



Impact of Food Security Workshops on Livelihood Diversification Among Rural Tanzanian Women Farmers: A Qualitative Study

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Abstract

Food insecurity remains a significant challenge in rural Tanzania, particularly affecting women farmers who often rely on agriculture for their livelihoods. A qualitative study design was employed, involving semi-structured interviews with a purposive sample of 30 women farmers from six villages in southern Tanzania. Data collection occurred over six months following the workshops. The findings indicate that participants reported an increase in income diversification by 25% compared to pre-workshop levels, specifically through the introduction of small-scale livestock rearing and value-added agricultural products such as honey production. Food security workshops significantly contributed to enhancing livelihood diversification among rural Tanzanian women farmers. The study's key contribution is its detailed analysis of how specific interventions can lead to tangible improvements in household economies. Future research should investigate the long-term sustainability of these practices and explore ways to scale-up such initiatives, considering factors like market access and community support networks.

Keywords: African, Rural, Qualitative, Livelihood, Empowerment, Gender, Sustainability

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