

FOOD-ACCESSING STRATEGIES AND UTILISATION PATTERNS OF RURAL  
HOUSEHOLDS IN MAANHAAR WARD, MPUMALANGA

**FOOD-ACCESSING STRATEGIES AND UTILISATION PATTERNS OF RURAL  
HOUSEHOLDS IN MAANHAAR WARD, MPUMALANGA**

by

Mmantoa Sinky Kgaphola

January 2003

Supervisor: Prof. Edna van der Westhuizen

**FOOD-ACCESSING STRATEGIES AND UTILISATION PATTERNS OF RURAL  
HOUSEHOLDS IN MAANHAAR WARD, MPUMALANGA**

by

Mmantoa Sinky Kgaphola

Submitted in partial fulfilment of the requirements for the degree

Doctor of Philosophy

in the Faculty of Natural & Agricultural Sciences

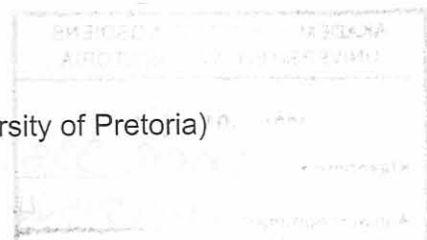
Department of Consumer Science

University of Pretoria

Pretoria

January 2003

Supervisor: Prof Elizabeth Boshoff (University of Pretoria)





## ACKNOWLEDGEMENTS

---

My sincerest gratitude and appreciation to the following individuals and organisations:-

- Professor Elizabeth Boshoff, the supervisor of this study, who in addition to being the source of knowledge, advice, support and encouragement throughout the project, also sacrificed her holidays and weekends to assist me in my work. It is also an honour to be her last doctoral student.
- Mpumalanga Department of Agriculture, Conservation and Environment (DACE), my employer for granting me the permission to study part time.
- DACE officials, Mr and Mrs Nhlane, the Agricultural and Home Economics Extension Officers for Maanhaar Ward for their contributions to the study and also for introducing me to relevant role players in the ward and accommodating me in their home during my field work. To Mr GO Xaba and Mr P Thabethe for helping with the translation from Swazi to English.
- Government officials from other Departments at district and operational level in the Eastvaal District for serving as key informants for this study.
- To the Mswati Service Centre and Maanhaar Ward Agricultural Development Committees (ADCs) for granting me permission to work with their development groups and also introducing me to the community.
- Special thanks to Witness Dube for serving as my research assistant and her support throughout my fieldwork.
- Professor Pieter de Kock for language editing.
- My parents, brothers and especially sister Nomsa for their continued love and support. Nomsa looked after Hope for the many weekends I had to do my "schoolwork".
- To my helper who loves my daughter like her own child and offered her weekends and holidays to look after her during my absence from home due to my studies.
- To my daughter, Hope, who supported me through her understanding throughout the study and also offered to help in any other way.
- Above all I thank God. All that I am and ever hope to be, I owe to Him.



Household food accessibility and utilisation are fundamental in the promotion of the Household Food Security Programme (HFSP). Mpumalanga Department of Agriculture, Conservation and Environment, particularly its Division – Agricultural Home Economics facilitates the implementation of the HFSP through food security and income generating projects. These initiatives by home economists as well as some by other role players, are currently undertaken on an ad hoc basis. A need for a theoretically grounded frame of reference to develop an approach for the implementation of the HFSP was identified.

The aim of the study is to describe the food-accessing strategies and utilisation patterns of rural households in order to develop an approach for the implementation of HFSP at grassroots level.

A family ecological frame of reference including the personal and managerial subsystems was used as the conceptual framework for the study conducted in Maanhaar Ward, Mpumalanga. Information on household food-accessing strategies and utilisation patterns as well as the environmental and endogenous factors impacting on food-accessing strategies and utilisation patterns was elicited using Participatory Rural Appraisal tools, focus-group and individual interviews. The data was interpreted according to the concepts in the frame of reference.

While purchasing of food and own production were identified as the major accessing strategies, no household depended solely on one food procurement method, but used these strategies as well as food gathering/hunting, borrowing and grants interdependently depending on the prevailing socioeconomic conditions. Household food utilisation included food processing and consumption patterns. Primary, secondary and tertiary food processing were described. Consumption patterns included the number and composition of meals and the household food inventory. The goals formulated, resources used, planning activities and implementation of the strategies and utilization patterns - as they are present in rural households in Maanhaar Ward - were identified and described.

Both environmental and endogenous factors played critical roles in the households' food-accessing strategies and utilisation patterns. The macroenvironmental factors impacting on food procurement and utilization originated in the natural/structured environments, the societal

subsystems namely the political, sociocultural, technological and economic subsystems. Factors from the physical and social microenvironments as well as endogenous factors impact on the food-accessing strategies and utilisation patterns. The endogenous factors were the household structure, human needs, resources, knowledge, beliefs, roles, social norms, attitudes and values.

Based on the results of this study a Household Food Security System Framework to serve as basis for conceptualizing, planning, implementing and evaluating HFSP at operational level was developed.

Considering the complex nature of household food security problems the Household Food Security System - due to its holistic perspective - can provide a frame of reference for addressing the different aspects of household food security in a holistic and integrated fashion.

The study will also contribute in the institutionalisation and operationalisation of the field of home economics and of the HFSP in the Department of Agriculture, Conservation and Environment in Mpumalanga in terms of providing a framework for implementation of HFSP by home economics extension officers at grassroots level.



Huishoudelike voedselverkryging en –gebruik is fundamenteel in die bevordering van die Huishoudelike Voedselsekureiteitsprogram (HVSP). Mpumalanga se Departement van Landbou, Bewaring en Omgewing, veral die Afdeling - Landbouhuishoudkunde fasiliteer die implementering van die HVSP deur voedsel- en inkomstegenereringsprogramme. Hierdie aktiwiteite, deur sowel die huishoudkundiges as ander rolspelers, word tans op 'n ad hoc basis onderneem. 'n Behoeftes aan 'n teoreties-gegronde raamwerk vir die ontwikkeling van 'n benadering tot die implementering van die HVSP is geïdentifiseer.

Die doel met hierdie studie is om die voedselverkrygingstrategieë en –verbruikspatrone van landelike huishoudings te beskryf sodat 'n benadering vir die implementering van die HVSP op voetsoolvlak ontwikkel kan word.

'n Gesinsekologiese raamwerk wat die persoonlike en bestuurssubsteme insluit, is as konseptuele raamwerk vir die studie, wat in Maanhaarwyk, Mpumalanga uitgevoer is, gebruik. Inligting omtrent voedselverkrygingstrategieë en –gebruiks-patrone sowel as oor die omgewing en endogene faktore wat die strategieë en gebruikspatrone beïnvloed, is versamel deur gebruik te maak van deelnemende navorsingstake, fokusgroep- en individuele onderhoude. Die data is ooreenkomstig die konsepte in die verwysingsraamwerk geïnterpreteer.

Die aankoop en produksie van voedsel is geïdentifiseer as die belangrikste voedselver- kryginstrategieë. Geen huishouding is van 'n enkele voedselver- krygingsmetode afhanklik nie, maar gebruik hierdie strategieë sowel as die versameling/jag van voedselbronne in die natuur, leen en voedselgeskenke interafhanklik, afhangende van die huishouding se heersende sosio- ekonomiese omstandighede. Voedselgebruikspatrone het voedselproses- sering en –verbruik- patrone ingesluit. Primêre, sekondêre en tersiêre voedselprosessering is beskryf. Voedselver- buikspatrone sluit die aantal en samestelling van maaltye en die huishoudelike voedselinventaris in. Die geformuleerde doelwitte, hulpmiddels gebruik, beplanningsaksies en die implementering van die strategieë en gebruikspatrone – soos dit in die landelike huishoudings in Maanhaarwyk gemanifesteer het – is geïdentifiseer en beskryf.

Beide omgewings- en endogene faktore speel 'n rol in die huishoudings se voedselverkrygingstrategieë en –gebruikspatrone. Die makro-omgewingsfaktore wat voedsel- verkryging en –gebruik beïnvloed spruit uit die natuurlik/gestruktureerde omgewings en uit die sosiale subsisteme naamlik die politiese, sosio-kulturele, tegnologiese en ekonomiese subsisteme. Faktore uit die fisiese en sosiale mikro-omgewings sowel as endogene faktore beïnvloed voedselverkryginstrategieë en-gebruikspatrone. Die endogene faktore was die struktuur van die gesin, menslike behoeftes, hulpmiddels, kennis, gelowe, rolle, sosiale norme, houdings en waardes.

Gebaseer op die resultate van hierdie studie is 'n Huishoudelike Voedselsekureiteits- sisteemraamwerk (HVSR) saamgestel wat as basis kan dien vir die konseptualisering, beplanning, implementering en evaluering van die HVSP op operasionale vlak.

Met inagneming van die aard van die huishoudelike voedselsekureiteitsprobleem, kan die HVSR – weens die holistiese perspektief daarvan – 'n raamwerk verskaf om die verskillende aspekte van huishoudelike voedselsekureiteit op 'n holistiese en geïntegreerde wyse te benader.

Die studie kan ook bydra tot die institutionalisering en operasionalisering van huishoudkunde en die HVSP in die Department Landbou, Bewaring en Omgewing in Mpumalanga in terme daarvan dat 'n raamwerk verskaf word vir die implementering van die HVSP deur huishoudkunde voorligtingsbeamptes op voetsoolvlak.



## ABLE OF CONTENTS

---

<b>ACKNOWLEDGEMENTS</b> .....	<b>i</b>
<b>ABSTRACT</b> .....	<b>ii</b>
<b>OPSOMMING</b> .....	<b>iv</b>
<b>LIST OF TABLES</b> .....	<b>xiii</b>
<b>LIST OF BOXES</b> .....	<b>xiv</b>
<b>LIST OF FIGURES</b> .....	<b>xix</b>
<b>LIST OF ABBREVIATIONS</b> .....	<b>xxiii</b>
<b>CHAPTER 1: PRESENTATION OF THE DISSERTATION AND STATEMENT OF THE PROBLEM</b> .....	<b>1</b>
STRUCTURE OF THE DISSERTATION .....	1
INTRODUCTION AND STATEMENT OF THE PROBLEM .....	2
AIM OF THE STUDY .....	4
The sub-objectives of the study related to food-accessing and utilisation patterns are: .....	4
REFERENCES .....	6
<b>CHAPTER 2: PROPOSAL FOR A CONCEPTUAL FRAME OF REFERENCE TO STUDY HOUSEHOLD'S FOOD-ACCESSING STRATEGIES AND UTILISATION PATTERNS</b> .....	<b>7</b>
ABSTRACT .....	7
OPSOMMING .....	7
KEYWORDS .....	8
INTRODUCTION .....	8
AIM OF THE ARTICLE .....	10



CHAPTER 2: *Continued*

FRAMEWORKS USED FOR FOOD-BEHAVIOUR RESEARCH .....	10
JUSTIFICATION OF THE PROPOSED FRAMEWORK FOR THE ANALYSIS OF FOOD-ACCESSING STRATEGIES AND UTILISATION PATTERNS.....	12
THE FAMILY-ECOLOGY THEORY .....	14
The environment .....	17
The household system .....	18
Personal subsystem .....	19
The managerial subsystem.....	21
CONCLUSION.....	23
REFERENCES .....	25

**CHAPTER 3: APPROACH USED FOR IDENTIFYING FOOD-ACCESSING STRATE-  
GIES AND UTILISATION PATTERNS IN MAANHAAR WARD, SOUTHERN HIGHVELD  
REGION, MPUMALANGA .....**

<b>ABSTRACT .....</b>	<b>28</b>
<b>OPSOMMING.....</b>	<b>28</b>
<b>KEYWORDS .....</b>	<b>29</b>
<b>INTRODUCTION.....</b>	<b>29</b>
<b>AIM OF THE ARTICLE.....</b>	<b>30</b>
<b>RESEARCH APPROACH.....</b>	<b>30</b>
<b>FRAME OF REFERENCE .....</b>	<b>30</b>
<b>THE RESEARCH PROCESS .....</b>	<b>31</b>
Considerations for gaining access to the community and creating rapport with the participants .....	32
Gaining access to the community .....	32
Creating rapport with the participants .....	34
Participants involved.....	36
Techniques used to elicit data .....	38
Collecting the information .....	43
Analysis of data .....	58
<b>TRUSTWORTHINESS CONSIDERATIONS.....</b>	<b>59</b>
Credibility .....	59
Dependability and conformability .....	60
<b>CONCLUSION.....</b>	<b>61</b>
<b>REFERENCES .....</b>	<b>62</b>

**CHAPTER 4: MACRO- AND MICROENVIRONMENTAL INFLUENCES ON FOOD  
PROCUREMENT AND UTILISATION BY RURAL HOUSEHOLDS IN SOUTH AFRICA:  
THE CASE OF MAANHAAR WARD, MPUMALANGA..... 64**

ABSTRACT ..... 64

OPSOMMING ..... 65

KEYWORDS ..... 65

INTRODUCTION ..... 66

AIM OF THE ARTICLE ..... 67

PROCEDURE ..... 67

    Participants involved..... 67

    Data collection..... 68

    Analysis of data ..... 69

    Time frame of the study ..... 70

    Interpretation and discussion of the findings ..... 70

MACROENVIRONMENT ..... 71

    The natural/structured environmental systems ..... 71

    The societal subsystems ..... 75

MICROENVIRONMENT ..... 101

    The physical microenvironment ..... 101

    The social microenvironment ..... 103

DISCUSSION AND IMPLICATIONS FOR THE HOUSEHOLD FOOD  
SECURITY EXTENSION PROGRAMME ..... 104

REFERENCES ..... 114

**CHAPTER 5: THE IMPACT OF ENDOGENOUS FACTORS ON FOOD PROCURE-  
MENT AND UTILISATION BY RURAL HOUSEHOLDS IN SOUTH AFRICA: THE  
CASE OF MAANHAAR WARD, MPUMALANGA..... 120**

ABSTRACT ..... 120

OPSOMMING ..... 121

KEYWORDS ..... 122

INTRODUCTION ..... 122

AIM OF ARTICLE ..... 126

PROCEDURE ..... 126

    Participants involved..... 126

    Data collection..... 128

    Analysis of data ..... 129

    Time frame of the study ..... 129

    Interpretation and discussion of the findings ..... 129

CHAPTER 5: *Continued*

THE PERSONAL SUBSYSTEM OF RURAL HOUSEHOLDS.....	130
Family structure.....	130
Needs.....	134
Cognitive capacities.....	137
Emotional capacities.....	141
Social capacities.....	145
Physical capacities.....	149
Values.....	151
DISCUSSION AND IMPLICATIONS FOR THE HOUSEHOLD FOOD SECURITY EXTENSION PROGRAMME.....	160
REFERENCES.....	168

**CHAPTER 6: FOOD-ACCESSING STRATEGIES OF RURAL HOUSEHOLDS IN**

<b>SOUTH AFRICA: THE CASE OF MAANHAAR WARD, MPUMALANGA.....</b>	<b>173</b>
ABSTRACT.....	173
OPSOMMING.....	174
KEYWORDS.....	175
INTRODUCTION.....	175
THE AIM OF THE ARTICLE.....	177
PROCEDURE.....	177
Participants involved.....	179
Data collection.....	179
Analysis of data.....	184
Time frame of the study.....	187
Interpretation and discussion of the findings.....	187
FOOD-ACCESSING STRATEGIES OF RURAL HOUSEHOLDS IN MAANHAAR WARD.....	187
HOUSEHOLD FOOD PRODUCTION IN THE CONTEXT OF MAANHAAR WARD.....	189
Food produced.....	190
Goals with household food production.....	190
Factors related to household food production.....	192
Resources used.....	194
Planning for food production.....	199
Implementing.....	203
Facilitating conditions.....	205
FOOD PURCHASING IN THE CONTEXT OF MAANHAAR WARD.....	203
Food purchased.....	205
Goals with household food purchasing.....	206

CHAPTER 6: *Continued*

Factors related to the purchasing of food.....	207	
Resources used .....	209	
Planning .....	211	
Implementation.....	213	
<b>FOOD GATHERING/HUNTING/FISHING IN THE CONTEXT OF MAANHAAR</b>		
<b>WARD .....</b>	<b>213</b>	
Food gathered, hunted and fished .....	214	
Goals with food gathering .....	214	
Factors related to food gathering/hunting/fishing .....	215	
Resources used .....	215	
Planning for food gathering.....	216	
Implementing.....	216	
<b>FOOD BORROWING AND GRANTS IN THE CONTEXT OF MAANHAAR WARD .....</b>		<b>216</b>
Food borrowing .....	216	
Food grants .....	217	
<b>DISCUSSION AND IMPLICATIONS FOR THE HOUSEHOLD FOOD</b>		
<b>SECURITY EXTENSION PROGRAMME .....</b>		<b>218</b>
Food-accessing strategies.....	220	
Foods accessed .....	223	
Resources used for accessing food.....	222	
Plans .....	224	
Implementation.....	227	
Factors influencing food-accessing strategies .....	228	
Implications for household food security extension programme.....	231	
<b>REFERENCES .....</b>	<b>234</b>	

**CHAPTER 7: FOOD-UTILISATION PATTERNS IN RURAL HOUSEHOLDS IN**

<b>SOUTH AFRICA: THE CASE OF MAANHAAR WARD .....</b>	<b>239</b>
ABSTRACT .....	239
OPSOMMING.....	240
KEYWORDS .....	241
INTRODUCTION.....	241
AIM OF THE ARTICLE.....	243
PROCEDURE .....	243
Participants involved.....	246

CHAPTER 7: *Continued*

Data collection.....	246
Analysis of data.....	247
Time frame of the study.....	248
Interpretation and discussion of the findings.....	248
<b>FOOD CONSUMPTION PATTERNS OF HOUSEHOLDS IN MAANHAAR WARD.....</b>	<b>248</b>
Foods used by households in Maanhaar Ward.....	252
Goals in relation to food consumption.....	253
Factors influencing the consumption of food.....	253
Meal planning.....	262
Implementation.....	263
<b>FOOD PROCESSING IN HOUSEHOLDS IN MAANHAAR WARD.....</b>	<b>265</b>
Primary food processing.....	265
Secondary food processing.....	266
Tertiary food processing.....	269
Goals formulated for food processing.....	272
Factors influencing food processing.....	273
Plans.....	276
<b>DISCUSSION AND IMPLICATIONS FOR THE HOUSEHOLD FOOD SECURITY EXTENSION PROGRAMME.....</b>	<b>277</b>
Resources used.....	280
Goals formulated for household food utilisation.....	281
Food-utilisation plans/patterns.....	282
Implementation.....	284
Factors influencing food-utilisation patterns.....	285
<b>REFERENCES.....</b>	<b>290</b>

**CHAPTER 8: PROPOSED MODEL FOR HOUSEHOLD FOOD SECURITY**

**PROGRAMME IMPLEMENTATION AT GRASSROOTS LEVEL: AN**

<b>ECOSYSTEMS APPROACH.....</b>	<b>294</b>
ABSTRACT.....	294
OPSOMMING.....	294
KEYWORDS.....	295
INTRODUCTION.....	295
AIM OF THE ARTICLE.....	298
THE HOUSEHOLD FOOD SECURITY PROGRAMME (HFSP) IN MPUMALANGA – THE STATUS QUO.....	298
DESCRIPTION OF THE HOUSEHOLD FOOD SECURITY SYSTEM FRAMEWORK...	302

CHAPTER 8: *Continued*

Core assumptions on which the household food security system framework is based .....	303
Environmental subsystems in the household food security system framework .....	306
The family system in the household food security system framework .....	310
The use of the household food security system framework (HFSSF) in the Household Food Security Programme (HFSP) .....	320
<b>PROPOSED MODEL FOR THE IMPLEMENTATION OF THE HOUSEHOLD FOOD SECURITY PROGRAMME IN MPUMALANGA .....</b>	<b>322</b>
Implications of the core assumptions of the household food security system framework (HFSSF) for the household food security programme (HFSP).....	322
Interdisciplinary participatory household food security system assessment and analysis .....	323
Inter-sectoral collaboration and integration at Service Centre level.....	327
Ward or Service Area programming for implementation of HFSP at grassroots level.....	332
Evaluation .....	338
<b>CONCLUSION.....</b>	<b>343</b>
<b>REFERENCES .....</b>	<b>345</b>
<b>CHAPTER 9: CONCLUSIONS AND RECOMMENDATIONS .....</b>	<b>352</b>
<b>INTRODUCTION.....</b>	<b>352</b>
<b>CONCLUSIONS .....</b>	<b>353</b>
<b>RECOMMENDATIONS .....</b>	<b>356</b>

# L

## IST OF TABLES

---

**TABLE 3.1:** EXPOSITION OF THE EXECUTION OF THE PRA TECHNIQUES BY THE DIFFERENT GROUPS INVOLVED ..... 41

**TABLE 6.1:** EXPOSITION OF THE EXECUTION OF THE PRA TECHNIQUES BY THE DIFFERENT GROUPS INVOLVED ..... 182

# L

## IST OF BOXES

---

<b>BOX 3.1:</b>	HISTORICAL PROFILE AND SOCIAL ORGANISATION .....	44
<b>BOX 3.2:</b>	FAMILY STRUCTURES, WEALTH RANKING DEVELOPED BY VUKANI AND VULINCONDVO WOMEN'S GROUPS AND WEALTH RANKING DEVELOPED BY THE WARD ADC .....	54
<b>BOX 3.3:</b>	EXAMPLES OF STATEMENTS FROM FOCUS GROUP INTERVIEWS.....	56
<b>BOX 3.4:</b>	EXAMPLES OF STATEMENTS FROM INDIVIDUAL INTERVIEWS...	57
<b>BOX 4.1:</b>	HISTORICAL PROFILE AND SOCIAL ORGANISATION .....	76
<b>BOX 4.2:</b>	NATURAL-STRUCTURED ENVIRONMENT DESCRIPTION: SUPPORTING STATEMENTS .....	77
<b>BOX 4.3:</b>	STRUCTURES, ORGANISATIONS, GROUPS IDENTIFIED .....	78
<b>BOX 4.4:</b>	INTEGRATED FOOD SECURITY STRATEGIC FRAMEWORK .....	81
<b>BOX 4.5:</b>	POLITICAL ENVIRONMENT DESCRIPTION, SOME OF THE PERCEPTIONS HELD ABOUT GOVERNMENTAL STRUCTURES ...	88
<b>BOX 4.6:</b>	EXAMPLES OF FOOD EATEN IN MAANHAAR WARD.....	95
<b>BOX 4.7:</b>	SOCIAL USE OF CATTLE AND GOATS.....	96



<b>BOX 4.8:</b>	SOME OF THE FOODS PRESCRIBED AND RESTRICTED FOR SPECIAL CIRCUMSTANCES (AGE, GENDER, KINSHIP, PHYSIOLOGICAL CONDITIONS AND SPECIAL OCCASIONS).....	97
<b>BOX 4.9:</b>	SOME OF THE BELIEFS LINKED TO FOOD PROCUREMENT.....	98
<b>BOX 4.10:</b>	SOCIAL ISSUES RELATING TO USE OF COMMUNAL RESOURCES AND SOCIAL PROBLEMS EXPERIENCED BY HOUSEHOLDS IN MAANHAAR WARD .....	102
<b>BOX 5.1:</b>	STRUCTURE OF SEVEN FAMILIES INTERVIEWED IN INDIVIDUAL INTERVIEWS .....	127
<b>BOX 5.2:</b>	FAMILY STRUCTURES, WEALTH RANKING, FOOD SECURITY AND CHARACTERISTICS OF TYPES OF FAMILIES.....	131
<b>BOX 5.3:</b>	HOUSEHOLD NEEDS AS EXPRESSED DURING THE INDIVIDUAL INTERVIEWS .....	135
<b>BOX 5.4:</b>	BELIEFS CONCERNING FOOD PRODUCTION AND FOOD UTILISATION .....	138
<b>BOX 5.5:</b>	INDIGENOUS FRUIT, LEAFY VEGETABLES, GAME, BIRDS AND INSECTS USED AS FOOD SOURCES .....	140
<b>BOX 5.6:</b>	EXAMPLES OF KNOWLEDGE USED IN THE PRODUCTION AND UTILISATION OF FOOD.....	142
<b>BOX 5.7:</b>	ATTITUDES REGARDING GOVERNMENT PROGRAMMES AND SERVICES THAT RELATE TO FOOD PROCUREMENT.....	144
<b>BOX 5.8:</b>	ATTITUDES HOUSEHOLDS HOLD ABOUT DIFFERENT FOOD PROCUREMENT METHODS.....	144
<b>BOX 5.9:</b>	SOME ATTITUDES REGARDING PLANNING.....	145

<b>BOX 5.10:</b>	SOME ATTITUDES RELATED TO FOOD UTILISATION.....	145
<b>BOX 5.11:</b>	SPECIFIC ACTIVITIES, PEOPLE AND RESOURCES INVOLVED IN CROP CULTIVATION .....	147
<b>BOX 5.12:</b>	HOUSEHOLD LIVELIHOOD ACTIVITIES .....	148
<b>BOX 5.13:</b>	SOCIAL NORMS RELATED TO FOOD PROCUREMENT AND UTILISATION .....	150
<b>BOX 6.1:</b>	STRUCTURE OF SEVEN FAMILIES INTERVIEWED IN INDIVIDUAL INTERVIEWS .....	180
<b>BOX 6.2:</b>	THE FOOD INVENTORY OF HOUSEHOLDS IN MAANHAAR WARD IN TERMS OF FOOD USED AND HOUSEHOLD PROCUREMENT OF FOOD.....	191
<b>BOX 6.3:</b>	ATTITUDES ABOUT GOVERNMENT ASSISTANCE RELA- TING TO PURCHASE OF FOOD, ATTITUDES HOUSEHOLDS HOLD ABOUT DIFFERENT FOOD PROCUREMENT METHODS .....	195
<b>BOX 6.4:</b>	SOME PLANS MAANHAAR HOUSEHOLDS HAVE TO MOBILISE RESOURCES FOR FOOD PRODUCTION .....	200
<b>BOX 6.5:</b>	CONSIDERATIONS FOR DECIDING WHAT TO PRODUCE BASED ON THE UTILITY VALUE OF FOOD.....	202
<b>BOX 6.6:</b>	SOME OF THE ENVIRONMENTAL FACTORS TO BE KEPT IN MIND WHEN PLANNING FOOD PRODUCTION.....	202
<b>BOX 6.7:</b>	WEALTH RANKING OF HOUSEHOLDS IN MAANHAAR WARD .....	208
<b>BOX 6.8:</b>	HOUSEHOLD NEEDS AS EXPRESSED DURING THE INDIVIDUAL INTERVIEWS .....	208

<b>BOX 7.1:</b>	STRUCTURE OF SEVEN FAMILIES INTERVIEWED IN INDIVIDUAL INTERVIEWS.....	245
<b>BOX 7.2:</b>	FOOD INVENTORY AND THE USE MADE OF THE FOOD.....	250
<b>BOX 7.3:</b>	SOME BELIEFS REGARDING FOOD UTILISATION.....	256
<b>BOX 7.4:</b>	EXAMPLES OF KNOWLEDGE USED IN UTILISATION OF FOOD .....	257
<b>BOX 7.5:</b>	SOME ATTITUDES RELATED TO FOOD UTILISATION.....	257
<b>BOX 7.6:</b>	SOCIAL NORMS RELATED TO FOOD PROCUREMENT AND UTILISATION .....	258
<b>BOX 7.7:</b>	SPECIFIC ACTIVITIES, PEOPLE AND RESOURCES INVOLVED IN FOOD PROCESSING .....	259
<b>BOX 7.8:</b>	FAMILY STRUCTURES, WEALTH RANKING, FOOD SECURITY AND CHARACTERISTICS OF TYPES OF FAMILIES.....	259
<b>BOX 7.9:</b>	COMPOSITION OF MEALS SERVED IN HOUSEHOLDS .....	264
<b>BOX 7.10:</b>	SOURCES OF RELISH USED BY RURAL HOUSEHOLDS IN MAANHAAR WARD .....	271
<b>BOX 8.1:</b>	THE LEGAL MANDATE AND FRAMEWORK FOR THE HOUSEHOLD FOOD SECURITY PROGRAMME (HFSP).....	301
<b>BOX 8.2:</b>	INFLUENCES FROM THE NATURAL/STRUCTURED ENVIRONMENT ON FOOD PRODUCTION AND PROCUREMENT AS EXPERIENCED IN MAANHAAR WARD, SOUTHERN HIGHVELD REGION, MPUMALANGA.....	306

<b>BOX 8.3:</b>	INFLUENCES FROM THE SOCIETAL SUBSYSTEMS OF THE MACROENVIRONMENT ON FOOD PROCUREMENT AND UTILISATION AS EXPERIENCED IN MAANHAAR WARD, SOUTHERN HIGHVEL REGION, MPUMALANGA.....	308
<b>BOX 8.4:</b>	INFLUENCES FROM THE MICROENVIRONMENT ON FOOD PROCUREMENT AND UTILISATION AS EXPERIENCED IN MAANHAAR WARD, SOUTHERN HIGHVELD REGION, MPUMALANGA .....	309
<b>BOX 8.5:</b>	OUTCOMES RESULTING FROM USING THE HOUSEHOLD FOOD SECURITY SYSTEMS FRAMEWORK FOR ANALYSING THE HOUSEHOLD FOOD SECURITY CONTEXT IN MAANHAAR WARD, SOUTHERN HIGHVELD REGION, MPUMALANGA .....	317
<b>BOX 8.6:</b>	FOOD-PROCUREMENT STRATEGIES IN MAANHAAR WARD, SOUTHERN HIGHVELD REGION, MPUMALANGA .....	318
<b>BOX 8.7:</b>	FOOD UTILISATION PATTERNS IN MAANHAAR WARD, SOUTHERN HIGHVELD REGION, MPUMALANGA .....	319

# LIST OF FIGURES

---

<b>FIGURE 2.1:</b>	CONCEPTUAL FRAMEWORK FOR STUDYING FOOD-ACCESSING AND UTILISATION PATTERNS IN HOUSEHOLDS .....	16
<b>FIGURE 3.1:</b>	VENN DIAGRAM OF THE ENVIRONMENTAL RESOURCE ANALYSIS BY THE MAANHAAR WARD ADC .....	47
<b>FIGURE 3.2:</b>	VENN DIAGRAM OF THE ENVIRONMENTAL RESOURCE ANALYSIS BY VUKANI AND VULINCONDVO WOMEN'S GROUPS .....	47
<b>FIGURE 3.3:</b>	VENN DIAGRAM OF THE INSTITUTIONAL ANALYSIS BY THE WARD ADC .....	48
<b>FIGURE 3.4:</b>	VENN DIAGRAM OF THE INSTITUTIONAL ANALYSIS BY VUKANI AND VULINGCONDVO WOMEN'S GROUPS .....	48
<b>FIGURE 3.5:</b>	VENN DIAGRAM OF THE SOURCES OF LIVELIHOOD ANALYSIS BY THE WARD ADC .....	49
<b>FIGURE 3.6:</b>	VENN DIAGRAM OF THE SOURCES OF LIVELIHOOD ANALYSIS BY VUKANI AND VULINCONDVO WOMEN'S GROUPS .....	49
<b>FIGURE 3.7:</b>	VENN DIAGRAM OF FOOD-PROCUREMENT METHODS ANALYSIS BY THE WARD ADC .....	50

<b>FIGURE 3.8:</b>	VENN DIAGRAM OF THE FOOD-PROCUREMENT METHODS ANALYSIS BY VUKANI AND VULINCONDVO WOMEN'S GROUPS .....	51
<b>FIGURE 3.9:</b>	COMBINED SEASONAL CALENDAR OF WARD ADC AND VUKANI AND VULINGCONDVO WOMEN'S GROUPS .....	52
<b>FIGURE 3.10:</b>	MAP OF MAANHAAR WARD INDICATING RESOURCES AND OTHER FEATURES AS COMPILED BY THE WARD ADC AND THE VUKANI AND VULINGCONDVO WOMEN'S GROUPS .....	53
<b>FIGURE 4.1:</b>	THE MICRO- AND MACROENVIRONMENT OF THE HOUSEHOLD.....	69
<b>FIGURE 4.2:</b>	MAANHAAR WARD IN MPUMALANGA, SOUTH AFRICA.....	72
<b>FIGURE 4.3:</b>	ORIENTATION OF MAANHAAR WARD, MPUMALANGA, SOUTH AFRICA.....	73
<b>FIGURE 4.4:</b>	RESOURCE MAP OF MAANHAAR WARD .....	74
<b>FIGURE 4.5:</b>	SEASONAL CALENDAR FOR MAANHAAR WARD .....	80
<b>FIGURE 4.6:</b>	INSTITUTIONAL ANALYSIS OF MAANHAAR WARD .....	82
<b>FIGURE 4.7:</b>	INSTITUTIONAL ANALYSIS OF MAANHAAR WARD .....	82
<b>FIGURE 4.8:</b>	ENVIRONMENTAL RESOURCES ANALYSIS OF MAANHAAR WARD .....	84
<b>FIGURE 4.9:</b>	ENVIRONMENTAL RESOURCES ANALYSIS OF MAANHAAR WARD .....	84
<b>FIGURE 4.10:</b>	SOURCES OF LIVELIHOOD IN MAANHAAR WARD.....	85
<b>FIGURE 4.11:</b>	SOURCES OF LIVELIHOOD IN MAANHAAR WARD.....	85

<b>FIGURE 4.12:</b>	FOOD PROCUREMENT METHODS IN MAANHAAR WARD.....	90
<b>FIGURE 4.13:</b>	FOOD PROCUREMENT METHODS IN MAANHAAR WARD.....	90
<b>FIGURE 5.1:</b>	THE PERSONAL SUBSYSTEM OF THE HOUSEHOLD SYSTEM.....	124
<b>FIGURE 6.1:</b>	THE MANAGEMENT SUBSYSTEM OF THE HOUSEHOLD SYSTEM.....	178
<b>FIGURE 6.2:</b>	COMBINED SEASONAL CALENDAR OF WARD ADC AND VUKANI AND VULINGCONDVO WOMEN'S GROUPS .....	183
<b>FIGURE 6.3:</b>	VENN DIAGRAM OF THE SOURCES OF LIVELIHOOD ANALYSIS BY THE WARD ADC.....	185
<b>FIGURE 6.4:</b>	VENN DIAGRAM OF THE SOURCES OF LIVELIHOOD ANALYSIS BY VUKANI AND VULINGCONDVO WOMEN'S GROUPS .....	185
<b>FIGURE 6.5:</b>	VENN DIAGRAM OF FOOD-PROCUREMENT METHODS ANALYSIS BY THE WARD ADC.....	186
<b>FIGURE 6.6:</b>	VENN DIAGRAM OF THE FOOD-PROCUREMENT METHODS ANALYSIS BY VUKANI AND VULINGCONDVO WOMEN'S GROUPS .....	186
<b>FIGURE 7.1:</b>	THE MANAGEMENT SUBSYSTEM OF THE HOUSEHOLD SYSTEM.....	244
<b>FIGURE 7.2:</b>	COMBINED SEASONAL CALENDAR OF WARD ADC AND VUKANI AND VULINGCONDVO WOMEN'S GROUPS .....	249
<b>FIGURE 8.1:</b>	HOUSEHOLD FOOD SECURITY PROGRAMME SERVICE DELIVERY SYSTEM IN THE SOUTHERN HIGHVELD RE- GION MPUMALANGA.....	299

<b>FIGURE 8.2:</b>	THE DIFFERENT HOUSEHOLD FOOD SECURITY PROGRAMME (HFSP) SERVICE DELIVERY SUBSYSTEMS AND THEIR FUNCTIONS .....	300
<b>FIGURE 8.3:</b>	SCOPE OF OPERATION ACCORDING TO THE CHIEF DIRECTOR FOR REGIONAL SERVICES.....	304
<b>FIGURE 8.4:</b>	CONCEPTUAL FRAMEWORK FOR STUDYING FOOD-ACCESSING AND UTILISATION PATTERNS IN HOUSEHOLDS ...	305
<b>FIGURE 8.5:</b>	PROPOSED MODEL FOR HFSP IMPLEMENTATION AT GRASSROOTS LEVEL: AN ECOSYSTEM APPROACH.....	324