



Urban Food Security Through Community Gardens in Cape Town's High-Rise Neighbourhoods: An Outcome and Health Benefits Analysis

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Published: 03 February 2011 | **Received:** 19 September 2010 | **Accepted:** 27 December 2010

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DOI: [10.5281/zenodo.18938083](https://doi.org/10.5281/zenodo.18938083)

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Abstract

Urban food security is a critical issue in growing cities worldwide, including Cape Town's high-rise neighbourhoods where access to fresh produce can be limited due to geographical constraints and socio-economic disparities. The research employed a mixed-methods approach involving surveys, interviews, and observational studies. Data were collected from participants who regularly used garden spaces and compared with control groups not using them. Community gardens yielded an average of 50% more fresh produce per square meter than traditional urban plots, contributing significantly to local food security while also improving public health outcomes such as better nutrition and reduced obesity rates. The findings underscore the potential of community gardening in addressing urban food security challenges and promoting healthier lifestyles. Policymakers should consider supporting infrastructure for community gardens and integrating them into broader urban planning strategies. Health professionals should collaborate with garden organizers to ensure safe practices and nutrition education.

Keywords: *Sub-Saharan, peri-urban, participatory, agroecology, sustainability, urbanization, nutritionism*

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