

Investigating the Contribution of Home Gardening to Household Food Security with regard to Dietary Diversity

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ABSTRACT In many countries, South Africa in particular, health problems related to dietary excess is an ever increasing threat especially for pregnant woman, children and infants, as they cannot achieve their potential level of physical and mental development. Therefore, this study used nutritional diversity as a substitute to measure the contribution of home gardening to food security of low-income households. Fifty (50) respondents that consisted of gardening and non-gardening households were selected through stratified random sampling for the study. Female-headed households were dominant among gardening households and the majority were married. The findings show that household members from gardening households were more literate than non-gardening households, and as such they were more likely to be employed than their non-gardening counterparts. Households with gardens have a higher number of members than households without gardens. The results also revealed that the households that practice home gardening enjoy diverse diets as compared to non-gardening households. The majority of both gardening and non-gardening households regard diversifying their diets as slightly important. The majority of the gardening households indicated that they grow their own vegetables for consumption. Recommendations to overcome these challenges were suggested.