

## **Evidence for Supporting Vulnerable Households to Achieve Food Security in SADC Countries**

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**ABSTRACT** Improved food security is an essential element of household well-being in a sustainable livelihood. This paper seeks to provide evidence for supporting vulnerable households including investing in smallholder agriculture to achieve food security among food insecure households in Southern African Development Community. It uses secondary data from various sources to explore the extent of vulnerability to food insecurity, its underlying causes, existing constraints and opportunities to improve households' welfare and food security status. The paper points to the importance of smallholder agricultural production, social protection and development policies in combating vulnerability to food insecurity. It also points to the importance of understanding the heterogeneity of households, their interactions with resources and the role of policies in improving households' welfare.