



Urban Food Security Interventions for Insecure Families in Dar es Salaam: A Mixed Methods Study,

Karibu Malifa¹, Kamili Mbuliza², Safiye Chituvi³, Nafisa Kinyanjui⁴

¹ Department of Interdisciplinary Studies, Tanzania Commission for Science and Technology (COSTECH)

² Ardhi University, Dar es Salaam

³ Department of Interdisciplinary Studies, Ardhi University, Dar es Salaam

⁴ National Institute for Medical Research (NIMR)

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Correspondence: kmalifa@outlook.com

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Author notes

Karibu Malifa is affiliated with Department of Interdisciplinary Studies, Tanzania Commission for Science and Technology (COSTECH) and focuses on African Studies research in Africa.

Kamili Mbuliza is affiliated with Ardhi University, Dar es Salaam and focuses on African Studies research in Africa.

Safiye Chituvi is affiliated with Department of Interdisciplinary Studies, Ardhi University, Dar es Salaam and focuses on African Studies research in Africa.

Nafisa Kinyanjui is affiliated with National Institute for Medical Research (NIMR) and focuses on African Studies research in Africa.

Abstract

Urban food insecurity is a critical issue in Dar es Salaam City, Tanzania, affecting millions of families. A mixed-methods approach combining quantitative surveys with qualitative interviews was employed to assess the efficacy of interventions targeting food insecurity in Dar es Salaam City. Quantitative data showed a 30% reduction in reported hunger levels among families who received targeted food assistance, while qualitative insights highlighted community engagement as key for intervention success. The study concludes that tailored urban food security interventions can significantly improve the well-being of food-insecure families when effectively implemented and supported by active community involvement. Policy recommendations include scaling up successful interventions, enhancing community participation in delivery mechanisms, and integrating digital platforms for outreach and monitoring.

Keywords: *Sub-Saharan, African, Socioeconomic, Qualitative, Ethnographic, CaseStudy, Geographical*

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