



**RURAL WOMEN, FOOD INSECURITY AND
SURVIVAL STRATEGIES: THE BABINA-CHUENE
WOMEN'S MULTI-PURPOSE PROJECT IN BOCHUM
(NORTHERN PROVINCE)**

by

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Babina-Chuene denotes a
people with the totem Chuene

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SUMMARY

In this study, the problem of food insecurity among rural women is examined. The study focuses on the food security project known as the Babina-Chuene Women's Multi-purpose Project, in Vergelegen village in the Bochum district of the Northern Province. The discussion of the food security project uses information from a literature study and data from personal interviews and questionnaires. The context of the project, background and environment of the people in the project are examined.

The study aims to find out whether this project solves the poverty and food insecurity problem in Bochum. The project is evaluated using criteria for projects in terms of project management, planning, implementation and evaluation.

The project is found to meet most of the criteria, but reveals some problems that endanger its sustainability. Some recommendations are made.

Key words: Food (in)security

Poverty

Hunger

Accessibility

Babina-Chuene Women's Multi-purpose Project

Rural women

Unemployment

Education

Sustainability

Project management

OPSOMMING

In hierdie studie word die probleem van voedsel-onsekerheid onder vroue in kommunale landelike gebiede ondersoek. Die studie fokus op die voedsel-sekerheidsprojek bekend as die “Babina-Chuene Women’s Multi-purpose Project” in die Vergelegen nedersetting in die Bochum distrik van die Noordelike Provinsie. Die bespreking van die voedsel-sekerheidsprojek gebruik inligting verkry uit ‘n literatuurstudie en data afkomstig van persoonlike onderhoude en vraelyste. Die konteks van die projek, sowel as die agtergrond en omgewing van die mense betrokke in die projek word ondersoek.

Die studie poog om vas te stel of hierdie projek ‘n oplossing bied vir die probleme van armoede en voedsel-onsekerheid in Bochum. Die projek word evalueer aan die hand van kriteria vir projekte in terme van projekbestuur, -beplanning, -implementering en -evaluering.

Daar word bevind dat die projek die meeste van die kriteria tevrede stel, maar daar is tog enkele probleme wat die volhoubaarheid van die projek in gevaar stel. Enkele aanbevelings word gemaak.

Sleutelwoorde: Voedsel-(on)sekerheid
 Armoede
 Honger
 Toeganklikheid
 Babina-Chuene Women’s Multi-purpose Project
 Vroue in kommunale landelike gebiede
 Werkloosheid
 Opleiding
 Volhoubaarheid
 Projekbestuur



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CHAPTER 1

INTRODUCTION AND BASIS OF THE STUDY

1.1 INTRODUCTION AND BACKGROUND

In this study the problem of food insecurity among women living in a communal rural area in the Northern Province of South Africa are examined, using as a case study a food security project in the Bochum district in the Northern Province. The project is evaluated and discussed according to criteria derived from a literature review.

1.1.1 The context of the Bochum food security project

The Babina-Chuene Women's Multi-purpose Project is an agricultural project designed to provide fresh vegetables on a daily basis and to assist in the alleviation of poverty. The project is also designed to help to enhance the skills and economic productivity in the communities concerned. The word 'multi-purpose' was put into the project title to indicate that in future the project will also focus on other activities; that is, it will eventually not only focus on the vegetable garden which was its initial focus.

'Food security' refers, in broad terms, to the capability of a nation to satisfy the consumption needs of its citizens by producing enough to meet food requirements. In communal rural areas, the term 'food self-sufficiency' is more applicable, because people must derive their livelihood from subsistence farming. The terms 'food security' and 'food insecurity' are discussed in more detail and in different contexts in Sections 1.1.2 to 1.2.3 below.

The problems experienced in the Bochum district are briefly contextualised below, within the broader context of Africa, South Africa and the Northern Province.

1.1.2 Food security in Africa

Most countries on the African continent experience food insecurity problems (CSIR 1997a:4).

Africa is an unstable social and political environment that has precluded sustainable economic growth, resulting in food insecurity. There is no African country that is an exception when it comes to a lack of food to feed her people (Jack & Kelembe 1993:1). Factors that are responsible for food crises in Africa range from policies that inhibit the development of agriculture, retarded economic growth, growing populations, a lack of

investment in human resource development, civil strife and undermined sustainable growth strategies (Dreze & Sen 1990:281). Food shortage problems have become even more distressing as agriculture has gradually deteriorated and food production has increasingly lagged behind population growth (Bigman 1982:11).

Christensen (1987:67) states that 'inadequate domestic food production has seriously weakened Africa's capacity for coping with both short-term food emergencies and the long-term nutritional needs of its population'.

According to the World Bank Report of 1986, one in every five Africans is wasting away through hunger and malnutrition. The report further points out that half the children under the age of five in countries like Tanzania, Sudan and Burundi are malnourished, which means that, even if they survive, they are likely to be physically and mentally impaired for life (Malambo 1988:1). Chronically inadequate food supplies affect nations in all parts of the continent. Moreover, general observations regarding chronic undernutrition in the continent reveal that children and women are more likely to be undernourished than men (Stock 1995:181). Malnutrition affects predominantly the poor and socially weak members of African societies. The prevalence of chronic undernutrition world-wide is the highest in Africa (Dankwa 1992:17)

In Malawi, research by the Institute of Development Studies has shown that there are three competing models for food security policies: food self-sufficiency, market liberalization and safety for the rural people (Bryant 1988:257).

In countries such as Mozambique, food insecurity problems arose following the internal revolution that started in the early 1980s. Political conflict between opposing groups led to the total devastation of economic and social programmes in rural areas, resulting in many rural Mozambicans abandoning their homes and farms for the relative safety of protected encampments. Mozambique has a fairly favourable climate and plenty of arable land, but without peace and security, food production has fallen far short of the levels needed (Stock 1995:181).

Population growth rates in Africa remain high, despite poverty and accompanying problems such as low child survival rates. Limited access to or the absence of basic services such as health facilities and education have meant very limited availability of contraception, poor bodily absorption of available food nutrients because of various diseases and high infant mortality (Dankwa 1992:19).

Food insecurity in Africa is also growing because of a complex and interrelated set of political, social and economic factors. Most people, for



example, in Ethiopia, Eritrea, Sudan, Somalia, Uganda, Rwanda, Kenya, Burundi and Tanzania, are chronically food insecure (FAO 1983:47). There is stunted economic growth in these regions, which lies at the heart of inadequate food production and the low capacity to improve foodstuffs. Poor economic policies limit possibilities for any intensification of agricultural and economic growth (FAO 1997:12).

In Africa, it is probable that, as in South Asia, problems of food insecurity can be linked with gender inequalities and also ignorance at the highest level of government and administration of the participation of women in rural economies. Studies undertaken in South Africa during the 1970s revealed the key role that women should play in social and economic development through their productive activities, their domestic labour and their capacity, as they were the ones involved in all the domestic work and much of the agricultural labour (Nelson 1979:6).

1.1.3 Food security in South Africa

South Africa has two visions in terms of food security. The first vision is to “...make healthy and nutritiously balanced food available to all South Africans at competitive prices. It should reflect producer efforts in a vibrant economic production system taking into account the sustainability of natural resources, management of population development and

empowerment of civil society. The vision also takes into account qualitative education programmes, equitable distribution of public works job creation efforts, development of social safety nets for deployment of the country's scientists in furthering technological innovation that will reduce vulnerability to food production." (CSIR 1997b:3).

The second vision is to distribute resources equally among South Africa's people. This vision regarding the reduction of food insecurity is similar to that in any other middle-income country (CSIR 1997b:4). The major issue in South Africa, however, has always been the maldistribution of resources among her people. Also, differences in income have led to nutritional differences. As a result, the lower income groups in the population experience considerable problems concerning food provision (CSIR 1997a:4).

Dankwa (1992:16) states that food security in South Africa is becoming an increasingly important issue, especially in the light of the negative natural shocks, such as drought, that have occurred in the sub-continent. The heavy summer rains and floods of 2000 have made the problem worse.

South Africa is self-sufficient in most foods, but a large portion of the population does not benefit from the country's resources. This is due to the past government's policies of separate development, which brought about

conditions of food insecurity among the majority of the population (Jack & Kelembe 1993:3). Most of South Africa's African population are settled far from the urban areas where there is often good food security; moreover, some rural population is settled in agriculturally unproductive areas. This limits many Africans living in communal rural areas in their access to sufficient food (Jack & Kelembe 1993:3).

Most of South Africa's poor are African. Nearly 95% of South Africa's poor are Africans; 4% are Coloured; and less than 1% of the poor are Indian or White. Most of South Africa's poor (75%) live in the rural areas and nearly all of them are in the former homelands (CSIR 1997b:5).

It has been confirmed by the Department of Social Welfare that food insecurity in South Africa has emerged as one of the problems that must be solved to ensure economic and political stability (Social Welfare White Paper 1997:9). South Africa can provide a sufficient food supply to feed the nation as a whole. It is, however, estimated that between 30% to 40% of South African households do not have access to an adequate food supply (Department of Agriculture, Land and Environment 1996:15).

An investigation of South Africa's nutritional status showed that 9% of African children are underweight and 23% experience stunted growth, which is an indication of chronic malnutrition. These children also suffer

from Vitamin A deficiency. The highest levels of malnutrition are found in the communal rural areas, where both undernutrition and overnutrition exist, and where diets are high in carbohydrates and fats (CSIR 1997a:5).

Just like in many other countries in the world, the problem of food insecurity has been identified in South Africa as one of the underlying causes of malnutrition, infant mortality and death. Poverty is also considered a major cause of hunger among the rural poor, children, women and the elderly. People living in communal areas are at a higher risk of poverty than most (CSIR 1997b:5).

Bryant (1988:4) states that poverty within South Africa is far more severe and widespread than is commonly realised. It is the poor who starve because they lack the necessary resources either to purchase adequate sustenance or to grow their own food. The so-called food crisis, however, needs to be placed in a socio-economic context, in which disparities in access to food are related to social structure and political and economic processes. Problems that hinder socio-economic advancement result in poverty, which remains a significant obstacle in the alleviation of hunger (Bryant 1988:4).

Spokespersons from the Department of Health and Welfare (Northern Province) indicated that the food insecurity problem is particularly acute in

the Northern Province (Mothapo 1998: Pers.com.).

1.1.4 Food security in the Northern Province

The situation regarding poverty and food insecurity in the Northern Province of South Africa, which is the focal area for this study, is considered to be worse than in other parts of South Africa (Mothapo 1998: Pers.com.), due to a number of factors. These include the fact that the Northern Province is considered one of the poorest regions in the country (Agrekon 1996:310). To make matters worse, the Province is also characterised by problems of drought, resulting in a lack of water for humans and livestock (Agrekon 1996:310).

While food insecurity is of compelling and immediate concern, it is essential to minimise future food emergencies by finding ways to achieve long-term food security for particular areas and individuals. The prevalence of food insecurity can be reduced through strategies that directly address the fundamental causes of food insecurity; moreover, population growth needs to be stabilised (Malambo 1988:7).

Most of these factors have been considered in the 'new' South Africa with the aim of providing an environment conducive to the attainment of food security, especially for rural women. For example, in 1997 in the Bochum

district of the Northern Province, means were provided to help improve the capacity of women in this communal rural area to achieve food security. In addition to a government programme, the people of the Bochum district received considerable contributions from Non-Governmental Organisations (NGOs) to achieve food security. This government-driven development programme is aimed specifically at women, in order to enhance family food security (Department of Health and Welfare 1997:17).

1.2 RESEARCH CONCEPTS

Before the actual discussion of the research, some central concepts need to be clarified, namely food security, food accessibility, food insecurity, poverty, and hunger.

1.2.1 Food security and accessibility

There are a bewildering number of definitions of food security in the relevant literature. Maxwell and Smith (1992:1) list no fewer than 32 generally accepted definitions of food security and insecurity that have been used between 1975 and 1991.

Broadly, 'food security' refers to the capability of a nation to satisfy the consumption needs of its citizens by producing enough to meet the nation's

food requirements and/or by importing food to meet those needs. On the other hand, food security does not necessarily refer to 'food self-sufficiency', because a country could be self-sufficient in forms of its food production whilst the majority of her citizens are food insecure (Malambo 1988:3).

Food security refers to access to enough food by all people of a country at all times for an active and healthy life. Its essential elements are the availability of food and the means to acquire it (World Bank 1986:1).

Reutlinger and Knapp (1980:1) define food security as the assurance of a minimally adequate level of food consumption.

The Food and Agriculture Organisation (FAO) indicates that food security must consist of three elements (FAO 1993:1):

- a food supply which is great enough in terms of quantity and quality;
- a stable and sustainable food supply; and
- the accessibility of available food for people who need it.

Green (1993:1) defines food security briefly as 'assured access to an adequate diet'. In his opinion, two conditions are necessary to achieve food security. First, there must be adequate physical supplies of appropriate food at required locations, backed up by a delivery system to maintain flows.

Second, each country must put in place an entitlement for each household (and household member) to receive adequate food, whether through self-production, purchase or transfers. While the condition of entitlement cannot be met without the necessary supply and delivery systems, being able to guarantee supply and delivery does not mean that every household will in fact receive adequate food. The distinction between national and household food security is similar to the above distinction between physical availability and entitlement (Green 1993:1).

The South African Department of Agriculture, Land and Environment (1996:14) defines food security generally as a state of affairs where all persons have access to sufficient safe and nutritious food at all times to maintain health and active life.

It is clear that food security involves much more than food. For example, water is a necessary complement for food; cooking is often the link between raw foods and nutrition; and inadequate health services frequently lead to ill health, which in turn decreases the nutritional impact of available food. Emphasising food security also tends to act as a balance and counterweight to the emphasis on macro-economic adjustments and 'getting the prices right' (Maxwell 1990:4).

According to Dankwa (1992:1), food security has two sides, food availability (the national availability of food through production, storage and trade) and food access (the ability of a household to acquire food through production, purchases or transfers).

Food security, therefore, has two interrelated components; they are food availability and food accessibility. Food availability is ensured through production, trade or storage. Access to food is achieved through production, purchases in the market from income earned or food transfers. The most important feature of the concept of food security is that it focuses attention on the accessibility of food, the price of food and people's incomes.

There are wide ranges of descriptions that address the idea of 'enough food'. Without going into too much detail on this extremely important question, four aspects can be distilled. First, the unit of analysis must be the individual, not the household. Second, the main concern is one of satisfactory intake of calories, not of protein, micro-nutrients or food quality and safety. Third, one must accept that food is not only required for survival, but also for an active and healthy life. A properly fed, healthy, active and alert population contributes more effectively to economic development than one that is physically and mentally weakened by inadequate diet and poor health (Hobson 1994:58). Finally, one should not

only assess the extent of the shortfall, but also the implications of the shortfalls (Hobson 1994:12).

The concept of access to food flows largely from Sen's (1981) pioneering work that provided a systematic approach to the definition and assessment of vulnerability. Sen's (1981) initial contribution was to show that the mere presence of food in the market does not entitle a person to consume it. Famines could, and often do, take place where there has been no production failure, or where food is readily available. Sen (1981:15) argues: 'Starvation is the characteristic of some people not having enough food to eat. It is not the characteristic of there not being enough to eat.'

Household food security focuses on the ability of households to meet their consumption needs in terms of their access to food, determined by a combination of wages and other income, social transfers and own production. Household food security also refers to the availability and stability of supply of food from own production, access to food by households, as well as the purchasing power of the households. Households which do not have access to enough food are referred to as being food insecure (Department of Agriculture, Land and Environment 1996:14).

1.2.2 Food insecurity

Food insecurity is defined as one of the underlying causes of malnutrition and death (Foster 1992:27). Malnutrition is a nutritional disorder or condition resulting from faulty or inadequate nutrition. People who cannot grow or buy enough food suffer from undernutrition. Foster (1992:38) defines undernutrition as the situation in which an individual simply does not get enough food. Many of the world's poor people suffer from both undernutrition and malnutrition. Nutritional status is used at household level in trying to find out about, or as an indicator of measuring, household food security (Malambo 1988:213). There are three different kinds of food insecurity (World Bank 1986:1):

- chronic food insecurity;
- transitory food insecurity; and
- emergency food insecurity.

Chronic food insecurity refers to a continuously inadequate diet caused by the inability to acquire food (mostly caused by poverty). It affects households that persistently lack the ability either to buy enough food or to produce their own. Many people have too little food to sustain an active, healthy life. These inadequate diets increase individual vulnerability to diseases (World Bank 1986:17).

The World Bank policy study (World Bank 1986:21) defines transitory food insecurity as a temporary decline in a household's access to enough food (resulting from an instability in food prices and incomes). Salih (1994:25) indicates that transitory food insecurity is a temporary decline (or shortage) in a country's or household's and/or region within the country's access to enough food. These shortages may result from an inability to acquire food, leading to chronic food insecurity, which is the continuous inability either to buy enough food or to produce own food (Salih 1994:25).

Emergency food insecurity occurs when there is a food shortage, which arises when there are wars, earthquakes, floods and other natural disasters. It also occurs when there is a breakdown in normal mechanisms; for example, when there is crime, social disruption and when disease levels increase. Emergency food insecurity is a short-term disaster (CSIR 1997a:1).

Hobson (1994:14) argues that households can be divided into four groups in terms of food insecurity, as set out in Table 1 (overleaf).

Table 1.1: Risk of food insecurity

	Resource poor	Resource adequate
Food secure	A	B
Food insecure	C	D

Source: Hobson (1994:14)

Group A refers to households that are food secure at the expense of sacrificing other things. They therefore use too much time and resources to obtain food. Group B refers to households that can obtain food security with a very small proportion of their resources, while Group C is obviously the worst off. They are food insecure. They do not have resources that can at least help them to obtain food security (Hobson 1994:14). This group includes women who are single and unemployed and who do not have husbands or maybe mature children to support them (Hobson 1994:14). Group D, while having resources, still fail to obtain food security for reasons such as a lack of control over resources by women in the household. The important point is that different strategies are required when dealing with the different groups. The balance between vulnerability, risk and insurance can therefore define security (Hobson 1994:14).

Food insecurity can be thus summarised as a lack of access to enough food, especially fresh nutrients or rich food, that is, a situation that exists when people lack secure access to sufficient amounts of safe and nutritious food

for normal growth and development and an active and healthy life. People experience food insecurity and low nutritional status because of poor access to the required means of production, low income, and educational level. The unavailability of food, insufficient purchasing power, inappropriate distribution or the inadequate use of food at household level are causes for food insecurity.

1.2.3 Poverty and hunger

The fundamental cause of hunger is the poverty of specific groups of people and not a general shortage of food. In simple terms, what distinguishes the 'poor' from the 'rich' is that the 'poor' do not have sufficient purchasing power and/or cannot create an effective demand to enable them to acquire enough to eat (Dankwa 1992:12). This means that hunger, malnutrition and family food insecurity are, to a large extent, caused by poverty. Poverty results from a shortage of rural non-agricultural employment opportunities in rural areas and a lack of resources at the household level (Bryant 1988:4).

The poor are trapped in a vicious cycle of poverty, marked by chronic undernutrition, poor health, unsanitary drinking water, large families and crowded housing, which in turn, increase their vulnerability to infectious diseases, reduces their motivation, reduces the capacity to do physical

work, and thus dooms them to remain in hopeless poverty. The tragedy of these people who cannot obtain enough to eat and have no hope of becoming self-reliant is the crux of the food crises of our time (Dankwa 1992:15).

Hungry people cannot work, and hungry children cannot learn, and without a well-nourished, healthy population, development is impossible (CSIR 1994:4).

The problems of food insecurity can be resolved only if poverty is eliminated from society, or if effective targeted feeding programmes are implemented (Foster 1992:13).

The accumulated field experiences of development agencies and NGOs suggest that poverty can be eradicated in a cost-effective way, with much of the required savings and investments coming from the poor themselves who have a large reservoir of underutilized and often unrecognized productive capacity. The rural poor cannot only grow out of their poverty but in many instances can become a dynamic leading sector of the economy (Jazairy, Alamgir & Panuccio 1992:2).

1.3 ASPECTS OF DEVELOPMENT

'Development' is defined differently by various authors such as Coetzee (1989), Beukes (1989), Gabriel (1991) and Beukes *et al.* (1994) and others.

Coetzee (1989:7) states that development is, in general, a process of directed change leading to economic growth, political freedom and a large basis of social reconstruction. Social reconstruction includes the principles of freedom, equality, the satisfaction of basic needs and a general process of community growth.

Gabriel (1991:75) also mentions that development as a concept includes social, physical, political and economic development. Social development is aimed at the welfare of the whole community. Physical development is aimed at developing a specific area. This development entails spatial development and the provision of infrastructure. Political development assists the community to understand the field of politics. Economic development is primarily sectoral, aimed at agriculture, mining, trade and industry.

For the purposes of this study, the viewpoint followed is that development should be inclusive. It should not only be confined to material things but it should include the intangible as well.



Development builds upon ordered change and is a process by which order is imposed upon observable changes (in human beings) to result in 'development'. Development is a human undertaking involving humanity in its totality, that is development of all people as well as the development of the total person. All development efforts have to be based on the assumption that all people value respect and want to be treated as worthy individuals. No development is worthy without participation (Coetzee 1989:8).

Development concerns people and not things. Human development implies the progressive unfolding of the existing or present capabilities of people through constructive change (Beukes 1989:215). Furthermore, Beukes *et al.* (1994:1) state that it must be recognized that there can be no fixed and final definition of development, but only suggestions of what kinds of change hold out the largest promise in a particular context.

Development involves organised and purposive human action. In development policies, self-help plays a central role, and implies helping people help themselves (Bodenstedt 1976:7). In development, people's development choices and life-chances should be increased. These choices should include access to income and employment opportunities, education and health, and a clean and safe physical environment. Each individual

should also have an opportunity to participate fully in community decisions and to enjoy civil, economic and political freedom (Bodenstedt 1976:7; Anderson 1978:11).

Kottak (1986:326) states:

“Putting people first in development interventions means eliciting the needs for change that they perceive; identifying culturally compatible goals and strategies for change; developing socially appropriate, workable and efficient designs for innovations; using rather than opposing, existing groups and organisations; drawing on participants' informal monitoring and evaluation of projects during implementation so that socio-economic impact can be accurately assessed.”

Development, therefore, implies change and transformation in the way of life of a group of people. These changes include changes in the social, economic and political institutions of the lives of such a group of people. Only then can the development process be regarded as a road moving away from 'underdevelopment' and helping people to rise out of poverty.

1.4 RUNNING A PROJECT

Lewis (1995:2) defines a project as a one-time job that has definite starting and ending points, clearly defined objectives, a defined scope and (usually) a budget. Thus a project is a problem scheduled for solution. It means that a project is always conducted to solve a problem for a group or organisation. The Babina-Chuene Women's Multi-purpose Project, where rural people

are assisted who are food insecure and do not live healthy lives, is an example of such a project .

The uniqueness of each project makes special demands on project leaders and simultaneously makes project management an exciting discipline.

1.4.1 Project management

Project management refers to the planning, scheduling and controlling of project activities for a given scope of work, while using resources efficiently and effectively. Every organisation (a group of people who must co-ordinate activities in order to meet objectives) has limited resources. Failure to manage resources properly is one of the most common causes of project failure (Carley & Christie 1992:11).

Time and costs are important in project management, as there is a given duration for each project at which costs can be kept to a minimum. As the project duration is extended, costs rise because of inefficiency, and eventually a point of diminishing returns is reached (Lester 1991:9).

For a project to be successfully managed, there are important elements that need to be in place in the organisation and those elements together constitute a project management system. Lewis (1995:16) indicates the key

system components of a project management system as the following systems:

- culture;
- organisation;
- methods;
- planning;
- information; and
- control.

The human cultural system is the basis for project management and is valuable if the people are really involved in the planning and implementation of the project. Human relations skills are needed. For example, the project leader should have the ability to provide proper leadership and the ability to negotiate with project members to ensure the required performance. The leader should have an understanding of how to handle decisions in a project. Knowledge of how to motivate project members is also essential (Wassermann & Kriel 1997:25).

The cultural system concerned is of great importance when working with people, as culture is the combined effect of the values, beliefs, attitudes, traditions and behaviours of the members of a specific community. Those who participate in the project should have enough authority to feel that they are responsible for their actions (Carley & Christie 1992:41).

Planning systems for development projects are important, because if a poor plan is developed, it may be impossible to implement the project successfully. That is why information systems (data gathering) are important and such systems should be available for the project leader to know whether the project implementation is on target or not (Carley & Christie 1992:41).

Control systems refer to the application of scarce resources, which must be controlled to achieve the desired organisational objectives. The project leader should use data on the project status to determine where and how the project is implemented in respect of the plan. Control is achieved by comparing where one is, with where one is supposed to be, then taking corrective action to resolve any discrepancies that exist (Lester 1991:21).

1.4.2 Project planning

Planning is a key function in any project. Without a plan, there is nothing to track progress against. If there is no plan, then there is no control. Planning and control are inseparable (Wassermann & Kriel 1997:32).

When planning is done, the people who want to do the project should be involved in the planning process, because if the people who will work on a

project are not involved, the people that are making the plan might use a self-based estimate (Glass 1995:119).

When writing a project plan, firstly, one must define the problem to be solved by the project. Then comes strategy listing, a listing of alternative strategies for doing the work. One should make sure that one selects the best strategy for the project. After the strategy has been chosen, a detailed implementation plan must be developed, that is, one must estimate activity durations, resource requirements and costs; prepare the project schedule; and decide on the project organisation structure (Lewis 1995:36).

Government officials may identify projects. So, for example, the Babina-Chuene Women's Multi-purpose Project was introduced by the officials of the Department of Health and Welfare. Projects should have criteria, for example, the criteria used in the food security project to select participants, that is, single women with children under the age of five. The formulation of a project involves developing a statement in broad terms which show the objectives and planned outputs of a project and also provides an estimate of the various resources required to achieve a project's objectives (Goodman & Love 1980:11).

In the planning process, designs for a project should be detailed enough so that cost estimates and decisions on various aspects of the project can be made (Lester 1991:27).

The formulation of a project needs a feasibility analysis and appraisal. A feasibility analysis is the process of determining whether the project can be implemented, while the appraisal is the evaluation of the overall ability of the project to succeed. A project should proceed to the feasibility stage only if decision-makers find the project desirable (Goodman & Love 1980:11).

While the feasibility analysis and appraisal are being conducted, several decisions need to be made. These decisions determine whether the project is capable of achieving its objectives and whether the project will proceed. Determining project feasibility depends on the accuracy of the information received. Once the feasibility studies have been completed, a meaningful appraisal of the project is possible. If a project meets the conditions set, it can proceed (Goodman & Love 1980:13).

1.4.3 Project implementation

To implement is to put into effect. Implementation involves the allocation of tasks to groups within the project. Control procedures must be activated

to provide feedback to both the participants and the project leader(s). The control procedures must identify and isolate problem areas (Goodman & Love 1980:177).

If defining the project is the most important step in managing a project, the next most important step is developing the work breakdown structure (Lewis 1995:76): What tasks must be done? Who will do each task? How long will each task take? What materials or supplies are required? How much will each task cost? This work breakdown structure provides a framework from which the following can be done:

- All tasks to be performed must be identified and resources allocated to them.
- Once resource levels have been allocated to tasks, estimates of the task durations must be made.
- All costs and resource allocations must be totalled to develop the overall project budget.
- Task durations must then be used in developing a working schedule for the project.
- Performance can then be tracked against the identified cost, schedule and resource allocations (see also Goodman & Love 1980:135).

1.4.4 Project evaluation

Evaluation is decision-oriented (Grittinger 1990:13). Evaluation means to determine or judge the value or worth of the project. The purpose of evaluation is to assess the overall effectiveness of an operating programme and help develop a new programme. Surveys are an important tool of evaluation efforts directed towards needs assessments, cost estimates, programme acceptability and certain programme-personnel policies and public relations activities (Lewis 1995:207).

Project evaluation is one of the last tasks in the project cycle. In every cycle, the later tasks are linked to the earlier ones. Thus, evaluation leads to continuous planning which leads to further implementation (Goodman & Love 1980:213).

Project evaluation should be conducted to measure whether the project has met its desired objectives, and if not, where and why it failed (Singini & Vink 1995:23).

Evaluation is just like an examination of the project. It involves finding out whether the project has reached its intended goals within the framework of both the timetable and the budget. The evaluation process can be done by those responsible for implementing the project and by others with an

interest in the project, for example, funding organisations (Goodman & Love 1980:223). On the other hand, evaluation must be credible in the eyes of everyone affected or decision-based, else the evaluation will not be considered valid (Singini & Vink 1995:24).

Some reasons for conducting periodic audits as part of the evaluation processes are, according to Lewis (1995:210):

- to improve project performance together with the management of the project;
- to ensure the quality of the project work does not take a back seat to schedule and cost concerns;
- to reveal developing problems early, so that action can be taken to deal with them;
- to identify areas where other projects (current or future) should be managed differently;
- to reaffirm the organisation's commitment to the project for the benefit of the project team members; and
- to learn what is being done well and what needs improvement so that the information can be used before the project ends, as well as later.

The importance of the preceding section in conducting this study lies in the fact that one would be able to determine whether the project under review was implemented in accordance with this theoretical set of standards. The

evaluation of the Babine-Chuene Women's Multi-purpose Project is presented in Chapter 4.

1.5 RESEARCH PROBLEM

1.5.1 Broad aim of the study

The study examines the Bochum Babina-Chuene Women's Multi-purpose Project as a project that attempts to alleviate the problems of food insecurity and poverty (outlined above) in a section of the Bochum district. The project is evaluated against the general theory of development. The study investigates the project by means of the methodology set out in Section 1.6 below. The research was carried out between January 1999 and June 2000.

1.5.2 Objectives of the study

This study was designed:

- to identify the factors that contribute to food insecurity among the people living in the communal rural areas of the Bochum district;
- to assess the level of food security among the people of Bochum prior to 1994, when the project started;
- to determine the positive and negative effects of the government's

programme/project for food security in Bochum; and

- to determine whether and how the rural women participating in the food security project in Bochum benefit from the project.

1.6 RESEARCH METHODOLOGY

Research is a search for knowledge (Mouton & Marais 1990:3). The qualitative method involves interviewing selected key spokespersons, while the quantitative method uses questionnaire surveys done amongst a representative sample of the people in the study area (Mouton & Marais 1990:155). Both methods can be used to get people's opinions on a certain topic (Mouton & Marais 1990:156).

Given the nature of the study, the methods of research were manifold. The study included:

- a literature study; and
- in-field research, involving both quantitative research (questionnaires) and qualitative research (interviews).

A literature study was conducted on the issue of food security in Africa with the emphasis on Southern Africa. Concepts such as food security, malnutrition, undernutrition and access to food were studied. Gender issues

in food security were also studied in the literature. Background reading was also done on the history and situation of the people in the study area.

Against the information gleaned from the literature study, in-depth interviews were conducted. In Anthropology, this method of doing research is generally referred to as the ethnographic method, which is part of the qualitative method (Seymour-Smith 1986:98).

1.6.1 Phases One to Three: Interviews

The **first phase** of the qualitative research focused on households where data was gathered on the following:

- a household's monthly food requirements;
- what households eat – which foodstuffs are bought, which are self-produced, and which are collected from the veldt;
- the financial implications of acquiring monthly food supplies; and
- monthly shortfalls in food supplies and how these are supplemented.

This gave the researcher the base-line data with which to continue further research.



The **second phase** of the research, during which in-depth interviews were conducted, focused on the food security project in Bochum. This entailed research on all relevant aspects of programme planning, programme implementation, and programme continuation. The reasons why the programme was started, who initiated the programme and how it was meant to function were also included in the research. All documentation that could be found that was relevant to the project was gathered and studied.

In the **third phase**, in-depth interviews were conducted with the people responsible for the implementation of the food security programme in Bochum. Interviews were conducted with both the programme implementers and 37 of the 67 women whose households stood to benefit from the food security project.

The Babina-Chuene Women's Multi-purpose Project is a vegetable garden that was initiated and funded by the Department of Health and Welfare. The officials from the Department of Agriculture gave people taking part in the food security project training on how to plant vegetables. The officials from the Environmental Affairs Department also installed a water pump at the food security project.

The Babina-Chuene Women's Multi-purpose Project was funded for three years (from August 1997 to July 2000). It was programmed so that when the funding ended, the project would be able to sustain itself, after the initial phases.

The women who take part in the Babina-Cheune Women's Multi-purpose Project, plant vegetables and have to sell the produce for the project. The profit does not accrue to the individuals but to the project as a whole. The participating women are given a monthly allowance of R180.00. If there is no profit, then the women receive no additional income.

1.6.2 Phase Four: The questionnaires

The fourth phase of the research entailed the completion of three structured questionnaires (see Annexure A), which were compiled against the background of the gathered research data. Questionnaires were distributed among the officials, participating and non-participating households. The goal of the questionnaires was to confirm the data gathered through in-depth interviews, and also to determine the geographical spread of these aspects throughout the research area. Despite a low return rate of questionnaires, the questionnaire also helped to quantify the research data to some extent.

Structured rather than unstructured questions were preferred to facilitate analysis and in order not only to qualify but also to quantify research data in line with the guidelines of Mouton and Marais (1990:157).

The results of the data obtained from the questionnaires which the people participating in the project and some of those not taking part in the project were asked to complete are presented in Chapter 3. The questionnaires were compiled in such a way that information could be obtained on a variety of relevant aspects.

The first section of the questionnaires for participants/non-participants (see Annexure A, Questionnaires B and C) focused on the personal details of respondents, their age, marital status and level of education.

The purpose of ascertaining the age of those taking part in the project and those not taking part was to determine whether:

- women taking part in the food security project are single and young;
- women who need a job to support their family participated in the project; and
- young women seize the opportunity to become involved in local job opportunities.

The second section of the questionnaires concerned details of the project. It focused on establishing whether the local people were aware of the food security project and its role in improving their socio-economic position as well as their health, and whether this project would be sustainable.

The third section of each questionnaire was concerned with the people's way of life before the project took effect in the community. Questions were aimed at determining the successes and shortfalls of the project. The answers put the researcher in a position to determine the impact of the project on the target group the project was supposed to help.

Questionnaires and interviews supplemented direct observation on the activities of the project. Interviews were also arranged with officials of the Department of Health and Welfare in the Northern Province, Pietersburg and Bochum, particularly those who were directly involved in the project. The aims of these interviews were:

- to obtain information regarding the historical background of the project;
and
- to investigate the method or criteria used to select the people participating in the food security project.

1.7 OUTLINE OF THE STUDY

1.7.1 Chapter 1

The first chapter briefly sets the scene of the case study and places the project in context. Research problems are set out, as are the objectives. The chapter clarifies core concepts used in the study, such as food security, food insecurity, food accessibility, poverty and hunger, development and projects. The chapter focuses on theoretical aspects of development projects, namely project planning, implementation and evaluation. It also describes the research methods used.

1.7.2 Chapter 2

The second chapter outlines the (historical) background of the people living in the Bochum district before the implementation of the food security project and how problems related to food security were dealt with before the programme was implemented.

1.7.3 Chapter 3

The third chapter focuses on the Bochum food security project, its origin, goals and objectives, the participants in the project, and more importantly, how the project operates. This chapter also examines the present situation in the Bochum area regarding food security, and the present situation regarding the ability of families to feed themselves after the implementation of the food security programme. It is in this chapter that the interviews and the findings of the questionnaire are discussed.

1.7.4 Chapter 4

This chapter outlines the consequences/results of the project, its achievements and shortcomings. Finally, this chapter also includes some recommendations in terms of addressing food insecurity and the future functioning of the food security programme in Bochum and similar projects elsewhere.

CHAPTER 2

THE BOCHUM DISTRICT

2.1 INTRODUCTION

To understand the context of the Babina-Chuene Women's Multi-purpose Project in the Bochum district, it is essential to understand the background, history, lifestyle and environment of the people taking part in this food security project.

The Northern Province is at the lower end of the socio-economic spectrum in South Africa and ranks among the bottom three regions in South Africa in terms of its socio-economic position (Erasmus 1993:3). As was mentioned in Chapter 1, the study area is situated in Bochum, a district in the Northern Province (see Annexure B, Map 1). Bochum is situated approximately 150km north of Pietersburg (see Annexure B, Map 2). The area where this specific research was conducted is located around the Vergelegen village in the Bochum District. Vergelegen falls under the jurisdiction of the My-Darling Transitional Local Council.

The entire Bochum district has only two hospitals and one clinic. Most of the villages in the district are far from hospitals or medical facilities.

Vergelegen village is 50km away from the Blouberg Hospital in the Blouberg district and 70km away from the Helen Franz Hospital in the Bochum district (see Annexure B, Map 3).

The project at Vergelegen village, which is the subject of this study, was proposed to benefit five other villages that are approximately 2km away from the Vergelegen village. These villages are Bergendaal, Bultfontein, Windhoek, Papagaai and Grootdraai (see Annexure B, Map 4). All five villages are approximately 7km away from the nearest clinic, the My-Darling Clinic.

2.2 HISTORICAL BACKGROUND

Bochum is under the jurisdiction of *Kgoši* Mmalebogo. The people in the study area speak *Gananwa*, and are referred to as *Bagananwa* (the name for the local people is derived from the epithet '*Baganani*', meaning 'Rebels', 'Resisters' or 'Dissidents'). The Bagananwa are a sub-section of the Bahurutshe people (Makhura 1993:35).

The Bagananwa people originally came from Central Africa, and moved into South Africa as part of the Bahurutshe who settled in the Maletse Mountains in Botswana. The Bagananwa later separated themselves from the Bahurutshe under their first *Kgoši*, Sebudi Lebogo (*Lebogo* means 'the

head that rules’, and this is the original and the official surname of the Bagananwa ruling family). The name *Lebogo* referring to *Kgoši* Lebogo was later adopted as the surname *Mmalebogo*. The prefix *Mma-*, meaning mother, was presumably attached to the surname, *Lebogo*, due to the Bagananwa tradition of female regencies (Department of Native Affairs 1905:3). The Bagananwa were also referred to as the Baitsweng (meaning ‘the people of the Rock or Mountain’ and also referring to the *išhwene* (baboon) as their totem) (Department of Native Affairs 1905:37).

Under *Kgoši* Sebudi Lebogo, the Bagananwa moved to Blouberg. On the Bagananwa's arrival at Blouberg, they found two communities already inhabiting the area. The first was a roaming band of San (the *Barwana*, as the Bagananwa called them). The second group of occupants found at Blouberg by the Bagananwa was the *Batau* (‘the Lion-revering people’) under the leadership of Rapahla ‘Madibana’ (Breutz 1989:28). The Bagananwa overpowered the Madibana and took over their land. The Madibana were subjugated by the Bagananwa.

Because of the Bagananwa's contact with the San and the Madibana, spokespersons indicated that the Bagananwa began to revere more than one totem. These totems are the *išhwene* (baboon), the *phuti* (duiker) and the *kwena* (crocodile).

In the passage of time, the Bagananwa divided into two separate groups under the leadership of Kgalusi Lebogo and under the leadership of Ramatho Lebogo, the sons of Matsiokwane Lebogo (Sonntag 1983:12).

The genealogy of the Bagananwa rulers are set out in Figure 1 (overleaf).

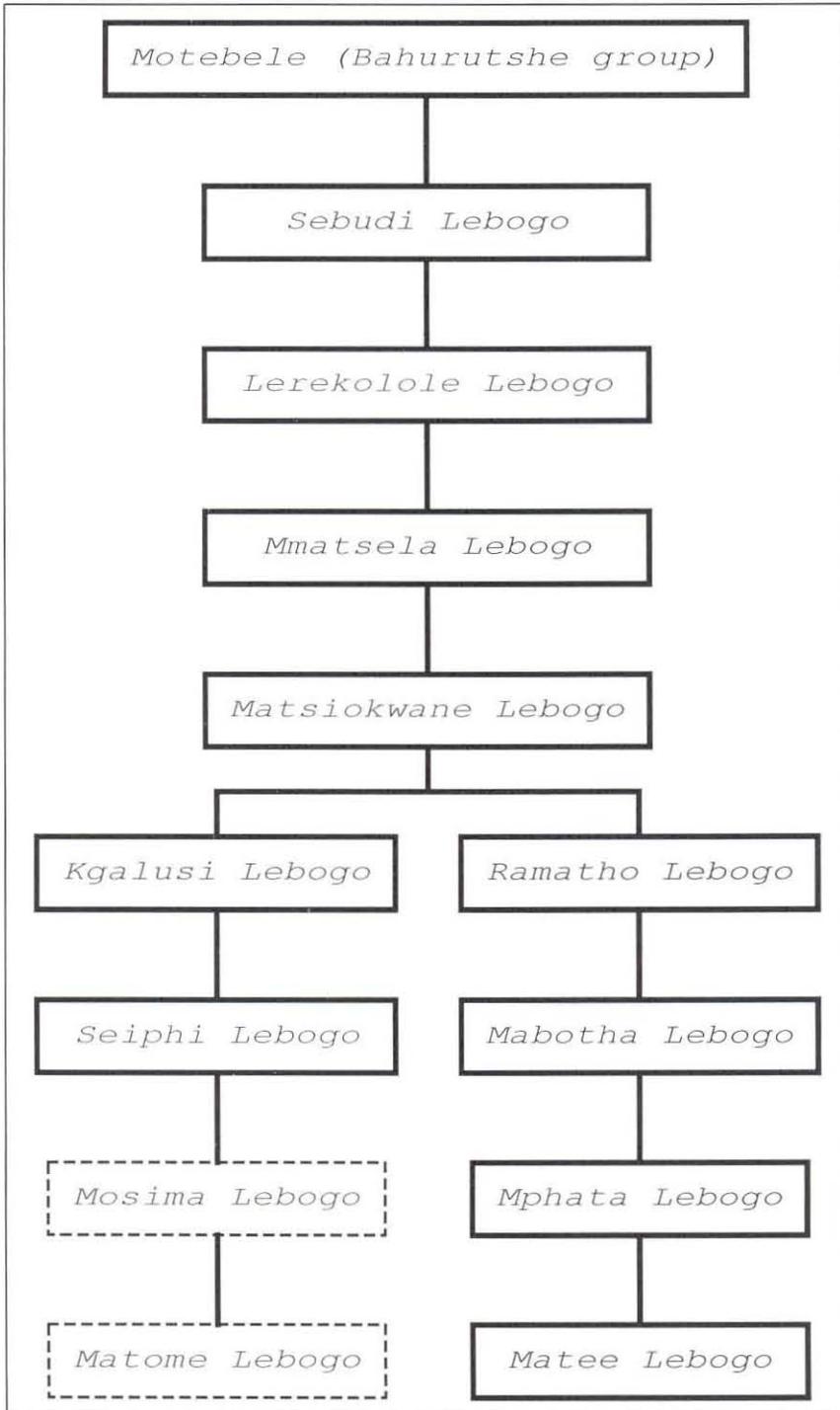


Figure 1: Genealogy of the Bagananwa

Source: Makhura (1993:iv)

According to Makhura (1993:21), the area which the Bagananwa occupied in the nineteenth century was bordered by the Limpopo River in the north. In the east it extended as far as *Tswaiing* (Salt Pan, later referred to as the Soutpansberg), where the Bagananwa area bordered on that of the BaSeleka people (the people of *Seleka*, in what it is today the Ellisras area). The southern boundary was shared with the Matebele of Mapela and of Mokopane, and with the Bapedi communities of Matlala and of Moloto at Moletši. The Bagananwa boundaries were redrawn by the Voortrekkers into a much smaller area south of the Limpopo in the north, almost to the Mogalakwena river in the west, and to the north of Kalkbank in the South (Makhura 1993:21)(see Annexure B, Map 5).

The landscape in which the Bagananwa settled consists of a plateau broken by undulating hills. These hills are called *Mmatemana* (Broad Hills). They stretch almost to the foot of Blouberg and the mountain range called *Rita* (Loskop/Spitskop) further south, near present-day Pietersburg.

This area lies in the Sour Bushveld and Savannah region. Its natural vegetation consists of thorn trees, thorn bush, other deciduous trees and tall grasses, especially along the river valleys (Makhura 1993:45). Grasses such as buffalo grass and red grass are prevalent. The Bochum area is interspersed and watered by the midcourses of the tributaries of the

Limpopo River, particularly the Sand, Brak (*Hlako*), Hout and Crocodile (*Mogalakwena*) rivers and some rivulets and mountain brooks such as the *Bosehla* and the *Kubu*. The area is rainy and warm in summer, but dry and cold in winter (Makhura 1993:45).

The authority structure of the Bagananwa is organised into five hierarchical levels, which represents the distribution of political power in the tribe (Breutz 1991:103). At the base of this hierarchy is the head of ordinary household, a married man. Then follow, in ascending order, the *ntona* (*Rakgoro*), the village *ntona*, the *Molebeledi wa mmoto* (district representative), and at the apex, the hereditary ruler of the lineage, the *Kgoši* (Makhura 1993:3). These hierarchical levels are still of great value to the people at Bochum, except at the base of the hierarchy, in families where there are often no males as heads of families. For example, in the families of women participating in the Babina-Chuene Women's Multi-purpose Project, the women's brothers or fathers have to take care of their needs in communicating with the *Kgoši*.

The family head is responsible for law and order concerning minor issues pertaining to the members of his household (his wife, children and relatives who constitute his extended family). The *rakgoro* presides over the ward (*setho*). The *rakgoro* heads his court and judges petty domestic quarrels referred to him and his council of elders. The village *ntona* presides over

the village and holds court here, assisted by his councillors (Makhura 1993:38).

The *Kgoši's* court presides over land disputes, as land is regarded as the domain of the *Kgoši's* family, and the occupiers of the land are seen as the *Kgoši's* tenants (subjects). The *kgoši* has the right to summon his people to a *pitšo* (meeting) in order to discuss affairs of state (Breutz 1991:106).

2.3 SUBSISTENCE AGRICULTURE AND CASH CROPPING

In the Bochum area, individuals have a temporary right to plough. All suitable land is covered with irregularly shaped and unfenced *mašemo* (fields), the limits of which are accurately known and jealously guarded by each farmer. Crops of maize, sorghum and wheat are grown.

Ploughing in general is the work of the men, according to spokespersons. Girls from the age of ten until marriage help their mothers with domestic and agricultural duties. Women are expected to take food out to the men when they plough during the morning, but occasionally women and girls are seen leading the oxen. Those women who have no men to plough for them are mostly those taking part in the Babina-Chuene Women's Multi-purpose Project.

After the planting of *dinawa* (black beans), *maphotse* (pumpkins), *dinyoba* (wild sugar cane), *mabele* (sorghum), *magapu* (watermelon), *diponkisana* (white beans), *ditloo* (ground nuts) and *mafela* (maize) comes the long and laborious process of weeding through the summer and autumn. This is essentially women's work.

If the family head can afford it, he brews a large quantity of beer and invites his friends and neighbours to a *letšema* (garden party) during which time they assist in making fields and or weeding. The harvest work is left almost entirely to women. Spokespersons indicated that grinding is also left to women, who find a hole in the solid rock, place the grains in it, and then grind them with a good sized stone until the grain is entirely crushed. Some take wheat to the nearby milling station if they can afford to do so.

Spokespersons indicated that magical medicines are sometimes used to protect and promote the growth of the crops. The main battle is against pests, such as cutworm. The medicine for this is mixed with a mixture of worms and leaves culled from the injured plants, and burnt in a small fire in the windward corner so that the smoke may drift over the field. The treatment is said to be effective. *Meseletšo* is another medicine that should be burnt every evening and morning in the fields, to strengthen the crop.

According to spokespersons, as soon as the crops have been reaped and

cleared from the fields, the fields are opened for grazing.

Cattle farming is an important industry among the Bagananwa. Ownership of cattle is nonetheless not really widespread, as few households own cattle and most of them do not own enough stock to make a living from that activity. Spokespersons indicated that stock-holding was previously mainly practised by the *Kgoši* and tribal officials. Spokespersons also indicated that some individuals keep sheep and goats. Donkeys are kept as a means of transport.

2.4 ECONOMY

The Bagananwa are farmers by tradition; in the past, every married man had a right to his field and communal grazing. The main branches of economic activities were agriculture and pastoralism. Supporting activities included handicrafts, bartering and hunting-gathering. Gender division of labour has always been fundamental to traditional economic organisation (Makhura 1993:53).

Employment in the study area still includes domestic work, according to the spokespersons. People are also employed to help others, for example, in the hunting of animals, or gathering of food. Opportunities for local unskilled employment include domestic work for local entrepreneurs and

working at the shops. However, most of the people are unemployed: They spend most of their time in the shade of the trees (Manamela 1998: Pers.com.).

With the help of the food security project that has been implemented at the Vergelegen village in the Bochum district, women can now be locally employed in another way. The project, however, offers more than just employment. Women are taught skills such as how to plant vegetables. The officials from the Department of Health and Welfare provide these women with education on how to look after their families, more especially children under the age of five (Mothapo 1998: Pers.com.).

2.4.1 Division of labour

According to the spokespersons, the daily routine of women is more strenuous than that of men, and varies with the seasons and according to women's social status. Most of the business of daily life is done out-of-doors; the women perform most of their cooking in the circular court that adjoins their hut.

Women engage in agricultural production processes such as planting, weeding, harvesting, threshing and garnering corn, as well as domestic chores such as collecting firewood, preparing food and rearing children.

Similar labour patterns are noted by Creevey (1986:121) in other areas in Africa (Mali and the Sahel). Women often get assistance from their daughters. It is not unusual to meet girls of seven or eight carrying on their backs a small brother or recently born sister. They take care of newborns, distract them, and console the babies when they cry, protect them against accidents and watch over them like real mothers. This is a sign of responsibility that young girls assume when they begin to use their reason (Manamela 1998: Pers.com.).

Men, including boys, are responsible for other aspects of production like the herding of livestock or hunting. In the past, they also went to war to protect the socio-political system from foreign invasions (Mothapo 1998: Pers.com.).

2.5 DIET

According to spokespersons, maize is the staple food of the Bagananwa. Maize is usually eaten as a hard porridge called *bogobe*, and, to a lesser extent, as a sour thin porridge called *motoho*. *Motepa* is also a kind of thin porridge but it is not sour. *Mageu* is a drink made of maize meal paste.

Grain is hand-milled; most of it is hammer-milled by individuals. It was stated by spokespersons that, if one happens to have enough money, one

can take grain to the milling station, but one has 'to pay double', including transport.

In maize, the nutritional value of protein is said to be low because there is a shortage of essential amino acids, especially of tryptophan (Pootona 1998: Pers.com.). A maize diet does not supply the minimum daily requirements of humans. Efforts must be made to supplement maize with other foods in such a way that amino acids and other proteins will create a balanced diet. A similar view is expressed by Ashton regarding the diet in Lesotho (1967:128).

The Bagananwa diet becomes especially poor in September and October, when the supply of harvested crops is low. Around this time, many people buy grain from the shops at a higher price than that for which they originally sold their own surplus grain after harvest (Manamela 1998: Pers.com.).

As a result of malnutrition, several diseases are found among the people in the study area, including pellagra, kwashiorkor and marasmus. Pellagra is found in both sexes, and affects both children and adults. Pellagra manifests itself in symptoms such as diarrhea, and, in extreme cases, dementia. Children are especially susceptible to it after the age of six. In the Bagananwa area, the mortality rate from pellagra is, however, relatively

low (Pootona 1998: Pers.com.).

On the other hand, it is before the age of six that kwashiorkor symptoms are usually found in children. It is rarely found in Bagananwa adults or in children before their weaning period. Breast-feeding prevents protein deficiency in the babies, but after weaning the requirements for relatively rapid growth are not met by the poor protein value of the diet. Kwashiorkor is associated with a diet low in proteins and high in carbohydrates (Pootona 1998: Pers.com.).

The kwashiorkor symptoms resulting from protein deficiency take time to manifest themselves and often appear in March. It is likely that a precipitating factor such as acute enteritis, which is frequent during the hot months of February and March, may bring out incipient kwashiorkor. With kwashiorkor, besides retardation of growth and development, skin lesions occur on all parts of the body, while with pellagra, they occur only on exposed parts (Pootona 1998: Pers.com.).

Marasmus, on the other hand, is caused by a diet which is not necessarily unbalanced as in kwashiorkor, but which is low in both protein and in calories (Pootona 1998: Pers.com.).

2.6 EDUCATION

The term education is used here in its widest sense; it includes the process by which a child is trained to take its place in society (enculturation). This process operates throughout life and is continuous and incessant, and consists of learning innumerable details about the environment (physical and human) which influences behaviour (Mcquoid-Mason, O'Brien & Greene 1991:14).

According to spokespersons, in earlier times, before missionaries came to the area, the term 'schools' referred to initiation only. Children were sent to initiation school when they reached the age of puberty. This tradition is still upheld. The purpose of initiation schools is to direct and regularise by means of religious rites and a period of character formation under severe discipline. This is done to temper the moral and physical change which takes place in human beings at the age of puberty. In more recent times, boys were allowed to take up modern education, but girls were initially not allowed to go to Western style schools, this is corroborated among other groups by Sechefo (s.a:10).

The significance of initiation lies primarily in its function, marking and effecting the transition from adolescence to adulthood. For several years before initiation, boys are taught to regard initiation as an inevitable part of

their upbringing and what they should look forward to. Until they have been initiated, boys cannot marry, nor take part in various social activities and tribal affairs. As the time for initiation approaches, boys are told exciting stories of life at the lodge, which do not, however, reveal any of its secrets. The prospective initiates meet at the *Kgoši's* village during winter. Sechefo (s.a:18) describes similar practices among the Basutu.

According to spokespersons, girls at initiation school are taught their future womanly duties and the general virtues of humanity, obedience and respect. Girls at the initiation school are called *bale*. For girls, initiation is a less important affair than for boys; certainly there is far less secrecy about it.

According to spokespersons, an adult who has failed to undergo initiation is, even today, still looked upon as a renegade in the family and as an outcast from society. Initiates are pledged never to disclose to the uncircumcised the countless secrets of the lodges, such as a strange language, signs, extraordinary actions, practices, songs and poetry containing ancient history. Even today, according to spokespersons, if one never went to the initiation school, one cannot be given information from the initiation school.

For the most part, the Bagananwa have not received little formal education

and thus tend to be unskilled. Those that received only primary education have problems because they are not being properly trained. In former times, boys were often not allowed to go to school, as that would reduce the number of youths who were available to herd stock. This practice has largely been discontinued today (Makhura 1993:24). A lack of formal education is, however, still a major limiting factor in the development of the people in the study area.

Most of the women in the Babina-Chuene Women's Multi-purpose Project have been taught by the officials of the Department of Health and Welfare how to write their names, which were used for signatures, but some are still unable to sign their names, as it was not possible for the officials to help them all (Mothapo 1998: Pers.com.).

2.7 HEALTH FACILITIES

There are several diseases that are life-threatening to the villagers in Bochum. The whole point of implementing the Babina-Chuene Women's Multi-purpose Project was to prevent malnutrition and reduce diseases that were found to be common in these six villages (Vergelegen, Bergendaal, Bultfontein, Windhoek, Papagaai and Grootdraai). There was a very high percentage of disease among the people in the study area. At the stage of project implementation, the Matron from the My-Darling Clinic confirmed

that malnutrition and diseases such as kwashiorkor, scabies, diarrhea and respiratory problems were common (see Section 2.5). Her statement was supported by the My-Darling Clinic statistics (Pootona 1998: Pers.com.).

Diseases in children may limit growth and social, emotional and intellectual development. Education for sick or malnourished children may be interrupted. Social interactions are often impaired, while the negative attitudes of adults and other children can also have a detrimental effect on disease treatment. The difficulties of coping with diseases lead to chronic disorders, which also lead to increased economic and psychological stress for parents and children. Elderly people are also unable to survive when they are affected by disease. Poverty is both a source and an effect of disease (Malambo 1988:1).

Political boundaries and the affordability of transport commonly determine people's physical access to health services. In the Bochum area, there are only two hospitals, the Helen Franz Hospital and the Blouberg Hospital, and a clinic, the My-Darling Clinic, which most of the people are not able to reach, as these facilities are too far away from people's homes. There is a lack of transport, especially for people in the study area (Mothapo 1998: Pers.com.).

After the project was introduced, there was a change because a mobile

clinic which comes once a fortnight was introduced. The programme was in part designed to implement health plans from the Department of Health and Welfare to fight malnutrition and the diseases mentioned above (Mothapo 1998: Pers.com.).

2.8 WATER AND SANITATION

Large parts of the Bochum district are poorly serviced by infrastructure because of poor planning of settlements (De Villiers *et al.* 1996:15). As a result, the cost of supplying these settlements with running water is high and the water system is often in poor condition due to a lack of skills in the local community (Masilela 1998: Pers.com.). It is mainly the women in Bochum who fetch water. They carry water in tin/cans on their heads. In Bochum, water is fetched from the Glen Alpine Dam, the Crocodile River and from springs at the foot of the Mountain. Within the study area, users frequently have to resort to using unpurified water from these sources, with obvious negative implications for their health (Masilela 1998: Pers.com.).

Water in the study area is mostly required for drinking, cooking, washing dishes, cleaning houses, washing clothes and personal hygiene. Due to the walking distance, clothes are often washed at the water source rather than at home. Extensive use is made of wheelbarrows to convey drums to fetch water to reduce the burden of carrying water on the head. Pickford *et al.*

(1994:7) describe the similar scenario in Africa.

According to the spokespersons, during rainy seasons, spring water is used for cooking and drinking, whilst river water is used for personal hygiene and washing clothes. Rainwater is also collected from roofs and used for domestic purposes.

Women normally make two trips per day to fetch water, one in the morning and one in the late afternoon, because there are delays in queuing at the water point. The availability of water is not always steady or adequate. Given the long walking distances, several family members, if they are old enough to carry buckets, are involved in the main water fetching trip of the day. This include mothers, daughters and grandmothers, anyone strong enough to carry cans. According to spokespersons, this activity is time-consuming.

Sanitation is very poor, as many houses in these villages do not have toilets. It was estimated by one of the Environmental Health Workers in Bochum that about 75% of houses do not have toilets. People go into the bushes or use the riverbanks, with obvious negative consequences for the environment and personal health (Masilela 1998: Pers.com.).

2.9 TRANSPORT

The study area is not well provided with roads and most of the people do not have access to proper transport. Except for the tarred road that starts from the Bochum township, all the tertiary and secondary roads are gravel and in poor condition (De Villiers *et al.* 1996:14). Roads do not connect villages to each other. Instead, they are generally connected to Bochum town. The main modes of transport used in the study area are donkey- or ox-carts. Carting is a persistent element of transport. There is only one bus that runs between Bochum and the study area early in the morning and comes back in the evening from Bochum to the study area. Few of the people in the study area have bicycles or cars.

Most of the villagers walk to the nearby villages and to their fields. Children walk to school. In some villages, there are no schools at all, so that children have to walk to the next village where there is a school. Taxis are available only twice a day.

One of the villagers indicated that subsistence farmers who produce surplus often have difficulty in transporting goods to the market. Sometimes women carry the products on their heads, or farmers rent the services of a ‘bakkie’ owner. Others even use wheelbarrows and carts to convey their produce over long distances. Most of the poor in the study area lack access

to larger centres due to their inability to afford transport.

2.10 COMMUNICATION

The only source of information and entertainment from the outside world in the villages or poor households is the radio. Most of the villagers do not own radios, and some cannot afford to buy batteries for a radio. They do not have ready access to newspapers and do not have telephones. The fact that they do not have access to newspapers reduces their already limited interest in newspapers. This lack of interest in newspapers probably also results from high levels of illiteracy, a lack of local content and a low disposable income among the poor. They cannot afford to go to town to buy a paper which is not relevant to them because it tells them nothing about their own lives.

2.11 MIGRATORY LABOUR

Employment in distant urban areas has led to migration. Migration of adult males is one of the main reasons for the fact that women are in the majority in rural areas and in the Bochum district in particular (De Villiers *et al.* 1996:21). Women do also migrate, but there is currently no reliable estimate of the number of women migrants from the Bochum district.

People move to urban areas as a result of rural impoverishment, landlessness, loss of labour opportunities or because of other perceived advantages of living in town (see Chants 1992:4).

2.12 SUMMARY

This chapter has focused on the background, lifestyle and the environment of the people in the study area, the Bochum district in the Northern province. The Babina-Chuene Women's Multi-purpose food security Project benefits the six villages which form the study area (Vergelegen, Bergendaal, Bultfontein, Windhoek, Papagaai and Grootdraai). It is indicated in this chapter that the people in the study area are the Bagananwa, who originally came from central Africa. The Bagananwa are currently under jurisdiction of *Kgoši* Mmalebogo. The socio-political system of the Bagananwa is organised into five hierarchical levels, as set out in Section 2.2. These hierarchical levels (from the bottom up, heads of families, the *dintona*, the village *dintona*, the *balebeledi wa kgoro* and at the apex the *Kgoši*) are still of great value to the people in Bochum, except at the base of the hierarchy in families where there are often no males as heads of families.

The people in the study area are, to a large extent, dependent on agricultural practices. Cattle farming is important to the people in the study

area, because cattle are used for meeting family expenses, although few own cattle. Goats and sheep are also kept, and donkeys are kept as a means of transport.

The staple food of the Bagananwa is maize. There are some diseases that result from the continuous use of maize as staple food, as indicated in Section 2.5. As a result of malnutrition, several diseases are found among the people in the study area (for example, pellagra and kwashiorkor), as indicated by Pootona (see Section 2.5). Children are said to be susceptible to pellagra after the age of six. Kwashiorkor is said to be associated with a diet low in proteins and high in carbohydrates.

Education in the study area refers to a process by which a child is trained to take its place in society. Spokespersons indicated that before, or in the olden days, education referred to initiation. Boys were taught to regard initiation as part of their upbringing, and without initiation they were not allowed to take part in social activities and tribal affairs. Girls were taught womanly duties, obedience and respect. Spokespersons indicated that they are now also more aware of the importance of formal education and they are willing to take their children to formal schools, but initiation practices continue.

Most of the women in the study area are engaged in agricultural production

processes such as the weeding of grain and harvesting. Men are involved in herding livestock or hunting. Employment opportunities in Bochum are poor, resulting in the migration of men, leaving women in charge of many households in the area.

The health of the people in the study was said to be very bad by a spokesperson the My-Darling clinic as children and older people were affected by diseases. The reason is that the people from the study area experience extensive shortages and a lack of transport to health care facilities.

People in the study area do not have access to proper transport and the roads are said to be poor by spokespersons. The main modes of transport used in the study area are donkey- or ox-carts. Most of the villagers walk to other nearby villages and to the fields, as stated in Section 2.9.

Spokespersons indicated that the Bochum district suffers from poor planning of settlements. That is the reason why the cost of supplying the settlements with running water is high, as indicated in Section 2.8. Water is carried mostly by women, who carry water in tin/cans on their heads. Most of the houses in the village do not have toilets; this results in poor sanitation.

According to the spokespersons, many of the men from the study area migrate to urban areas in search of jobs and better lives. This has the result that single parents (the wives), head the majority of families in the study area.

Communication with the outside world is said to be very poor by the spokespersons. The main source of information in the study area is the radio and not all people own radios. The people do not have access to newspapers and telephones, except when they go to town.

It is against this background that the Babina-Chuene Women's Multi-purpose Project was started, and an understanding of this context is required to underpin the discussion of the project in the following chapter (Chapter 3).

CHAPTER 3

THE BABINA-CHUENE WOMEN'S MULTI-PURPOSE PROJECT

3.1 INTRODUCTION

As was indicated in Section 1.2.1, **food security** refers to the availability of food or access to enough food for an active and healthy life by all people at all times. **Food insecurity** (see Section 1.2.2), on the other hand, refers to food shortages, a temporary decline in a household's access to enough food and/or a continuously inadequate diet caused by the inability to acquire food (World Bank 1986:1). Food insecurity is one of the underlying elements of **malnutrition** and death, as people who cannot grow or buy enough food suffer from **undernutrition** (Foster 1992:27).

Each and every individual has the right to food and to food security. Hungry people cannot work, while hungry children cannot learn. Without a well-nourished, healthy population, development is not possible (CSIR 1997a:7).

In this chapter, links between the food insecurity, malnutrition, poverty and unemployment are examined. The focus of this chapter is the Bochum food

security project, that is, the origin of the project, its goals, objectives and funding (governmental and donations). It is in this chapter that the results of the interviews and questionnaires are discussed. The main focus is how the project operates, its authority structure, how the project is run and how the associated clinic and the day care centre operate. Discussion is based on the situation of the project during the time of the research, on the lives of the people involved and on whether the families in the study area are able to feed themselves since the implementation of the project. The level of education of the people taking part in the food security project is also a matter of major concern. In interviews and questionnaires, the question of income was raised and that is also discussed in detail here, as is how the people in the project market their produce. Finally, how people evaluate the project is briefly discussed.

3.1.1 Poverty and unemployment

Poverty manifests itself in various ways, that is, a lack of income, hunger and malnutrition, ill-health, limited or no access to education and other basic services, inadequate housing and homelessness and unsafe environments. The poverty of women is also characterised by a lack of participation in decision-making in all walks of life (Hobson 1994:5).

Poverty affects men and women, but, because of the gender division of labour and because women bear the responsibility for the family's needs, women often bear a greater burden. Women have to manage household needs under conditions of extreme poverty (Department of Health and Welfare 1999:17).

In the study area, unemployment among females is higher than among males (De Villiers *et al.* 1996:20). Women are employed in positions with lower status than men are, and therefore women earn less than men do. Females are in the majority in the informal sector employment, where wages are generally lower and there are no social benefits. Most female-headed households are poor. Working women are faced with increasing pressures in reconciling parenthood with work responsibilities. Early childhood development programmes in the study area are insufficient to meet the needs of working women. Households headed by women are also financially vulnerable, as fathers do not always pay for the maintenance of their children (Malambo 1988:147).

These circumstances (poverty and unemployment) form the background to the Bochum project.

3.2 THE ORIGIN OF THE PROJECT

Ms Fraser Moleketi, at that time the National Minister of Welfare, initiated the Babina-Chuene Women's Multi-purpose Project at Vergelegen (Bochum) in 1995 as one of nine projects aimed at the alleviation of poverty and the empowerment of women (especially single parents with children under the age of five), one project in each province. An amount of R1.4 million was set aside by government for each of these projects. Officials of the Department of Health and Welfare in each province were requested to identify projects where the need of the people was the greatest (Mothapo 1998: Pers.com.).

The philosophical basis for developing such food security projects was the belief that women are the central figures in the family and society, and form the bulk of the poorest of the poor (Department of Health and Welfare 1997:2). Community projects should therefore create an enabling environment for women and young children and should initiate development that is sustainable. There should be a strong focus on the education of children, especially on early childhood development. Self-development through capacity-building and multi-skilling for the purposes of income generation and job creation were also emphasized in the project (Mothapo 1998: Pers.com.).

The officials from the Department of Health and Welfare in the Northern Province conducted preliminary research in six villages in the Bochum district and confirmed that in these areas malnutrition was common and people were affected by various diseases related to malnutrition. These villages are Vergelegen, Papagaai, Windhoek, Bergendaal, Bultfontein and Grootdraai. The officials used statistics from the My-Darling Clinic, which indicated that a large number of children under the age of five in the area had diarrhea, scabies, kwashiorkor and respiratory problems. They also found that most of the mothers were unemployed. Hence they argued that if a food security project was implemented, it would help the mothers at least to be employed part-time (Mothapo 1998: Pers.com.).

The officials then drafted a business plan for the food security project to be implemented. The plan met the requirements and satisfied the objectives set by the National Department of Health and Welfare. Important considerations in the approval of the project on national level included the following (Department of Health and Welfare 1996:16):

- the involvement of local stakeholders;
- the control and decision-making should be on the local level;
- the project should be led and owned by women participants;
- the costing should ascertain financial survival;
- there should be markets for the sale of products;

- there had to be continuous reporting, monitoring and evaluation of the project.

After the project's approval at the national level, the Northern Province's Department of Health and Welfare was awarded funding to start the food security project that is now running in the Vergelegen village in the My-Darling District. The food security project benefits the other five mentioned villages, although the central village to benefit is Vergelegen.

After money was allocated to the Northern Province, the *dintona* (headmen) of the six chosen villages (Vergelegen, Papagaai, Windhoek, Bergendaal, Bultfontein and Grootdraai) were contacted and were informed of the project.

3.3 THE GOALS AND OBJECTIVES OF THE PROJECT

The overall goal of the project was to be achieved through **specific objectives** as set out by the Department of Health and Welfare (1997:2):

- The first objective was to improve the health and nutritional status of the people staying in the particular rural area where the project would be implemented. The food supplements produced would reduce malnutrition-related diseases in the area among women and children.

Women and children would also be given health education through the project.

- The second objective was to provide children under the age of five with early childhood development opportunities. A place of care would be established to provide an environment that was safer for the children than before and where their chances of healthy growth and development are increased.
- The third objective was to ensure that the participating families received additional social services.
- The fourth objective was to equip women with skills so that they can be economically independent, and to develop the skills and capacity to enhance their personal overall functioning.
- The fifth objective was to increase educational and training opportunities for women so that they could provide for the basic needs of their families. Education and training for women would also provide them with knowledge of how to deal with difficult situations, for example, drought.

The **vision** of the food security project was thus to establish an enabling environment that promotes human capacity and ensures self-reliance and social well-being.

Spokespersons indicated that the success of the project would enable the rural people in the six villages in the Bochum area to have access to fresh healthy vegetables at low cost. The villages would also have access to early childhood development services. Women of the six villages participating in the project would be given employment opportunities in the project. A local market would be opened and vegetables produced through the project would be sold at lower prices than at other vegetable markets. The money that people would get from selling vegetables would ensure a strong and sustainable project and so improve people's lives.

According to spokespersons, vegetables from the garden were to be marketed at local hospitals, namely the Helen Franz and Blouberg hospitals, as well as at Helen Franz School and in neighbouring villages. Spokespersons also indicated that, at a later stage, the market was to be expanded to the Dendron (Bochum town) businesses and chain supermarkets.

The food security project was designed from the beginning to be a community-based project for single mothers who were involved right from

the start of the project when the bush was cleared (Mothapo 1998: Pers.com.).

Choosing people to participate in the project was not easy for the officials, as the officials from the Department of Health and Welfare do not stay in the same area and cannot specify who is really poor and who is really suffering. They took the selection criteria to the *dintona*, and asked them to select 120 women (20 from each village) who fitted the selection criteria.

The selection criteria used for women that were to participate in the food security project are set out below. The women had to (Department of Health and Welfare 1997:5):

- be unemployed and have children under the age of five;
- come from very poor and isolated communities;
- come from families where no one is working;
- come from communities which are particularly stable and have the potential for development; and
- have a desire to generate income and to be self-reliant.

The women selected did not receive state support and had to fall in the age group described as young to middle-aged (Department of Health and Welfare 1997:5). The women were selected from the six identified villages,

Vergelegen, Bergendaal, Papagaai, Windhoek, Bultfontein and Grootdraai (Mothapo 1998: Pers.com.).

The food security project at Vergelegen village in the Bochum My-Darling district is locally known as the Babina-Chuene Women's Multi-purpose Project. The name of the project was chosen because Babina-Chuene is the totem of the Bagananwa people (see Section 2.2).

In this food security project, the focus is on rural women who have children under the age of five, because the ultimate target group of the project is young children under the age of five. Provision was also made for appropriate education to enhance these children's early learning, growth and development through the project (Mothapo 1998: Pers.com.). The food security project sought to provide unemployed women with basic life skills, training and employment opportunities, and to develop and support self-reliance (Mothapo 1998: Pers.com.).

The food security project implemented at Vergelegen village is a vegetable garden where products such as cabbage, spinach, tomatoes, onions, beetroot, carrots, beans and maize are produced. The Babina-Chuene Women's Multi-purpose Project is a vegetable garden initiated and funded by the Department of Health and Welfare. Officials from the Department of Agriculture gave people taking part in the food security project training on how to plant

vegetables. Officials from Environmental Affairs in the Northern Province installed a water pump at the food security project.

The Babina-Chuene Women's Multi-purpose Project was funded for three years (from August 1997 to July 2000). It was designed to be sustainable once funding stopped.

The women taking part in the Babina-Cheune women's multi-purpose project have to sell the produce for the project as a whole. The women are given a monthly allowance of R180.00, but if there are no profits in a particular month, the women receive no additional income.

3.4 FUNDING

3.4.1 Government funding

The project was to be funded by the government for three years, from August 1997 to July 2000 as set at in Table 2 (overleaf). Thereafter, the project had to sustain itself.

Table 2: Project funds

1 st year	R400 000
2 nd year	75% of R400 000 which is R300 000
3 rd year	50% of R400 000 which is R200 000

Source: Department of Health and Welfare (1996:5)

3.4.2 Donations

A donation was received from SASKO (Die Suid-Afrikaanse Sentrale Korporasie - a private company, producing bread). From SASKO, the food security project received three containers that are used as follows (Department of Health and Welfare 1997:23):

- a daycare centre for children whose mothers are participating in the project;
- a market stall for keeping and selling products; and
- a multi-purpose centre, which can be used, for example, for a mobile clinic, for a pay-point centre and also for training.

TRANSNET assisted the project with containers, as well as materials for utilisation on the project. Donations from TRANSNET included trousers, T-shirts and coats for the people participating in the project.

3.5 THE BUDGET

The money given to the Provincial Government for the food security project was allocated as set out in the three tables below (Department of Health and Welfare 1996:8):

Table 3: Cost of the physical implementation of the project

Water supply materials	R71 956.78
Fencing materials	R8 425.25
Training by the Department of Agriculture	R4 000.00
Total capital cost	R84 382.03

Source: Department of Health and Welfare (1996:7)

Table 4: Operation and maintenance costs

Materials	R8 556.89
Maintenance: Diesel	R14 600.00
Electricity	R9 600.00
Administrative cost	R2 500.00
Consumables	R4 000.00
Transport	R5 000.00
Daycare	R49 961.08
Total	R94 217.97

Source: Department of Health and Welfare (1996:7)

Table 5: Summary of costs

Capital costs	R80 302.00
Material for operation	R8 556.89
Maintenance	R24 200.00
Administrations costs	R2 500.00
Salaries (participants)	R221 400.00
Consumables	R4 000.00
Training	R4 000.00
Transport	R5 000.00
Day care centre	R49 961.08
Total	R400 000.00

Source: Department of Health and Welfare (1996:8)

3.6 PROJECT OPERATION

3.6.1 Authority structure

The project was introduced at the **national level** to build capacity at the provincial level. The staff supplied at the **national level** (Department of Health and Welfare) operated as project managers and they managed the project implementation and evaluation. The staff from the national level gave some guidance and support to the provincial staff (Department of Health and Welfare) and also developed policies and principles. At the

national level, officials networked with government initiatives and facilitated relationships with Non-Governmental Organisations (NGOs) and implementing organisations (Department of Health and Welfare 1998:4).

The **Provincial** Department monitored the project and provided support to the implementing organisations. Monitoring involved ensuring that the project's implementation was on target, and that the requirements and criteria of the project were met (Mothapo 1998: Pers.com.).

The work of the facilitators at the provincial level in Pietersburg was to interact with implementing organisations. The facilitators visited and monitored the implementation of the food security project at Bochum (Manamela 1998: Pers.com.).

At **local** level, a consortium has been established to take care of the management of the project. The consortium is constituted from the representatives of relevant stakeholders. So, for example, the Department of Agriculture is responsible for the practical and theoretical training on land preparation, seed planting, harvesting, and marketing on site to all the women participating in the food security project (Department of Health and Welfare 1998:6).

The Department of Agriculture will build the capacity of the people to supervise the project to ensure that quality is sustained. An official of the Department of Agriculture served as the project manager and adviser for a two-year term. He worked with one woman who was to take over the process, that is, the administration, budgeting, implementation and maintenance of the project, once government disengaged from the project (Phoshoko 1998: Pers.com.).

Local expertise and local labour was used to erect the fence that surrounds the food security project, to install the irrigation system and to prepare the land for the food security project. The work was executed by women selected to participate in the food security project.

3.6.2 The project

The land consists of a garden of five hectares, fenced in by a 2.4m high fence.

There is a bore-hole at the project, next to the vegetable garden. It has a pump 60m below ground level. Officials stated that it is recommended that a maximum abstraction rate of 3,5 l/s, that is 12,6 square metres per hectare, is maintained for, at the utmost, 8 out of every 24 hours. The bore-hole might be overexploited if the prescribed recharge period of sixteen

hours per day is not followed, resulting in forced abandonment of the scheme due to water shortages (Department of Health and Welfare 1997:7).

Officials from the Department of Agriculture state that the borehole water is potable (drinkable). They also indicated that the water is suitable for irrigation. The Department of Agriculture's officials, however, mentioned that irrigation from the borehole would induce salination unless salts are leached regularly and water tables are kept low by adequate drainage. This was the officials' responsibility, but the skills would be transferred to the women. The irrigation system consists of an electric and a diesel engine, and 500m of piping has been installed (Phoshoko 1998: Pers.com.).

3.6.3 A clinic and daycare centre

A mobile clinic is available for people in the study area. Spokespersons regard the clinic as a place of care. Spokespersons are confident that their children will grow healthier and their development will improve due to the fact that this service has been introduced.

A day-care centre was also implemented for children whose mothers take part in the food security project. The children are cared for at the crèche by women who do not work in the garden but look after the children while their mothers are busy in the garden.

3.7 HOUSEHOLD CHARACTERISTICS OF PARTICIPANTS

As was already stated in Section 1.2.1, rural households were the main research subjects of the study. Rural households involve families or individuals who live in one house, who share meals, earnings and expenditure, and who take part in the management of the household and render services to it. A rural household is a basic production unit. Household characteristics that influence food production become important to this study, because they affect household food security either directly or indirectly. Such characteristics include household composition, the number of people fed, the level of education and household income (Malambo 1988:113).

A household in the Bochum area is normally a family that consists of a husband, wife, children and sometimes grandparents. The study focuses on families headed by single females who have children under the age of five. The mother in this instance is the only person responsible for bringing food into the family.

In this research, respondents were asked to provide information on the size of their households. This information is important to the study, because the

number of persons in the household determines the amount of food needed in the house.

In most rural areas, where females head households, household food insecurity arises because enough food may simply not be available from production and some families may not be able to acquire or purchase food (Malambo 1988:14). Family size plays an important role in both the above mentioned cases. One key issue could be a shortage of labour as the mother may be the only adult in the family while the rest of the family members are children, which is a reason why women need to work together to create enough labour (Malambo 1988:14).

To ascertain the number of people in each family who need food, respondents were asked to indicate the number of adults and children to be fed in their families. It was found that, on average, families consist of three adults (that is the mother and grandparents of the children) and three children.

3.7.1 Level of education of participants

Today, education is very important, and is a key element of human and economic development. Respondents were asked to indicate the highest level of education they had obtained in order to give the researcher a

general idea of the level of education of the people in the study area. The results indicated that 30% of the heads of households interviewed had no formal education, 49% had some primary school education; most had not completed Standard Five (Grade Seven), but they had completed Standard Three (Grade Five). Of the respondents, 19% had some secondary school education, even though they had not finished Standard Ten (Grade Twelve), and only 2% had college education.

Most of the respondents with primary education said that they could no longer read nor write, as they had attended school a long time ago and did not spend much of their time reading or writing. That is why the officials from the Department of Health and Welfare had taught them how to write. At least they now know how to write their names. The low percentage of people with secondary education among the project participants can be attributed to the migration to larger urban areas of individuals with such higher qualifications, due to a lack of job opportunities in rural areas.

3.7.2 Household income

Farm work is the only source of income for most of the people living in the study area. Unfortunately, women (especially single women) are not given enough land where they can plough for their own families. In the study area, land is only given to male persons, according to spokespersons.

It is obvious that the women in the food security project should work very hard and produce more, so that, when they sell the produce, they get a higher income from the produce. The money does not belong to the individual but to the whole food security project. It was stated by the officials from the Department of Health and Welfare that the more the women produce, the better their chances of increasing their income, and of ensuring the sustainability of the project.

An additional source of income is beer-making. Local beer is one commodity for which there is always a demand and beer can be produced by virtually everyone. Women make beer and it is then sold to raise cash for their families (Manamela 1998: Pers.com.)

Another source of income is remittances from relatives working in urban areas. Women mostly appeal for assistance to their brothers or relatives who are working, more especially those who are working far away (Mothapo 1998: Pers.com.).

3.8 THE PRESENT SITUATION IN THE STUDY AREA

It is important to involve the people who are to take part in the project when first implementing the project. The people involved should come first

in every development that concerns them (Coetzee 1989:8). The officials stated that they wished to help the people develop. For development to be continuous and sustainable, the individuals concerned should be involved at the grassroots level in the process of planning and implementation. In this case, such an approach really helped the officials from the Department of Health and Welfare to ensure that their development structures are suitable to the people they wanted to develop (Mothapo 1998: Pers.com.).

The officials from the Department of Health and Welfare mentioned the fact that, before the food security project started, there was poverty in the Bochum district, especially for women. Survival was very difficult in the six communities, compared to the present situation. Through the help of the food security project, a lot has changed. The cause of problems was primarily that skills were lacking - women were without hope (Manamela 1998: Pers.com.).

3.9 MARKETING OF PRODUCE

The officials from the Department of Health and Welfare and the women participating in the project mentioned the aspect of marketing as being very important. Both groups (women and officials from the Department of Health and Welfare) stated that the women should have direct access to and control of the profit and that they should avoid depleting the market (by

eating all the produce). They should see to it that their market is sustained (Mothapo 1998: Pers.com.). All the people involved in the food security project, particularly the women who are participating, should have the potential to be leaders, so that all of them can make some input in building their project. The women should also have a sense of ownership, that is, the idea that the food security project belongs to them. They should avoid a market chain, that is, they must not work hand in hand with ‘middle men’, as the profit must then be shared. The participants should only look at direct selling opportunities (Mothapo 1998: Pers.com.).

The approach of the women participating in the project should be business-oriented. This means that they should sell good products, for example, not very green or bad tomatoes or immature spinach, to the customers. If a good product is produced, the project will be effective, because the product will be seen to be worth buying. So, for example, if the women were to expand their work to sew clothing, they should not display unfinished dresses, as incomplete dresses do not look good and customers will not be interested. The products should be well-finished and displayed clearly so that the customers are interested in what they see (Phoshoko 1998: Pers.com.).

The people selling the products are the women participating in the food security project and they were given skills to manage the selling processes.

All the participants should focus on the skills needed by saleswomen and they should have the ability to attract and persuade customers (Mothapo 1998: Pers.com.).

It is the responsibility of the national Department of Health and Welfare to offer women an opportunity to participate in the project. This office is funding the project and even makes it possible for the women to be trained. Two problems the officials from the provincial Department of Health and Welfare mentioned are that the national office uses a long process to make funds available and that communication channels are ineffective. The participants in the food security project stated that they had the necessary skills, but the provincial department indicated that participants were not properly trained or prepared, prior to receiving government funding and training (Mothapo 1998: Pers.com.).

3.10 PARTICIPANTS' EVALUATION OF THE PROJECT

This section looks at the views of specific groups of people concerned with the Babina-Chuene Women's Multi-purpose Project. The views are those, firstly, of the officials of the government departments concerned, secondly, of women participating in the project and their families and, thirdly, the views of the community and women not taking part in the project. In order to evaluate the success of the project, three questionnaires were used for

the three above-mentioned groups. This section sets out the questions and discusses the answers received. Questionnaires are named A (officials), B (participants) and C (non-participants). Question numbers are indicated which correspond with the areas examined. Response rates were as follows: 5 officials responded (a 100% response), 37 participants responded (a 55% response rate) and 20 non-participants responded (a 100% response rate).

3.10.1 Who knows about the project that runs in the area and what is it all about? (A1,2; B1,2; C1)

The question of whether the people know about the project was asked in order to get a clear introduction to the people and to be sure that the respondents knew what the researcher was talking about. The question about what the project is all about enabled the researcher to ascertain whether the researcher and the respondents had the same idea about the project or not.

The officials obviously knew about the project and its name. The officials described the project as a vegetable garden. All the women participating in the project and the non-participants knew about the project that runs in their area. They also stated that the project is a vegetable garden.

3.10.2 The origin of the project (A3,4;B3, C2)

Most of the participants and non-participants were confused about the correct year. Of the interviewed women, ten said that the project started in 1996, while twenty-one said it started in 1997, three were uncertain and three did not know.

To check whether the majority of women had given the correct answer, this question was also asked of the officials of the provincial Department of Health and Welfare in Pietersburg, who stated that the project was introduced to the people in 1996 but that it started to function in 1997. This delay in implementation might be the reason why respondents were confused about the date when the project started.

3.10.3 Who was involved in the planning process of the project? (A5; B4)

This question was asked to determine the role of the local people in the planning process of the project, and to determine whether the project was properly introduced to them.

The respondents indicated that the local people and *dintona* of the six villages, including the officials of the Provincial Department of Health and

Welfare, were involved in the planning process of the project. The respondents stated that the local people and the *dintona* from Vergelegen, Windhoek, Papagaai, Bergendaal, Bultfontein and Grootdraai had selected women in accordance with the criteria (see Section 3.3) to participate in the food security project and that no favouritism was involved in the process.

3.10.4 What were the criteria used to select participants and why? (A6,7,8,9,10,11; B5; C3,4)

The question was asked to find out whether the participants knew or could give the criteria used for selecting the people to take part in the food security project and secondly to give the reason why and how the criteria were used.

The women participating in the food security project gave three different answers. Twenty-seven stated that the participants are single women with children under the age of five. Seven mentioned that the participants are from poor families (both husband and wife not working), while three respondents were not sure about what the criteria for participation were.

The officials indicated that the project is for single women with children under the age of five and not working.

It would seem that the criteria for participation were fairly well known among participants, while the people not taking part in the food security project were not certain about the criteria used.

3.10.5 The impact of the project on the standard of living (A28,32,33,34,35,37,38; B6,30; C7,8,17,18)

Questions were asked to determine the perceived impact of the project on the standard of living of the participants.

All the respondents (participants and non-participants) mentioned that their lives had improved and that even those of people in the neighbouring villages had improved. They stated that their nutritional status was better as they eat fresh vegetables from the project. They also stated that their children are no longer suffering from diseases related to malnutrition (diarrhea and kwashiorkor).

In the interviews, participants also indicated that their children now go to school as their mothers are able to pay the school fees derived from the salaries which mothers get on the project. The respondents explained that, before the introduction of the project, their children were always hungry and they could only sleep or isolate themselves from the others due to their

misery. They now even said that their children look happy and are able to meet challenges outside the home.

Children at the project's day care services get care and the officials from the provincial Department of Health and Welfare check their health. The respondents from the food security project mentioned that they think they are progressing and that, especially if the new programmes can be implemented, they will survive and improve their quality of life.

In interviews spokespersons also indicated they are aware that their children under the age of five are provided with developmentally appropriate education to increase their chances of achievement and learning.

The respondents stated that, with the help of the officials from the Department of Health and Welfare, the community's pregnancy rates are lower compared to those in previous years, because women have access to contraceptives and the health officials are there to help. The babies born are said no longer to be unhealthy. Birth weights have increased and infant mortality rates have decreased, according the officials (Pootona 1998: Pers.com.).

3.10.6 Funding of the project (A20; B7)

The question of who was funding the project was asked to find out whether the people know where the funds come from.

Three women participating in the project did not know who funded the project, while twenty-seven of them mentioned that they received funds from the Department Of Health and Welfare. The last group, that is seven of the women, said that the funds are from two organisations, the Department of Health and Welfare and SASKO.

This question was not in the questionnaire for the non-participants.

The officials from the Department of Health and Welfare stated that they help with the payment of services and the mobile clinic, which helps to stabilize the health of the community.

3.10.7 Are the community members supportive of the project and how are they supportive? (A21,22; B8,9; C,14,15)

This question was asked to find out whether the community is working together to build the project.

Thirty-four participants and all of those not participating in the project mentioned that the community is very supportive of the project. The people buy the products produced at the vegetable garden.

Only three of those participating in the project stated that the community does not support the project. The reason given was that people from outside the study area are not satisfied, as they also want to work in the project. Especially the last section of this answer indicates the type of problems that can be encountered when projects of this nature, funded with tax payers' monies, are implemented in selected areas, while some other people do not have the same benefits.

In interviews, people not taking part in the project also indicated that they are happy about the project and that the women participating in the food security project get experience, which can and will be used in future. Some of the villagers wish that most of the non- participating women could have an interest in what is happening at the project, and that more activities can be implemented, because working using one's own hands is advantageous. These skills, say the spokespersons, will 'be in one's blood'. This is something that cannot be taken away from the owners of these skills, but will stay for life.

The villagers stated that families are no longer forced to go hunting and gathering but only do it when they wish to. They are happy that some children are given a chance to get education, not like before when they were forced to wake up early in the morning to milk cows and to go and look after them. The villagers are impressed that children now know the difference between formal schooling and circumcision school and that they are able to get formal schooling for the sake of their own future. Girls are no longer regarded as housewives only, but through the work of the women at the project, people are able to realize that girls are often the ones handling the futures of families and that they might be the key to future success in the villages.

In interviews, people not taking part in the food security project stated that they are happy that their community has changed and it is progressing like other villages. They mentioned that they can now survive compared to the previous years, as they now have a market close to them and they have access to health services regularly and they do not have to pay for transport or walk for long distances to get such services.

In interviews, men mentioned that through the help of the officials from the Department of Health and Welfare, their wives now implement family planning; they do not just have children that they cannot afford, but they look at the future before taking any step to have children. The men even

stated that young girls are no longer plagued by teenage pregnancies as the girls too are given advice about contraception. They mentioned the fact that children are taken for check-ups regularly, as there is a health office nearby. They stated that the infant mortality rate is lower and that they no longer experience as many deaths of older children and adults as before (this statement cannot be proven but it is an indication of a positive perception).

In interviews, women who are not participating in the food security project stated that they too find the project helpful. They mentioned that they also survive through the help of the food security project in their area because they can buy vegetables at low cost. The women who are not in the food security project mentioned the fact that they too are able to get health information or can consult with the project, which does not waste their time as taking long trips for consultations would. They also indicated that they can save money, because they are able to walk to the consultation rooms, rather than taking a taxi or a bus, which runs irregularly and rarely in any case.

**3.10.8 What was the situation before the introduction of the project?
(Has the situation improved?) (A18,25,26,36;B10,28; C18,19)**

The purpose of this area of questioning was to determine improvements

brought about by the project, that is, the difference between the previous situation (before the project) and the present situation. The question probes whether the project is important to the people and whether they feel they can rely on it.

All the respondents who are participating in the project mentioned that they did not have access to low cost fresh vegetables before the project started.

The respondents indicated that the project has brought some improvements to their lives. It has brought food to them: since the introduction of the project they are able to buy vegetables at low cost. The children can now go to school, as their mothers participating in the project can afford to pay fees from the money they get from the project. Children (whose mothers participate in the project) who are under the age of five receive early education because the project has a crèche, unlike before when they just stayed at home. The project has also brought a clinic to address health issues, which was not the case before the project started. The project is a great relief, as the respondents stated that they do now rely on the project and that the situation they are in at present is better, compared to that before the project was introduced.

In interviews, the officials from the provincial Department of Health and Welfare also indicated that the situation in the food security project itself

has improved since its inception (A18,25,26,36), the reason being that women now know what to do, that is, they do the horticulture without being fully supervised in all the actions. Women now know how to plant and tend the vegetables, they know the planning processes and how to look after the vegetables, so it is easy for them to grow vegetables. They get more and better products than before, because they know what they are doing and no longer waste time as they were forced to do before when they had to wait for officials to help them (Mothapo 1998: Pers.com.).

In interviews, participants not taking part in the food security project also indicated that the present situation in Bochum regarding the ability of the families of the women participating in the project to feed themselves is better than in previous years. The respondents in the food security project stated that the families of the people who do not participate in the project but who also depend on the project seem to be in better health. The respondents claimed that the life of the community has improved since the implementation of the food security project.

The spokespersons in the food security project indicated that the programme develops and supports formerly unemployed women and their children in partnership with all stakeholders. Educational and employment opportunities have been facilitated for women and their children under the age of five in order to allow them to break the poverty cycle. The project

has empowered the disadvantaged by building capacity that addresses the people's own needs.

In interviews spokespersons also indicated that they must feel and believe that it is their own efforts that drive the development process. The women in the project manage their own human, financial and material resources. The respondents mentioned that external support from the officials of the Department of Agriculture, the Department of Health and Welfare and the community help them when they cannot manage for themselves.

3.10.9 What did participants do before the introduction of the project? (A2; B19; C11,12,13)

This question was asked to find out whether people participating in the project were happy in their previous work and whether the project is important to them.

Twenty-six of the people participating in the project mentioned that before the project they had just stayed at home. Eleven indicated that they had not been happy working for local farmers, as they were over-worked and not paid enough. Since the introduction of the project, they buy vegetables at low cost and even get money for working on the project. The respondents stated that their lives have really improved and that their standard of living

is better.

Even the people who are not taking part in the project mentioned that their lives have improved and some of them said that their situation could be better if they too could be given a chance to participate in the project, to learn skills and get money for their families. The women not taking part in the project also wanted to be trained on how to keep a garden, and to acquire skills and knowledge of the gardening process.

3.10.10 How many people did the project have when it started and how many are in the project at present and why? (A7, 8; B11, 12, 13, 14)

This area of questioning checked whether the number of people participating in the project has increased or decreased and to get the reasons why the number has increased or decreased.

According to the officials, the project started with 120 participants, in other words, twenty women from each of the six villages. Most of the participants themselves were not certain of the initial number of participants. All the respondents indicated that there were more than a hundred women involved when the project started, but that there were less than 70 at the time when the research was done. According to the officials,

the number had decreased to 67. The reason for the reduction in the number of participants was that most of those taking part in the project initially thought they were going to earn more money than they do, or even get free vegetables without control. Some of the women who had participated in the project had died, while others had married and moved to other villages.

The respondents stated that the women who are still participating in the project are the ones who want to be healthy and have better lives. Those that are participating mentioned that they were looking for a place where they can make a better living and now that they have got the food security project where they can get fresh vegetables, they do not want to lose the opportunity.

As indicated above, the officials from the Department of Health and Welfare stated that the number of women participating in the project is now 67. In interviews, spokespersons indicated that this number has been stable since late 1997. The officials from the Department of Health and Welfare stated that the figure had fluctuated between 100 and 70 in 1997, but now it seems to be stable (Mothapo 1998: Pers.com.). The women who are now participating in the project seem to be more enthusiastic, according to the officials. The number is expected to grow as soon as the officials from the Department of Health and Welfare and the participating women of the food

security project introduce more programmes – as the project is meant to be a multi-purpose project (Mothapo 1998: Pers.com.).

3.10.11 What activities are involved and are participants satisfied?

(A12, 13,14; B15, 16; C19, 20)

The question was asked to find out about the activities involved in the food security project and to determine whether the people participating are happy about the activities.

All the respondents who are participants in the project were impressed with the project and said that the activities are excellent. The activities are maintaining the vegetable garden (where they get fresh vegetables), using the crèche (children's daycare), the clinic (health services) and operating a small market to sell their products from the project. They are satisfied with the activities.

In interviews spokespersons from the Department of Health and Welfare also indicated that they had decided on a bread-making and a sewing project as programmes they can add to the food security project. The women approve of the bakery idea. They believe it will be successful, as people will be buying bread daily, including the families of the women participating in the project. SASKO runs a private bread manufacturing

company in Pietersburg and is also willing to help the participants of the food security project to acquire the skills needed to bake bread (Manamela 1998: Pers.com.).

The sewing programme seems like a good suggestion, as the people in the study area are very far away from town and they will benefit from having access to the clothes sewn in the project. The clothes made in the project might be a little bit cheaper and people in the village and the surrounding areas will not be paying a lot for transport as they are near the project and can walk to the project.

The officials indicated that, so far, the project is making good progress (Manamela 1998: Pers.com.). The women who are responsible for the project's finances and the officials from the Department of Health and Welfare said that the project had generated R12 714.85 in 1998. However, the officials from the Department of Agriculture argue that the amount generated by the food security project is low compared with the number of women who are participating in the project (Phoshoko 1998: Pers.com.). For this reason, the officials are thinking of adding more income-generating activities.

In interviews the officials from the Department of Health and Welfare also made the point that the educational training opportunities for women in

Bochum had increased, as they can provide for the basic needs of their families and of the community. They even stated that the resources provided (training, equipment and material) enabled otherwise unemployed women to enhance their overall functioning (Mothapo 1998: Pers.com.).

The women taking part in the food security project indicated that the only non-agricultural programme in the food security project at present is a daycare centre that was introduced early in 1997, as the women participating in the project have young children and cannot work and produce good products with children on their backs. As was stated in Section 3.4.2, the day-care centre is housed in one of the containers that the project got from SASKO (Manamela 1998: Pers.com.).

3.10.12 Are the people who are involved in the project trained?

(A15,16; B17)

The question about training was asked to find out whether the women participating in the project are trained, that is, given agricultural skills in planting crops, the use of fertilizers and the irrigation system. The question was also asked to find out who had trained them.

The respondents taking part in the garden indicated that they were trained but that they did not think they had had enough training, because the

officials from the Department of Agriculture who had come to show them how to prepare seeds and plough did not come frequently. The people from the Department of Agriculture come only once in a season. Those participating were first shown how to prepare the land, then the seed planting process, irrigation, harvesting and lastly marketing. Those taking part in the garden were given advice by the officials from the Department of Agriculture on how to spray (to avoid plant diseases) and water the vegetables and when to irrigate the plants.

The answer above indicates that extension of agriculture in the Northern Province is not what it should be. According to people taking part in the food security project, this was mainly due to the lack of funding from the government (Agricultural Department) for officials to do their work in the Northern Province. Lack of funding has serious consequences for the continuation of government-funded projects in the Northern Province.

In interviews the spokespersons from the provincial Department of Agriculture indicated that they are also giving women more knowledge on how to plant and produce good products. It is now easier because the women already know about vegetables and their diseases, so that the officials no longer need a long time to explain things (Phoshoko 1998: Pers.com.).

The women are impressed by the skills they got from the officials from the Department of Agriculture and they can now work on their own and even for their community in general. Through the help of the officials and women's work, the participants think that the community's life is better than before the project started.

In interviews spokespersons from the food security project argue that, as they now have knowledge and skills, they are experiencing problems with the vegetable garden because the land for the project is not big enough to sustain the families of all the women participating in the project and the surrounding villages. In response, the provincial Department of Health and Welfare stated that it is seriously looking at diversifying or adding more activities to the food security project (Mothapo 1998: Pers.com.). According to officials of the Department of Agriculture, an alternative is to extend the field or garden itself. However, they doubt that the available water will be sufficient. The water issue was raised by the Department of Agriculture's engineers (Phoshoko 1998: Pers.com.).

In interviews spokespersons from the Department of Health and Welfare also mentioned that human development is an integral part of the process. The women and children must be involved in strengthening their self-esteem and also in obtaining and internalizing knowledge and information through life skills programmes initiated and developed by themselves. The

spokespersons have established an enabling environment that promotes empowerment and capacity and even ensures self-reliance and social well-being.

3.10.13 Will the project be sustainable? (A23, 24; B18, 29; C9, 10)

Eighteen of the respondents who participate in the project mentioned that they did not want to see the project coming to an end. In their own view, the project will survive as its survival depends on them. If it 'dies', they stated that they will be faced with poverty; they will go back to poverty like that before the establishment of the project. Four respondents participating in the project stated that the project would end because they did not get enough money from the Department of Health and Welfare. These answers imply that development benefits those that want to help themselves.

Many of the women who do not participate in the project would like to see the project surviving so that they too could get an opportunity to participate. The respondents also stated that the people working in the project could even work for themselves. Eight women not taking part in the project stated that they would like to work in the project so that they can acquire skills for the future. Respondents not taking part in the project wish to see the food security project going on as they too depend on it. They buy products at low cost and are able to sell the products that they have bought

to get their own money.

In interviews, spokespersons from the Department of Agriculture and those from the Department of Health and Welfare also indicated that the food security project is thriving and yielding very good results (products). The reasons why the food security project is working so well is that the women participating in the project have been trained periodically by the professionals from the Department of Agriculture and the women were willing to learn and work together with the officials. The training of the participants instilled a lot of confidence in the women participating in the project; hence the officials stated that they see the quality of the crops improving (Phoshoko 1998: Pers.com.).

In interviews officials and women participating in the food security project also indicated that the produce is on the market and that the demand for the produce locally is very high. The spokespersons even stated that there are very few occasions where they think of selling outside the Bochum area.

The officials from the Department of Health and Welfare also indicated that they had proposed a day's workshop to discuss embarking on the future plans with the people participating in the project. They stated that the prime objective would be to make the project more economically viable and self-sustaining (Mothapo 1998: Pers.com.).

The women in the food security project believed that the project must be an integrated and sustainable programme and that it must also be a people-driven process. Co-ordination and co-operation with all community structures must ensure that the project addresses the needs of the community and limits duplication of services. The spokespersons also mentioned that the process must be transparent in order for it to be a learning experience for the whole community.

If all these aspects remain positive, the project has a good probability of being sustainable.

3.10.14 Who is benefiting from the project and how do they benefit?

(A32, 33; B20, 21, 22, 23; C16)

The question was asked to find out whether the community at large is benefiting and how it benefits.

Thirty of the respondents participating in the project stated that the community at large is benefiting from the vegetable garden, because the people buy products at low cost for their homes and even sell the bought products to neighbouring villages to get their own money. However, seven participants stated that those benefiting from the project are the participants

only.

All the respondents said that the participants' families depend on the vegetable garden. The family members support the participants in that they encourage them to keep on with the work as it helps avoid kwashiorkor and other diseases. Three of the respondents suggested that only the participants benefit from the project, because they get money from the Department of Health and Welfare, their children are safe at the crèche and get medical services.

In interviews respondents participating in the food security project also stated that they are currently happy about the food security project. They now own the project because they too can decide on what to plant and when to plant, as they have the knowledge and ideas. They are not taught each and every thing as they were before the project started. The respondents are only given some advice and they are happy that the training they got from the officials of the Department of Agriculture was good and that they had been willing to learn. That is the reason why they can now stand on their own.



3.10.15 How much do the women get and what do they use the money for? (A27, 28, 29; B24, 25)

This question was asked to determine the income of the women participating in the project and whether the money can provide for their families.

All respondents participating in the project indicated that they get R180,00 per month from the Department of Health and Welfare. They also indicated that they will receive this money as long as the project can sustain itself. There is no one who earns more than others; even the group leader gets the same amount. The money the respondents get from the project is mostly used for paying school fees, buying groceries (maize meal, vegetables, cooking oil, bath and washing soap, candles and paraffin).

However, it remains an open question whether the project will be able to sustain itself after the first three years have passed and government funding is not made available any more.

In interviews spokespersons indicated that with the money they get from the project, they are able to pay school fees for their children, to buy food and meet some of the basic needs of their families. The spokespersons stated that they get fresh vegetables at a lower cost and they like that

because vegetables are good for their health. They even indicated that, through the project, they now know what is good for their health and that of family members, as they are visited by the nurses from the Department of Health and Welfare from Bochum and Pietersburg. The respondents are given advice on their health, how to look after themselves and their families.

In interviews, in terms of the expenditure patterns of the project, the officials and participants said that people taking part in the project are doing very well, as money was spent on allowances for the women participating in the project, diesel for the pump engine and on seedlings. After each and every quarter, the people submit a report on the funds and the statements and books are taken to an auditor who examines the financial records (Mothapo 1998: Pers.com.), as was also indicated as a project criterion (see Section 1.4.1).

3.10.16 Problems encountered in the project and how these problems are solved (A30, 31; B26, 27)

Four respondents participating in the project claimed that they do not have problems within the project and even among themselves, as everything seems to be running very well. Thirty-three respondents indicated, however, that they do encounter problems, that is, women disagreeing and

not being co-operative. The problems are solved by gathering, sitting together and discussing the issues. The problems are, however, primarily of a personal nature, as no respondent indicated that they had problems with officials.

In interviews the people taking part in the food security project also indicated that officials from both the departments (Agriculture and Health and Welfare) and the women participating in the project work together because both groups know the problems encountered and the progress made. They meet and discuss whatever does not make them feel happy or satisfied. The officials from the provincial Department of Health and Welfare, with the help of the participants and the villagers, have chosen a new management committee, consisting of project participants and members of the local community who know the needs of the community regarding the project (Manamela 1998: Pers.com.).

3.10.17 What is the family's staple food and are they satisfied with it?

If not, what else would they prefer? (B33, 34, 35, 35.1, 35.2, 35.3, 35.4)

This question was asked to find out what the staple food of the people is and whether it is nutritious or not.

All the respondents mentioned that their families eat maize meal each and every day, some twice a day and some thrice a day and therefore porridge is referred to as their staple food.

The respondents mentioned that some of the families are satisfied with the food they get, while some families are not satisfied, as they want more. The respondents stated that children are happy to eat vegetables, as they are healthy and no longer eat maize meal only.

3.10.18: How much money do respondents roughly use and are they happy with the amount and the food they buy? (B36, 37,38)

The question was asked to find out whether the money participants get covers their basic needs and whether they are happy with what they buy.

Eight respondents mentioned that they need more money than they get from the project. Twenty-nine are happy with the amount of food they buy, because before the introduction of the project they had nothing (that is, they had no money and could not buy vegetables at low cost). The respondents stated that they are satisfied because the money covers important daily basic needs.

It is clear that the project does make a difference in terms of living

standards for participants. In that sense the project is a large benefit to them and their families.

In interviews women taking part in the food security project also indicated that, even if they cannot afford all the things they would like, they are currently moving up in life because they now have things that they never thought could belong to them, like healthy food. They mentioned that people from other villages are even looking at them now as human beings and as women, which is why their number at the project is declining, because some have got married.

3.10.19 What are monthly household requirements? (B31, 32)

The question was asked to find out whether the respondents regard the vegetables acquired from the project as part of their monthly requirements. The respondents stated that their monthly requirements include buying maize-meal, vegetables, other groceries, such as washing and bath soap, candles, paraffin, cooking oil and sugar.

The respondents stated that the money they get from the project does not cover all their monthly requirements, but that it did make a large contribution.

3.10.20 What problems do participants experience when buying food and how do they solve these problems? (B39, 40)

The participants responded that when buying food they encountered some problems. They have money shortages and they are forced to open accounts at local shops to solve the problem, so that they can buy what they most need for the month. The money they get does not accommodate all their needs, and opening these accounts does not necessarily solve their problems, although it limits the problems temporarily.

The fact that the women have access to cash through their monthly payments has created a situation whereby they can get credit from local store keepers. As store keepers know that the women have an income, they are also more prepared to give credit. This, however, creates a situation where some women working on the project build up large debts at different stores and, while they might benefit from the project, they actually find themselves in other difficulties when they fail to pay all their accounts.

3.11 SUMMARY AND CONCLUSION

The Babina-Chuene Women's Multi-purpose Project at the Vergelegen village in the Bochum district is designed to assist rural women in alleviating poverty and **malnutrition** as well as diseases caused by

malnutrition found in the study areas. It empowers women to enhance their skills and economic productivity.

Women were chosen to be empowered because they are central to family life and are often those members of society that suffer most and are the poorest. Women are the ones who bear the responsibility for the family's needs. Many women are heads of families; and most such families are poor because there is no source of income, as employment opportunities are not available, except far away, in distant towns.

Through the project, women are involved in decision-making. Children are also a focus in the project in terms of childhood development.

The Department of Health and Welfare funded the food security project at the Vergelegen village from 1997 to 2000. There were also donations from SASKO (three containers) and TRANSNET (materials). The Department of Agriculture trains women on the processes of planting and harvesting and empowers the people to supervise the project to ensure that quality is attained, although at pronounced irregular intervals.

The Provincial Department of Welfare visits and monitors the food security project twice a month, ensuring that the project is on target, meets the requirements and that the criteria of the programme are met properly. The

officials from the Department of Health and Welfare work directly with women participating in the project.

Women participating in the Babina-Chuene Women's Multi-purpose Project do horticultural work. The project is a vegetable garden, which was introduced in 1996 and implemented in 1997, as was also indicated by the officials from the Department of Health and Welfare.

The planning process of the project involved the local people, *dintona* and the officials, but the women (that is the people who are participating) in the project were not involved in the planning or selection stages. The criteria used for selection were that the women should be single with children under the age of five, poor and not working.

The spokespersons indicated that with the help of the project, their lives had improved, as their children no longer suffer from diseases related to malnutrition and their families have access to low cost vegetables.

In terms of support from the community, most (34) of the respondents stated that the community as a whole gives them support, by encouraging them, while only three stated that they do not receive support at all. The officials indicated that they give support (encourage and give help when needed) to women so that they can feel at home when they are at the

project and not like strangers.

Most (26) of the respondents to Questionnaire B (those who participate in the food security project) stated that, before the implementation of the project, they were doing nothing, while eleven mentioned that they were working for local farmers. All respondents indicated that the project keeps them busy and gives them a living. At the project, the respondents indicated that they plant vegetables and maintain the vegetable garden. The respondents are given training on how to prepare the land, on seed planting processes, on irrigation and on harvesting.

The Babina-Chuene Women's Multi-purpose Project was funded for three years, from August 1997 to July 2000. When the funding process ends, the project should be able to sustain itself. If it does not sustain itself, it means it will 'die'. The women participating in the food security project received a monthly income of R180. If the project is not sustained, they will not be getting money any longer.

Participants of the food security project do not see any real problems with the project, other than personal squabbles and complaints that R180 per month is not enough remuneration. It would seem that the participants are satisfied with their involvement in the project.

When people are no longer hungry or living in poverty, they can fight diseases and; people become more secure, which leads to self-determination: a healthy person has freedom of thought and conscience (CSIR 1994:11).

Achieving food security for households and individuals is largely about helping people to establish secure and sustainable development. That is why the food security project in the study area has been implemented to help the villagers to get fresh vegetables and give single women with children under the age of five job opportunities and skills. Helping people to manage food stocks means helping them to develop livelihood strategies, making them less vulnerable to shocks and natural disasters.

Achieving food security in the Babina-Chuene Women's Multi-purpose Project is a big step towards food sufficiency from the vegetable garden for the families of people who are in need of food. For the women taking part in the food security project, it means that their families and the families of people from neighbouring villages who are in need of food, such as fresh and healthy vegetables, can obtain that resource.

Against the background of the findings set out above, the strengths and weaknesses of the project are evaluated in Chapter Four.

CHAPTER 4

SUMMARY AND CONCLUSION

In this study, the problem of food insecurity among rural women was examined. The study focused on the food security project known as the Babina-Chuene Women's Multi-purpose Project, running in Vergelegen village in Bochum in the Northern Province. The discussion of the food security project used information from a literature study and data from personal interviews and questionnaires.

The purpose of the study is to analyse the food insecurity issue in Bochum and the present and the future of the project on the basis of the conceptual framework described in Chapter 1, against the background of the Bochum situation as described in Chapter 2. Chapter 3 summarises the findings and evaluates them against the criteria set out for successful projects in Chapter 1.

4.1 SUMMARY

As was explained in Chapter 1, food security is a function of production, availability, accessibility and utilisation at household level. In the rural households studied, women are the main producers of food, while men are

absent or do not help much in food production. The food security project is mainly geared to increasing agricultural production, giving food to a large section of the inhabitants of the six (6) participating villages. The project also helps with marketing food, reducing a lack of food and initiating income generation projects, with the focus on families headed by single women with children under five.

The concept of food insecurity is related to issues such as poverty, hunger, vulnerability and malnutrition. Food security does not necessarily refer to food self-sufficiency, because a country could be self-sufficient in food production whilst the majority of citizens are food insecure. Harvest failure due to bad weather can force subsistence farmers to cut their food consumption. The problem of food insecurity does not necessary result from an inadequate food supply, but from a lack of purchasing power on the part of nations and of households.

Low productivity in agriculture and high seasonal and year-to-year variability in food supplies are a principal cause of food insecurity and undernutrition, which are often the results of unreliable rainfall and insufficient water for crop and livestock production.

To break the vicious cycle of poverty and food insecurity in the study area, agricultural productivity must increase (that is, food consumption must be

absent or do not help much in food production. The food security project is mainly geared to increasing agricultural production, giving food to a large section of the inhabitants of the six (6) participating villages. The project also helps with marketing food, reducing a lack of food and initiating income generation projects, with the focus on families headed by single women with children under five.

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To break the vicious cycle of poverty and food insecurity in the study area, agricultural productivity must increase (that is, food consumption must be



protected and increased by generating more income and employment, and by strengthening the food security safety net). People should have self-determination, self-reliance, political freedom and security, participation in decision-making and a sense of purpose in life and work.

It is not enough to concentrate on increasing food supply or to respond to crises with food-related interventions. Instead, there should be more vegetable growing in the area itself. Food security means permanent access to food of sufficient quality for an active and a healthy life.

In order to achieve food security, women's involvement in food programmes must be promoted and women must be promoted in the marketing world, as they are the ones mostly involved in marketing programmes. Local food processing in the rural areas can also be of great importance to the people in Bochum and elsewhere and may help them achieve food security. Improved productivity should increase food production and lead to increased income, particularly among the poor. Higher incomes will have to come primarily from increased productivity and improved profitability in the agricultural/horticultural and other activities of multi-purpose projects (for example, bread-making).

To reduce food insecurity, agricultural markets need to be strengthened. Investments in agricultural research, the promotion of health and family

planning programmes and women's participation in nutrition programmes are needed. Health and nutritional checks are needed for mothers and children under five.

Solutions to food problems require fundamental structural changes, but changes will not occur overnight. The undernourished would most probably be able to take care of their needs if they were given access to the market through appropriate price and income transfer programmes. They will have to rely on more direct help, including such basic assistance as free personal health care and meals, in order to relieve the permanent suffering to which they are otherwise doomed. These aspects are part of the Bochum project.

Food security is linked to created assets (for example, a mobile clinic, vegetable garden); these include improved access to health services and sanitation (water). The criterion of improved access to health services is met by the Bochum project, as the people have a mobile clinic which provides them with health service, every two weeks, and the vegetable garden provides nutritious food.

4.2 EVALUATING THE STUDY

The Babina-Chuene Women's Multi-purpose Project was evaluated by looking at its successes and its failures in reaching its objectives as set out in Section 1.5.2 and 3.3.

4.2.1 Achievements

A project is a one-time job, rather than a repetition whereby a project team is built over time. The food security project was designed as a one-time job with regard to the garden itself, and was funded from August 1997 to July 2000.

It was indicated in Section 1.4.2 that, before a project is implemented, there must be a plan. If there is no plan, then control of the project is impossible. In this case, there was a plan. The project plan for the Babina-Chuene Women's Multi-purpose Project was made by the officials from the Department of Health and Welfare. According to the criteria, the people who must execute a plan should be involved in its preparation; this is important, as, for development to be possible, people should come first, that is, they should be included in each and every step of the project. In this case, the women participating in the food security project were not involved in selecting the criteria, but the *dintona* of the six villages from

which participating women were to come, were involved in the planning.

Of course, the *dintona* do not plant these vegetables, but the women do.

During the planning process of the food security project, a feasibility analysis and appraisals were done, as a result of which the project was implemented. The areas where the project should be managed were being identified and the planting of vegetables is a success, so much so that more land for planting is now needed by the participants, as indicated in Section 3.10.

Control of a project should be thought of in terms of information rather than power, that is, work is controlled and not workers. The officials and the participants stated that jobs at the food security project are controlled and not people. The women have a schedule of what is to be done. Women taking part in the food security project are empowered by a responsibility chart to show who is responsible for various activities in the project. The women themselves are in charge of completing this chart. The Babina-Chuene Women's Multi-purpose Project is controlled by both the officials and the people taking part in the project.

It was also urged that an audit of the financial statements of a project should be conducted. With the Babina-Chuene Women's Multi-purpose

Project, the officials from the Department of Health and Welfare indicated that their statements are taken to the auditors every quarter.

Development is achieved by people working together (see Section 1.3). People from the six (6) villages in Bochum district are working together to try to fight food insecurity in their villages. The women participating in the food security project work together in a group and they get feedback about their produce from the villagers, who support them. The Department of Health and Welfare, together with the Department of Agriculture, gives support to women working in the garden.

If poverty could be reduced, then the people of the six (6) villages will no longer go hungry, as they stated, but they will be food secure. At present, the women have an opportunity to work and learn from the Vergelegen garden. The women participating in the food security project survive by planting vegetables and the women are equipped with skills so that they can be economically independent. Through selling those vegetables, they also get money.

Achieving food security might take a while longer, but a clear and positive step has been taken in this direction.

The women at the Babina-Chuene Women's Multi-purpose Project have been given access to water, as there is a pump at the project that caters for their vegetable garden. The water is also available to the women and their children, especially during the day when they are at the project. Households can, however, not use the water for home use purposes.

It was stated in Section 3.2 that, prior to 1994, children under the age of five in the study area were ill and that people in these areas lacked health education. The people were affected by many diseases, but with the help of the food security project, the children no longer go hungry as their mothers are working in the project and earn money, and they get healthy vegetables from the project. Lastly, the children are given health support by the officials from the Department of Health and Welfare. It does not mean that before or prior to 1994 there were no hospitals or clinics, but they were far from the people, as indicated in Section 2.1, and the people had no money for transport to go and get treatment from the hospitals. Now, the mobile clinic comes every fortnight.

The children at the food security project get assistance from the food security project. The health of children of women in the project has improved, as has their status (see Section 3.10.18). Children who are ready to go to school can go freely, with much less fear of lacking school-clothes or school-fees or that they will fall asleep in the classes due to hunger.

Education and training opportunities for women have increased to help them provide for the basic needs of their families. As the women are given training and education, that provides them with knowledge of how to deal with difficult situations in their families. Women are taught leadership skills, a woman has been selected to be a leader of the project. Women are motivated by the officials and the people from surrounding villages, and they realise that what they are doing is important for the villages as a whole.

The aim of the food security project was to alleviate poverty and food insecurity in the study area, as stated by the officials. Participants pointed out that they now eat healthy vegetables. The objectives of the Babina-Chuene Women's Multi-purpose project were clearly defined. The scope of the Babina-Chuene project was defined, for example, the planning procedures were followed and project activities were controlled.

Decisions with regard to aspects concerning the project were taken not only by the officials, but members of the project were also included, even though the broader community was excluded from the initial planning stage. Women are given authority. The project belongs to them; they should have the ability to run the project by themselves and they are responsible for the actions taken in the project.

4.2.2 Shortcomings

Although the project seems to have made quite a large difference in the lives of at least some people in the six (6) villages, there are a few shortcomings which have to be pointed out.

It is debatable whether the participation of 67 women on a project meant for 120 indicates a success in terms of people participation. The project only addresses the food security problem of a few people (families) in the Bochum district. At most, one can state that the project is a start in helping to achieve food security. But this cannot be done if the project remains a government project, driven by welfare needs and using welfare principles. Community ownership is then excluded.

The officials from the Department of Health and Welfare were the ones involved in the selection criteria for the people to participate in the food security project, as indicated in Section 3.2. Even though the *dintona* and their councillors were involved in the selection of the participants, after being given the criteria by the officials, not all the community members were given a chance to select people to participate in the food security project. Hence, the criterion of inclusion of the participants is not fully met in that, while the *dintona* were involved, the women themselves were not.

Some of the women who are participating in the project are there for money and not because they want to improve their health status. This was proven by those women who left the project, as was stated in Section 3.10, because the money they were getting was limited. Even those who are still with the project complained about the low remuneration and are not fully satisfied. The number of women participating in the food security project decreased because they did not get what they wanted or expected, as stated in Section 3.10. Firstly, they were not given access to free vegetables and, secondly, the remuneration was limited. If the number of women continues to decrease, then the project will die, as the produce will be less.

The fact that people get paid a monthly salary reduces the development potential of the project to a Welfare project and not a community development project. It is not certain whether the project will be sustainable when the initial three-year period has elapsed. Only time will tell. Resources for the project were not used effectively, because the officials and the participants took a long time to implement some of the activities, for example the bakery.

Welfare projects such as these are not sustainable, as the officials themselves stated that the funding for the project will come to an end, (see Section 3.10). If it falls flat, the people's hopes will be gone and the people

are going to suffer, as they will lose the income they now have. Community developers should not make any promises that are not true or create high expectations that will not be met.

4.3 RECOMMENDATIONS

The officials from the provincial Department of Health and Welfare indicated that they are thinking of introducing other functions into the Babina-Chuene Women's Multi-purpose Project, for example, a bakery. However, they are really procrastinating. Neither the officials nor the people have as yet implemented these additional services. The officials stated that the income generated from the vegetable garden is not enough, so they should try to work faster to implement other aspects of the project.

Regarding the money generated by the food security project, it was stated by the officials that the project did not generate enough compared to the number of women participating in the project. As was indicated in Section 3.4.1, the food security project was to be funded for three years only and the year 2000 was the last year, so the project may not have enough money to implement the other services proposed.

When one looks at the selection criteria used in the food security project, the women who are taking part in the food security project were not

involved in their selection on the choice of criteria. It could be difficult to involve the villagers, but it is really important for them to be included in some way. Where the *dintona* are involved, if the *dintona* call up their people, then all the people can be involved in the selection process. For future projects, this is important.

A project leader should be a well-trained person (see Section 1.4.1), but the leader in the food security project is not trained. In future, when a leader is chosen, the people involved should try to find someone who is trained or, if no one has training in the group, the people (officials from the different departments concerned) should assist such a person to receive the necessary training.

The idea of concentrating on selected children under the age of five is a good one, but the community should also look at other children who are under the age of five whose mothers are not taking part in the project. This implies that all children who are under the age of five should be taken into consideration.

The health of the people from Bochum is not stable, because the mobile clinic comes by only once every fortnight. If more than one mobile clinic can cater for the people, then one might talk of health improvement. The mobile clinic is important to the people from the study area. It would be

helpful if the Department of Health and Welfare could try to ensure that a permanent clinic is built in the area. The people from the project and the villagers stated that the mobile clinic is close to them and they can even walk to the mobile clinic, so it shows that the area may need more mobile clinics that can really help the people, or that the clinic needs to come more often.

Water supply is poor; the water pump installed in the study area is only for the project and is accessible only to people taking part in the food security project. If another pump and street taps could be installed, it could give the villagers the advantages of better water without wasting time on long walks to crowded water points or using possibly contaminated river water.

Most of the women taking part in the food security project do not have **education**. The most important thing that can be done by the officials from the departments concerned would be to try to introduce Adult Basic Education Training (ABET) to the people, as adults, including elderly people, also have a right to learn. ABET is adult education. Education is a life-long process which includes both children and adults. Education is limited among these people, especially among women, so it is important to involve them in education (Mcquoid-Mason, O'Brien & Greene 1991:14). Adult education should not involve just training women on how to read and write; it should be much more than just teaching literacy. Adult education

must serve the whole of South Africa; that is, the broader concept of adult education is to stress the importance of serving all in need of more knowledge, information and skills.

If the area of the land under cultivation in the project could be extended, there would be more land for planting. If another pump could be installed to satisfy the water needs of the produce it may really help. If the extension of the land means that more women are needed to work in the garden, there are women in the villages who also want to be involved in the garden. If more products are produced, then the women can go out of Bochum to other areas to sell the produce. The people participating could supply local boarding schools and hospitals, and outside markets. The people on the project could end up opening a big market for their villages.

Individuals outside the community, as indicated in Section 3.10, introduced the food security project. People from the outside (the Department of Health and Welfare) identified the project and not the individuals themselves, that is, the officials introduced the project acting as external community developers, which is problematic (Wassermann & Kriel 1997:18).

The departments concerned should establish contacts with the leaders of the community and thereafter all the members of the community, not only

selected ones. That is, the whole community should be fully informed about the work of the officials concerned in developing their community. The community as a whole needs to be empowered so that it will not be difficult to engage with a reasonable measure of success in the process of community development.

In terms of marketing, the people should be helped to set up marketing opportunities for themselves, as they do not have enough access to the marketing world at present. The people are poor and do not have an idea about marketing outside their own communities.

4.4 CONCLUDING REMARKS

Food security cannot be reached overnight. The primary result of malnutrition and insufficient food consumption is not a lack of supplies, but poverty resulting from inefficient supply. The solution for the rural poor is not only to add to the supply of food but also to raise the incomes of the poor so that they can buy the food that is available.

The aspect of alleviating poverty and improving the health and welfare of people in projects such as the project in Bochum, in the My-Darling district, is of the utmost importance. In order to improve human health and welfare, the people should come first in each and every decision to be taken

that includes them. If people in the communities concerned are involved, projects are more likely to correspond to people's felt needs.

As was stated in Section 1.3, development is more than simple change. It is change in some particular direction, involving social development, whereby the welfare of the whole community is taken into consideration. Physical development means developing the whole area (infrastructure), while political development helps the community understand the field of politics. The last aspect is economic development, which is aimed at agriculture, trade and industry. Development in the study area was aimed primarily at economic and social targets.

The officials from both the departments concerned should try to help people with development so that, at a certain stage, the people will be able to help themselves. In other words, people should be helped to help themselves. People's development choices and life chances should be put on the development agenda, while development should be focused on helping the poorest of the poor.

The community themselves should have their own objectives, be able to analyse their situation, identify their own needs and finally take actions to achieve their own objectives (Wassermann & Kriel 1997:46).

Increasing production and the productivity of the women who are involved in agricultural gardens may require improving their access to resources and information so that they can help themselves. Women must not be marginalised, but must be brought into the mainstream of economic and social life so that they can use their productive capacity fully and contribute more to the health and welfare of their families and the nation.

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ANNEXURE A

Questionnaire A

**RURAL WOMEN, FOOD INSECURITY AND SURVIVAL
STRATEGIES: THE FOOD SECURITY PROJECT IN BOCHUM
(NORTHERN PROVINCE)**

**Questionnaire: Sent to officials from the various departments
concerned**

1. What is the name of the project?

.....

2. What is it all about?

.....

.....

3. What led to the project?

.....

.....

4. When did it start?

.....

5. Who was involved in the planning process of the project?

.....

.....



6. Were there difficulties in terms of initiating the project?

.....
.....

7. How many members did the project have when it started?

.....
.....

8. How many members does the project have today and why?

.....
.....

9. Are the members single or married?

.....
.....

10. How old are the people participating in the project?

.....
.....

11. Why?

.....
.....

12. What type of activities are they doing?

.....
.....

13. Are the activities satisfying? Yes/No

.....



14. Why?

.....
.....

15. Are the people involved in the project trained?

.....
.....

16. What skills do they acquire?

.....
.....

17. What is the aim of the project?

.....
.....

18. What is the importance of the project?

.....
.....

19. How is the project administered?

.....
.....

20. Who funds the project?

.....
.....

21. Are the community members (including the *Kgosi*'s people) supportive of the project?

.....
.....

22. If yes, how?

.....
.....

23. Will the project end? Yes/No

.....
.....

24. Why?

.....
.....

25. What was the situation before the introduction of the project?

.....
.....

26. What is the impact of the project on the standard of living?

.....
.....

27. How much money do members get?

.....
.....



28. Are all the people who participate benefiting from the project or not?

.....
.....

29. Why?

.....
.....

30. What problems are you experiencing?

.....
.....

31. What do you suggest should be done to solve the problems?

.....
.....

32. Would you say the project is an important act (beneficial) in solving the problems or not? Yes/No

.....

33. Why?

.....
.....

34. Can you single out specific contributions made by the project?

.....
.....



35. Are there some negative effects regarding the project in terms of food security in the region?

.....
.....

36. How is the situation now, as compared to the situation before?

.....
.....

37. Considering the nature of the project, do you think it is likely to bring about solutions to food problems? Yes/No

.....

38. Why?

.....
.....

NB: Please be so kind as to write about the historical background of the participants. If you have a map (maps) of the areas included in the care group, I would be pleased to have it (them).



Questionnaire B

**RURAL WOMEN, FOOD INSECURITY AND SURVIVAL
STRATEGIES: THE FOOD SECURITY PROJECT IN BOCHUM
(NORTHERN PROVINCE)**

Questionnaire: Sent to women taking part in the food security project

Name:.....

Sex:

Age:

Marital Status:

Residential Area:

Highest Standard Passed:

1. Do you know about the Food Security Project?

.....
.....

2. What is it all about?

.....
.....

3. When did it start?

.....

4. Who was involved in the planning process of the project?

.....

.....

5. Who are the participants and why necessarily those participants? (Age)

.....

.....

6. What is the impact of the project on the standard of living?

.....

.....

7. Who funds the project?

.....

8. Are the community members (including the *Kgosi*'s people) supportive of the project?

.....

.....

9. If yes, how?

.....

.....

10. What was the situation before the introduction of the project?

.....

.....



11. How many people did the project have when it started?

.....
.....

12. How many people are in the project at present?

.....

13. Do you think the number of participants is increasing or decreasing?

.....
.....

14. Why?

.....
.....

15. What activities are being done?

.....
.....

16. Are the activities satisfying? Yes/No

.....
.....

17. Are the people involved in the project trained?

.....
.....

18. Will the project end and why?

.....

.....

.....

19. What were you doing before the introduction of the project?

.....

.....

20. Who benefits from the project?

.....

.....

21. How do they benefit?

.....

.....

22. Is there any member of your household, either yourself, or someone else not benefiting from the project?

.....

.....

23. How is he or she not benefiting?

.....

.....

24. How much do you get in terms of money?

.....

.....



25. What do you use the money for?

.....
.....

26. Do you encounter problems in the project? If yes, which ones and why?

.....
.....

27. What do you think are suggestions to solve the problems?

.....
.....

28. Can you single out the specific contributions the project makes?

.....
.....

29. What suggestions do you have which might help you and other members of your group make more use of the project?

.....
.....
.....
.....

30. Considering the nature of the project, do you think it is likely to bring about solutions to food problems and why do you say so?

.....
.....

31. How many people are there in your family?

.....

.....

32. What are the household's monthly requirements?

.....

.....

33. What is your family's staple food?

.....

.....

34. Are they satisfied with that?

.....

.....

35. What else do you think they prefer?

.....

.....

35.1 Which foodstuffs do you buy frequently?

.....

.....

35.2 Which ones are self-produced? (Specify)

.....

.....

35.3 Which ones are collected from the veldt?

.....

.....

35.4 Which ones do you get from the project? (Specify)

.....

.....

36. How much money do you roughly use to buy food?

.....

.....

37. Are you happy with the amount and the type of food you buy?

.....

.....

38. If not, what else do you want? (Specify)

.....

.....

39. What are the problems you experience in buying food for your family?

.....

.....

40. How can you solve the problems?

.....

.....



Questionnaire C

**RURAL WOMEN, FOOD INSECURITY AND SURVIVAL
 STRATEGIES: THE FOOD SECURITY PROJECT IN BOCHUM
 (NORTHERN PROVINCE)**

**Questionnaire: Sent to men and women not taking part in the food
 security project**

Name:

Sex:.....

Age:.....

Marital Status:

Residential Area:

Highest Standard Passed:

1. Do you know about the Food Security Project that runs in your area?

.....

2. Do you have an idea when the project started?

.....

3. Are you taking part in the project?

.....



4. Why are you not in this project?

.....

.....

5. Do you wish to take part in this project? Yes/No

.....

6. Why?

.....

.....

7. Do you think participants gain anything by being members of the project?

.....

8. If yes, explain.

.....

.....

9. Do you want to see the project succeed? Yes/No

.....

10. Why?

.....

.....

11. What are you doing to make a living?

.....

.....

12. Do you regret not taking part in this project?

.....

.....

13. If yes, why?

.....

.....

14. Does the whole community support the project?

.....

15. If yes, how?

.....

.....

16. Who benefits from the project?

.....

.....

17. Do you think the project is important?

.....

.....

18. Do you think the project will improve the standard of living of the village?

.....

.....



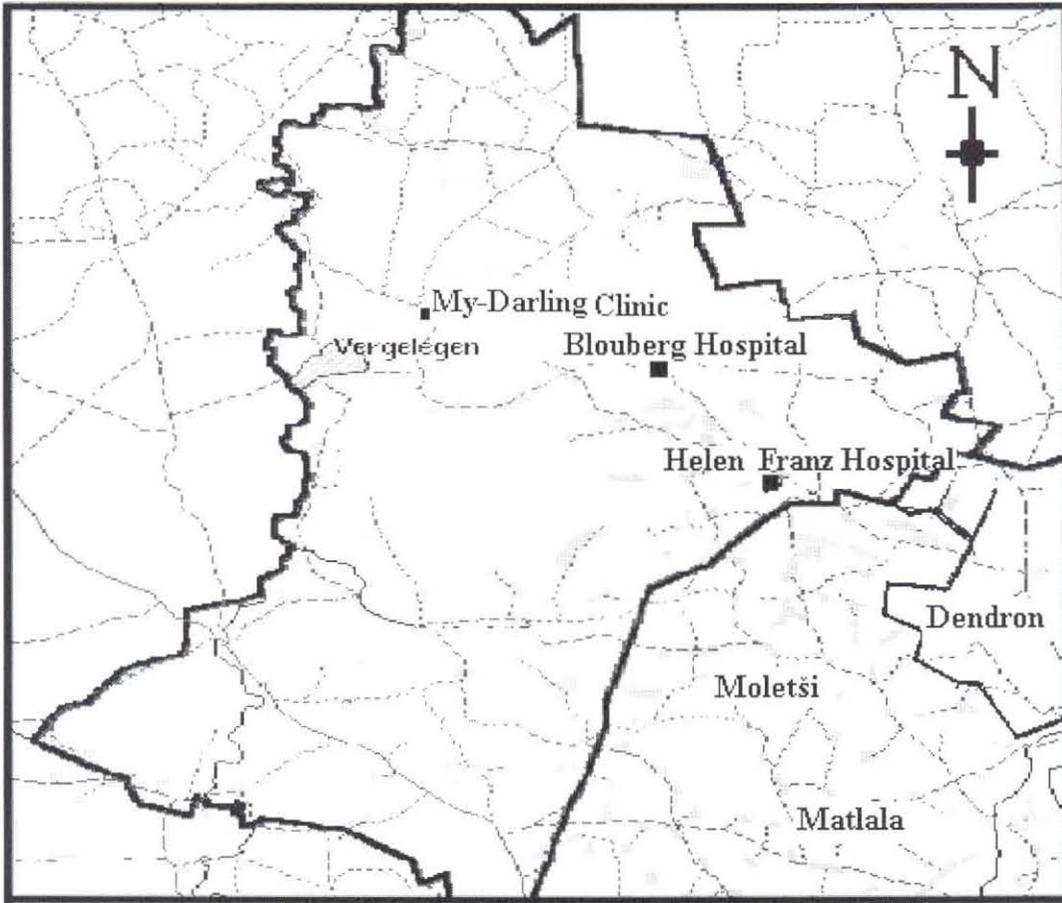
19. Do you find the project useful? Yes/No

.....
.....

20. How?

.....
.....

Map 3: Bochum Districts Hospitals in relation to Vergelegen



Map 4: The villages in the Bochum project



Map 5: Historical boundaries relevant to the Bagananwa

