

CHAKULA CHETU



**A Survey on the State of
Food Sovereignty &
Awareness in Kenya.**

A Publication of the Social Justice
Movement In Kenya.

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Preface

The Social Justice Working Group which is the national arm of the social justice movement in Kenya with support from various partners carried out a comprehensive survey on food sovereignty in Kenya. The survey was conducted in fifty-two areas across twenty-two counties in Kenya and aimed at assessing the state of food sovereignty and awareness within the country, shedding light on the challenges faced by communities and exploring pathways toward a more just and sustainable food system.

The impetus for this survey arose from the tireless efforts of the Social Justice Working Group, specifically through the Article 43 Committee. Advocating for human dignity and the implementation of Article 43 of the Kenyan constitution, the committee spearheaded a three-year campaign known as NJAARevolution. The campaign sought to lobby the government to address the exorbitant costs of living and skyrocketing prices of essential commodities faced by Kenyan communities.

Recognizing that true liberation lies in the hands of the people, the NJAARevolution campaign aimed to raise awareness among Kenyans about their constitutional right to food. It ignited a collective awakening, empowering the people to rise up and demand their rights from an unresponsive government that seemed devoid of solutions. The government's decisions, such as imposing punitive taxes that burdened the impoverished and lifting the ban on genetically modified organisms (GMOs) instead of promoting organic farming, added further strain to an already untenable situation.

Driven by a deep desire for change, the survey team embarked on an inclusive and participatory journey, engaging local communities, farmers, activists, and organizations at the forefront of the NJAARevolution campaign. Through structured questionnaires, focus group discussions, and interviews, the survey sought to capture the voices, experiences, and aspirations of those most affected by the prevailing challenges.

The findings of the survey unveiled the distressing realities faced by Kenyans, emphasizing the urgent need for transformative action. The survey highlighted the importance of recognizing food as a basic need and a fundamental human right, challenging the commodification of food within a capitalistic system. It underscored the significance of promoting sustainable agricultural practices, agro ecology, and community resilience in order to achieve food sovereignty.

This report presents the results of the survey on food sovereignty in Kenya, serving as a testament to the unwavering spirit and resilience of the people. It provides a roadmap for change, urging policymakers, civil society organizations, and communities to come together in reimagining and reshaping the food system. By fostering sustainable practices, supporting local food production, and demanding accountability from the government, we can collectively work towards a future where every Kenyan has access to affordable, nutritious, and culturally appropriate food.

It is my sincere hope that this report will serve as a clarion call for collective action, inspiring a movement towards a more just, sustainable, and food sovereign Kenya.

Ojango Omondi

Coordinator NJAARevolution / FOODSovereignty Campaign
Article 43 Committee of the Social Justice Centers Working Group

Acknowledgements

The Social Justice Movement Working Group wishes to sincerely thank our partners in the global social justice movement for graciously providing the funds used in carrying out this research and for believing in the power of grassroots social movements.

Sincere appreciation goes to Happy Wilfred Olal – National Convener Social Justice Centers Working Group for his profound insight & wise guidance of the NJAA Revolution campaign, we wish to also recognize the leadership of the: SJWG Nairobi chapter, SJWG Western Chapter, SJWG Coast Chapter, SJWG Kajiado Chapter and SJWG Baringo Turkana Samburu Chapter.

Special recognition goes to the Article 43 Committee led by Convener Ojango Omondi and the Article 43 Research Committee headed by Yvonne Chepkemoi assisted by members; Peally Salim, Nicolas Mirema, Diana Mwaniki, Ibrahim Ombati, Monica Yator, Sharon Mwenesi, George Muhia and Michael Owino.

The Social Justice Movement Working Group also wishes to sincerely thank Mr. Antony Adoyo for analyzing the 2269 responses from the respondents into usable data, Lawrence Nyambane for the design and layout of the final research report and Antony Kimani of Ukombozi Library for publishing the final research report.

Special mention goes out to Njeri Karanu - Rural Outreach Africa & Convener Right to Food Coalition, for assisting with population of the questionnaire & the Food Sovereignty assessment tool. We also wish to recognize the 56 research assistants, our field Marshalls who braved all challenges, and worked diligently within the community to collect the research data. Finally the movement also wishes to thank all the 2269 respondents who took part in the survey. Your opinions and responses we believe will go a long way in shaping the food sovereignty conversation in Kenya.

Executive Summary

The Constitution of Kenya centers public participation of citizens at the heart of governance. The Constitution provides that citizens should be consulted and engaged in all aspects of their development and that in all that the Government does, the public good is supreme. The constitution also requires that state officers and citizens should at all times ensure that all programmes, policies, projects etc. initiated by the Government for and on behalf of the people put public interest first. This is a right due to the Kenyan Citizen and that requires state officers starting from the President to the local Chief to ensure that this right is upheld and respected.

The Social Justice Movement has been active in Kenya since July 2019. During this period, the movement has fought for the respect and upholding of human rights, mounted various campaigns aimed at ending extra judicial killings in Kenya's urban informal settlements, fought for service delivery at all levels, and taken a front seat in the war against corruption and impunity at all levels of governance.

The struggle for social, political and economic emancipation has led the Social Justice Movement to the realization that the biggest hindrances to good governance in Kenya is impunity by the state and the lack of engagement of the public in the management of public affairs both at the national and the county levels. The lack of engagement by the public has led to the current state of affairs where the citizens perceive Government as a separate entity from themselves.

Consequently we have a situation where state officers misuse their powers in the name of public service delivery, some going to the extent of coming up with directives and decisions that go contrary to the public good and nothing is done to them because the mwananchi is apathetic to politics and governance and the system is designed to be unaccountable. Based on this observation, a conscious decision was made by the movements' leadership to engage the public in Kenya at the grassroots, provide platforms for the public to air their views and to try and influence governance at the grassroots level and with time push for reforms at the national level.

The movements also made a conscious decision to provide information and knowledge to the public to enable the public to understand the issues and make informed decisions regarding how they want to be governed. By taking back their right to public participation and to influence governance, the Social justice Movement hopes that it will provide the awakening that is needed to put the Kenyan citizen at the heart of governance in Kenya and thus provide the **Office of the Citizen** his/her role of leading policy discussions on important issue that relates to their governance such as the right to life, right to education, right to quality health care and right to their food sovereignty which is the subject of this research report.

Globally the issue of food sovereignty has been a thorny issue that pits the global south against the global north and the situation in Kenya is no different. Despite having a robust and people centered constitution where under Article 43 the right to food is guaranteed, many Kenyan citizens still sleep hungry, others die for lack of food and millions others can't access food in the right quantity to allow them to live a life of dignity.

To add pressure for reforms in the food sector in the country, the Social Justice Movement pioneered the Njaa (hunger) Revolution in 2019 to lobby for the reduction in food prices to varied degrees of success. Since then, the Social Justice Movement has continued with the same campaign albeit with slight alteration to reflect recent happenings. In 2023 the Social Justice Movement leadership decided to scale up the Njaa Revolution Campaign to cover more counties in Kenya so as to get a national outlook of the same.

This research report sought to understand Kenyan's perception of food sovereignty and the impact of the same in our body politics from the grassroots up to the national level. At the end of this campaign, the Social Justice Movement hope to see changes in public perception on food sovereignty, greater control of the food value chain among the Kenyan public and the ignition of a robust conversation on the issue of food sovereignty among stakeholders in the Kenyan food chain i.e. the Government, the food producing public, the food consuming public and the National Assembly and Senate with regards to policies on food sovereignty.

MWANANCHI BUDGET		
1.	LINGA 1KG	60/=
2.	MILK 1L	50/=
3.	BREAD 400g	40/=
4.	SALAD 1L	150/=
5.	SUGAR 1KG	70
6.	RICE 1KG	80/=
7.	COOKING GAS	800/=

#ARTICLE43



SECTION ONE

Background - Food Sovereignty

1.0 Introduction

Simply defined, **food sovereignty** is the right of people to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.

It puts those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations. It defends the interests and inclusion of the next generation. It offers a strategy to resist and dismantle the current corporate trade and food regime, and directions for food, farming, pastoral and fisheries systems determined by local producers.

Food sovereignty prioritizes local and national economies and markets and empowers peasant and family farmer-driven agriculture, artisanal - fishing, pastoralist-led grazing, and food production, distribution and consumption based on environmental, social and economic sustainability.

Food sovereignty prioritizes local and national economies and markets and empowers peasant and family farmer-driven agriculture, artisanal - fishing, pastoralist-led grazing, and food production, distribution and consumption based on environmental, social and economic sustainability.

Food sovereignty promotes transparent trade that guarantees just income to all and the rights of consumers to control their food and nutrition. It ensures that the rights to use and manage our lands, territories, waters, seeds, livestock and biodiversity are in the hands of those of us who produce food.

Food sovereignty implies new social relations free of oppression and inequality between men and women, peoples, racial groups, social classes and generations.



1.1 Kenya's Policy Framework on Food Security

Currently over 10 million people in Kenya suffer from chronic food insecurity and poor nutrition, and between two and four million people require emergency food assistance at any given time. Nearly 30% of Kenya's children are classified as undernourished, and micronutrient deficiencies are widespread making Kenya with an index of 23.5 one of the countries classified as food insecure according to Food and Agriculture Organization's Global Hunger Index.

The Government of Kenya says it is committed to reducing hunger and malnutrition and has put in place measures to build self-reliance to reduce chronic food insecurity, as well as measures to assist those in need when emergencies occur. The Government through the support of partners has also been trying to link relief with longer-term development in a bid to mitigate the potential impact of future emergencies.

It is the policy of the government that all Kenyans, throughout their life-cycle enjoy at all times safe food in sufficient quantity and quality to satisfy their nutritional needs for optimal health.

Broad objectives of the FNSP 2011



To achieve good nutrition for optimum health of all Kenyans.



To increase the quantity and quality of food available, accessible and affordable to all Kenyans at all times.



To protect vulnerable populations using innovative and cost-effective safety nets linked to long-term development.



10 million
number of people in
Kenya suffering from food
insecurity & poor nutrition



almost 30%
of Kenya's children are
classified as undernourished

23.5
Kenya's score on FAO's
Global Hunger Index

On the issue of food availability and access: The government policy objective according to the FNSP 2011 is to increase the quantity and quality of food available and accessible in order to ensure that all Kenyans have an adequate, diverse and healthy diet. This was to be achieved by working towards sustainable production increases for food that is diversified, affordable and that helps meet basic nutrition requirements. Better storage and processing will be harnessed to reduce post-harvest losses and will help smooth availability over time. The government is committed to maintaining strategic reserves comprising of both food and cash stocks to ensure rapid response to emergencies.

On the challenge of food safety, standards and quality control: The government policy objective is to ensure safe, high quality food by creating public awareness on relevant issues, and by setting, promoting and enforcing appropriate guidelines, standards and a regulatory framework. Various government bodies are responsible for food safety and quality, which are governed by no less than 20 legislative acts. Coordination of activities and harmonizing the regulatory and institutional framework is, therefore, essential.

While food safety and quality control are national issues, a concern about public health is particularly acute in urban and peri-urban areas, which require special efforts to ensure safe production, handling, storage, preparation and sale of food.

Despite having a robust and well thought out Food Security policy, the reality on the ground paints a different picture and the challenges of food security leave alone food sovereignty are far from being tackled.

Critics point out that every year;

1. Food from Kenya's food basket especially the perishable foods like vegetables and fruits go to waste.
2. There is always a shortage of Kenya's main foods i.e. maize flour, sugar, rice and fish leading to importation of the same sometimes to the detriment of the local farmer.
3. Farmers always complain of poor prices for their crops a situation that demoralizes many farmers especially those who deal with food crops.
4. Unions that ideally should be advancing the interests of the farmers are instead preying on the farmers and selling them short.
5. Access to markets still remains a huge challenge as the roads that connect the farms to the main markets in the urban centers are impassable especially during the rainy season.
6. Consumers always decry the high food prices vis a vis the declining quality of the food they purchase mainly due to absent enforcement of quality standards.
7. Corruption amongst state departments charged with ensuring food safety protocols are observed continues unabated year in year out.
8. Government fails to implement the 6% budget spend on improving agriculture as agreed between Africa States in the Maputo declaration of 2003 thus relegating the Agricultural sector as a non-priority sector and further augmenting the challenges posed by food security.

1.2 Challenges to Food Sovereignty

1

Imperialism, neoliberalism, neo-colonialism and patriarchy, and all systems that impoverish life, resources and ecosystems, and the agents that promote the above such as international financial institutions, the World Trade Organization, free trade agreements, transnational corporations, and governments that are antagonistic to their peoples.

2

The dumping of food at prices below the cost of production in the global economy; The domination of our food and food producing systems by corporations that place profits before people, health and the environment.

3

Technologies and practices that undercut our future food producing capacities damage the environment and put our health at risk. Those include transgenic crops and animals, terminator technology, industrial aquaculture and destructive fishing practices, the so-called white revolution of industrial dairy practices, the so-called 'old' and 'new' Green Revolutions, and the "Green Deserts" of industrial bio-fuel monocultures and other plantations

4

The privatization and commodification of food, basic and public services, knowledge, land, water, seeds, livestock and our natural heritage; Development projects/models and extractive industry that displace people and destroy our environments and natural heritage; Wars, conflicts, occupations, economic blockades, famines, forced displacement of people and confiscation of their land, and all forces and governments that cause and support them; post disaster and conflict reconstruction programmes that destroy our environments and capacities.

5

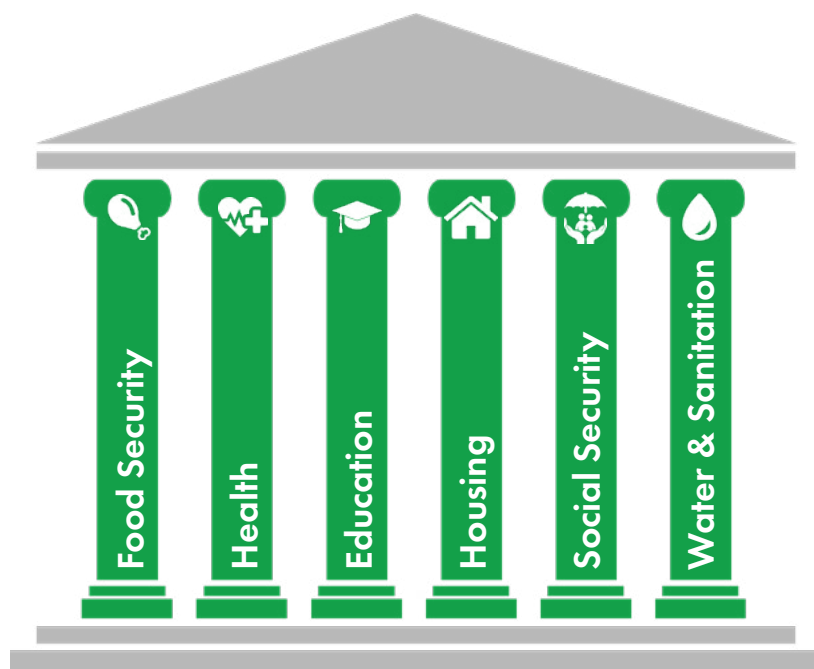
The criminalization of all those who struggle to protect and defend our rights; Food aid that disguises dumping, introduces GMOs into local environments and food systems and creates new colonialism patterns.

6

The internationalization and globalization of paternalistic and patriarchal values that marginalize women, diverse agricultural, indigenous, pastoral and fisher communities around the world.

1.3 Social Justice Movement Njaa Revolution Campaign

As part of their mandate of being the eyes and voice of the community, the Social Justice Centers Working Group in response to the skyrocketing food prices in Kenya in 2019, established the Article 43 committees in all its 52 centers. The main role of the Article 43 Committee is to document, monitor, and report threats to socio-economic rights of Kenyans. The Committee also advocates for the respect and upholding of the Constitution's Article 43 on Economic and Social Rights at all levels of Government. The Committee divided itself into six pillars for ease of work.



The Article 43 National Committee first task was to craft advocacy campaign #NjaaRevolution (Hunger Revolution) under the Right to Food Pillar to advocate for the lowering of food prices especially maize flour (unga) which is Kenya's staple food which had reached a staggering Kshs 240 for a 2kg packet from the normal prices of Kshs 160 in June 2020. The #NJAA Revolution campaign started as an online campaign using #lowerfoodprices & #NJAARevolution hashtags to push for subsidies on basic food commodities to cushion the common mwananchi from the untenable high cost of basic communities.

The online campaign was effective as there were positive responses from the government leading to the subsidies program for maize flour.

However the committee felt that the subsidies were not enough and went ahead to develop the Mwananchi Budget that clearly stated what the people wanted in terms of the prices of basic food commodities. The committee then resorted to community processions to add more pressure and also as an advocacy strategy to create awareness and sensitize the community on the right to food as articulated in the Kenyan Constitution under Article 43.

In 2023, the Article 43 Committee proposes to upscale the #NjaaRevolution campaign to continue empowering community actors from different counties in Kenya to recognize their power, authority, and strategic positioning in championing food sovereignty in their localities.

1.4 Study Objectives

In 2023, the Article 43 Committee proposes to upscale the #NjaaRevolution campaign to continue empowering community actors from different counties in Kenya to recognize their power, authority, and strategic positioning in championing food sovereignty in their localities. The campaign will seek to contribute to a behavioral shift in the target communities from being passive to active citizens and frontline advocates of food sovereignty, good governance and accountability in their spaces and localities.

The campaign aims at empowering the Office of the Citizen to undergo a behavioral shift from being hapless partakers of food politics to active and frontline players in issues to do with food sovereignty (availability, pricing, safety, quality and quantity of food available for public consumption). Findings from this research report will identify gaps at the grassroots and at policy levels on areas that need intervention to improve public and state involvement in matters food sovereignty from the ward level up to the national level.

These findings will be vital in boosting the #NjaaRevolution campaign in 2023 and beyond as the Social Justice Movement will attempt to address the identified existing gaps and challenges by leveraging on the findings from the study. The study findings will also be important for all CSOs invested in Food Security and Governance and working with the public as part of their target audience in terms of informing program and policy interventions as well as help in pushing reforms in the food policy at the national level.

Specific Objectives of the Study

- 1** To gauge the knowledge and perception of Kenyans on the issue of food sovereignty.
- 2** To identify gaps and barriers impeding effective and meaningful community ownership of the food sovereignty in Kenya.
- 3** From the study results, identify strategies that will encourage meaningful community engagement and ownership of Food Sovereignty in Kenya.



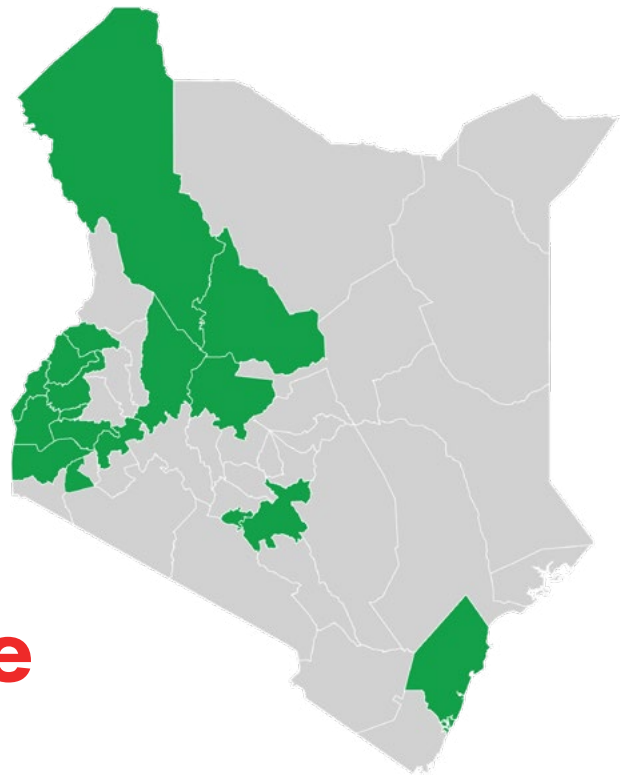
SECTION TWO

Study Design

2.1 Introduction

This study utilized a mixed methods approach in conducting the research.

A desk-based review of legal and policy frameworks and data on community engagement in food sovereignty processes was carried out along with primary data collection (beneficiary survey, focus group discussions and key informant interviews) from members of the community in 22 counties in Kenya i.e. Nairobi, Mombasa, Kwale, Kisumu, Kakamega, Homabay, Siaya, Busia, Baringo, Samburu, Vihiga, Bungoma, Kisii, Turkana, Nandi, Kericho, Vihiga and Kajiado, Machakos, Kilifi, Samburu and Laikipia counties.



2.2 Sample Size

The survey sample size was **2287 respondents** drawn from the **22 counties**. This was to ensure that the survey findings embrace a national outlook as respondents were picked from almost half the counties in Kenya.

In picking the 22 counties and the respondents therein, care was taken to ensure that the people of Kenya were given an equal chance to be part of the survey, as such a careful look at the counties picked for the survey shows inclusion of all parts of Kenya i.e. Western, Easter, North, South and the Rift.



22
counties
surveyed



2.3 Sampling Method

The sampling method employed to select the respondents was systematic sampling. In the survey, every 10th respondent in each county was picked to give their views.

Reasons why the systematic sampling method was preferred:



Simplicity

Systematic sampling is relatively simple to implement compared to some other sampling methods. Once the sampling interval is determined, the selection of the sample becomes straightforward. This simplicity makes it easy to understand and apply.



Representative Sample

When the population is well-ordered or exhibits a regular pattern, systematic provides a representative sample. By selecting every n th individual from a list or sequence, systematic sampling ensures that each member of the population has an equal chance of being included in the sample. This reduces the risk of bias and ensures proportional representation.



Efficiency

Systematic sampling is efficient in terms of time and resources. Since the sampling frame only needs to be ordered once, the subsequent selection of the sample becomes quicker and more efficient.



Balanced Coverage

Systematic sampling leads to balanced coverage of the population. By systematically selecting individuals across the entire population, the sample is likely to include a diverse range of characteristics, making it more representative.

2.4 Desk Review

The Study reviewed existing Policy and Legal Frameworks that guide Food Security in Kenya and also looked at the CIDPs of some of the counties where the survey took place. The study also reviewed existing data on community participation in and ownership of public policy processes as concerns issues of food sovereignty in Kenya as well as studies done in Africa and globally on the same issue. The aim of the desk research was to review similar studies and identify existing gaps and also highlight existing policy and legal frameworks that encourage and/or discourage citizen participation and ownership of the food sovereignty agenda. Findings from the desk research were compared to actual findings of the survey to find out whether some of the gaps had been addressed and also inform possible solutions and recommendations for different stakeholders.

2.5 Beneficiary Survey

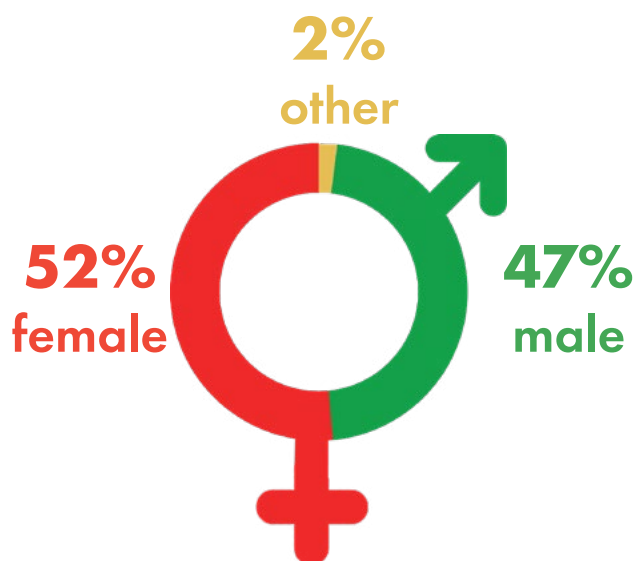
A total of 2269 beneficiary surveys were administered to 2269 community members drawn from the participating counties.

Of the 2269 respondents from the beneficiary survey 47 % were male and 52 % female, 2% of the total respondents identified themselves as others (neither male nor female).

The beneficiary survey aimed at gauging the level of community knowledge, participation and ownership of the food sovereignty process in their respective communities. To enhance quality and professionalism of the respondents' responses the survey utilized Kobo Collect an online application used to collect data from respondents in real time. The survey also employed 52 research assistants to collect the data given the high number of respondents the survey targeted.



2269
beneficiary
surveys



2.6 Analysis

The Kobo Collect application has both data collection and data analysis functions. The research committee under the Article 43 Committee thus settled on Kobo Collect for the processes of collecting, collating cleaning and analysis of the data collected from 2268 respondents in the 22 counties that participated in this survey.



2.7 Study Limitations

2.7.1 Time



The survey took more than the allocated time to collect data from the respondents. This was due to the large number of respondents that were targeted and also because some of the respondents took a lot of time to understand the online method of data collection and to be assured that their data was safe and will not be utilized for purposes other than the survey.

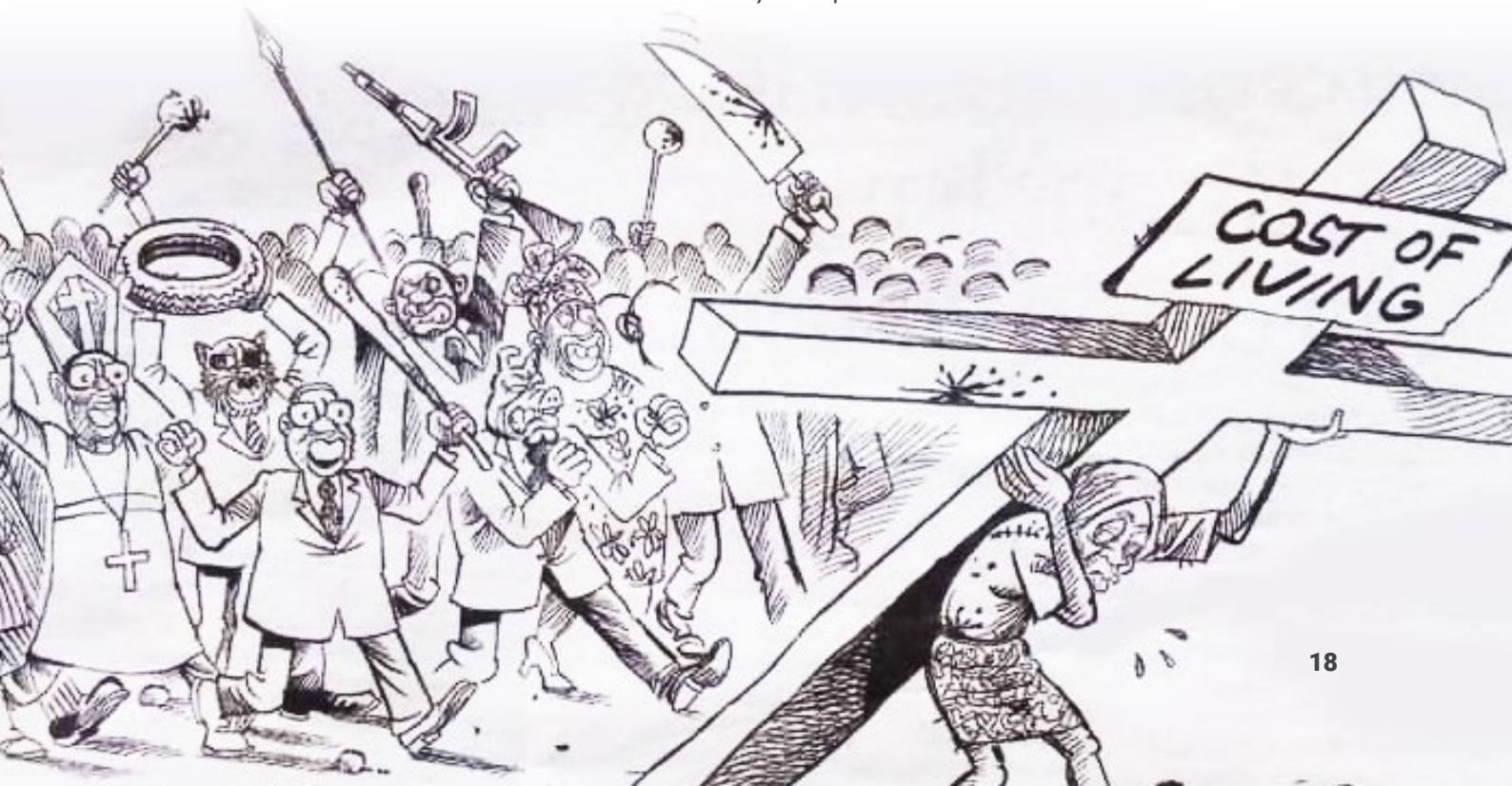
2.7.2 Sampling Bias

There is a possibility that there was sampling bias in terms of the counties picked in the survey. This could be because the counties picked are where the social justice movement has a presence and where it was easier and cheaper to collect data as the survey relied on the members of the social justice movement in collecting data.



2.7.3 Other Challenges

- Difficulty in Translation of the food sovereignty concept to the participants
- The political tension & demonstrations
- Donor dependency mentality from some participants who expected payment after the survey.
- Network problem in some areas which delayed the process of interview.
- Floods in some areas which curtail easy transport and access to households.





SECTION THREE

Key Findings

3.1 Introduction

In this section, we present the key findings derived from the survey data, highlighting significant trends, patterns, and challenges that emerged during the analysis. The findings provide valuable insights into the current state of food sovereignty in Kenya and offer evidence-based recommendations for policy-makers, stakeholders, and development practitioners working towards sustainable and inclusive agricultural practices.

The following subsections will present the key findings under relevant themes, including; Respondents demographics, Access to Food, Land use and lastly Food Policies. Each of the above themes had some sub sections under it. The findings will be accompanied by relevant statistics, graphs, and qualitative excerpts to enhance the understanding and interpretation of the data.

By examining the findings from this survey, we aim to contribute to the ongoing discourse on food sovereignty and inform evidence-based interventions and policies that promote agricultural resilience, social justice, and sustainable food systems in Kenya.

Themes of Key Findings

-  **Demographics**
-  **Access to Food**
-  **Land Use**
-  **Food Policy**

3.2 Respondents Demographic Information

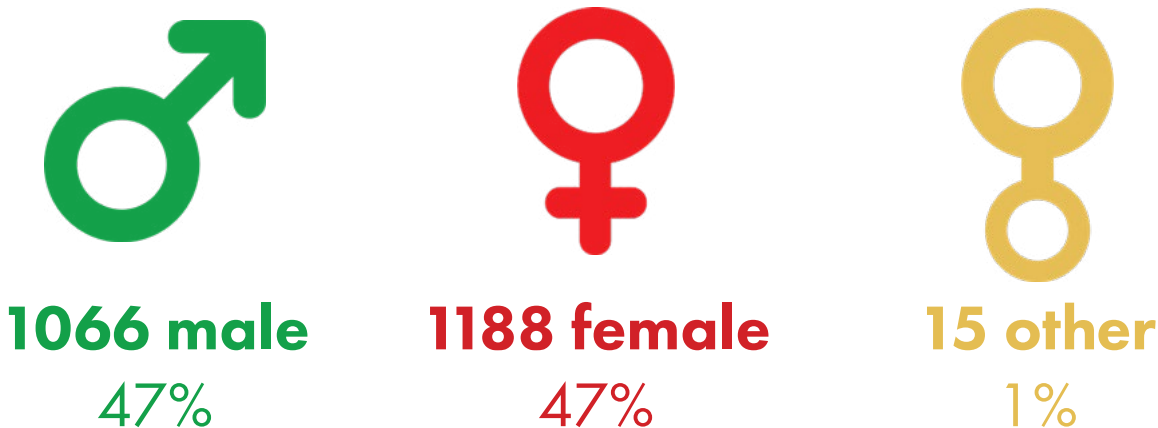
3.2.1 Gender & Age

The age of the respondents as captured in Table 2 is consistent with the age of those who in the Kenyan population are in the active bracket. The active bracket refers to those who are mostly likely to be involved in economic activities that drive Kenya’s economy including being actively involved in farming.

38
median age

30
modal age

The survey more or less mirrored the gender gap in the national population survey where the gap between the numbers of women to men is more or less the same, with a slight bias towards the majority women.



3.2.2 Family Size

According to data from the National Population Survey most Kenyan families have between 1 to 5 people. This was also mirrored in the survey as majority of the respondents reported having between 1-5 family members as corroborated in figure 1 above.

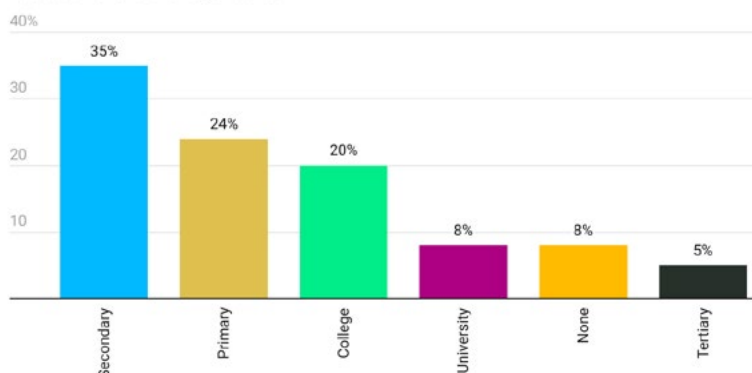
Family size of the respondents who participated in the survey.



Chart: Article 43 • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

3.2.3 Education Level

According to Figure 2 above, 35% of the respondents who were interviewed had secondary education as their highest level of education. This therefore means that majority of the respondents had the ability to understand and give appropriate responses to the survey questionnaire.



Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

3.3 Access to Food

3.3.1 Food Sources

According to Figure 3 above, Local markets and kiosks are the main sources of food for communities. Household farming contributes 28.2% of the food consumed by communities. This data shows that many people are dependent on food other than the food they plant.

Sources from which people buy or get food.

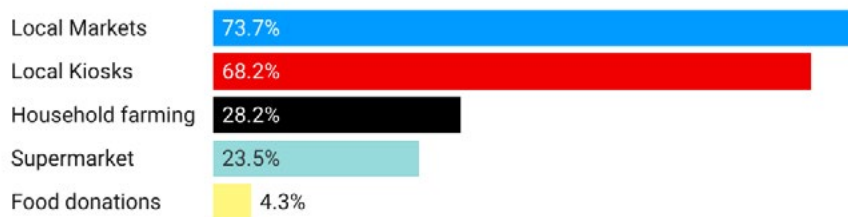


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

3.3.2 Distance Travelled to Access Food

According to Figure 4 above, 42.5 % of the respondents travel relatively close to access food while 11.6% of Kenyans travel very far to access food. This means that distance to access food is not so much of a big challenge to majority Kenyans but it still remains a challenge to some people.

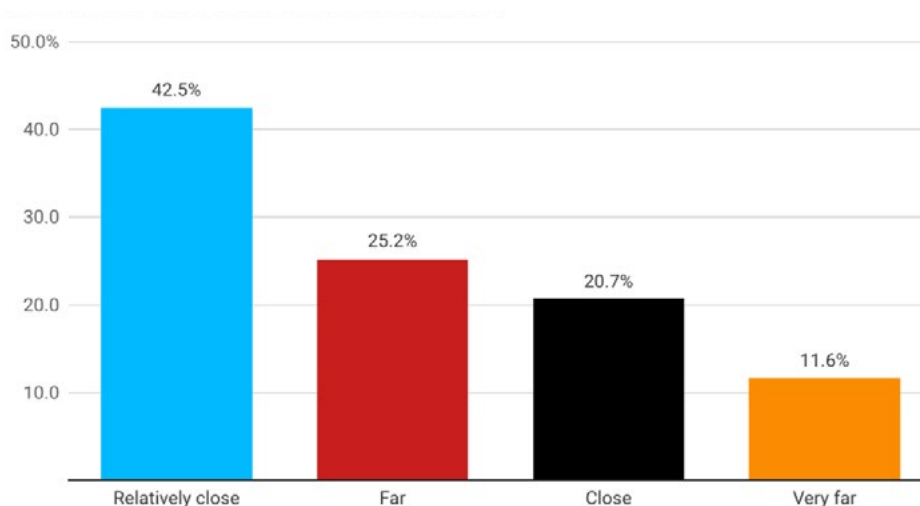


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

3.3.3 Kenyans' Understanding of Healthy Food

The respondents shared the following responses as their own understanding of healthy food:

SIMILAR RESPONSES	UNIQUE RESPONSES
<ul style="list-style-type: none">Balanced dietFood with high nutritional value (all nutrients).	<ul style="list-style-type: none">Clean foodFresh food from the farmFood without poisonBody-building foods (proteins)Natural foodEnergy-giving foodSustainable foodVegetablesFruitsWell cooked food

According to table 3 above; Kenyans have a fairly good understanding of what constitutes healthy foods. Majority of the respondents cited balanced diet and food with high nutritional value as what they think healthy food is. They also cited the issue of clean food (food without poison) and sustainable food (ability to access the food items consistently and in the quantities desired) as important components of what constitutes healthy food.

3.3.4 Affordability of Healthy Foods

Figure 5 above shows that according to the respondents, healthy food though desirable by all is not affordable to 58.6% of Kenyans and only 2.9% of the sample population said that healthy food is affordable whilst 38.5% of the sample though it was affordable. The dynamics above closely mirrors the classification of Kenyans according to their purchasing power i.e. the rich, the middle class and the poor.

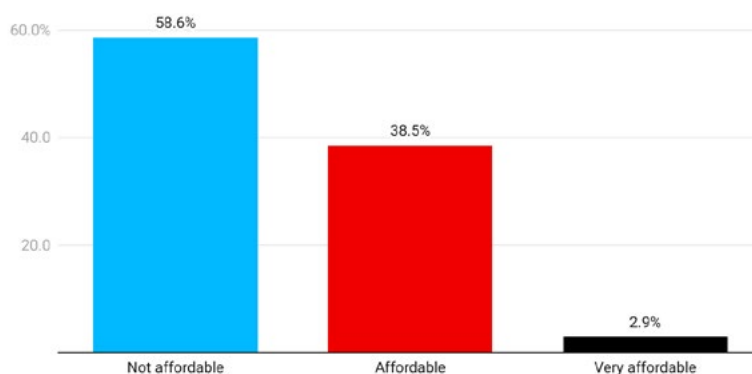


Chart: SJCWG Article 43 Committee - Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. - Created with Datawrapper

3.3.5 Number of Meals in a Day

When asked how many meals they are able to afford in a day, the responses were as below;

47.9% of Kenyans can only afford 2 meals in a day.

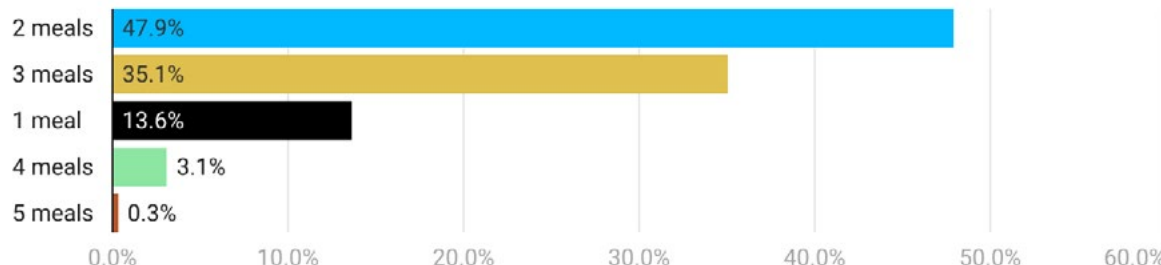


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

Figure 6 above clearly shows that only 35.1% can afford 3 meals in a day. 13.6% can only afford 1 meal in a day and 47.9% can afford 2 meals in a day. This is a worrying statistic especially for Government and all stakeholders involved in the food chain in Kenya. The WHO recommends three meals a day as the standard for a healthy human being. The data above shows otherwise and this is an area that needs to be looked at seriously by all concerned.

3.3.6 Balanced Diet

When the question of whether they considered their daily diet as balanced, the respondents responded as follows;

Do you consider your daily diet balanced?

68.5% of Kenyans do not consider their diet balanced.

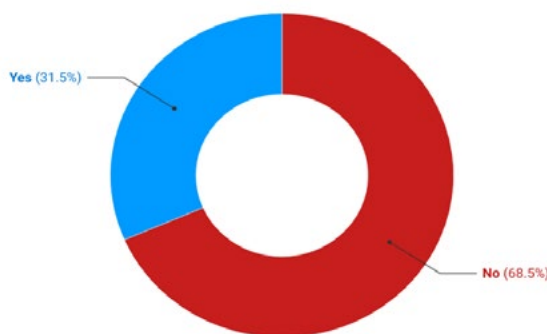


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

Figure 7 above further shows that 68.5 % of the respondents do not consider their daily diet balanced. This finding validates the finding under 3.3.4 where majority of the respondents reported that healthy foods are not affordable. This portends very serious questions to all stakeholders involved in the issue of food sovereignty.

3.3.7 Most Available Types of Food

When asked which types of food were easily available, the respondents reported as follows;



3.3.8 Amount of Money spent on Food

10,016.52

mean

monthly spending

8,000

median

monthly spending

6,000

modal

monthly spending

The data above makes for worrying statistics. Whereas the mean monthly spending is Kshs 10,000, majority of respondents could only afford to spend Kshs 6000. This further corroborates the issue of food being unaffordable for most Kenyans.

3.3.9 Foods Produced Locally

The following are the foods produced by local producers (farmers, kiosks, jua kali industry, street vendors, etc.).

SIMILAR RESPONSES	UNIQUE RESPONSES
<ul style="list-style-type: none">• Cereals• Vegetables• Fish• Wheat and maize flour• Rice• Cassava• Sweet potatoes	<ul style="list-style-type: none">• Githeri (a mixture of boiled maize and beans)• Eggs• Cashew nuts• Bread• Meat (Beef, pork)• Brinjals• Yogurt• Yam

3.3.10 Food Aid

When the question of to whom does the community rely on for food aid especially when there are challenges to do with emergencies such as; flooding, hunger and displacements the respondents responded as captured below;

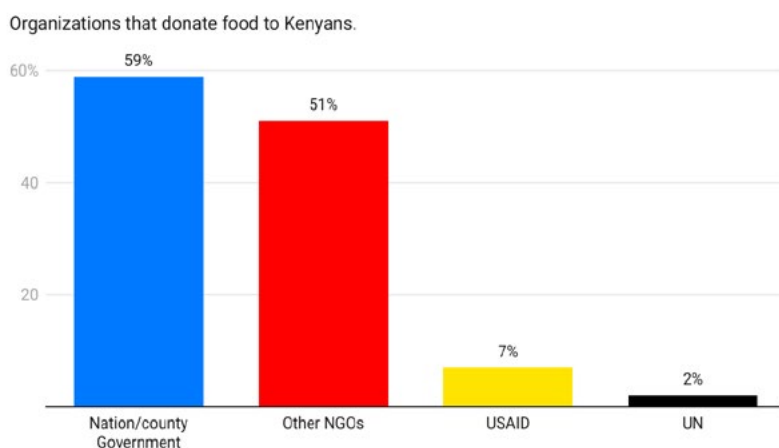


Chart: SJCWG Article 43 - Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. - Created with Datawrapper

According to Figure 8, the majority of Kenyans who are in need of food aid, receive the same from the Government of Kenya followed by NGOs and lastly from the UN Bodies. This is consistent with what is expected as ideally the Government of Kenya has the biggest responsibility to respond to emergencies affecting Kenyans.

3.4 Land Use

3.4.1 Access to land for Agriculture

In response to the question of whether or not they have access to land to practice agriculture, the respondents responded as captured in figure 9 below;

52.7% of Kenyans have access to land for agriculture

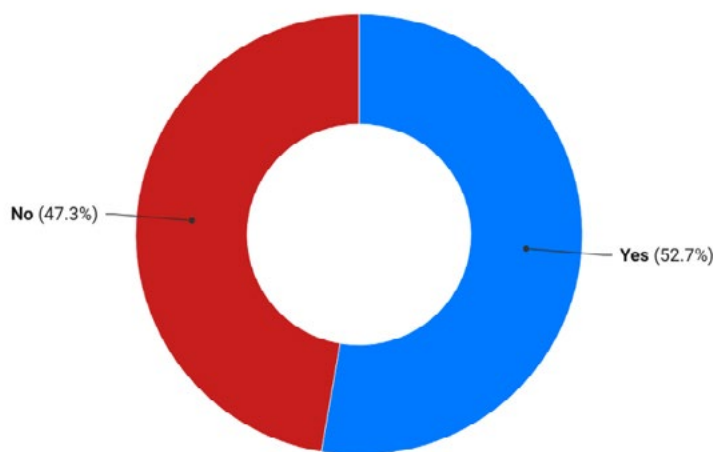


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

According to figure 9, 52.7% have access to land for agricultural use. Figure 10 below further shows that 70% of those who have access to land inherited their land, 19% bought and 11% rented or leased their land.

Most of the people who have land for agricultural use, inherited their land

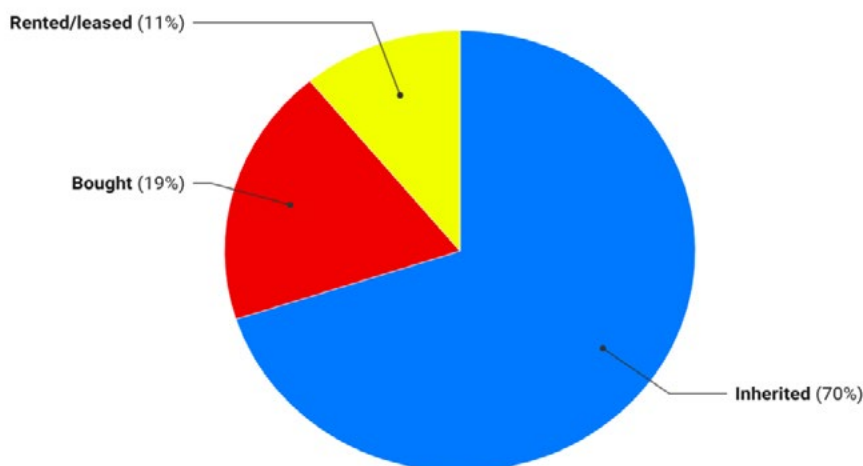


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

3.3.3 Displacement from Ancestral Land

In response to the question of whether or not the respondents have ever had to deal with the challenge of being displaced from their ancestral land, the responses were as displayed in figure 11 below;

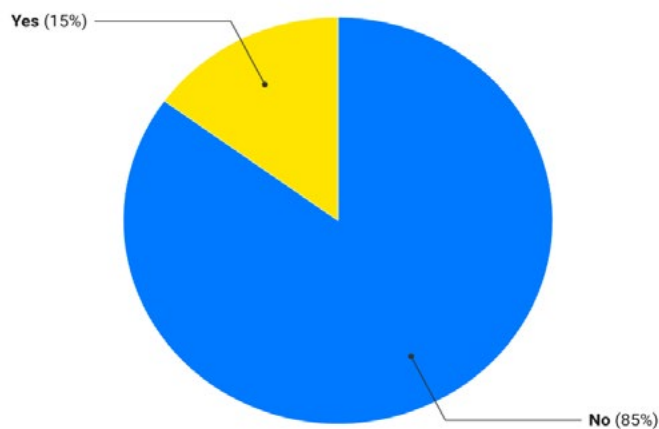


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

3.3.4 Reasons for Displacement from Ancestral Land

There were four main reasons that the respondents attributed to the displacement from ancestral land as shown in figure 12 below:

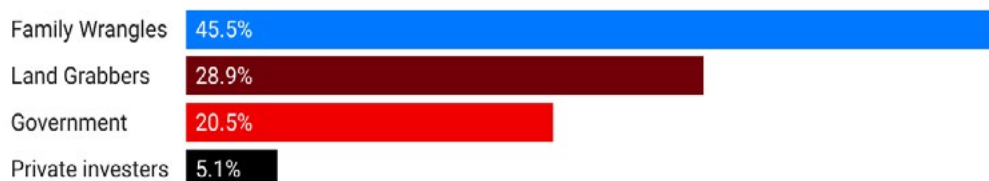


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

Figure 12 above shows that, 45.5% (majority) of the displacements from ancestral land were caused by family wrangles, 28.9% by land grabbers, 20.5% by the Kenya government and 5.1% by private investors.

3.4.3 Land Ownership and Food Sovereignty

On the question of whether land ownership is essential in ensuring food sovereignty, the respondents views were as captured in figure 12 below:

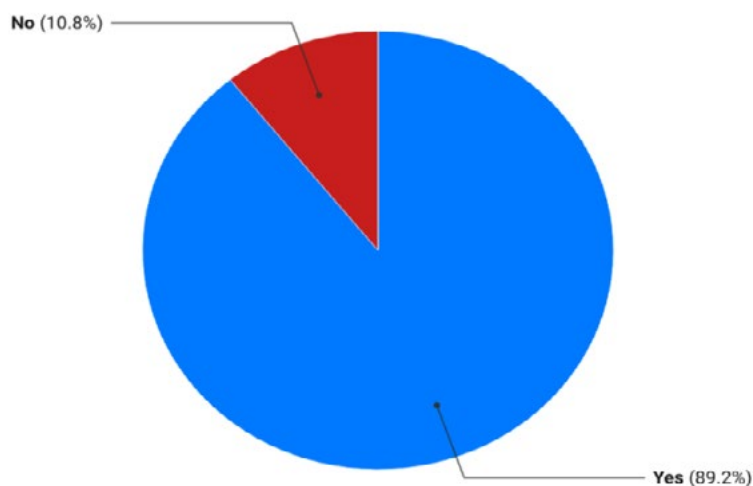


Chart: SJCWG Article 43 Committee - Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. - Created with Datawrapper

According to Figure 13, 89.2% of Kenyans agree that land is essential in ensuring food sovereignty.

3.4.4 Laws and Policies protecting small scale farmers' rights

Majority of the respondents, 87.5% as shown in the data below are aware of local laws and policies that are in place that protect small scale farmers and could even cite some of these laws as captured in further down the page:

SIMILAR RESPONSES

- Land Act of 2012
- Laws against trespassing into other people's lands

UNIQUE RESPONSES

- Land succession laws
- Land tenure
- Laws against land grabbing and pollution.
- Laws against deforestation.

3.4.5 Community Organizations Supporting Sustainable Land Use

Most of the respondents report knowing and interacting with local organizations in their localities that support food sovereignty through advocating for sustainable land use. The organizations that were mentioned by the respondents are as captured in table 6 below:



ORGANIZATIONS

1. Central Kamagambo Social Justice Centre
2. Miwani Social Justice Centre
3. Matungu Social Justice Centre
4. Uriri Social Justice Centre
5. GIZ
6. Chemelil Social Justice Centre
7. Muungano wa Wanavijiji
8. Manyatta B Social Justice Centre
9. United Destiny shapers
10. Haki Nawiri
11. Rural Energy and Food Security Organization (REFSO)
12. Ghetto Foundation
13. Kiboswa Social Justice Centre
14. Weltunga CBO
15. Komb Green
16. Happy Life for Development CBO
17. MUHURI
18. Kwale Human Rights Network
19. Action Aid
20. NIDRA
21. FAO
22. FASUD
23. GESOKO Youth Garden
24. Kwale Natural Network
25. NURU
26. Olepolos Social Justice Centre
27. Self Help Africa
28. Kariobangi Social Justice Centre
29. Green Best
30. Mbitini Development Forum
31. Nyahuriden Social Justice Centre
32. Nyando Social Justice Centre
33. Miss Mowlem CBO
34. Umoja Social Justice Centre
35. Ngong Social Justice Centre.
36. KCCGP



INITIATIVES

1. One acre fund
2. CREP program
3. Greening Kwetu Initiative
4. KCSAAP Project



3.4.1 Environmental & Health Concerns

When the question of which environmental and health concerns related to land use for agriculture that they are aware of, the respondents views were as captured in table 6 below:



ENVIRONMENTAL

- Drought
- Pests
- Climate change
- Soil erosion
- Soil pollution.
- Sand harvesting
- Crop diseases
- Floods
- Industrial pollution
- Murram harvesting
- Soil infertility caused by harmful pesticides, fertilizers and chemicals.
- Deforestation



HEALTH

- Air pollution
- Harmful chemicals, pesticides and fertilizers
- Use of sewage water in agricultural land and farming.
- Industrial pollution
- Water pollution



3.4.4 Involvement of Community Members in Shaping Food Policy

On the question of involvement of community members in shaping food policy the findings are as shown in figure 15 below: The findings point a very worrying picture as majority of the respondents at 39% and 31% reported not being involved in shaping food policy. Only a paltry 5% reported being fully involved in shaping food policy at the local level.

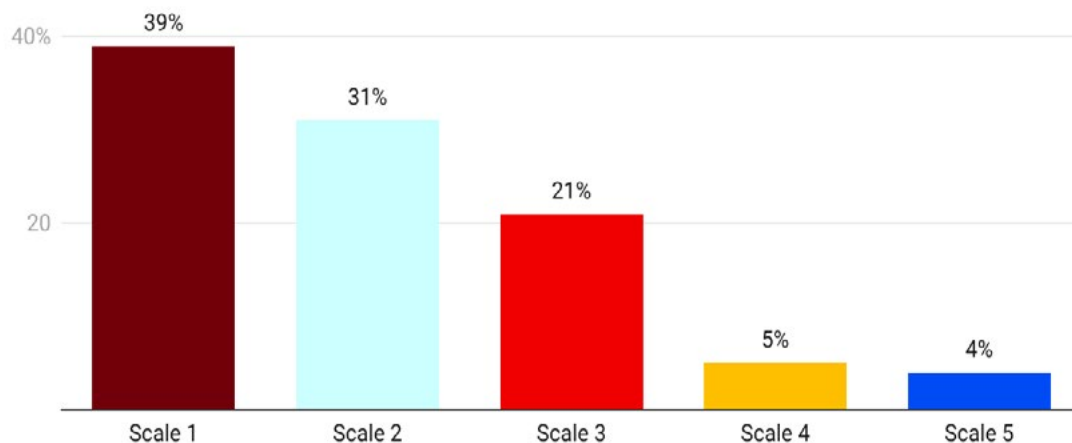


Chart: SJCWG Article 43 Committee • Source: Primary data collected during a food sovereignty Survey by the SJCWG Article 43 Committee. • Created with Datawrapper

3.4.4 Role of community members in Food Sovereignty

When the question of what role the respondents think community members ought to play in ensuring food sovereignty in the country, varied responses were given as shared below:

1. Practice modern mixed farming
2. Support government policies
3. Invest and be involved in agriculture
4. Make good use of idle land
5. Create awareness about food production and security
6. Take part in public participation forums
7. Harvest and store rainwater for agriculture
8. Plant local indigenous food
9. Be involved in policymaking initiatives
10. Hold the government accountable
11. Be proactive in governance issues
12. Seeking information and developing skills in farming
13. Avoid wastage of food





SECTION FOUR

Barriers to Food Sovereignty

4.1 Introduction

In Kenya, there are several key barriers to achieving food sovereignty. Whereas the survey on food sovereignty showed that many Kenyans are aware of what food sovereignty is, there seems to be no efforts by various stakeholders to enhance the same. This section devotes itself to analyzing from the survey and the desk reviews on food sovereignty, some of the notable barriers to food sovereignty in Kenya.

4.2 Barriers to Food Sovereignty



Land tenure and access



Climate change and environmental degradation



Limited access to credit and resources



Dependence on external inputs



Market dynamics and trade policies



Limited agricultural extension services



Political and policy challenges



Lack of community involvement in shaping food sovereignty policies



Lack of Awareness

4.2.1 Land tenure and access

Land ownership and access to productive land is a significant challenge in Kenya. Land tenure systems often favor large-scale commercial agriculture, leaving small-scale farmers with limited access to land for cultivation. This restricts their ability to produce enough food for their communities and undermines food sovereignty. Kenya's land tenure system that encourages purchasing of land for speculative purposes also serves to exacerbate the land use problem further as arable land that would have been used for food production is kept idle or used for purposes other than for enhancing food sovereignty.

4.2.2 Climate change and environmental degradation

Kenya is experiencing the effects of climate change, including erratic rainfall patterns, prolonged droughts, and increased frequency of extreme weather events. These factors contribute to crop failures and loss of livestock, making agricultural production more difficult and less predictable. Environmental degradation, such as deforestation and soil erosion, further exacerbates the impact of climate change on food production.

4.2.3 Limited access to credit and resources

Small-scale farmers often face challenges in accessing credit, capital, and necessary resources such as seeds, fertilizers, and modern agricultural technologies. Without adequate financial support and resources, farmers struggle to invest in their farming practices, leading to low productivity and reduced food sovereignty.

4.2.4 Dependence on external inputs

Kenya's agricultural sector relies heavily on imported inputs such as fertilizers, pesticides, and genetically modified seeds. This dependence makes farmers vulnerable to fluctuating global prices and limits their control over the production process. It also hinders the development of sustainable and agro-ecological farming practices that promote food sovereignty.

4.2.5 Market dynamics & trade policies

Kenya's agricultural sector relies heavily on imported inputs such as fertilizers, pesticides, and genetically modified seeds. This dependence makes farmers vulnerable to fluctuating global prices and limits their control over the production process. It also hinders the development of sustainable and agro-ecological farming practices that promote food sovereignty.

4.2.6 Limited agricultural extension services

Access to knowledge, information, and technical support is crucial for farmers to adopt sustainable and resilient farming practices. However, in many areas of Kenya, there is a lack of effective agricultural extension services, which hampers the dissemination of innovative farming techniques and sustainable agricultural practices.

4.2.7 Political and policy challenges

Kenya is experiencing the effects of climate change, including erratic rainfall patterns, prolonged droughts, and increased frequency of extreme weather events. These factors contribute to crop failures and loss of livestock, making agricultural production more difficult and less predictable. Environmental degradation, such as deforestation and soil erosion, further exacerbates the impact of climate change on food production.

4.2.8 Lack of involvement of the community in shaping food sovereignty policies

As evidenced from the survey, the level of involvement of the local community in influencing food sovereignty policies both at the local and the national level are wanting. Majority of Kenyans rarely involve themselves in public participation forums where laws and policies touching on food policies are formulated unless the laws and policies directly affect them. The non-involvement of the community provides fertile ground for the passage of laws and policies that favor the big players at the expense of the small scale farmers and the general public.

4.2.9 Lack of Awareness

Many Kenyans are unable to analyze the issue of food sovereignty beyond the issue of availability of food for consumption. The international trade dynamics and food politics at the global level are issues that very few Kenyans are able to fully comprehend. The lack of awareness among Kenyans on these issues that impact food sovereignty in Kenya ensures that the key issues and challenges are never addressed and the cycle continues.



SECTION FIVE

Recommendations

5.1 Introduction

To enhance food sovereignty in Kenya, there is need for concerted efforts by key stakeholders such as the government, civil society organizations (CSOs) working in the food sector, and community members to work in unison where possible and also individually to address the barriers to food sovereignty. This section outlines some of the recommendations that these stakeholders may want to pursue.

5.2 Government

1

Implement land reforms: The government should prioritize land tenure reforms to ensure equitable access to land for small-scale farmers. This can include measures such as land redistribution, secure land rights, and protection of communal land. Introduction of taxes on idle arable land would also go a long way in freeing up land for agricultural use.

2

Support climate-resilient agriculture: Invest in climate-smart agricultural practices and technologies, such as conservation agriculture, agroforestry, and water harvesting techniques. Provide farmers with training, resources, and financial support to adopt these practices.

3

Strengthen agricultural extension services: Improve the reach and effectiveness of agricultural extension services by increasing funding, training extension workers, and leveraging technology to disseminate knowledge and information to farmers.

4

Promote sustainable farming practices: Encourage and support agro-ecological farming methods that prioritize biodiversity conservation, soil health, and natural resource management. Provide incentives, technical assistance, and access to organic inputs for farmers adopting these practices.

5

Develop supportive policies: Enact and enforce policies that promote food sovereignty, such as supporting local food markets, prioritizing small-scale farmers in public procurement programs, and implementing trade policies that safeguard domestic food production.

6

Fund Research: The Government should invest in research in sustainable agriculture with a bias towards traditional methods of producing, conserving and storage of food crops.

5.3 Civil Society Organizations

1

Advocate for policy change: CSOs can engage in policy advocacy to push for reforms that enhance food sovereignty. This includes lobbying for land reforms, sustainable agricultural practices, fair trade policies, and supportive market regulations.

2

Strengthen farmer organizations: Support and empower farmer organizations by providing capacity-building training, facilitating access to markets, and advocating for their rights and interests. Strengthening farmer cooperatives and associations can enhance farmers' bargaining power and promote collective action.

3

Participate in decision-making processes: Facilitate platforms for knowledge sharing and exchange among farmers, researchers, and other stakeholders. Support research on agro-ecological practices, climate adaptation strategies, and indigenous farming knowledge to identify context-specific solutions.

4

Enhance community resilience: Work with communities to build their resilience to climate change and other shocks. This can involve implementing community-based adaptation strategies, supporting diversified livelihoods, and promoting social safety nets to protect vulnerable households.

5

Awareness Creation: Partner with local community groups to create consumer awareness on different food crops as well as animal products to the end consumer of the agricultural products and invite the general public to provide solidarity when it comes to protecting the local market from invasion by multinational companies.

5.4 Community Members

1

Strengthen local food systems: Engage in local food production, processing, and consumption by supporting small-scale farmers, community gardens, and farmers' markets. Prioritize purchasing locally produced food to reduce dependence on imported products.

2

Preserve traditional knowledge and practices: Value and preserve indigenous knowledge and traditional farming practices that are adapted to local conditions. Encourage intergenerational knowledge transfer and promote the use of native seeds and crop varieties.

3

Participate in decision-making processes: Engage in community-level and national decision-making processes related to agriculture and food systems. Participate in farmer organizations, community meetings, and policy dialogues to ensure that your voice is heard and your needs are addressed.

4

Invest in sustainable farming practices: Embrace sustainable farming techniques such as agro-ecology, organic farming, and permaculture. Implement soil and water conservation measures, crop rotation, and integrated pest management to enhance productivity and resilience.

5


Promote local food culture and traditions: Celebrate and promote local food culture and traditional diets, which often align with sustainable and nutritious food choices. Support initiatives that highlight the value of traditional crops, recipes, and culinary heritage.

By working together and addressing these barriers, the government, CSOs, and community members can contribute to enhancing food sovereignty in Kenya and ensuring sustainable, equitable, and resilient food systems.



**Social Justice Center
Working Group**

Organize... Educate... Liberate ...!!

 +254 722 746 164

 socialjusticecentreswg@gmail.com

 @UhaiWetu

 Social Justice Centres Working Group