



Impact of Community Gardening Workshops on Food Security in Ghanaian Favelas

Kwesi Acheampong^{1,2}, Amoako Mensah^{2,3}, Boatemaa Boateng²

¹ University for Development Studies (UDS)

² Ghana Institute of Management and Public Administration (GIMPA)

³ Department of Research, University for Development Studies (UDS)

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Correspondence: kacheampong@gmail.com

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Author notes

Kwesi Acheampong is affiliated with University for Development Studies (UDS) and focuses on African Studies research in Africa.

Amoako Mensah is affiliated with Department of Research, University for Development Studies (UDS) and focuses on African Studies research in Africa.

Boatemaa Boateng is affiliated with Ghana Institute of Management and Public Administration (GIMPA) and focuses on African Studies research in Africa.

Abstract

Community gardening initiatives have been proposed as a potential solution to food security challenges in urban areas of developing countries like Ghana. Favelas in Accra represent marginalized communities with limited access to fresh produce, often relying on expensive imported foods. The research employed a survey design with structured questionnaires administered through face-to-face interviews, phone calls, and email surveys. Data collection was conducted from January to March across five randomly selected favelas in Accra. Findings indicate that participants gained knowledge on sustainable gardening techniques and practices; however, a significant proportion (45%) of respondents still lack access to necessary resources such as seeds and tools. The study concludes that while community gardening workshops improved awareness regarding food security issues, further support is needed to address practical barriers to implementation. For future research, it is recommended that policymakers integrate sustainable agriculture programmes into urban planning initiatives and provide financial assistance for initiating community gardens in favelas.

Keywords: *Sub-Saharan, urbanization, participatory, livelihoods, qualitative, sustainability, empowerment*

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