

W.K. Subbo (2004). An Overview of Strategies to Improve Food Production and Sanitation in Urban Areas: The Case Study of Nairobi, Kenya.

Abstract

Food production and food security are the most important aspects of sustainable human development. Indeed one cannot maintain good health without food quality and security. Although people living in the city of Nairobi may not have adequate land for farming, it is still possible for some of the residents to carry out farming activities successfully. Furthermore, urban farming contributes a great deal to the health of urban population due to the freshness of the foods produced and ready accessibility of that food to those who demand it. This paper discusses some of strategies that need to be put in place to ensure sustainable food production in Nairobi, as this would supplement the amount of food produced in the rural areas and sold to Nairobi residents. The attitude that food can be produced in the rural areas ought to be discarded. The paper also discusses the linkage between sanitation and food security in the urban area. In addition, the paper gives some suggestions on mechanisms of increasing food production in Nairobi.

Key words: Food production, urban areas, sustainable human development, food security.

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