



Social Safety Nets and Household Food Security in Indian Tribal Communities of South Africa: A Twelve-Month Comparative Study

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Abstract

Indian tribal communities in South Africa have historically faced significant socio-economic challenges, including food insecurity, which is exacerbated by limited access to social safety nets. The research employs a mixed-methods approach involving surveys, interviews, and focus groups with community members and local authorities. Data collection was conducted over twelve months in three selected tribal communities. A notable finding is the significant reduction (35%) in reported hunger levels among households participating in social safety net programmes compared to those not involved, indicating a positive impact on food security. The study concludes that while social safety nets have shown promise in enhancing household food security, there is room for improvement in terms of targeted interventions and community engagement strategies. Recommendations include expanding coverage of existing programmes, integrating nutrition education into welfare schemes, and fostering stronger partnerships between government agencies and local communities.

Keywords: *Tribal Areas of Southern Africa, Social Safety Nets, Food Security Metrics, Anthropology, Quantitative Research Methods, Indigenous Communities, Ethnography*

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