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Keywords: households, food security, huger level and food budget.

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Abstract- This study assessed households' food security level among different communities in Ile-Ife. To achieve this, ten different communities with varying demography including educational and economic backgrounds were identified within the study area. Field Survey method was used in which survey of market prices of food stuff, diet and nutrition, social well-being, food accessibility and affordability as well as price fluctuation and variation in household's social backgrounds were the considered parameter. The results revealed that food insecurity is still high among the selected communities in Ile-Ife whereby 41% of the households cannot guarantee their households food for a month, while some have one or more household members skipped a meal in a day for lack of food whenever there is food shortage. Food insecure households have their households' head as mostly artisans and were more likely to have no educational background. However, households with the high income earning heads are more food secured compared to households with a low income head. Poverty, poor economic activity, low agricultural productivity, lack of access to basic services like health facilities and food markets all play significant role on food security.

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I. Introduction

The world at large has long been concerned about food security and the eradication of hunger especially of the vulnerable groups. This led to setting aside 16th and 17th of October every year as the international days for food security and eradication of poverty respectively (EBS, 2009) and its inclusion in the Millennium Development Goals (MDGs) in 2015. Despite this, about 925 million people are still suffering from the menace of food insecurity across the globe in which 235 million food insecure people are from sub-Sahara Africa (FAO, 2010).

One of the more frequently applied indices of the level of development is the status of food security and that of its antithesis, hunger. Commonly, food security is being defined as 'access by all people at all times to enough food for an active, healthy life' (World Food Programme, 1991). This signifies that the ultimate goal of food security is for individual to be able to acquire food needed at all times and to be able to utilize the food to meet the body's needs. The definition of food security is based on three important pillars, viz; food availability, access and utilization. However, the concept of food security has shifted from the mere equation of food production to access, availability, stability and utilization because a country can actually produce more, with its citizens having access to less in such a way that it exists in Nigeria (Yusuf, 2008).

In Nigeria, food security has declined in the 1980s due to rapid population growth, economic stagnation, and civil strife (IITA, 2004).

The decline is more severe as population growth is on the increase while food production is on the decline in Nigeria (FAO, 2003). During the decade of the 1990s, the food gap in Nigeria is expected to be more than quadruple to 5million tons of grain equivalent, an amount far beyond either the ability of Nigeria as a nation to import or developed countries to supply through food aid (FAO, 2003). This had imparted on the food security level of the country.

However, Food insecurity today has a devastating impact on families and on the countries in which they live. Where the food insecure make up a substantial portion on the total population, as they do in some parts of Africa, the impact can overwhelm a country's development opportunities (UNDP, 2009). Food insecure people are, by definition, unable to lead, they drain the social service budgets of the poorest developing countries and they lack the simple physical energy needed to contribute fully to their own livelihood. According to Chen and Kates (1996), the easiest way to observe food security is to examine its absence, which is the persistence of hunger and its many guises, food is not secured, nor poverty eradicated by the mere declarations of days. Food insecurity can be minimised. The policy options for reducing food insecurity are seen as depending on whether the case is chronic or transitory. Measures to address chronic food insecurity would include, increasing the food supply, focusing on the development assistance or income transfers for the poor and helping the poor to obtain knowledge about nutrition and health practises. Transitory food insecurity could be ameliorated by stabilizing supplies, prices and assisting vulnerable groups with emergency employment programmes, income transfers or food.

The effect of climate change on food production, absence of food security and associated

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coping strategies are increasingly being studied in Africa (EBS, 2009). There has, however, been very little emphasis on the roles that demographic status (such as; occupation, income, family size and educational status) play in mitigating extreme poverty and food insecurity. There is also limited information about how the various inter-relationships between individuals and households affect their food security status. This could be via the roles these play in facilitating household ability to produce food or generate income.

Furthermore, very little is known about how the shifts in family structure within many African countries towards a more western model have affected the agricultural production possibilities and food security status of families across the continent. Social and demographic status plays an instrumental role in the daily lives of all humans, particularly in developing countries where these relationships bridge the gaps caused by numerous market and institutional failures. However, studies on demographic status and household welfare or poverty in Nigeria are very few, and are mostly limited to one state or one region (Yusuf, 2008). Little or no empirical work investigating the links between demographic status and food security exist. Generally, literature has comprehensively documented studies on crop production, importation and food security in Nigeria. However, the food security at the Ile-Ife community level and the role that economic status plays is yet to be assessed, hence this study.

a) The objectives of this study are to;

- Assess households' food security and hunger levels among different communities with varying educational and economic backgrounds in Ile-Ife and its environ; and
- Examine the impacts of varying demography on the household food security level among the selected communities in Ile-Ife.

II. Research Methodology

Ile-Ife lies within latitudes $7^0$28′N - $7^0$45′N and longitudes $4^0$30′E - $4^0$35′E. It has an elevation of about 375m above the sea level (Ajala and Olayiwola, 2013). The town has two Local Government Areas; namely Ife Central and Ife East Local Government. It has a total population of 355,818 people (NPC, 2006). The area has two climatic seasons of dry and wet. During the wet season, the mean daily temperature can be as low as 23^0C while it may be as high as 30^0C during the dry season. The area experiences double rainfall maxima characterized by two high rainfall peaks in June and September with a short dry season and longer dry season falling between and after each peak. The mean annual rainfall is about 1500 mm (Ifabiyi, 2008). The climate supports tropical rainforest vegetation.

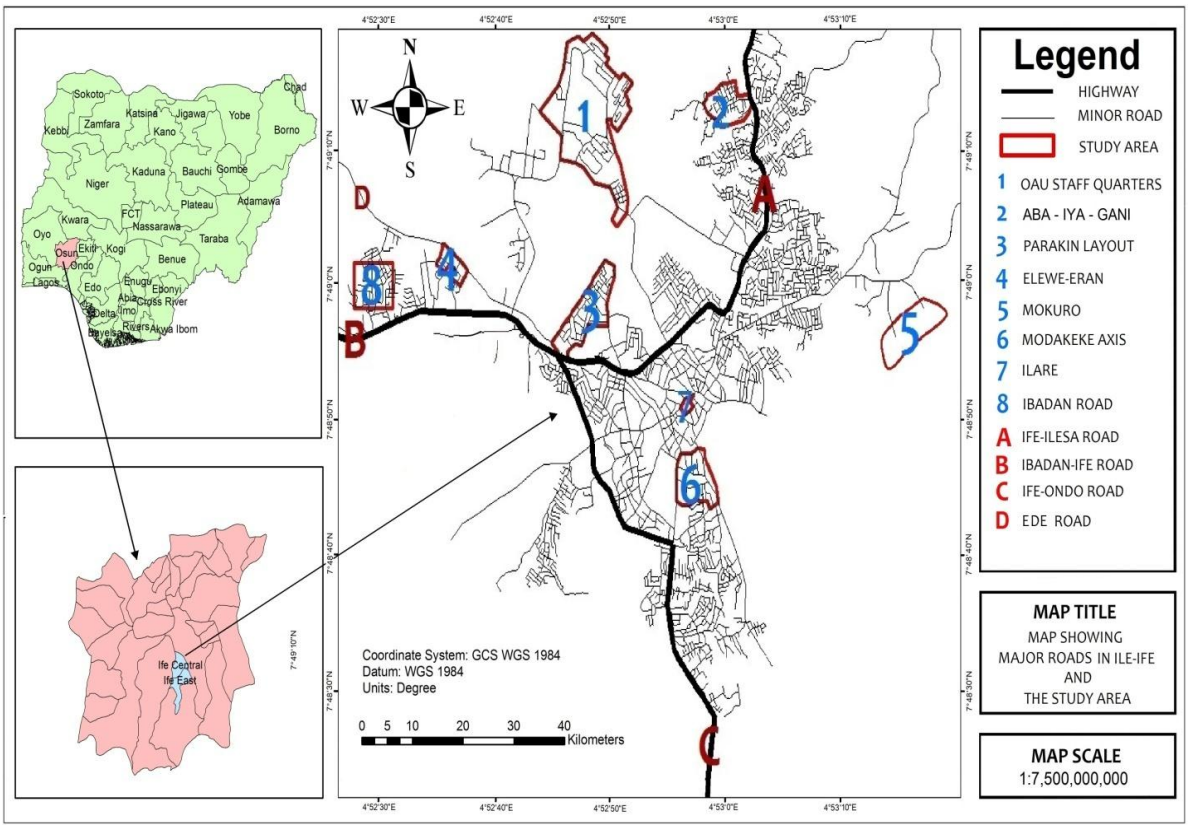


Figure 1: Map of Ile-Ife in Osun State, Nigeria

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In this study, the sample population was drawn from Ile-Ife and its environs to capture Low Income-high population density areas, Medium Income-medium population density areas and High Income-low population density areas. The use of the classification model adopted from Okunmadewa et al, (2007) to study the interplay of migration and urban expansion on health and environment in Lagos metropolis. The three types of settlements drawn from the study area include Parakin which represents High Income-Low Population density area, Ibadan Road as the Medium Income-medium population density area and Ilare as the Low Income- high population density area.

The sampling technique used for this study is a multi-stage sampling technique. Firstly, the use of the classification criterion adopted from Okuneye *et al*.(2007) in which metropolis was classified as described above. A sum of 450 randomly selected respondents was drawn from the two Local Government Areas (LGAs) in Ile-Ife. In each LGA, the street listings of the 2006 National Census were used to draw a random list of five streets followed by a systematic random sampling in other to select 10 houses (first house was selected by the use of random numbers, subsequently, every fourth house was then selected) per street from which a household was then selected. The socio-economic, economic, household food consumption and risk structure investigations were then carried out in Ile-Ife and its environs. These include: Parakin, Ibadan Road, Ilare, Mokuro, Ibadan Road, Aba- Iya-Gani, Boosa, Eleweeran, O.A.U senior staff Quarters and Eku-Isobo communities. The study made use of both primary and secondary data. The primary data were generated through an extensive fieldwork survey of market prices of food stuffs. Information on prices of food items, food security levels with respect to demographic backgrounds were obtained from the use of modified United States Department of Agriculture (USDA,2012) Food and Hunger Investigation Module (FHIM) structured questionnaire (Appendix I shows the modified question in italics). Key informants included community heads, landlords, tenants, and household heads. The National Population figures of 2006 were used as a guide in administering the structured questionnaire using 1% of the population per community and simple random sampling technique (So as to be fair in choosing the sampled population). Allotting equal copies of questionnaire to the selected communities is impossible due to the differences in the total population of each community. However, more than a questionnaire was administered in a house that is occupied by more than a household. In all, a total number of 455 copies of questionnaire were administered within the three communities in this study all of these 450 copies were completely filled by the respondents. The test instrument (questionnaire) was first validated using a few numbers of dummy respondents before it was finally administered. This helped to re-structure some of the items in the questionnaire for better understanding and suggested the need for the interpretation of the questionnaire to the respondents in his or her native language and to ensure the filling of the questionnaire based on the answers given by the respondents.

The data collected were collated and analyzed using inferential (Chi-square, t-test and Analysis of Variance- ANOVA) and descriptive (Tables, Percentages, Frequencies, Mean) statistical techniques to describe the socio-economic characteristics of the households.

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III. Results and Discussion

Table 1: Distribution of Respondents by Socio-Economic Characteristics

Characteristics	Frequency	Percentage
Location		
Aba-Iya-Gani	42	9.33
Boosa	32	7.11
Eleweran	20	4.44
Ibadan road	40	8.88
Ilare	116	25.77
Eku-isobo and Iraye	39	8.66
Mokuro	75	16.66
Parakin	44	9.77
OAU Senior Staff Quarters	40	8.88
Total	450	100
Sex		
Male	193	42.80
Female	257	57.20
Total	450	100
Marital Status		
Single	46	10.20
Married	333	74.10
Divorced	42	9.30
Widow/widower	29	6.40
Total	450	100
Age		
20-30 years	83	18.40
31-40 years	186	41.30
41-50 years	141	31.30
51 and above	40	9.00
Total	450	100
Size of Household		
Less than or = 4	241	53.60
Greater than 4	209	46.40
Total	450	100
Minimum =2	Maximum =10	

Source: Author's Fieldwork, 2019

revealed that Ilare (11,685 people; 55.335% of the total population) is the most populous community in the study areas. This was probably due to as a result of the division of the town into three main categories which are; the core (the zone during the pre-colonial period), the intermediate and periphery. In the core, this is where the palace is located and this is usually where the first settlers did settle in and then there comes the expansion of the town. Community like Parakin belonged to the category of the periphery which means it came to being as a result of the expansion and modernization and it is regarded as the community of

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the rich in Ile-Ife. This is in line with (Badiora and Afon, 2013) division of the town to the three categories. Also, Parakin is the residential area for the high income earners.

There were more female respondents (57.20%) than the male (Table 1). This was probably due to the fact that as at the time of this survey the females were the ones at home because they were the ones who usually take care of the household. Secondly, since women are the ones in-charge of household cooking and supplies, the questions were best answered by the females. Households' size of greater than 4 was recorded most in Ilare (44.08%). The average household size in this study is ranged between 2 and maximum 10. The mean household size in the overall communities was about 4 members per household. This shows that the substantial proportion of the households had household sizes lesser than the mean household size. The household size has a great implication on food security. A large or small household is expected to consume more or less food as the case may be. However, a large household could pose a threat to food security especially in a household with many children and elderly people (Agboola, 2005 and Oluyole *et al.,* 2016).

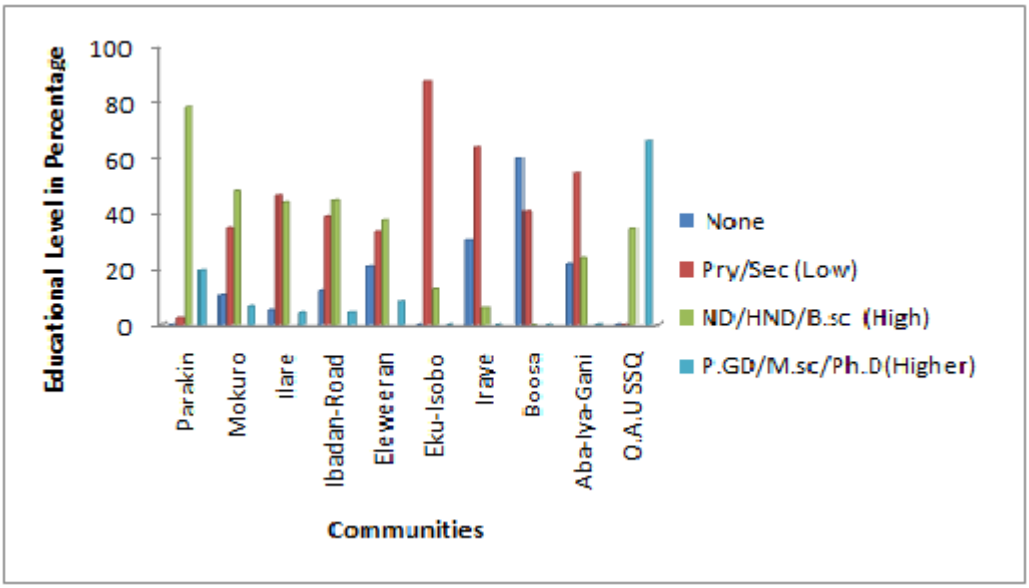


Figure 2: Educational level of Household Heads

In this study, results showed that Ibadan road (12.24%) had the highest number of household heads with no level of Education while Parakin is the only community with the least percentage of respondents with Primary/Secondary education and the highest percentage of respondents with ND/HND/B.Sc. or equivalent (Fig.1). This is so because Parakin is being referred to as the community of the rich. All of these show the varying educational levels of the household heads across the selected communities and could even influence their occupations. A low fraction of farmers were recorded in some communities. However, not all communities engage in farming and this could be owned to the fact that nowadays people have neglected farming; everyone wants a white collar job. Only few communities in this study have their residents who are into farming. This could be as a result of the influence of the educational institution, the presence of the Teaching hospital, and the existence of the zonal offices of the government ministries who have gainfully employed the dwellers of Ile-Ife into one or the other capacity to function.

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Table 2: Monthly Income Status of the Respondents in the Selected Communities

	Monthly Income Status (Thousand (₦))							
Percentages	**0-10**	**11-20**	**21-40**	**41-70**	**71-100**	**101-400**	**Others**	**Total**
Communities								
Parakin	7.14	9.52	30.95	30.95	47.62	4.76	0.0	100
Mokuro	4.00	21.33	20.00	33.33	16.00	5.33	0.0	100
Ilare	3.70	30.56	38.89	19.44	7.41	0.0	0.0	100
Ibadan Road	23.91	28.26	15.22	19.57	10.87	2.17	0.0	100
Eleweeran	8.70	39.13	39.13	8.70	4.35	0.0	0.0	100
Eku-Isobo	54.55	45.45	0.0	0.0	0.0	0.0	0.0	100
Iraye	31.03	48.28	6.90	3.45	10.34	0.0	0.0	100
Boosa	6.45	87.10	6.45	0.0	0.0	0.0	0.0	100
Aba-Iya-Gani	7.50	52.50	17.50	22.50	0.0	0.0	0.0	100
OAU Senior Quarters	0.0	0.0	0.0	9.76	56.10	19.51	14.63	100

Source: Author's Fieldwork, 2019

Households' heads with the income range of ₦11, 000 - ₦20, 000 (i.e low income) had the highest percentage in this study across the selected communities while in Parakin had households' heads with a monthly income of between ₦41, 000 - ₦70, 000, ₦71, 000 - ₦100, 000 (i.e the middle income earners) and as expected, people earning above ₦100 000 (high income earners) were also from Parakin (Table 2). Hence, a household in which the household head has a low income might be faced with the problem of food insecurity arising from unavailability or limited resources as depicted by the analysis of this study. Since, one can only live within his/her income.

Table 3: Prices of Selected Food Items in Ile-Ife Over 10 Years (2009-2019)

Food Items	**Unit**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**
Maize	50kg	₦4,500	₦5,200	₦7,200	₦7,500	₦10,000	₦12,000
Rice	50 Kg	₦9,200	₦8,300	₦9,500	₦10,000	₦11,500	₦21,500
Yam	50kg	₦2,500	₦2,750	₦5,000	₦5,000	₦6,000	₦7,000
Cocoyam	50kg	₦2,000	₦2,500	₦2,750	₦3,000	₦3,500	₦5,500
G. Oil	25 litres	₦7,800	₦8,000	₦8,200	₦8,500	₦10,800	₦12,800
Beans	50kg	₦8,000	₦8,200	₦8,500	₦8,600	₦9,000	₦10,000
Palm Oil	25 litres	₦7,900	₦8,200	₦8,200	₦8,500	₦10,700	₦11,700
Garri	50kg	₦3,800	₦2,400	₦2,600	₦2,800	₦4,800	₦5,800
Beef	50 kg	₦12,000	₦15,000	₦12,000	₦15,000	₦18,000	₦20,000
Fish	50 kg	₦12,500	₦13,800	₦14,000	₦15,000	₦16,000	₦18,000
Sugar	50 Kg	₦6,650	₦8,150	₦8,250	₦7,500	₦8,000	₦9,000
Yamflour	50kg	₦10,700	₦12,000	₦12,300	₦18,000	₦25,000	₦28,000

Source: Osun State Ministry of Commerce and Industries and Authors' Market Survey between 7th to 14th of October, 2019

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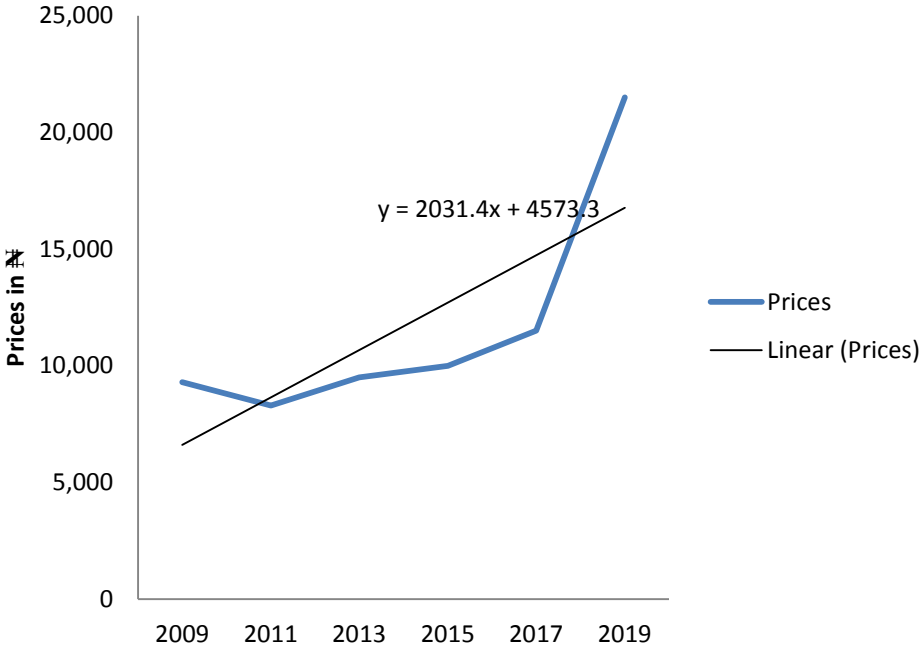


Figure 3: Rate of change in Prices of Rice in 2009-2019

The prices of food items had been on the increase over the years. For example, rice which is an everyday food has its price fluctuating around ₦20,000 per 50kg and the cheapest item is cocoyam which goes for ₦5500 per 50kg as at the time of this survey in month of October, 2019 (See the Appendix). The rate of change in food items was on the increase. For example, rice increased with ₦10000 in the last two years and which made unaffordable for households but yet it has to be purchased at the household level (Fig.2). However, beans are the only food item that has the lowest rate of change. Although food items such as cocoyam and yam and garri and maize, groundnut oil and palm oil are readily available in Ile-Ife and its environs while food items such as rice, beans, yam flour, fishes and beef were brought to Ile-Ife from other places within Nigeria could be part of the reasons for not answering the affordability of the food items. All of these could be an indication of price fluctuations which then affects the food security level.

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Table 4: Households' Food Security and Hunger Levels across the Selected Communities

Characteristics	Frequency	Percentage
Description of food situation at home in the last 12 months		
we do eat enough of what we want	193	42.9
we do eat enough but not always what we want	200	44.4
we sometimes do not eat enough	46	10.2
we frequently do not eat enough	11	2.5
Total	**450**	**100.0**
Duration of guaranteeing family food		
A day	32	7.1
A week	105	23.3
A month	268	59.6
Six month	31	6.9
A year or more	14	3.1
Total	**450**	**100.0**
Reason for not eating enough at home		
No enough money to purchase food	210	46.6
Price of food items is too much	129	28.6
It is difficult to access the market	102	22.7
Others	9	2
Total	**450**	**100**
Ever worried in the last 12 months because food at home could run out before more can be purchased		
Almost every month	140	31.1
Some months	83	18.5
Only one or two months	95	21.1
Did not happen	132	29.3
Total	**450**	**100.0**
Time in the last 12 months when bought food was inadequate and no money to buy more		
Almost every month	90	20.0
Some months	129	28.7
Only one or two months	91	20.2
Did not happen	140	31.1
Total	**450**	**100.0**

Fifty-nine percent of the respondents can guarantee food for their households for a month and this belongs to the class of the civil servants. Result showed that 2.9% of the households do eat enough of what they want frequently. All of these could be accounted for as a result lack of money; price instability of food items also the scarcity of food items at some season of the year. Most importantly, the income and the occupational status of the household heads do play a major role on budget and available food to the household.

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Table 5: Frequency and Percentages of the Distribution of Residents' Responses on Food Budget Based on Demography

Occupation	**Monthly Food Budget(₦)**				
	Below 10,000	10,000-20,000	20,001-40,000	Above 40,000	Total
Artisans	83(82.83)	13(13.13)	3(3.03)	1(1.01)	100(100.0)
Civil servant	46(26.67)	78(44.85)	31(17.58)	25(10.91)	180(100.0)
Trader	79(71.96)	26(22.43)	4(3.74)	3(1.87)	112(100.0)
Farmer	29(86.96)	1(4.35)	2(8.70)	0(0.0)	32(100.0)
Others	19(58.33)	2(16.67)	3(16.67)	2(8.33)	26(100.0)
$\chi^2(12) = 115.09$	p-value = < 0.05				
Household size					
4 and below	130(53.90)	71(29.46)	27(11.20)	13(5.39)	241(100.0)
Greater than 4	106(50.71)	80(38.27)	17(8.13)	6(2.87)	209(100.0
$\chi^2(3) = 1.8867$	p-value = < 0.05				
Educational status					
None	51(87.27)	9(12.73)	0(0.00)	0(0.00)	60(100.0)
Primary/Secondary	134(79.87)	30(16.98)	5(3.14)	0(0.00)	169(100.0)
ND/HND/B.Sc or Equivalent	65(36.69)	81(46.75)	23(12.43)	8(4.14)	177(100.0)
P.GD/M.Sc/M.Phil/Ph.D	1(2.27)	11(25.0)	17(38.64)	15(34.09)	44(100.0)
$\chi^2(9) = 224.0708$	p-value = < 0.05				
Monthly Income					
₦0-₦10 000	37(91.89)	5(8.11)	0(0.00)	0(0.00)	42(100.0)
₦11 000-₦20 000	122(90.08)	14(8.40)	1(0.76)	1(0.76)	138(100.0)
₦21 000-₦40 000	54(62.96)	32(34.57)	2(2.47)	0(0.00)	88(100.0)
₦41 000-₦70 000	27(29.63)	52(60.49)	7(8.64)	1(1.23)	87(100.0)
₦71 000-₦100 000	3(4.35)	31(44.93)	27(37.68)	9(13.04)	70(100.0)
₦201 000-₦400 000	0(0.00)	4(20.0)	8(46.67)	6(33.33)	17(100.0)
Others	0(0.00)	0(0.00)	0(0.00)	8(100.0)	8(100.0)
$\chi^2(18) = 391.0823$	p-value = < 0.05				

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Figure 4: Households Monthly Food Budgets across the Selected Communities

In assessing the differences in average monthly budget on food in relation to selected socio demographic and economic variables, tests of differences in average of such expenses were conducted to assess the impact of the demographic variable on the household food security level. For example, a Chi-Square test established a significant relationship between occupation and monthly food budget. Occupation which is a determinant of the monthly income and food budget among the following categories; for example the artisans whose budget were below ₦10,000 were predominant (83%), 45% of the civil servants who used to budget between ₦10,000-₦20,000 which was the highest proportion in the category with a Chi square value of 113.09 and p-value < 0.05.This showed the association between monthly income budget, households' head occupation, household size, educational status and monthly food budget. With respect to household size(in terms of family size) and monthly food budget, household size below 4 had (53%) budget below ₦10,000 on food monthly while households with the budget of ₦10,000-₦20,000 on a monthly basis had 29% (Table 5). Meanwhile about half (50%) of households with household size greater than 4 budgeted below ₦10,000, followed by those whose budget was between ₦10,000-₦20,000. With a Chi square value of 1.8867 and p-value of 0.001, the results showed that there was no significant relationship between household size and monthly food budget irrespective of the household sizes. Meanwhile, a significant relationship was established between the educational status of the household head and monthly food budget (at $\chi^2 =$ 224.0708 and p-value < 0.05), for example about 87% households' head with no educational background budgeted ₦4,085 with a standard deviation of ₦6,964 on food on a monthly basis and this was peculiar to the artisans. On the other hand 8 out of 10 of household heads with low educational background budgeted below ₦10,000 on food. As a departure from the foregoing, highest proportion of households budgeting between ₦10,000-₦20,000 existed among household heads with ND/HND/B.Sc. or equivalent, and the trend was followed by those with monthly food budget of below ₦10,000 with about 37%. While the household heads with higher educational background budgeted most on food monthly (Table 4), 38% of this category budgeted between ₦20,001- ₦40,000 on food, 34% budgeted above ₦40,000. A Chi square value of 224.0708 and p-value of 0.001 shows that there was a significant relationship between educational status and monthly food budget.

At $\chi^2$391.0823 and p-value = < 0.05 there was a significant relationship between monthly income and monthly food budget. For example about 92% respondents who earn less than ₦10,000 monthly earmarked less than ₦10,000 for food on a monthly basis while 90% were recorded among the households' heads earning between ₦11,000-₦20,000 monthly. It could be inferred that the higher the income, the higher the amount budgeted on food monthly. For instance, households' head earning between ₦201,000-₦400,000, about 47 percent budget between ₦20,001-₦40,000 on food monthly. The trend continued with the households earmarking above ₦40,000 for monthly food budget with 33% with a Chi square value of

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391.0823 and p-value = < 0.05, which implies that the monthly income of the households' head plays a vital role in the monthly budget on food which implies that no household food budget will exceed its income (Table 4.13). Furthermore, occupation and monthly income plays a major role on household food security, for instance where respondents earns between ₦11,000 - ₦20,000 budget an average of ₦7,542 with a standard deviation of ₦5,367 on food, respondents who earns between ₦201,000 -₦400,000 budget an average of ₦40,133 and standard deviation of ₦21,287. An F-value of 132.04 and p-value of 0.001 shows that the difference observed in average monthly budget across levels of monthly income on food is significant (Table 3).

There is no significant difference in monthly budget on food across household size at t-value = -1.5074 and a p-value of < 0.05. For instance, in household size of 4 and below, average monthly budget on food was ₦14,808 and a total of ₦13,284 will be needed on food to be food secured, while those with size greater than 4 spend average of ₦16,932 and a total of ₦17,153 will be needed to be food secured. Studies have shown that food available to larger families per head are usually lower than that available to smaller families that is per food capita. Food intake decreases with an increase in family size. This is in conformity with Adio (2000), Oluyole *et al*., 2016 whereas this could not be measured in this study since the outcome of this study shows that the household sizes do not affect the budget on food by the family.

Results of this study demonstrated that food insecurity is still high among the selected communities in Ile-Ife. 41% of the households cannot guarantee their household food for a month, while some have one or more household members skipped a meal in a day for lack of food whenever there is food shortage. In all, 20% of the households have their children benefitting from the food assistance by the State Government for the children of primary school ages (Government schools) during the school hours and this has been a succor to the households. In other to enhance household food security level, food wastage has to be curbed only 56% made use of fridge in preserving their food remain for later consumption although these were being used among households of these two communities Parakin and Ibadan Road. Through this one could say that a larger percentage of the sampled population knows the adverse effect of food wastage on food security level which is hunger and starvation. Nonetheless, 8% respondents had experienced food crisis in their community and this was recorded during of Ife-Modakeke crisis which lasted for years.

Focusing on households sizes and monthly food budget, at t-value = -1.5074 and a p-value of < 0.05, no relationship was found between household size and households' food security. This suggests that focusing on household size alone may not provide an accurate assessment of the varying demographic characteristics of different households and food security.

However, Seventeen percent of the respondents suggested the need for government intervention, while 14% suggested that farmers are to be supported through loans, people should be more involved in farming and that government should encourage large scale farming through mechanization while 10% and 11% hopes that improving storage facility and planting more crops would help in a way to ensuring food security. Other suggestions include subsidizing food items and preventing adverse climatic impacts. This is an indication that the government still has a frontline role to play in the area of agriculture which is the only key to food security.

IV. Conclusion and Recommendations

a) *Conclusion*

This study has shown that households sizes below or equals 4 had the highest representation in this study. There is a variation in the educational background of households' heads across the selected Communities. For instance communities such as Parakin and OAU Senior Staff Quarters had the highest number of households' heads with higher educational Status. In terms of occupation, artisans had the highest representation in this study but with an exemption of communities such as Parakin and OAU Senior Staff Quarters which were dominated with civil servants. Across the selected communities, household heads with the income range of ₦11,000- ₦20,000 had the highest percentage except Parakin and OAU Senior Staff Quarters with higher income. While a larger population in this study budgeted less than ₦10,000 on food on a monthly basis. From the results in chapter four, it can be inferred that the higher the income, the higher the monthly food budget. Also, the higher the educational status, the higher the monthly income which shows there is a significant relationship between the Educational Status and the monthly income. Forty-one percent of the households do not eat enough food due to the following reasons; the stagnating growth in food production, increasing population, poverty, climate change, high food prices, ongoing neglect in agricultural practices, absence of market within the communities and lack of sufficient income. Food security of many household was further deteriorated due to lack of awareness on food utilization and preservation.

Food insecure households have their households' head as mostly artisans and were more likely to have no educational background whose heads were with low income and low budget on household food. To overcome this problem of food insecurity, the empirical results suggest that it is necessary to put in

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place policies that will encourage qualitative education and job creation with good remuneration.

The household with the high income earning heads are more food secure compared to households with a low income head. Poverty, poor economic activity, low agricultural productivity, lack of access to basic services like health facilities and food markets all play significant role on food security. Thus, the varying demography (such as educational and economic variables) plays a significant role on households' food security level.

b) Recommendations

Economic growth is urgently required to combat poverty, which is a key underlying factor to the hunger problem among the communities. Economic growth, preferably through increased investments in a much neglected agricultural sector, is however not enough, and there is an urgent need for the Government to address the food insecurity situation, In the current situation, food security major thrust has to be given to production of food grains, fisheries and livestock products through sustainable use of resources. Investing in agriculture has several benefits and as a great contribution to the economic growth, agriculture has to be transformed from traditionally subsistent to a vibrant commercial and competitive one. Potentiality for agricultural development should be tapped with increasing concerns for irrigation, fertilizer, storage, marketing, improved seeds and breeds, quality control, improvement on road networks, research focus on niche areas, credit facility and capable human resources, Improved farming system and Improved market infrastructure are also of great importance in order to ensure access to food by all population groups. Price regulation will curb price fluctuation of food items, also a major avenue to improve food security. There is also the need for improved educational policy to be made so as to increase the number of literates. Lastly, employment with improved renumerations should be provided to the eligible ones.

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