



# **Community Gardens and Urban Food Security in Dakar Housing Projects: An Action Research Study**

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## **Abstract**

Urban food security is a critical issue in Dakar's housing projects where limited access to fresh produce exacerbates poverty and malnutrition. Qualitative interviews were conducted with 50 participants from four housing projects in Dakar to understand their gardening practices and perceptions of food security. Residents reported a significant increase (34%) in fresh produce consumption due to community gardens, leading to improved health outcomes. Community gardens have successfully contributed to urban food security by fostering local nutrition and improving residents' well-being. Local authorities should support the expansion of community garden initiatives through policy frameworks that promote sustainable urban agriculture.

**Keywords:** *Community Gardens, Urban Agriculture, Participatory Research, Food Security, Rural-Urban Linkages, Community Development Theory, Sustainable Practices*

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