

**SUSTAINABILITY OF FOOD/CASH FOR ASSETS PROGRAM TO ENHANCE
HOUSEHOLD FOOD SECURITY FOR THE BENEFICIARIES IN BAMBA DIVISION,
KILIFI COUNTY, KENYA**

BY

COLLINS CHIKO MWAHENDO

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

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DECLARATION

This Project Report is my very original work and has not been submitted to any other university for the award of a degree.

Signature.....Date.....

COLLINS CHIKO MWAHENDO

L50/83970/2012

This Project Report was submitted for examination with my approval as the university supervisor.

Signature.....Date.....

DR. MOSES OTIENO

LECTURER,

DEPARTMENT OF EXTRA MURAL STUDIES

UNIVERSITY OF NAIROBI

DEDICATION

This project report is dedicated to the Lord my God for His grace has been sufficient throughout my work, and to Him be the Glory. Further dedications go to the FFA/CFA program beneficiaries in Bamba division, Kilifi County, Kenya, who have shown commitment and desire in transforming their lives; to my wife Patience for her interminable prayers and invaluable moral support, and most importantly, the apple of my eyes, Chantal Mose - my daughter, for she is the reason of my endless efforts and desire to excel.

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ABBREVIATIONS AND ACRONYMS

ASAL	Arid and Semi-Arid Lands
CHW	Community Health Worker
DSG	District Steering Group
FFA/CFA	Food for Assets/Cash for Assets
SuFP	Supplementary Feeding Program
SFP	School Feeding Program
KFSSG	Kenya Food Security Steering Group
MDG	Millennium Development Goals
PRA	Participatory Rural Appraisal

ABSTRACT

Achieving food security in its entirety continues to be a challenge not only for the developing nations, but also for the developed world. The only difference lies in the magnitude of the problem in terms of its severity and proportion of the population affected. In most countries, the problem is alleviated by providing targeted food security interventions, including food aid in the form of direct food relief, food stamps, and cash or indirectly through subsidized food production. Bamba division in Kilifi County has been under such food security interventions and in particular Food for Assets/Cash for Assets program among other food-based interventions such as School Feeding Programme, Supplementary Feeding Programme and Food by Prescription. However, despite all these efforts, Bamba as a division has remained food insecure with her populace vulnerable to extreme hunger and poverty due to natural hazards, notably, prolonged and sporadic droughts. In this regard, the study sought to investigate the factors that influence the sustainability of Food/Cash for Assets program to enhance beneficiaries' food security through the program implemented by the Government of Kenya and WFP through World Vision Kenya. The research zeroed in on the demographic characteristics of the beneficiaries (gender, age, family size and education levels); the income levels of beneficiaries; weather conditions; beneficiary participation and capacity building of the beneficiaries. A combination of quantitative and qualitative techniques was used to collect information from a sample of 143 program beneficiaries from 7 out of the 14 Food/Cash for Assets sites in Bamba. These were selected using a combination of methods including the table for determining sample size, stratified random sampling, systematic random sampling and simple random sampling techniques, from a target population of the 2740 household representatives. A different but similar group from the neighbouring division was used for the validation process of the data collection instruments and determining their validity and reliability. After gathering all the information, data was organized, coded and analyzed using Statistical Package for Social Scientists (SPSS) and subsequently presented using cross-tabulations, frequency and percentage tables. The findings were summarized, discussed and conclusions made. Based on the findings and conclusions, recommendations were proposed for each objective, finding and conclusion made. Ultimately, further studies were suggested to unearth other factors that also influence success of community development projects and their sustainability in the same locale.

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

The Food and Agricultural Organization (1996) defined food security as “a situation that exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life”.

In developing and underdeveloped countries the food security situation has been continuously deteriorating for the last several years, mainly because of increasing population and the ever expanding gap between supply of and demand for food. Additional factors include increasing demand for food in emerging economies, changing food habits, bio-fuel production, and encroachment on productive agricultural land by rapid urbanization and industrialization. Furthermore, agricultural production is facing serious challenges from the depletion of natural resources with the consequent loss of ecosystem services, and the potential impact of climate change (Roberts 2009; World Commission on Environment and Development 1987). Other factors which have contributed to this tendency include the high prevalence of HIV/AIDS; civil war, strife and poor governance; frequent drought and famine; and agricultural dependency on the climate and environment.

The economic recession which started in 2008 and the resultant losses of jobs and income have also increased hunger and malnutrition in many developing and underdeveloped countries. This has been intensified by restrictions on exports of staple food commodities, such as wheat and rice by some of the more prominent producing and exporting countries (FAO 2008a). Besides, large fluctuations in food prices, which went down with the economic recession and increased in the first quarter of 2010 and then again decreased at the beginning of the second half of the year, have also adversely affected food security in developing and poor countries (FAO 2008a; Fullbrook 2010; Bakhshoodeh 2010). It has been estimated that more than 1 billion people in the world do not have access to sufficient dietary energy, and nearly 2 billion people are suffering from micronutrient deficiencies (Barrett 2010). Further, recent estimates of agricultural productivity predict an average decline in global food production of between 3% and 16 % by 2080 due to global warming (Cline 2008). Developing and underdeveloped countries in the

south, owing to their large populations and subsistence agricultural economies, are likely to face more severe food crises due to climate change than the developed countries of the north (Cline 2008; Aase et al. 2009).

In the year 2000, nations in the United Nations (UN) developed a desire to address the challenges resulting to advancing globalization which indeed resulted to formulation of the Millennium Development Goals (MDGs). In the formation of the MDGs, attention has been paid to hunger and poverty as stated in MDG number 1; eradicate extreme poverty and hunger (UN, 2003). In order to counter the challenges of food insecurity, new and more global partnerships are needed between donors, international institutions, the governments, civil societies and private sectors, which should be trickled down to the marginalized communities through involving community in the implementation of food security interventions that would be an impetus to sustainable development.

In Central Europe, food and nutrition, insecurity and poverty which are very wide spread are hampering the region's development process (FAO, 2005). The European Commission Policies and Actions for Food Security (ECPAFS), over the years has been a prominent international actor in terms of food security. The main objective of the commission is to achieve the MDG, in particular the first of those formulated, namely; eradication of hunger and extreme poverty around the world. Through the European commission, the European Development Fund (E.D.F.) as the main financial instrument has been funding many community projects for sustainable food security and also supporting local production through the provision of inputs like seeds, fertilizers, rural and agricultural development, consolidating of production capacities, infrastructures, micro-credit, occupational training for capacity building which together have contributed to successful implementation of the programmes for food security in the community as well as at the household levels.

In Asia, food availability increased with the Green Revolution, but despite this food security, some parts of the region remain fragile, significantly affected by economic and climatic fluctuation. Implementation of the food programme funded by the local government has been threatened by cash income and land degradation caused by increasing population and climatic variation (Babu, 2010). An evaluation of International Fund for Agricultural Development (IFAD) projects on food security by TANGO International specifically in India and Bangladesh

concluded that, in order to achieve projects' objectives, it is essential that projects retain the ability to adapt to changes in the programming context. Overly rigid programme structures leave too little room for community input; flexibility is therefore particularly important to projects based on household food security.

Brazil is one of the countries on track to achieve many of the UN MDGs particularly in reducing extreme poverty and malnutrition. Much of its achievement is credited to bold and innovative government policies and community aided programmes. "Zero hunger" is a national government strategy to reduce hunger and malnutrition (<http://www.fomezero.gov.br>). At the national level, food availability in Brazil is more than sufficient for its entire population. Domestic production of food, plus imports and minus exports, results in food availability per capita (in grain equivalent) of more than 340 kg per capita per year: about one third more than the per capita nutritional requirements. Some of the programmes and initiatives have been credited with reducing the incidences of hunger although some have not been successful. An earlier evaluation of this programme questioned its capacity to support the poorest farmers or to promote rural development. Part of its inadequacy in achieving its objectives as per the evaluation is lack of information, knowledge and skills among small-scale farmers which has prevented them from taking full advantage of the government's agricultural programmes (Borros & Adami, 2006).

Studies have revealed that, most countries in Sub-Saharan Africa face major challenges in making the necessary instruments for improving food security, which could be due to inadequate advocacy from the hungry vulnerable communities. The community on the ground is not well placed in decision making ministries such as planning and financing. There is also inadequate capacity in the government or the donor to design appropriate food security programmes and policies to demonstrate the benefits of the interventions. Most of these projects in developing countries have not been successful in targeting the most vulnerable and therefore have shown little impact on improving the food security status of the target beneficiaries. Although few studies have evaluated food interventions for food security and nutritional benefits, a large gap remains in understanding the role of such programmes in sustainable food security in Sub-Saharan Africa that has remained vulnerable over the years (Maxwell, 1998).

In South Africa, capital intensive projects, initiated to increase food production and provide employment in the rural environment were the main stay of agricultural development until the

1990s (Clay, 1999). A case study on one of the agricultural project 'Sheila Project' in the N.W. Province of S.A clearly indicates that although the project resulted in immediate high agricultural yields, they were generally not sustainable. From the research done by Van Rooyen (2002), top-down planning and inadequate farmer participation resulted in a lack of real farmer ownership and commitment. To an extent, poor performance was the result of weak implementation and the management of the project cycle. Failure by initiators to adapt to the social environment and introduction of participative development strategies furthermore resulted to farmers not being actively involved in their own development.

Zimbabwe is a southern African country where agriculture forms the basis of the economy and provides a livelihood for about 70% of Zimbabwe's population and is also the main source for domestic food supply (CEEPA, 2006). According to WFP (2010), agriculture in Zimbabwe contributes about 18.5 % of GDP. Agriculture has also been an employment provider, contributing 30% of formal employment and also accounting for about 40-50 % of the country's total export revenues (All In Diary, 2009). According to USAID (2010), agricultural production in Zimbabwe has been falling dramatically over the last decade, and in 2002 when drought struck the Southern African region, Zimbabwe's agricultural production was already plummeting. Various factors have been at play thereby contributing to its downfall. One of these challenges for agricultural and food securities include land reforms in 2000 which led to a transfer of approximately 25% of Zimbabwe's productive land from the white commercial farms to the landless black farmers (USAID, 2010). Many of these black farmers had limited technical expertise and poor access to infrastructure and modern technologies (FEWSNET, 2010). The worst series of severe drought in Zimbabwe were experienced in the 2007/8 and 2008/9 agricultural seasons where very poor yields were obtained by the smallholder farmers, and it was further worsened by the political unrest that surrounded that same period (All In Diary, 2009).

Kenya is also challenged with extreme hunger and abject poverty just like other developing countries in the continent, and the food security situation gets worse by the day. In 2007, about 56% of Kenyans were poor and hence their households had no income to afford basic needs including food of 2250 kilocalories per adult equivalent per day (FAO, 2008). On August 20, 2009, the Kenya Food Security Steering Group (KFSSG) report (2014) projected the number of people requiring emergency food assistance between September 2009 and February 2010 to be

3.8 million. In addition, the report identified approximately 2.5 million chronically food insecure individuals located in urban areas, 1.5 million primary school students in drought-affected areas, 100,000 persons displaced by post-election violence and 2 million rural HIV/AIDS patients as food insecure and in need of humanitarian assistance countrywide.

In 2011 the number of hungry Kenyans was 3.5 million, and in July 2011 deaths caused by starvation elicited organizations such as Kenya Red Cross Society, Kenya Commercial Bank, Media Owners Association spearheaded by the Safaricom Foundation to launch the Kenyans for Kenya Initiative to mobilize corporates and members of the public to raise KES 500 million in four weeks towards relief for 3 million Kenyans faced by starvation in the Northern part of Kenya, (www.standarmedia.co.ke/kenyans-for-kenya).

In response to this challenge, the Kenyan government together with donors and NGOs have been implementing interventions to mitigate the current food situation broadly described as programs and policies that respond to immediate needs of the poor and food insecure (FAO, 2008). Among these interventions include food-based programs such as Food For Assets and Cash for Assets.

Food for Assets/Cash for Assets (FOOD/CASH FOR ASSETS) is one of the key strategies used by World Food Programme to provide food and/or cash assistance as an initiative to fight hunger. WFP's Mission Statement specifically outlines that such assistance should aim: To save lives in emergency situations; to improve the nutrition and quality of life of the most vulnerable people at critical times in their lives; and to help protect and/or build productive assets for long-term sustainability of household food security, (FFA Guidelines 2010).

In Kilifi County, Bamba division has been one of the key beneficiaries of the program owing to its susceptibility to periodic and prolonged droughts which leave its populace in dire need of humanitarian assistance. The FOOD/CASH FOR ASSETS program has been implemented in the division for many years; specifically from 2004, but the desired ultimate outcome of sustainable food security has remained a mirage, (Author, 2014).

Individuals, households and communities in Bamba division have remained vulnerable risks and hazards, in dire need of social safety nets such as direct food or cash support to meet their daily dietary requirements. However, the success of such interventions and the sustainability of their outcomes have remained insignificant and invisible among the target group leading to perennial

and cyclical humanitarian activities in the area – for human life to be saved. It was against this background that the researcher was inspired to investigate the factors which influence the sustainability of F/CFA programs to enhance beneficiaries' household food security in Bamba division, Kilifi County, Kenya.

1.2 Problem Statement

Food security has been a major challenge for many years among many developing nations and people have suffered from extreme hunger and malnutrition while others have succumbed to death from hunger notwithstanding the combined efforts of governments and international humanitarian agencies to fund and support interventions intended to reverse the situation. For instance an estimated 925 million people around the world were undernourished in the year 2010 (FAO, 2011). Efforts of all relevant countries working towards achieving the MDG goal number one of reducing hunger and extreme poverty by halve by the year 2015 have proved futile in some countries.

As a member, the Kenyan government has endeavored to craft and implement strategies to fight food insecurity such as Njaa Marufuku Kenya (NMK), National Accelerated Agricultural Input Access Programme (NAAIAP), Strategy for Revitalization of Agriculture (SRA), National Agricultural and Livestock Extension Programme (NALEP), Agricultural Sector Development Support Programme (ASDSP), Cash Transfer for the elderly people among many others. In addition to such government initiatives, Non-Governmental Organizations and UN agencies such as WFP – the food aid arm of the United Nations systems- have been implementing food-based programs including FOOD/CASH FOR ASSETS, SFP, and SuFP in Bamba division among other regions in Kenya.

Bamba division in Kilifi County located in the Coast province of Kenya has been benefiting from famine/drought mitigating measures especially the Food for Assets/Cash for Assets program funded by WFP and implemented jointly by the Kenyan Government, WFP and World Vision Kenya. This strategy has been used to help the drought-affected population in Bamba through short-term stress and calamities but with the aim of reaping long-term benefits.

Generally, food/cash-based programs have been viewed as important strategies since they not only meet the current dietary needs but also put in place measures and mechanisms that help

vulnerable populations address future food and economic insecurity. However, there has been a growing concern amongst scholars that the expected impact of such interventions on food security is never achieved as evidenced by the persistent and deteriorating vulnerability of the disaster-affected populations. For instance, there are about 400,000 people in the county currently in need of relief food and water support to save their lives (Kilifi County RFSAR, 2013). This is despite the on-going food security interventions in the County, including FOOD/CASH FOR ASSETS and cash transfers.

With this in mind, the researcher saw an urgent need to investigate the possible factors that influence the sustainability of Food/Cash for Assets programs to enhance beneficiaries' household food security in Bamba division, where the same program had been implemented for a decade - an action which he undertook.

1.3 Purpose of the Study

The purpose of this study was to determine the factors which influence the sustainability of Food/Cash for Assets program to enhance the beneficiaries' household food security in Bamba Division, Kilifi County, Kenya.

1.4 Research Objectives

The study was guided by the following objectives:

1. To examine the extent to which demographic characteristics of beneficiaries influence the sustainability of the Food/Cash for Assets programs to enhance their food security.
2. To establish the extent to which income levels of beneficiaries influence the sustainability of Food/Cash for Assets programs to enhance their food security.
3. To investigate the level to which weather conditions influence the sustainability of Food/Cash for Assets programs to enhance their food.
4. To assess the extent to which beneficiaries' participation influences the sustainability of Food/Cash for Assets programs to enhance their food security.
5. To determine the extent to which capacity building of beneficiaries influences the sustainability of Food/Cash for Assets programs to enhance their food security.

1.5 Research Questions

The study intended to answer the following questions:

1. To what extent do demographic characteristics of beneficiaries influence the sustainability of Food/Cash for Assets programs to enhance their food security?
2. To what extent does an income level influence the sustainability of Food/Cash for Assets programs to enhance their food security?
3. To what level do prevailing weather conditions influence the sustainability of Food/Cash for Assets programs to enhance their food security?
4. To what extent does beneficiary participation influence the sustainability of Food/Cash for Assets programs to enhance their food security?
5. To what extent does capacity building of the program beneficiaries influence the sustainability of the Food/Cash for Assets programs to enhance their food security?

1.6 Hypotheses of the Study

The study proposed to test the following hypotheses:

1. **H₁**; Demographic characteristics have an influence on the sustainability of Food/Cash for Assets programs.
2. **H₁**; Income levels have an influence on the sustainability of Food/Cash for Assets programs.
3. **H₁**; Weather conditions have influence on the sustainability of Food/Cash for Assets programs.
4. **H₁**; Beneficiary participation has an influence on the sustainability of Food/Cash for Assets programs.
5. **H₁**; Capacity building has an influence on the sustainability of Food/Cash for Assets programs.

1.7 Significance of the Study

This study was expected to have the following significance:

1. The study expects to help the government to formulate and implement strategies that can support the effective implementation and the sustainability of food-based programs.
2. The study hopes to promote stakeholders' commitment through active participation in community-based development activities geared towards the realization of food security and sustainable community development.
3. The research also anticipates to provide vital lessons learnt to enable development and humanitarian agencies to put into account while designing and implementing development and humanitarian affairs programs.
4. Further, the study wishes to document the factors that influence the sustainability of Food/Cash for Assets program and beneficiaries' food security in Bamba so that key assumptions of the program can be redefined to ensure the realization of food security in the division and the county as a whole.

1.8 Basic Assumptions of the Study

The study assumed the following:

1. It is a basic assumption that respondents will be available and that they will be cooperative and willing to give correct and honest responses.
2. It is also assumed that the study will be completed within the scheduled time without major external interruptions.
3. It is also assumed that the respondents are conversant in Kiswahili, besides their native language, as one of the languages that will be used during the study.

1.9 Limitations of the Study

This study was carried out in Bamba division, Kilifi County, some 65-70 Km from Kilifi town. Based on this fact, accessibility of the respondents might be a challenge since the interior does not have access roads. In order to overcome this challenge, the researcher liaised with World Vision field staffs and harmonized the data collection schedule with their work plans so as to take advantage of their transport facilitation.

Another limiting factor of the study was the language barrier where respondents may be challenged to give responses in written form due to the high illiteracy levels in the area. However, the researcher used enumerators from the local area – who understand and speak the local languages.

Further, uncooperative informants were encountered due to suspicion on the real motives of the researcher and/or the study. The researcher managed their expectations and cleared any doubts beforehand by being open, transparent and maintaining a high degree of integrity in regard to the purpose of the study and the way it was conducted.

1.10 Delimitations of the Study

The research sought to establish the factors that influence the sustainability of food security among the Food/Cash for Assets program beneficiaries which targets the vulnerable, poor and food insecure populations in Bamba division. The area was selected because of its extreme climatic conditions – prolonged droughts - and the fact that the Food/Cash for Assets program has been implemented in the area since 2004, yet food insecurity has remained intangible among the beneficiaries and the entire Bamba community and poverty levels have remained alarmingly high. Bamba was also chosen due to its proximity to the researcher. Further, the researcher was also popular to the beneficiaries of the programme in the area, and is also familiar with the geography of the area. The study focused on collecting data on the factors that would directly or indirectly influence the sustainability of food security among the Food/Cash for Assets program beneficiaries in Bamba division, Kilifi County. Research data was collected from the Food/Cash for Assets beneficiaries since it was hoped that they had key information on the factors

influencing the program implementation and the sustainability of food security in the area. Open and closed ended questionnaire were used in data collection so as allow informants respond using their own words and also have adequate time to give well thought out answers.

1.11 Definition of Significant Terms

Food/Cash for Assets: A food-based program where food and/or cash is used as an incentive to motivate target beneficiaries to work on community projects to create valuable and productive assets for their long-term food security sustainability.

Supplementary Feeding Program: A food-based program targeting pregnant and lactating mothers and children under 5 years who are at risk of malnutrition, implemented through health facilities.

School Feeding Program: A food-based program targeting school-going children with the aim of promoting school enrolment, attendance and performance from food insecure households.

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

Implementing Agency: This is the organization (NGO) leading the implementation of a community-based program in a given area, e.g. World Vision Kenya.

1.12 Organization of the Study

This research project contains five chapters. Chapter one focused on the introduction and covered the background of the study, problem statement, purpose of the study, research objectives, research questions, research hypotheses, significance of the study, basic assumptions of the study, limitations of the study, delimitation of the study, definitions of significant terms used in the study as well as the organizational of the study . Literature review was covered in chapter two where the researcher reviewed the relevant studies concerning the topic under study. Chapter three examined the research methodology which included the research design, target

population, sample size and sampling procedure, research instruments, reliability and validity of the instruments, data collection procedure, data analysis techniques, ethical considerations and the operation definition of the variables. Chapter four covered the data analysis, presentation and interpretations while chapter five covered the summary of findings, discussions, conclusions and recommendations.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter reviewed and discussed relevant literature on what past researchers had done that was relevant to the study – factors influencing the sustainability of the Food/Cash for Assets program to enhance beneficiaries’ food security in Bamba division. This was intended to enable the research to develop new knowledge from the gaps identified in the literature reviewed for effective and successful project implementation leading to sustainable food security among its beneficiaries, if put into consideration. The independent variables of the study were discussed as well as their influence on the sustainability of food security among the programme beneficiaries within the project operation area. A conceptual framework was used to demonstrate the relationship between the dependent variable and the independent variables.

2.2 Influence of the Demographic Characteristics of Beneficiaries on the Sustainability of Food/Cash for Assets Programs to Enhance Beneficiaries’ Food Security.

In general, most studies that have looked at food-based projects have focused on women and the gendered nature of work. In Australia, Kuntala (2004) argued that involvement of women, youth and minority members of the society in development and food-based projects was very low, and thus persistence of food insecurity in marginalized communities. The researcher intends to investigate whether involving women in the implementation of the Food/Cash for Assets programs would help improve on food security as noted by Ponttier (1998) that it is essential for women and youth to be involved in projects which profoundly affect their lives.

In the past, involvement of women in implementation of community development and food security project has been the focus of intensive debates by most international forums like the 1995 Forward Looking Strategies for the advancement of women held in Kenya, the 1995 Beijing Declaration and the United Nation Development Fund for women 2000. Despite all these awareness and understanding of gender imbalance in development programs, there still exist a gap as yet not much has resulted in significant priorities for majority of women. Involvement of

women in project implementation is still faced by various disabilities. A study done by Blackden (2006) indicates that food security comprises of a vital aspect of human welfare in a society, particularly for women in Africa. Implementation of food-based agricultural projects has been seen as a women fundamental responsibility if not an obligation to human society, and indeed households. Traditionally, African women have spent their entire life time ensuring that their families are fed.

Family size and age distribution influence projects' implementation and their sustainability. The fragile and elderly may be challenged when it comes to participating in physical project activities as opposed to the relatively young and energetic members of the society. Similarly, inasmuch as a large family size can mean availability of labour, it is also disadvantageous when it comes to the amount of food and other resources needed to support it, (Author, 2014). Jimmiel (2005) found that in Zimbabwe, age distribution had a key role in determining labour distribution and those households with more members adopted fish farming projects introduced by the government as a means of improving food security within the community. From the same report, it was established that education had a role to play in encouraging innovation, optimism and tolerance in food-related projects. Mwanyumba (2010) in his research conducted in Taita district, Wundanyi location found that most of the farm workers were women aged between 35 and 60 years, closely followed by women of advanced age group. Some old men over 60 years also assisted in the farming equally.

Education is one the most essentials to attainment of development of appropriate skills, knowledge and attitudes. Education forms the foundation for developing innovation and technology which are key in the implementation of development and humanitarian initiatives such as food-based programmes. High levels of illiteracy and the lack of education in general limits access to information denying individuals, families and communities the opportunity to attain development as a result of poor implementation of life-changing interventions such as the Food/Cash for Assets program. According to Barret (1998), there is a strong correlation between education, economic development, food security and nutrition. Provision of adequate education levels will enhance the capacity of community members to participate in community development projects.

A study conducted by Saara (2005) notes that education is critical in project implementation. Through her report, she argues that giving education to young mothers in United Kingdom had resulted in their participation in community projects resulting to self-confidence and self-esteem. Reuben (2005) also noted that education levels at household levels in the Niger Delta in Nigeria were relatively low, especially among the youth and women who were engaged in agricultural farming. During the time of his study, only two projects offered educational services. He recommends a raise in the levels of education across gender groups and across age in order to achieve projects objectives since illiteracy is a factor that hinders development as concluded by many researchers.

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

Kidane (2006) indicates that education among the household heads could lead to awareness of the possible advantages of modernizing agriculture by means of technological input, read and understand documentation, read instructions on the fertilizer and/or chemical packs, and diversification of household income which in turn could enhance household food supply.

Education levels among food-based programme beneficiaries can influence the level of involvement of individuals in key decision making as well as the implementation processes which affects the outcomes. Again, educational qualification can determine the capacity of individuals to explore and exploit alternative innovations and technologies with the potential to boost their development. Food/Cash for Assets program in Bamba division targets the rural, poor, food insecure and vulnerable individuals and households; most of whom have not attained any form of education or very low if any, hence high levels of illiteracy among the target

beneficiaries. It is against this that the researcher intended to find out whether or not improving educational qualification among the rural academically disadvantaged communities through the attainment of some level of education would contribute to the achievement of an enhanced and sustainable food security through the successful implementation and replication of the Food/Cash for Assets program.

2.3 Influence of Beneficiaries' Income Levels on the Sustainability of Food/Cash for Assets Programs to Enhance Beneficiaries' Food Security.

The ownership, adoption and replication of community projects such as Food/Cash for Assets is dependent on the income levels of the target beneficiaries from other sources other than the anticipated benefits from the programme being implemented. Frances (2009) argues that the poor and marginalized feel stigmatized and rarely join with others in community projects. Lack of capital has been identified in many studies as a major constraint in expansion of projects. In Central Kenya, Macharia (2010) found out that lack of affordable credit was a major impediment to intensified use of modern farming methods and technology.

A study by Gan (2001) on antipoverty program found out that citizens were well involved in the program due to material gains accruing from the projects, for example paid labour. Community participation in the implementation of the program was tied to age rates and frequency. As reported by the same study, it is only in the implementation stage of many projects where the communities are paid for labour they provide thus enhancing their effective implementation. This finding is probably true because the same people expected to participate in implementation of community projects have families and hence the parental obligation of putting something on the table at the end of the day, therefore voluntary work would be unthinkable.

In Uganda, Rutaisire et al (2010) found out that lack of capital was one of the major factors hindering project implementers from achieving their desired results. In Bamba, the desired goal of the Food/Cash for Assets program is a sustainable food security situation among its target population. The report further notes that, most of the active participants of community projects were community members of stable incomes and were able to generate incomes for expansion of

the projects. Occupation of different members of the community will affect their income and the availability of labour for agricultural activities. The type of occupation will also determine available savings that can be invested in agriculture activities as well as the adoption and replication of community development projects. Rutaisire concluded that daily income of the community members significantly influences the implementation of community projects and their sustainability.

The long term goal of Food/Cash for Assets in Bamba division is to help communities attain sustainable food security through the successful implementation, and the subsequent adoption, replication as well as scale up of the Food/Cash for Assets projects at household levels. However, economic levels across individuals and households will determine the level at which these are achieved. It is in this regard that the study sought to find out if by increasing incomes among the programme beneficiaries would lead to the sustainable of the Food/Cash for Assets program activities and enhance beneficiaries' food security.

2.4 Influence of Weather Conditions on the Sustainability of Food/Cash for Assets Programs to Enhance Beneficiaries' Food Security.

Weather conditions play a major role in the implementation of agricultural projects and their success in attaining the long-term goal of sustainable food security. Severe weather can impact the resilience of the food chain by affecting soil, growing conditions and yield, amount and quality, harvesting and planting conditions, storage and transport logistics and the collective impacts working on price through the market therefore affecting access to food as well as availability. Agriculture-based livelihood systems that are already vulnerable to food insecurity face immediate risk of increased crop failure, new patterns of pests and diseases, lack of appropriate seeds and planting material, and loss of livestock. People living on the coasts, floodplains and in mountains, dry-lands and the Arctic are most at risk, and people who are already vulnerable and food insecure are likely to be the first affected.

A report by ILO, 2007 noted that agriculture is important for food security in two ways: it produces the food people eat; and provides the primary source of livelihood for 36 percent of the world's total workforce. In the heavily populated countries of Asia and the Pacific, this share

ranges from 40 to 50 percent, and in sub-Saharan Africa, two-thirds of the working population still make their living from agriculture. Evidence indicates that more frequent and more intense extreme weather events (droughts, heat and cold waves, heavy storms, floods), rising sea levels and increasing irregularities in seasonal rainfall patterns (including flooding) are already having immediate impacts on not only food production, but also food distribution infrastructure, incidence of food emergencies, livelihood assets and human health in both rural and urban areas (FAO, 2008).

Production of food and other agricultural commodities may keep pace with aggregate demand, but there are likely to be significant changes in local cropping patterns and farming practices. There has been a lot of research on the impacts that climate change might have on agricultural production, particularly cultivated crops. Some 50 percent of total crop production comes from forest and mountain ecosystems, including all tree crops, while crops cultivated on open, arable flat land account for only 13 percent of annual global crop production. Production from both rain-fed and irrigated agriculture in dry-land ecosystems accounts for approximately 25 percent, and rice produced in coastal ecosystems for about 12 percent (Millennium Ecosystem Assessment, 2005).

As far as the implementation of agricultural-based projects, such as Food/Cash for Assets projects, is concerned, the absence of rains for long periods or its unreliable availability poses a great challenge in the successful implementation of the projects since majority depend on the availability of adequate rain. Further, many crops have annual cycles, and yields fluctuate with climate variability, particularly rainfall and temperature. Maintaining the continuity of food supply when production is seasonal is therefore challenging. Droughts and floods are a particular challenge to the implementation and sustainability of rain-dependent projects, hence a threat to food production and stability and could affect the effectiveness of the projects hence inability to curb both chronic and transitory food insecurity.

Further, extreme weather conditions destroy the livelihood-based resources which community development projects, such as Food/Cash for Assets, attempt to rebuild and protect. They include roads, water sources, crops, and livestock and thus their destruction affects the sustainability and resilience of the affected populations. Weather conditions pose great challenges to livelihoods-

based thinking during emergencies such as the one caused by drought since it becomes difficult for one to develop a link between relief and development. For this reason, most interventions will only help in the immediate recovery of those affected by a disaster, but cannot increase their long-term resilience and reduce their vulnerability to future shocks and disasters. Based on this information and more, the researcher intended to investigate whether or not prevailing weather conditions have an influence on the sustainability of Food/Cash for Assets program where most of the projects are rainfall-dependent.

2.5 Influence of Beneficiaries' Participation on the Sustainability of Food/Cash for Assets Programs to Enhance Beneficiaries' Food Security.

World Bank (1994), the most ardent user of the term, defines participation as: “a process through which stakeholders influence and share control over development initiatives, and the decisions and resources which affect them.” Participation has further been defined by Bhatnagar and Williams (1992) in the following way: “Participation is a function of information through which people can come to share a development vision, make choices, and manage activities (p. 6)”. Participation is, however, not always effective. It can be passive, co-optive and as well as ditched if it is not properly understood and nurtured. One may thus come across many types of participation.

Several rural development programs have failed to achieve their desired long-term objectives due to poor organization and implementation strategies. Kerote (2007) revealed that, relevant field methodologies that call for effective management of funds have been inadequate in allowing maximum utilization of local resources. He also noted that, vital components of project implementation, project identification, monitoring and evaluation have not fully been managed by the committees in the constituencies. Several concepts about community development have emerged over the years, especially in issues related to effectiveness, challenges and policy.

Participatory relationships are voluntary and their effectiveness depends on stakeholders being convinced that the process serves their interest (Schübeler, 1996). Thus, the members of the community must be allowed to use their own views and convictions to address the specific conditions and problems prevailing in their community. Participation needs to be considered in

decision-making, implementation and maintenance and evaluating successes and failures (Lane, 1995).

Community participation always influences the direction and execution of community development projects in contrast to communities merely being consulted and receiving project benefits. Participation if it is to be practiced in the true sense of the word should be more than a policy statement (Burkey, 1993). The conditions for creating public participation is to (1) encourage the advantage image of project agent (2) provide the information to the people from the preparation phase of the project and (3) promote participation in every step of the project to make sense of belonging by working as a partnership (Bureekul, 2000).

The use of Participatory Rural Appraisal (PRA) has helped involve communities in the various decisions concerning their own development, including appraisal, planning, implementation, monitoring and evaluation. The ‘developers’ have also benefited from the interactions of PRA, in the sense that development practitioners have become more open to and respectful of local knowledge and more receptive to local priorities for research, action and policy. This has also helped development and research-oriented organizations move away from top-down, standardized procedures and towards a more open culture of learning (Guijt and Cornwall, 1995). In the early 1990s, as donor agencies and international NGOs caught on to its potential, the practice of PRA spread very fast to many countries and organizations, initially in the NGO sector but increasingly also in government departments, aid agencies and universities. This was the high point of neoliberalism, and ‘PRA’s potential to deliver “locally owned” and “community-based” solutions led to meteoric uptake – in speed and scale (Cornwall and Guijt, 2004).

However, the prevailing social, economic and political structures and relations in most of the developing countries are hardly favourable to the participation of the poor majority in the definition and implementation of community project development policies. This implies that community development planning and implementation of projects and programmes is the exclusive preserve and prerogative of governments and corporate organizations. Both the governments and corporate organizations similarly are involved in one way or the other in community development projects and programmes and they seem to assume the ability to guess

correctly the needs and preferences of the community. The problem is that no sooner these projects are completed and commissioned by their donors than they become non functional, this is because the institutions do not foster people's participation in project implementation as purported (RHSS, 2013). The top-down approaches to community development projects have not borne any successful fruit, rather it has degenerated into crisis and characterized by lack of commitment on the part of the communities to sustain maintenance on the project as at when due. This was clearly articulated by Machooka (1984) when he noted that "Such strategies isolate rural population from productive participation in the development of their areas and may be the major reasons for the apparent socio-economic stagnation among the rural communities".

As a corollary, more recently the South African State, through the Reconstruction and Development Programme (RNP) also encourages people's participation in decision making, implementation, monitoring and distribution of benefits of rural development projects. It is clear, therefore, that this strategy is a means of placing human resources high in the (rural) development process. Abasiokong (1982) reckons that this strategy signifies that the community is placed as a high priority in the development programmes. Thus, the concept of people's participation in project implementation in the community is generally accepted as a means of mobilizing human and material resources – all directed to increasing productivity and thus improving the living standards of the people. It is the involvement of the intended beneficiaries that can help in the sustainability of projects in the community (Umesi, 2005). It is the aim of the government to improve the quality of people's life in the community. But the governments and corporate organizations similarly involved in community development without knowing the needs and preferences of the community, the aim of such project(s) is often not realized (Gozie, 2007).

People's participation in the implementation of community development projects is an important element and a sure way to the speedy development of the rural areas and it is well attested to in research literatures (Okafor, 1984; Moughalu, 1986; Udoye, 1992; Asnarukhadi & Fariborz, 2009; Ekong, 2010; Udensi, 2012; Udoh, 2012). Success indicator for the realization of development projects is high degree of citizen involvement which only can be assured when the initiative of the people is sufficiently stimulated to arouse their enthusiasm and wholehearted

involvement (Anyanwu, 1992). Sharma (1997) argues that “participation is not regarded as having been committed to any social goals but is regarded as a technique for setting goals, choosing priorities and deciding what resources to commit to goal attainment”. The rationale for this is that when those directly concerned are effectively involved in planning and implementation the possibility of a remarkable success is assured. Piccioto (1992) and Madlavu & Davis (1993) view that to participate is to partake to share, to own and that people must be allowed to be responsible for their own development, they should determine their needs and frame their own development strategies and that they should own the process.

Based on the literature reviewed, participation therefore entails getting members of rural communities to participate actively and responsibly in analyzing their problems, identifying solutions based on their knowledge and available natural resources, and taking decisions on accomplishing their development goals. The study therefore sought to determine if the level of participation of the target community and beneficiaries do influence the sustainability Food/Cash for Assets program and beneficiaries’ food security.

2.6 Influence of Capacity Building of Beneficiaries on the Sustainability of Food/Cash for Assets Programs to Enhance Beneficiaries Food Security.

United Nation Development Programme (UNDP) defines capacity building as the ability to perform functions effectively, efficiently and sustainably. Capacity building is regarded as the enhancement of the competency of individuals and local communities to engage in activities in a sustainable manner for positive development, poverty reduction and also meeting the MDGs, (Hope, 2009). Capacity building involves strengthening performance capabilities by empowering those who are most marginalized by providing equal chances for community to access resources.

In the implementation of projects for food security, the beneficiaries need the ability to perform many functions to ensure food is available and accessible to all. Economic transformation therefore focuses on Human Capital Development (HCD), broadly defined as expanding choices and the ability to react to changes. Neglect to human development would often feature to failures, and various studies illustrate the value of human capacity development in enabling efficient resource use and productive farming (Mac Calla, 1999). Low farm production could be explained to a significant extent as resulting from low investment in human capital development.

From this observation, it is concluded that organization of project stakeholders and participants and facilitation of interaction and networking are very crucial to the successful implementation and sustainability of any development projects. During this process, skill limitations can be addressed through focused training programs which would capacitate project participants to make informed decisions.

Personnel issues, including recruitment, selection of training is among the common critical success factors in effective project implementation (Jeffrey and Denis, 1997). In many situations, personnel for the project team are chosen with less than full regard for the skills necessary to actively contribute to a successful project implementation. Hammord (1979), in his book has developed a contingency model of the project implementation process which includes people as a situational variable whose knowledge, skills and abilities must be considered for project success. It is also important for the project to be implemented by people with technical skills and with adequate technology to perform their tasks.

A study by Shalmali (2006) on the programmes' implementation reveals that lack of knowledge and skills have prevented people from taking full advantage of recent government agricultural programmes. Policies to support small-scale farmers have the same double objectives of providing short-term support in conjunction with long-term structural changes. These however cannot be realized without further resources geared to farmer's capacity building in gathering information, market functioning and general education.

Building functional capacities at the community level remains important in global approaches to participatory development. In Cambodia, local capacity remains particularly important. An assessment by the World Bank (2006) showed that, in the attempt to provide a sustainable flat form for Cambodia's future growth, development agencies have adopted an interlinked approach that provides a critical role for local level capacity building. This emphasis reflects the importance of supporting community level growth, bottom-up development initiatives in a predominantly rural society that remains largely organized around the village and where rural-urban linkages remain weak. Studies on implementation of health programs by the Community Health Workers (CHWs) show that in India such CHWs receive training for about three months,

while in other countries such as Brazil they receive training for about six to eight months at the beginning of their career (Campos et al, 2004).

In Botswana, the Botswana National Productivity Center (BNPC) represents a good example of an institution being used for facilitating the country's capacity development and ongoing productivity enhancement (Hope, 2009). Likewise, the Technical Assistant Unit (TAU) in S. Africa was established to undertake capacity development skills. It is demand-driven and focuses on developing indigenous capacity using international technical expertise and support for the success of the community-based projects.

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

Our country Kenya is in the era of new technology and for this reason the researcher found the need to search for more knowledge on the adoption and replication of the new technologies and innovations through capacity building for projects' implementation, and their impact on the sustainability food security situation.

2.7 Theoretical Framework

This section looked into the underlying theories supporting community involvement and participation in the implementation of community-based programmes for their sustainability. The community participation theories for community development include the theory of decentralization and citizen participation theory among other theories.

The Citizen Participation Theory states that participation is a desired and necessary part of all community development activities. According to Spiegel (1968), citizen participation is the process that can meaningfully tie programmes to people by enhancing ownership. It is a process which provides individuals with an opportunity to influence public decision and has long been a component of the democratic decision-making process. The roots of public participation can be traced in Ancient Greece and Colonial New England. Before the 1960s, government processes and procedures were designed to facilitate 'external' participation. Citizen participation was institutionalized in the mid-1960s with the president Lyndon Johnson's Great Society Programs (Corgan & Sharpe, 1986).

Citizen participation has long been regarded as the hallmark of a democratic society. Community development practitioners are among the strongest proponents of citizen participation as an integral element of economic improvement and social change efforts. Over the years, there has been an ebb and flow of interest among social science scholars regarding citizen participation in planning and decision-making processes. Recently, however, researchers have shown renewed interest in participatory processes and outcomes involving citizens at the local community level (Naparstek and Dooley, 1997; Poole and Colby, 2002; Schafft and Greenwood, 2003; Silverman, 2005).

There are varying degrees or levels of participation, ranging from mere tokenism to genuine sharing of power, or citizen control. Decades ago, Arnstein (1969) provided a typology of citizen participation, which remains illustrative and instructive. The extent of citizen participation may depend on the purposes and goals of the organization and the kinds of issues it addresses. For example, organizations involved in locality development seem to value community residents' participation in determining goals and taking civic action to achieve 'purposive community change' (Rothman, 2001, p. 29). Arguably, this people-oriented approach can effectively build community capacity to address issues and solve problems through a self-help process.

The benefits of citizen participation accruing to individuals, groups and communities have been discussed widely for many years (Cahn and Camper Cahn, 1968; Gamble and Weil, 1995; Hardina, 2003; Schafft and Greenwood, 2003). Participation taps the energies and resources of

individual citizens, providing a source of special insight, information, knowledge and experience, which contribute to the soundness of community solutions (Cahn and Camper Cahn, 1968). Citizen participation also helps to ensure a more equitable distribution of resources and to improve low-income communities (Gamble and Weil, 1995). Additionally, participation in decision-making may serve as a vehicle for empowerment (Hardina, 2003).

Citizen participation is most likely to be effective when public officials regard it as social exchange, involving reciprocity, balance of power and autonomous representation (McNair, 1981). However, despite its wide acceptance as a useful approach to rural development, Makumbe (1998) submits that its proclamation has been more rhetorical than it has been practical in as much as there have been overwhelming evidence of limited cooperation from local people due to their marginalization from participation in its proper sense as alluded by Chiome and Gambahaya (2000). As such, the concept of community participation has remained a key theme in development discourse for the past few decades, yet a variety of literature alleges that there is no significant transformation from development agents' notions of the local people as passive recipients of predesigned development projects (Makumbe, 1998; Kanyenze, 2004).

Furthermore, the incorporation of the local people in development projects has become a common phenomenon which almost every organization claims to embrace. However, this acknowledgement seems biased since it has not been the case with 'every' organization. For instance, at a macro level, the Economic Structural Adjustment Program (ESAP) for most developing countries was alleged by Kanyenze (2004:106) to be a mere imposition by the World Bank and International Monetary Fund which was deficient of local input hence their failure.

The concept (citizen participation) originated after it was realized that the top-down approach to development did not achieve its developmental goals, which were often very specific material outcomes, and this in turn may have been linked to the lack of inclusion of those people for whom these outcomes were designed (Brohman, 1996). This can be exemplified by the USAID case which Chiome and Gambahaya (2000) revealed as a clear illustration of the negative effects of the domineering role of development agents. In this context it constructed pit latrine toilets in a Bangladesh community without consultations and consent from the local community with the

intention of preventing what the implementing agent foresaw as a potential hub for disease outbreak since the community used to defecate in their rice fields. These efforts by the agent were futile since they were met with violent resistance from the community, which responded by destroying the toilets arguing that it was their cultural practice to use their rice fields as toilets for the sake of increasing productivity. In this context the agent did not consult the community in the first place and this is why the community did not take part and instead destroyed the constructed structures in protestation.

Involvement of the community in program implementation helps promote dignity and self-sufficiency within the individual which helps to tap the energies and resources of individual citizen within the community and also provides a source of special insight, information, knowledge and experience which contribute to soundness of community solutions. Community involvement helps legitimize programmes, plans, actions and leadership. It also helps reduce the cost for personnel needed to carry out most of the duties associated with the community actions without which, scores of worthwhile projects would never be achieved in many communities.

The government of Kenya through its implementing partners intends to reduce the poverty levels of the vulnerable community in Bamba, among other areas in the country, by involving the local people in the implementation of community development programmes such as the Food/Cash for Assets, and this study was anchored on this theory for its strengths in projects implementation and sustainability.

2.8 Conceptual Framework

A conceptual framework is a hypothesized model identifying the concepts under study and their relationships (Mugenda & Mugenda 2003). A conceptual framework presents, in a diagrammatic form, the way the researcher has conceptualized the relationship between the independent and the dependent and other variables, as illustrated in the following diagram:

Independent Variables

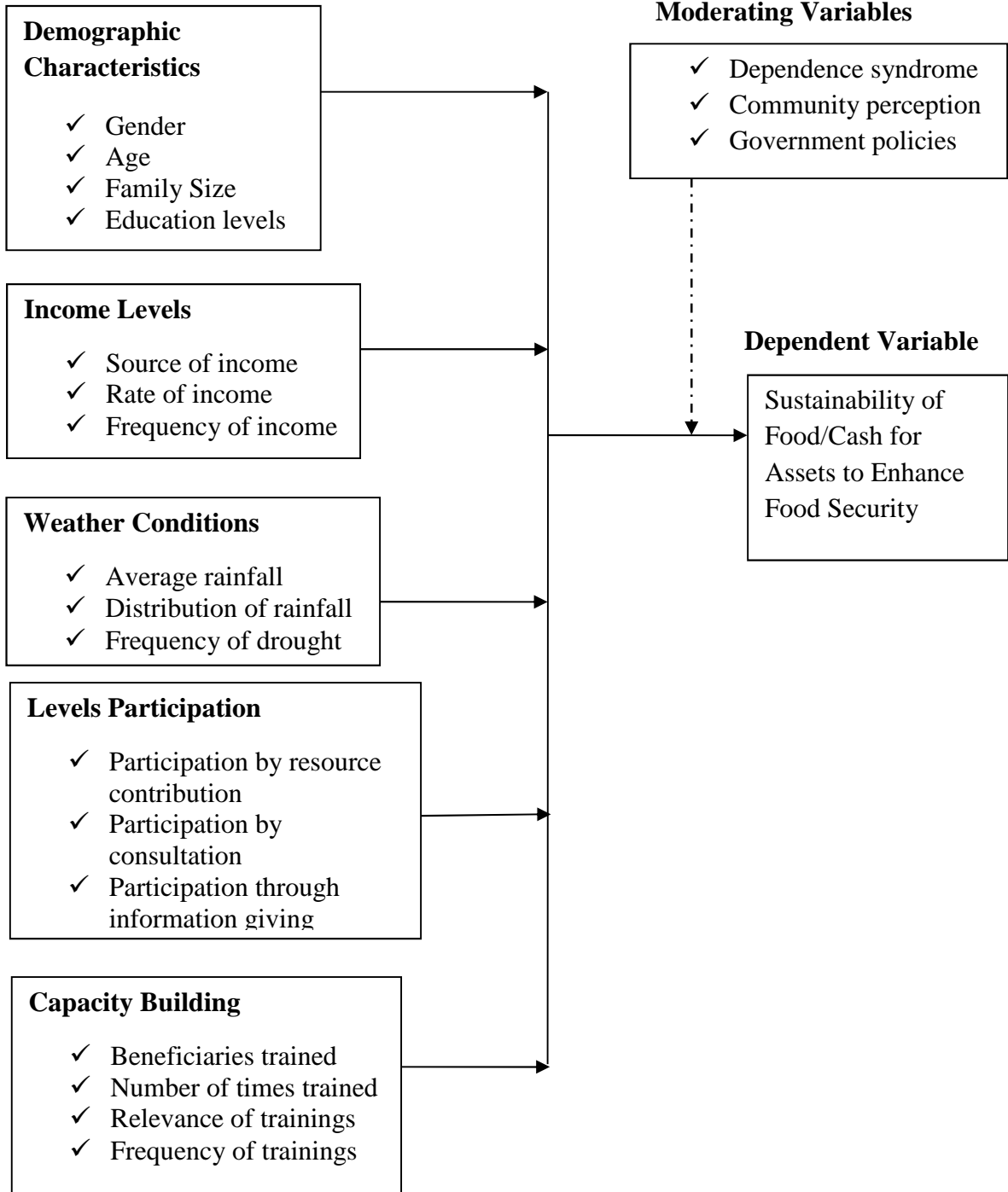


Fig. 2.1: The Conceptual Framework

2.9 Explanation of the Relationships of Variables in the Conceptual Framework

In the conceptual framework above, the sustainable food security among the Food/Cash for Assets program beneficiaries, on the right side, represents the dependent variable which is influenced by the independent variables on the left side of the framework.

Levels of education will have an impact on the implementation of community development projects as well as their sustainability because it forms the foundation for developing innovation and technology which are key in the implementation of development and humanitarian initiatives such as food-based programmes. A study conducted by Saara (2005) notes that education is critical in project implementation.

The income levels determine the social status of individuals and families as well as their say in key decisions in the society. Rutaisire et al (2010) found out that lack of capital was one of the major factors hindering project implementers from achieving their desired results. Most of the active participants of community projects were community members of stable incomes and were able to generate incomes for expansion of the projects.

Weather conditions, especially drought, do influence the implementation and sustainability of Food/Cash for Assets projects, eventually affecting the sustainability of the food security status among its beneficiaries. Evidence indicates that more frequent and more intense extreme weather events (droughts, heat and cold waves, heavy storms, floods), rising sea levels and increasing irregularities in seasonal rainfall patterns (including flooding) are already having immediate impacts on not only food production, but also food distribution infrastructure, incidence of food emergencies, livelihood assets and human health in both rural and urban areas (FAO, 2008).

Level of participation explains how the target beneficiaries are responding to the initiative as well as the faith they have in the project, donors and field staff which limits or increases their commitment as well as ownership of the projects' outcomes, thus affecting their sustainability. As noted by Umesi (2005) it is the involvement of the intended beneficiaries that can help in the sustainability of projects in the community.

The types, relevance and frequency of trainings from the Implementing Agency through its field staff also plays a significant role in making sure that target beneficiaries take part in the

implementation of the Food/Cash for Assets program. Adoption and replication of the same also requires some degree of technical knowhow. Trainings empower the beneficiaries and increase their capacity to perform and make key decisions and choices in regard to the project implementation and maintenance. World Bank (2002) defines empowerment as the expansion of assets and capabilities of poor people to participate in, negotiate with, influence, control, and hold accountable institutions that affect their lives. Capacity building therefore increases ones knowledge and skills thus influencing how projects are going to be implemented and sustained for the desired goal of sustainable food security situation to be realized.

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

2.10 Gaps in the Literature Reviewed

Most of the literatures reviewed suggest that there are still other indicators of poor implementation of community-based programmes among the poor and vulnerable populations, and therefore further studies should be conducted to help unearth most of these factors lest they remain a barrier to the successful implementation and achievement of the desired goals of food-based programmes. In particular, there is a necessity for more studies to be conducted on the implementation of rural community agriculture projects where people are marginalized on high poverty and illiteracy levels.

2.11 Summary of Literature Review

The literature reviewed is intended to help the researcher identify gaps in knowledge in order to create a framework and a direction for other new research studies.

In most of the literature reviewed, education level of the project beneficiaries has been cited as an indicator of project implementation. Educated beneficiaries are able to comprehend the importance of owning community projects by being actively involved. The same studies also

revealed that education forms the foundation for the development of innovation and technology which are key in the implementation of development and humanitarian initiatives such as food-based programmes.

It has also been noted that weather conditions have had an influence on the implementation community development projects especially agriculture-related projects which depend on rainfall. Evidence indicates that more frequent and more intense extreme weather events (droughts, heat and cold waves, heavy storms, floods), rising sea levels and increasing irregularities in seasonal rainfall patterns (including flooding) are already having immediate impacts on not only food production, but also food distribution infrastructure, incidence of food emergencies, livelihood assets and human health in both rural and urban areas (FAO, 2008).

The same literature reviewed also highlighted that income levels do influence the implementation of projects. Most of the studies reviewed identified lack of capital as a major constraint in expansion of projects. In Central Kenya for example, Macharia (2010) found out that lack of affordable credit was a major impediment to intensified use of modern farming methods and technology.

It was also noted that community participation always influences the direction and execution of community development projects in contrast to communities merely being consulted and receiving project benefits. People's participation in the implementation of community development projects is an important element and a sure way to the speedy development of the rural areas and it is well attested to in research literature as reviewed (Okafor, 1984; Moughalu, 1986; Udoye, 1992; Asnarukhadi & Fariborz, 2009; Ekong, 2010; Udensi, 2012; Udoh, 2012).

Other studies have concluded that capacity building of the target community equally contributes to people's reception to community projects irrespective of their education level. Most studies reviewed have established the need for capacity building in all phases of project cycle and most of the projects studied have encompassed the same. The researcher would wanted to find out the relevance of training offered to the implementation of the projects undertaken.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

The purpose of this chapter was to give an overview of the research methodology that will be used in the study. Among the areas covered included; the research design to be used, the target population to be studied, the sample size and sampling procedure to be applied, data collection methods, data collection instruments used and data collection procedure. Further, it examined the validity and reliability of the instruments used in data collection as well as data analysis and presentation procedures. The ethical considerations and operational definition of variables were also described in this chapter.

3.2 Research Design

This study used a descriptive survey design. A survey is a means of gathering information about the characteristics, actions or opinions of a group of people – the population. It assists in describing data and characteristics about a population and the phenomenon being studied, Best (2004).

This design is appropriate for the study because it shall enable data collection from the sample on the factors influencing implementation of the Food/Cash for Assets program. Further, it enabled the study to reach a conclusion that by changing the independent variable, a change is likely to occur on the dependent variable. This is exactly what the study sought to investigate.

3.3 Target Population

Mugenda and Mugenda (2003) defined target population as the entire group a researcher is interested in or the group about which the researcher wishes to draw conclusion.

The population of the study was drawn from the 14 Food/Cash for Assets projects sites within Bamba division which were composed of household members from the Bamba community as illustrated in the table that follows:

Table 3.1: Food/Cash for Assets program Implementing Groups in Bamba Division up to April 2014

Name of Food/Cash for Assets		
S/No.	Site	No. of Households
1	Dangarani	237
2	Gede	159
3	Karimani	105
4	Kidemu	111
5	Midoina	131
6	Mikamini	139
7	Mirihini	227
8	Mitsemerini	125
9	Mtsara wa Tsatsu	335
10	Mnagoni	136
11	Mwakwala	364
12	Mwambani	263
13	Ndigiria	181
14	Paziani	227
Total		2740

Source: Kilifi Food/Cash for Assets Monthly Progress Report Summary, WVK January 2014.

3.4 Sample Size and Sampling Procedure

Under this section, the method used to determine the sample size from the target population and from which data was collected was presented. Further, this section described the sampling techniques used in selecting individuals to be included as the subjects of the study sample.

3.4.1 Sample Size

A sample in research study is a group on which information is gathered (Frankel 2000). The whole idea of sampling is that by selecting some of the elements in a population we can draw conclusions about the entire population (Cooper 2006). The sample should therefore be

representative of the population. According to the table for determining random sample size from a given population (Appendix I) as used by David A Payne and Robert F McMorris (1967), the sample size was given as 338 members based on the target population of 2740 beneficiaries.

Table 3.2: Sample Size Distribution Table From all 14 Food/Cash for Assets Centers

S/No.	Name of FOOD/CASH FOR ASSETS Center	No. of Households	Sample Per FOOD/CASH FOR ASSETS Center
1	Dangarani	237	$237/2740*338=29$
2	Gede	159	$159/2740*338=20$
3	Karimani	105	$105/2740*338=13$
4	Kidemu	111	$111/2740*338=14$
5	Midoina	131	$131/2740*338=16$
6	Mikamini	139	$139/2740*338=17$
7	Mirihini	227	$227/2740*338=28$
8	Mitsemerini	125	$125/2740*338=15$
9	Mtsara wa Tsatsu	335	$335/2740*338=41$
10	Mnagoni	136	$136/2740*338=17$
11	Mwakwala	364	$364/2740*338=45$
12	Mwambani	263	$263/2740*338=32$
13	Ndigiria	181	$181/2740*338=22$
14	Paziani	227	$227/2740*338=28$
	Total	2740	338

The particular sites from which data was collected were then randomly selected using the systematic random sampling technique. The sites were alphabetically arranging from 1 – 14, and the 2nd, 4th, 6th, 8th, 10th, 12th, and 14th centers picked from the list, leading to a new sample size of 143 individual respondents from the sampled 7 project sites as illustrated in table 3.3 below:

Table 3.3: Sample Size Distribution Table from Sampled Food/Cash for Assets Centers

S/No.	Name of Food/Cash for Assets Center	No. of Households	Sample Per Food/Cash for Assets Site/Group	New Sample
1	Gede	159	$159/2740*338=20$	20
2	Kidemu	111	$111/2740*338=14$	14
3	Mikamini	139	$139/2740*338=17$	17
4	Mitsemerini	125	$125/2740*338=15$	15
5	Mnagoni	136	$136/2740*338=17$	17
6	Mwambani	263	$263/2740*338=32$	32
7	Paziani	227	$227/2740*338=28$	28
Total				143

3.4.2 Sampling Procedures

This study applied probabilistic techniques to obtain the study sample from the study population. According to Ogula, (1998), a probability technique is a sampling method in which each element of the population has an equal chance of inclusion in the sample.

A combination of the table for determining a random sample size, stratified, systematic and simple random sampling techniques were used to obtain the right sample size. First, the stratified random sampling techniques was used by grouping the target population into 14 clusters (project sites) according to their geographical locations from 1-14 as shown in table 3.2.

Then the table for determining random sample size from a given population was used and a sample of 338 obtained. Using the initial sample size of 338 from the entire population, a sample size was calculated for each cluster that was proportional to its relative weight (number of households).

The clusters from which data was collected were then sampled using the systematic random sampling technique to get a representation of all the Food/Cash for Assets centers within the program area resulting to a new study sample of 143. Finally, a simple random sampling method was used to identify the respondents from the sampled sites to be interviewed.

3.5 Data Collection Instruments

These are the tools used for the collection of data from the respondents on the topic under study Creswell (2003). The researcher used questionnaires to collect the data for analysis.

According to Mugenda and Mugenda (2003) a questionnaire is a list of standard questions prepared to fit a certain inquiry. Questionnaires were administered to all the respondents as sampled from the target population. For respondents who were unable to read and write, questionnaires were administered through interview. The questionnaires contained both closed- and open-ended questions so as to engage the respondents to give in-depth information where necessary. This instrument was preferred due to the time and cost factors as far as this study was concerned

3.5.1 Pilot Testing of the Data Collection Instruments

Pilot testing involves pre-testing of the instruments to determine their validity and reliability. According to Orodho (2004), pilot testing is a smaller version of a larger study that is conducted to prepare for the study or to field test the survey to provide a rationale for the design. The researcher pilot-tested the instruments using a group of Food/Cash for Assets program beneficiaries but from a different division within the same county, and then made the necessary adjustments on the instruments. The researcher used Madamani Food/Cash for Assets program site from the adjacent Vitengeni division for the pre-test. Madamani had 320 beneficiaries in the program and according to Mugenda and Mugenda (2003), a sample equivalent to 10% of the study sample is enough for piloting the study instruments. Based on this information therefore, the researcher selected a sample of 15 for pilot-testing.

3.5.2 Validity of the Instruments

Validity determines whether the research instrument truly measures that which it was intended to measure or how truthful the research results are, (Joppe, 2000).

The researcher determined the validity of the instruments by conducting a pilot-test of the questionnaire by administering it to 15 Food/Cash for Assets beneficiaries from Madamani Food/Cash for Assets site in Vitengeni division. Additionally, he also shared the questionnaire with his Supervisor for some technical advice before the actual administration of the same.

3.5.3 Reliability of the Instruments

According to Joppe (2000), reliability is the extent to which results are consistent over time and an accurate representation of the total population under study. That is, if the results of a study can be reproduced under a similar methodology, then the research instrument is considered to be reliable. This is confirmed by Leedy (2000) who describes reliability as the consistency with which the measuring instrument performs, such that apart from delivering accurate results, the measuring instrument must deliver similar results consistently after repeated trials.

The technique used by the researcher to measure the degree of reliability of the instruments was the test-retest, which was done at two different times during the pilot-testing. The researcher administered 50% of the questionnaires to the target group of randomly identified individuals and the other 50% to selected individuals from the larger group of beneficiaries, one week later.

3.6 Data Collection Procedures

The researcher had prepared the Project Proposal with the technical assistance and professional advice from his supervisor. The project proposal was then presented before a panel appointed by the University of Nairobi for examination and approval.

A research permit from the Ministry of Higher Education through the National Council for Science and Technology was duly obtained in addition to other authorization documents from the relevant offices. Data collection process was spearheaded by the researcher assisted by Community Health Workers and Volunteers from Bamba division. Upon administration of the questionnaires, they were collected and handed over to the researcher. Ethical principles and guidelines were put into consideration throughout the exercise in line with the constitutional right of every person.

Further, data obtained from the field was summarized, analyzed and inferences drawn from the findings after which a report on the same was compiled with the supervisor's guidance before its presentation to the Defense Panel at the university.

3.7 Data Presentation and Analysis Techniques

Data was summarized and presented in cross-tabulation, percentages and frequency tables. This research relied on both quantitative and qualitative analysis techniques where all the data collected was coded and arranged according to the research themes. Qualitative techniques was involved in describing the characteristics of data, classifying them and then making connections so as to make general statements while quantitative analysis techniques was used in coding data and frequency tables drawn. SPSS Version 20, as a statistical tool, was used to describe the association between the independent and the dependent variables. Chi-square test was used to test hypotheses.

3.8 Ethical Considerations

The researcher of this study was mindful of the key ethical issues governing research, namely;

- i. Permission was sought and obtained from the relevant authorities in the country and within the county before the researcher was allowed to conduct data collection interviews with the programme beneficiaries in the area under study.
- ii. Throughout the research, the researcher sought consent from the respondents for the interviews and where they were not comfortable to be quoted or recorded in the research, an agreement was reached not record or capture their personal information. For example, names of the organization project staff were not used in this study but the words such as ‘the staff’ were preferred.
- iii. All secondary materials in this research, their sources were provided while quotes from individual respondents and their names were concealed for confidential reasons.

3.9 Operational Definition of the Variables

Table 3.4: Operational Definition of Variables

Objectives	Variables	Indicators	Instrument Used	Scales	Tool of Analysis
Dependent Variable					
To determine the sustainability of food security among Food/Cash for Assets beneficiaries	Sustainable food security	Food secure for beneficiaries	Questionnaire	Nominal	Percentages and Frequencies
Independent Variables					
To examine the extent at which demographic characteristics of Food/Cash for Assets program beneficiaries influences their food security sustainability	Demographic characteristics	Gender of beneficiaries Age of beneficiaries Family size of beneficiaries Education levels of beneficiaries	Questionnaire Questionnaire Questionnaire Questionnaire	Nominal Nominal Nominal Ordinal	Percentages and Frequencies Mode, Percentages and Frequencies Percentages and Frequencies Percentages and Frequencies

To establish the extent at which income levels of program beneficiaries influence the sustainability of their food security situation	Income levels	Source of income of beneficiaries	Questionnaire	Nominal	Percentages and Frequencies
		Average income of beneficiaries	Questionnaire	Ordinal	Percentages and Frequencies
		Frequency of beneficiaries' income	Questionnaire	Ordinal	Percentages and Frequencies
To investigate the level at which weather conditions influence the sustainability of food security among program beneficiaries	Weather conditions	Average rainfall received	Questionnaire	Ordinal	Mean, Percentages and Frequencies
		Frequency of rainfall	Questionnaire	Ordinal	Percentages and Frequencies
		Frequency of drought	Questionnaire	Ordinal	Percentages and Frequencies
To assess the extent at which levels of participation of program	Levels of participation	Participation by resource contribution	Questionnaire	Nominal	Percentages and Frequencies
		Participation by consultation	Questionnaire	Nominal	Percentages and Frequencies

beneficiaries influence the sustainability of their food security situation		Interactive participation	Questionnaire	Nominal	Percentages and Frequencies
		Spontaneous mobilization	Questionnaire	Nominal	Percentages and Frequencies
To determine the extent at which capacity building of program beneficiaries influences the sustainability of their food security		Number of beneficiaries trained	Questionnaire	Ratio	Percentages and Frequencies
	Capacity building	Number of times trained	Questionnaire	Ratio	Percentages and Frequencies
		Relevance of trainings	Questionnaire	Nominal	Percentages and Frequencies
		Frequency of trainings	Questionnaire	Ordinal	Percentages and Frequencies

CHAPTER FOUR

DATA ANALYSIS, PRESENTATIONS AND INTERPRETATIONS

4.1 Introduction

This chapter provides analyses, presentation and interpretation of the data collected from the study beneficiaries implementing the Food/Cash for Assets program. The information obtained was on the demographic characteristics of the program beneficiaries that covered gender, age, family size and education qualification of the program beneficiaries; income levels; weather conditions; beneficiary participation and capacity building.

4.2 Questionnaire Return Rate

The study used a sample size of 143 respondents from the target population and 140 questionnaires were successfully completed and returned. This was 97.9% of all questionnaires administered and according to Frankel and Wallen (2004), a response rate of above 95% of the respondent can adequately represent the study sample and offer adequate information for the study analysis and thus conclusion and recommendations.

4.3 Influence of Demographic Characteristics of the Respondents on the Food/Cash for Assets Program Implementation and the Sustainability of Food Security

One of the study objectives was to examine influence of demographic characteristics of the beneficiaries on the implementation of the Food/Cash for Assets program for food security. In order to establish the influence of respondents' demographic characteristics, the study obtained responses on gender, age, family size and education qualification of the beneficiaries.

4.3.1 Gender of Respondents

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

Table 4.1: Gender of Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Male	14	10	10	10
Valid Female	126	90	90	100
Total	140	100	100	

According to table 4.1, 126 of the respondents were women at 90% while only 14 of them were men at 10%. These results indicated that women participated in the program more than men. On further investigation, it was noted that women are given a priority over men as a way of empowering them for rural development. However, socio-cultural norms such as inequality in access to resources, lack of stake in decision-making processes at the household level as well as the lack of physical strength to engage in manual activities such as those involved in the Food/Cash for Assets program could still prove prejudicial to the female gender.

The study finding also confirms observation made by the World Bank (2007) which stated that, in Kenya men were the key decision makers in farming, yet women provide the greatest labour.

4.3.2 Gender and Age of Respondent

Table 4.2 Gender versus Age of Respondent

		Age of Respondent				
		Below 18 years	Between 18-30 years	Between 31-45 years	46 years and above	Total
Gender of Respondent	Male	0	3	7	4	14
	Female	1	28	56	41	126
Total		1	31	63	45	140

Table 4.2 indicated that out of the 14 male respondents, 3 were aged between 18 and 30 years, 7 between 31 and 45 years and 4 aged 46 years and above while 1 of the 126 female respondents was below 18 years, 28 of them aged between 18 and 30 years, 56 of the aged between 31 and 45 years and 41 of them aged 46 years and above.

4.3.3 Gender and Family Size of Respondent

Table 4.3 Gender versus Family Size of Respondent

		Family Size of Respondent			Total
		1-5 children	6-10 children	11 children and more	
Gender of Respondent	Male	6	5	3	14
	Female	42	53	31	126
Total		48	58	34	140

Table 4.3 above shows that of the 14 male respondents, 6 of them had 1 -5 children, 5 of them had 6 – 10 children while 3 of them had more than 10 children in their families. On the female respondents, 42 of them had 1 – 5 children, 53 of them had 6 – 10 children while 31 of them had more than 10 children.

4.3.4 Gender and Education of Respondent

Table 4.4 Gender versus Education of Respondent

		Education Level of Respondent		Total
		Primary	Did not go to school	
Gender of Respondent	Male	5	9	14
	Female	40	86	126
Total		45	95	140

According to table 4.4 above, 5 of the male respondents had primary level education while 9 did not go to school at all. Out of the 126 females, 40 had primary level education and 86 never went to school.

4.3.5 Influence of Gender on the Program's Success

A further investigation was conducted to determine the kind of influence gender had on the success of the program and the sustainability of the beneficiaries' food security. The responses were analyzed as shown in table 4.5.

Table 4.5 Influence of Gender on Program's Success

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Weak Positive	42	30.0	30.0	30.0
	Strong Positive	98	70.0	70.0	100.0
	Total	140	100.0	100.0	

Upon analysis, table 4.5 showed that 98 (70%) of the respondents confirmed that gender had a strong positive influence on the success of the program and the sustainability of household food security while 42 (30%) believed that the influence is positive but weak.

4.3.6 Age of Respondents

Age is a demographic characteristic that is bound to influence implementation of programs, their sustainability and that of the household food security. In order to determine this, the respondents were asked to indicate their age groups.

Table 4.6 Age of Respondent

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Below 18 years	1	.7	.7	.7
	Between 18-30 years	31	22.1	22.1	22.9
	Between 31-45 years	63	45.0	45.0	67.9
	46 years and above	45	32.1	32.1	100.0
	Total	140	100.0	100.0	

Table 4.6 showed that only 1 respondent was below 18 years, 31 (22.1%) between 18 and 30 years old, 63 (45%) between 31 and 45 years old and 45 (32.1%) were 46 years and above.

Further questioning showed that the lack of involvement of the youth below 18 years was by design as this was the school-going age. The study showed that majority of the beneficiaries were between 31 and 45 years old (45%) followed by those who were 46 years old and above (32.1%). Since the implementation of Food/Cash for Assets program is labour-intensive, implementers who are too old and generally women, may face challenges since they lack the physical strength necessary for the manual work involved.

4.3.7 Influence of Age on the Program’s Success

The respondents’ opinion on the influence of the age factor on the success of the program activities and the food security at the household level and their responses were analyzed as shown by table 4.7.

Table 4.7 Influence of Age on the Program’s Success

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Weak Positive	11	7.9	7.9	7.9
	Strong Positive	129	92.1	92.1	100.0
	Total	140	100.0	100.0	

A larger percentage of the respondents (92.1%) indicated that there is a strong positive influence while 7.9% of them confirmed that the influence is positive but weak.

4.3.8 Family Size of Respondents Households

The size of the families of the respondents is within demographic characteristics and is bound to influence implementation of programs and the sustainability of household food security.

Table 4.8 Family Size of Respondent

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1-5 children	48	34.3	34.3	34.3
	6-10 children	58	41.4	41.4	75.7
	11 children and more	34	24.3	24.3	100.0
	Total	140	100.0	100.0	

Table 4.8 indicated that respondents with children less than 5 were 48 (34.3%), while those with children between 6 and 10 were 58 (41.4%) and those with children more than 10 were 34 (24.3%).

4.3.9 Influence of Family Size on the Program's Success

According to the researcher, a large family is a blessing in disguise when it comes to the program implementation and issues of food security. Whereas a large family can provide adequate workforce on the program activities, it becomes a challenge when it comes to meeting their food requirements and other basic needs.

Table 4.9 Influence of Family Size on the Program's Success

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Weak Positive	68	48.6	48.6	48.6
	Strong Positive	72	51.4	51.4	100.0
	Total	140	100.0	100.0	

The responses obtained were analyzed in table 4.9 above where 51.4% of them confirmed that family size had a strong positive influence on the program implementation success and their food security while 48.6% noted that there is a weak positive influence.

4.3.10 Time Period Cash/Food from Food/Cash for Assets Program Lasts

In order to confirm the influence of family size on the household food security, the study respondents were asked how long the food/cash obtained from the program lasted and their responses were analyzed in table 4.10.

According to the table, 36 (25.7%) of the respondents took less than a week, 85 (60.7%) took between 1 to 2 weeks, 17 (12.1%) of them took 3 weeks while only 2 (1.4%) took more than 3 weeks to spend the cash.

It was noted that most of those who took less than 1 week had children more than 10 while majority of those who took between 1 and 2 weeks had 6 to 10 children and those with children less than 6, their food/cash lasted for at least 3 weeks.

Table 4.10 Time Food/Cash Lasts

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1 week	36	25.7	25.7	25.7
	Between 1-2 weeks	85	60.7	60.7	86.4
	3 weeks	17	12.1	12.1	98.6
	More than 3 weeks	2	1.4	1.4	100.0
	Total	140	100.0	100.0	

4.3.11 Education Level of Respondents

Another factor that was investigated under the demographic characteristics of the beneficiaries was their education level.

Table 4.11 Education Level of Respondent

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primary	45	32.1	32.1	32.1
	Did not go to school	95	67.9	67.9	100.0
	Total	140	100.0	100.0	

According to table 4.11, the findings showed that 45 (32.1%) of the respondents had attained primary level of education while 95 (67.9%) did not go to school at all. This indicated that majority of the program beneficiaries are illiterate and therefore their ability to grasp and implement new concepts could be hampered. Further, the illiteracy can limit one's active participation in program matters due to lack of confidence.

4.3.12 Influence of Education Level on the Program's Success

Further examination of the respondents showed that they believed that one's education level had a strong positive influence on the implementation of programs as indicated in table 4.12.

Table 4.12 Influence of Education Level on Projects' Success

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Weak Positive	39	27.9	27.9	27.9
	Strong Positive	101	72.1	72.1	100.0
	Total	140	100.0	100.0	

4.4 Influence of Income Levels of Respondents on the Implementation of the Food/Cash for Assets Program and the Sustainability of Food Security.

The study sought to examine the extent to which income levels of the program beneficiaries influenced program implementation and the sustainability of household food security. In order to this, the study investigated on the respondents' main source of income, average and frequency of income from the program and other sources and the sustainability of such sources.

4.4.1 Source of Income of Respondents

In order to examine the main sources of beneficiaries' income, the respondents were asked to indicate their main source of income and their responses given in table 4.13.

Table 4.13 Main Source of Household Income

			Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Food/cash	from	75	53.6	53.6	53.6
	FOOD/CASH	FOR				
	ASSETS Program					
	Farming Activities		48	34.3	34.3	87.9
	Casual Labour		12	8.6	8.6	96.4
	Other		5	3.6	3.6	100.0
	Total		140	100.0	100.0	

Over half of the total study respondents 75 (53.6%) gave food or cash from the Food/Cash for Assets program as their main source of income while 48 (34.3%) claimed that their main source of income was farming activities and 12 (8.6%) relied on casual labour for their income. Out of the 140 respondents only 5 relied on other sources of income – charcoal burning and small businesses.

Given the high dependency on food aid or cash from the program as shown in table 4.13, as well as the time cash lasts as indicated in table 4.10, it is next to impossible for these households involved to have a food secure status since the flow of food or cash is neither stable nor adequate to meet their immediate and future food needs.

4.4.2 Rate of Income of Respondents

As a factor that could influence the implementation of the program and its outcomes, the rate or monthly compensation of the beneficiaries as a results of their participation in the program implementation was investigated. 70 (50%) of the respondents indicated that they receive between KES 2,501 to 5,000 while 69 (49.3%) claimed to be getting between KES 1,001 to 2,500. Only 1 respondent indicated to be getting less than 1,000/=.

Table 4.14 Average Monthly Income from Food/Cash for Assets Program

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1000/-	1	.7	.7	.7
	Between 1001 - 2500/-	69	49.3	49.3	50.0
	Between 2501 - 5000/-	70	50.0	50.0	100.0
	Total	140	100.0	100.0	

Since the rate at which beneficiaries are compensated is identical, the difference in the responses given was assumed to be resulting to the difference in the number of days worked and the number of work norms completed because all compensations were pegged on the same.

4.4.3 Frequency of Income of Respondents

The frequency at which the program beneficiaries are compensated from the work done was also investigated and analyzed.

Table 4.15 Frequency of Income from Program

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Monthly	67	47.9	47.9	47.9
	After 2 months	30	21.4	21.4	69.3
	After 3 months	8	5.7	5.7	75.0
	There's no consistency	35	25.0	25.0	100.0
	Total	140	100.0	100.0	

According to the study findings, those who indicated to be receiving their compensation on a monthly-basis were 67, equivalent to 47.9%, after 2 months were 30 (21.4%) and after 3 months were 8 (5.7%) while 35 (“%%”) of them claimed that there was no consistency when it comes to

compensation. Food distribution and compensation of beneficiaries is normally planned to be done almost at the same time and the revelation as indicated by table 4.15 can only mean that the frequency at which this is done is not satisfactory. If this is analyzed against the high dependency on aid, then it can mean that the beneficiaries experience more hunger days than food security days since the second main source of household income is farming (according to table 4.13) and this is a seasonal activity besides the insufficiency of rains received in the study area.

4.4.4 Impact of Income from FOOD/CASH FOR ASSETS Program

In order to determine the importance of the program to the beneficiaries, the study respondents were asked how significant the program income was in ensuring the sustainability and survival of their members and their responses were analyzed in table 4.16.

According to the findings, 51 (36.4%) indicated that the impact was VERY SIGNIFICANT, and 86 (61.4%) said it was SIGNIFICANT while only 3 (2.1%) said it was NOT SIGNIFICANT.

For a food security status to be realized, the program beneficiaries need to have diversified sources of sustainable livelihoods and stop largely depending on the direct benefits (food and cash) from the program as indicated in the study findings.

Table 4.16 Impact of Income from Program

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Significant	51	36.4	36.4	36.4
	Significant	86	61.4	61.4	97.9
	Not Significant	3	2.1	2.1	100.0
	Total	140	100.0	100.0	

4.4.5 Monthly Income from Sources Other Than Food/Cash for Assets

The researcher also wanted to know whether or not beneficiaries had other sources of income and the rate of such earnings. Table 4.17 shows the responses as given by the program beneficiaries interviewed.

Table 4.17 Monthly Income Sources Other than Food/Cash for Assets

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1000/-	78	55.7	55.7	55.7
	Between 1001 - 2500/-	62	44.3	44.3	100.0
	Total	140	100.0	100.0	

78 (55.7%) of the respondents claimed to be earning less than KES 1,000 while 62 (44.3%) were earning between KES 1,001 and 2,500, while none was earning more than 2,500 shillings in a month from alternatives sources.

4.4.6 Impact of Income from Sources Other Than Food/Cash for Assets

Just like on the question of income from the program, the beneficiaries were asked how significant their alternative sources of income were and the responses obtained were analyzed and summarized in table 4.18.

Table 4.18 Impact of Income from Sources Other Than Food/Cash for Assets

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Significant	35	25.0	25.0	25.0
	Significant	96	68.6	68.6	93.6
	Not Significant	9	6.4	6.4	100.0
	Total	140	100.0	100.0	

A total of 35 (25%) of the respondents gave VERY SIGNIFICANT as their answer and for 96 (68.6%) of them, SIGNIFICANT was their response while 9 (6.4%) noted that the impact was NOT SIGNIFICANT. Most of those “not significant” responses were those beneficiaries who had little or no alternative sources of income and therefore depended on the food or cash from the program as their main livelihood.

4.4.7 Frequency of Income from Sources Other than Food/Cash for Assets

The frequency of the alternative sources of income was examined as indicated in table 4.19.

Table 4.19 Frequency of Income from Other Sources

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Daily	46	32.9	32.9	32.9
	Weekly	22	15.7	15.7	48.6
	Monthly	8	5.7	5.7	54.3
	Erratic	64	45.7	45.7	100.0
	Total	140	100.0	100.0	

A total of 46 (32.9%) of the respondents said their earnings come on a daily basis. Those agreed to be earning on a weekly basis were 22 (15.7%) and those on a monthly basis were 8 (5.7%). A whole 64 (45.7%) claimed that their income from other sources was erratic with no assurance of when it may come.

4.4.8 Sustainability of Income Other than Food/Cash for Assets

On the question of the sustainability of the alternative sources of income, 29 (20.7%) noted that theirs were sustainable while 111 (79.3%) said they were unsustainable as shown in table 4.20.

Table 4.20 Sustainability of Other Sources of Income

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Sustainable	29	20.7	20.7	20.7
	Not Sustainable	111	79.3	79.3	100.0
	Total	140	100.0	100.0	

4.4.9 Influence of Income on the Sustainability of Projects

The study respondents were asked about whether or not income levels of beneficiaries have any influence on the sustainability of the community projects and 114 (81.4%) of them answered in the affirmative meaning they agreed to the statement that income levels influence the sustainability of community projects while only 26 (18.6%) of them answered in the negative to show their disagreement with the idea. These responses were summarized in table 4.21.

Table 4.21 Influence of Income on the Sustainability of Projects

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	114	81.4	81.4	81.4
	No	26	18.6	18.6	100.0
	Total	140	100.0	100.0	

4.5 Influence of Weather Conditions on the Implementation of the Food/Cash for Assets Program and the Sustainability of Food Security

4.5.1 Average Rainfall Received

The average amount of rainfall an area receives is a factor that is bound to influence the level of implementation of projects and the sustainability of food security. In order to determine whether weather conditions had an effect on the projects and their sustainability, respondents were asked if they agreed that the amount of rainfall was not sufficient. Their responses were analyzed as shown in table 4.22. The findings in the table show that 123 (87.9%) of the respondents agreed that indeed the rainfall amount was insufficient and 15 (10.7%) of the said they strongly agreed with the statement, while only 2 (1.4%) disagreed.

Table 4.22 Rainfall Received is NOT Sufficient

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Agree	123	87.9	87.9	87.9
	Disagree	2	1.4	1.4	89.3
	Strongly Agree	15	10.7	10.7	100.0
	Total	140	100.0	100.0	

Since most of the Food/Cash for Assets projects are rainfall-dependent such as water pans, food crop farming and tree planting, the absence of it can negatively affect the success and sustainability of such projects.

4.5.2 Distribution of Rainfall Received

Generally, rainfall received in the area comes in two season – the long-rainy season and the short-rainy season. For the success of agricultural activities, the rainfall should be well distributed across the season. Table 4.23 shows the analysis of the respondents' responses.

Table 4.23 Rainfall Distribution NOT Favourable for Agriculture Activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Agree	123	87.9	87.9	87.9
	Disagree	3	2.1	2.1	90.0
	Strongly Agree	14	10.0	10.0	100.0
	Total	140	100.0	100.0	

4.5.3 Frequency of Drought Experienced

Bamba division has been a victim of persistent drought periods leading to severe food and water crisis to both humans and livestock. Respondents were asked whether or not the recurrent

drought was responsible for the perennial food insecurity in the region and their responses are shown in table 4.24.

Table 4.24 Drought Responsible for Food Insecurity

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Agree	122	87.1	87.1	87.1
	Disagree	5	3.6	3.6	90.7
	Strongly Agree	13	9.3	9.3	100.0
	Total	140	100.0	100.0	

4.5.4 Future of Rainfall-Dependent Projects

As a way-forward, the researcher wanted to know how the beneficiaries feel about the rainfall-dependent projects and they were asked if they thought they should not be encouraged.

Table 4.25 Rainfall-Dependent Projects should NOT be Emphasized

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	52	37.1	37.1	37.1
	No	66	47.1	47.1	84.3
	No Idea	22	15.7	15.7	100.0
	Total	140	100.0	100.0	

According to table 4.25, majority of them 66 (47.1%) were against the idea while 52 (37.1%) supported the suggestion. However, there were 22 (15.7%) of them who could not decide the direction of such projects.

4.6 Influence of Beneficiary Participation in the Implementation of the Food/Cash for Assets Program Activities and the Sustainability of Food Security

Community engagement is one factor that can potentially impact on the success of community development projects. Participation of the beneficiary community in rural development projects is key in ensuring ownership, commitment and sustainability of the decisions made and subsequent actions taken. In order to determine how this had an influence on the Food/Cash for Assets program, the study assessed the level of beneficiary involvement in terms of resource contribution, ideas and decision-making process and information sharing.

4.6.1 Participation through Resource Contribution

Community contribution in community projects is essential because members feel they are part of the initiatives having invested in them in one way or another. In order to determine the beneficiary contribution, the researcher listed labour/man power, land, working tools, money and ideas as the possible forms of their contributions.

Table 4.26: Participation by Resource Contribution

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Labour/man power	104	74.3	74.3	74.3
	Land	19	13.6	13.6	87.9
	Working tools	12	8.6	8.6	96.4
	Ideas	5	3.6	3.6	100.0
	Total	140	100.0	100.0	

The findings showed that 104 (74.3%) noted that they contributed labour, 19 (13.6%) said they contributed land, 12 (8.6%) agreed to had contributed their working tools while 5 (3.6%) of them said they had contributed in form of ideas.

4.6.2 Participation through Consultation

In addition to resource contribution, beneficiaries can contribute towards project implementation through various participatory approaches – giving ideas and suggestions that can support decision-making processes. The study respondents were asked they are involved in the decision-making process.

Table 4.27 Consultation of Beneficiaries in Decision-making

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Agree	20	14.3	14.3	14.3
	Disagree	112	80.0	80.0	94.3
	Strongly Agree	2	1.4	1.4	95.7
	Strongly Disagree	6	4.3	4.3	100.0
	Total	140	100.0	100.0	

According to the findings, 20 (14.3%) **agreed** to have been involved, 112 (80%) **disagreed**, 2 (1.4%) **strongly agreed** and 6 (4.3%) **strongly disagreed**.

4.6.3 Participation through Information Giving in Surveys and Evaluations

The researcher also wanted to know whether most of the involvement of the beneficiaries is only in terms of giving information by completing questionnaires during surveys and assessments during or after the projects' lifespan.

Table 4.28 Beneficiaries Give Information whenever Required

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Agree	121	86.4	86.4	86.4
	Disagree	14	10.0	10.0	96.4
	Strongly Agree	2	1.4	1.4	97.9
	Strongly Disagree	3	2.1	2.1	100.0
	Total	140	100.0	100.0	

The findings in table 4.28 show that 125 (86.4%) agreed to be involved such exercises, 14 (10%) disagreed, 2 (1.4%) strongly agreed and 3 (2.1%) strongly disagreed that they only participate in surveys or other information gathering exercises.

4.6.4 Beneficiaries Only Informed of the Planned Activities

Due to the nature of relief programs – emergency operations, the implementers and their partners could be tempted to bypass or overlook critical steps that may need to be put into account in order to ensure that sustainable decisions are reached for the sustainability of the successive interventions.

In order to assess whether this was true or not, the respondents was asked if they participated in the designing and planning process or they just received plans of what was expected to be done and/or achieved.

Table 4.29 Beneficiaries ONLY Informed of Plans/Expectations

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Agree	110	78.6	78.6	78.6
	Disagree	6	4.3	4.3	82.9
	Strongly Agree	23	16.4	16.4	99.3
	Strongly Disagree	1	.7	.7	100.0
	Total	140	100.0	100.0	

The findings showed that 110 (78.6%) of the respondents agreed that they are only informed of what is expected, 6 (4.3%) disagreed, 23 (16.4%) strongly agreed and 1 (0.7%) strongly disagreed.

4.6.5 Sufficiency of Beneficiary Involvement in Program Activities

Logically, it is not easy for any community project to be implemented without the involvement of the primary beneficiaries. However, the extent to which these beneficiaries are engaged is a factor that can influence the success and sustainability of the projects implemented.

Table 4.30 Level of Involvement in Program Activities is Sufficient

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	8	5.7	5.7	5.7
	No	114	81.4	81.4	87.1
	Don't Know	18	12.9	12.9	100.0
	Total	140	100.0	100.0	

According to the findings, 8 (5.7%) said the level of involvement was sufficient, 114 (81.4%) disagreed that the involvement was sufficient and 18 (12.9%) had no idea at all.

4.7 Influence of Capacity Building of Beneficiaries on the Implementation of the Food/Cash for Assets Program and the Sustainability of Food Security

The capacity of beneficiaries to implement the intended project activities is a key factor in the project’s success and sustainability. To examine this, the researcher zeroed in on the number of beneficiaries ever trained, number of trainings in the past 12 months, relevance of trainings and the frequency of trainings. The researcher also assessed the influence capacity building had on the projects’ success as thought by the beneficiaries.

4.7.1 Beneficiaries Trained in Implementation of Program Activities

The study respondents were asked if they had ever been trained during the project implementation period and their responses analyzed in table 4.31 where 51 (36.4%) of them agreed to have been trained while 89 (63.6%) answered in the negative.

Table 4.31 Number of Beneficiaries Ever Trained

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	51	36.4	36.4	36.4
	No	89	63.6	63.6	100.0
	Total	140	100.0	100.0	

4.7.2 Number of Times Beneficiaries Trained

The 51 respondents who agreed to have been trained were further asked about the number of trainings they had participated in and the responses were as shown in table 4.32.

Table 4.32 Number of Trainings in the Last 12 Months

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Once	38	27.1	27.1	27.1
	2 – 4 times	13	9.3	9.3	36.4
	N/A	89	63.6	63.6	100.0
	Total	140	100.0	100.0	

According to the findings, 38 (27.1%) had been trained only once while 13 (9.3%) had been trained more than once but not more than 4 times – in the past 12 months.

4.7.3 Relevance of Trainings

On the relevance of the trainings, 45 (32.1%) agreed that the trainings received were relevant to the projects they were implementing while 2 said they were not, and 93 (66.4%) could not tell whether or not the trainings were relevant.

Table 4.33 Relevant of Trainings to Implementation of Program Activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	45	32.1	32.1	32.1
	No	2	1.4	1.4	33.6
	Don't Know	93	66.4	66.4	100.0
	Total	140	100.0	100.0	

4.7.4 Frequency of Trainings

The frequency at which the beneficiaries were trained was also investigated. The findings showed that 5 said it was done on a monthly basis, 10 said it was done quarterly and 34 said annually while 91 said there was no plan/consistency in the way the trainings were conducted.

Table 4.34 Training Frequency

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Monthly	5	3.6	3.6	3.6
	Quarterly	10	7.1	7.1	10.7
	Annually	34	24.3	24.3	35.0
	No Plan	91	65.0	65.0	100.0
	Total	140	100.0	100.0	

4.7.5 Relationship between Beneficiaries' Capacity and the Success Projects

The respondents were also asked whether they agree that there was a relationship between the beneficiaries' capacity building and the success of the projects they were implementing and by extension their household food security.

Table 4.35 Relationship between Beneficiaries' Capacity and Project Success

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	116	82.9	82.9	82.9
	Don't Know	24	17.1	17.1	100.0
	Total	140	100.0	100.0	

Table 4.35 shows that 116 (82.9%) of them answered in the affirmative indicating that indeed there is a correlation between ones' capacity and the success in project activities while 24 (17.1%) said no or disagreed.

4.8 Hypothesis Testing

4.8.1 H₁; Demographic characteristics have an influence on the sustainability of Food/Cash for Assets programs.

Table 4.36: Age of Beneficiary and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	11.818 ^a	3	.008
Likelihood Ratio	11.972	3	.007
N of Valid Cases	140		

As indicated in table 4.36, the calculated p value 11.818 was greater than 0.05. This confirms that indeed there was an association between the age of beneficiaries and the sustainability of their income sources which influences the projects' sustainability. Thus, the hypothesis was accepted as stated.

Table 4.37: Family Size and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	7.164 ^a	2	.028
Likelihood Ratio	8.332	2	.016
N of Valid Cases	140		

Table 4.37, showed that the p value calculated (7.164) was greater than 0.05, indicating that there is a significant relationship between the family size of the beneficiary and the sustainability of income sources, hence the hypothesis was accepted.

Table 4.38: Education Levels and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2- sided)	Exact Sig. (2- sided)	Exact Sig. (1- sided)
Pearson Chi-Square	11.757 ^a	1	.001		
Continuity Correction ^b	10.276	1	.001		
Likelihood Ratio	11.103	1	.001		
Fisher's Exact Test				.001	.001
N of Valid Cases	140				

According to table 4.38, the p value calculated was greater than 0.05. This prompted the researcher to accept the hypothesis since statistically, it showed that sustainability of income levels was dependent on education levels.

4.8.2 H₁; Income levels have an influence on the sustainability of Food/Cash for Assets programs.

Table 4.39: Average Monthly Income and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2- sided)	Exact Sig. (2- sided)	Exact Sig. (1- sided)
Pearson Chi-Square	4.688 ^a	1	.030		
Continuity Correction ^b	3.823	1	.051		
Likelihood Ratio	4.674	1	.031		
Fisher's Exact Test				.037	.025
N of Valid Cases	140				

According to table 4.39, the Chi-square value 4.688 was greater than 0.05 thus confirming that there is an association between the rate of income and the sustainability of the income sources, and hence the hypothesis was accepted.

Table 4.40: Frequency of Income and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	49.003 ^a	3	.000
Likelihood Ratio	50.893	3	.000
N of Valid Cases	140		

In table 4.40, the calculate p value is far much greater than 0.05 suggesting that the sustainability of income sources greatly depends on the frequency of the income. The hypothesis was thus accepted.

4.8.3 H₁; Weather conditions have influence on the sustainability of Food/Cash for Assets programs.

Table 4.41: Rainfall Received and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	2.803 ^a	2	.246
Likelihood Ratio	2.442	2	.295
N of Valid Cases	140		

Table 4.41 above gave the calculated p value as 2.803 which was greater than 0.05 hence the researcher accepted the hypothesis since this showed that there was an association between the amount of rainfall received and the sustainability of income sources which influence sustainability of the project and food security.

Table 4.42: Frequency of Rainfall and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	4.688 ^a	2	.096
Likelihood Ratio	3.740	2	.154
N of Valid Cases	140		

The p value calculated in table 4.42 was greater than 0.05 indicating that the sustainability of income sources is dependent on the frequency of the rainfall received in the area. The researcher therefore accepted the hypothesis.

4.8.4 H₁; Beneficiary participation has an influence on the sustainability of Food/Cash for Assets programs.

Table 4.43: Beneficiary Contribution and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	24.774 ^a	3	.000
Likelihood Ratio	20.726	3	.000
N of Valid Cases	140		

According to table 4.43 above, the calculated p value was greater than 0.05 and the researcher accepted the hypothesis due to the association present between the two indicators.

4.8.5 H₁; Capacity building has an influence on the sustainability of Food/Cash for Assets programs.

Table 4.44: Beneficiary Trained and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	10.384 ^a	1	.001		

Continuity Correction ^b	9.034	1	.003		
Likelihood Ratio	10.041	1	.002		
Fisher's Exact Test				.002	.002
N of Valid Cases	140				

According to table 4.44 above, the calculated p value was 10.384 and greater than 0.05 suggesting that the sustainability of beneficiaries' income sources was dependent on the trainings they received during the project implementation. The researcher thus accepted the hypothesis.

Table 4.45: Frequency of Trainings and Sustainability of Income Sources

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	16.326 ^a	3	.001
Likelihood Ratio	14.472	3	.002
N of Valid Cases	140		

Based on table 4.45 above, the calculated p value was greater than 0.05 suggesting that in addition to mere trainings, the frequency of the trainings given do have an influence on the sustainability of the beneficiaries' income sources. The hypothesis was thus accepted.

CHAPTER FIVE

SUMMARY OF FINDINGS, DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

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

5.2 Summary of Findings

The researcher sought to investigate the factors which could influence the sustainability of Food/Cash for Assets programs to enhance beneficiaries' food security. The factors investigated included the demographic characteristics, levels of income, weather conditions, beneficiary participation and capacity building.

Influence of Demographic Characteristics on the Sustainability of Food/Cash for Assets Programs to Enhance Food Security.

Under this category of factors, the researcher looked at gender, age, family size and education level. Concerning gender, the study established that 90% of the program implementers/beneficiaries were female with only 10% being representing the male gender. This implies that for every man, there are 9 women involved in the program activities. Further questioning indicated that this was not by default but rather the program design as a way of empowering women in the affected communities. It was also established that 70% of the respondents strongly agreed that gender influences the sustainability of programs and their households' food security. In terms of age, the study found out that majority of the beneficiaries were aged between 31 and 45 years old at 45% followed by those aged 46 years and above at 32.1% suggesting that the program is not implemented by youth. The study also showed that 92.1% of the implementers were of the view that age determines the success and sustainability of programs.

Further, the study found out that 34.3% of the implementers had children between 1 and 5 while 41.4% had children between 6 and 10 and 24.3% had more than 10 children. Again, the findings showed that there was a strong correlation between the size of the family and the sustainability of

food security. On educational background, 32.1% of the beneficiaries attained primary level education while 67.9% never attained any form of education. Out of the 140 respondents, 72.1% of them said education strongly influences the implementation of programs and the sustainability of food security.

Influence of Income on the Sustainability of Food/Cash for Assets to Enhance Food Security.

With regard to the income variable, the study findings indicated that 53.6% of the respondents relied on the food or cash from the program as their main source of income while 34.3% depended on agricultural activities and 8.6% got their income from casual labour. 49.3% indicated that they earn between KES 1,000 and 2,500 while 50% earned between KES 2,501 and 5,500 as compensation from the program. As concerns alternative sources of income, 55.7% of them earn less than KES 1,000 while 44.3% earned between KES 1,000 and 2,500. In both cases, the frequency at which this income was earned was inconsistent and unpredictable.

Influence of Weather Conditions on the Sustainability Food/Cash for Assets Program and Food Security

Bamba division is generally dry and the respondents corroborated this fact when 87.9% of them agreed that the amount of rainfall the area receives is not sufficient for productive agricultural activities. The same percentage of respondents again agreed that the distribution of the rainfall across the division and the season is not favourable to support any meaningful crop production activities.

Influence of Beneficiary Participation on the Sustainability of Food/Cash for Assets Program and Food Security.

Under this factor, 80% of the respondents strongly agreed that the implementers are not consulted on matters to do with the implementation of the program but are most of the time informed of what is expected of them. 75% of the respondents confirmed that their main contribution towards the program is through the provision of labour or man power while 16.4% said they donate their land on which some of these projects are implemented.

Influence of Capacity Building on the Sustainability of the Food/Cash for Assets Program and Food Security.

From the study, it was established that 38 (36.4%) of the respondents had at least been trained while 63.6% of them had not been trained before. Further, 27.1% of those trained said they had only been trained once in the past 12 months. Additionally, 82.9% of the respondents agreed that there was a positive relationship between implementers' capacity and the success of the projects they implement as well as their outcomes such as food security.

5.3 Conclusions

The program made deliberate steps towards empowering women since it focuses on the female gender more than their counterparts. However, it will be unwise to think that this is all that is needed for community development to be realized. Gender inequality is still deeply-rooted in the African society to a point that women have no access to nor control over the key resources needed for that development work. As such, the affirmative action in such programs is nothing more than just a requirement for the program and for as long as men remain dominating their households, the real objective of enrolling more women in the program will never be achieved. Similarly, most of the implementers are old with the youth conspicuously missing and so, may lack the required physical strength to do most of the manual work involved in the projects. The advanced age of the implementers plus the intensive labour may also have negative effects of their health status.

A majority of the households represented in the study have relatively large families of between 6 and 10 or more indicating that it may put pressure on the meagre and unreliable income for most of the implementers. However, on the other hand, a large family could simple mean more man power to work of the family farm and produce more food as well as supporting parents to complete their work norms in the program – but this is not the scenario in most cases.

Education wise, majority of the program implementers are illiterate¹ since they never went to school and application and expansion of the concepts learnt in the program at household level

¹ Even the literate, their level of education was very low – primary level.

may be a toll order. One's education also determines the size of a family one has and it's evident that educated individuals are more likely to have relatively small and manageable families unlike unlearned individuals.

From the study findings, majority of the program implementers depend on the food or cash from the program for their household sustainability while other rely on farming and casual labour. Given that the food/cash only caters for 50% of all their food needs plus the inconsistency involved, most household members go without food for a number of days every month. Again, for those relying on farming which is normally seasonal, the likelihood that the crop produce can support them for long is almost zero given that the area does not enjoy good rainfall. This can only mean that most of the beneficiaries experience more hunger days and any income obtained is used to solve the problem of hunger other than dealing with development activities – a justification that a majority of the Bamba community has always remained food insecure.

Community development programs need to be designed from the beneficiaries' perspective instead of the donors' if they are to bring any significant change in the community. The results of this study showed that in most cases, the beneficiaries are not adequately involved especially in the initial stages of the program. This results to the implementation of foreign ideas which are never owned by the communities. Besides ownership, commitment of the implementers is also unsatisfactory and their only source of motivation being the food or cash they expect at the end of the month – which is short-term and unsustainable. This has in one way or another contributed to the perennial food insecurity in the region and the increased dependency on food aid among the vulnerable members of the community as indicated by the study findings.

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

5.4 Recommendations

The Food/Cash for Assets program in Bamba division has been in progress since 2004 and there is no sign that it will end any time soon. All this is because it has failed to create the desired results and outcomes as envisioned. Findings have shown that there are many areas that need to be addressed if Bamba division's narrative on food insecurity is to change and that is why the researcher recommends the following:

1. For any community development project to be successful, gender inequality and discrimination should be addressed so as to ensure that both men and women are involved at every stage of the programs. Following the revelations in the study, men have been deliberately excluded in the development activities and there is need to incorporate in the process. This is because, in the African context, women neither have access to nor control over the key resources needed for development and thus bringing more men – who are the decision-makers - into the picture would be a big boost towards the success of any development initiatives such as the Food/Cash for Assets program.
2. Due to the high poverty levels in the area of study, the researcher recommends that donors and Implementing Partners to include an aspect of Self-Help Groups and ensure all beneficiaries belong to one where saving and loans strategies such as Group Savings and Loans (GS&L), Village Savings and Loans (VS&L) or Saving and Internal Lending Community (SILC) are practiced. This would help build their resilience and reduce their vulnerability in times of emergencies in addition to expansion of their IGAs.
3. On the aspect of weather, the researcher is proposing the introduction and/or expansion of climate-smart agricultural practices, especially, Farming God's Way which has proved to be the cure to most agricultural and environmental problems faced by most farmers in the arid and semi-arid regions. Climate change and climate variability have affected crop yields and failure to mainstream disaster risk reduction and climate change adaptation into programming in future, crop productivity is likely to be affected even more.

4. Designing and implementation of community food projects requires full involvement of the beneficiaries for ownership and sustainability otherwise, it leads to dependency. The researcher therefore recommends that projects should be designed from the beneficiaries' point of view since they know where the "shoe pinches", and ensure they should also be involved in the implementation process. This can be done using various participatory methodologies including PLA and/or PRA, especially during planning.
5. Since most beneficiaries are illiterate, their capacities to implement the program activities and household IGAs need to be build and strengthen regularly. Besides lacking the requisite knowledge and skills to implement project-related work, illiterate people lack the knowledge and skills to initiate alternative livelihood strategies as well.

5.4.1 Suggestions for Further Studies

The focus of this study was to establish the factors that influence the sustainability of Food/Cash for Assets program and the food security of the beneficiaries involved in Bamba division. The researcher is suggesting that further studies on the following areas:

1. The role of stakeholders in the sustainability of community development projects.
2. Effects of food/cash-based programs on the sustainability of food security.

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APPENDECIES

APPENDIX I: TABLE FOR DETERMINING RANDOM SAMPLE SIZE FROM A GIVEN POPULATION

(Confidence level 95%; Margin of error + or - 5%)

N	S	N	S	N	S
10	10	220	140	1200	291
15	14	230	144	1300	297
20	19	240	148	1400	302
25	24	250	152	1500	306
30	28	260	155	1600	310
35	32	270	159	1700	313
40	36	280	162	1800	317
45	40	290	165	1900	320
50	44	300	169	2000	322
55	48	320	175	2200	327
60	52	340	181	2400	331
70	59	380	191	2800	338
85	70	440	205	4000	351
90	73	460	210	4500	354
95	76	480	214	5000	357
100	80	500	217	6000	361
110	86	550	226	7000	364
120	92	600	234	8000	367
130	97	650	242	9000	368
140	103	700	248	10000	370
150	108	750	254	15000	375
160	113	800	260	20000	377
170	118	850	265	30000	379
180	123	900	269	40000	380

190	127	950	274	50000	381
200	132	1000	278	75000	382
210	136	1100	285	100000	384
				1000000	384
				10000000	384

N= Population Size

S=Recommended Sample Size

Source: Adapted from Educational and Psychological Measurement by David A Payne; Robert F McMorris 1967 English Book x, 419 p. illus. 23 cm. Waltham,Mass., Blaisdell Pub. Co.

- (i) Less than 1 week [] (ii) 1 – 2 weeks []
- (iii) 3 -4 weeks [] (iv) More than 4 weeks []

5. What is the level of your education?

- (i) Primary level [] (ii) College level [] (iii) Secondary level []
- (ii) (iv) University level [] (v) Have never attended any school []

6. How would you rate the influence of the following factors on the successful implementation and sustainability of FOOD/CASH FOR ASSETS projects? (Tick)

	Relationship with the Demographic Characteristics			
Demographic Characteristics	Weak Positive	Strong Positive	Weak Negative	Strong Negative
Gender				
Age				
Family size				
Education levels				

SECTION (B) INCOME LEVEL OF THE PROJECT BENEFICIARIES

7. What is the main source of your income?

- (i) Food aid from FOOD/CASH FOR ASSETS program [] (ii) Farming []

(iii) Casual labour [] (iv) Others. (Specify) [].....

8. Estimate your average income per month from FOOD/CASH FOR ASSETS project activities in shillings.

(i) Below 1000 []

(ii) 1001-2500 []

(iii) 2501-5000 []

(iv) 5001 and above []

8. To what extent do you think FOOD/CASH FOR ASSETS as a source of income have helped in the sustainability of your household food security?

(i) Very significant []

ii) Significant []

(iii) Not significant []

9. Estimate your income per month from other external sources other than from FOOD/CASH FOR ASSETS projects?

(i) Below 1000 []

(ii) 1001-5000 []

(iii) 5001- 10000 []

(iv) Above 10001 []

10. To what extent do you think other external sources of income have helped in the sustainability of your household food security?

(i) Very significant []

ii) Significant []

(iii) Not significant []

11. What is the frequency of your income?

(i) Daily []

(ii) Weekly []

(iii) Monthly []

(iv) Erratic []

12. What is your opinion on the sustainability of the productivity of your external sources of income?

(i) Sustainable []

(ii) Not sustainable []

13. In your own opinion, do you think the level of income of the projects beneficiaries has influenced FOOD/CASH FOR ASSETS program implementation and the sustainability of the projects?

(i) Yes []

(ii) No []

SECTION (C): WEATHER CONDITIONS

14. The average amount of rainfall received in our area is NOT sufficient for the sustainability of the FOOD/CASH FOR ASSETS projects and our household food security.

(i) Agree []

(ii) Disagree []

(iii) Strongly Agree []

(iii) Strongly Disagree []

(v) Neither Agree nor Disagree []

15. The distribution of rainfall in our area is NOT favourable for agricultural productivity and the sustainability of our household food security.

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

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

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

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

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

17. In your own opinion, do you think FOOD/CASH FOR ASSETS projects which rely on rainfall for their success and sustainability SHOULD NOT be emphasized in this region?

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

SECTION (D): LEVELS OF PARTICIPATION AMONG PROGRAMME BENEFICIARIES

18. What are the resources that you contribute towards the implementation of the FOOD/CASH FOR ASSETS projects (participation by resource contribution)? (Kindly TICK all relevant options on the list provided below):

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

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

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

(iv) Strongly Disagree [] (v) Neither Agree nor Disagree []

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

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

(iv) Strongly Disagree [] (v) Neither Agree nor Disagree []

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

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

(iv) Strongly Disagree [] (v) Neither Agree nor Disagree []

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

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

SECTION (E): CAPACITY BUILDING OF THE PROGRAMME BENEFICIARIES

23. Have you ever been trained on implementation of the FOOD/CASH FOR ASSETS program activities you are undertaking? (i) Yes [] (ii) No []

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

(i) Once (ii) 2-4 [] (iii) More than 4 [] (iv) None []

25. In your own opinion, do you think the training offered is of relevance towards implementation of FOOD/CASH FOR ASSETS program for sustainable food security?

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

26. How often are you trained on the implementation of FOOD/CASH FOR ASSETS program?

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

27. In your opinion, do you think there is a positive relationship between the capacity of the beneficiaries and the successful implementation and sustainability of the FOOD/CASH FOR ASSETS projects?

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

APPENDIX III: LETTER OF TRANSMITTAL

MWAHENDO, Collins Chiko,
P.O. BOX 1491 - 80108,
KILIFI.

Dear Sir/Madam,

Re: Factors Influencing the Sustainability of Food-Based Programs and Food Security in Bamba Division, Kilifi County: A Case of FOOD/CASH FOR ASSETS Program Beneficiaries.

I am a Master of Arts student at the University of Nairobi - College of Education and External Studies (CEES), School of Continuing and Distance Education (SCDE) and Department of Extra-Mural Studies (DEMS) of Registration No. L50/83970/2012.

I am undertaking a study that seeks to determine the *Factors Influencing the Sustainability of Food-Based Programs and Food Security in Bamba Division, Kilifi County: A Case of FOOD/CASH FOR ASSETS Program Beneficiaries*, as a partial fulfilment for the requirement for the award of a degree in Masters in Arts in Project Planning and Management.

You have been randomly selected to provide information on the implementation of the FOOD/CASH FOR ASSETS program. This is a request for your participation in responding to the attached questionnaire.

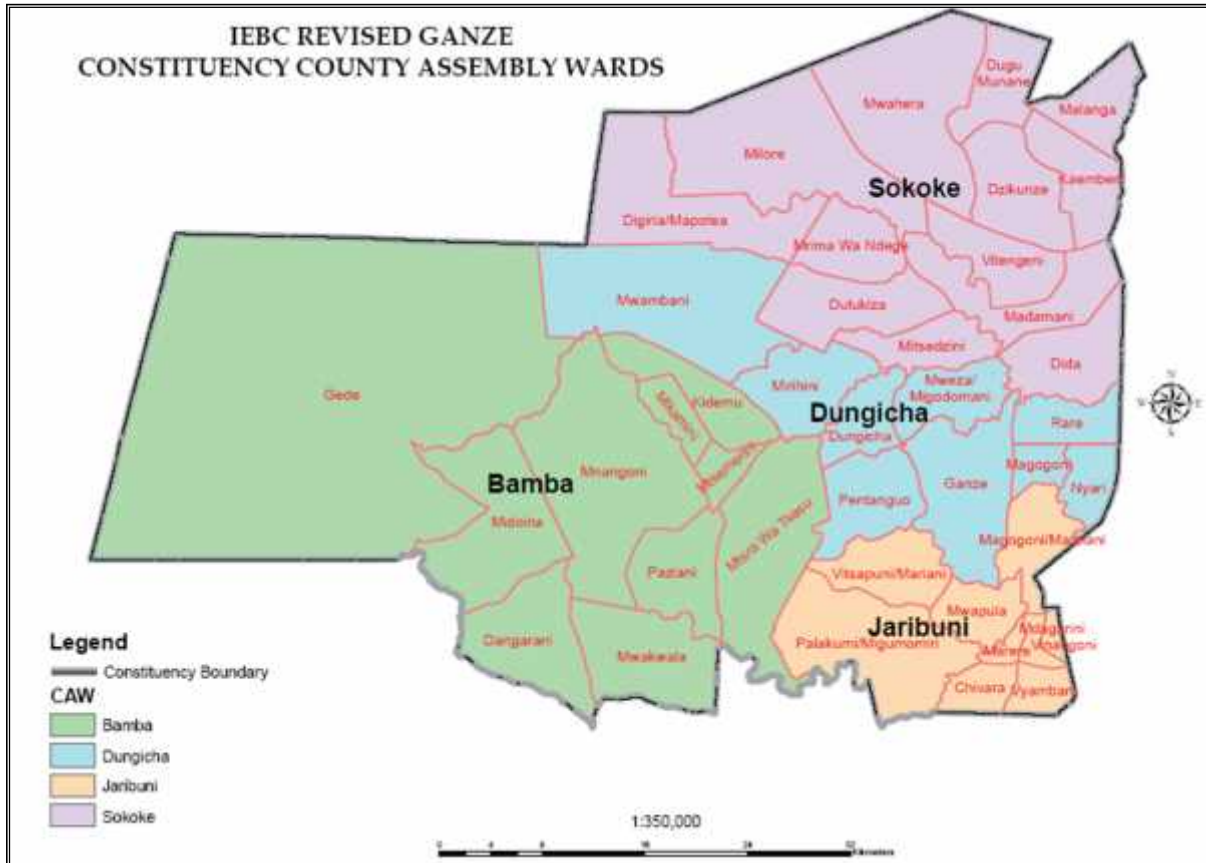
Be assured that any information given will be treated with utmost confidentiality and will be purposely used for this study only.

Yours Sincerely,



Collins Chiko Mwashendo

APPENDIX IV: THE MAP OF GANZE SUB-COUNTY – WITHIN WHICH BAMBA DIVISION IS LOCATED.



APPENDIX V: AUTHORIZATION LETTER

The County Commissioner,

Kilifi County,

P.O. Box KILIFI.

Dear Sir/Madam,

RE: SEEKING PERMISSION TO CONDUCT RESEARCH.

I am a Master of Arts student at the University of Nairobi - College of Education and External Studies (CEES), School of Continuing and Distance Education (SCDE) and Department of Extra-Mural Studies (DEMS) of Registration No. L50/83970/2012.

I am undertaking a study that seeks to determine the *Factors Influencing the Sustainability of Food-Based Programs and Food Security in Bamba Division, Kilifi County: A Case of FOOD/CASH FOR ASSETS Program Beneficiaries*, as a partial fulfilment for the requirement for the award of a degree in Masters in Arts in Project Planning and Management.

I am therefore writing to request for your permission that would enable me to conduct the research in Bamba division, Ganze sub-county.

Your permission will be highly appreciated.

Yours Sincerely,



Collins Chiko Mwachendo.