

Household Food Security Support Initiatives on the Social Well-being of Single Orphans

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ABSTRACT

The purpose of this study was to examine the effects of household food security support initiatives on the social well-being of single orphans in Rangwe Sub-County. The study employed a sequential explanatory mixed research design using qualitative and quantitative data. The target population was single orphan households and members of community-based organizations dealing with orphans. Data was collected using a semi-structured questionnaire from single orphan parents, focus group discussions with community-based organization members, and an observation guide tool. A snow ball sampling method was used to collect data from 308 households using the semi-structured questionnaire. Questionnaire data were analyzed using descriptive statistics (mean, mode, standard deviations) and results are summarized using percentages, graphs, pie charts, and frequency distribution tables. Qualitative data from focus group discussions were transcribed and thematically analyzed. Qualitative data from observations were thematically analyzed. The study found out that household food security initiatives were not adequate in terms of their availability, sufficiency and utilization and affected the social-wellbeing of the single orphans in a number of ways; missing school, falling ill more often, not having a sense of belonging, not playing with others and getting worried. The study's findings indicate that additional food support initiatives targeting single orphans are inadequate. Government policymakers and non-government organizations should prioritize strategies to support households in food generating activities such as farming alongside education of farmers to improve yields, ensure that households have information about different food support initiatives and how to access them, and leverage additional donor funds to support the community-based organization activities that have existing infrastructure and networks to target single orphan households for food support.

1. INTRODUCTIONS

Food security is a state allied to the availability and accessibility of food to a group of people or population. Hamm and Bellows (2003) define food security as "a situation in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice."

Globally, food security is a persistent concern. In Latin America, many governments assist communities by improving their food productivity through establishing gardens in school, providing education in nutrition, creating emergency food reserves having safety nets of food for disadvantaged groups and providing crop insurance particularly during times of crisis. (Asia Development Bank, 2013). In African countries like Rwanda, natural target to improve food security is in the agriculture sector, especially in the rural areas. In Kenya, orphans population faces challenges related to food security as the overwhelming numbers of orphans live with only a parent, very aged grandparents who also require a lot of care and support, or with underprivileged relatives who struggle to meet their own basic needs (Lee, Murithi, Gilbet-Nandra, Kim, Schmitz & Odek, 2014). Kenyan initiatives to grapple with food security have mostly focused on the arid and semi-arid locations of Kenya, using initiatives such as creation of

dams, providing treatment for livestock, access of finance to farmers, providing farmers with hermetic bags to store their food after harvesting and building resilience (Sirma, 2013).

In Rangwe Sub-County orphans are at risk of food security which poses larger risks to their general well-being. Food security interventions provided by government programs are using agriculture extension workers in rural areas to introduce better farming techniques like use of early maturing seeds and water conservation methods. However, this approach has been unsuccessful due to high taxes and costs for farm tools. Food insecurity is linked to low food productivity due to extreme weather, climatic shocks, unsustainable natural resource management, high prevalence of HIV/AIDS and limited access to farm inputs. The study dwelt on examining the household food security support initiatives on the social well-being of single orphans in Rangwe Sub-County by identifying the available household initiatives and assessing their sufficiency in terms of availability, utility and accessibility as well as how they affected the social well-being of the single orphans. The importance of carrying out this study was related to the overwhelming increase in numbers of orphans in the area. Existing studies have explored the impact of food security on the well-being of children, families and communities, including orphans in relation to the importance of the HIV/AIDS epidemic and how it has affected both family functioning and economic household productivity and food security (Akulima, Ikamati, Mungai, Samuel, Ndirangu & Muga, 2016). However, there is no sufficient data on how to best care for single orphans as the available research tends to generalize the effect of household food security support initiatives on the social well-being of double orphans. Based on the overall situation of food insecurity, the social well-being of orphans and their food security is of particular concern. The significant number of orphans is a great issue that deserves a holistic intervention focused on finding a long lasting solution at various levels, including food security. This study aims to better inform policymakers and development practitioners so that the single orphans are also effectively targeted for food security.

2. LITERATURE REVIEW

The concept of orphan varies from one country to another in Sub-Saharan Africa. The official definition of an orphan is a child aged below 17 who has lost either or both parents to any cause of death. 'Single orphan' is a child who has lost one parent while a 'double orphan' is a child who has lost both parents (UNICEF 2008). However, poverty has been noted to be among the major challenges faced by orphaned children. The impact of HIV/AIDS on orphan hood has been incomparable in recent times. Worldwide, over 13.4 million children are orphans due HIV/AIDS related complications (PEPFAR, 2017).

In Kenya, prior estimates found that approximately 3.6 million children could be classified as being orphans or vulnerable and this represents one fifth of the total population aged below 18 years of age. Most orphans live with either one parent, elderly grandparents who also need intense care and support, or with poor relatives who are unable to provide for their own needs like food, shelter and clothing (Lee, *et al*, 2014).

In Homa Bay County, 1 in 10 children aged 10-14 have both parents or only one dead and most of them are single orphaned children below 17 years of age. Children in such categories are at high risk of missing opportunities for school attendance and healthy living. Also the number of orphans in Rangwe Sub-County, according to Homa Bay County Multisectoral AIDS strategic plan 2014/2015-2018/2019 report, have steadily increased because of the high prevalence rate and mortality of HIV/AIDS, all of which are exacerbated by poverty, cultural practices, and fishery industry meeting their psychosocial needs. Even though several studies have been conducted on orphaned children, rarely do they categorize the different types of orphans (PEPFAR, 2017). There is scarcity of data on single orphans. This study focused on single orphans.

Household food security implies sustainable access to safe food that is of adequate quality and quantity in vitamins, calories, protein and micronutrients to ensure enough intake and a healthy life for all members of the family (Maxwel & Smith, 1992). Households experience food insecurity if they depend on one source of income and if only one member of the household is the sole provider for a large group of people, including orphans. The household in many situations is the first institution to devise various strategies to address food security. Some of the strategies include splitting households where grandparents are the ones left to remain at home while the adults move to centers or towns to look for work and income. Households depending on farming and small wages even if employment is found often struggle to provide food security for the household, including orphans under their care (Verduijn, 2004).

Bogal and Shamelis (2009) found that the issue of food crisis is still a major concern in sub-Saharan Africa. In most cases, children most affected in the household, especially orphans and vulnerable children who due to their vulnerability status are severely affected by food shortage. It is at the household levels where children's needs are well taken care of and a household facing food insecurity implies that the children of that household are not getting sufficient nutrition.

In Namibia, the household food security situation for orphans has improved with various strategies like casual agriculture, splitting household, odd jobs, and selling assets, but there is still a need to increased food security for households particularly for vulnerable groups. Food sources for these vulnerable groups like orphans are particularly important when they live in grandparent headed households, children headed households and single female headed households (taking care of single-orphan children). This confirms that single orphaned children need additional attention and strategies in place to address their food security. Hence the need for this study.

In a study done in Meru County, Kenya by Kiambi (2015) it was found that the food that is available to orphans consists of carbohydrate which they repeat every time of the meal and that the orphans get satisfied with what they get. The food that they get from the farm is very little though they preserve little to maintain the food stability. In Rangwe, Children go hungry or starving in areas which used to have a lot of food because many parents who were active in agriculture have died or become ill with chronic illnesses such as HIV/AIDS. This has reduced the food supply to families and strained neighbor relations that in the past may have supported orphaned children (World Economic Forum, 2003)

Orphans are less likely to receive adequate nutrition, leading to irrecoverable damage at a critical stage of physical and mental growth, have lower rates of completing primary education as well as acquiring the knowledge and skills that could save them from poverty, and thus prolonging an intergenerational cycle of beggary (UNICEF, 2007). The available studies have concentrated on the orphan in general and there is no focus specifically on the single orphans which this study focused on.

3. METHODOLOGY

3.1 Research design

The study adopted a mixed methods descriptive study . A sequential explanatory strategy was used.Utilizing a mixed methodology in this study ensured that the data collected was well-balanced and quantitative data to be supported by qualitative inquiry.

3.2 Study area

The study was conducted in Rangwe Sub-County in Homa Bay County.It is one of the 8 Sub-Counties in Homa Bay County. It borders Lake Victoria to the North, Rachuonyo to the North East,Migori County to the South and Mbita to the North West. The total population of Rangwe Sub-County is 194,408 with 92,353 females and 102,055 males.It has 42,417 households,covering an area of approximately 4860 sq.km and a density of 424 (Kenya National Bureau of Statistics,2009). In Homabay County 15% of children are orphans and one out of four children between the ages 0-17 years have lost one or both parents (Kenya National Bureau of Statistics and ICF Macro,2010).The households had approximately 12,318 orphans.There are over 10 registered Community-based Organisations (CBO) handling OVC issues in Rangwe Sub-County.

3.3 Study population

The study was conducted among single orphans households in the Rangwe Sub-County.This included 308 single orphans' parents/caregivers and also members of 10 existing community-based organizations dealing with orphans. Provide the numbers of households and caregivers

3.4 Sample and sampling procedure

A sample determination table by Krejcie & Morgan 1970 was used to estimate the number of households to participate in the study. There were no definite data on the number of single orphan parents/caregivers. The sample size was 370 according to the sample size determination table.However, 308 returned the questionnaire fully filled.Proportionate allocation of the sample size based on the population of each of the Sub- Locations was used to determine the number of households from each of the Sub-Locations. The trained research assistants used a snow ball technique data using questionnaires. Members of the CBOs were purposively sampled and members interviewed through seven FGD discussions. Ten households were chosen conveniently for observation data collection on food availability and access

3.5 Research instruments

Data were collected through semi structured questionnaires for households with single orphans, Focus Group interview guides for the CBO members and an observation guide tool from households to address the objectives of the study. Questionnaires were pre-tested on similar type of the community and necessary adjustments were made before the main study began.

3.6 Methods of data analysis

After data collection, quantitative data were analyzed using simple descriptive statistics. Qualitative data were transcribed and translated into English and key thematic issues identified and described. The results obtained were presented in the form of charts, figures, tables and in themes for the qualitative data.

3.7 Ethical considerations

The ethical issues related to research was addressed according to the guidelines of Kisii University School of Graduate studies, National Council of Science and Technology (NACOSTI). Also permission from the Rangwe Sub County was obtained. Research participants gave their prior consent and confidentiality was observed by using anonymous identities.

4. RESULTS AND DISCUSSIONS

Table 1 presents socio-demographic characteristics of the single orphan household for Rangwe Sub-county. In relation to the gender majority of the respondents 272(88%) in this study were female and the rest of the respondents were male 36(12%). The findings are consistent with the Tana River DDP (2008-2012) that the ratio of male to female is 49:51.

This corresponds with a study finding done by Kimani-Murage, Holding, Fotso, Ezech, Madise, Kahurani & Zulu (2011) which stated that children living in female headed households had lower food security due to the low socio-economic status especially when a bread winner died.

For the distribution of age, 152(49.4%) of the respondents were in the category of (35-49) years old, 23.7% in the category of (25-34 and above 49) years old while 3.2% were within the bracket of (15-24 years old). This implied that the majority of the caregivers/parents taking care of the single orphans in Rangwe were in their middle age.

For the marital status it was revealed that majority 198(64.3%) were widowed, 77(25%) married, 19(6.2%) part of the respondents were single and 14(4.5%) divorced/separated.

This finding was further reiterated by the FGDs done the interviewees reported that there were many widows because of HIV/AIDS death related due to the high prevalence rate in the region:

“In this our area, there are many orphans and people who have lost their partners. The main thing is this big disease.... ‘*ukimwi*’ this thing clears young people and leave us the old with children and what makes it more is the issue of partners staying apart, the man is in town and have another woman, the woman also revenge my having other partners and they get infected. So this disease kill the people who were providing for us” (FGD Interview response Rangwe Sub County, 2018).

The findings showed that majority of the respondents were widowed. This means that they had lost their spouses. The percentage of widows or widowers were relatively high and this could be attributed to the high death rates due to HIV/AIDS infection among the community living along Lake Victoria. The husband or wife die and leave the other to take care of children and this burden could easily subject them to food insecurity. When a widow remains alone, the relatives take away all properties like land.

In regard to the level of education, the table showed that the majority of the respondents 154(50%) had primary level and below education, 99(32.1%) of the respondents had secondary education, 42(13.7%) never went to school and 13(4.2%) of the respondents had college education. These findings show that the residents of Rangwe Sub-County were lowly educated. The implication of low levels of education is that people with low education are more likely to be food insecure as they are open to limited livelihood opportunities (Mutisya, Ngware, Kabiru and Kandala, 2016). Lack of formal education exposes the caregivers to problems during trainings and implementation of new

farming methods, difficulty in understanding technical languages used during demonstrations of a new technique and therefore having difficulty in improving the farm produce hence the likelihood of being food insecure (Ndegwa, 2015).

In relation to the occupation of the respondents, the table revealed that majority 164 (53.2%) of the respondents in the study were farmers, 68 (22.1%) were housewives, 48 (15.6%) of the respondents were business men/women, 13 (4.2%) of the respondents were teachers, 8 (2.6%) fishermen and 7 (2.3%) of the respondents were retirees from their respective occupations. This means that the main source of food was from farming.

For the level of income of a household, the table indicated that majority 151 (49.0%) of the households had a monthly income of 1000 Kenya shillings and below. Low levels of income could make the communities who hail from the area vulnerable to challenges of food insecurity. This finding correlates with Nyariki, Wiggins and Steve (2002) who assert that ensuring food security is a great challenge in Sub-Saharan Africa and that the level of food insecurity is hardly available.

In regard to the size of households with orphans under caregiver's care, the findings in the table indicated that majority 72 (23.4%) of the respondents had a total of 6 orphans under their care, 62 (20.1%) of the respondents had 3 orphans under their care, 52 (16.9%) of the respondents had 4 orphans under their care. The study further revealed that 45 (14.6%) of the respondents had 2 orphans under their care, 28 (9.1%) of the respondents had 5 orphans under their care, 16 (5.2%) of the respondents had 7 orphans under their care and 15 (4.9%) of the respondents had 7 orphans under their care. Furthermore, the study revealed that a few of the respondents 8 (2.6%) of the respondents had 1 orphan under their care and only 5 (1.9%) had both 9 and 10 orphans under their care.

The finding was further reiterated by the FGDs held where majority mentioned that they were taking care of more than 3 children who have either lost one or both parents.

‘..As for me old woman, I take care of 5 children who lost their parents. Two belong to my late daughter and the rest my sons who died and left their children under my care. There is nothing I can do.

“Me I take care of three single orphans and it is difficult” (Focus group discussion Rangwe, 2018).

This shows that there will be a burden for the sole provider to ensure that there is food security hence poverty.

Table 1: Socio-demographic data of respondents

Frequency and Percentages of demographic characteristics in Rangwe sub-county		
Characteristics	Frequency	Percentage
Gender		
Male	36	12
Female	272	88
Age		
15-24 years	10	3.2
25-34 years	73	23.7
35-49 years	152	49.4
Above 49 years	73	23.7
Marital status		
Single	19	6.2
Married	77	25
Divorced/separated	14	4.5
Widowed	198	64.3
Level of education		
Never went to school	42	13.6
Primary and below	154	50
Secondary	99	32.2
College education	13	4.2
Occupation		
Farmer	164	53.2
Housewife	68	22.1

Business man/lady	48	15.6
Teacher	13	4.2
Fisherman	8	2.6
Retired	7	2.3
Household income		
Below 1000	151	49
Between 1000-5000	137	44.5
Between 6000-10000	20	6.5
Number of orphans under their care		
1	8	2.6
2	45	14.6
3	62	20.1
4	52	16.9
5	28	9.1
6	72	23.4
7	15	4.9
8	16	5.2
9	5	1.6
10	5	1.6
N	308	100

Source: Field Survey, 2018

Table 2 presents the available food sources for the single orphans in Rangwe Sub-county.

According to the table, most of the respondents, 232(75.3%) get food from their farms, 25(8.1%) of the respondents buy food with money they get from employment, 15(4.9%) of the respondents get food from fishing activities, 12(3.9%) of the respondents get food help from other family members, 7(2.3%) of the respondents dependents on donations from well-wishers, 6(1.9%) of the respondents get help from friends and also they get food from the animal they keep at home and 5(1.6%) of the respondents get their main source of food by buying with money from business.

From the findings it is evident that majority get their food from the farm. This is in line with a study findings that reveal that most households depend on farming and little wages if they have employment to care for the orphans (Verduijn, 2004).

Table 2: Main sources of food

	Frequency	Percentage
From fisheries	15	4.9
Cultivating land	232	75.3
Buying with money from employment	25	8.1
Donations from well wishers	7	2.3
Help from other family members	12	3.9
Help from friends	6	1.9
From the animals that they keep	6	1.9
Buying with money from business	5	1.6
Total	308	100.0

Source: Field Survey, 2018

Table 3 presented the availability of food. From the findings, 286(92.9%) of the respondent indicated that they don't have sufficient food for the family while 20(7.1%) indicated that they have sufficient food for their families.

This was further highlighted in the FGDs with the members of the CBO. In the discussions one participant said that:

“Life here in Kagan is very hard and having many children to take care of, the food is never enough, being an old woman I struggle to get little food from different places and try to divide to the kids equally, each get small amount, I just tell them to eat and lie to them that I have kept mine

to eat later, they do not get satisfied with the little food but what I do is that I cook porridge which I give them to drink after eating the little food and they become happy. For me I will sleep hungry or take porridge that remains....the food is never enough my daughter” (Interview response Rangwe Sub County, 2018)

This finding indicates that the single orphans’ households of Rangwe Sub County do not have enough food. This is in line with a study finding done at Buuri District by Kiambi, 2015 who stated that OVC never had food available in the home on a daily basis despite the interventions such as food preservation.

Table 3: Availability of sufficient food

Response	Frequency	Percentage
Yes	22	7.1
No	286	92.9
Total	308	100.0

Source: Field Survey, 2018

Table 4 presented the strategies used by the single orphan households in face of food shortage. According to the findings, majority of the respondents 136(44.2%) indicated that they reduce the amount of food for each, 89(28.9%) they indicated that they skip some meals, 67(21.8%) of the respondents only give children food to eat and leave the adults and 16(5.2%) borrow. The findings deduced that reducing the quantity of food given to each child in the household is the main strategy used by the Rangwe County residence who are taking care of single orphans. The findings are contrary to a study done in Uganda on the food and nutrition coping strategies among orphans that stated that the suitable way to ensure that the orphans had enough food was to involve the children in labor provision in farms, selling of family assets and the children getting deployed for small jobs (Wamanya, 2010)

Table 4: Strategies opted for in face of food shortage

	Frequency	Percentage
Only children eat and not adults	67	21.8
Reduce the amount of food for each	136	44.2
Skipping some meals	89	28.9
We borrow	16	5.2
Total	308	100.0

Source: Field Survey, 2018

The findings in Table 5 shows that majority of the respondents 303(98.4%) indicated that they don’t provide children with their food of choice while only 5(1.6%) of the respondents provide their children with their food of choice. The researcher further used an observational tool to find out that main type of food the single orphans were taking were not balanced diet.

This means children fed on any food they got without considering the nutritional value and this confirms that they were food insecure (Kiambi, 2015)

Table 5: Children taking food of their choice

	Frequency	Percent
Yes	5	1.6
No	303	98.4
Total	308	100.0

Source: Field Survey, 2018

Table 6 presented the number of meals taken by the single orphans. The table revealed that majority of the respondents 171(55.5%) of the respondents can only afford to give two meals to school going children, 91(29.5%) of the respondents can only afford to provide the school going children with three meals per day, 44(14.3%) of the respondents can only provide the school going children with only 1 meal per day and only 2(0.6%) of the respondents cannot afford meals for school going children.

The researcher further used observation tool to determine the number of meals taken by the single orphans. It shows that both the school going children and the non-school going children never had sufficient meals and it was not balance diet.

Table 6: Number of meals taken by school-going children

	Frequency	Percentage
None	2	.6
One	44	14.3
Two	171	55.5
Three	91	29.5
Total	308	100.0

Source: Field Survey, 2018

Table 7 presents the available household food security support initiatives. From the table, 165(53.6%) of the respondents sell farm produce to get money to buy other foods, 87(28.2%) of the respondents depend on donations from relatives, 28(9.1%) of the respondents fully responsible from employment and another 28(9.1%) do not have any food support initiative. This shows that the main initiative used at the household level is having them sell the little farm produce that they get to buy other foods.

Table 7: Types of household security support available

	Frequency	Percentage
Family members fully responsible from employment	28	9.1
Donation from relatives	87	28.2
Selling farm produce to get money to buy other foods	165	53.6
None	28	9.1
Total	308	100.0

Source: Field Survey, 2018

Table 8 presents the sufficiency of the food in relation to the available household food support security initiatives. According to the findings in the table, majority of the respondents 226(73.4%) indicated that the food harvested is not able to last until the next season, 79(25.6%) indicated that sometimes the food harvested can last them to the next season while only 3 (1%) indicated that the food harvested can last to the next season.

The findings reveals that the Rangwe Sub County did not have enough food to sustain them until the next harvest from the farm. This means that they ran out of food after sometime and this put them at risk of hunger. This is in contrary to the findings of a study done in Rangwe's neighboring Sub County where it was concluded that diversification to food security made the residence have food lasting until the next season and also the period of food shortage is reduced (Kandagor & nyandoro, 2018).

Table 8: Does the food last until the next season?

Response	Frequency	Percentage
Yes	3	1.0
No	226	73.4
Sometimes	79	25.6
Total	308	100.0

Source: Field Survey, 2018

Table 9 presents the findings on how they use the extra food. The table indicated that majority 150(48.7%) of the respondents use the food for family food use, 119(38.6%) of the respondents use the extra stored food to pay children school fees and 39(12.7%) of the respondents use the extra food stored to pay for the children medical bills in the event of falling sick. The finding clearly show that any extra food was mainly used for family food use which means that they have limited sources of food.

Table 9:How extra food is utilized

Variable	Frequency	Percentage
Paying children school fees	119	38.6
Paying for their treatment when they fall sick	39	12.7
Family food use	150	48.7
Total	308	100.0

Source: Field Survey, 2018

The findings in table 10 revealed that majority of the respondents or children 223(72.4%) were worried in the past 14 days while 85(27.6%) of the respondents were satisfied and they had no worry due to lack of enough food in the past 14 days. It was also revealed that 144(46.8%) of the respondents worry sometimes (3-10 times in a month) due to lack of enough food.

From the findings above, it means that lack of enough food affect the mind of single orphan children. as well as their emotional well-being.

The finding in table also showed that 190(61.7%) of the respondents agreed that their children had refused to play with others due to lack of enough food while 118(38.3%) of the respondents were not in agreement with the statement that their children had refused to play for lack of enough food in the past 30 days. This was further highlighted during focus group discussion and one of them pointed out that:

“If I get little food I have to give the children. This is because if she misses foo she becomes weak and cannot play. when she is eaten is when you can see her running with her peers at the field but if she is hungry she becomes weak and so as an adult I will deny myself food and give the children..”(FGD with Loma CBO members, 2018)

This meant that the well-being of the child was affected by lack of enough food in the household. The children had no sense of belonging and not physically well. In line with this finding previous studies found out that food insecurity could affect the functional ability of the children to carry out routine activities like dressing, eating and playing with others (Gany, Leng, Ramirez, Phillips, Aragonese, Roberts, Mujawar & Costas-Muñiz, 2015).

From the table it was indicated that majority of the respondents 220(71.4%) were in agreement with the fact that their children had fallen sick with a thought that it might have been because of lack of enough food while 88(28.6%) of the respondents were not in agreement. In FGD it was recounted that children fell sick from diseases if they do not get enough food:

‘When this child miss food or has not enough many diseases come to her body which at the end can bring her death and so when I have little food and its getting finished I try very hard to look for other food so that they don’t fall sick more often’(Focus group discussion Rangwe,2018).

It was also indicated in the table how often the children fell sick and majority of the respondents 149(48.4%) indicated that their children rarely (Once or twice in a month) fall sick, 109(35.4%) of the respondents indicated that their children sometimes (3-10 times in a month) fall sick while 50(16.2%) of the respondents indicated that their children often (More than 10 times in a month) fall sick. From the findings it is evident that the health of the children depended on the availability of household food supports that were available as the children fell sick whenever they lacked food.

In regard to whether the children’s school attendance was affected over the last six months,

Majority 214(69.5%) of the respondents reported that their children missed school because of lack of enough food while 94(30.5%) of the respondents had enough food to sustain their children in school. The children could feel hungry and lack the strength to walk to school and also listen to the teachers as they teach. This showed that the available household initiatives could not be sufficient to improve the social well-being of the single orphans of Rangwe in terms of school attendance. This in line with the findings of Kiambi (2015) where majority 44.7% stated that the orphans lack of missed school 5-10 days in a year due to lack of enough food.

Table 70: Effects of the available household food support initiatives on the social well-being of single orphans

Variable	Frequency	Percentage
Children getting worried due to lack of enough food in the past 14 days		
Yes	223	72.4
No	85	27.6
How often do you worry?		
Rarely(Once or twice in a month)	97	31.5
Sometimes(3-10 times in a month)	144	46.8
Often(More than 10 times in a month)	67	21.8
Children refusing to play with others due to lack of enough food in the past 30 days		
Yes	190	61.7
No	118	38.3
Children missed school due to lack of enough food in the last six months		
Yes	214	69.5
No	94	30.5
Children fallen sick due to lack of enough food in the last six months		
Yes	220	71.4
No	88	28.6
How often do children fall sick		
Rarely(Once or twice in a month)	149	48.4
Sometimes(3-10 times in a month)	109	35.4
Often(More than 10 times in a month)	50	16.2
N	308	100

Source: Field Survey, 2018

5. CONCLUSION AND RECOMMENDATIONS

Based on the findings, the study concludes that the main source of household food support initiative is through cultivation of land, available food was never sufficient and reducing the amount of food given to each child was the common remedy used. The most common food support initiative was through the sale of farm produce to buy other food for family and the extra food cannot last until the next season. The children rarely take at least two meals per day and do not eat food of their choice. This is evident that the single orphans in Rangwe Sub-county faced challenges of food unavailability, inaccessibility and under-utilization despite available initiatives targeting them and affected their social-wellbeing in a number of ways; missing school, falling ill more often, not having a sense of belonging, not playing with others and getting worried.

Based on the conclusion, the study recommends that the government should formulate policies to support and improve the household on farming activities which the majority finds to be the only best source of food within at the household level.

The government should ensure that the households have information about sources of food, educate the farmers on how to have improve crop yields. Irrigation services should be put in place for crops that are grown during dry season as well as building food banks or food storage facilities. This will help them have good farm produce by solving the major challenge of natural calamities like drought.

The government should get donor funds to support the CBO group activities that they use to generate income to support the single orphans. The provision of funds will enable to members of the existing groups to have stable income and much produce from the activities that they use to generate money or food to feed the orphans.

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