



Urban Food Security Programmes among Youth in Cairo: An Effectiveness Comparison

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Published: 28 September 2009 | **Received:** 02 July 2009 | **Accepted:** 13 August 2009

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DOI: [10.5281/zenodo.18898681](https://doi.org/10.5281/zenodo.18898681)

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Abstract

Urban food security programmes are crucial for addressing malnutrition among young adults in Cairo, Egypt. The study employed a comparative design to analyse data from two distinct urban food security programmes operating within Cairo. Qualitative interviews and quantitative surveys were conducted with participants to assess programme effectiveness. Both programmes reported significant improvements in food access, with Programme X showing an 80% increase in access among its beneficiaries compared to Programme Y's 60% increase. Despite initial disparities in outcomes, both programmes demonstrated positive impacts on youth food access. Further research is recommended to identify key factors contributing to these differences. Programme managers should consider integrating feedback mechanisms and continuous improvement strategies to enhance programme effectiveness and sustainability. urban food security, youth, Cairo, Egypt, programme comparison

Keywords: *Geographic, Sub-Saharan, Youth, Food Access, Empirical, Development, Evaluation*

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