

CAN ALLOTMENT GARDENS IMPROVE FOOD AND NUTRITION SECURITY OF POOR URBAN DWELLERS?

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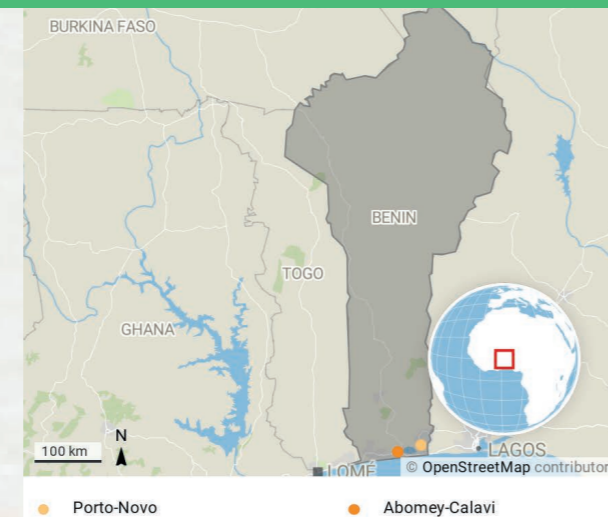
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INTRODUCTION

- Food and nutrition security (FNS) is a major issue in rapidly growing cities in poor countries
- FNS situation is daunting for urban poor due to limited financial and natural resources
- Urban agriculture (UA) provides a solution, but its implementation faces two opposites impact paradigms: full-fledged vs side-activity
- Hence, the need for empirical evidence of UA on FNS

METHODOLOGY

- RCT: 2 allotments with 40 treatments against 48 controls ; random assignment
- Recruitment criteria: low-paid job, low finance, no access to healthcare, credit, and farmland
- 2-years intervention: land preparation, training, and materials
- Descriptive statistics and paired-t test students



RESULTS

- At baseline, controls had twice the income of treatment and no significant difference for sociodemographic information
- **Both groups significantly improved number of days** they ate two or more meals per day in a month
- **Only treatments** improved consumed food groups and income
- **3 enabling factors:** skilled master gardener, full compliance of gardeners, and good collaboration among members

DISCUSSION

- **Developing allotments is realistic to empower poor people** diets and increasing income
- The increase of meals for both groups shows that either control participants use initial higher income at baseline to buy more food or, they took matters into their own hands by doing more occasional jobs
- However, **having a stable employment is instrumental to balance diets;** hence, nutrition
- Hence, **empowering the urban poor with UA may be a game-changer in their living conditions,** in comparable settings
- The findings acknowledge the two presumed paths formulated by Mougeot (2005) on how UA may impact FNS of poor dwellers - access to food and increased income - and contribute as follows:
 - the correlation between increased income and improved FNS likely requires a medium or long term to hold, due to competing households priorities

CONCLUSION

- **UA might attribute to a full-fledged livelihood,** hence, can be an effective poverty reduction strategy among poor dwellers in poor countries
- Further research is required on underlying mechanisms that determine the trade-off between competing priorities and decisions about FNS