




Food Security and Income through Sweet Potato Production in Teso, Uganda

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Abstract

Two relevant studies on food security are referred to in the article. Food insecurity from time to time threatens in Teso sub region which houses a viable Teso agricultural system. One study was done during 2001-2003 in Teso on sweet potato production with 650 persons participating and the second one was done in one disaster affected area of Bududa District nearby during 2012-2016 when 1,142 persons participated. Kiryandongo District where Bududa landslide survivors were resettled in Uganda was included in that study. Participatory methods such as focus group discussions, farm observations, in-depth interviews, and questionnaires were used. Both studies used qualitative and quantitative methods for data analysis. The sweet potato stands second after cassava as the crop for famine and disaster periods in Teso to meet the human right to adequate food to complement the well dried cereals & grain legumes that stored longer. Livestock especially was also one of the prime determinants of food security and income in Teso. Free from cyanides with a good content of affordable Vitamin A from orange fleshed varieties, sweet potatoes in Teso contributed about 61% to the yearly food per capita of the population thus a recommendable crop for sustainable food security and some income in Teso and beyond.