



MIDLANDS STATE UNIVERSITY



FACULTY OF ARTS

DEPARTMENT OF DEVELOPMENT STUDIES-HDEVs

An investigation into the Contribution of NGOs to Food Security in Zimbabwe. A focus on CARE International Zimbabwe's projects in Ward 18 of Zaka District from 2000 up to 2014

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Dedications

To my brothers and friends as well as my parents who have been the pillar of my strength throughout the course of the study.

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“May the Lord Almighty bless you in all your endeavors”

Abstract

Food security occupies a significant place in development discourse, planning and implementation. This study focused on examining the effectiveness of NGOs food security interventions, with particular focus on CARE International Zimbabwe's projects in ward 18 of Zaka District. The primary objectives of the study was to establish the extent of food insecurity in ward 18 of Zaka District, and identifying food security interventions under CARE International Zimbabwe as well as identifying the challenges associated or faced by the organization in its efforts to ensure food security. A sample of 40 people from ward 18 community was used to gather the research information. Interviews and questionnaires have been instrumental in gathering research data. The empirical results showed that combating food insecurity through CARE International interventions is rather difficult, especially considering the challenges associated with the organization. The study therefore recommends that the organization should embark on long term sustainable projects like irrigation schemes through availing funds for the communities to acquire irrigation facilities to improve the effectiveness of its interventions in ensuring food security. The study also recommends the government to establish synergies with the third sector so as to ensure that a conducive environment prevail for the third sector to undertake its operation to promote food security in the country.

Table of contents

Release Form	i
Approval Form	ii
Dedications	iii
Acknowledgements	iv
Abstract	v
Table of Contents.....	vi
List of Tables	vii
List of Pie Charts	viii
Chapter 1- Background to the Study and the Problem Setting	1
1.0 Introduction	1
1.1 Background of the Study	2
1.2 Statement of the Problem	6
1.3 Research Objectives.....	6
1.3.1 Main Objective	6
1.3.2 Sub-Objectives.....	7
1.4 Research Questions	7
1.4.1 Main Question	7
1.4.2 Sub-questions.....	7
1.5 Conceptual Framework.....	8
1.6 Delimitation of the study	12
1.7 Limitations of the study.....	12
1.8 Significance of the Study	13
1.9 Chapter breakdown.....	15
1.10 Summary of the Chapter.....	16
Reference List.....	17
Chapter II – Literature Review	18
2.0 Introduction.....	18
2.1 Global Food Security	18
2.3 Challenges to achieving food security	21
2.3.1 Natural Disasters.....	21
2.3.2 Poverty	23
2.3.3 Dictatorship	24
2.3.4 Population Growth.....	24

2.3.5 Conflicts	25
2.4 NGOs and Food Security.....	26
2.5 Food Security in Zimbabwe	28
2.6 Challenges to Food security in Zimbabwe.....	29
2.6.1 The Fast Track Land Reform Programme (FTLR)	29
2.6.2 Agricultural Commodity Pricing.....	30
2.6.3 Lack of Diversification of Sources of Food Security.....	32
2.6.4 Climate Change.....	32
2.7 Chapter Summary	34
Reference List.....	35
Chapter III- Research Methodology	37
3.0 Introduction.....	37
3.1 Research Design	37
3.2 Study Population.....	38
3.4 Sampling	40
3.4.1 Sampling Techniques.....	40
3.4.2 Sample Size	38
3.5 Research Instruments and Data Collection	41
3.5.1 Primary Data.....	41
3.5.1.1 Questionnaires.....	42
3.5.1.2 Interviews.....	43
3.5.2 Secondary Data	43
3.5.2.1 The Internet.....	44
3.5.2.2 Textbooks and Journals.....	44
3.6 Validity and Reliability.....	44
3.7 Data Analysis and Presentation Plans.....	45
3.8 Research Ethics	45
3.9 Chapter Summary	46
Reference List.....	47
Chapter IV – Data Presentation, Analysis and Discussion	48
4.0 Introduction.....	48
4.1 Response rate.....	48
4.2 Questionnaire Analysis and Presentation of Responses	49
4.3 Presentation and Analysis of Interview Responses	55
4.3.1 Food Insecurity in the Area under Study	55

4.3.2 Food Security Programmes under CARE International in Ward 18	56
4.3.3 Relevance and Effectiveness of Food Security interventions in ensuring food security	59
4.3.4 Challenges Faced or Associated with CARE International	68
4.3.5 Conclusion	70
4.3.6 Chapter Summary	71
Chapter v- Conclusion and Recommendations	72
5.0 Introduction.....	72
5.1 Conclusions.....	72
5.2 Recommendations.....	73
5.2.1 To the CARE International Organisation	73
5.2.2 To the Government	75
5.3 Summary.....	75

List of Tables

Table 1	49
Table 2	52
Table 3	53

List of Pie Charts

Chart 1	50
Chart 2	52
Chart 3.....	54

Chapter I –Background to the Study and the Problem Setting

1.0 Introduction

The study examines the contribution made by CARE International Zimbabwe's interventions towards the promotion of food security in Zimbabwe, with a particular focus on Ward 18 of Zaka District. Food insecurity has a negative bearing on any country's development. According to the Human Development Index approach (1990), people are the real wealth of the nation. To realize development there is need to meet their wellbeing first. Efforts to mitigate food insecurity however seem to remain futile given the rise in the number of malnourished and hungry people in Zimbabwe. Research from different areas suggests that development through projects is the best way of distributing scarce resources. Many NGOs have therefore featured prominently countrywide focusing on the food insecurity challenge. However, despite efforts undertaken by NGOs, the level of undernourishment is accumulating leading stakeholders to question the effectiveness of NGOs programmes in as far as food security is concerned. It is in this light that this study investigated the effectiveness of CARE International Zimbabwe's projects in ensuring food security in Ward 18 of Zaka District, in Zimbabwe. This is because CARE International Zimbabwe is one of the NGOs which implements humanitarian assistance programmes countrywide since 1992. Therefore, considering the period in which the organisation has undertaken its operations, the study seeks to focus on this long serving NGO to assess the role of its projects in ensuring food security in the country. It seeks to address the existing knowledge gaps on the extent to which NGO projects contribute to food security in the country.

Therefore, this chapter introduces the study by giving the background to the study. In addition, the chapter covers research objectives, limitations, delimitations, the problem statement and the significance of the study.

1.1 Background of the Study

Food Security is one of the topical issues in the development discourse. The subject took precedence since the end of the World Wars. The 1948 United Nation Universal Declaration of Human Rights enshrines the right to adequate food. Article 25 of the UDHR reiterates that everyone has the right to a standard of living adequate for the health and well-being of himself and of his or her family. This includes the right to adequate food, clothing, housing, medical care and necessary social services among others in circumstances beyond human control. The concern with food security culminated in the formation of the Food and Agriculture Organisation (FAO), to organize and strengthen International food security interventions. This is because according to Haq and Sen's 1990 Human Development Index Approach, people are the real wealth of a nation. To realise development, there is need to realise their wellbeing first. On this point, in 1974 FAO called for the first World Food Conference. At the conference, leaders agreed to collaborate and intensify efforts to eradicate world hunger. The second convention was the 1996 World Food Summit held in Rome, which deliberated on the strategies to scale down the number of undernourished people by 2015. As a result, poverty and hunger eradication became the top priority on the list of the United Nations Millennium Development Goals (MDGs). The UN and its agencies has been monitoring progress towards the attainment of these goals. According to World Food Programme (2014), already 63 countries have met the MDG target. For instance, regions such as Latin America and Caribbean have made progress towards hunger and poverty eradication. However, Sub-Saharan Africa and Western Asia experienced modest progress due to natural disasters and conflicts, which exacerbate hunger (FAO, IFAD 2014). In addition, the prevalence of climate change problems worldwide made the achievement of the goal rather difficult, especially for rural communities in developing countries. Therefore, starvation and food shortages remain significant challenges facing the poor, mostly in the developing world.

The UN (2012) estimated that about 850 million people worldwide are undernourished, and almost 1.4 billion rural dwellers live on less than \$1.25 a day. FAO (2011) added that since early 2000, the number of undernourished people in Sub-Saharan Africa was estimated to be around 215 million. FAO (2008) pointed out that between 2003 and 2005, about 30% of the population in Sub-Saharan Africa was undernourished. In addition, the report also points out that about 45% of those undernourished are less than 15 years old, and that 39% and 29% of children of less than 5 years were stunted and underweight respectively. The most affected age groups were therefore those on whom the future of any nation's development is based. Furthermore, FAO (2011) reiterates that the situation worsened in 2008, due to the price shock or economic crisis that affected many economies, especially the developing economies. This increased the number of the undernourished in Southern Africa, from 215 million in 2000 to nearly 240 million. The UN (2013) further pointed out that almost 870 million people were estimated to be chronically undernourished in the years 2010 to 2012, an increase by more than half as compared to the year 2000. This represents 12.5% of the global population. According to FEWS NET (2013), as many as 10.4 million people in the Southern African region may be at risk of food insecurity during the season between October 2013 and March 2014. This indicates an increase of nearly 90 percent from the 2012/2013 lean season, when approximately 5.5 million people were food-insecure. This was attributed to erratic and delayed rainfall during the 2012/2013 agricultural season, which led to a reduction in agricultural production in many parts of the region. This exposed many people to food insecurity challenges, since their social and economic survival depends on rain fed agricultural production.

Still within Southern Africa, Zimbabwe is also encountering food insecurity challenges, especially in the 21st century. This could be attributed to various factors, which include climate change. Climate change brings with it successive droughts and water scarcity, which

cause economic instability. Together with poor policy implementation like the land reform programme, these factors compromised agricultural production, which is the mainstay of the majority of the rural population. Therefore, impacted negatively on the social and economic survival of the people, especially those living in rural areas. In support of this point, Chitongo (2013) pointed out that in 2002, Zimbabwe experienced severe crop failure due to early termination of the rains in February. He also noticed that reductions in yields and output at farm level led to a 70% shortfall in production to meet annual food requirements, which is the highest since 1980. This led to food shortages, which deteriorated into famine and a humanitarian disaster. According to Zimbabwe Vulnerability Assessment Committee (ZIMVAC) (2002), cereal deficit in the April 2002 to March 2003, market year was estimated at 1.65 million tonnes. The Zimbabwe Emergency Food Security Assessment alludes that 486 000 tonnes of food aid was needed to meet food security requirements of 6.7 million people, which is 49% of the population, between September 2002 and March 2003. Among them 5.9 million were rural dwellers and 850 000 were urban dwellers.

In addition, the WFP (2002) pointed out that 70% of the rural population was at risk of famine-induced starvation. The rural population at risk increased from 80% to 100% by the end of 2002 as households ran out of stocks. The situation worsened due to the global food crisis of 2008, which rendered food purchase difficult. The ZIMVAC (2013) reiterates that by May 2012, an estimated 1.7 million Zimbabweans were facing food insecurity. This shows a decrease in the number of food insecure populations as compared to the 2002 to 2003 agricultural season. Maybe this is due to an improvement in the annual rainfall received during that period. Furthermore, WFP (2013) pointed out that between January and March 2013/2014, 2.2 million people were in need of food assistance due to food insecurity. This means 25% of the rural population of Zimbabwe was in need of food assistance. The challenge was most prevalence in the Southern and Western half of the country, that is,

Matabeleland North and South, Masvingo and Midlands provinces. As the phenomenon is taken into consideration, one can see that the number of the affected populations differ from season to season. This could be a result of changes in climate, manifested in changes in rainfall patterns.

OXFAM (2006) asserted that the degree of vulnerability among people varies according to the wealth, power relations and access to markets. To support this point, Chambers (1993) in Chitongo (2013) pointed out that the socio-economic and political environment in Zimbabwe has implications for food access by disadvantaged members of the society who lack financial resources and social capital to survive. The situation is worsening simply because the government does not have adequate resources to curb food insecurity and this lack is exacerbated by corruption among government officials in charge of food security issues. For instance, Theron (2014) pointed out that corruption has thrived because of non-transparency and accountability in the fast track programme. The government is aware of this but has swept the results of land audits under the carpet. Therefore, in a bid to ensure food security, the government has to work to establish synergies with the Non-Governmental Organisations so as to ensure that food security prevails. Alix (1998) reiterates that NGOs have a reputation of facilitating development in rural areas, particularly in developing countries where there is a general belief that the rural populations will benefit if resources are channeled through projects. Fortunately, many NGOs have been undertaking humanitarian projects countrywide, focusing on addressing the food insecurity challenge. However, the above statistics illustrates that despite efforts undertaken by NGOs, the food insecurity challenges continue unabated, leading stakeholders to question the role of NGOs in promoting food security in Zimbabwe. It is with this in mind that the research investigated the extent to which CARE International's projects are contributing towards food security in Ward 18 of Zaka District in Zimbabwe.

This is because CARE International Zimbabwe is one of the NGOs, which has implemented humanitarian assistance programmes countrywide since 1992.

1.2 Statement of the Problem

Food Security occupies a significant place in development discourse, planning and implementation. Governments in conjunction with other stakeholders such as Local Authorities, Chiefs, Headmen, Rural District Councils and also NGOs and Donor Agencies have paid unprecedented attention to the problem of food insecurity in Africa as a whole, and in the particular case of Zimbabwe. NGOs have especially featured prominently in efforts to promote food security. However, despite the efforts undertaken by NGOs to ensure food security in Zimbabwe, food insecurity seeming to be persistent as evidenced by the prevailing rate of malnourished and hungry people in the country. In light of this, it is imperative to examine the effectiveness of NGOs food security interventions, with particular focus on CARE International Zimbabwe's projects in ward 18 of Zaka District in Zimbabwe. Therefore, the study seeks to examine whether the projects implemented are effective, and if not, then looking into the reasons behind their failure so as to factor in possible recommendations to those challenges. In a nutshell, the study interrogates the efficacy of CARE International projects in ward 18 of Zaka District to establish the extent to which they are contributing in promoting food security in the area in particular and the country at large.

1.3 Research Objectives

1.3.1 Main Objective

To assess the effectiveness of CARE International Zimbabwe's projects in promoting Food Security in ward 18 of Zaka District.

1.3.2 Sub-Objectives

1. To establish the extent of food insecurity in ward 18 of Zaka District
2. To identify food security interventions under CARE International Zimbabwe in Ward 18 of Zaka District
3. To examine the extent to which the projects under CARE International Zimbabwe are contributing to food security in Ward 18 of Zaka District
4. To identify the challenges faced by CARE International Zimbabwe towards achieving food security among communities in ward 18 of Zaka District

1.4 Research Questions

1.4.1 Main Question

How effective are CARE International programmes in supporting food security in ward 18 of Zaka District?

1.4.2 Sub-questions

1. To what extent are the rural communities in ward 18 of Zaka District facing food insecurity?
2. What are the interventions being undertaken by CARE International Zimbabwe to realise food security in ward 18 of Zaka District?
3. To what extent are the projects implemented by CARE International Zimbabwe promoting food security in ward 18 of Zaka District?
4. What are the challenges faced by CARE International Zimbabwe towards achieving food security among the communities in ward 18 of Zaka District?

1.5 Conceptual Framework

The concept of food security originated following the global food crisis in the 1970s. Since then, evidence from various angles proved that defining food security precisely is rather difficult. Bagai (n.d) noticed that there are more than 200 definitions and 450 indicators of food security. Different scholars understood the concept differently. The concept can be put into three categories, that is, the global food security, the national food security or the community food security and the household food security.

The 1974 World Food summit defined food security as the availability at all times of adequate supplies of basic foodstuffs to sustain a steady expansion of food consumption and to offset fluctuations in production and prices. Considering this definition, one can see that its focus was on the volume and stability of food supplies without taking into account the fact that people have different capacities in accessing food. This is because factors such as the political and economic crises in different nations influence access of individuals to food. Therefore, achieving food security would remain difficult unless the challenges at both international, national and the household levels are taken into consideration. FAO (1983) referred to food security as when all people at all times have both physical and economic access to the basic food that they need. This definition expanded the meaning to encompass securing access by vulnerable people to the available supplies. It therefore implies that in a bid to secure food, attention should balance between the demand and the supply side of the food security equation.

The Public Health Association of British Columbia(PHABC) in Bagai (n.d) reiterates that community food security exists when all citizens obtain a safe, personally acceptable nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone. Considering this definition, achieving food

security seems rather ideal or utopian, unless the specific projects or particular nation's food security definition could mean something, achievable or measurable like just covering the basics such as having something to eat regularly for an active and healthy life. Therefore, this research explores the extent to which CARE International Zimbabwe's interventions are contributing towards promoting community food security in Ward 18 of Zaka District, in particular and the country at large. This is because most developing countries, particularly in Africa and Asia, have not been able to fulfill this vital need even today. This is maybe due to political situations, especially in Central African Republic and the Horn of Africa among others, and also due to the lack of means to cope with the climate change problems.

Eventually, household food security denotes household access to the adequate food needed for a health life for all its members, and when it is not at due risk of losing such access (Bagai, n.d). By adequate, the definition implies in terms of quality, quantity, safety and culturally acceptable. In policy making, household food security is frequently left out while policy makers prioritise international and national level food security, yet households determine the level of a nation's food security, a factor determining the level of development of a certain country. Therefore, specific policies should be put in place to address household level food security issues. On this point, the study seeks to establish the effectiveness of CARE International Zimbabwe's projects towards ensuring household food security in Zimbabwe with specific focus on Ward 18 in Zaka District.

Different dimensions can determine international, national and household level food security. The 1996 World Food Summit introduces four main dimensions, that is, the physical availability of food, economic and physical access to food, food utilization and stability of the food security dimensions. These assist to monitor progress in the achievement of the set goals of food and nutrition security.

To begin with, food availability focuses on the supply side of food security. According to the USAID (1995), achieving food security requires that the aggregate availability of physical supplies of food is sufficient, that households have adequate access to those food supplies through their own production, through the market or through other sources, and that the utilization of those food supplies is appropriate to meet the specific dietary needs of individuals. FAO (2008) reiterates that it became obvious that an adequate supply of food at the national or international level does not guarantee in itself household level food security. For example, the Green Revolution of the 1960s and 1970s in Asia with its package of improved seeds, farm technology, better irrigation and chemical fertilizers, was highly successful at augmenting food supplies. However, this did not automatically translate to improvements in food security of all people. Therefore, specific policies should be put in place to ensure that food is available at every level of the society. In Zimbabwe, food shortages are mainly a result of climate change, prevalence of HIV/AIDS, poor policy implementation at national level among others, some of which are targeted by CARE International Zimbabwe's projects. The study therefore seeks to establish the extent to which CARE International Zimbabwe interventions deal with these challenges to capacitate the rural communities in Ward 18 of Zaka District in terms of household level food security.

The second dimension of food security is the accessibility of food. It addresses the capacity of households or individuals to acquire appropriate quantities of quality food. By capacity, it implies the ability of individuals to access food even despite natural, economic and political challenges. Indicators may include prices of food, per capita food consumption and wage rate. For instance, in Zimbabwe during the 2002 and 2008 political and economic crises, the political party that an individual was supporting determined access to food. Even though one had enough capital to purchase food that did not guarantee access unless one supported the ruling party. This compromised the stability of individual or household access to food. As

such, it appears that distributing food through NGOs, or establishing an environment that is conducive for the third sector to combine hands with the government in the drive towards food security is a necessity. With this in mind, this study seeks to explore the effectiveness of CARE International Zimbabwe's projects in ensuring that every household in ward 18 of Zaka District get access to food.

The third dimension is food utilization. Bagai (n.d) argues that utilization addresses issues, which have something to do with quantity of consumption, and also what and how they eat. The indicators include access to utilities and services, for example water, energy, health and sanitation. Such access to utilities maybe gendered, which may be detrimental to female-headed households. Therefore, the government and NGOs need to take into consideration gender analysis when it comes to the distribution of the utilities to ensure food security. On this point, this study seeks to explore the extent to which CARE International Zimbabwe's projects consider these challenges in the process of ensuring food security in Zimbabwe.

Last, but not least is stability. The dimension addresses stability of the first three dimensions of food security, that is, the availability, accessibility and utilisation of food over time. Bagai (n.d) asserted that instability of market prices of staple food and inadequate risk bearing capacity of the people in the case of adverse conditions like natural disasters, unexpected weather, political instability and unemployment, are the major factors affecting the stability of the dimensions of food security. Emphasis here is granted on the importance of having to reduce the risk of adverse effects on the other three dimensions. On this point, the study seeks to assess the effectiveness of CARE International Zimbabwe's projects in capacitating the communities to cope so as to ensure that food is available, accessible, well utilized and its supply is stable for every household in ward 18 of Zaka District.

1.6 Delimitation of the study

The research project is limited to the Ward 18 of Zaka Rural District in Zimbabwe. This is mainly because food insecurity challenges are mostly affecting rural communities as compared to urban dwellers. Factors such as lack of economic diversification and climate change problems are the chief contributors towards exposing them to food insecurity. The researcher opts to limit the study to ward 18 of Zaka District because knowledge gaps still exist in the area of NGOs and food security. There is lack of research on Zaka District, yet the community is facing food insecurity challenges despite the fact that NGOs are undertaking projects meant to address food insecurity in the district. This prompted the researcher to undertake the study, so as to provide policy makers with data on the wellbeing of the marginalized communities because of geography. Most of the projects that CARE International Zimbabwe is implementing are mainly targeting rural communities. Therefore, the study is going to focus on the period from 2000 up to 2014. This is because the country encountered many challenges, which made it difficult to ensure food security during this period. These difficulties therefore culminated into the emergency of many humanitarian and relief agencies in the country. Therefore, the research opts to focus on CARE International because it is one of the organisations, which have been operating since 1992. This in conjunction with the fact that food security remains a challenge in the country regardless of the presence of the organisation prompted the researcher to investigate its role to establish its effectiveness in as far as food security is concerned.

1.7 Limitations of the study

Zaka District is very big in terms of geography. According to the Zaka District Population Statistics Report (2010), Zaka District has 34 wards. On average, each ward has 30 villages. Therefore, given that data collection requires the researcher to travel throughout the district in

a bid to bring about reliable and accurate information, shortage of finance seemed to be one of the major constraints. Given that the researcher is a student, he is forced to divide the time between attending lectures and carrying out the research. This makes it difficult even with the best of intentions to work in the whole district at once. In addition, data collection also requires research permits from relevant stakeholders in accordance with the Access to Information and Privacy Act, to give guarantee that the research is only for academic purposes not for political purposes. Furthermore, given that the research involved communities during data collection, some of them would be thinking the undertaking involve payments, which might only benefit the researcher. So they may be reluctant to give information. On this point, it would be easier for the researcher to sensitise the communities of the purpose of the undertaking, so as to gain their cooperation. Apparently, these are the reasons why the study has been limited to a ward level.

1.8 Significance of the Study

1.8.1 To CARE International Zimbabwe

The recommendation made from the research findings might improve the sustainability of food security interventions in Zimbabwe and Ward 18 of Zaka District in particular. This is because during the course of the research, the researcher is going to explore the challenges faced at community level in project implementation. Moreover, the research might also contribute towards the recognition by community leaders and government of the role that CARE International plays in capacitating communities towards food security. This might lead to a better environment in which the organization carries out its operations. In addition, as the research is going to touch on the challenges faced by the organisation in the process of undertaking its operations, this might encourage policy makers to formulate policies that are favourable for the organisation to operate.

1.8.2 To the Student

The study is important as it is being carried out in partial fulfillment of the requirements of the Bachelor of Arts in Development Studies Honours Degree. It also helps the researcher to have a better understanding of the interventions made by NGOs in general, and CARE International Zimbabwe in particular in promoting food security in Zimbabwe and ward 18 of Zaka District in particular. In addition, the research is of great importance in that it improves the student's research skills.

1.8.3 To Midlands State University

Other students and researchers who may want to research in the related area might use the research as a source of reference. The researcher will deposit a copy in the main library to assist future researchers and other students.

1.8.4 To the Government

The research might be beneficial to the government as it might influence policy makers to improve the effectiveness and efficiency of food security related policies through establishing synergies with the third sector. The research might also help the government in realizing rational ways of allocating resources to its communities. It might be of great importance as part of its mandate is to explore the challenges faced by the communities in an effort to attain food security. It might also influence policy makers to shift attention to address community food security. All in all the research might assist in establishing relationship between the government, the third sector and communities in a bid to improve food security in rural Zimbabwe.

1.9 Chapter breakdown

1.9.1 Chapter 1- Introduction and Problem Statement

The chapter introduces the main objective of the study as that of assessing the effectiveness of CARE International Zimbabwe's projects in contributing towards ensuring food security in ward 18 of Zaka District. In a bid to provide the reader with the groundwork information, the study looks at the background of the study. In addition, it also looks at the problem statement, objectives of the study and research questions, delimitation and limitations of the study, as well as the significance of the study and summary of the chapter.

1.9.2 Chapter 2-Literature Review

This chapter reviews the literature that resonates with the study, that is, the literature on food security. This chapter's main aim is to examine the literature that relates to the objectives of the study and research questions. Food security is one of the topical issues in the development discourse across the globe, and much has been published on issues to do with the subject. On this point, textbooks, internet information and journals will be of great use in this chapter.

1.9.3 Chapter 3- Research Methodology

The chapter is going to focus on the methods of research that the researcher used in data collection. It will also provide the justification and limitations of the methods used to collect data. In addition, the chapter is also going to spell out the data collection instruments, the research population and sample.

1.9.4 Chapter 4-Data Presentation and Analysis

This chapter looked into the findings from the data collection process. It thereby discusses the research findings. This is the most important chapter as this is the epicenter of the research as a whole. In this chapter, the data collected is going to be analysed to determine whether it is

going to be qualitative or quantitative in nature, and finally each of the findings is going to be analysed.

1.9.5 Chapter 5-Conclusion and Recommendations

This is the concluding chapter of the study. It is going to give the summary of the findings from preceding chapters, thereby giving conclusion and recommendations. The recommendations provided by the chapter are alternative strategies that might be incorporate to address the challenges faced by CARE International Zimbabwe during the process of ensuring food security in Zimbabwe.

1.10 Summary of the Chapter

The chapter introduced the research topic as that of assessing the contribution made by CARE International Zimbabwe's projects towards ensuring food security in Zimbabwe. It moved onto give the background to the study, the statement of the problem and research objectives and questions. Finally, it outlined the significance of the study as well as the delimitation and limitations of the study

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Chapter II – Literature Review

2.0 Introduction

The chapter is going to review the literature that resonates with the study, that is, the literature that has something which addresses the study's intended objectives. The chapter's main aim is to explore the link between the literature and the objectives as well as the research questions of the study. It identifies similarities and differences or gaps in a bid to build up the current study on existing scholarship while opening new research trails. Food security is one of the topical issues in the development discourse across the globe, and many scholars have published on the subject. Therefore, textbooks, internet information and journals will be of great use in this chapter.

2.1 Global Food Security

Food security is a fundamental component in the development discourse. Mkandawire et al (2014), pointed out that access to food is fundamental to the enjoyment of other basic needs, like health. The right to food was also enshrined in the 1948 Universal Declaration of Human Rights (UDHR). Article 25 of the UDHR reiterates that every individual has the right to a standard of living adequate for the health and well-being of himself and of his or her family. These include the right to adequate food, clothing, housing, medical care and necessary social services among others beyond human control. It is the obligation of the states, governments and other relevant authorities to uphold and fulfill this right.

However, worldwide research shows that achieving food security is a difficult task, considering a variety of factors, which influence food security. Simon (2012) argues that there is at present more food in terms of macronutrients available to feed more than today's world population. FAO (2014) further elaborated this point by arguing that there is enough

food available in the world but the question remains on the distribution of that food. On this point, Mwaniki (2005) concludes that achieving food security in its totality continues to be a challenge not only for the developing world, but for the developed world also. Evidence from various researches show that the number of people facing food insecurity is increasing, and so is the population suffering from malnutrition and malnourishment. This is attributed to many factors whose impacts differ depending on the capacity of states and governments to respond to the factors that influence food security in a given state. In support of this point, OXFARM (2006) notices that the degree of vulnerability among people varies according to the wealth, power relations and access to markets. Factors such as the political environment, gender inequality, conflicts and wars among others also influence the availability, access, utility and stability of food in a given society.

Researchers stress that even though there is a considerable improvement in the area of food security, a lot needs to be done, especially in the developing world, where poverty is a factor rendering communities vulnerable to food insecurity. FAO (2014) estimated that globally, about 805 million people were chronically undernourished in 2012 to 2014, down by more than 100 million over the last decade, and by 209 million since 1990 to 1992. The report moved on to point out that the vast majority of these undernourished people live in developing countries, where an estimated 791 million were chronically hungry in 2012 to 2014. Even though developing countries also account for most of the improvements over the last two decades with an overall reduction of 203 million undernourished since 1990 to 1992, about 1 in 8 people in these regions or 13.5% of the overall population remain chronically underfed. Between 1990 to 1992 and 2012 to 2014, the prevalence of undernourishment has fallen from 18.7% to 11.3% at global level and from 23.4% to 13.5% in developing world.

Unfortunately, FAO (2013) reiterates that despite progress in developing regions as a whole, large differences remain across Africa. There has been insufficient progress towards

international hunger targets of halving the number of the undernourished by 2015, especially in the Sub-Saharan region where more than 1 in 4 people remain undernourished. This is the highest prevalence of any region ever in Africa. Furthermore, FAO (2015) reported that the prevalence of hunger in the region declined by 30% between the base period 1990 to 1992 and 2015 that is approximately 1 person out of 4 in Sub-Saharan Africa (SSA) is estimated to be undernourished recently as compared to a ratio of 3 out of 4 in 1990 to 1992. The report moved on to point out that by 2014 West Africa successfully reduced by 60% the proportion of its people suffering from hunger, which was at 24.2% in 1990 to 1992.

The Southern region is also close to halving the proportion of its people suffering from hunger, and is likely to reach the target before 2020, if the observed trend continues with respect to WFS (1996) goal of halving the number of undernourishment by 2015. Despite the overall progress made in reducing the prevalence of hunger, there is still considerable scope for improvement. Since 1990 to 1992, approximately 44 million people added to the total with an estimated 220 million in 2014 to 2016 compared to 176 million in 1990 to 1992. The region continues to lag behind global trends. However, such progress is insufficient to reach the WFS target of halving the number of the undernourished by 2015. This attributed to various factors that the study is going to look into in the next section.

The above statistics and efforts being exerted in trying to ensure food security in the world, shows that knowledge gaps still exists regarding specific stakeholders taking part in all these efforts. This is the reason why the study intends to examine the role played by the third sector, with particular focus on CARE International, towards ensuring food security in ward 18 of Zaka District in Zimbabwe. In addition, the given statistics also represents the extent of food insecurity in the world and the African continent's regions. This made it difficult for policy makers of a given country to formulate adequate policies that would ultimately ensure food security in a given country. Therefore, this is the reason why the study seeks to establish

the extent of food insecurity in ward 18 of Zaka District. This is because the area represents some parts of the marginalized communities, so that the outcomes might influence policy makers to incorporate their concerns during policy making so as to get in line with the 1996 WFS's goal of halving the number of the undernourished.

2.3 Challenges to achieving food security

The researcher finds it plausible to look into the factors that influence global availability, accessibility, utility and stability of food. This is because food security depends on these factors. Hence, this is critical because it would assist the researcher, during the course of the investigation, to explore the extent to which NGOs, paying particular focus on CARE International Zimbabwe, contributes to food security in Ward 18 of Zaka District in particular.

2.3.1 Natural Disasters

Studies have shown that Africa as a whole has been facing challenges of droughts, floods and other extreme weather events. These challenges result in poor or failed harvests, which in turn led to food scarcity and high prices of the available food. Fringpong (2013) acknowledges that Sub-Saharan Africa (SSA) is one of the regions that are experiencing climatological disasters among the developing regions in the world. The situation is worsening because of high temperatures and most of the population in the region depends on rain fed agriculture for their livelihoods. FAO (2001) stressed that in Southern Africa, Zambia experienced a sharp reduction in cereal production. This is attributed to excessive rains and floods as well as dry weather in southern parts, which adversely affected production of maize, the country's staple. Hence, the result was food insecurity especially among rural communities and vulnerable urban households whose access to food had been curtailed by the high prices. The FAO moved on to point out that the government appealed for

international food assistance for almost 2 million people in the 42 districts, which were declared to be in the state of emergency. Apart from Zimbabwe and Mozambique also experienced food difficulties especially in the Southern Province, which was affected by prolonged dry weather during the growing season. In addition, severe floods affected the provinces, and coping mechanisms of the households had been exhausted. The vulnerability assessment carried out by the WFP (2012), indicated that about 1 million people were in need of emergency food aid. Furthermore, in East Africa, the 2011 drought in Somalia also reduced food security in the country. The heavy rains in Ethiopia also caused an overflow of rivers in Southern Somalia displacing large numbers of people, aggravating the already serious food supplies problem. Also in Zimbabwe, the 2005 drought led to the death of domestic livestock that provide draught power. This exposed the affected communities to food insecurity as most of the communities resorted to selling cattle as a coping mechanism against food insecurity.

In addition, other than droughts and floods, pests and livestock diseases also formed parts of natural disasters. It is unjustifiable to talk about the challenges in ensuring food security without their mention, considering the impacts they pose on food security. Rice and Mickie (2007) argue that these could have devastating effects on food availability. Pests led to the death of livestock a source of draught power, hence rendered communities vulnerable to food insecurity. More so, pests also attacked crops, which results in poor or failed harvests and in turn resulted in food scarcity and high prices of the available food. For instance, the season 2013/2014 witnessed an armyworm outbreak in Southern Eastern region of Zimbabwe. Mr Chikwenhere of the Zimbabwe Department of Research Specialist Services was quoted by the Relief Web saying that the damage caused by armyworms this agricultural season is significant and would affect food security of the households in the affected areas of Zimbabwe. FAO (2014) further notices the presence of the UG pest. This is a lineage of

wheat stem rust which can cause up to 100% crop losses which is present in wheat fields in several countries in Africa and the Middle East and that is to spread rapidly through these regions and possibly further afield, potentially causing wheat production disaster that would affect food security.

2.3.2 Poverty

Poverty refers to the shortage of material assets, which deprive people of their capability to cope with the shocks and stresses, hence exposing them to food insecurity. Poverty is rampant mainly in third world countries. It encompasses various dimensions of deprivation that relate to human capabilities including health, education, food security, deprivation of the opportunities to participate in the socio-economic activities affecting the country (WB 2012). Generally, most third world countries' communities depend on rain fed agriculture for their social and economic survival. Nowadays, the sector is facing challenges, which include climate change and other adverse weather conditions. This exposed the communities to food insecurity, as they do not have the capacity to cope with the impacts of changes in climate. In addition, they also could not afford to purchase maize and agricultural inputs due to poverty. Braun et al (2004) also acknowledges the existence of strong links between agricultural productivity, hunger and poverty. They contend that if food insecurity is left unaddressed it can set in motion an array of outcomes that can perpetuate malnutrition, reduce the ability of adults to work and produce healthy offspring, reduce learning ability in children and ultimately lead to poor economic performance at national level further fuelling poverty. This is clearly supported by Food insecurity challenges facing the world as evidenced by the statistics pointed to in the previous section.

2.3.3 Dictatorship

Webster (2013) argues that the government action or inaction determines severity of food insecurity in a given country. Generally, most of the governments resort to illegitimate ways of acquiring power, especially in the developing countries, where dictatorship and kleptocracy are prevalent. For instance, this type of government cling to power through rigging elections, gerrymandering, shenanigans and staging coups among others. Eventually, it would be difficult for them to establish wider majority support. At times, they take opportunities of food shortages as a way of establishing a support base. Cunny (1999) pointed out that the distribution of food in a country becomes a political issue. A case in point is Zimbabwe, during times of food crisis there were allegations circulating that people were required to produce ZANU PF membership cards to purchase maize from the Grain Marketing Board. In addition, Cunny (1999) pointed out that most countries in the African region give priority to urban areas since that is where the most influential and powerful families and enterprises are usually located. This influenced negatively on the availability, accessibility and stability of food supplies.

2.3.4 Population Growth

The UN projections show a continued increase in population in the near future with the global population expected to reach between 8.3 and 10.9 billion by 2050. This would exert competition for the available resources, such as land, water and energy among others. In times of food scarcity, it would be difficult to make food available to every individual in a large population size. Worldwide research shows that 1 in 7 people on our planet go to sleep hungry due to population growth. The WFP (2011) pointed out that people are suffering due to overpopulation. It is estimated that 25 000 people die because of malnutrition and hunger related diseases every day. UNICEF (2008) reported that the World's poorest and most vulnerable children are hit hardest by the impact of climate change. Access to clean water and

food supplies will become more difficult especially in Africa and Asia. Hence, threatening the availability, accessibility and stability of food.

2.3.5 Conflicts

Conflicts influenced negatively on food security, particularly in the third world countries where conflicts are rampant. These conflicts include resource based, religious, ethnic and military based conflicts among others. Studies have shown that although conflicts may not be directly responsible for food crises, they contributed to food insecurity through exacerbating scarcity of food. FAO (2012) pointed out that there is an established correlation between the exposure of countries to external or internal conflicts and the deterioration or long term stagnation in their food security. Generally, conflicts mostly incapacitate people, especially the impoverished rural population and render them vulnerable to food insecurity challenges. This is because they prevent farming activities and destroy crops and livestock, a source of livelihood and draught power of many rural communities. Livestock is in itself a source of food and could be sold so as to get money to purchase food in times of need.

Conflicts also contributed to food insecurity through destroying lines of food, and farming inputs transportation because infrastructure structures, such as roads and railway networks maybe a target by warring parties to deter their enemies from accessing food. Furthermore, conflicts destroy farm capital as at times young able bodied young people may be recruited to join forces thereby suppressing income earning occupations. The Participatory Ecological Land Use and Management Report (2003) pointed out cases where conflicts impacted on food security. In Kenya, it was reported that cattle rustling conflicts among pastoralists of northern Kenya have displaced well over 20 000 people, disrupted irrigation agriculture, frustrated livestock trade and increased pressure on the already dwindling food reserves. The report moves on to estimate that food production in Kenya generally falls by 1.3% per year due to conflicts. In addition, in Sudan, war has claimed more than 3 million lives, displaced

hundreds of thousands and rendered millions destitute in their own country. Furthermore, the effects of the Rwandan genocide claimed almost a million lives, poor land policy and prohibitive costs of farm inputs have conspired to increase food insecurity in the great lakes country. In addition, the report also notices that the influx of refugees from Rwanda and Burundi in Tanzania constrained Tanzania's food reserves.

In as far as the phenomenon is concerned, one can see that the supporting evidence provided were on generalized impact of various factors on food security in certain countries. This would pose a challenge to the marginalized households located in rural areas as at certain times their concerns could end up being neglected. Thus, while this research is placed in the context of the above literature it seeks to add a new dimension by focusing on NGOs role in promoting food security in Zimbabwe. It also seeks to specifically look into the challenges or factors influencing food insecurity in ward 18 of Zaka District in Zimbabwe, so as to establish the extent to which CARE International Zimbabwe contributes in capacitating those rural communities to cope with these factors to ensure food security. In short, the research joins the new body of literature that explores the role of the third sector in ensuring rural food security globally.

2.4 NGOs and Food Security

Worldwide research shows that concerted efforts from states, governments and relevant stakeholders are required in an effort to ensure food security, especially in third world countries. This is because in most third world countries, the government bore the burden of food insecurity related issues (Chitongo 2013). Therefore, considering the challenges outlined above and others associated with the government including shortage of resources, a factor worsened because of corruption associated with the government officials in charge of food security issues, research alludes that development through projects is a panacea to food

insecurity challenges. Hence, NGOs have been regarded as an answer for rural communities' food insecurity problems. Chitongo (2013) alludes that the 1980s and 1990s have seen an increase in the number of NGOs active in relief and development. Edwards (1998) elaborated on the recognition of the third sector's role, by asserting that official agencies often see NGOs as a magic bullet, which even when fired in any direction without very much evidence, finds its target. In support of this point, Sahley (1997) pointed out that a rapidly growing population of overseas aid resources is now flowing through indigenous NGOs, a mature third sector in Africa and other third world countries. The resources channeled through NGOs are then an important catalyst of self-reliant development activities. She moved on to point out that those NGOs can also become a permanent sector in society that influence policy, empowers grassroots organisations, and forges links with public and private debates.

However, despite the role that NGOs play in ensuring food security, Chitongo (2013) notices that an increasingly important issue for NGOs active in food security is their relationship with the government. This is because those that are critical of the state will risk likelihood of repression (Fowler 1990). Therefore, Bratton (1989) in Chitongo (2013) concludes that the amount of space allowed to NGOs in any given country is determined first by political considerations rather than by calculations of the contribution of NGOs to economic and social development. In as far as the phenomenon is taken into consideration, one can see that the reviewed literature covers the role of NGOs in the global world. Therefore suffering from trying to universalise the challenges faced by the NGOs towards achieving food security, whereas these challenges differs from country to country depending on the type of government in that particular country. This provides fertile ground for this study to specifically investigate the role that NGOs are playing towards ensuring food security in Zimbabwe with particular focus on CARE International Zimbabwe's projects in ward 18 of Zaka District, as well as exploring the specific challenges the organisation is facing. This

might assist policy makers in that the recommendations that the study is going to provide at the end might provide guidance in policy formulation to ensure food security in particular, and development of the country at large.

2.5 Food Security in Zimbabwe

Food security in Zimbabwe is under the influence of agricultural production, which is the main stay of country's economy. Many people, especially the rural communities, depend on agriculture for their social and economic survival. In support of this point, Theron (2014) estimated that about 70% of the Zimbabwean population depends on agricultural production for their survival. Juana and Mabugu (2005) further acknowledges that the agriculture sector generates income and employment to an estimated 70% of the population as well as provision of about 60% of the raw materials needed in the manufacturing industry. Prior to the 21st century, Zimbabwe's economy was booming due to its vibrant agricultural production. According to Tekere and Hurungo (2003), the sector contributed an estimated 45% of the total exports in the years prior to the 21st century. However, the problem started in the 21st century. This is mainly because the country was confronting many changes, which influence the availability, accessibility and stability of food. These include climate changes, economic instability, poor policy formulation, and agricultural commodity pricing as well as political instabilities, worsened by the economic dependence on rain-fed agricultural production. These factors lead to the reduction in cereal crop production. The result is starvation, hunger and malnutrition among vulnerable groups of the society.

The ZIMVAC (2002) estimated that 6.7 million people were in need of food assistance. This represents 49% of the country's population in 2002/2003 agriculture season. Among them 5.9 million were rural dwellers. This was mainly a result of high prices of agricultural inputs and poor rainfall among others. ZIMVAC (2013) estimated that in the 2012 agricultural season

1.7 million people were food insecure. In the 2013/2014 agriculture season, the World Food Programme (2013) predicted that 2.2 million people would be in need of food assistance. This represents 25% of the rural population in the country. The statistics shows a considerable improvement in the fight against food insecurity. This maybe a result of an improvement in the annual rainfall received during the period 2013/2014 season. However, the 2.2 million food insecure in the country's population is still too large, a lot needs to be done to address the insecurity challenges. In light of this, the study seeks to explore the role that NGOs play with specific focus on CARE International in ensuring food security in the country. In addition, since the given information covers the situation at national level, the study seeks also to explore the extent of food insecurity in ward 18 of Zaka District, and establish how the organisation is managing the situation at the district level.

2.6 Challenges to Food security in Zimbabwe

Zimbabwe experienced many challenges, which influence the quest for food security. Although some of the challenges share similarities with global challenges, the section is going to look in to the unique challenges that are inimical to the attainment of food security in the country. These include the Fast track Land reform programme, agricultural commodity pricing, economic instability and lack of diversification on sources of food security.

2.6.1 The Fast Track Land Reform Programme (FTLR)

The FTLR policy was implemented in the year 2000. Its main aim was to address the imbalance in ownership of land between the indigenous blacks and white minority commercial farmers as well as addressing rural poverty created during the colonial era. The undertaking involved taking land from the white commercial farmers and parceling it to the majority rural impoverished population. FAO (2008) pointed out that with the ongoing land reform programme only about 300 or so large scale commercial farmers remain now, and

most of them are not making any new investments and improvements. The report moved on to point out that since 2001, the large scale commercial farms have been turned into subsistence farms. Most of the beneficiaries lacked collateral to access loans and other inputs. This disturbed the level of cereal production, thereby compromised the availability of food. In addition, the FTLR also affected many industries that depended on raw materials from agricultural production, like the manufacturing industry. Juana and Mabugu (2005) pointed out that the agriculture sector contributed about 60% of the raw materials needed in the manufacturing industry. This also affected the demand for agriculture inputs like fertilizer and seeds. This saw many industries closed or scaled down their workforce. In addition, researchers asserted that prior to the FTLR, Zimbabwe's economy was booming due to its vibrant agricultural production. According to Tekere and Hurungo (2003), the sector contributed an estimated 45% of the total exports in the years prior to the 21st century. This in conjunction with the displaced farm workers increased the natural rate of unemployment, while on the other side this has significantly reduced crop production. Hence, access to food and being able to afford food has become difficult. On this point, the study seeks to investigate the role that the third sector is playing in complementing government efforts in ensuring food security in the country, with particular focus on CARE International programmes in ward 18 of Zaka district. In addition, the study is going to come up with the possible recommendations to the government and the organization that might be incorporated to enhance food security in the country.

2.6.2 Agricultural Commodity Pricing

In a bid to address food shortages brought about because of the FTLR, the government passed legislation in the 21st century, which gave the Grain Marketing Board the sole authority to control the purchase of cereal crops. FAO (2008) reported that the GMB was given the sole authority to set the buying price for farmers and the selling price for millers. The report

moved on to point out that the prices set by the government were artificially low and clearly out of step with prices in the informal sector and international price levels as well as trends. In support of this point, Theron (2010) asserted that the pricing mechanisms put in place for the agricultural commodities were largely inelastic in an inflationary environment with farmers being expected to produce at loss. This influenced negatively on the availability of food. The situation worsened due to the fact that the GMB rely on the government for funding, and at that time the government was experiencing economic instability, which compromised its ability to fund the institution. In support of this point, FAO (2005) noted that the GMB maize purchase price when announced in October 2007 was ZWD \$10 million/tonne, which was equivalent to about USD \$10/tonne at the parallel market exchange rate, but reached USD\$ 1 after a few months due to inflation. The report further pointed out that the last price announced in April 2008 was ZWD \$ 22 billion/tonne, which was equivalent to about USD \$220. This was almost equal to the international price by the time it was announced. However, within weeks it was about one quarter of that price. On this point, the GMB often offered top-up incentives to the farmers, but the payments were usually disbursed very late or sometimes uncertain. This economic instability and poor pricing of cereal produce resulted to most farmers shifting their attention to focus on those crops that offered competitive prices like tobacco, cotton, soya beans and sorghum among others, hence compromising the availability and stability of food supplies in the country. Keeping this in mind, the purpose of the study is to explore the role that CARE International is playing in capacitating the communities in ward 18 of Zaka district to address this anomaly. It also seeks to establish the effectiveness of the interventions undertaken by the organization, so as to bring out possible recommendations in an effort to ensure food security in the country.

2.6.3 Lack of Diversification of Sources of Food Security

Most of the population in Zimbabwe depends on rain fed subsistence agriculture as a source of food security. Theron (2014) pointed out that about 70% of the people in Zimbabwe depend on agricultural production for their economic and social survival. In support of this point Juana and Mabugu (2005) asserted that agricultural production in Zimbabwe, acts as a source of income and employment to an estimated 70% of the population. In recent years, the source is affected by changes in climate, which compromised the availability and stability of food.

2.6.4 Climate Change

Zimbabwe population depends on rain fed agriculture for their social and economic survival. Since the 1990s, the country experienced successive droughts, which contributed to the reduction in cereal production. Some of the population resort to selling livestock to purchase food during times of need. However, due to the occurrence of droughts, some parts of the country experienced shortage of pastures, which result in death of livestock. Since livestock play an important role in agricultural production, their exhaustion compromised the stability, availability and accessibility of food resulting in food insecurity.

In the face of these challenges, most people resort to migration to the neighbouring countries to source income to supplement their family dietary needs. In support of this point, FAO (2008) argues that the poor economic situation in Zimbabwe has forced many people to migrate to the neighbouring countries for better opportunities. This remains a significant way of enhancing household food security, as many households might end up receiving remittances from their relatives. However, this remains unsustainable coping strategy, simply because it takes the able-bodied labour force leaving the old aged and the disabled to work in agricultural production, hence impacted negatively on the availability, accessibility and

stability of food. In addition, the report moved on to point out that these remittances tend to be irregular and also tended to benefit a limited number of households. Moreover, some within the rural population resort to barter trading where they exchange livestock for food. However, others elected to sell those livestock to get money to cater for food. In support of this point, FAO (2008) reported that for rural households, livestock ownership provides a very important hedge against production shortfall and food insecurity. Communities are likely to sell their chickens and goats as well as their cattle to supplement their dietary requirements.

Furthermore, others resort to vending, gold panning and even working in the fields of others for payment among other small-scale income generating practices. FAO (2008) asserted that although gold panning officially not allowed, it emerged to be an important source of income in many districts in Zimbabwe. The report further pointed out that households tend to employ many coping mechanisms against food insecurity. These might include reducing the amount of food as well as the number of meals, like going without food for the whole day.

Still in Zimbabwe, Zaka District is among the driest areas of Zimbabwe, characterized by law unpredictable rainfall. This and other challenges already mentioned complicate the attainment of food security in the District. As the coping strategies, the communities of Zaka resort to some of the above-mentioned strategies. However, since most of the population experienced the impacts of factors, which influence food security, other strategies proved unsustainable. For instance, the sale of livestock to get money to purchase food, especially since most of them was affected by droughts and faced shortage of pastures. As one alternative, a large part of the population relied on aid from NGOs, which provided humanitarian and relief interventions to food insecure communities. It has been ages since these NGOs begun their operations, but currently the district is still experiencing food insecurity challenges, which makes it difficult for the country to meet the world food summit goal of scaling down the

number of the undernourished and those affected by malnutrition. Hence, the obligation of the study is to investigate the role that NGOs are playing, with specific focus on CARE International Zimbabwe's projects, in ensuring food security in ward 18 of Zaka District in Zimbabwe. During the process, the study is going to identify the interventions undertaken by the organisation in ensuring food security, thereby establishing the extent to which they are sustainable in capacitating the communities to cope from the causes of food insecurity to ensure food security in the district in particular and the country at large.

2.7 Chapter Summary

The chapter looked into a number of literatures relating to food security. It first looked into the food security situation in the world, touching on the factors that influence global food security. Finally, the chapter looked into the food security situation in Zimbabwe, and discuss on the factors that influence food security in the country. The reviewed literature established that many efforts, from the government and different stakeholders, are being undertaken to ensure food security in the world and in the particular case of Zimbabwe. However, despite efforts undertaken food insecurity continue to persist, leading communities to embark on some risk unsustainable strategies to cope with the impacts of food insecurity. Hence, the chapter concluded by asserting the main object of the study as that of focusing on the long serving NGO. That is CARE International Zimbabwe's projects, and establishes their effectiveness in promoting food security in the country, thereby coming up with possible recommendations that might be incorporated to improve their effectiveness to ensure food security in the country.

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Chapter III- Research Methodology

3.0 Introduction

The chapter is going to focus on the methods of research that the researcher used in data collection. It will also provide the justification and limitations of the methods used to collect data. In addition, the chapter is also going to spell out the data collection instruments, the research population and sample.

3.1 Research Design

Saunders et al (2009) argues that research design is the general plan of answering the research questions that addresses the objectives of the study, as well as specifying the sources in which the researcher intends to collect data considering constraints such as data, time, location, money as well as ethical issues. They move on to elude that in thinking of research questions a researcher have begun inevitably to think about the purposes of the research, which can be exploratory, explanatory and descriptive depending on the researcher's intentions. Therefore, in this study the researcher opted to use a convergent mixed research design. This involves collection of data using both qualitative and quantitative research methodology at the same time (Creswell and Clark, 2011).

Sieber (1973) in Creswell (2003) encourages the mixing of research methods, he pointed out that mixing of many methods of research allow the researcher to make use of both quantitative and qualitative data. In support of this point, Jick (1979) in Creswell (2003) argues that each research method has its limitations, so by combining them the biases can be neutralized. Saunders et al (2009) also added that combining many research methods cancels out bias. He further move on to state that there are two major advantages of choosing to use multiple research methods in the same project since they can be used for different purposes.

For instance, observation and interviews that is qualitative data can be used at exploratory stage and surveys whilst quantitative data used for descriptive and explanatory stage. Bryman (2006) in Saunders et al (2009) comes up with six reasons for mixing research methods, which include triangulation, facilitation, complementarity, generality, aid interpretation, study different aspects, and solving a puzzle.

3.2 Study Population

According to Polit and Beck (2004) in Madanha (2012), a study population is the entire aggregation of cases that meet a designated set of criterion. He moves on to argue that the study population is the aggregate of cases about which the researcher would like to generalize. On this point, the researcher targeted 90 household beneficiaries of CARE International programmes. This is because according to CARE International official, the programmes that the organization is implementing only benefited 90 households in ward 18 of Zaka district. Inclusion of beneficiaries of the organization's projects assists in obtaining reliable, accurate and relevant information about the interventions undertaken by the organization. However, since the study objectively seeks to assess the effectiveness of the organisation's interventions in ensuring food security, the researcher also included 10 non-beneficiaries of CARE Interventions as control population. Inclusion of non-beneficiaries enabled the researcher to compare and contrast the situation between the two so as to explore the extent to which the projects contributed towards food security in the area.

3.3 Sample Size

Kumar (2011) supports the idea of the need for a sample. He argues that it is not possible to cover the whole population during data collection processes. This is because it needs a lot of money and consumes a lot of time. Given that the researcher is a student who also needs to balance between research and attending lectures, this proved impractical. So there is need to

select a sub-group from which the researcher is going to study and come up with accurate and relevant information to the study.

According to Saunders et al (2009), in choosing a sample, the researcher needs to factor in many factors. These include the confidence that the researcher have in data, the margin of the error that the researcher can tolerate, the quality of analysis that the researcher is going to undertake as well as the size of the total population under study from which the sample is being taken. On this point, the researcher opted to gather information from 25 beneficiary households. On the other hand, the researcher also included 10 non-beneficiary households of CARE International projects as a control sample. This assisted in comparing and contrasting the plight of the beneficiaries and non-beneficiaries to determine the effectiveness of the interventions being undertaken by the organization to promote food security in the area. However, 5 individual key informants were also included to form part of the sample. These included CARE International official, 2 extension officers and 2 village heads. This allows room for the generation of valid and reliable data. Saunders e tal (2008) argues that when it comes to collection of quantitative data large sample determines the reliability of information obtained. Dillman (2007) supports this point when he pointed out that for a quantitative research, the bigger the sample size the more reliable is the data gathered. Since the researcher earlier on suggested a mixed approach to the study, therefore, the sample that the researcher used was a mixed research sample, which consists of qualitative and quantitative samples. Therefore, from the above information, 25 beneficiaries and 10 non-beneficiaries were selected for questionnaires to gather quantitative data. On the other hand, 5 key informants, and 10 households from both the beneficiaries and non-beneficiaries were randomly, selected for interviews to collect qualitative data.

3.4 Sampling

According to the Oxford English Dictionary (1999), a sample is a small part of something intended as a representative of the whole. Burns and Burns (2008) argue that successful sampling requires a balance of efficiency and reliability. Saunders et al (2009) justifies the need for a sample by arguing that it is impractical to study the whole population, as this maybe too expensive in terms of money and time. However, when it comes to collection of quantitative research, the larger sample makes the research findings better (Kunar, 2011).

3.4.1 Sampling Techniques

Saunders et al (2009) acknowledges that sampling techniques depicts a number of methods which enabled the researcher to reduce the amount of data (s) he collects through considering only data from a sub group than from the whole population. These can be put into two types that is the probability or representative sampling and non-probability or judgmental sampling (Saunders et al, 2009). Therefore, the researcher opted to use random sampling during the process of quantitative data collection, whereby every individual in the population under study had the possibility of being selected (Creswell, 2003). On this point, systematic random sampling was opted for. Hence, the researcher decided to hand deliver the questionnaires to at least three households in at most eleven villages out of an average of thirty-four villages (the Zimbabwe Population Statistics Services, 2012). To this end, the researcher selected first household at random as the starting point. From then, the researcher decided to select the tenth household from the starting point, to gather data from the remaining two households, then move on to the next village. On the other hand, as alluded to earlier on that the researcher decided to use triangulation method in gathering data, the researcher also opted for the purposive sampling in the process of collecting qualitative data. However, due to the emergency of unexpected challenges, the researcher then compelled to employ convenience

sampling. These included failure to get in touch with other members of the selected sample, as they were not around at their hive of activity during the researcher's visits.

3.5 Research Instruments and Data Collection

Research instruments are tools, techniques or strategies adopted for data collection. For any research to be successful, it rests within the accuracy of data collected. This can only be achieved using appropriate instruments to draw the requisite information from the accurate source (Madanha 2012). Therefore, since the study adopted the convergent mixed research approach, in this study the researcher opted to use primary and secondary data collection instruments. As part of primary data collection instruments, the researcher decided to use questionnaires and interviews. In secondary data collection instruments, the researcher used textbooks, journals and internet. Creswell (2003) supports the choice of instruments through mentioning that data collection steps includes setting of the boundaries for the study, collecting information through unstructured or semi-structured observation and interviews, documents and visual materials as well as establishing the protocol for recording the information. Hence, provide fertile ground for the researcher to suggest using the above mentioned instruments.

3.5.1 Primary Data

Creswell (2003) refers to primary data as the data observed or collected directly from first hand. The researcher used questionnaires and personal interviews in the study. This is because the research, as mentioned earlier, adopted a mixed research design. According to Saunders et al (2009), questionnaires and interviews complement each other in mixed research designs thereby reducing biases. This is because each of these instruments has its own weaknesses, therefore combining those results in the gathering of reliable, accurate and relevant information, as each of them ends up cover each other's weaknesses.

3.5.1.1 Questionnaires

Madanha (2009) refers to questionnaires as a formal set of questions or statements designed to gather information from respondents that will accomplish the goal of the research project. A good questionnaire should have clarity, lacking leading and complex questions. The researcher used self-administered questionnaires. Respondents usually complete self-administered questionnaires, such are administered and hand delivered or electronically posted. In this study, twenty-five (25) questionnaires were designed and delivered to the beneficiary households of CARE interventions, while on the other hand ten (10) questionnaires were also delivered to non-beneficiaries of CARE interventions. These were employed to explore whether the communities of ward 18 in Zaka District were aware of the role played by NGOs with a particular focus on CARE International in ensuring food security in the country, particularly in ward 18. On the other hand, they assist to explore the effectiveness of the role that CARE International interventions play in ensuring food security in the area under study through comparing the plight of the beneficiaries and that of non-beneficiaries in the face of food insecurity. The researcher opted to use questionnaires in this study because, questionnaires reduces bias. Unlike interviews which might experience bias of personal interaction that might come as a result of facial expressions. Apart from, questionnaires usually used for specific purposes, that is in addressing the issues that the study intended to fulfill. This open room for the generation of the responses that are relevant to the research problem. However, given that questionnaires are associated with closed questions, this might end up setting restrictions to the respondents thereby evading exploration of some information that requires probing further. Hence, the researcher decided to complement them with interviews as an alternative.

3.5.1.2 Interviews

According to Haralambos and Holborn (1990), an interview is a face to face meeting between the interviewer and the interviewee. The researcher to get a feel for the key issues before using the questionnaire, and as well supplementing information gathered with the questionnaire used them. In the research both standardized and non-standardised interviews were used. Five (5) key informants were considered for interviews, while on the other hand ten (10) households, from both beneficiaries and non-beneficiaries of CARE International interventions were randomly selected for interviews during the process of distributing questionnaires. These assisted in exploring the lived experiences and the ways in which communities invested those experiences to develop the worldview, as the undertaking enabled the researcher to ask both the past and present experiences. The researcher asked the respondents about their lived experiences on food insecurity including on the ways they employed to cope with factors which influences food security in the area. In addition, the researcher elected to use interviews in this study because they allow room for him to control the environment. This is because the researcher can assure the issue of confidentiality, and that the research is for academic purposes only. This assisted in that the respondents would be feeling comfortable to give the relevant information wanted in this study by the researcher. Furthermore, interviews also enabled the researcher to make sure that all questions are responded to. Lastly, they also allowed the researcher to identify the respondent's feelings on a certain subject area and then probing to get more information that is relevant.

3.5.2 Secondary Data

Burns and Burns (2008) describe secondary data as the data that is collected from the published sources in the past by other parties. This study obtained secondary data from internet, textbooks and journals. The researcher opted for secondary data collection

instrument because it is cheaper and more quickly obtainable as compared to primary data. In addition, secondary data may be readily available when the primary data research instruments cannot be obtained at all.

3.5.2.1 The Internet

It is a network infrastructure connecting millions of computers together globally, forming a network in which any computer can communicate with any other computer as long as they are both connected to this facility. The researcher used this method to obtain most of the information, which is important for this research, especially on reviewing literature and background of the study. The researcher opted to use internet to gather information because, the sources provide reliable and accurate information as it's frequently updated, as well as being user friendly because it provides all references electronically. However, some of the information provided on the internet may be vulnerable to exaggeration. Hence, the researcher compliments this through use of other secondary sources like textbooks.

3.5.2.2 Textbooks and Journals

These are manuals of instruction or standard books and codes in any branch of study. Textbooks maybe in printed format and some online mainly known as electronic books. In this research, the researcher mostly used textbooks on food security, concepts and development. The researcher opted for textbooks because they provide accurate and reliable information since they get tested before their publication. In addition, the researcher decided to go for textbooks because they are readily available unlike the primary sources of data.

3.6 Validity and Reliability

Cresswell and Clark (2011) argues that the validity of a research instrument is the extent to which an instrument measures what it is supposed to measure or performs what it is designed

to perform. In a bid to ensure that the instruments used are valid, the researcher employed the pilot test on questionnaires. It involves the researcher designing the questions and then hand them to an expert for corrections, so that the questions will gather the most accurate, reliable and relevant data. Saunders et al (2009) supports the view by pointing out that pilot test refine the questionnaire for it to be understandable by the respondents. In short, reliability seeks to answer or to explore whether the research instruments used suited well to measure what the researcher intended to find out. On this point, the researcher suggested to use triangulation. This involves combining more than one research instrument to gather data, hence created fertile ground for the researcher to come up with accurate, reliable and relevant information. This is because, according to Creswell (2003), triangulation method used to ensure the validity and reliability of a research, and the method usually used in mixed research designs.

3.7 Data Analysis and Presentation Plans

On analyzing and presenting data, the researcher opted for the interpretational approach as a data analysis mechanism. This approach suited well, especially when considering the patterns associated with data in explaining the phenomenon. In addition, as mentioned earlier, the research was dominantly qualitative in approach, hence created room for the data analysis to be predominantly verbal descriptions. On the other side, considering the fact that the research opted for the convergent mixed research, the researcher also used few quantitative presentation data techniques using tables, pie charts, graphs as well as statistics.

3.8 Research Ethics

During the process of data collection, the researcher mainstreamed voluntarism. This means every respondent in this research provided information on voluntary basis and no reward promised to lure respondents to participate in this project. The researcher opted for this aspect to respect issues of confidentiality. Apart from, the researcher also incorporated the aspect of

informed consent, whereby he sensitized participants of the purposes of the research to make them felt free to give information as they get assurance that it was for academic purposes only. On the other hand, the researcher explained to some of the respondents on the significance of the study to them, as a community in general and the nation at large.

The researcher also sought clearance from the relevant authorities before conducting the research. These included from the Ministry of Local Government, CARE International head office, and councilor as well as from the village heads. This enabled the researcher to conduct the research with limited political surveillance. This is because from the time the government embarked on land reform programme, a thin dividing line between agriculture and national politics has been created. As a result a researcher whose focus was on land and agriculture had to declare the objective of the research, especially with the alignment towards highlighting that it is serving academic purpose not political reasons. In the case of CARE International, the researcher sought clearance in line with the Access to Information, Publicity and Privacy Act (AIPPA), which criminalises the publicity of information without the consent of the party concerned. Hence, explained the purposes of the research to gain an approval.

3.9 Chapter Summary

The chapter outlined different methods that the researcher used in carrying out the study, which were instrumental in spelling out the study's objectives as well as in answering the research questions. It begun by looking at the research design and the population under study as well as outlining the research sample. Moreover, the chapter also outlined the data collection instruments used by the researcher during data collection process. These include the primary sources including questionnaires and interviews, and the secondary sources including internet, textbooks and journals.

Reference List

Cresswell, W. J. (ed) (2003), *Research Design*, New Delhi: Sage Publications

Cresswell, J. W. and Clark, P. V. (ed) (2011), *Designing and Conducting Mixed Research Methods*, London: Sage Publications

Saundes, M, Lewis, P. and Thornhill, A (ed) (2009), *Research Methods for Business Students*, Prentice: Pearson Education

Chapter IV – Data Presentation, Analysis and Discussion

4.0 Introduction

This chapter looks into the findings from the data collection process. It thereby discusses and analyses the research findings from the previous chapter. The findings were gathered through the use of interviews, questionnaires and primary data collection instruments. Therefore, the findings are going to be looked at, presented and analysed separately.

4.1 Response rate

The study elected to use mixed research methodology in the process of data collection. Data was collected from 40 respondents. Among them 25 were collected using questionnaires from the beneficiary household heads, of CARE International interventions. On the other hand, 10 were collected from non-beneficiary household heads, of CARE International interventions, which acts as control in establishing the effectiveness of the organisation's interventions in ensuring food security in the area. Moreover, 5 interviews were conducted from key informants as well as from 10 community households which were selected randomly among those presented with questionnaires. From the 25 questionnaires hand delivered to the beneficiary household heads of CARE International interventions in ward 18 of Zaka District, 22 were completed and returned making an 88% response rate. Among those 22 respondents, 16 were female participants and the remaining 6 were male participants. On the other hand, from 10 questionnaires targeted non-beneficiaries of CARE Interventions, all were completed and returned. This marked 100% response rate. Among these non-beneficiary respondents, 7 were females and the remaining 3 were males. More so, from 15 interviews administered, that is, targeting 2 extension officers, 2 village heads, 1 CARE International official and 10 community households, only 11 were successfully administered. This marked a 73% response rate. Among the interviewee respondents were 7 beneficiary and non-beneficiary

community household heads, 1 extension officer, 2 village heads, and the Councilor as substitute for CARE International official who happened to be absent during the researcher’s visit. By gender, interviews managed to capture 5 female participants and 6 male participants. This represents 33% and 40% of the overall administered population, respectively. Furthermore, from 7 respondents, 3 were conducted to non-beneficiaries of CARE projects and the remaining 4 were conducted to the beneficiaries of CARE International projects. The rate of response is illustrated on the table below.

Table 1

Total Targeted Households Respondents	Interviews		Questionnaires		Out comes				% Outcomes	
	Ben H/hs + key infors	Non -ben h/hs	Ben h/hs	Non-ben h/hs	Ben h/hs+ key infors	Non-ben. h/hs	Ben-h/hs	Non-ben h/hs	Intervs	Qnns
40	12	3	25	10	8	3	22	10	73	88

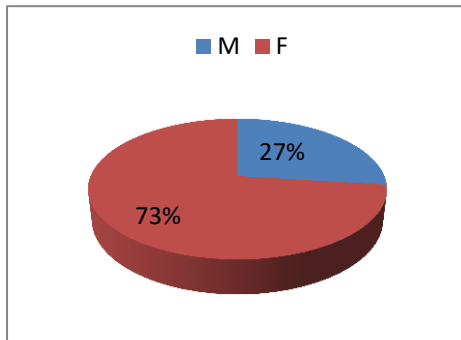
4.2 Questionnaire Analysis and Presentation of Responses

4.2.1 Gender

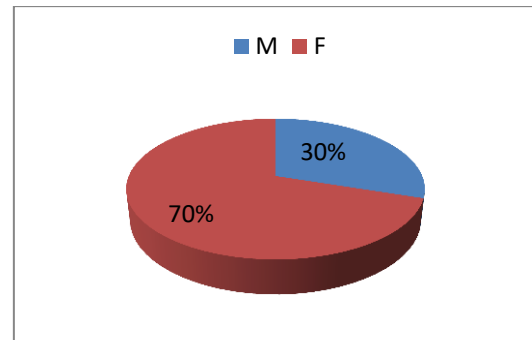
The questionnaire contains a question that requires respondents to show his or her gender status. This meant to explore the gendered dynamics of respondents. The information provided above, by gender, shows that the number of women respondents is greater as compared to male respondents. From the 22 questionnaires responded to and returned from the beneficiary household heads, 16 of the respondents were females whilst the remaining 6 were males, making 73% and 27% of the targeted population respectively. On the other hand, from the 10 questionnaires completed and returned from non-beneficiaries of CARE

interventions, 7 were females and the remaining 3 were males. This marked 70% and 30% of the targeted population respectively, as illustrated by the pie charts below.

Pie charts 1:Beneficiary percentage gender response rate



Non-beneficiary % gender response rate

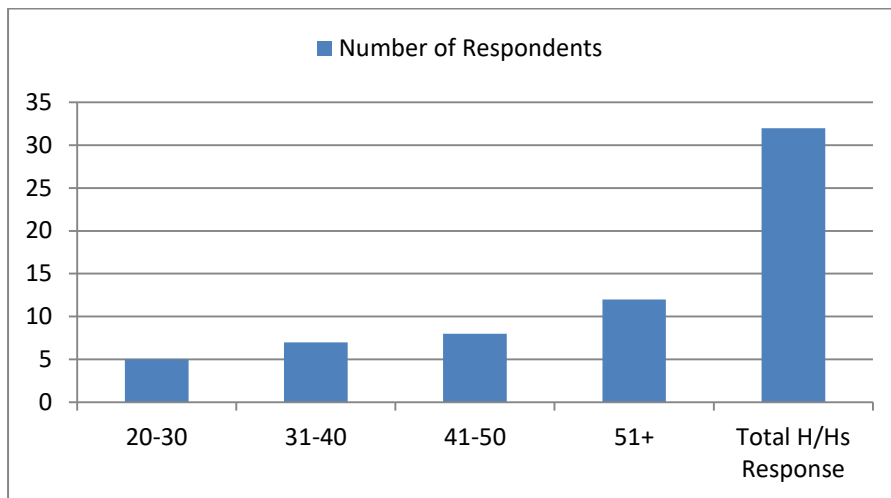


This is mainly because rural areas are more populated with women as male counterparts are migrants. They are the ones who migrated to urban areas, and even to diaspora for economic reasons. In addition, women are the majority among those that bore the burden of food insecurity in Zimbabwe.

4.2.2 Age

The questionnaires contain a question that sought to establish the age dynamics of the respondents. This meant to find out the age groups of the household heads that are in ward 18 of Zaka district. This assisted in establishing the extent of reliability of information gathered from respondents. The information provided demonstrated that respondents below the age of twenty were very limited, this means that the research has the possibility of generating reliable and accurate information based on historical experiences of food security in the area. From the 32 respondents from both beneficiary households and non-beneficiary households, 5 were between the ages of 20 to 30, 7 were between the ages 31 to 40 , 8 were between the ages 41 to 50 and the remaining 12 were of the ages of 51 and above, as illustrated by the table below.

Bar Chart 1: Age response distribution

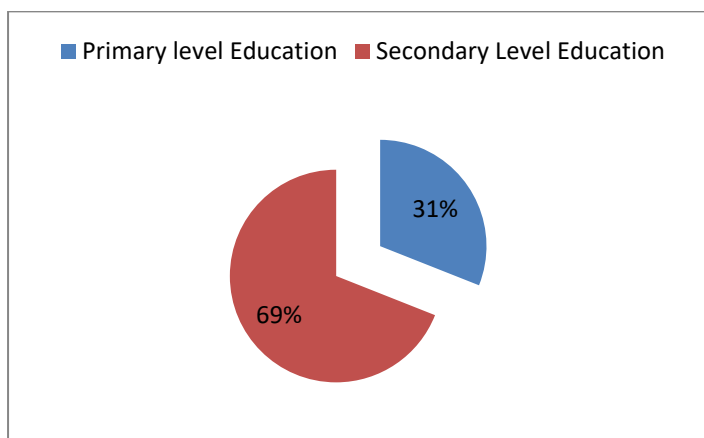


Since the information shown above shows that most respondents were above 50 years, the researcher was interpreting most of the questionnaires to the participants to make them clear to cater for the illiterate. This was made simple by the fact that the researcher hand delivered the questionnaires to the respondents.

4.2.3 Literacy

The questionnaires contain the question that sought to explore the literacy level in the area under study. The information generated shows that the rate of literacy inward 18 is better. This is because, from the questionnaires responded to from both beneficiaries of CARE Interventions and non-beneficiaries, 22 of them depicted that the respondents have reached secondary education, as compared to the remaining 10 which depicts a proportion of those that reached primary level education. This represents 69% and 31% of the administered targeted population respectively. High literacy rate means that the level of grasping the required information is high, thereby this created fertile ground for obtaining relevant and reliable information. This is illustrated on the pie chart below.

Pie Chart 2: % literacy rate



4.2.4 Beneficiary

The questionnaires contain the question that sought to establish the proportion of the beneficiary of CARE interventions in the population under study. The information gathered has shown that most of the respondents were beneficiaries of CARE International projects. The completed questionnaires shows that 22 of the respondents benefited from CARE projects and the remaining 10 have never been benefitting from CARE International interventions. As illustrated by the table below.

Table 2

Total Households Respondents	Beneficiaries	Non-Beneficiaries
32	22	10

Inclusion of beneficiaries of CARE International projects in the study assisted in the provision of reliable information on the type of projects that CARE is implementing in ward 18 to ensure food security. On the other hand, inclusion of non-beneficiaries acted as a

control in the process of gathering data. This assisted in getting an insight on how the communities in ward 18 are going to cope with challenges of insecurity bedeviling the area, hence created room to explore the effectiveness of the organisation’s role by comparing beneficiaries and non-beneficiaries food security status.

4.2.5 Agricultural Assets

Questionnaires contain a section that sought to explore the livelihood assets that the communities of ward 18 have. This assisted in establishing the effectiveness and efficiency of CARE International interventions in as far as food security in the area is concerned. The completed questionnaires show that most beneficiary households owned cattle, donkeys and other domestic livestock. From 22 respondents, 12 owned cattle and other livestock like goats and sheep among others, and 3 of the respondents owned donkeys and other livestock like chicken and goats among others. The other 4 respondents possessed goats and other livestock like chicken, guinea fowl among others. The remaining 3 have no cattle. On the other hand, non-beneficiaries households respondents showed they owned cattle and other livestock like goats and sheep among others, as illustrated by the table below.

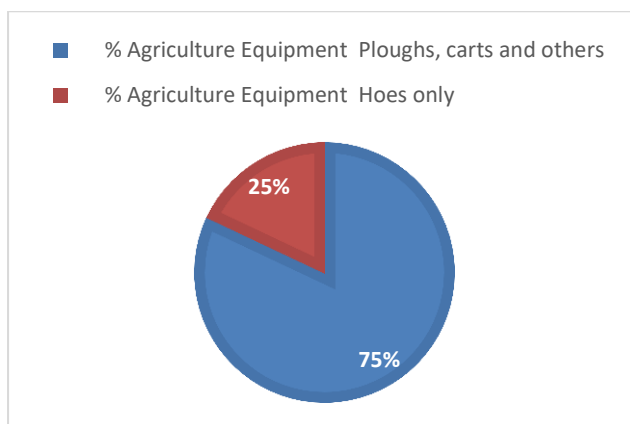
Table 3: livelihood assets distribution

Livelihood Assets	Beneficiaries	Non-Beneficiaries
Cattle and others	12	10
Donkeys and others	3	0
Goats and others	4	0
No Assets	3	0

This has however impacted negatively towards agricultural production, because cattle played a significant role in agriculture as they provide draught power, manure as well as milk for food to the communities. Therefore, the survey sought to understand the effectiveness of the role that the organisation is playing in capacitating the communities so as to improve efficiency in agriculture.

In addition, the questionnaires contain the question that sought to explore if the communities possessed production equipment. The findings show that most of the communities afford primitive production assets like ploughs, harrows and scorch carts among others. This is because of lack of financial resources to purchase modern production assets like tractors and combine harvesters. From the 32 respondents, 24 of them possessed agricultural production equipment like ploughs, scorch carts and others, whilst the other 8 respondents have hoes only instead of ploughs and carts. This represents 75% and 25% respectively of the targeted respondents, as illustrated by the pie chart below.

Chart 3



The information provided on the pie chart have a bearing on the efficiency of interventions implemented by CARE International like provision of farming inputs. This is because they determine the capacity of communities to utilize the opportunity of the intervention to ensure food security in the area. So this assisted in exploring the role played by CARE International

Zimbabwe in capacitating the communities by providing interventions that addresses the challenges faced by the community.

4.2.6 Crops

The questionnaires contain the question that sought to explore the types of crops that the communities of ward 18 in Zaka District grow to ensure food security. Most of the respondents pointed out that they rely on the cultivation of maize, as their source of food. Others allude that they grow other crops besides maize to supplement maize. These include groundnuts and cotton among others, which are mainly grown for commercial purposes to generate income for the purchase of food in time of need. From the 22 respondents, 6 of them pointed out that they rely on maize and supplement it with other crops like cotton, groundnuts among others, whilst the remaining 16 pointed out that they rely on maize as source of food and other crops grown on subsistence basis. Considering the challenges that communities are facing towards achieving food security, like changes in climate, this assisted to explore the extent of food security in the area. On the other hand, the question assisted in exploring whether CARE International interventions introduced new crops, which adapt to the challenges faced by the communities to ensure food security in the area.

4.3 Presentation and Analysis of Interview Responses

4.3.1 Food Insecurity in the Area under Study

In a bid to explore deeper insight concerning the role that CARE International Zimbabwe is playing towards ensuring food security in ward 18 of Zaka District, the researcher interrogates representatives of the ward. Among these included Village Heads, Councilor and Extension Officer as well as household heads. The respondents indicated that the district at large and ward 18 in particular has been facing food insecurity challenges. This is because the

district was depicted as one of the driest districts in Masvingo province in particular and Zimbabwe at large. This is a result of occurrences of successive droughts, which forced communities to depend on relief aid from the government and aid agencies. The extension officer of the ward, in a bid to explain the situation of food security in the area, referred to their recently held meeting at the District Administrator's office on food security, where the District Administrators' report estimated that at least 100 000 out of 181.301 (2012 Population Census) villagers are in need of food assistance. This represents 55% of the population in the district, which means more than half of the population in the district is in need of food assistance. Ward 18 of the district also constitutes that number.

More so, the findings therefore suggested that most of the communities of ward 18 are encroaching on risk or fragile ecosystems like stream banks to cultivate their crops by virtue of their closeness to river moisture as coping strategies against changes in rainfall patterns. This however resulted in an increase in deforestation, which turned the area into adopting some desert like characteristics. Due to poverty, communities found it difficult to escape food insecurity challenges, hence relying on relief aid from CARE International. In addition, others rely on peasant farming, which is vulnerable to impacts of climate changes. However, some of the communities depend on the support from breadwinners working in diaspora and urban cities in Zimbabwe. On the other hand, some communities rely on off-farm income generating projects like blacksmithing and welding as well as selling firewood in the nearby Jerera Growth Point among others.

4.3.2 Food Security Programmes under CARE International in Ward 18

Findings suggested that in the process of food security interventions, the organisation has specifically targeted groups of the population. A community leader, that is, the village head with the assistance from his council is engineering the selection criterion. This assisted in the

inclusion of the specific targets to the programmes. CARE International projects targeted mostly vulnerable groups of the societies. These include the disabled, the poor that is those with limited resources as well as those that are chronically ill. CARE International food security interventions include Conservation Agriculture (CA), Supplementary Feeding Programmes (SFP), Nutritional Gardens (NG) and Food for Work (FW). Most of the respondents are in Conservation Agriculture. From 14 interview respondents, 9 are in Conservation Agriculture. This represents 64% of the targeted population. Others that are not in conservation agriculture dismissed the undertaking as being labour intensive. One member was quoted saying, “inonzi dhiga ufe...” meaning dig and die. This is derived from the fact that the undertaking requires farmers to dig an estimated 2000 basins manually, using a hoe.

More so, the Supplementary Feeding Programmes usually targeted infants from the ages of 6 months to 59 months, primary level pupils as well as vulnerable poor households. 5 of the respondents are benefiting from the programme. On the other hand, non-beneficiaries alluded that it would be beneficial if the programme benefited every household basing on the fact that the challenges of insecurity are affecting every household despite the resources that it has. This is because food insecurity is mainly caused by natural occurrences. Furthermore, the community gardens also targeted able-bodied, vulnerable poor households. Most participants are benefiting from the undertaking. In addition, food for work project targeted able-bodied, vulnerable poor households, 8 of the interviewees have benefited from the undertaking. This involves maintaining infrastructures such as roads and dams for payment, which is in the form of money or food handouts.

4.3.3 Relevance and Effectiveness of Food Security interventions in ensuring food security

4.3.3.1 Conservation Farming

CARE International is implementing conservation agriculture in ward 18 as a way of ensuring food availability and stability in the area. The undertaking is now popular to all parts of the country. Under the programme, the beneficiaries are required to dig about 2000 basins which then have to be filled with manure or anthill soil and finally mixed with land soil before seeding. The undertaking is well suited to maize crops only. Conservation agriculture well suited to ward 18 community, especially considering the intervention's characteristics. These characteristics include:

- a. Lack use of draught power: The undertaking involves the use of hoes to prepare the basins for the planting of crops. This means that those that do not have draught power could prepare their fields in advance and grow their crops in time. This assisted in improving agricultural yields.
- b. It is cheap in terms of inputs, the use of manure, anthill soil and mulch contributed significantly in improving soil fertility and structure as well as reduction in expenses on the processes of acquiring fertilizer. The undertaking is also important because it minimises wastage of manure while at the same time reduces soil erosion. This means that even those that are poor could be able to improve their yields using available cheap resources.
- c. Since Ward 18 faces successive droughts due to low rainfall, the undertaking contributed significantly in reducing the effect of rains. This is because the making of basins allows harvesting of rainwater.

In as far as the phenomenon is taken into consideration, one can conclude that the programme is appropriate to the able-bodied communities only in ward 18 due to its physical demands. This is true, especially when considering the challenges that the communities are facing like low rainfall, which culminated into successive droughts, infertile agriculture soils, shortage of draught power among others. One interviewee argued that the programme contributed to an increase in agriculture yields, as he was quoted saying that,

“gore rimwe nerimwe ndaakukwanisa kuwana goho rakakura rinoita ndikwanise kupa mhuri yangu chikafu nekuda kwedhiga ufe iyeyi...tinoitika dhiga ufe nekuti vamwe vedu ndovano idaro nekuti inogwadza inoda simba.” (Every season I have high yields enough to provide for my family because of this dig and die...we call it dig and die because most people are saying so because its labour intensive).

In support of this point, the interviewee moved on to point out that from the 0.2 hectares of land that he used to reserve for conservation farming purposes, he used to generate at least 0.3 tonnes of maize. Even in times of rainfall shortages, the interviewee argued that conservation agriculture allows communities to have something (food) on their tables. For instance, arguing from the last season’s rainfall irregularities, he pointed out that he managed to generate 0.2 tonnes of maize from his land, whilst others that are not in conservation farming failed to generate any single yield. He was quoted saying,

“gore irorino dhiga ufe yakaita ndiwane 200 kgs dzechibage kubva pandima yandakarima, apa vamwe vedu vasina kuita dhiga udye havana chavakawana nekuti nhaka mvura yakaita shoma”. (This year I was able to obtain 0.2 tonnes of maize from the area that I reserved for conservation farming, whilst others that didn’t do dig and eat failed to generate any single yield because of minimal rainfall received this season).

However, to some extent the undertaking would be inappropriate to other groups of people in the community. These include the disabled, very old and chronically ill, due to the fact that the undertaking is labour intensive. These groups of people cannot cope with physical demands of labour. Some of the interviewees asserted that they abandoned the programme due to its physical demands. Another member was quoted saying,

“...chirongwa chedhiga udye chakanaka asikuti chinogwadza chinoda vakawanda nekuti murivashoma inozodzoka yava dhiga ufe...” (...the conservation programme is good, but it pains, it needs those families with large number of people because in a family of few people it would change from dig and eat to dig and die...).

In as far as the phenomenon is taken into consideration, one can conclude that since the undertaking demands physical capabilities, it is open to every member in the community. This means every one, whether a beneficiary or non-beneficiary can undertake conservation agriculture, hence the undertaking is appropriate to the community of ward 18.

4.3.3.2 Nutritional Gardens

CARE International is also implementing the nutritional gardens programme, also known as community gardens project in ward 18. The project is becoming one of the popular and important forms of the community livelihoods as it acted as both a source of income and household nutrition. Findings allude that the communities are able to generate income to fend for the school fees for their children, purchasing maize meal and other basic needs, through selling garden produce. One interviewee pointed out that communities sell vegetables from the garden to the nearest Jerera growth point. She was quoted saying,

“...chirongwa chemagadheni chikubatsira nekuti ikozvino taakukwanisa kutengesa mirivo kuJerera. Mari iyi inozotibatsira kuti tibhadharire vana vedu mari dzechikoro, uye kutotenga upfu chaihwo seizvozvi kuminda kusina kunge kwakamira zvakwana nekushomeka kwemvura

gore rapfuura...” (...the nutritional gardening programme is helpful because it enables us to sell garden produce to Jerera. This assisted us in paying school fees for our children, as well as buying mealie-meal especially considering the fact that there is a low harvest due to shortage of rainfall last year...).

As the phenomenon is taken into consideration one can come to argue that this assisted in improving the social status of the households in ward 18. In addition, another interviewee praised the fact that she is now able to grow and get what she needed from her own garden. She pointed out that prior to the introduction of nutritional gardening programmes, communities used to have their own independent small gardens, but due to lack of means to purchase seeds they failed to sustain their food needs. However, the project brought with it the introduction of soya beans, pumpkins, cucumbers among others that are by then able to fulfill their food needs. One interviewee pointed out that prior to the project they used to skip meals as well as having one meal per day as a means to cope with food insecurity. However, as a result of the introduction of the nutritional gardens, they are by then able to diversify, that is instead of relying only on the staple food, sadza, they are now able to prepare pumpkins or soya beans as well as cucumbers among others. In addition, findings suggested that the prime of the benefits brought about by these gardens are that the produce provides vitamins and minerals. This is because it involves the growing of crops such as cucumbers, carrots, onions and other vegetables that help in boosting the immunity and slow progress to AIDS for people living with HIV. Even the non-beneficiaries praised the programmes for inclusion of every household in the area depending on the physical able of the individuals. She was quoted saying,

“...chirongwa chemagadheni chakanakira kuti kunyangwe nesuwo tisingasiwani kuCARE tinongopindawo nokuti hainei nezvakawanda, simbarako chete...” (...the nutritional

gardening programme is good because even us who have never been benefiting from CARE we are also involved as it demands only one's physical abilities...)

In as far as the phenomenon is considered one can conclude that the undertaking created fertile ground for development to take place as development and health are two inseparable entities. The organisation also tends to improve the effectiveness of the projects through training the communities on the basics of agriculture so as to enhance their knowledge and skill base.

4.3.3.3 Supplementary Feeding Programmes

The organisation is also implementing the supplementary feeding programme in ward 18. According to the information obtained from the ward councilor, the programme can be categorised into three. These include the Schools Supplementary Feeding Programme, the Community Supplementary Feeding Programme and the Infant Supplementary Feeding Programme. The Infant and the Schools Supplementary Feeding programmes meant to provide nutrition giving food supplements to the children who are between the ages of six to 59 months and the children in primary school age, respectively, to fight against child malnutrition associated with food shortages. Although there is no concrete evidence to support this point, the undertaking proved to be very important in reducing nutritional related child mortality, hence in line with the MDG number four, which call for the states and governments to reduce infant mortality rate. This is because, according to Carlos et al (2008), while individual implementing agencies routinely monitor and evaluate programme performance findings are rarely published in peer reviewed literature. Considering the fact that the communities of ward 18 are confronted with nutritional challenges due to food shortages, the programme is suitable. Interviewee respondents pointed out that their children were used to feed twice or once a day, but as a result of the programme they are now able to feed thrice or twice per day. She was quoted saying,

“...chirongwa chekupa vana vedu chikafu kuzvikoro chakanakira kuti vamwe vana vaienda nenzara vodzoka kumisha nenzara vozowana chikafu vadzoka, ikozvino zvachinja vakukwanisa kupiwa chikafu kuchikoro. Pane vamwe vairamba chikoro vavawo kufarira chikoro nekuti kunopiwa chikafu tinoti dai CARE yaramba ichingopa chikafu muzvikoro...”
(the schools supplementary feeding programme is good as there are some of the children who used to go to school without eating anything, they wait till they come back home to eat, but now there are changes as they are able to be feeding at school. There are some that have dropped out they are now getting back to school because they are given food, we say CARE should continue to give aid in schools...)

As the phenomenon is taken in to consider one can see that combating school dropout rates is one of major determinants of development, parents would encourage their children to go to school to reduce the burden of feeding them. More so, the Community Supplementary Feeding Programme meant to give food handouts to the vulnerable poor households to supplement their dietary needs. This involves distribution of maize grains, beans, peas and cooking oil to the communities. These assisted in providing nutritional health needs to combat malnourishment and hunger. However, it is difficult to measure the nutritional success of the programme at ward level, since these findings are rarely published in peer review literature (Carlos et al, 2008). On the other hand, interviewees pointed out that due to the introduction of the programme they by then able to get food to supplement and meet their family food needs. One was quoted saying,

“...nekuda kwechirongwa now taakukwanisa kuwana chikafu chekudya kana kaviri pazuva, as ichirongwa chisati chauya taisidya kamwe chete pazuva...” (...now because of the supplementary programme we are now able to obtain food that sustain us to get even two meals a day, but before the programme we were used to eat once a day...).

On the other hand those that are not benefited from the programme are worried because of the skewedness of the programmes. One interviewee was quoted saying,

“...chirongwa ichi chakanaka hacho kunevarimo, asi ndinoona kuti CARE ikutadza pakuti yaifanira kupa munhu wese chikafu nekuti gore rino hakuna akimbo kohwa zvinhu muminda vazhinji zvakatsva...” (...the programme is good to those that benefited from the programme, but I observed that CARE is because it is supposed to give every one food because this year no one has harvested anything because of shortage of rainfall...)

4.3.3.4 The Food for Work Programme

CARE International Zimbabwe also implemented the food for work project to the communities in ward 18 of Zaka District. This involves the community working in repairing roads, and dams to reduce siltation of dams for incentives, which might be in form of money or food handouts. Findings discovered that the undertaking found the communities repairing the roads linking schools and the growth point, hence making it easier for the transportation of food to the distribution points, and planting weeds around Devure Dam to reduce siltation. One interviewee pointed out that they worked to rehabilitate Devure Dam. He was quoted saying,

“...takashanda tichigadzira kumutsidzira dhamu rekwadevure ranga raakubuda mvura nekuda kwekuwandisa kwejecha. Chirongwa chakanakira pakuti dhamu iri rikutibatsira pakuti tinowanamo mvura yekunwa kwezvipfuwo nekudiridza magadheni uye tinoredza hove imomo zvinova zvinotibatsira pakutsvaka chikafu...” (We worked to rehabilitate the Devure Dam which seemed to be suffering from siltation. The programme is good especially considering that from the dam, we get water for livestock drinking, gardening and we fish there which is crucial in obtaining food...).

The undertaking is crucial as the dam is playing an important role in supplying water for nutritional gardening and livestock drinking, especially considering the fact that the area is confronting challenges of water shortages. This assisted in preserving the community infrastructures, which might end up playing crucial role in times of food need in efforts to ensure that food is available and stable.

4.3.3.5 Agricultural Input Supplementary Programme

CARE International organisation also implemented the Agricultural Input Supplementary project in ward 18 of Zaka District. The undertaking involves distribution of agriculture inputs to the vulnerable poor and disabled groups in the community. These inputs include fertilisers and maize seeds. This meant to improve the effectiveness of its conservation farming programme in ensuring the availability and stability of food in the community. Considering the fact that the communities in ward 18 are facing the challenges of poverty, which make it difficult for the communities to purchase agriculture inputs, which later complicates their agricultural productivity, the undertaking is relevant to the communities. This is because availability of agricultural inputs means that the beneficiaries could be able to grow their crops in time so as to ensure food availability, given that the area experienced unpredictable rainfall distribution patterns.

From the foregoing, it can be safely concluded that the interventions being implemented by CARE International are largely significant to the community needs in ensuring food security. For instance, the Conservation Farming Programme. The programme could be implemented with minimal external support due to its use of locally available resources. This is because mulch and anthill inputs requirements are cheap and available to anyone. The provision of education on the undertaking also equipped and assisted the communities with knowledge and skills, so that even though the organisation abandoned its support, the communities might continue to apply that knowledge throughout their lives. To ensure the sustainability of the

programme, the undertaking involves training of communities for the specific period thereby weaning them off. The programmes however, due to its physical demands, sidelines the old aged, disabled as well as sick people.

Findings discredit the sustainability of the programmes in as far as food security is concerned. The programmes are associated with creating a dependency syndrome instead of equipping the communities with knowledge and skills to make them self-sufficient so as to ensure that food is available and stable. For instance, the Supplementary Feeding Programme results show that communities are not in a position to exert efforts to diversify their sources of food as most of them rely on relief aid from CARE International. This means that if the organisation faces donor-funding reduction, the communities are going to suffocate due to food insecurity. One interviewee non-beneficiary was quoted saying, “...*chirongwa ichi charemadzavanhu, vamwe vedu hava chagoni kuzviitira vega vakungomirira CARE kuti ivape chikafu nembeu...*” (...the programme is killing people because they are now in a position to anticipate for CARE international aid instead of making it on their own...)

More so, the projects are also subjected to criticism for their lack of timeliness. For instance, the Agriculture inputs supplementary undertaking. Respondents witnessed late distribution of agricultural inputs during the onset of agricultural season. Given the unpredictable nature of rainfall distribution patterns facing the communities, this affected the wellbeing of their agricultural production. Findings suggested that at times they receive half packages of these inputs, with some of them saying that they received fertilizer and maize seeds later nearly at the end of the season. One interviewee non-beneficiary was quoted saying,

“... *isu zvedu hatimo muchirongwa asi tinoona kuti chirongwa chikuuraya vanhu, nekuti dzimwe nguva vanhu vanotarisisira kupiwa mbeu nefetereza pamwe chete nenguva, asi dzimwe nguva zvinoposheka vowana mbeu chete pasina fetereza kana kuti fetereza yozouya mwaka wopera. Ndopatinozosiyana ipapo nekuti isusu vasiri muchirongwa tinogara tatsvaka*”

zvatinoda pakurima nekuti hakuna kwatotarisisira kuzviwana uye pakupedzisira unotoona kuti goho rinenge rakatosiyana...” (... we are not in the programme but we are seeing that the programme is affecting people. This is because sometimes the beneficiaries waiting expecting the programme to provide everything for them, from maize seeds and fertilisers. However sometimes they received half package of inputs, sometimes received them later nearly at the end of the season. That is where they are different from us because we depend not on someone, so we make sure that everything is available before the planting time, which also seem to differentiate our harvests from theirs...).

Considering the fact that the vulnerable poor community households depends on such aid to improving their yields, this affected their quest of ensuring the availability and stability of food. Some of these inputs were used late in the season, and they failed to produce a single result, while non-beneficiaries are able to grow their crops in time and obtained sufficient harvests.

Furthermore, the interventions being undertaken by CARE International are also criticized for duplicating the programmes throughout the whole community. For instances, the Nutritional Gardens Project, findings alluded that most of the communities that are closer to the sources of water have benefited from the programme. Considering the fact that the undertaking meant to make communities find sources of income through selling of produce, this might result in challenges of limited markets for produce. The result might be that the communities would end up consuming the produce, and food insecurity continue to trouble them, as food security entails the availability, accessibility and stability as well as utilisation of nutritious food. This is because frequent consumption of garden produce, does not guarantee a balance of diet. In addition, the undertaking is also not ideal to the old aged and physically disabled groups of the communities due to its demands for physical abilities, hence this complicates the sustainability of interventions in combating food insecurity in the area. However, there is also

the likelihood that even if the organisation faced financial challenges, the communities might continue with the projects throughout their whole life.

4.3.4 Challenges Faced or Associated with CARE International

4.3.4.1 Imposition of Projects

Findings suggested that the communities of ward 18 are facing water shortages for livestock drinking and gardening due to low rainfall received during the agricultural seasons. This seems to be the factor which put the effectiveness of their livelihood strategies under threat. Results allude that the communities are in need of the projects like damming. This would help in preserving their forms of livelihood, while on the other side improving the effectiveness of the interventions in ensuring food security in the area. In addition, the results show that most of the livestock is used to travel long distances, as far as 5 km in search of drinking water. On the onset of the rain season, livestock struggles to provide enough needed draught power, and the farmers need to give it time to recover. Considering the unpredictability of the rainfall received in the area, this tends to impact negatively on agricultural production, which in turn compromises the availability and stability of food in the area. Unfortunately, no any of the programmes that CARE International is implementing paid attention to the challenge hence, the result would be the continuation of food security in the area.

4.3.4.2 Fostering of the Dependency Syndrome

Findings suggested that the projects that the organisation is implementing in ward 18 tend to lack the vision of sustainability. There is the saying which is circulating saying that instead of just giving people fish you should teach them how to fish. In contrary, the organisation tends to give food handouts to the communities under the Supplementary Feeding Programme. However, in a bid to address the challenge, the organisation tries to make the community

self-sufficient through introducing them to the conservation agricultural programme. In as far as the phenomenon is taken into consideration, one can see that the sustainability of the intervention is questionable. This is because the project is prone to changes in climate and it's also not ideal to the old aged and the disabled as well as to the small households groups of the population due to its physical demands. This therefore compromised the effectiveness of the interventions in combating food insecurity in the area and the country at large. Eventually, the communities might be forced to anticipate food assistance from the organisation instead of making it on their own.

4.3.4.3 Portfolio Contamination

This involves that the leaders taking advantage of the influence they have on the communities to make use of public goods and services for their own, and their relatives and friends' benefit. Findings pointed out that the organisation tasked the community leaders and their council on the selection of the programme's targeted beneficiaries. However, at times, they end up selecting their relatives and friends on the expense of the programme's targeted population. This compromised the effectiveness of the programmes in their quest for food security, as the actual targeted groups would remain in the doldrums of poverty.

4.3.4.4 Politicization of Aid

Findings asserted that the government is interfering with the operations, trying to influence them. For instance, results allude that the food for work programme being implemented by CARE International was a result of the government's insistence that the communities should not be given food for nothing, they need to work for it. This forced the organisation to embark on the projects of maintaining roads and the Devure dam. In addition, since the community in particular and the nation at large have long history of political instability, NGOs are understood as agents of regime changes. Findings therefore stress that in a bid to

understand the position that the organisation is in, some members of the communities confront members of the organisation so as to try and influence them to execute their operations on partisan basis. Most of these groups were from the ruling party advocating for the prioritization of the members of the ruling party in programme implementation, thus threatening the organisation's presence in the area.

4.3.4.5 Rural Poverty

Most of the communities in ward 18 do not have means to cope with food insecurity challenges due to poverty. Findings allude that the communities of ward 18 do not have money to purchase agricultural inputs like fertilizers and seeds. This might be the reason for the failure of agricultural production, which led them to rely on CARE International to supplement their dietary requirements. Therefore, poverty remains a challenge associated with the communities, which compromised the effectiveness of the interventions being implemented by the organization to ensure food security.

4.3.5 Conclusion

Findings from the research instruments indicated that CARE International is working tirelessly to fight against food insecurity challenges in the area. However, the results showed that CARE Interventions alone are not enough in an effort to ensure food security in the area, especially when one tend to consider the challenges faced or associated by the organization in the process of executing food security interventions. Interview data analysis was employed to elaborate further on the data obtained from questionnaires.

4.3.6 Chapter Summary

The chapter presented and analysed the research findings from the previous chapter. Tables and pie charts were used in presenting the research findings. The findings were then

interpreted and analysed into meaningful information. The following chapter is going to look into the conclusions and the recommendations as well as the summary of the findings presented in this chapter.

Chapter v- Conclusion and Recommendations

5.0 Introduction

The chapter is going to give the summary of findings from the preceding chapter. Conclusion and recommendations are going to be looked into thereafter. The recommendations that the chapter is going to be discussing are alternative strategies that can be taken into account to assist in the improvement of the effectiveness of CARE International projects in ensuring food security in ward 18 of Zaka District.

5.1 Conclusions

CARE International Zimbabwe is featuring prominently in an effort to combat food insecurity in Zimbabwe, and in the particular case of Ward 18 of Zaka District. However, despite the efforts that the organisation is exerting in promoting food security in the area, food insecurity is still persisting. Findings indicated that attaining food security through CARE International interventions alone is rather difficult. This attributed to be a result of the challenges faced or associated with the organisation that compromised the effectiveness of its interventions in as far as food security is concerned. These are as follows:

- ❖ Rural poverty
- ❖ Imposition of the projects to the community
- ❖ Fostering of the dependency syndrome
- ❖ Politicisation of aid
- ❖ Portfolio contamination
- ❖ Duplication of the projects
- ❖ Radical nature of the community

5.2 Recommendations

5.2.1 To the CARE International Organisation

From the foregoing findings and conclusions, the researcher draws the following recommendations to the CARE International organisation that might assist in improving the effectiveness of its interventions to ensure food security in the area.

Fostering of the dependency syndrome

Instead of implementing the projects that do not have the potential to make the community self-sufficient in terms of food security, the organisation should embark on long term sustainable projects like dam construction and irrigation schemes. Fortunately, findings depicted that the area is surrounded by several dams, including Manjirenji and Siya Dams and the Muchavhutwi River, which supply water annually, the organisation needs to take that opportunity and offered financial assistance for the communities to acquire irrigation facilities to improve the effectiveness of its interventions in combating food insecurity. Even though, the projects are expensive, it's really reasonable to undertake such a venture as, at the end, the move might make people self-sufficient in terms of food.

Imposition and duplication of projects

Instead of simply introducing the programmes that the organisation seeing working somewhere else, there are many factors that the organisation needs to factor in before undertaking the programme. The foremost of these is that they need to consider that even though the challenges faced from one community to another are similar, the coping capacity also differs from community to community. This applies to food insecurity challenges, the challenges that the communities are facing as a result of natural occurrences like earthquakes and volcanic eruptions among others, should be treated differently from those caused by

changes in climate. The reason behind this is that the former might be happening for a specific period, where as those from the latter might happen for a long period of time. Therefore, the organisation needs to carry out a survey so as to listen to as well as incorporating the local community concerns to achieve desired outcomes, which are fundamental in ensuring the sustainability of the programmes.

Poverty

In a bid to improve the effectiveness of the interventions in ensuring food security in the area, the organisation should also work to assist the communities in diversifying their forms of livelihoods. This is meant to capacitate them in coping with the impacts of food insecurity so as to scale down their over reliance on agriculture which is prone to the impacts of climate changes. These include educating the communities to adopt some livelihood forms like gardening cooperatives, money seeding, and even the activities like building and carpentry among others that might assist them to generate income, a crucial factor in supplementing their dietary needs.

Portfolio Contamination

Since the food insecurity problem is every one's problem in the community, the organisation should improvise to make sure that the programmes benefited the whole community. Findings indicated that most of the people in the communities are non-beneficiaries of the community supplementary feeding programme. Exclusion of many people from the programmes has the potential of creating fertile ground for the leaders to use their power to influence access to food on the expenses of the targeted beneficiaries.

Politicisation of Aid

The organisation needs to work to establish synergies with the government so as to influence for the free environment to undertake its operations. This might have a bearing on improving the effectiveness of its programmes in as far as food security is concerned. In addition, cooperation could also help in covering up the shortcomings and avoid duplication of the programmes. For instance, CARE International programmes have a specific time of operation, which is sometimes limited, whilst the government have the structures and institutions that last for a long period, even though they faced challenges of lack of support in terms of funding due to economic challenges facing the country. This might assist in improving the effectiveness of the programmes in as far as food security is concerned.

5.2.2 To the Government

Since food security plays a significant role in development discourse, concerted efforts from the government, the third sector and the private sector are the anticipated panacea for it to prevail. On this point, the government should work to collaborate with the organisation in its efforts to ensure food security in the area. It should create a conducive environment for the organisation to undertake its operations. The government should also make sure that the growth point in the area has developed to attract investments to boost industrial growth, which could accommodate the communities so as to reduce the natural rate of unemployment as well as enabled them to diversify on the means to cope with insecurity challenges.

5.3 Summary

The chapter discussed on the study's findings, conclusion and recommendation. The recommendations provided in this chapter are alternative strategies that the organisation might incorporate during the project implementation to improve the effectiveness of its programmes in ensuring food security in ward 18 of Zaka District.