

Attaining food security at all levels is a global issue. With an expected global population increase to 9 billion by 2050, 70 % or more food will be required to satisfy food demands. Poor levels of HH food security has grave health consequences. There is no specific criterion, but an array of methods used in determining levels of food security among HHs, and for this study, a food consumption score of eating a minimum of three meals a day was used.

The purpose of this study was to assess the determinants of household food security in Kisubi Parish, Katabi Sub-county, Wakiso District. This took place in July 2015.

This was a descriptive cross-sectional study, with a sample size of 325 household heads from the six villages of Kisubi Parish. Respondents were interviewed by researcher administered questionnaires. Frequencies were run, and cross tabulations with a Chi-square test applied to analyze the relationship of key variables of the study.

100% response was realized during the study, with there being more male than female HH heads. Among other factors, the majority of all respondents lay within 24 to 34 years, and secondary level education was the most dominant, followed by tertiary. However, the majority also ate less than three meals a day, at least three meals being the required minimum measure for this study.

Some of the highly significant findings that influenced HH food security were; age, occupation, knowledge on meaning of nutrition, benefits from agricultural projects and buying of food. Key to the significant findings was food; being enough but less varied, sometimes not enough, and often not enough for the majority HHs combined.

KIs equally agreed to HH food security being hindered by a number of factors, most importantly market availability and access. There was only one market supplying all the six villages, supplemented by makeshift roadside stalls or kiosks and food peddlers with poor quality perishable foods, which were also not cost friendly.

The study conclusively revealed a vast lack of knowledge on key aspects of HH food security. However, known factors such as disparities in benefits of agricultural projects 'access and supply of services, played a role in hindering optimum HH food security. Recommendations for these shortfalls include policies strengthening, food security awareness campaigns and infrastructure development.