ABSTRACT

The purpose of the study was to evaluate sustainable food security in Ihunga Sub-county, Ntungamo District in order to suggest ways to promote food security. During the study, the researcher used a sample size of 110 respondents and this was 25% of the total farmers in Ihunga Sub County. The study was carried out in Ihunga sub county, Ngungamo district in south western part of Uganda. The researcher used questionnaires, interviews and observation to obtain data from respondents. The information obtained from respondents was recorded, organized and analyzed using both qualitative and quantitative methods. The research findings reveal a number of factors that lead to food insecurity in Ihunga Sub County, including; shortages of labour, large families, sale of food, prolonged droughts, poor health conditions, expensive agricultural inputs, lack of agricultural extension staff, poor infrastructure, lack of community food resources, poor technologies, mismanagement of soils, uncommitted leadership and lack of food legal intuitions. Furthermore, research findings reveal the following as problems due to food inadequacy. These are stunting, malnutrition, nutritional deficiency diseases and inability to learn in children. Through the study findings, the following were some of the recommendations made. There is need to strengthen research in new technologies that increase agricultural productivity. The government should strengthen mechanism for monitoring food security situation and its capacity for quick responses to ensure efficient management of resources and popularization of food security principles among households and all stakeholders, right from national to the lowest local levels.