



# Understanding Maasai Herders' Food Security Knowledge and Practices in Kenya: A Comparative Study

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## Abstract

Understanding food security among Maasai herders in Kenya is crucial for addressing socio-economic challenges faced by this community. A comparative study design was employed, involving semi-structured interviews conducted in two distinct Maasai communities within Kenya. Data collection tools included questionnaires and open-ended discussion guides. Maasai herders demonstrated varying levels of knowledge about traditional food preservation methods (60% proficiency) compared to modern agricultural techniques (35%). The study highlights the importance of integrating both traditional and modern practices for sustainable food security in Maasai communities. Local authorities should support initiatives that promote education on effective use of available resources, particularly those related to conservation and climate change adaptation strategies. Maasai herders, Food Security, Kenya, Comparative Study

**Keywords:** *Maasai, pastoralism, indigenous knowledge, livelihoods, ethnography, qualitative inquiry, cross-cultural psychology*

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