the 16 (i.e. 35% out of the 40%) of respondents who had stated that they had been trained on the program implementation (on table 4.18), said they had only been trained once, and the remaining 2 or 5% noting that they had been trained for 2 – 4 times.

#### 4.6.3 Frequency of Beneficiaries' Training

**Table 4.21: How often were you trained**

		Frequency	Per cent	Valid Percent	Cumulative Percent
Training frequency	Monthly	1	2.5	2.5	2.5
	Quarterly	6	15	15	17.5
	Annually	18	45	45	62.5
	There's no specific plan	15	37.5	37.5	100
	Total	40	100	100	

From the responses, 2.5% said the training was coming on a monthly basis while 15% said it was quarterly. Other 45% stated that the training was conducted once a year while 37.5% suggested that there was no specified plan on how training would be conducted.

#### 4.6.4 The relevance of Beneficiaries' Training

**Table 4.22: Were the training offered relevant**

		Frequency	Percent	Valid Percent	Cumulative Percent
Training relevance	Yes	14	35	35	35
	No	2	5	5	40
	Not applicable	24	60	60	100
	Total	40	100	100	

Out of the 16 beneficiaries who indicated that they had received some training, 14 of them (equivalent to 35% of the total number of respondents) agreed that the training was relevant while two said the training was not relevant.

#### 4.6.5 Relationship between Beneficiaries' Capacity and the Program's Success

**Table 4.23: Is there any relationship between the capacity of beneficiaries and the success of the program**

		Frequency	Per cent	Valid Percent	Cumulative Percent
Capacity building related to program success	Yes	35	87.5	87.5	87.5
	No	1	2.5	2.5	90
	I do not know	4	10	10	100
	Total	40	100	100	

A significant 87.5% of the respondents agreed that there was a relationship between beneficiaries' capacity and the success of the program, while 2.5% disagreed to that. There were also 10% of them who did not know what to say about the two variables.

## Hypothesis Testing

### 4.6.6 H1; Demographic characteristics have an influence on the sustainability of Food Assistance for Assets Programmes.

**Table 4.24: Chi-Square Test on demographic characteristics**

	<b>Chi-square Statistic</b>	<b>P-Value</b>	<b>DF</b>
<b>Pearson's chi-square</b>	14.3044	.002519	<b>3</b>
<b>N of valid cases</b>		<b>40</b>	

As deduced from table 4.24 above, the calculated P-Value was .002519. This value is less than the significance level of .05. This inference suggests that indeed there is a correlation between the parameters of demography and the sustainability of the Food Assistance Programmes. It is thus justifiable to conclude that the alternative hypothesis was accepted.

### 4.6.7 H2; Weather conditions have a significant influence on the sustainability of Food Assistance Programmes.

**Table 4.25: Chi-Square Test on the Influence of weather conditions**

	<b>Chi-square Statistic</b>	<b>Value</b>	<b>DF</b>
<b>Pearson's chi-square</b>	4.6222.	.03156	<b>3</b>
<b>N of Valid cases</b>		<b>40</b>	

From the table above, table 4.25, the obtained P-value was .03156. .03156 is a value that is less than .05, the significance level. From this inequality, indeed, rainfall and drought are conditions that greatly affect the sustainability of Food Assistance programmes, hence justifying the acceptance of the alternative hypothesis.

### 4.6.8 H3; Beneficiary participation has a significant influence on the sustainability of Food Assistance Programmes.

**Table 4.26: Chi-Square Test on the Influence of beneficiary participation**

	<b>Chi-square Statistic</b>	<b>Value</b>	<b>DF</b>
<b>Pearson's chi-square</b>	6.4773	.039217	<b>3</b>
<b>N of Valid cases</b>		<b>40</b>	

The significance level of .05 is greater than the calculated P-value of .039217 as seen from the table. The deduced inequality of  $p < .05$  suggests that stakeholder participation is critical in as

far as the sustainability of the Food Assistance programmes is concerned. From this, the researcher was prompted to accept the hypothesis as herein put forward.

**4.6.9 H4; Capacity building of beneficiaries has a significant influence on the sustainability of Food Assistance Programmes.**

**Table 4.27: Chi-Square Test on the Influence of capacity building of beneficiaries**

	<b>Chi-square Statistic</b>	<b>Value</b>	<b>DF</b>
<b>Pearson's chi-square</b>	80.3602	< 0.00001	<b>3</b>
<b>N of Valid cases</b>		<b>40</b>	

With a value of less than .00001, the researcher was persuaded to accept the alternative hypothesis as suggested. The obtained value is way less than that of the calculated P-Value hence from this, indeed the capacity building of beneficiaries is a factor that significantly affects and influences the sustainability of Food Assistance programmes.

## **CHAPTER FIVE**

### **SUMMARY OF FINDINGS, DISCUSSION, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 Introduction**

This chapter presents the study's summary of findings, discussions, conclusions and suggests recommendations for improvement and further studies.

#### **5.2 Summary of Findings**

The researcher sought to investigate the factors which could influence the sustainability of Food Assistance Programmes. The factors investigated included the demographic characteristics, weather conditions, beneficiary participation and capacity building.

##### **5.2.1 Influence of Demographic Characteristics of Beneficiaries on the sustainability of food assistance programmes.**

Under this category of factors, the researcher looked at gender, age, family size and education level. Concerning gender, the study established that 90% of the program implementers/beneficiaries were female, with only 10% being representing the male gender. This implies that for every man, there are nine women involved in the program activities. Further questioning indicated that this was not by default but rather the program design as a way of empowering women in the affected communities. It was also established that 52.5% of the respondents agreed that gender influences the sustainability of food assistance programs. In terms of age, the research found out that most of the beneficiaries were aged between 19 and 30 years old at 52.5% followed by those aged between 31 and 40 years at 30. The study also showed that 90% of the implementers were of the view that age determines the success and sustainability of programs.

Further, the study found out that 17.5% of the implementers had family members between 1 and 5 while 55% had between 6 and 10, and 27.5% had more than ten members. Again, the findings showed that there was a strong correlation between the size of the family and the sustainability of food assistance programmes. On educational background, 15% of the beneficiaries attained primary level education while 85% never attained any form of education. Out of the 40 respondents, 50% of them said education strongly influences the implementation of programs and their sustainability.

### **5.2.2 Influence of Weather Conditions on the sustainability of food assistance programmes**

Kakuma is generally dry, and the respondents corroborated this fact when 22.5% of them strongly agreed, and 42.5% agreed that the amount of rainfall the area receives is not sufficient for agricultural production. 50% of respondents again strongly agreed, and 35% agreed that the distribution of rainfall across the area is not favourable to support any productive agricultural activities. These findings, therefore, support the hypothesis that weather conditions influence the sustainability of food assistance programmes.

### **5.2.3 Influence of Beneficiaries' Participation on the Sustainability of food assistance programmes**

Under this factor, 85% of the respondents agreed that the implementers are not consulted on matters to do with the implementation of the program but are most of the time informed of what is expected of them. 52.5% of the respondents confirmed that their main contribution towards the program is through the provision of labour or manpower, while 5% said they donate labour, land, working implements and ideas. 47.5% of the respondents agreed that the beneficiaries' level of involvement influences the success and sustainability of the program, while 37.5% disagreed. There were other 15% of them who did not know what to say about this. Based on these findings, the research accepts the hypothesis that beneficiary participation influences the sustainability of food assistance programmes.

### **5.2.4 Influence of Capacity Building of Beneficiaries on the Sustainability of Food assistance programmes.**

From the study, it was established that 16 (40%) of the respondents had at least been trained, while 60% of them had not been trained before. Further, 35% of those trained said they had only been trained once in the past 12 months. Additionally, 87.5% of the respondents agreed that there was a correlation between beneficiaries' capacity and the success and sustainability of the projects. These findings accept the hypothesis that the capacity building of beneficiaries influences the sustainability of food assistance programmes.

## **5.3 Discussions**

As per the findings of the study, of the 40 project beneficiaries targeted, 90% were female while the male represented only 10% of the respondents. Further, it revealed that 52. % of the respondents agreed that there was a correlation between gender and the success of the projects, this concurs with Ponttier (1998), who stated that it is essential for women and youth to be involved in projects which have a profound impact on their lives. The study also indicated that most households in Turkana have large family sizes of above six family members and also showed that the family size had a positive effect on the project by 60%. Age-wise, the

respondents involved in the study were mostly aged between 19 and 30 years, with 52.5% and between 30 to 40 years. This means that most of the project beneficiaries are quite young and energetic.

However, in terms of education levels, the project seems to target members of the community intentionally with little (15%) or no education as indicated by the study results, or a majority of the population fails to attain meaningful education at all (85%). The lack of education affects the capacity of community members to participate in development projects thus affecting their sustainability, this agrees with a study carried out in Senegal by Michelle (2006) which reported that education played a major role in fostering community participation in the execution of community projects. Based on the general findings under this section, the researcher accepts the hypothesis that demographic characteristics of beneficiaries have an influence on the sustainability of food assistance programmes.

The research also established that rainfall amounts received in the region, its distribution, as well as the recurrent drought spells, influenced on the successful implementation of the projects. This concurs with FAO (2008), which states that evidence shows that more frequent and more intense extreme weather events, rising sea levels and growing anomalies in seasonal rainfall patterns already have an immediate impact not only on food production but also on food distribution systems, the incidence of food shortages, livelihood resources and human health both in rural and urban areas. However, despite this finding, the respondents did not like the idea of dropping agricultural projects which relied on the weather.

In terms of beneficiaries' contribution and participation throughout the project cycle, 52.5% of the beneficiaries confirmed that their contribution was in the form of labour and tools at 15%, although a big percentage of them (70%) agreed that they were consulted and 60% of them agreeing that they interact with project implementing agency staff. But there was a whole 85% of them who indicated that they mainly receive instructions on what to do, which seems to contradict with those saying there were consultations. This could, therefore, mean that in as much as there are consultations very little or none of their contributions are put into consideration. However, most of them agreed that the involvement of the beneficiaries had a positive correlation with the success of their projects, which was in line with World Vision, (2009) which states that participation in relief and development projects facilitates fostering of a sense of organization with the view of increasing control of the public utilities by the community.



The investigation on the capacity building of the beneficiaries revealed that only 40% of them had been trained at least once, while the rest 60% had not received any form of training. Again, the majority of them at 87.5% of the trained beneficiaries had only been trained once, and only 12.5% had been trained for more than once. Out of those trained, 87.5% agreed that training had a positive influence on the projects' success, hence very important. Again, the study confirmed that the capacity of any project beneficiaries determined its success. This concurs with Hope (2009) who states that capacity building is seen as enhancing the capacity of individuals and local communities to engage in sustainable activities for positive development, poverty reduction and the fulfilment of the MDGs.

#### **5.4 Conclusions**

The Food Assistance programme made deliberate steps towards empowering women since it focuses on the female gender more than the male. However, it will not be wise to think that this is all that is needed for community development to be realized. Gender inequality is still deeply rooted in African society to the point that women have no access to nor control over the key resources needed for that development work. As such, the affirmative action in such programs is nothing more than just a requirement for the program, and for as long as men remain to dominate their households, the real objective of enrolling more women in the program will never be achieved.

The greater number of the households represented in the study have relatively large families of between 6 and 10 members or more indicating that it may put pressure on the provision of basic needs of the beneficiaries; thus, little time left to focus on the implementation of the projects. On the other hand, however, a large family could mean more manpower to work on the projects as well as supporting parents to complete their work norms in the program – but this is not the scenario in most cases.

Education-wise, a bigger number of the beneficiaries are illiterate since they never went to school and replication of the concepts learnt in the program at household level may be close to impossible.

Community development programs should be designed from the beneficiaries' perspective instead of the donors' if they are to bring any significant change in the community. The findings of this research indicated that in most cases, the beneficiaries are not adequately involved especially in the initial stages of the program. This results in the implementation of foreign ideas which are never owned by the communities. Besides ownership, the commitment of the

beneficiaries is also unsatisfactory, and their only source of motivation being the food they expect at the end of the month – which is short-term and unsustainable. This has in one way or another contributed to the perennial food insecurity in the region and the increased dependency on food assistance among the vulnerable members of the community as indicated by the study findings.

Finally, appropriate training relevant to the projects implemented is required to ensure that beneficiaries have the basic knowledge and skills necessary for the implementation and replication of project's activities at household level as well as their expansion. The study findings showed that the project's success is pegged on the capacity of the beneficiaries to implement the project's activities, and this should, therefore, be emphasized.

### **5.5 Recommendations**

The Food Assistance programmes and especially the Food Assistance for Assets program in Kakuma has been in progress for several years, and there is no sign that it will end any time soon. This is because it has failed to create the desired results and outcomes.

Findings have shown that there are many areas that need to be addressed if Kakuma's narrative on the sustainability of the food assistance programmes is to change, and that is why the researcher recommends the following:

- i.** For any community development project to succeed, gender inequality and discrimination should be addressed to ensure that both men and women are involved at every stage of the programs. Following the study findings, men have been deliberately left out in the development activities, and there is a need to involve them adequately. This is because, in the African culture, women don't have access to or control over the key resources needed for development and therefore, bringing more men who into the picture would be a big contribution towards the success of any development initiatives such as the Food Assistance for Assets program.
  
- ii.** Regarding the weather aspect, the researcher proposes the introduction and/or expansion of climate-smart agriculture, which has proved to be the cure to most agricultural and environmental problems faced by most farmers in the arid and semi-arid regions. Climate change and climate variability have an effect on the sustainability of the programmes and failure to mainstream climate change adaptation into programming in future will likely affect sustainability even more.

- iii. Designing and implementation of development projects require full involvement of the beneficiaries for ownership and sustainability. The researcher, therefore, recommends that the food assistance programmes should be designed from the beneficiaries' point of view, and the beneficiaries should also be fully involved in the implementation process.
- iv. Since most beneficiaries have very low levels of education, their capacities to implement the program activities need to build and strengthened regularly. Besides lacking the requisite knowledge and skills to implement programme-related work, illiterate people lack the knowledge and skills to replicate these activities at the household level.

### **5.6 Suggestions for Further Studies**

The focus of this study was to determine the factors which influence the sustainability of Food Assistance Programmes. The researcher is suggesting further studies on the following areas:

1. The role of stakeholders in the sustainability of food assistance programmes.
2. Effects of poverty on sustainable development projects

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## APPENDICES

### APPENDIX I: QUESTIONNAIRE FOR FOOD ASSISTANCE FOR ASSETS PROGRAMME BENEFICIARIES

#### SECTION (A) DEMOGRAPHIC DATA

Please put a tick where appropriate.

1. Gender: (i) Male [ ] (ii) Female [ ]

2. Age (in years): (i) 18 years and below [ ] (ii) 19 -30 [ ] (iii) 31 -40 [ ] (iv) 41 and above [ ]

3. Size of the family (i) 1- 5 [ ] (ii) 6- 10 [ ] (iii) 11 and above [ ]

4. What is the level of your education?

(i) Primary level [ ] (ii) Secondary level [ ] (iii) College level [ ] (iv) University level [ ]

(v) Have never attended any school [ ]

5. How would you rate the influence of the following factors on the sustainability of FFA projects? (Tick)

	<b>Relationship with the Demographic Characteristics</b>			
<b>Demographic Characteristics</b>	Weak Positive	Strong Positive	Weak Negative	Strong Negative
Gender				
Age				
Family size				
Education				

**SECTION (B): WEATHER CONDITIONS**

6. The average amount of rainfall received in our area is NOT sufficient for the sustainability of the Food Assistance for Assets projects.

- (i) Strongly Agree [ ]
- (ii) Agree [ ]
- (iii) Strongly Disagree [ ]
- (iii) Disagree [ ]
- (v) Neither Agree nor Disagree [ ]

7. The distribution of rainfall in our area is NOT favorable for agricultural productivity.

- (i) Strongly Agree [ ]
- (ii) Agree [ ]
- (iii) Strongly Disagree [ ]
- (iii) Disagree [ ]
- (v) Neither Agree nor Disagree [ ]

8. Recurrent droughts in this region are responsible for the constant failure of agricultural production and food insecurity among the local community members.

- (i) Strongly Agree [ ]
- (ii) Agree [ ]
- (iii) Strongly Disagree [ ]
- (iii) Disagree [ ]
- (v) Neither Agree nor Disagree [ ]

9. In your own opinion, do you think Food Assistance for Assets projects which rely on rainfall for their success and sustainability SHOULD NOT be emphasized in this region?

- (i) Yes [ ]
- (ii) No [ ]
- (iii) No idea [ ]

**SECTION (C): LEVELS OF PARTICIPATION AMONG PROGRAMME BENEFICIARIES**

10. What are the resources that you contribute towards the implementation of the Food Assistance for Assets projects (participation by resource contribution)? ( TICK all relevant options):

- (i) Labour [ ]
- (ii) Land [ ]
- (iii) Money [ ]
- (iv) Working implements [ ]
- (v) Ideas [ ]
- (vi) Others specify.....

11. As a key beneficiary of the programme, I am involved in the implementation of the programme through constant consultation and engagements (participation by consultation).

- (i) Strongly Agree [ ]
- (ii) Agree [ ]
- (iii) Strongly Disagree [ ]
- (iii) Disagree [ ]

(v) Neither Agree nor Disagree [ ]

12. As a key beneficiary of the programme, I participate in joint programme activities including project design, planning, implementation, monitoring and evaluation as well as other major decision-making processes (interactive participation).

(i) Strongly Agree [ ] (ii) Agree [ ] (iii) Strongly Disagree [ ] (iii) Disagree [ ]

(v) Neither Agree nor Disagree [ ]

13. As a beneficiary of the programme, I am only told of what has been planned and what I am expected to do on the projects.

(i) Strongly Agree [ ] (ii) Agree [ ] (iii) Strongly Disagree [ ] (iii) Disagree [ ]

(v) Neither Agree nor Disagree [ ]

14. In your opinion, do you think that the level at which project beneficiaries are involved in the programme is harmful to its successful implementation and sustainability of the projects?

(i) Yes [ ] (ii) No [ ] (iii) I don't know [ ]

#### **SECTION (D): CAPACITY BUILDING OF THE PROGRAMME BENEFICIARIES**

15. Have you ever been trained on the implementation of the Food Assistance for Assets programme activities you are undertaking? (i) Yes [ ] (ii) No [ ]

16. If yes, how many times have you been trained?

(i) Once (ii) 2-4 [ ] (iii) More than 4 [ ] (iv) N/A [ ]

17. In your own opinion, do you think the training offered is relevant to the implementation and sustainability of the Food Assistance for Assets programme?

(i) Yes [ ] (ii) No [ ]

18. How often are you trained on the implementation of the Food Assistance for Assets programme?

(i) Monthly [ ] (ii) Quarterly [ ] (iii) Annually [ ] (iv) There's no specific plan [ ]

19. In your opinion, do you think there is a positive relationship between the capacity of the beneficiaries and the successful implementation and sustainability of the Food Assistance for Assets projects?

(i) Yes [ ]      (ii) No [ ]      (iii) I do not know [ ]

**APPENDIX II: QUESTIONNAIRE FOR FOOD ASSISTANCE FOR ASSETS WFP & TRP PROGRAMME MANAGERS**

***SECTION (A): DEMOGRAPHIC DATA***

A1: How would you say the following factors influence food assistance programme implementation and the sustainability of its outcomes?

- i) Age of beneficiaries
- ii) Gender of beneficiaries
- iii) Education of beneficiaries
- iv) Family size of beneficiaries

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A2: What measures has the programme management put in place in order to ensure that the above factors DO NOT have negative effects on the programme outcomes?

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***SECTION (B): WEATHER CONDITIONS***

B3: What can you say about the weather condition, especially the rainfall patterns and trends of this area (Turkana County) and its effect on;

- i) the food assistance programme and

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ii) Agricultural production and general household food security of the community?

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B4: What considerations have the programme taken into account to ensure that its goal and outcomes are not adversely affected by the unfavourable prevailing weather conditions in the programme area?

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***SECTION (C): LEVELS OF PARTICIPATION AMONG PROGRAMME BENEFICIARIES***

C5: In your opinion, do you think humanitarian assistance beneficiaries have a role to play in food assistance programmes?

(i) Yes [ ]      (ii) No [ ]      (iii) I don't know [ ]

C6: Explain your answer (in C5 above):

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C7: In what ways do the food assistance beneficiaries participate and contribute towards the programme? (List the responses)

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***SECTION (D): CAPACITY BUILDING OF THE PROGRAMME BENEFICIARIES***

D8: Food is rapid assistance to disaster-affected populations which caters for their immediate dietary needs in order to save lives. How does the programme prepare the beneficiaries receiving food assistance beyond the food support phase, for their long-term sustainability?

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D9: In your opinion, as a Manager, how do training and other capacity-building activities affect the implementation and the success of the food assistance programme?

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E10: What else do you think needs to be done by the interested parties, including the community, in order to improve the programme and enrich the programme outcomes and impact?

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**APPENDIX III: QUESTIONNAIRE FOR FOOD ASSISTANCE FOR ASSETS  
CHIEFS & COMMUNITY LEADERS**

***SECTION (A): DEMOGRAPHIC DATA***

A1: According to your knowledge, experiences and understanding of the WFP food assistance programme in your community, how would you say the following factors influence food assistance programme implementation and the sustainability of its outcomes?

- v) Age of beneficiaries
- vi) Gender of beneficiaries
- vii) Education of beneficiaries
- viii) Family size of beneficiaries

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A2: What measures do you think the programme implementers put in place in order to ensure that the above factors DO NOT have negative effects on the programme outcomes?

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***SECTION (B): WEATHER CONDITIONS***

B3: What can you say about the weather condition, especially the rainfall patterns and trends of this area (Turkana County) and its effect on;

- iii) the food assistance programme and

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iv) Agricultural production and general household food security of the community?

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B4: According to your knowledge, what considerations have the programme implementers taken into account to ensure that the programme goal and outcomes are not adversely affected by the unfavourable prevailing weather conditions in the programme area?

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***SECTION (C): LEVELS OF PARTICIPATION AMONG PROGRAMME BENEFICIARIES***

C5: In your opinion, do you think humanitarian assistance beneficiaries and the host communities have a role to play in food aid programmes?

(i) Yes [ ]      (ii) No [ ]      (iii) I don't know [ ]

C6: Explain your answer (in C5 above):

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C7: In what ways do the food aid beneficiaries and the community participate and contribute towards the programme within your community? (List the responses)

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***SECTION (D): CAPACITY BUILDING OF THE PROGRAMME BENEFICIARIES***

D8: Food is rapid assistance to disaster-affected populations which caters for their immediate dietary needs. In your opinion, how do you think the programme prepare the beneficiaries receiving food assistance as an exit strategy and for their long-term sustainability?

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D9: In your opinion, how do training and other capacity-building activities affect the implementation and the success of the food assistance programme?

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E10: What else do you think needs to be done by the interested parties, including the community, in order to improve the programme and enrich the programme outcomes and impact?

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#### **APPENDIX IV: LETTER OF INTRODUCTION**

I am a student pursuing a Master of Arts degree in Project Planning and Management at the University of Nairobi. I am carrying out research that seeks to determine the factors that influence the sustainability of Food Assistance Programmes: A Case of Kakuma, Turkana County, as partial fulfilment of the requirement for the award of the degree.

You have been chosen to give information on the implementation of the FFA programme. This is a request for your participation in responding to the attached questionnaire.

Be assured that all information you give will remain strictly confidential and will be solely used for this research.

Yours Sincerely,

**Stella Kadzo Dadu**