



WHY WAS FOOD GARDENIG IMPLEMENTED IN THE FIRST PLACE

- Food gardening was implemented to improve food security and nutrition, reduce environmental impact, and provide educational and economic opportunities.
- It allows people to grow their own fresh, nutritious food, control
 what they eat, reduce their carbon footprint by cutting out
 transportation costs, and connect with nature.
- Gardening also offers physical exercise, mental health benefits, and the ability to create income from selling surplus produce

PURPOSES OF FOOD GARDENING



Food production:



The most basic reason for food gardening was to directly produce food for a household, which was especially important for supplementing family farms or for people living in areas with limited access to food



Nutrition and health:



Gardening provides access to fresh, nutrient-rich produce, which improves dietary intake. School gardens, for example, are used to supplement meals and improve children's ability to concentrate.

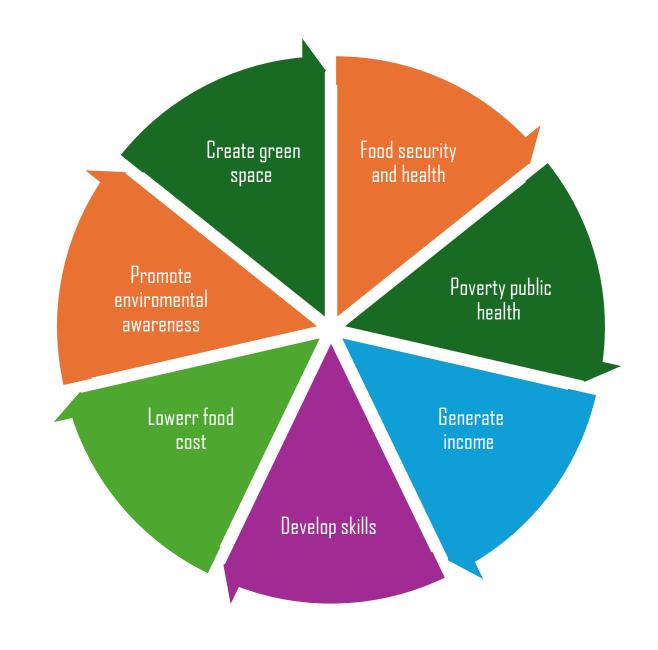


Economic reasons:



Growing your own food can reduce reliance on purchasing groceries, and surplus produce can be sold to boost income.

GOALS

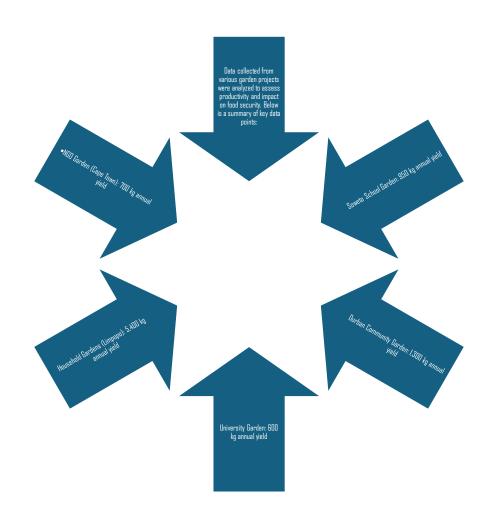


Findings

- Soweto School Garden Project: Provides daily meals for 60 learners, saving the school R2,500 monthly.
- Durban Community Cooperative: Supports 35 households, generating income from vegetable sales.
- University Garden (Pretoria): Supplies the campus cafeteria and nearby shelters.
- Household Gardens in Limpopo: Over 120 households grow maize and beans, improving food access.
- NGO Garden Project (Cape Town): Donates vegetables to shelters, promoting community welfare.



Data Analysis & Visuals





Recommendations

- Encourage every household to establish small vegetable gardens.
- Promote rainwater harvesting systems to address water shortages.
- Facilitate training workshops on sustainable gardening practices.
- Collaborate with NGOs and government for funding and resources.
- Integrate food garden education into school curriculums.



Conclusion

 Food garden projects have proven to be an effective solution for addressing hunger and poverty. Through research, community involvement, and technology integration, individuals and groups can work together to ensure sustainable food security. This project demonstrates how ICT skills can support community development





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