



# Community Gardens and Food Security Among Older Women in Libyan Cities: A Six-Month Comparative Study

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## Abstract

In Libya, older women often face challenges in securing adequate food due to limited access to resources and support systems. A comparative study design was employed involving two groups: one receiving gardening interventions and another serving as a control group. Data collection included surveys, interviews, and observations conducted by trained researchers. Participants in the intervention group showed an increase of 20% in homegrown vegetable consumption compared to baseline levels, indicating significant dietary diversification. Community gardens have the potential to enhance food security among older women in Libyan cities through sustainable agricultural practices and social support networks. Governments and community organizations should prioritise funding and resources for community garden initiatives that specifically target older female populations.

**Keywords:** *Libya, Food Security, Community Gardens, Empowerment Strategies, Social Capital, Qualitative Research, Gender Studies*

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