

**TOWARDS IMPROVED  
FOOD & NUTRITION SECURITY AMONG  
REFUGEE HOUSEHOLDS**

**CASH**



**OR**

**FOOD**



**A Comparative analysis of the effectiveness of food  
assistance modalities in refugee settlements**

**February 2016**

**WFP Uganda,**

**Analysis Monitoring and Evaluation (AME)**



# **A Comparative analysis of the effectiveness of food assistance modalities in refugee settlements**

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Analysis, Monitoring and Evaluation (AME) Unit  
WFP Uganda





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## PREFACE

Cash transfers were first piloted in May 2014 in the three refugee settlements of Kiryandongo, Adjumani and Rhino camp. The cash transfer modality gives refugees the choice and flexibility to decide on how to satisfy their basic food needs with more dignity.

This report is the second of its kind from WFP Uganda Analysis Monitoring and Evaluation (AME) Unit that undertakes a comprehensive review of food security and nutrition outcomes among food, cash and non-beneficiaries. Non-beneficiaries are those refugees who have spent over 5 years in the settlements and have been able to settle and establish themselves to a certain extent (relative to newly arrived

refugees). These refugees received food assistance within the first five years of their stay but achieved self-reliance after this period and were phased-off food assistance as per inter-agency targeting criteria. The report, in essence, answers the question – cash or food? – with regard to the choice of food assistance modalities in the refugee settlements. The report is structured into nine (9) sections as follows:

It is expected that this report will provide guidance on decisions as to whether or not to upscale cash transfers within these settlements and to others, as well as suggest additional interventions by partners to augment food security and nutrition outcomes in the refugee settlements

<b>Section 1</b>	<b>Executive Summary</b>
<b>Sections 2-3</b>	<b>Background, Objectives &amp; Methodology</b>
<b>Section 4</b>	<b>Key demographic characteristics of refugees</b>
<b>Section 5</b>	<b>Overall Food Security and Nutrition situation in the focus settlements</b>
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<b>Section 9</b>	<b>Programme recommendations</b>



# 1

## **EXECUTIVE SUMMARY**

## Profile of a Typical WFP Cash Beneficiary

Demographic	1	Cash beneficiary Household heads tend to be unmarried
	2	Households often report (at least) one member being chronically ill
	3	Households are smaller (3-4 members)
Agriculture	4	Largely tend to practice mono-cropping agriculture
	5	More likely to own goats and/or poultry
Access to food	6	Cash households generally have higher absolute expenditure on food, including on pulses, meats and fruits and vegetables, evidencing utilization of cash by the beneficiaries to buy different foods.
	7	Cash beneficiary households are more vulnerable to price changes and tend to have higher prevalence of debt to maintain food access
Nutrition	8	Cash beneficiary households generally have better diets in terms of quantity and quality
	9	EVI's receiving cash show better diet quality with higher diet diversity score, and higher consumption of Vitamin A, protein, and Hem-Iron rich foods
	10	Children in cash beneficiary households were much less likely to be malnourished (lower acute malnutrition, underweight, and stunting levels)
Gender relations	11	Households in which decisions on utilization of food and cash were made by women were more likely to be classified as food secure.
	12	Cash received by female headed households is more likely to be used for food purchase (and consumption) compared to that received by male headed households.

## Background

Cash and food are two modalities WFP uses in transferring resources to beneficiaries. In the Ugandan context, cash transfers were first implemented in three refugee settlements (Rhino camp, Adjumani and Kiryandongo) in May 2014 but have since November 2015 been scaled up to four other settlements (Rwamwanja, Kyaka II, Kyangwali and Koboko). This report focuses on the first set of settlements in which beneficiaries had received cash for over 1.5 years at the time of the assessment.

## Methodology

The study was conducted within the context of the wider Food Security and Nutrition Assessment for refugees. The cross-sectional survey employed a multi-stage cluster sampling methodology in which a representative sample was drawn at settlement level. Purposive sampling for cash beneficiary households was conducted in the focus settlements in order to ensure an adequate sample was reached. Across the three settlements, cash beneficiary households selected for the assessment constituted 13% of the total sample.

## Objectives

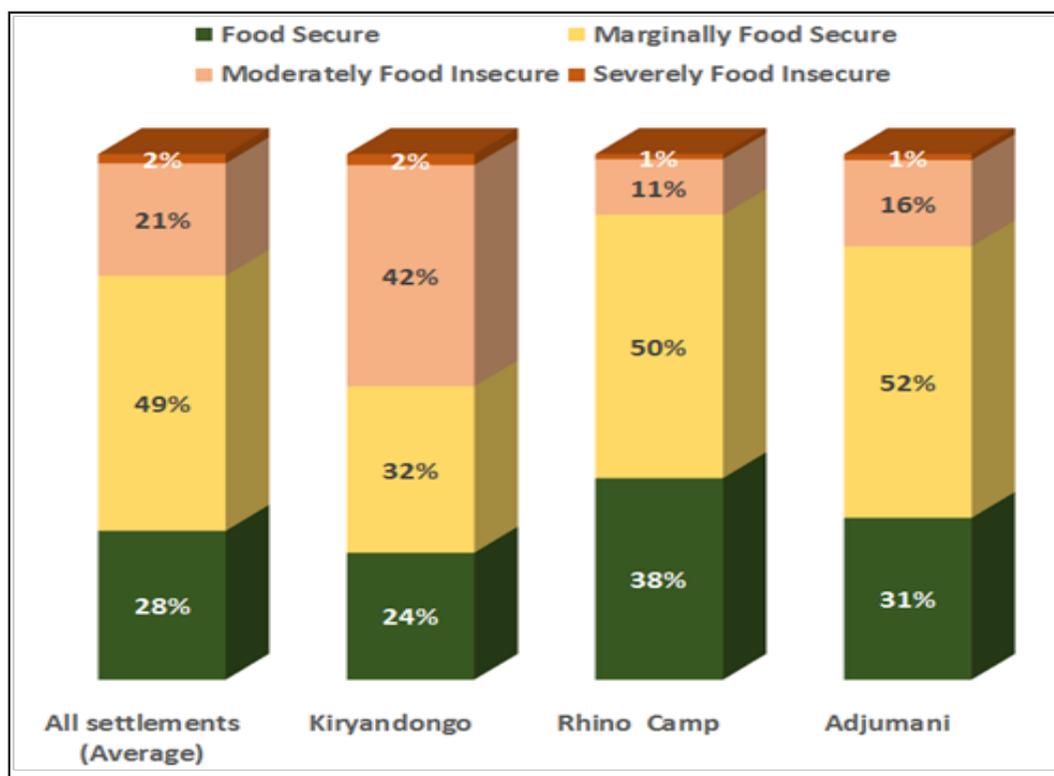
The main thrust of the study is to compare food and cash beneficiaries as well as non-beneficiaries against a set of food security and nutrition indicators. This will help to determine the effectiveness of both modalities (food and cash) in the attainment of optimal food security and nutrition outcomes among refugee households.

## Key findings:

Overall food security situation in the refugee settlements is as follows

- More than three-quarters (77%) of households across the settlements were Food Secure based on the Food Security Index that combines food consumption, household expenditure, and livelihood coping analyses (Annex 1).
- Among the focus settlements, Rhino camp and Adjumani had above average percentages of households that were food secure (i.e. food secure and moderately food secure) compared to Kiryandongo (Figure 1).

Refugee households in Kiryandongo are clearly more food insecure than those in Rhino Camp & Adjumani. Any scale up of assistance or introduction of new intervention options (particularly *involving* livelihoods) needs to prioritize this settlement.



**Figure 1:** Overall Food Security status in the focus refugee settlements

### Effectiveness of food and cash transfer modalities – a synthesis

#### Food availability

**Livestock ownership:** Across the focus settlements, households on cash were more likely to own either goats or poultry compared to food and non-beneficiaries. This is probably a result of cash beneficiaries venturing into livestock ownership using money obtained as store of value and for household consumption.

**Crop production:** Findings showed that households on cash were less

likely to have cultivated two or more crops compared to food and non-beneficiaries. This is probably because these households now have a commercial orientation, specializing in one crop for optimal returns. This is however a negative finding given that increasing on-farm diversity was positively correlated with food consumption patterns in the household.

**Access to agricultural land:** Food and cash assistance were found to downplay the importance of access to agricultural land on household food security. Thus food and cash beneficiary households with and

without access to agricultural land had almost similar levels of food security. In contrast, non-beneficiary households without access to land were much less likely to be classified as food secure (20%) compared to those with access to land (81%).

### Food access

**Market dependence:** Cash transfers were seen to increase dependence on markets with beneficiaries across the focus settlements deriving over 80% of food consumed in the household from the markets compared to about 35% among food beneficiaries and 50-70% among non-beneficiaries.

**Food expenditure:** Cash households were generally found to have higher absolute expenditure on food on a monthly basis compared to food beneficiaries (albeit less true in Kiryandongo). In particular, cash households spend more than their counterparts on pulses, meats and fruits and vegetables. This finding indicates that cash transfers are appropriately utilized by households with potential to improve the quality of diets.

**Household debt:** Cash beneficiary households rely more on markets for food. This dependence on markets, in a context of lower on-farm agricultural production (and

diversity) seems to drive higher prevalence of debt among cash beneficiary households, with the main reason for debt being to buy food.

### Utilization

#### Overall Food consumption:

Cash beneficiaries generally had better food consumption scores (FCS) compared to food and non-beneficiaries (except in Kiryandongo). In all cases however, non-beneficiaries were much more likely to have poor FCS.

**Diet quality:** Across the settlements, cash beneficiaries had higher diet diversity score compared to food and non-beneficiaries.

Indeed, across the focus settlements, cash households were more likely to have consumed Vitamin A rich foods on a daily basis in the seven days before the survey compared to food and non-beneficiaries.

Also, despite the fact that there were generally low levels of consumption of hem-iron rich foods in the settlements, cash beneficiary households were more likely to have consumed these compared to food and non-beneficiaries. This suggests potential impact

*Cash households spend more than their counterparts on pulses, meats and fruits and vegetables, indicating potential of cash transfers to improve the quality of diets.*

of cash transfers in reduction of stunting levels among children in these settlements provided nutrition education is mainstreamed into cash programming and that the interventions are to scale.

However, findings showed that food beneficiaries were more likely to consume protein rich foods on a daily basis compared to cash and non-beneficiaries. This is probably because the main protein sources (beans) are relatively highly priced (see Figure 10, pp. 19). Given generally low levels of household production, this prompts cash and non-beneficiaries (that now depend more on markets) to limit their consumption. On the other hand, food beneficiaries receive these in-kind and are therefore at an advantage.

**Positive effect of food/cash assistance on diet diversity**

Besides own production, presence of income earners in a household has been found to have a positive impact on household food consumption. Thus, households without an income earner are often worse off. Analysis however showed

that among households without an income earner, those that were cash beneficiaries had higher diet diversity compared to their food and non-beneficiary counterparts (Figure 2).

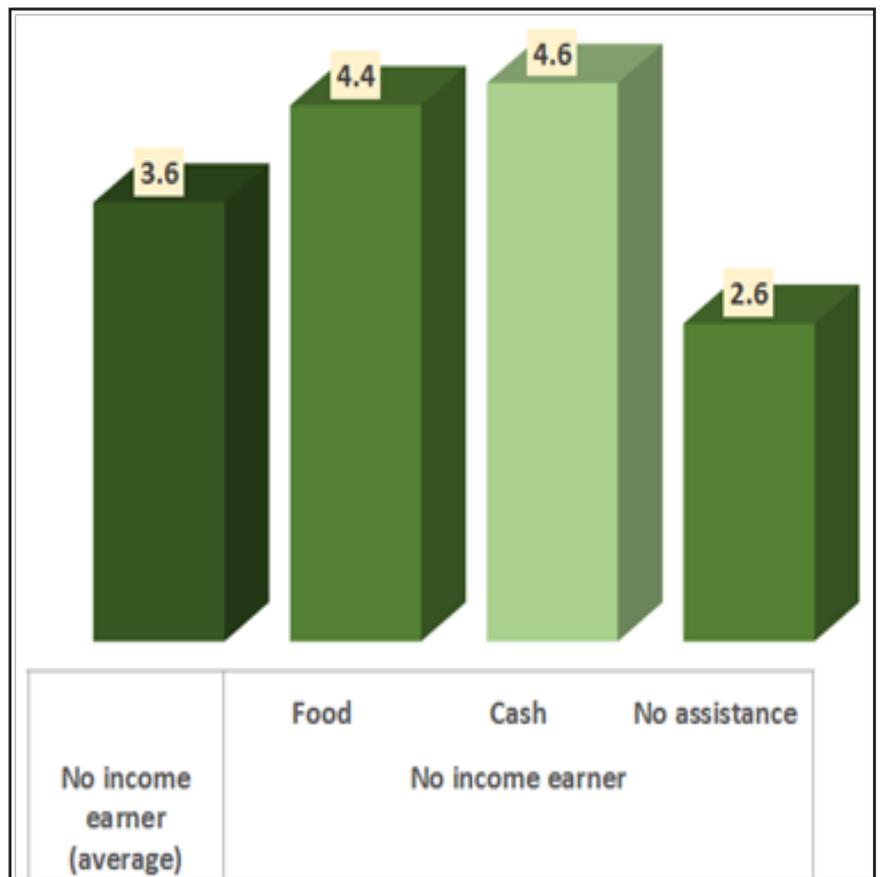


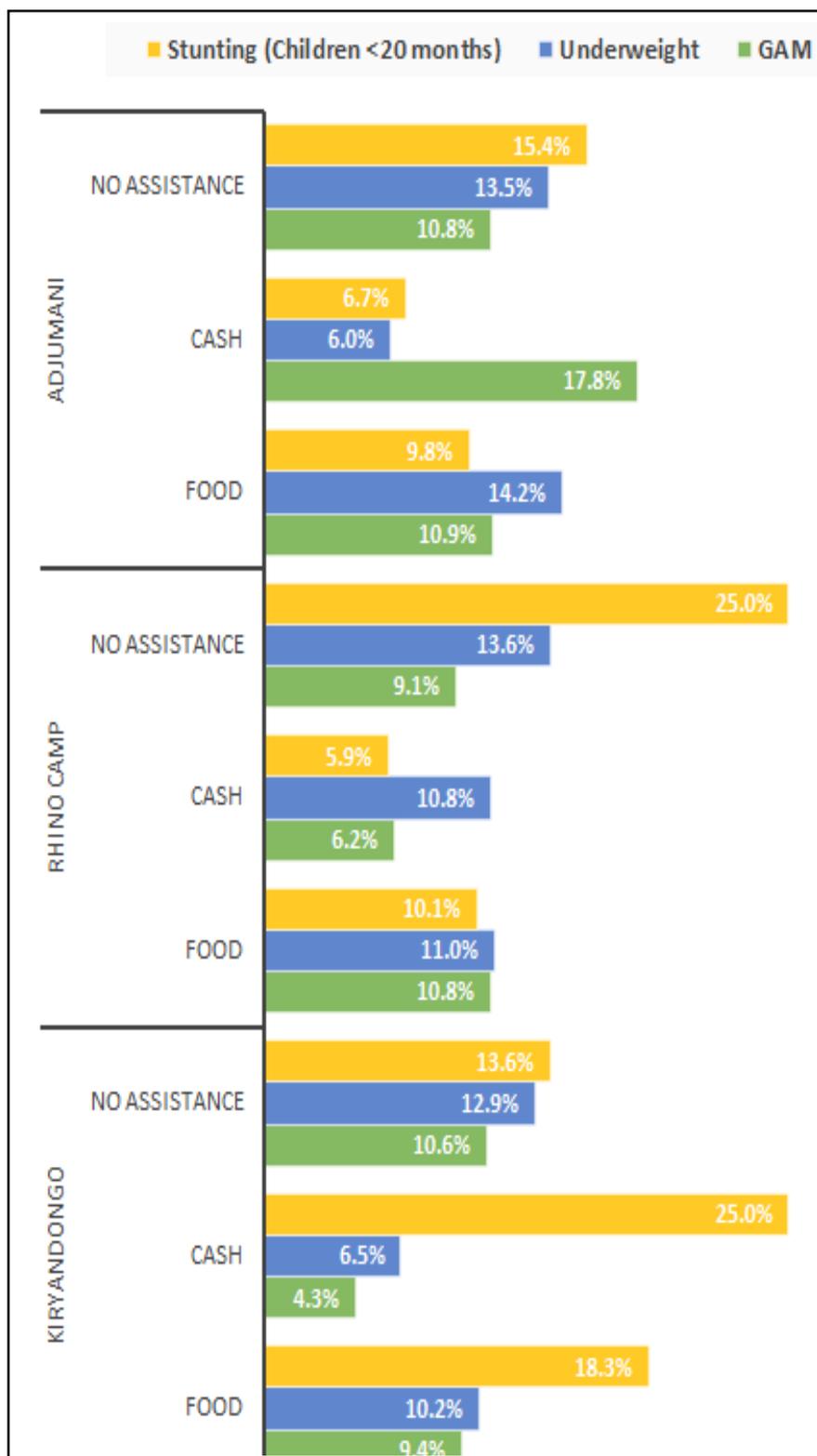
Figure 2: Impact of cash transfers on diet diversity

## Child nutrition status

As shown in Figure 3, children in cash beneficiary households were less likely to suffer from acute malnutrition (except in Adjumani). Also, children in cash beneficiary households were much less likely to be underweight compared to children in food and non-beneficiary households.

Comparison of stunting rates among children <2 years (i.e. born after introduction of cash) shows lower stunting rates among those in cash beneficiary households compared to food and non-beneficiaries, except in Kiryandongo.

Findings are indicative of a positive impact of cash transfers on child nutrition status. However, it is noteworthy that these findings are only indicative and more rigorous studies will be necessary to ascertain impact on nutrition status once the cash transfer programmes have been in place for over 2 years as impact (especially on stunting and underweight) is expected to take longer to show at population level.



**Figure 3:** Child nutrition status by type of beneficiary household

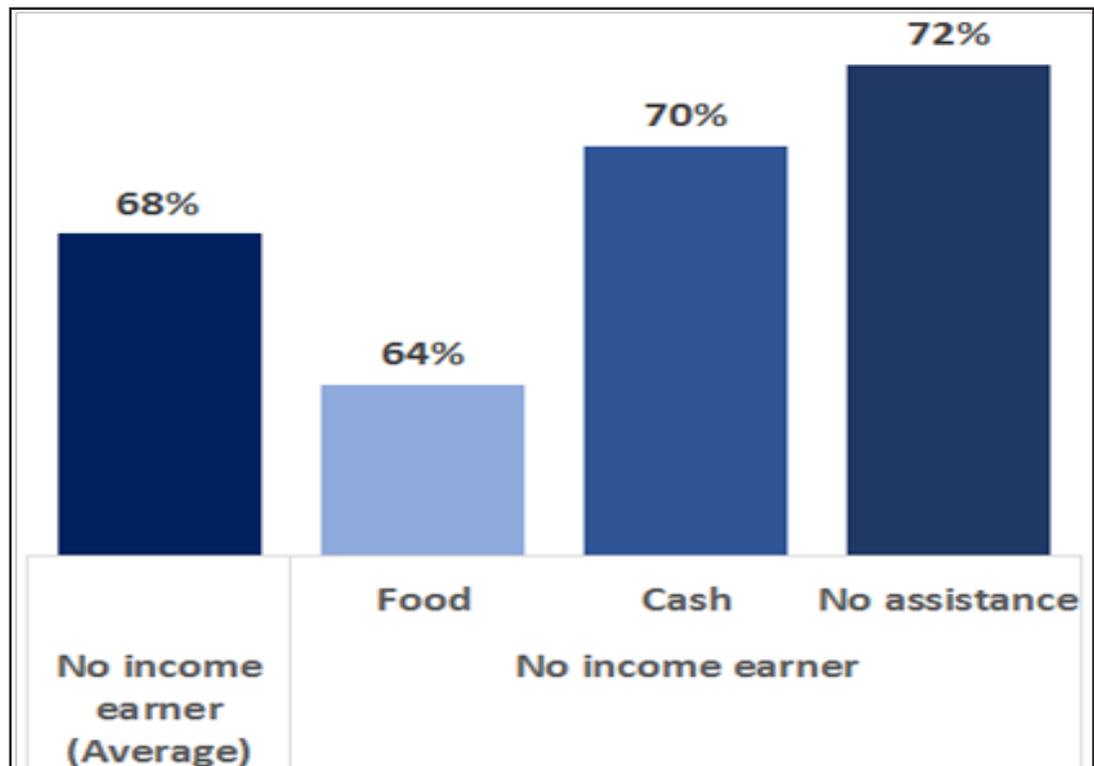
*There is a high potential for cash transfers in reducing stunting levels among children in these settlements provided nutrition education is mainstreamed into cash programming and that the interventions are to scale.*

## Stability

### *Positive effect of cash transfers on resilience*

As inter alia, households without an income earner are typically worse off, and previous studies have shown higher level of application of coping strategies among these households.

Analysis showed that among households without an income earner, cash beneficiary households were less likely to adopt any of the livelihood coping strategies enumerated compared to food and non-beneficiaries (Figure 4).



**Figure 4:** Households that did not adopt livelihood coping strategies

### Final Food Security Classification

In general, households on cash were more likely to be classified as food secure compared to food and non-beneficiary households.

Promoting effect of cash transfers on overall household

### Food Security

Among households without an income earner, cash beneficiary

households were more likely to be classified as food secure compared to food beneficiary households (Figure 5). Further to previous findings on the positive effect of cash on diet diversity and livelihood coping, this finding shows a generally positive impact on household food security for previously economically at-risk families.

livelihood coping, this finding shows a generally positive impact on household food security for previously economically at-risk families.

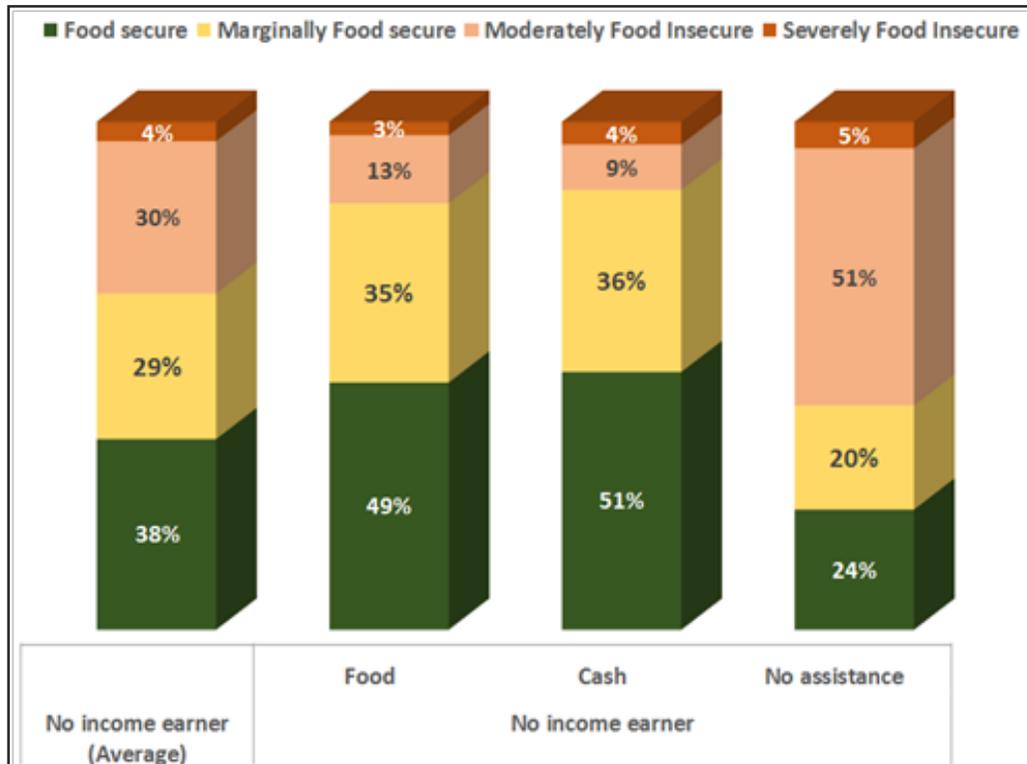


Figure 5: Final Food security classification

### Gender empowerment

**Livestock ownership:** Female headed households receiving cash are much more likely to own livestock (goats or poultry) compared to their food and non-beneficiary counterparts

**Income earning potential:** Whereas female headed households generally always had a lower percentage of income earners, those receiving cash were more likely to have at least one income earner compared to their

male counterparts.

**Food expenditure:** Female headed households receiving cash were observed to spend considerably more on food than their male counterparts as well as female headed food and non-beneficiary households. This has potential positive impact on household food consumption patterns.

**Food consumption:** Female headed

**Livestock ownership:** Female headed households receiving cash are much more likely to own livestock (goats or poultry) compared to their food and non-beneficiary counterparts

**Income earning potential:** Whereas female headed households generally always had a lower percentage of income earners, those receiving cash were more likely to have at least one income earner compared to their male counterparts.

**Food expenditure:** Female headed households receiving cash were observed to spend considerably more on food than their male counterparts as well as female headed food and non-beneficiary households. This has potential positive impact on household food consumption patterns.

**Food consumption:** Female headed cash beneficiary households were significantly more likely to consume Vitamin A and protein rich foods at least once in the 7 days prior to the survey compared to their male counterparts.

## Strengthening resilience among EVIs

Despite the fact that EVIs had low access to agricultural land (thus produced much less food than regular beneficiaries) and had lower percentage of income earners, EVIs on cash compared to EVIs on food:

- Had acquired more livestock which are considered a store of value and source of animal protein and micronutrients;
- Had achieved higher diet diversity with more frequent consumption of Vitamin A, Protein and Hem-Iron rich foods;
- Applied both food consumption and livelihood coping strategies to a lower extent and are thus more resilient.

## Limiting factors for food security by settlement

	Adjumani	Rhino camp	Kiryandongo
<b>Food</b>	Besides in-kind food assistance, up to 35% of food consumed is obtained from the market. Low incomes among these households have therefore had the effect of increasing the share of total expenditure dedicated to food (i.e. reducing access to food) and a negative impact on food consumption patterns in these households.	These households have limited ability to produce food, and limited income earning ability that translate into sub-optimal food consumption patterns, drawing heavily on food assistance	These households are better off because, despite low harvests and observed food price increases, most of the food consumed is obtained from food assistance. Moreover, these households had the highest percentage of income earners and are therefore able to supplement food assistance with market purchases.
<b>Cash</b>	These households have achieved better food security status due to the cash transfers and the fact that they own more livestock. They are therefore able to purchase a variety of foods from the markets.	Despite having below average ability to produce food and higher share of expenditures on food, these households have better food consumption patterns as a result of cash transfers. However, high dependence on markets exposes them to high prices, hence the use of debt as a coping mechanism	These households are affected by the increase in food prices that saw a reduction in food access (and thus higher food expenditure share). This is probably why higher levels of food consumption coping were observed in the form of consumption of less preferred food, and livelihoods coping through borrowing money.
<b>Non-beneficiaries</b>	The main limiting factor for these households are the poor food consumption patterns. These households typically consume foods with low diet diversity and even so, less frequently.	The main limiting factor for these households relates to their food consumption patterns. These households need to be supported to improve diversity of their diets and to improve on the quantities consumed to levels that meet their nutrition needs.	Non-beneficiary households are worst off in Kiryandongo mainly due to poor household food availability that further compounds limited economic access to food (given low income levels). Together, these factors lead to poor food consumption patterns among households.

## Recommendations

**Transfer Value:** High food prices were felt as a shock by all household groups (food, cash and non-beneficiaries). However, proportionately more cash beneficiaries indicated high food prices as a shock (42% in Adjumani and 40% Rhino camp). *This calls for continued regular price monitoring and, accordingly, for regular review of the cash transfer value in the settlements to ensure cash beneficiaries are continuously able to afford adequate and nutritious food baskets from the market.* Furthermore, given the established dependence of non-beneficiaries on markets, regular price monitoring will help inform strategies to prevent negative impact on these households that necessarily interact with cash beneficiaries in the respective local economies.

**Access to agricultural land:** Given government's policy to provide land to all refugees for agriculture, findings suggest considerably low levels in access to agricultural land. This needs to be further investigated, particularly so among non-beneficiaries for whom own production is critical for food security. *Households found not to have access to land should necessarily be prioritized for any livelihood interventions.*

**Crop production:** Agricultural production and on-farm crop diversity were found to influence food security outcomes among food, cash, and non-beneficiaries. However, cash beneficiaries were less likely to diversify on-farm. Despite the fact that crop production was found to play a relatively limited role as a source of income among cash beneficiaries, findings assert its importance as a contributor to diversified diets. This is of particular importance to cash beneficiaries who were found to have limited protein consumption compared to their food and non-beneficiary counterparts. *Sensitizations on cash programming should therefore necessarily emphasize the importance of crop production among these households, promoting diversity on-farm to include cultivation of vegetables and legumes.*

**Mainstreaming nutrition:** Findings suggest a positive impact of cash transfers on household food consumption. However, it is also observed that consumption of hem-iron rich foods is low across the board, and that cash transfers are less effective than in-kind transfers in optimizing household protein intake. *Mainstreaming nutrition education in cash programming would go a long way in encouraging households to: i) cultivate a diversity of foods including*

*protein rich foods such as legumes and nuts; ii) rear some poultry whose products are rich in protein and micronutrients and; iii) purchase nutritious foods such as meats that are rich in protein and hem-iron, and are relevant for reduction of stunting.*

**Micro-nutrient supplementation / iron fortification:** Further to the above, the generally low consumption levels of hem-iron rich foods in the settlements is a critical driving factor for child stunting in the settlements. Given that hem-iron rich foods such as red meat are often unaffordable, it is recommended to *introduce micronutrient supplementation or iron fortification programmes as a short-medium term solution to prevent further increases in stunting prevalence.*

**Self-sustenance:** Non-beneficiary households were observed to be worse off on several measures in comparison to food and cash beneficiaries. This is probably because, in the absence of food assistance, and given that there was low production,

non-beneficiaries need income generating activities to achieve similar levels of food consumption as those on food assistance. This has a two-fold implication:

- *Households currently receiving assistance (food or cash) should necessarily be supported to engage in income generating activities in order for them to maintain current food consumption levels once they are phased-off food assistance*
- *Livelihood interventions need to necessarily also target non-beneficiaries who are presently at a disadvantage*

**Kiryandongo:** In comparison to other settlements, cash beneficiaries in Kiryandongo were relatively worse off compared to food and non-beneficiaries. This is mainly due to reduced access to food (high prices) that led to poorer food consumption patterns and more livelihoods coping. *A revision of the cash transfer value and continuous monitoring of beneficiaries is recommended.*



**2**

**BACKGROUND**

### **Food assistance in refugee settlements**

Uganda currently hosts over 500,000 refugees, of which approximately 70% are currently receiving food assistance from the World Food Programme (WFP). The remaining 30% either live out of the settlements or have been phased-off food assistance (non-beneficiaries) as per inter-agency targeting criteria. According to this criteria, newly arrived refugees receive full aid rations for three years after which it is reduced to 50% and they are phased-off after 5 years as they are expected to be self-reliant. However, individuals categorized as Extremely Vulnerable receive full aid rations throughout their stay in the settlements.

### **WFP Food assistance modalities**

Cash and food are two modalities WFP uses in providing assistance to the refugees. Inclusion of cash transfers in WFP Uganda's programming is based on a 2013 agreement among WFP, UNHCR and the Office of the Prime Minister (OPM) that cash transfers were appropriate and should be implemented on a pilot basis.

With regard to cash programming, only refugees that arrived in 2013 or earlier are presently allowed to opt for the cash modality. In addition, all EVIs are allowed to register for cash regardless of time of arrival. A fundamental aspect of cash programming in Uganda is that the choice on whether to enroll for cash or remain on food is voluntary, dependent on beneficiaries' perception of suitability. Moreover, once households enroll for cash, they have the possibility to change back to food if circumstances and/or preferences so change.

Cash transfers were first implemented in three refugee settlements (Rhino camp, Adjumani and Kiryandongo) in May 2014 but have since November 2015 been scaled up to four other settlements (Rwamwanja, Kyaka II, Kyangwali and Koboko). This report focuses on the first set of settlements in which beneficiaries had received cash for over 1.5 years at the time of the assessments.

**Table 1:** Cash caseload in West Nile settlements as at December 2015

Location	No. of HH	No. of beneficiaries
Kiryandongo	104	480
Rhino Camp	499	2,661
Adjumani	1069	5,992
Total	1,672	7,054

The underlying premise for cash transfers is that beneficiaries use the cash to acquire different types of food for home consumption per their preferences. The modality thus gives the refugees choice and flexibility to decide on how to satisfy their basic food needs with more dignity. This

pathway is however subject to various contextual factors and necessitates that food and cash beneficiaries are continuously monitored to ensure neither are at a disadvantage, and that WFP's food assistance does not cause harm to both beneficiaries and non-beneficiaries.





# 3

## **OBJECTIVES & METHODOLOGY**

## Objectives

The main thrust of the study is to compare food and cash beneficiaries as well as non-beneficiaries against a set of food security and nutrition indicators with the view to determine the effectiveness of both the food and cash modalities in the attainment of optimal food security and nutrition outcomes among refugee households. In particular, the study seeks to compare the following among food, cash and non-beneficiary households:

- i. Agricultural production levels
- ii. Income & expenditure patterns
- iii. Food consumption patterns
- iv. Coping strategies
- v. Child nutrition status
- vi. Intra-household decision making on utilization of food and cash, and the role (s) of women & men

It is expected that this analysis will provide guidance on decisions as to whether or not to upscale cash transfers within these settlements and to others, as well as suggest additional interventions by partners to augment food security and nutrition outcomes in the refugee settlements.

## Scope of the study

The study focused on food, cash and non-beneficiary households in the West Nile refugee settlements viz. Kiryandongo, Rhino Camp and Adjumani settlements (herein after referred to as the focus settlements) that have been receiving cash for over 1.5 years.

## Study design and sampling procedures

The study was conducted within the context of the wider Food Security and Nutrition Assessment for refugees. The cross-sectional survey employed a multi-stage cluster sampling methodology in which a representative sample was drawn at settlement level. In each settlement, villages/blocks for the assessment were randomly selected, and systematic random sampling conducted therein for identification of households. Purposive sampling for cash beneficiary households was conducted in the focus settlements in order to ensure an adequate sample was reached. Across the three settlements, cash beneficiary households selected for the assessment constituted 13% of the total sample (Table 2).

**Table 2:** *Sample Distribution*

	Food	Cash	Non-beneficiaries
Kiryandongo	41.4%	13.7%	44.9%
Rhino Camp	78.5%	13.1%	8.4%
Adjumani	81.4%	13.3%	5.3%

### Data collection

A household questionnaire was administered through face-to-face interviews at each household with the household head or adult member present. Anthropometric measurements were then taken for all children aged 6-59 months to establish their nutrition status. Data collection for this assessment occurred in November/December 2015.

### Quality control

Inter-agency supervisory teams were constituted per settlement and ensured that the sampling methodology was adhered to,

anthropometric measurements correctly taken, and questionnaires properly filled.

### Data analysis

Statistical analysis was conducted using various tools including SPSS v.18, ENA software and MS Excel 2013. Food security indicators were computed based on syntax that is available on WFP's Vulnerability Analysis and Mapping website ([vam.wfp.org](http://vam.wfp.org)).



# 4

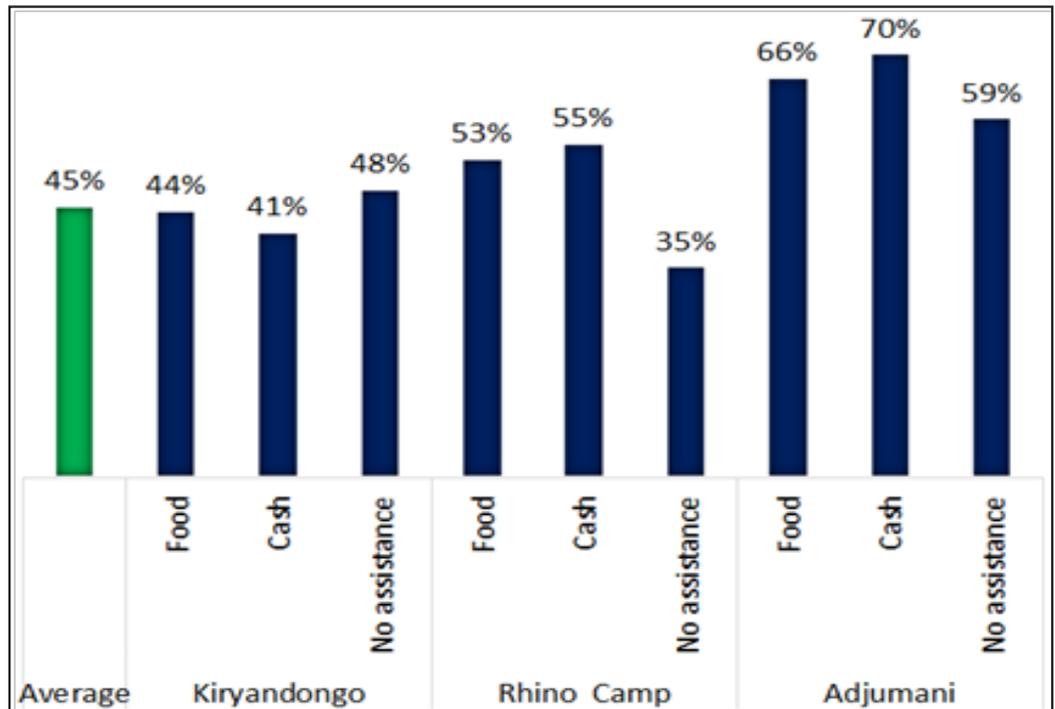
## DEMOGRAPHIC PROFILE

### Country of origin

Majority of respondents in the focus settlements were of South Sudanese descent with 79% in Kiryandongo, 92% in Rhino camp, and 96% in Adjumani. There were no peculiarities observed among food, cash and non-beneficiaries except in Kiryandongo where proportionately more of those on cash were from DRC (35%). Nonetheless, country of origin is not seen to influence household decisions on whether or not to enroll for cash.

### Education level

Across all settlements, up to 45% of household heads had never attained formal education. Among the focus settlements, this percentage was highest in Adjumani (66%) as shown in Figure 6. Similar trends were observed among food, cash and non-beneficiaries, suggesting that education level of the household head doesn't influence the decision to enroll for cash in the refugee settlements.



**Figure 6:** Household heads that have never been to school

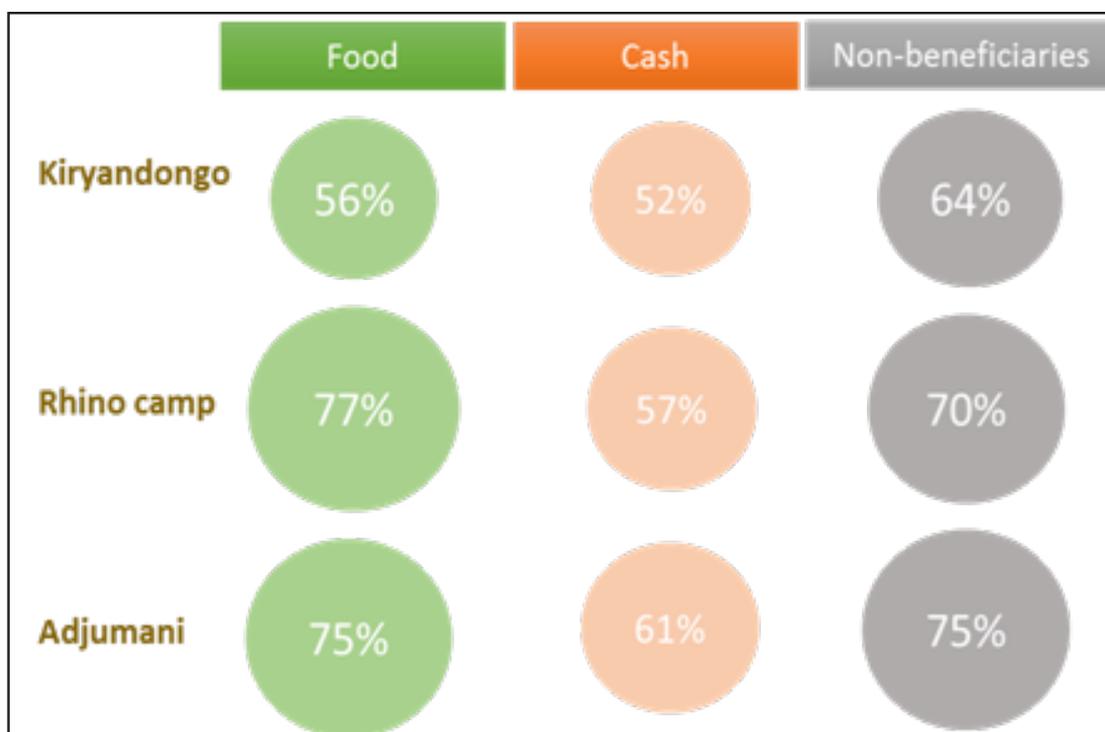
### Female Headed Households

Nearly three-quarters of the households across the settlements were female headed. Among the focus settlements, an above average percentage of female headed households was observed with 79% in Kiryandongo, 93% in Rhino camp, and 94% in Adjumani. Given that majority of household heads were of South Sudanese descent, the high percentage of female household heads might be a result of men staying behind in South Sudan for various reasons. This trend was the same among food, cash and non-

beneficiaries, suggesting that male and female headed households are equally likely to enroll for cash in the settlements.

### Marital status

While nearly three-quarters (72%) of household heads across the settlements were married, and similarly so in Adjumani and Rhino, this percentage was considerably lower in Kiryandongo (59%). Further analysis among the focus settlements suggests that household heads that are married are less likely to enroll for cash (Figure 7).



**Figure 7:** Percentage of married household heads by settlement and type of assistance

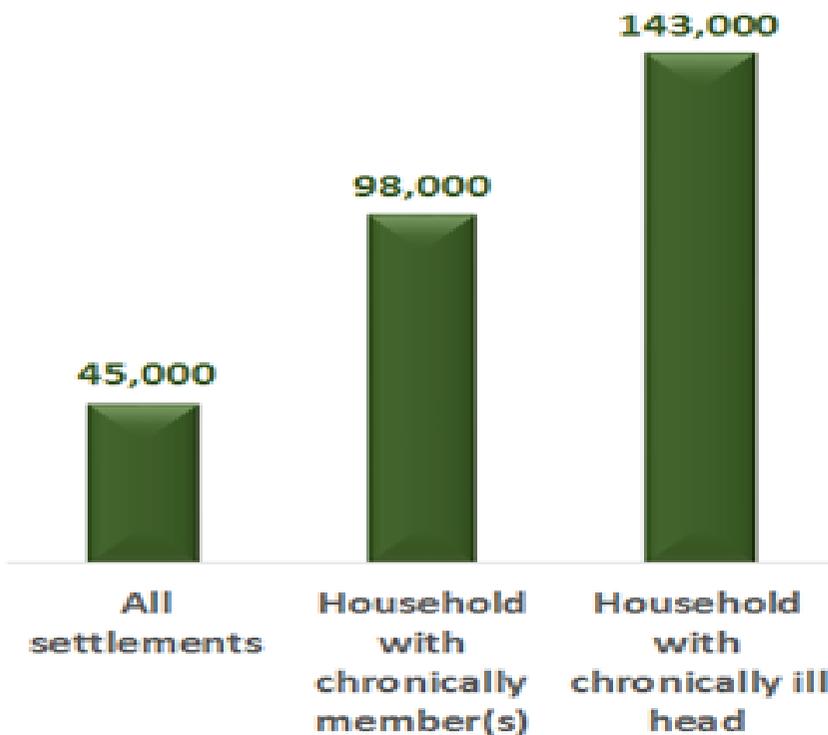
### Chronic illness

Up to 15% of households across all settlements had a chronically ill household member. In the focus settlements, this ratio was especially higher among cash beneficiaries in Kiryandongo, Rhino camp and Adjumani at 25%, 25% and 17% respectively. This suggests that having a chronically ill household member is likely to influence a household's decision on whether or not to enroll for cash. This could be due to the additional need to use cash received to meet associated medical expenses.

Indeed, the average medical expenditure for households with a chronically ill household member was UgX 98,000, more than twice the average in all settlements (Figure 8). This was even higher where the head of household was the one chronically ill at UgX 143,000.

### Extremely Vulnerable Individuals (EVIs)

Across the settlements, approximately 13% of respondents were EVIs, with little variation among Kiryandongo (14%), Rhino camp (14%) and Adjumani (10%). However, in Kiryandongo and Adjumani, there were proportionately more EVI households receiving cash compared to those on food. This is probably because, as findings indicated, 57% of EVI household heads are also chronically ill. Also, as previously noted, all EVIs are allowed to register for cash regardless of time of arrival compared to non-EVIs.



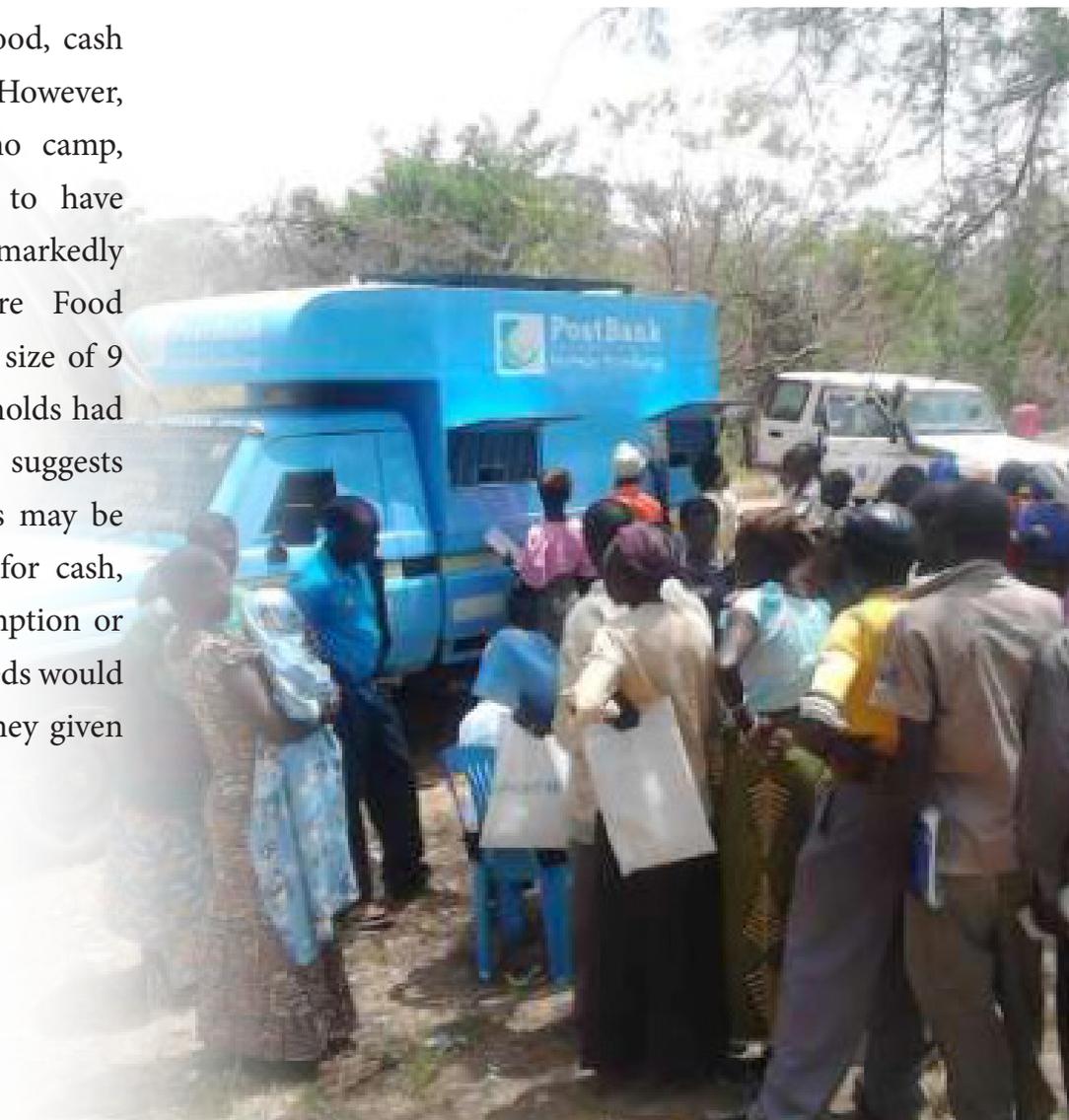
**Figure 8:** Average monthly medical expenditure (UgX)

### Household size

From the 2015 Food Security and Nutrition Assessment (FSNA),

findings indicated about six members per household. However, the focus settlements had higher than average household sizes of 7 (Adjumani and Rhino) and 8 (Kiryandongo). In Adjumani, there was no difference in household size among food, cash and non-beneficiaries. However, in Kiryandongo and Rhino camp, cash beneficiaries tended to have lower household size, markedly so in Kiryandongo where Food households had an average size of 9 members while cash households had an average size of 5. This suggests that higher household sizes may be a constraint to enrolment for cash, probably due to the presumption or fear that household food needs would outstrip the amount of money given to household.

*“However, in Kiryandongo and Rhino camp, cash beneficiaries tended to have lower household size”*



#### **Key findings:**

- o Married household heads are less likely to enroll for cash*
- o Households with a chronically ill member (or head) are more likely to enroll for cash*
- o Households with fewer members (smaller household size) are more likely to enroll for cash.*



# 5

## **OVERVIEW OF FOOD SECURITY AND NUTRITION SITUATION IN THE FOCUS SETTLEMENTS**

**Table 3:** Food security situation overview in the focus settlements (food, cash and non-beneficiaries combined)

		Adjumani	Rhino camp	Kiryandongo	All settlements
<b>Availability</b>	Have access to agricultural land	23%	52%	53%	58%
	Own goats or poultry	25%	40%	28%	31%
	Cultivated at least one crop last season	65%	89%	87%	91%
	Produced less food this year compared to last year	66%	66%	68%	60%
<b>Access</b>	Sold less food this year compared to last year	82%	76%	72%	59%
	Have at least one income earner	31%	37%	49%	57%
	Spend >65% of total expenditure on food	55%	42%	46%	44%
	Have debt	25%	39%	27%	47%
<b>Utilization</b>	Acceptable FCS	77%	85%	50%	73%
	Borderline FCS	20%	12%	14%	14%
	Poor FCS	4%	3%	36%	13%
	DDS (Average)	4.51	4.68	2.85	4.12
	Never consumed Vitamin A rich foods in 7 days before survey	13%	11%	39%	22%
	Never consumed Protein rich foods in 7 days before survey	4%	4%	34%	13%
	Never consumed Hem iron rich foods in 7 days before survey	58%	65%	74%	61%
	Global Acute Malnutrition	11.0%	10.5%	9.7%	7.2%
	Moderate Acute Malnutrition	10.2%	9.5%	9.2%	6.4%
	Severe Acute Malnutrition	0.8%	1.1%	0.5%	0.7%
	Stunting	17.1%	15.2%	17.8%	24.9%
	Underweight	14.1%	11.2%	11.1%	10.7%
	Use at least 15 litres per person per day	48%	53%	39%	38%
<b>Stability</b>	Suffered at least one shock to food security in 30 days before survey	65%	71%	61%	79%
	Food Consumption Coping Strategy Index, RCSI (Average)	12.31	13.98	3.20	12.78
	Did not adopt livelihood coping strategies	69%	60%	85%	61%
<b>Overall Food Security Classification</b>	Food Secure	31%	38%	24%	28%
	Marginally Food Secure	52%	50%	32%	49%
	Moderately Food Insecure	16%	11%	42%	21%
	Severely Food Insecure	1%	1%	2%	2%

## Food Availability

Household food availability was generally low in the focus settlements. Besides the fact that access to agricultural land is low, majority of households that planted crops harvested less food compared to previous seasons. Ownership of goats and/or poultry seems to however confer unique advantages to households, particularly in Rhino camp. Nonetheless, findings suggest a higher than average dependence on food assistance and markets for food in these settlements.

### *Linking food availability to food security in the focus settlements*

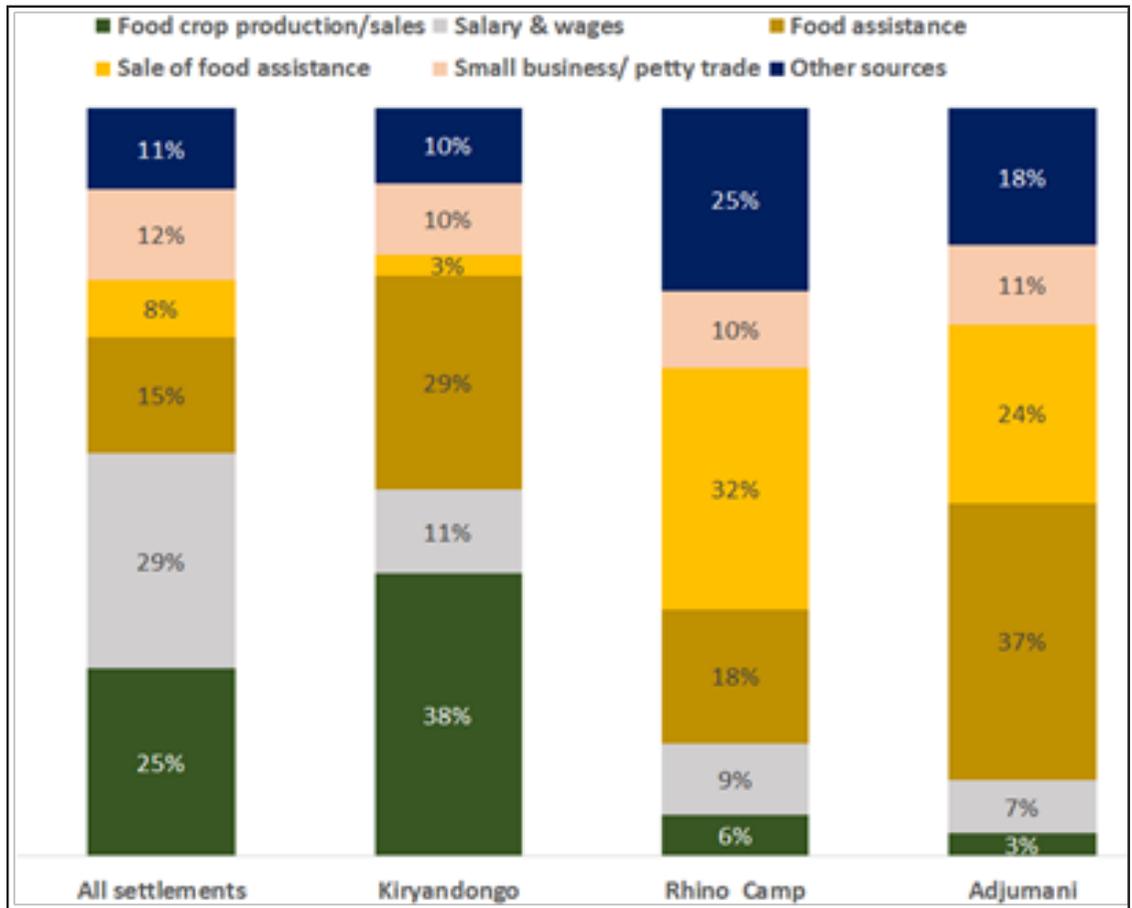
On-farm crop diversity was much lower in the focus settlements with only 29%, 33% and 21% of households in Kiryandongo, Rhino, and Adjumani respectively having cultivated two or more crop varieties in the last season. The higher the number of food varieties cultivated by a household, the more likely it is for the household to have higher food consumption scores and higher diet diversity.

Households that owned either goats or poultry were generally better off, with lower Food Expenditure Share, higher Food Consumption/Dietary Diversity Score and, indeed, more frequent consumption of Vitamin A, Protein, and Hem Iron rich foods.

## Food Access

Findings in Table 3 above show generally inadequate access to food with limited income earning prospects for households in the focus settlements (low percentage of households with at least one income earner and low crop sales). It is therefore not surprising that majority of households, particularly in Rhino camp and Adjumani cited [sale of] food assistance as the main income source (Figure 9). The higher impetus to monetize in-kind assistance in Adjumani and Rhino settlements suggests greater needs among these households, including food preferences that can be met through markets.

*Households that either owned goats/poultry or had higher on-farm diversity also showed higher food consumption and diet diversity*



**Figure 9:** Main income sources in the focus settlements

Similarly, it is not surprising that majority of households spend more than half of their total expenditures on food (Food Expenditure Share >65%) given low household food availability and meagre incomes.

Some households necessarily incurred debt primarily to buy food and to meet essential non-food expenditure such as medical costs. Linking food access to food security in the focus settlements

The more the number of income earners in a household, the lower the share of total household expenditure that is dedicated to food. Indeed, up

to 58% of households that had two or more income earners spent less than half of their total expenditure on food, compared 48% among households with one income earner and 39% among households without an income earner.

The higher the number of income earners in a household, the higher the Food Consumption Scores and the Dietary Diversity Scores, and the more likely it was for households to have consumed vitamin A, protein, and hem-iron rich foods more frequently.

Furthermore, the more the number of income earners in a household, the more likely it was for a household to be classified as food secure according to the Food Security Index; while 66% of households without an income earner were food secure (food secure + marginally food secure), this was 83% for households with one income earner and 85% for those with two or more income earners.

## Utilization

### Food consumption

Among the focus settlements, findings showed worse than average food consumption patterns among households in Kiryandongo, but better than average in Rhino camp and Adjumani. Relatedly, findings showed limited consumption of hem-iron rich foods in households across the focus settlements, a factor that could be a driver for increasing stunting rates among children under five.

### Access to and utilization of safe water

Majority of households had access to safe water; the most common sources of water across settlements were boreholes (65%) and public taps (18%). Among the focus settlements, borehole water was most common

in Kiryandongo and Adjumani, while Public taps were the most common in Rhino camp. Despite this availability of water, analysis showed that only 38% of households across the settlements were using water at the recommended rate of 15 litres pppd. Among the three settlements, this ratio was highest in Rhino (53%), followed by Adjumani (48%) and lowest in Kiryandongo (39%).

## Stability

### Shocks & coping

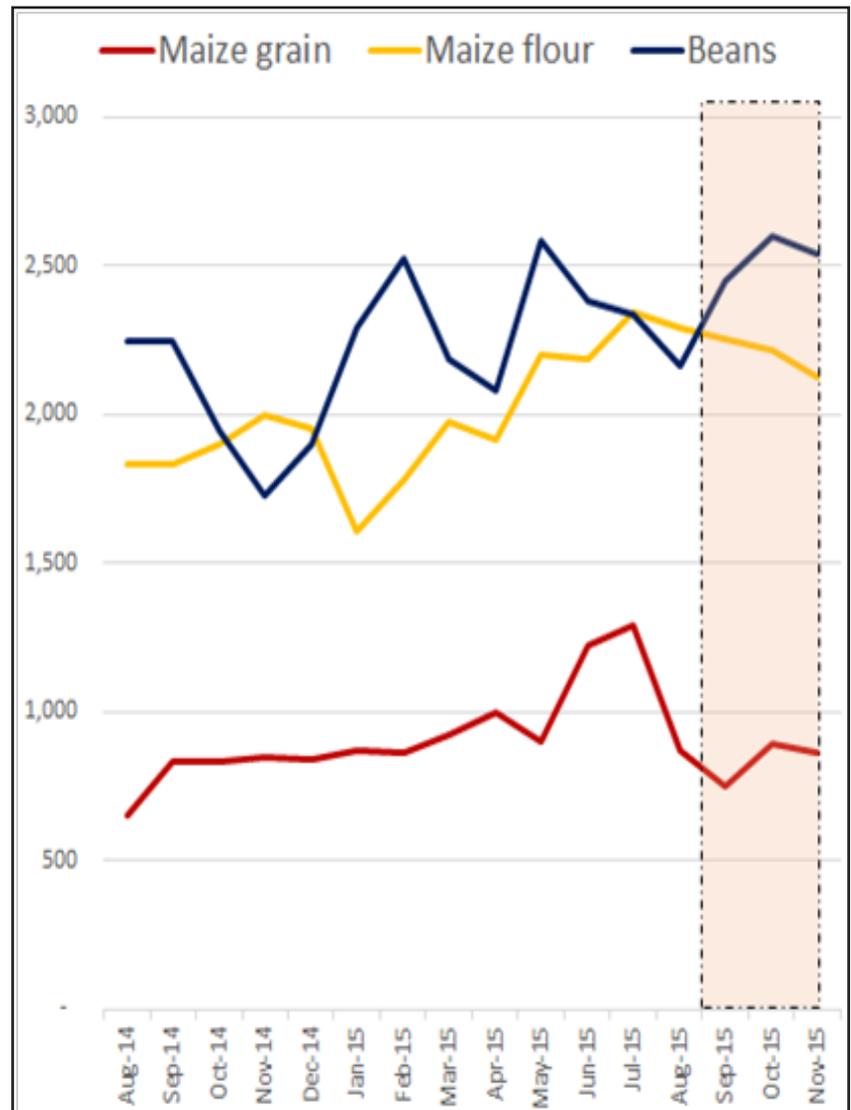
Up to 79% of households across settlements had suffered at least one shock in the 30 days preceding the survey. The main shocks faced by households were high food prices (25%) and child sickness (10%). Sickness of the child was most common in Rhino camp (14%) and Adjumani (8%). A price analysis (Figure 10) indicated price increases for maize grains and beans during the period before the assessment hence the frequent mention of prices as a shock.

The most common food consumption coping strategies were consumption of less preferred food (Kiryandongo) and reduction in number of meals per day (Rhino camp & Adjumani). On the other hand, the most common

livelihood coping strategies across the board were borrowing of money and spending of savings, with little variation among settlements.

### Overall Food Security Classification

More than three-quarters (77%) of households across the settlements were food secure based on the Food Security Index (Annex 1) that combines livelihood coping, food consumption and household expenditure. Among the focus settlements, Rhino camp and Adjumani had above average percentages of households that were food secure (89% and 83% respectively) while Kiryandongo had a below average percentage of 56%. Nonetheless, severe food insecurity was at low levels (3% or less) in the three settlements.



**Figure 10:** Average prices (UgX per Kg) of selected commodities in the focus settlements

# 6

## **GENDER ANALYSIS**

## Food availability

Whereas male headed households seemingly had greater potential to produce food, with slightly higher access to agricultural land, findings suggest equally limited household food availability among male and female headed households.

However, with respect to livestock, cash transfers are seen to promote equality with higher level of livestock ownership among female headed cash beneficiary households compared to their male counterparts.

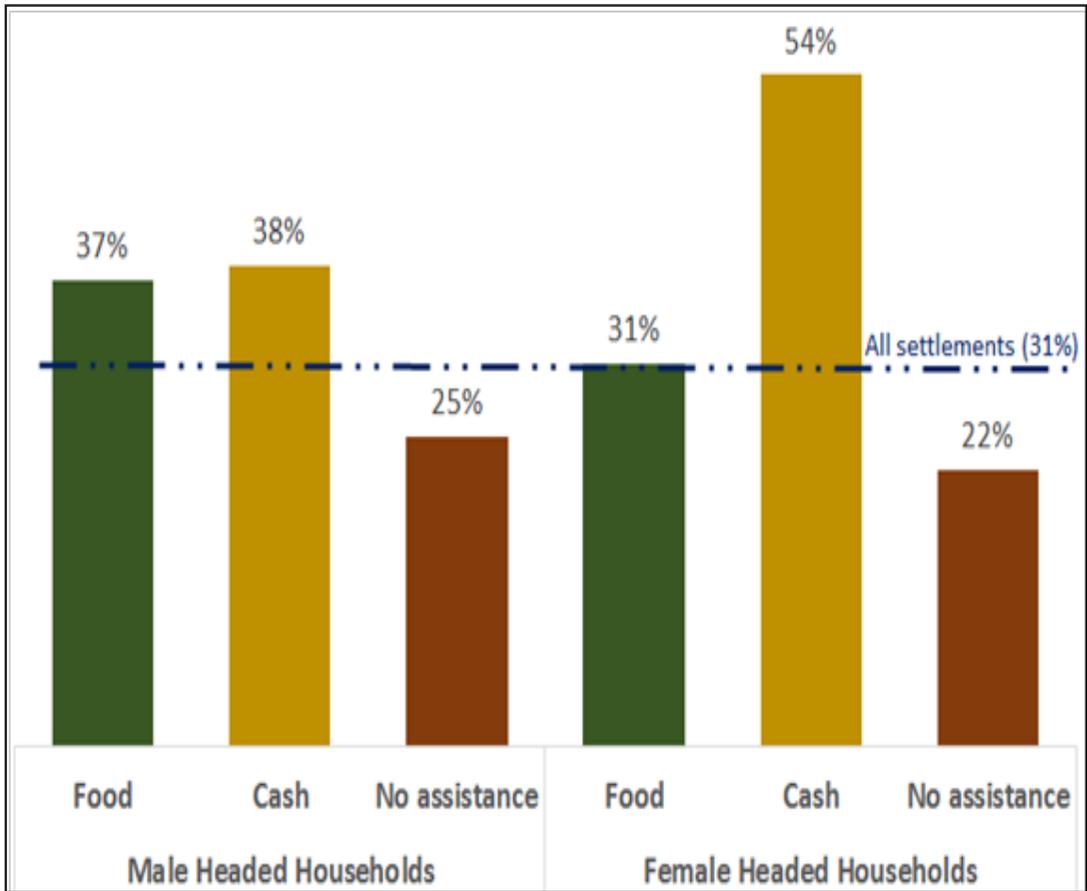
### Key points

**Access to agricultural land:** In general, access to agricultural land was higher among male headed households across the focus settlements albeit with narrow margins of 5-6% in Kiryandongo and Rhino camp, but by up to 12% in Adjumani. This suggests a disadvantaged position for female headed households with regard to the ability to produce food for household consumption. Further investigation is required to understand why female headed households report lower access to land.

**Crop production:** Despite the differences in access to land, there was no significant difference in on-farm crop diversity among female and male headed households across the focus settlements.

*Furthermore, there were no differences in the level of harvests this year with both male and female headed households harvesting less food compared to last year.*

**Livestock production:** Among both male and female headed households, those on cash were more likely to own either goats or poultry (Figure 11). Interestingly, male headed households were more likely to own goats (except in Kiryandongo) while female headed households were more likely to own poultry. Thus women tend to own smaller livestock compared to their male counterparts. This finding could be further exploited in the design of nutrition interventions as poultry provides good sources of protein and micronutrients.



**Figure 11:** Ownership of goats or poultry

### Food Access

Overall, findings suggest relatively higher access to food among female headed cash beneficiary households compared to their male counterparts.

### Key points

**Income earners:** Except in Rhino camp, the percentage of households with at least one income earner was lower among female headed households compared to male headed households. Among female headed households, those that are cash beneficiaries are more likely to have

at least one income earner (Figure 12). This may suggest that cash empowers women (and perhaps frees up time that would otherwise be spent gardening) and enables them to engage in other income generating activities.

Cash received by female headed households is more likely to be used for food purchases compared to that received by male headed households.

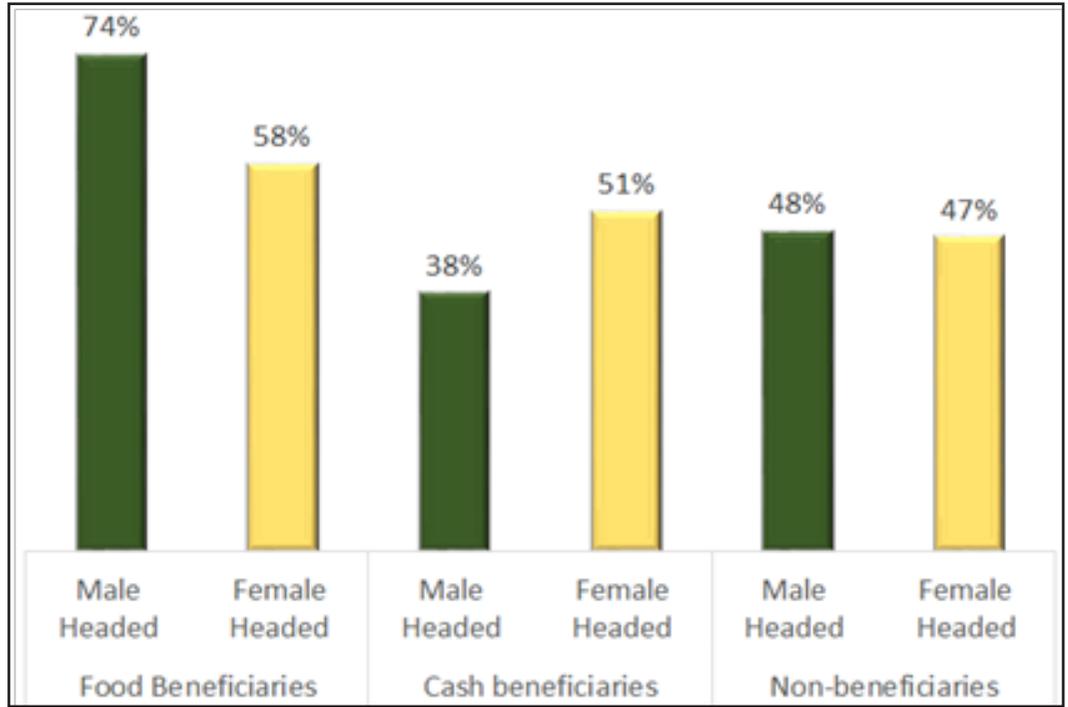


Figure 12: Households with at least one income earner

**Food expenditure:** Findings show that Female Headed Households generally spend less on food than Male Headed Households. However, it is seen that among cash beneficiary households, female headed households spend significantly more on food every month compared to their male counterparts (Figure 13). Findings suggest that cash received by female headed households is more likely to be used for food purchase (and consumption) compared to that received by male headed households.





**Figure 13:** Average monthly food expenditure

### Utilization

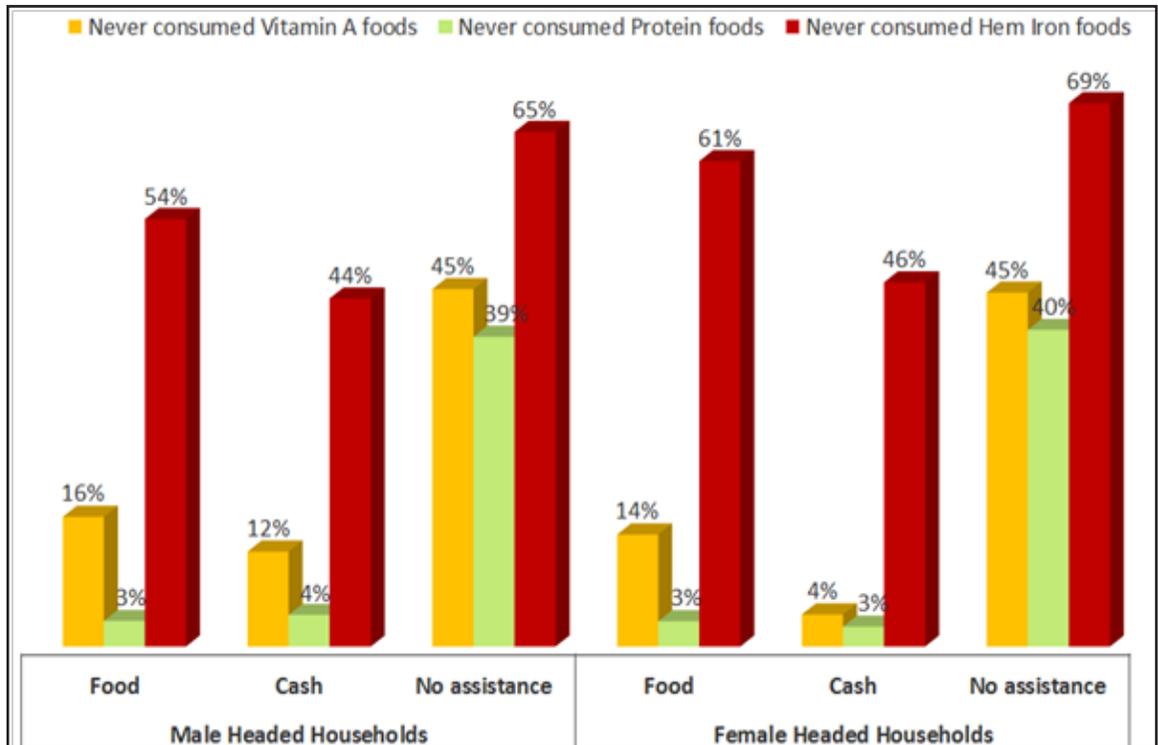
Whereas cash beneficiary households, both male and female headed, had better food consumption patterns compared to their food and non-beneficiary counterparts, the impact of cash transfers on food consumption was particularly greater among female headed households.

### Key points

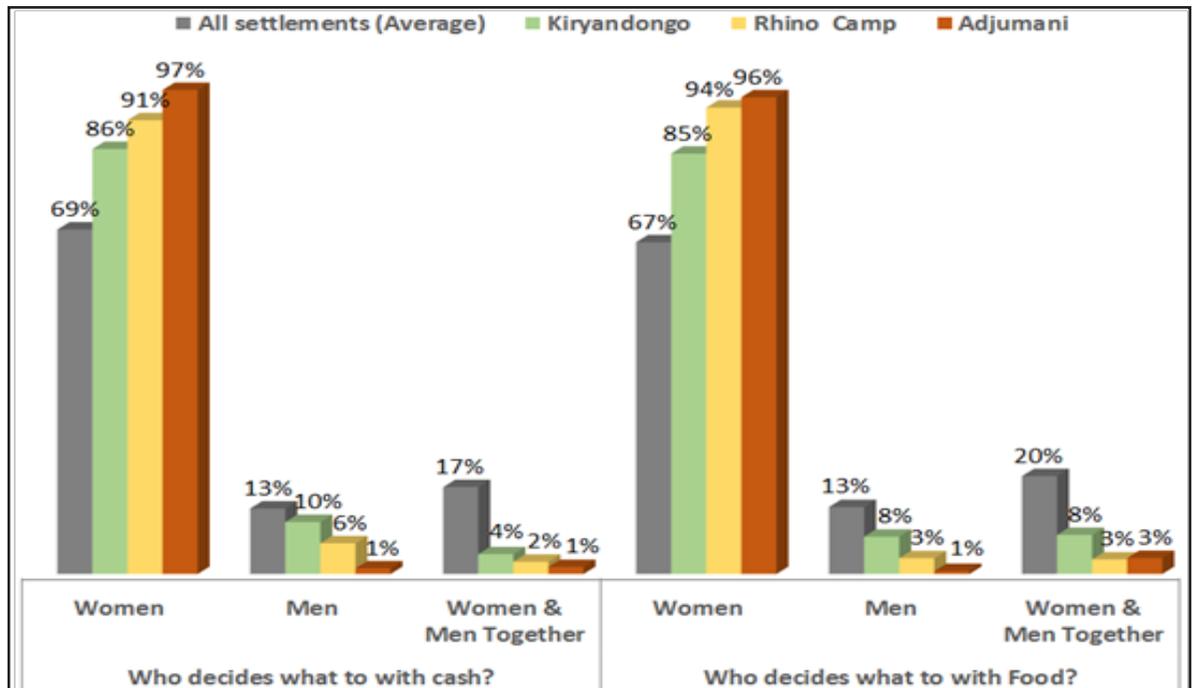
**Food Consumption:** In general, findings showed that, except for Kiryandongo, female headed households had better food consumption patterns with higher food consumption score, and more frequent consumption of protein

rich foods. However, male headed households were more likely to consume Hem-Iron rich foods (except in Adjumani).

Furthermore, among female headed households, those on cash were better off than their food and non-beneficiary counterparts in terms of food consumption, with more frequent consumption of vitamin A, protein, and hem-iron rich foods (Figure 14). While this was also true for male headed households, better consumption of protein rich foods was not observed among male headed, cash beneficiary households.



**Figure 14:** Food Consumption patterns among male and female headed households



**Figure 15:** Household decision making

## Intra-household decision making

Findings showed that decision making on the use of food and cash in the sampled households was predominantly done by women (>85%) (Figure 15).

Among both food and cash beneficiaries, households in which women were the predominant decision makers tended to dedicate a higher share of total household expenditure to food, followed by households where there was joint decision making and lowest among households with predominantly male decision making. This has a two-fold implication:

- Women are concerned about diets and tend to take decisions that involve spending more on food.
- There is limited income in these households, as indicated by the high FES, and so men don't take interest in decision making on use of meagre resources

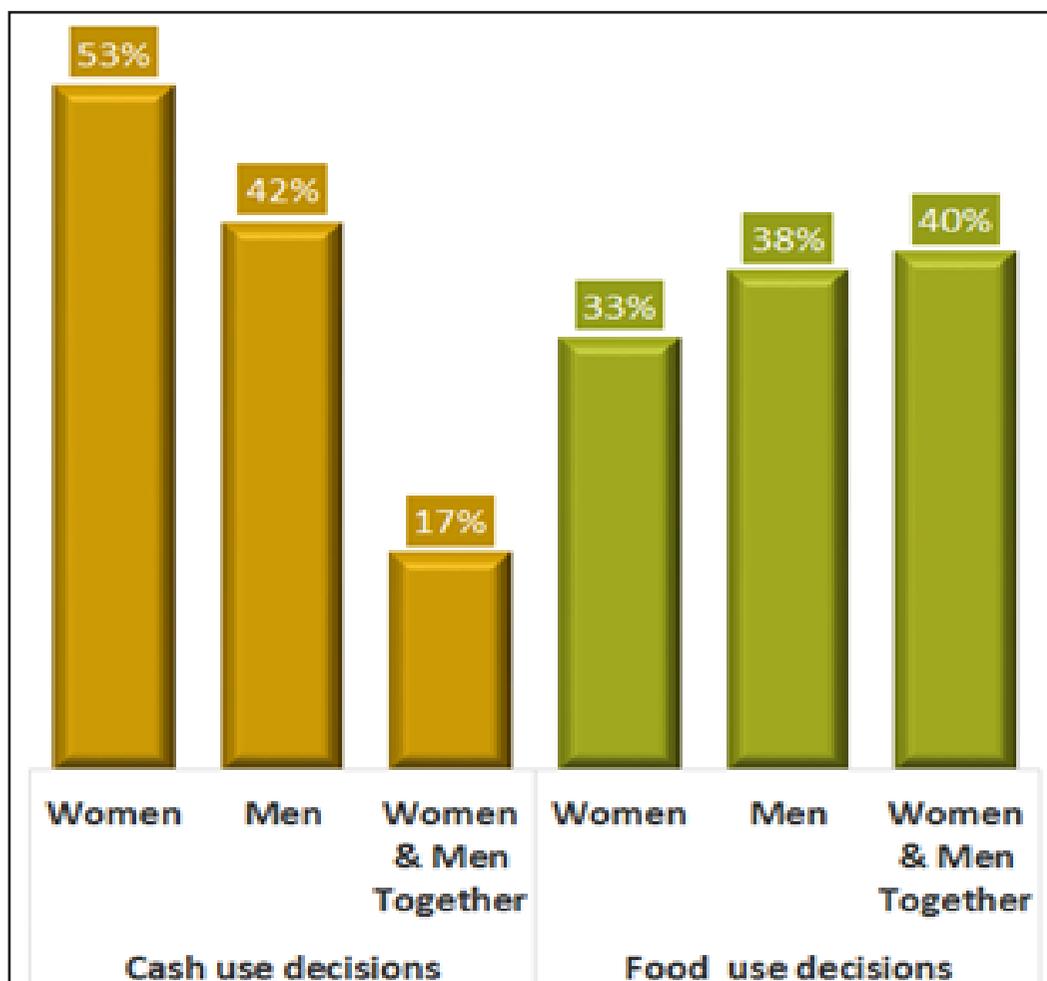
With regard to Dietary Diversity Score (DDS), there was no significant difference among households where decisions on use of food or cash were

taken by women, men or jointly. However, contrasting trends were observed between settlements;

- In Arua Rhino camp, households in which women were the main decision makers on the use of both food and cash had a higher dietary diversity score compared to those households where decisions were made by men or jointly.
- In Kiryandongo, households in which decisions were made jointly by men & women on the use of both food and cash had a higher average dietary diversity score

Further analysis revealed more peculiarities; households in which decisions on the use of cash were made by women were more likely to consume Vitamin A rich foods. On the other hand, decisions on utilization of food were more likely to lead to consumption of Vitamin A rich foods if made jointly by men & women (Figure 16). However, this relationship did not hold for the consumption of protein and hem iron rich foods.

*Households in which women are the predominant decision makers dedicate a higher share of total household expenditure to food*



**Figure 16:** *Intra-household decision making and consumption of Vitamin A rich foods*

Overall, households in which decisions on utilization of either food or cash were made by women were more likely to be classified as food secure (per the food security index).

# 7

## **EXTREMELY VULNERABLE INDIVIDUALS (EVI<sub>s</sub>)**

**Table 4:** A comparison of EVIs on cash and food against key indicators

		EVI - Cash	EVI - Food
<b>Availability</b>	Have access to agricultural land	52%	63%
	Own goats or poultry	49%	32%
	Cultivated atleast one crop last season	80%	86%
	Produced less food this year compared to last year	88%	60%
<b>Access</b>	Sold less food this year compared to last year	89%	60%
	Have at least one income earner	40%	62%
	Spend >65% of total expenditure on food	48%	45%
	Have debt	29%	52%
<b>Utilization</b>	<i>Acceptable FCS</i>	71%	82%
	<i>Borderline FCS</i>	21%	14%
	<i>Poor FCS</i>	8%	4%
	DDS (Average)	4.81	4.38
	Never consumed Vitamin A rich foods in 7 days before survey	0%	18%
	Never consumed Protein rich foods in 7 days before survey	0%	3%
	Never consumed Hem iron rich foods in 7 days before survey	46%	67%
<b>Stability</b>	Suffered at least one shock to food security in 30 days before survey	65%	82%
	Food Consumption Coping Strategy Index, RCSI (Average)	10.92	14.12
	Did not adopt livelihood coping strategies	69%	54%
<b>Overall Food Security Classification</b>	<i>Food Secure</i>	27%	32%
	<i>Marginally Food Secure</i>	52%	53%
	<i>Moderately Food Insecure</i>	21%	14%
	<i>Severely Food Insecure</i>	0%	1%

## Food availability

The main differences in household food availability between EVIs on food and cash assistance lay in the ownership of livestock and potential to cultivate;

- The potential for crop production was higher among EVIs on food assistance who had higher access to agricultural land.
- On the other hand, EVIs on cash had higher levels of ownership of either goats or poultry, potentially according them access to nutritious animal protein and as a form of savings

## Food access

Findings show that EVIs on both food and cash have similar levels of access to food with a similar percentage of households, in both groups, that spend >65% of total expenditure on food.

## Utilization

The main differences between EVI food and cash beneficiaries with regard to food consumption patterns were related to the quantity and quality of foods consumed;

- As shown in Table 4, EVIs on food had better food consumption scores with 82% having acceptable FCS, indicating more frequent consumption of a threshold minimum variety of foods (typically staples, legumes and vegetables).
- EVIs on cash, while having relatively lower FCS, show better diet quality with a higher diet diversity score. Indeed, all EVI households on cash had consumed Vitamin A and protein rich foods in the 7 days preceding the survey, and were much more likely to have consumed hem-iron rich foods at least once in the same period.



# 8

## SETTLEMENTS ANALYSIS

This section is an in-depth analysis on the effectiveness of food and cash transfer modalities among beneficiaries. For additional insight, beneficiaries (food and cash) are also compared against non-beneficiaries. Non-beneficiaries are those refugees who have spent over 5 years in the settlements and have been able to settle and establish themselves to a certain extent (relative to newly arrived refugees). These refugees received food assistance within the first five years of their stay but achieved self-reliance after this period and were phased-off food assistance as per inter-agency targeting criteria. A

summary comparison of food, cash and non-beneficiaries across the focus settlements is also provided in Annex 2.

## 8.1 ARUA RHINO CAMP

### Beneficiary overview

Among the beneficiary households enumerated, majority were food beneficiaries. As shown in Table 5, majority of the food beneficiaries were on full ration, suggesting they had stayed in the settlements for less than 3 years.

**Table 5:** Break-down of beneficiaries assessed in Rhino camp

		Food	Cash
<b>Ration scale</b>	<b>Half</b>	76%	24%
	<b>Full</b>	95%	5%
<b>EVIs</b>		83%	17%

### Food Security overview

Households in Rhino camp were relatively better off with the highest percentage classified as food secure (compared to Kiryandongo and Adjumani settlements). A description of the status of food, cash and non-beneficiaries with

respect to each food security dimension is given below.

### Food availability

Non-beneficiaries	Cash beneficiaries	Food beneficiaries
-------------------	--------------------	--------------------

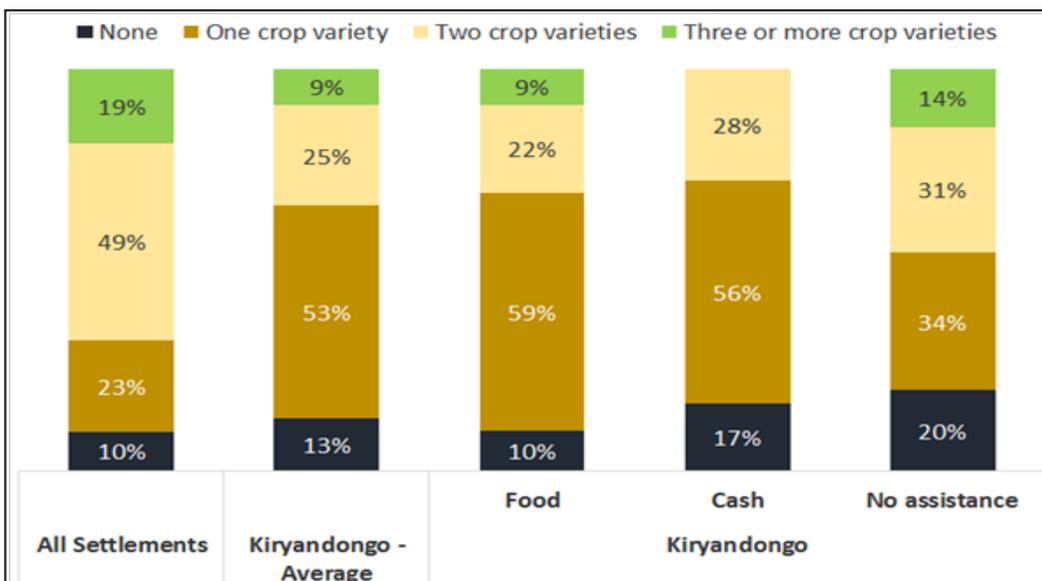
**Better off**

**Worse-off**

Whereas household food availability is generally low in the settlement, food beneficiaries are considerably worse off with the lowest access to land and limited ability to cultivate/produce enough food. This is however partly due to the fact that majority of the food beneficiaries had only been in the settlement for less than 3 years. It is not surprising therefore that for these households, over 66% of food consumed is from food assistance, while own production accounts for only 14% (compared to 32% among non-beneficiaries). It is also noteworthy that up to 42% of food beneficiaries reported sale of food assistance as a main income source (in contrast to 4.5% and 30% among food beneficiaries in Kiryandongo and Adjumani respectively), effectively reducing food stocks at household level.

**Key points:**

- There is limited on-farm diversity among food beneficiaries probably due to low access to land, the fact that majority are relatively new and not yet able to fully utilize their land and, as well, the drive to optimize on a few crops (Figure 17).
- Majority of households that cultivated crops reported having harvested less food this year compared to last year.
- Cash beneficiary households were more likely to own either goats or poultry (60%) compared to 51% among non-beneficiaries and 36% among food beneficiaries.



**Figure 17:** Number of crop varieties cultivated – Rhino camp

## Food availability

Non-beneficiaries	Cash beneficiaries	Food beneficiaries
<b>Better off</b>		<b>Worse-off</b>

Overall, food access in the settlement is higher among non-beneficiaries than cash beneficiaries, and lowest among food beneficiaries. Non-beneficiaries spend proportionately less of total expenditure on food; only 33% spend >65% of total expenditure

on food compared to 39% among cash beneficiaries and 44% among food beneficiaries (Figure 18).

This is probably because, as findings indicated, non-beneficiaries have diversified their sources of income - including sale of own production, agricultural wage labor, and small businesses - as a way to cope following their phasing out of assistance.

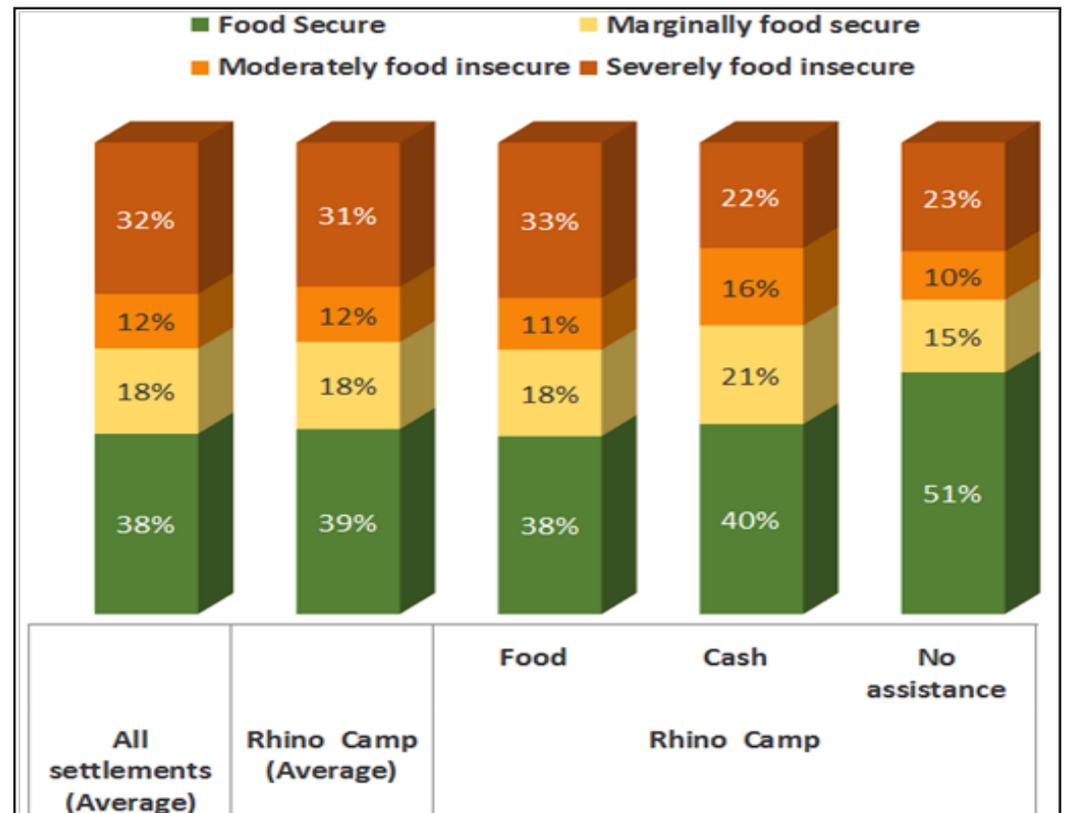


Figure 18: Food Consumption Scores – Rhino camp

Cash and non-beneficiaries were however observed to have a higher prevalence of debt (primarily to buy food) compared to food beneficiaries. This is probably in response to low

levels of production and the resulting higher dependence on markets for food. Market purchases constitute up to 84% of food consumed among cash beneficiaries and 78% among

non-beneficiaries, compared to 34% among food beneficiaries.

### Key points

- Majority of households sold less food this year compared to last year. Thus households dependent on food crop sales are worse off.
- The percentage of households with at least one income earner was highest among non-beneficiary households (61%), cash households (49%), and lowest among food beneficiaries (32%).
- While the average monthly food expenditure was UgX 109,000, this was much higher among cash beneficiaries (UgX 147, 000) and non-beneficiaries (UgX 126,000) compared to food beneficiaries (UgX 99,000). This indicates that cash beneficiaries are utilizing cash received for food as presumed. Indeed, the most recent Post Distribution Monitoring (PDM) report (October 2014) showed that up to 81% of cash received by households in this settlement is spent on buying food.
- Cash beneficiaries spend considerably more on food items in all food groups except for meats and dairy products.

## Utilization

Non-beneficiaries	Cash beneficiaries	Food beneficiaries
-------------------	--------------------	--------------------

### Better off

### Worse-off

Cash beneficiary households generally had better Food Consumption patterns with more diversified diets compared to food and non-beneficiaries (Figures 20 – 22). This further shows that cash provided to households is, to a good extent, being utilized for food purchase and consumption. However, given that findings also showed that the rate of cash households obtaining debt to buy food was relatively high, it suggests stress among these households in maintaining current food consumption patterns. All households should be provided support to engage in productive agriculture and/or to diversify their income sources in order to ensure they are self-reliant, especially for food and cash beneficiaries that will cease to receive assistance after 5-years of stay.

### Key points

- While both food and cash beneficiaries had equal percentage with acceptable FCS (87%), cash beneficiaries were

less likely to have Poor FCS (Figure 19).

- Cash beneficiaries had a higher average Dietary Diversity Score, DDS compared to non-beneficiaries and food beneficiaries. Beneficiaries on cash were more likely to have medium to high DDS while food beneficiaries were more likely to have low to medium DDS.

- Cash beneficiaries were more likely to consume Vitamin A rich foods on a daily basis (49%) compared to either food (35%) or non-beneficiaries (44%) (Figure 20). This is probably due to their ability to purchase such foods from the market and the observed higher ownership of poultry that may boost consumption of products such as eggs

- Food beneficiaries were more likely to consume protein rich foods on a daily basis (77%), compared to cash beneficiaries (73%) and non-beneficiaries (63%) (Figure 21). This is probably because food beneficiaries receive beans as part of their ration; cash beneficiaries have to interface with market prices

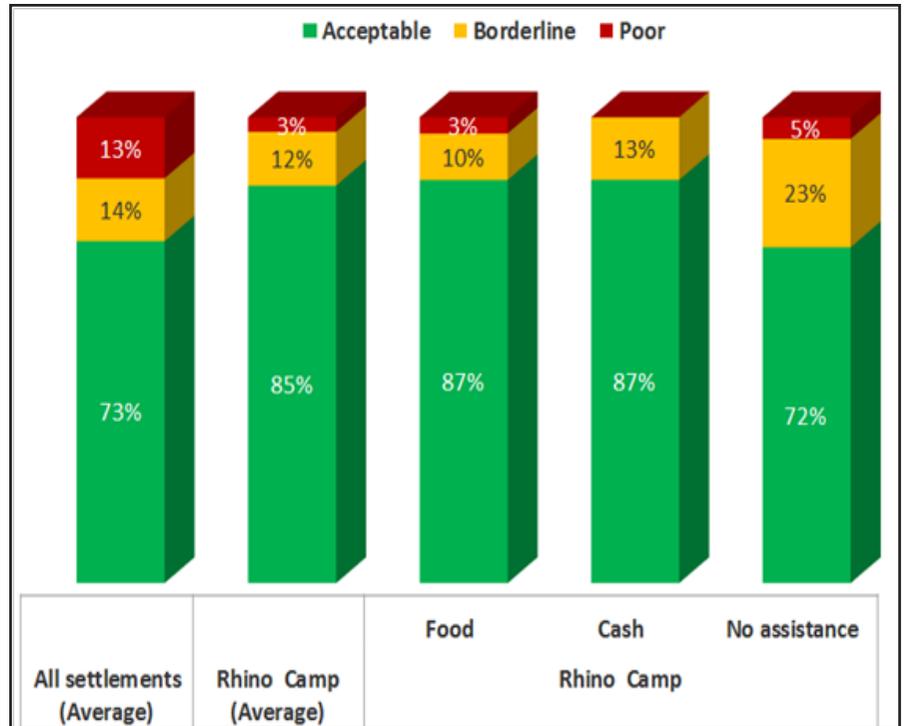


Figure 19: Food Consumption Scores – Rhino camp

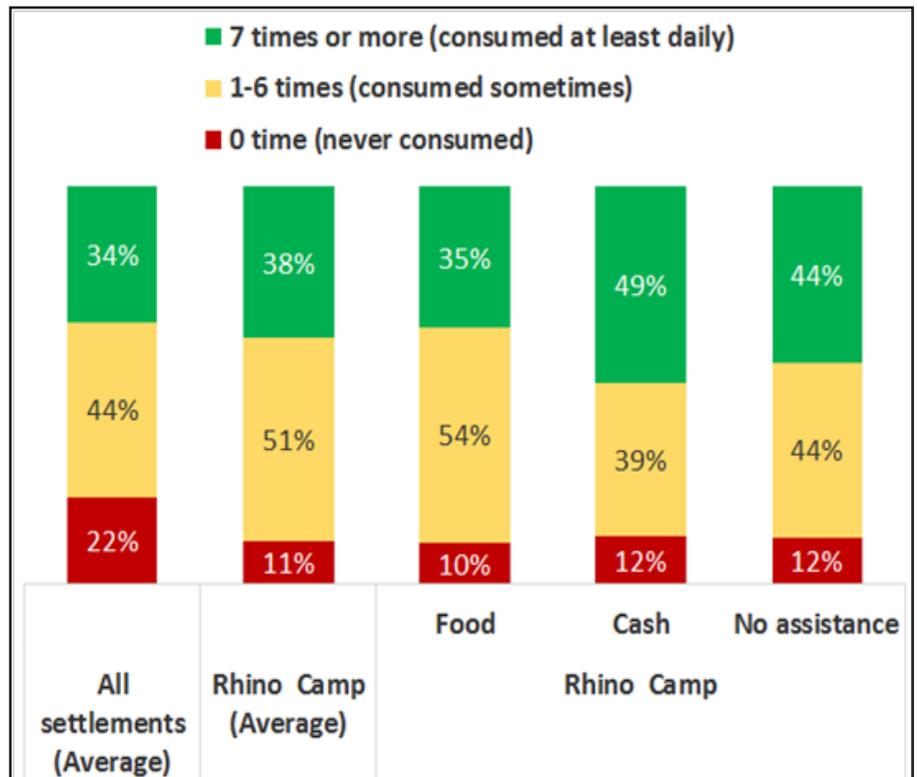
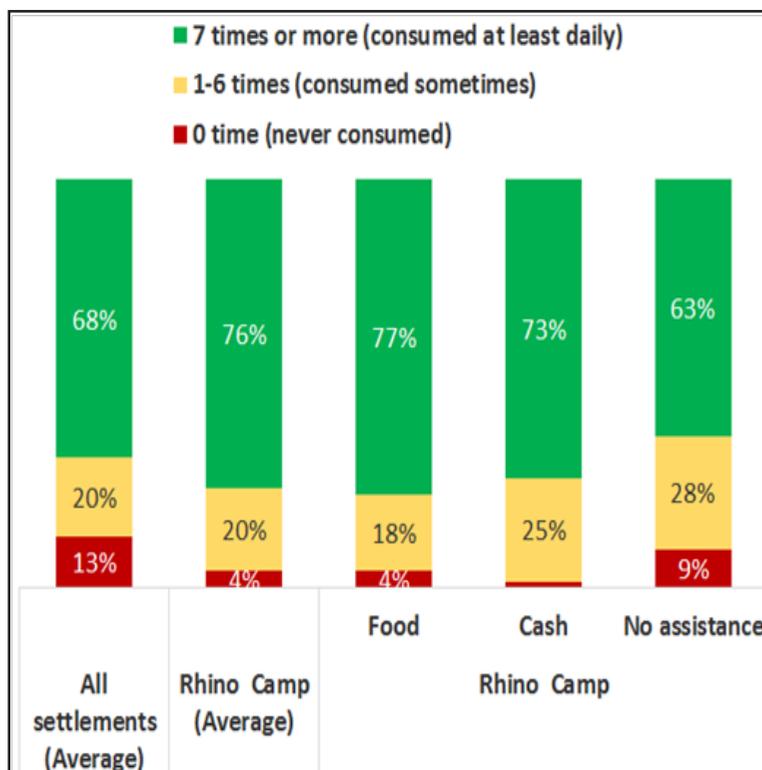


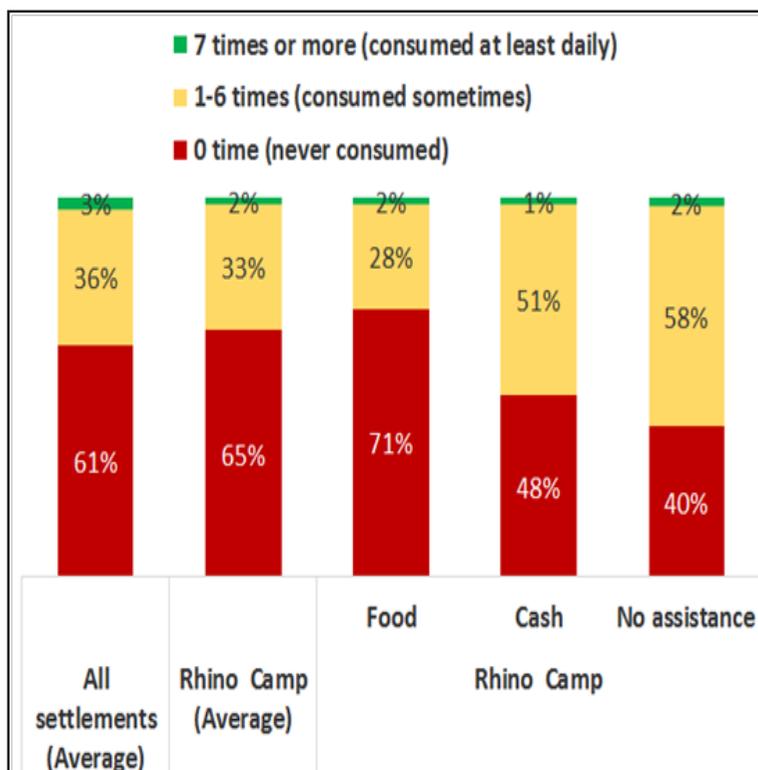
Figure 20: Consumption of Vitamin A rich foods – Rhino camp

that may be prohibitive; and non-beneficiaries, majorly dependent on own production for food, harvested less thus limited household availability.

- Across all groups (cash, food and non-beneficiaries), there was a negligible percentage of households that consumed hem-iron rich foods on a daily basis. Majority consumed these only a few times a week. Up to 71% of food beneficiary households had not consumed any hem-iron rich foods in the 7 days preceding the survey compared to 48% among cash beneficiaries and 40% among non-beneficiaries. Thus cash beneficiary households were more likely to consume Hem-Iron rich foods at least once a week compared to food beneficiaries (Figure 22).



**Figure 21:** Consumption of protein rich foods – Rhino camp



**Figure 22:** Consumption of Hem-Iron rich foods – Rhino camp

## Stability

Non-beneficiaries	Food and cash beneficiaries
-------------------	-----------------------------

**Better off**

**Worse-off**

As inter alia, findings suggest that non-beneficiaries have developed self-sustaining mechanisms, to the extent that they are less likely to lose their current food security status (i.e. are more resilient) compared to food and cash beneficiaries.

On the other hand, the dependence on in-kind/cash transfers means beneficiaries are more likely to apply coping strategies particularly between distribution cycles and/or where food prices increase (transitional food insecurity).

Food beneficiary households were more likely to apply short term, food consumption based coping strategies including reducing number of meals per day and reducing portion sizes per meal. On the hand, cash beneficiary households were more likely to apply livelihoods based coping strategies, mainly borrowing money and spending savings. The typology of coping strategies employed nonetheless necessitates livelihood interventions aimed at

optimizing household production and diversification of income sources.

### Key points

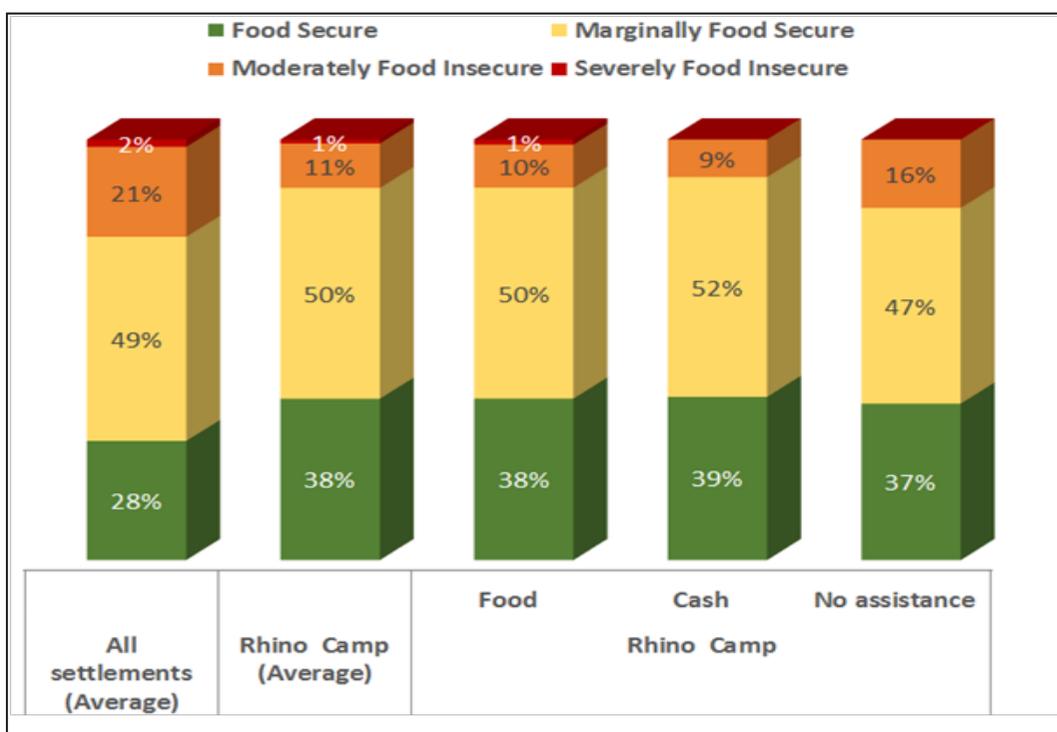
- Main shocks experienced by households were related to child sickness. The impact of this was higher among food beneficiary households whose average medical expenditure was much higher (UgX 70,000) compared to cash households' UgX 45,000 and non-beneficiaries' UgX 38,000. Given the limited earning potential among food beneficiary households, and the significance of market purchases as a source of food for cash beneficiary households, additional expenditures on medical care among these households negates the ability to consume optimal diets.
- High food prices were felt as a shock by all household groups (food, cash and non-beneficiaries). However, the extent was more pronounced among non-beneficiaries (49%) compared to cash (40%) and food beneficiaries (16%). This further calls for continuous monitoring of markets to ensure cash

beneficiaries remain able to afford a nutritious food basket and that, in the long-run, non-beneficiaries are not negatively affected by cash transfers.

- There were slight differences in the level of livelihoods coping among food, cash and non-beneficiaries with 60%, 58%, and 63% not having adopted any of the enumerated coping strategies respectively.

### Final Food Security Classification

Overall, the percentage of households characterized as food secure (food secure and marginally food secure) was highest among cash beneficiaries (91%) compared to food beneficiaries (89%) and non-beneficiaries (84%)(Figure 23). Non-beneficiary households need to be supported through other livelihood activities to foster their self-reliance and strengthen their food security.



**Figure 23:** Final food security classification of Food, Cash and Non-beneficiaries in Rhino camp

## Limiting factors for food security – Rhino camp

Food beneficiary households: These households have limited ability to produce food and limited income earning ability that translate into sub-optimal food consumption patterns that draw heavily on food assistance

Cash beneficiary households: Despite having below average ability to produce food and higher share of expenditures on food, these households have better food consumption patterns as a result of cash transfers. However, high dependence on markets exposes them to high prices, hence the use of debt as a coping mechanism

Non-beneficiary households: The main limiting factor for these households relates to their food consumption patterns. These households need to be supported to improve diversity of their diets and to improve on the quantities consumed to levels that meet their nutrition needs.

## 8.2 KIRYANDONGO

### Beneficiary overview

As observed in Rhino camp, majority of beneficiaries enumerated were on in-kind assistance, among whom majority were on full ration. In contrast to Rhino camp, however, there were proportionately more cash beneficiaries on full ration (Table 6).

		Food	Cash
Ration scale	Half	79%	21%
	Full	84%	16%
EVIs		56%	44%

Household food availability (and production potential) was considerably low among non-beneficiaries compared to beneficiaries. Slight differences were observed among food and cash beneficiaries;

- Food beneficiary households had greater possibilities for crop production with higher access to land and higher diversity on farm
- Cash beneficiary households owned more livestock (goats or poultry) but with less crop production potential

### Key points

- Households on food assistance reported considerably higher access to agricultural land compared to those on cash assistance and on no assistance. Thus non-beneficiaries face a disadvantage with inability

### Food availability

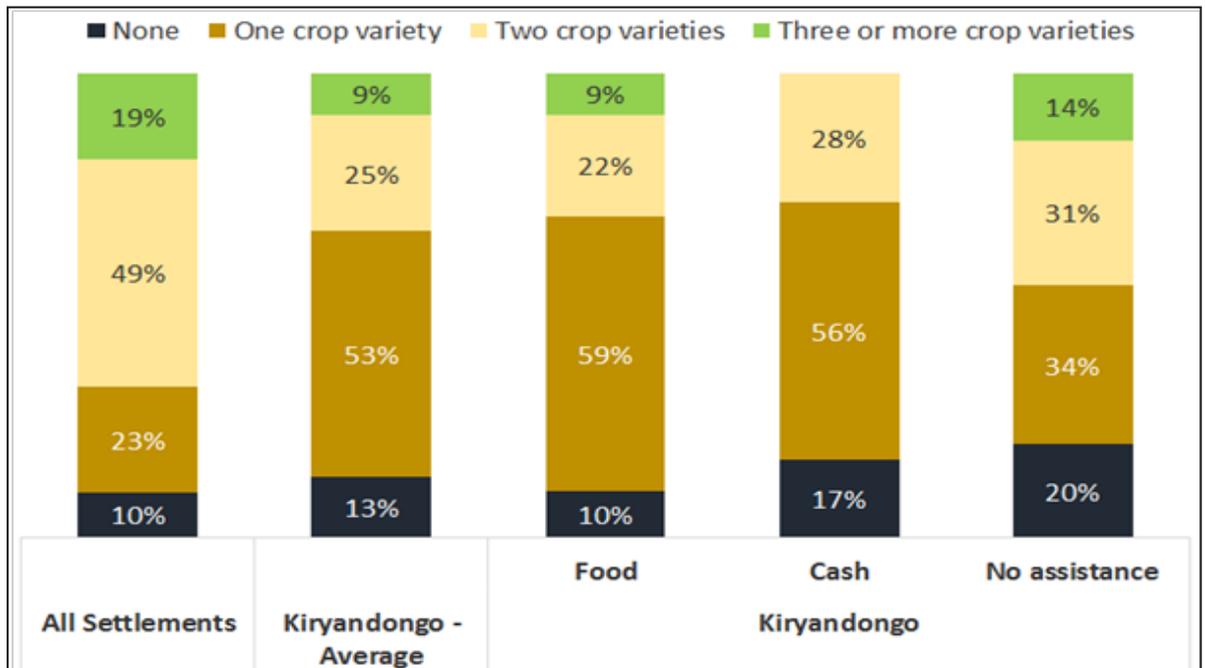
Non-beneficiaries	Food and cash beneficiaries
-------------------	-----------------------------

**Better off**

**Worse-off**

to produce food, yet own production is critical for their food security.

- Food and non-beneficiary households were more likely to cultivate crops in more varieties while cash households tended to have lower on-farm diversity (Figure 24). This suggests that cash households are inclined to optimize on one crop, perhaps with commercial orientation, in order to supplement cash received.



**Figure 24:** Number of crop varieties cultivated - Kiryandongo

- Approximately two-thirds of households on food and cash, and up to 71% of non-beneficiaries reported having harvested less food this year compared to the same season last year. This suggests low household food availability.
- Cash beneficiary households were more likely to own goats/poultry (43%) compared to food households (36%) and non-beneficiary households were least likely (15%). Cash households may be involved in livestock production as a means to invest/save some of the money received through cash assistance.

Analysis suggests food beneficiary households have better access to food compared to cash and non-beneficiaries. This is probably because food beneficiaries are able to supplement the generally low production with food rations that constitute about 55% of food consumed in their households. On the other hand, cash households with meagre own production derive up to 82% of food consumed from the markets.

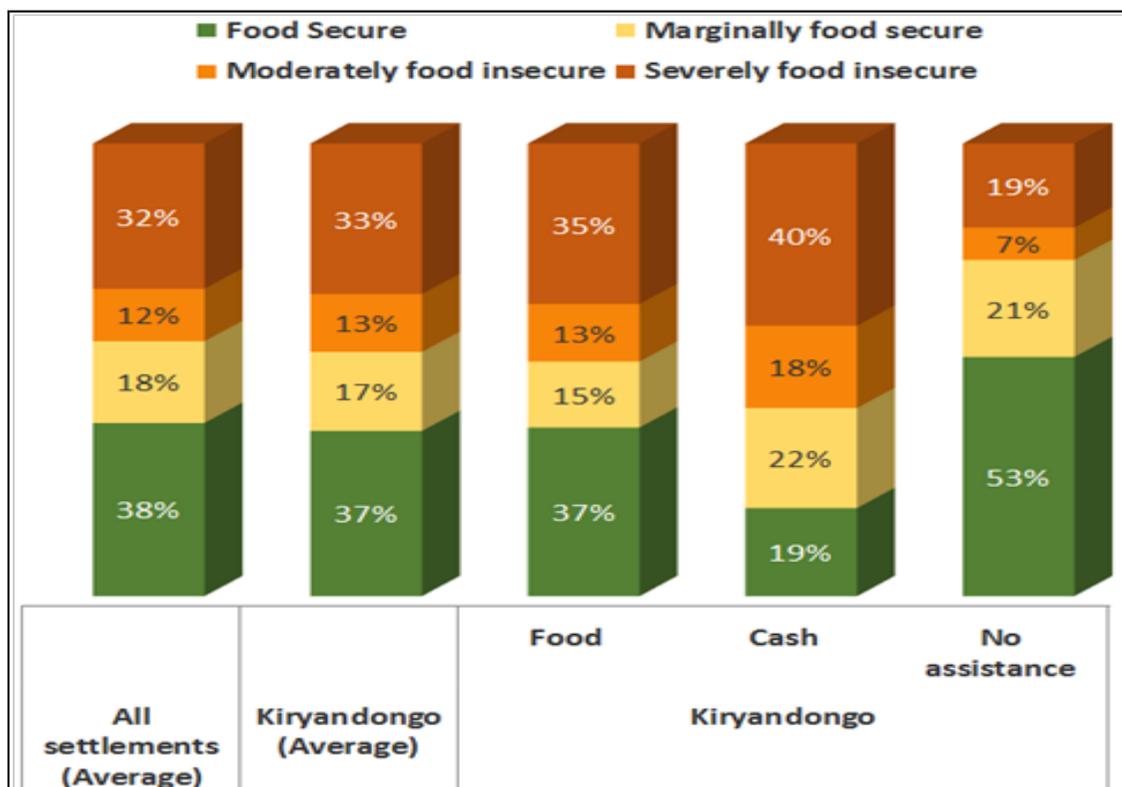
**Key points**

- Nearly three-quarters of the households among food, cash and non-beneficiaries reported having sold less food this year compared to last year. This is particularly significant for Kiryandongo given that an average of 38% of households indicated food crop sales as the main income source.

**Food Access**

Non-beneficiaries	Food and cash beneficiaries
<b>Better off</b>	<b>Worse-off</b>

- Food beneficiary households had the highest percentage with at least one income earner (71%) followed by cash households (68%), and lowest among non-beneficiary households (22%), further suggesting food access issues among non-beneficiaries.
- On average, cash and food beneficiaries spend nearly equal amounts on food monthly (UgX 136,000 and UgX 134,000 respectively), compared to UgX 125,000 among non-beneficiary households. However, cash beneficiary households spend relatively more on dairy, fruits and vegetables. This is a positive finding in line with the premise that beneficiaries of cash use the money to buy foods of their preference. The October 2015 PDM report indicated that 64% of cash received by beneficiaries is spent on food.
- Cash beneficiary households spend proportionately more of their total expenditure on food (Figure 25); up to 59% of cash beneficiary households spend >65% of total expenditure on food, compared to 48% among food beneficiaries and 26% among non-beneficiaries. This finding could be interpreted in two ways:
  - o In conventional terms, a higher share of expenditure on food indicates reduced food access among these households. This is probably because of relatively limited agricultural production that has propelled dependence on markets to higher levels, amidst reported price increases.
  - o In the context of cash transfers, a higher share of expenditure on food is also a clear indication that most of the money received by households through cash transfers is dedicated to food purchases as is intended.



**Figure 25:** Food Expenditure Share categories - Kiryandongo

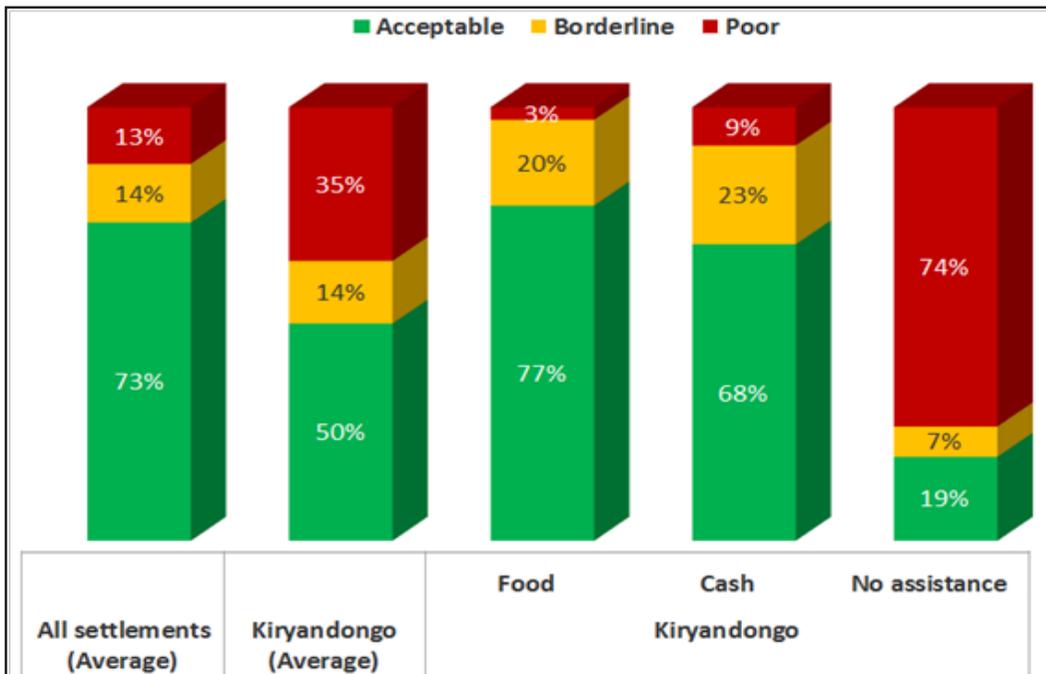
- Up to 35% of cash beneficiary households were indebted, a level higher than among food beneficiaries (24%) and non-beneficiaries (28%). This suggests stress given that the main reasons for debt among food and cash beneficiaries were to buy food – among 30% and 45% of households respectively. On the other hand, majority that borrowed among non-beneficiaries did so to pay school and education costs (36%). Overall, food consumption patterns were better off among cash beneficiary households compared to food and non-beneficiaries (Figures 26-29). While food beneficiaries were more likely to have acceptable FCS (Figure 26), cash beneficiaries had higher Dietary Diversity than their food beneficiary counterparts probably due to their ability to purchase varieties from the markets as indicated by their expenditure patterns.

### Food availability

Non-beneficiaries	Cash beneficiaries	Food beneficiaries
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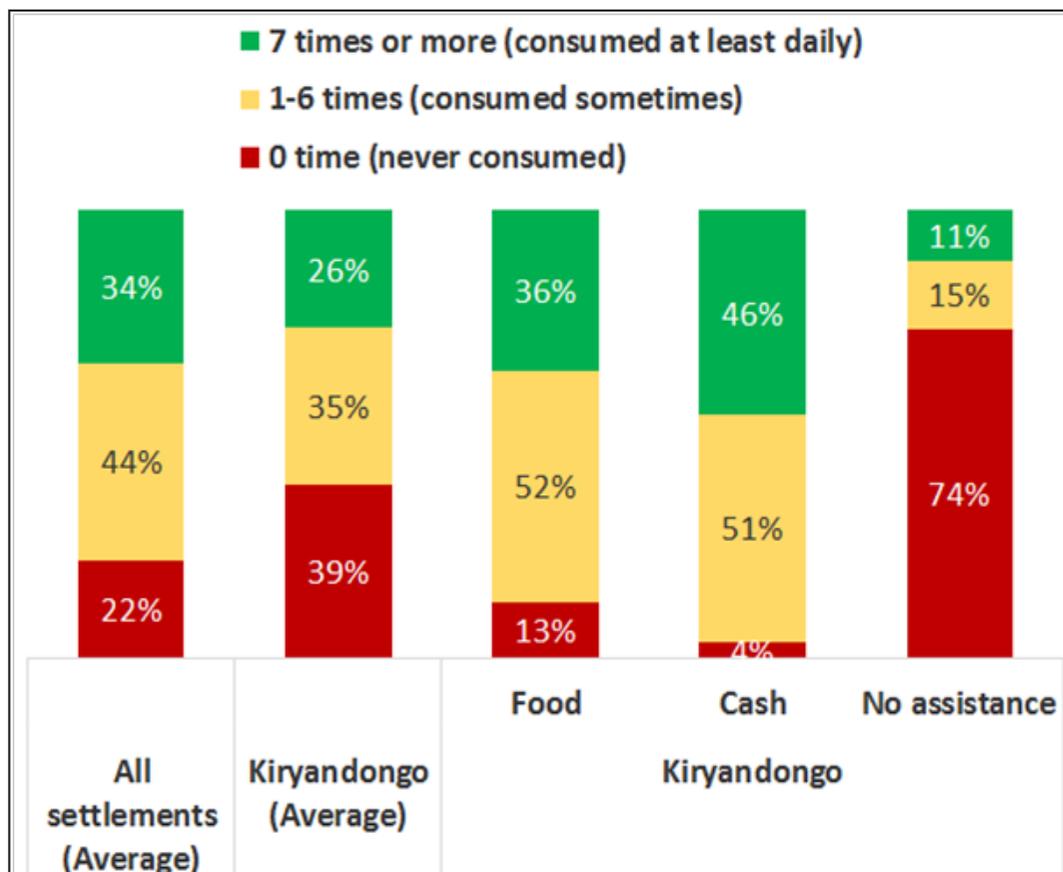
**Better off**

**Worse-off**



**Figure 26:** Food Consumption Scores - Kiryandongo

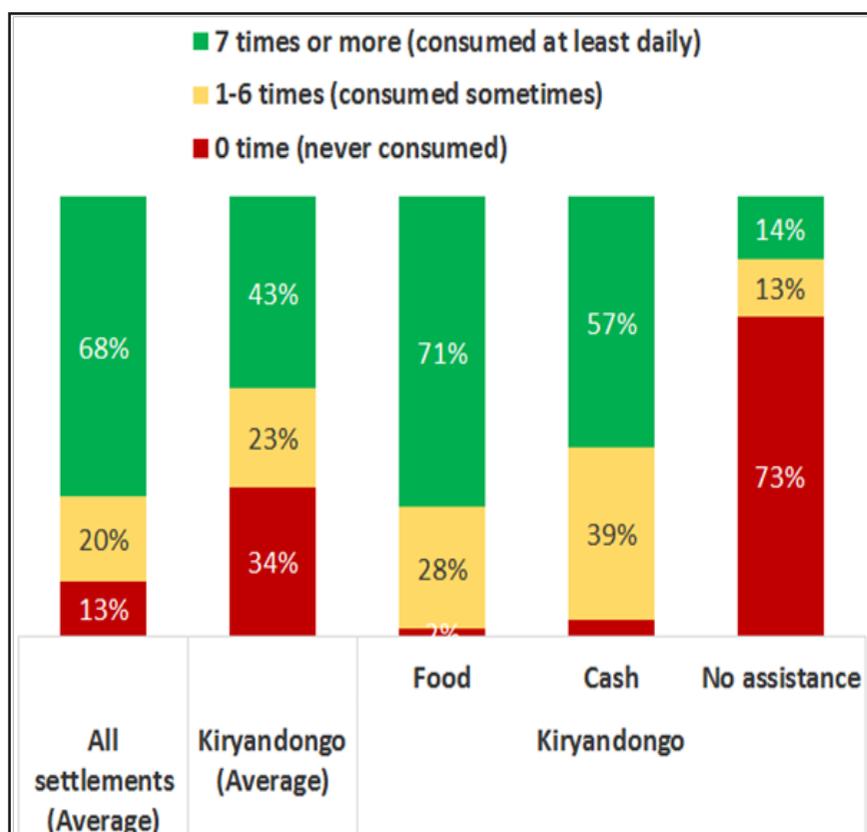
Cash beneficiaries were more likely to consume vitamin A rich foods with only 4% not having consumed these in the 7 days before the survey compared to 13% among food beneficiaries and 74% among non-beneficiaries (Figure 27).



**Figure 27:** Consumption of Vitamin A rich foods - Kiryandongo

Food beneficiaries were more likely to consume protein rich foods with 71% having consumed these daily in the 7 days prior to the assessment, compared to 57% among cash beneficiaries and only 14% among non-beneficiaries (Figure 28). This is probably due to the fact that they

receive food in-kind (including beans that are a good source of protein). However, cash and non-beneficiaries may have limited consumption of the same at the time of the assessment in response to prevailing high prices (see Figure 10).

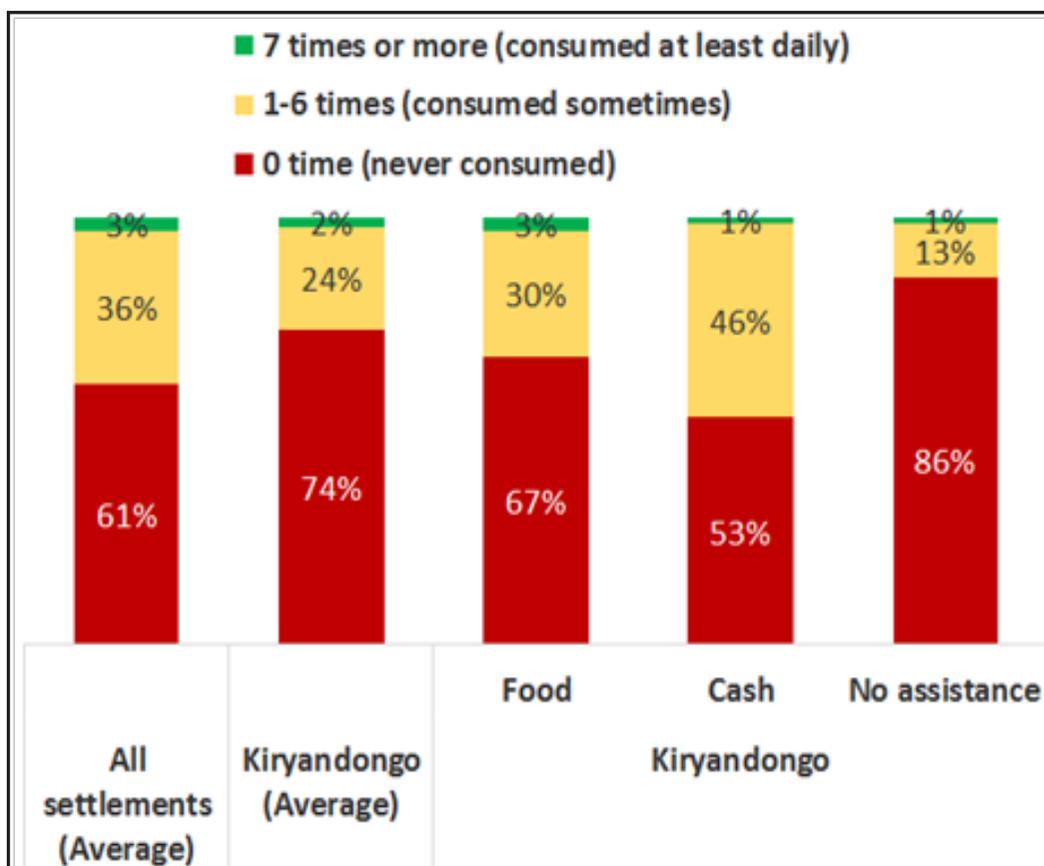


Consumption of Hem-Iron rich foods was to a negligible extent with only about 2% having consumed these on average on a daily basis across the three beneficiary groups (Figure 29). Nonetheless, cash beneficiaries were better off with just over half (53%) not having consumed hem-iron foods at least once in the 7 days before the survey compared to 67% among food beneficiaries and 86% among non-beneficiaries.

### Food availability

**Figure 28:** Consumption of Protein rich foods - Kiryandongo

Non-beneficiaries	Cash beneficiaries	Food beneficiaries
Better off		Worse-off

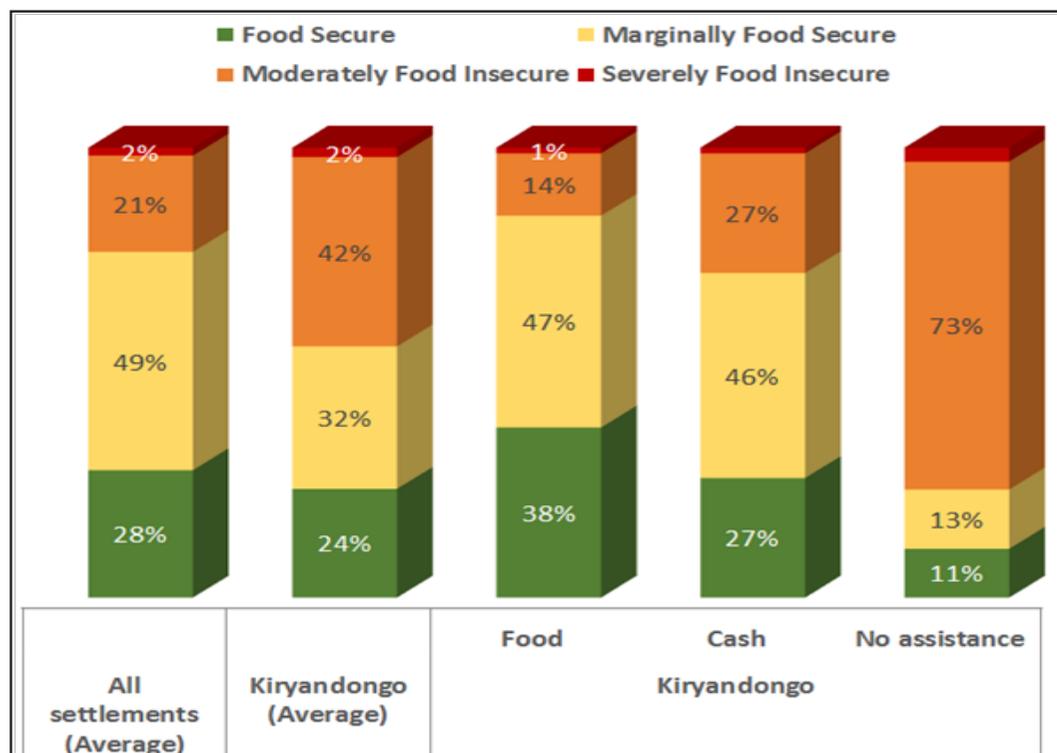


**Figure 29:** Consumption of Hem-Iron rich foods - Kiryandongo

In terms of coping, cash beneficiaries were relatively worse off with higher level of application of both food consumption and livelihoods coping strategies. On the other hand, food beneficiary households moderately applied both types of coping strategies. The most common form of food consumption coping was consumption of less preferred food among food, cash and non-beneficiary households alike.

### Overall Food Security Classification

Overall, the percentage of households characterized as food secure was highest among food beneficiaries (89%) compared to 72% among cash beneficiaries and 24% among non-beneficiaries (Figure 30). Nearly three quarters (73%) of households that were non-beneficiaries were characterized as moderately food insecure.



**Figure 30:** Final food security classification of Food, Cash and Non-beneficiaries in Kiryandongo

### Limiting factors for Food Security - Kiryandongo

Non-beneficiary households are worst off in Kiryandongo mainly due to poor household food availability that further compounds limited economic access to food (given low income levels). Together, these factors lead to poor food consumption patterns among households. The fact that low levels of coping are observed among this group requires further investigation but could potentially signal exhaustion of coping mechanisms.

Cash beneficiary households are affected by the increase in food prices that saw a reduction in food access (and thus higher food expenditure share). This is probably why higher levels of food consumption coping were observed in the form of consumption of less preferred food, and livelihoods coping through borrowing money.

Food beneficiary households are better off because, despite low harvests and observed food price increases, most of the food consumed is obtained from food assistance. Moreover, these households had the highest percentage of income earners and are therefore able to supplement food assistance with market purchases.

## 8.3 ADJUMANI

### Beneficiary overview

As shown in Table 7 below, majority of enumerated households were food beneficiaries. Similar to Rhino camp and Kiryandongo, majority of food beneficiaries were on full-ration.

There was a lower percentage of cash beneficiary households that were on full ration due to the criteria for cash enrolment that presently considers refugees that arrived earlier than 2013.

		Food	Cash
Ration scale	Half	84%	16%
	Full	94%	6%
EVIs		69%	31%

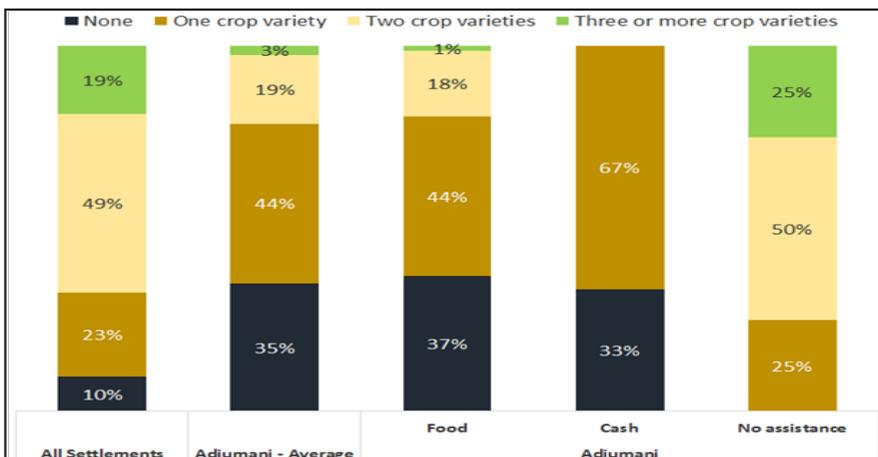
### Food availability

Non-beneficiaries	Cash beneficiaries	Food beneficiaries
<b>Better off</b>		<b>Worse-off</b>

Findings suggest limited household food availability among food and cash beneficiaries with generally low access to land and low harvests in the previous season. However, this is less significant among food beneficiaries who derive over 67% of food consumed from in-kind food assistance.

### Key points

Food and non-beneficiary households were more likely to have diversified crop production, while all cash households involved in crop production cultivated only one crop viz. maize (Figure 31). Majority of households that cultivated crops reported having harvested less food this year compared to last year, particularly so among cash beneficiaries (83%) compared to food beneficiaries (66%) and non-beneficiaries (54%).



**Figure 31:** Number of crop varieties cultivated - Adjumani

Cash households were much more likely to own either goats or poultry (52%) compared to food beneficiary households (20%) and non-beneficiary households (25%). This could potentially lead to better diet quality among cash beneficiary households.

### Food Access

Non-beneficiaries	Food and cash beneficiaries
-------------------	-----------------------------

**Better off**

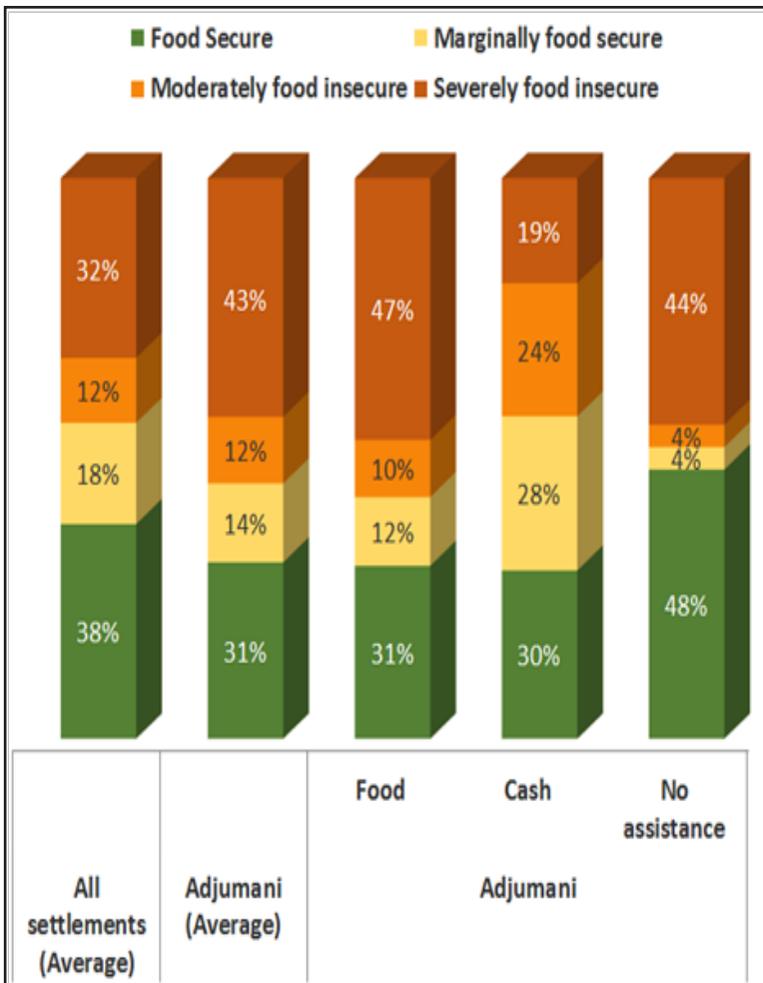
**Worse-off**

Overall, economic access to food is low among households with less than 40% of households having at least one income earner. Food beneficiaries were however worse off with relatively lower income and earning potential.

Despite low harvests, cash beneficiaries are able to spend considerably more on food and have a relatively lower share of expenditure on food.

### Key points

- Food and cash households had almost similar percentage of households with at least one income earner (30% and 32% respectively) while that among non-beneficiaries was slightly higher at 38%. However, this is comparably low and potentially has a great impact on household food security given that households in this settlement had limited access to land and thus, limited ability to produce food for own consumption.
- Dependence on markets is high, expectedly so among cash beneficiaries with up to 90% of food consumed purchased from the market.
- Cash beneficiary households spend considerably more on food on a monthly basis with an average expenditure of UgX 221,000 compared to that of food beneficiary households (UgX 131,600) and among non-beneficiaries (UgX 132,500). Indeed, cash households spend more on key food items such as cereals, pulses, fruits and vegetables, meats and oils. According to the October 2015 PDM report, cash beneficiaries in this settlement spend about 74% of cash received on buying food. Figure 32 below shows the share of total expenditure that is dedicated to food by households.



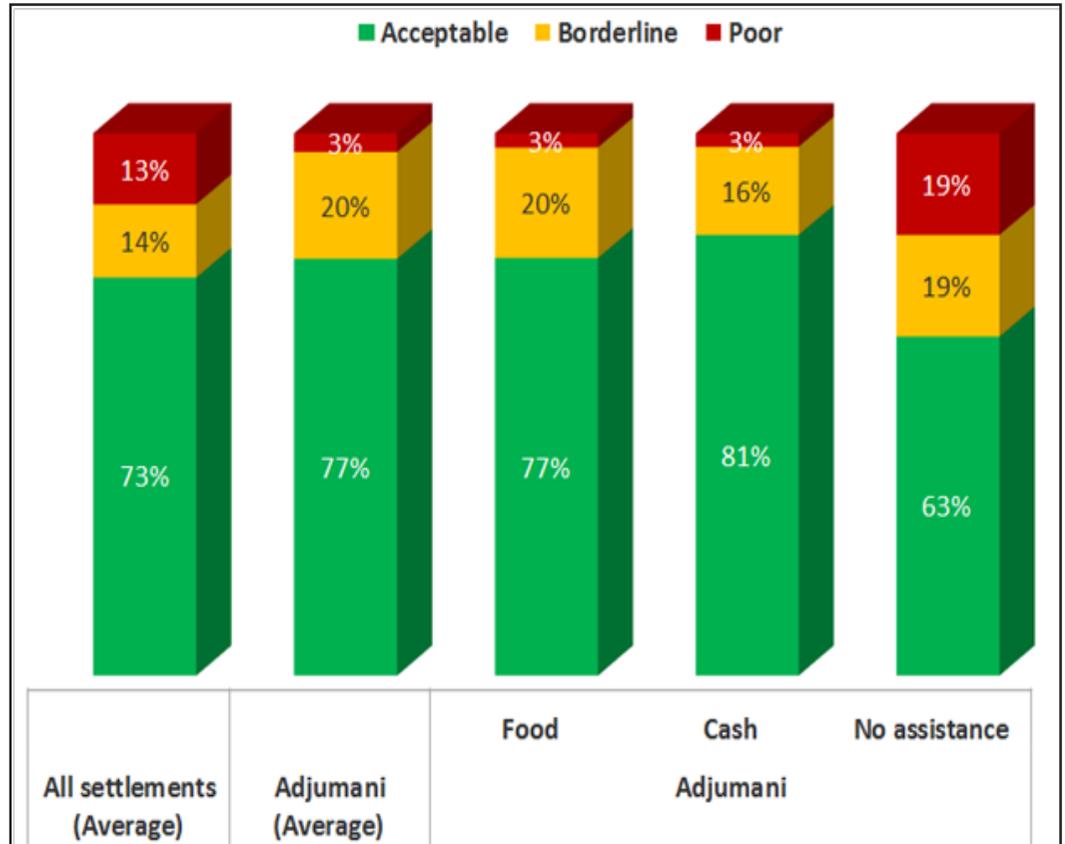
There were stark differences in food consumption patterns with cash beneficiaries considerably better off compared to food and non-beneficiaries (Figures 33-36). Cash households had a much higher average Dietary Diversity Score of 5.3 compared to 4.4 among food beneficiaries and 3.7 among non-beneficiaries. Expectedly, while only 23% of cash households were classified as having low diet diversity, more than half (55%) of food beneficiary households had low diet diversity, and even higher (69%) among non-beneficiaries.

**Figure 32:** Food Expenditure Share Categories - Adjumani

- Two in every five (40%) cash beneficiary households in Adjumani were indebted, higher than non-beneficiaries (36%) and much higher than food beneficiaries (21%). The main reasons for debt among cash beneficiaries was to cover health expenses, while buying food was the main reason for food and non-beneficiaries, suggesting stress among households in the latter two groups.

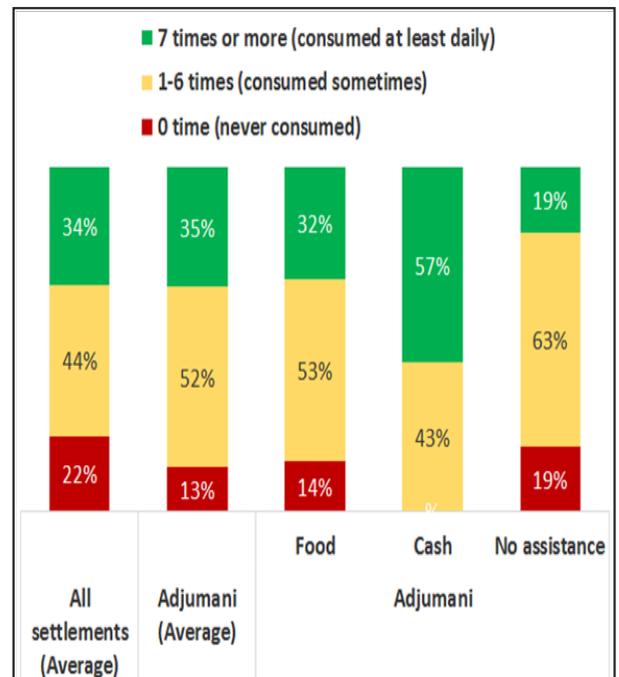
### Food availability

Non-beneficiaries	Cash beneficiaries	Food beneficiaries
<b>Better off</b>		<b>Worse-off</b>



**Figure 33:** Food Consumption Scores - Adjumani

Cash beneficiary households were much more likely to consume Vitamin A rich foods with more than half (57%) having consumed these daily in the 7 days before the survey compared to 32% among food beneficiaries and 19% among non-beneficiaries (Figure 34).



**Figure 34:** Consumption of Vitamin A rich foods - Adjumani

With regard to protein consumption, food and cash beneficiaries had almost similar proportion of households that consumed protein foods on a daily basis in the 7 days before the survey. However, non-beneficiaries were worse off with only 59% having consumed them on a daily basis (Figure 35).

Cash beneficiaries were more likely to consume hem-iron rich foods with only 36% that did not consume these in the 7 days before the survey compared to 61% among food beneficiaries and 66% among non-beneficiaries (Figure 36).

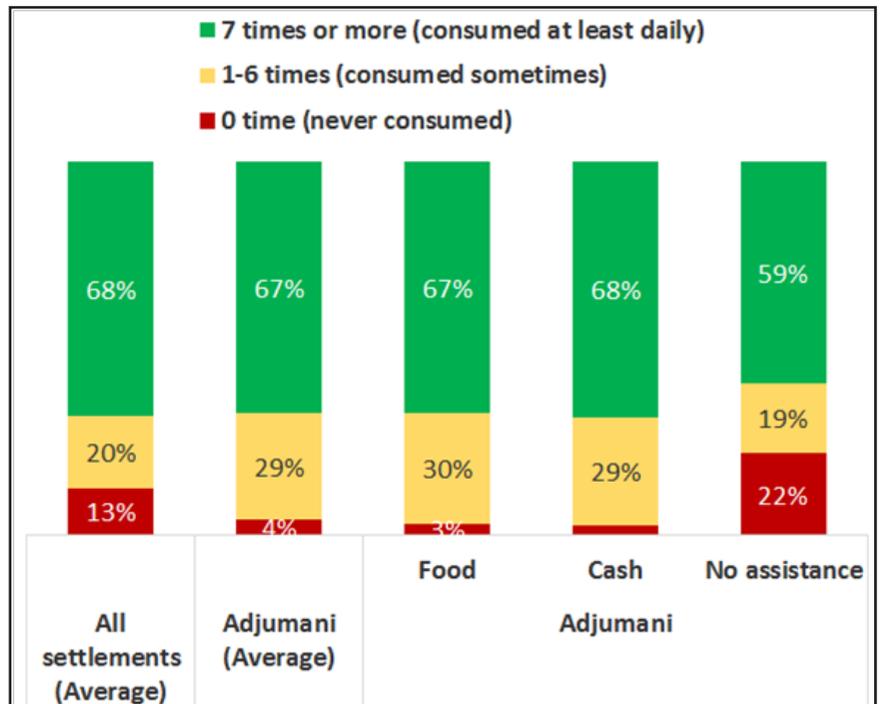


Figure 35: Consumption of protein rich foods - Adjumani

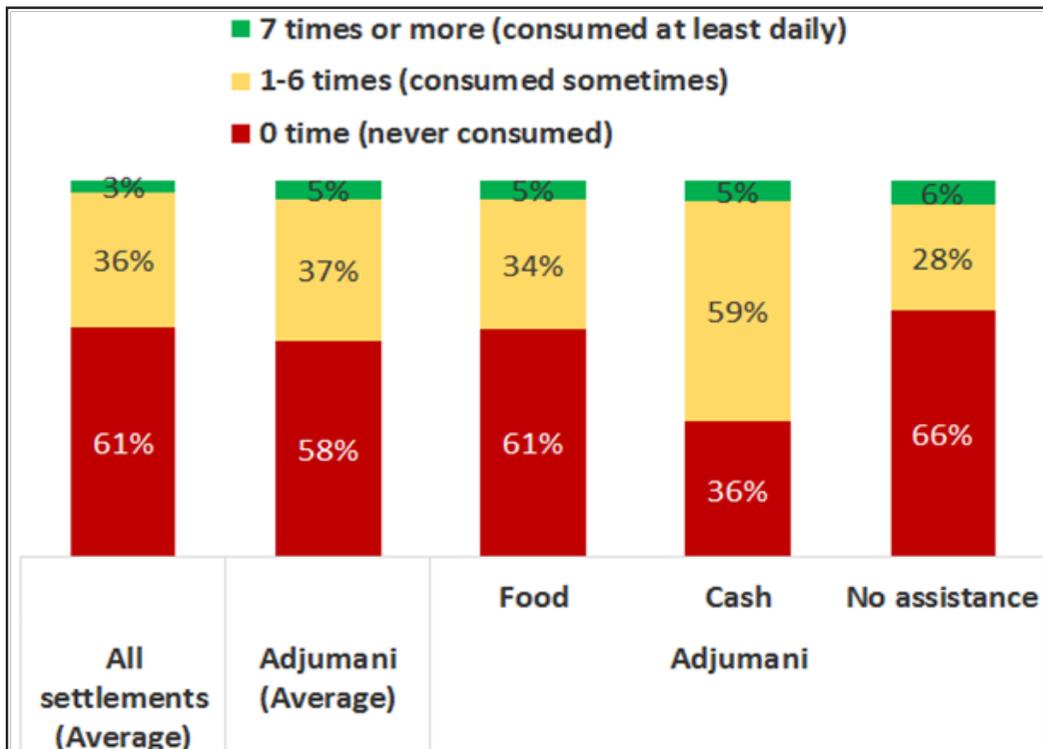


Figure 36: Consumption of Hem-Iron rich foods - Adjumani

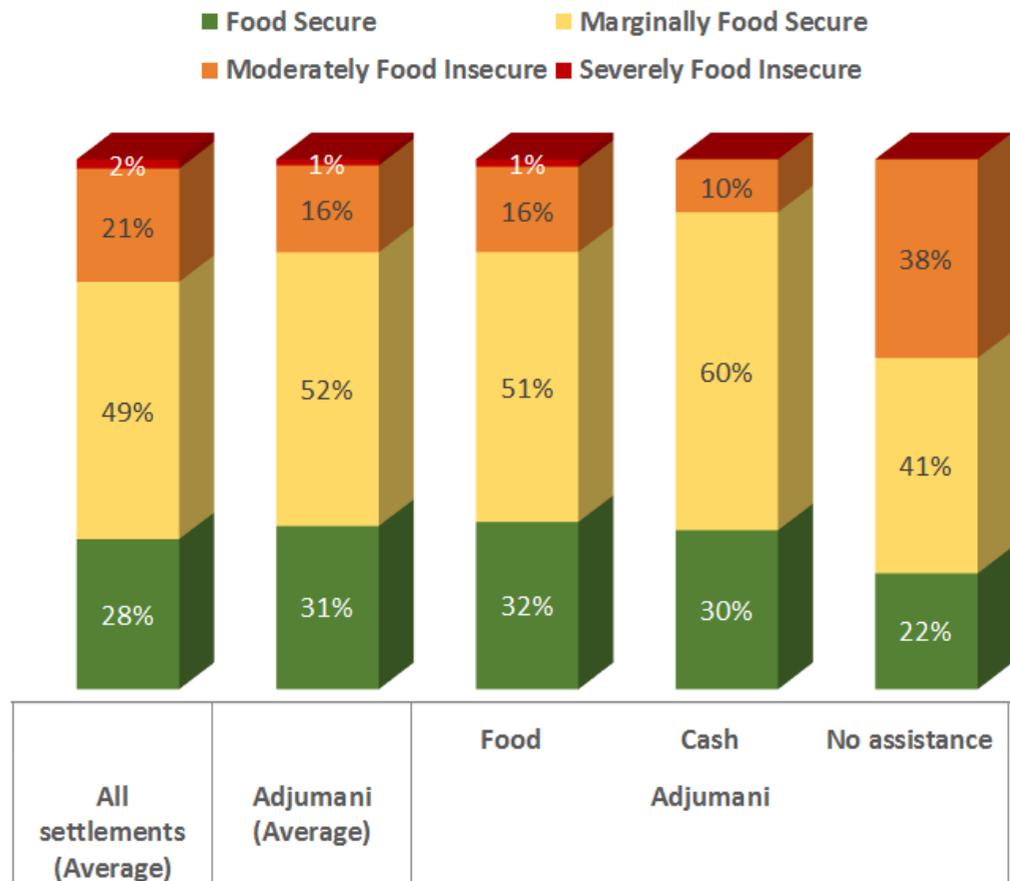
## Food availability

Non-beneficiaries	Cash beneficiaries	Food beneficiaries
Better off		Worse-off

Cash beneficiary households exhibited the highest level of food and livelihood coping, suggesting stress in food acquisition. This is probably because of high food prices as shown in Figure 10. Indeed, over two in every five cash beneficiary households (42%) indicated high food prices as the main shock experienced in the 30 days prior to the survey compared to

39% among non-beneficiaries and 19% among food beneficiaries

Final food security classification  
Cash beneficiary households were more likely to be food secure with 90% classified as food secure or marginally food secure according to the Food Security Index, compared to 83% among food beneficiaries and 63% among non-beneficiaries (Figure 37).



**Figure 37:** Final food security classification of Food, Cash and Non-beneficiaries in Adjumani

## Limiting factors for Food Security - Adjumani

Non-beneficiary households: The main limiting factor for these households are the poor food consumption patterns. These households typically consume foods with low diet diversity and less frequently.

Besides in-kind food assistance, up to 35% of food consumed by food beneficiary households is obtained from the market. Low incomes among these households have therefore had the effect of increasing the share of total expenditure dedicated to food (i.e. reducing access to food) and a negative impact on food consumption patterns in these households.

Cash beneficiary households have achieved better food security status due to the cash transfers and the fact that they own more livestock. They are therefore able to purchase a variety of foods from the markets.



# 9

## **RECOMMENDATIONS**

**Transfer value:** High food prices were felt as a shock by all household groups (food, cash and non-beneficiaries). However, proportionately more cash beneficiaries indicated high food prices as a shock (42% in Adjumani and 40% Rhino camp). *This calls for continued regular price monitoring and, accordingly, for regular review of the cash transfer value in the settlements to ensure cash beneficiaries are continuously able to afford adequate and nutritious food baskets from the market.* Furthermore, given the established dependence of non-beneficiaries on markets, regular price monitoring will help inform strategies to prevent negative impact on these households that necessarily interact with cash beneficiaries in the respective local economies.

**Access to agricultural land:** Given government's policy to provide land to all refugees for agriculture, findings suggest considerably low levels in access to agricultural land. This needs to be further investigated, particularly so among non-beneficiaries for whom own production is critical for food security. *Households found not to have access to land should necessarily be prioritized for any*

*livelihood interventions.*

**Crop production:** Agricultural production and on-farm crop diversity were found to influence food security outcomes among food, cash, and non-beneficiaries. However, cash beneficiaries were less likely to diversify on-farm. Despite the fact that crop production was found to play a relatively limited role as a source of income among cash beneficiaries, findings assert its importance as a contributor to diversified diets. This is of particular importance to cash beneficiaries who were found to have limited protein consumption compared to their food and non-beneficiary counterparts. *Sensitizations on cash programming should therefore necessarily emphasize the importance of crop production among these households, promoting diversity on-farm to include cultivation of vegetables and legumes.*

**Mainstreaming nutrition:** Findings suggest a positive impact of cash transfers on household food consumption. However, it is also observed that consumption of hem-iron rich foods is low across the board, and that cash transfers are

less effective than in-kind transfers in optimizing household protein intake. **Mainstreaming nutrition education in cash programming would go a long way in encouraging households to:** i) cultivate a diversity of foods including protein rich foods such as legumes and nuts; ii) rear some poultry whose products are rich in protein and micronutrients and; iii) purchase nutritious foods such as meats that are rich in protein and hem-iron, and are relevant for reduction of stunting.

**Micro-nutrient supplementation / iron fortification:** Further to the above, the generally low consumption levels of hem-iron rich foods in the settlements is a critical driving factor for child stunting in the settlements. Given that hem-iron rich foods such as red meat are often unaffordable, it is recommended to **introduce micronutrient supplementation or iron fortification programmes as a short-medium term solution to prevent further increases in stunting prevalence.**

**Self-sustenance:** Non-beneficiary households were observed to be worse off on several measures in comparison to food and cash beneficiaries. This is probably because, in the absence

of food assistance, and given that there was low production, non-beneficiaries need income generating activities to achieve similar levels of food consumption as those on food assistance. This has a two-fold implication:

- **Households currently receiving assistance (food or cash) should necessarily be supported to engage in income generating activities in order for them to maintain current food consumption levels once they are phased-off food assistance**
- **Livelihood interventions need to necessarily also target non-beneficiaries who are presently at a disadvantage**

**Kiryandongo:** In comparison to other settlements, cash beneficiaries in Kiryandongo were relatively worse off compared to food and non-beneficiaries. This is mainly due to reduced access to food (high prices) that led to poorer food consumption patterns and more livelihoods coping. **A revision of the cash transfer value and continuous monitoring of beneficiaries is recommended.**



## ANNEX 1: EXPLAINING THE FOOD SECURITY INDEX

A food security index was calculated, at household level, as an average of the scores obtained from the Food Consumption, Food Expenditure, and livelihood coping indicators. Each household was then assigned to a Food Security Index group viz. Food Secure, Marginally Food Secure, Moderately Food Insecure, and Severely Food Insecure.

The food security index is based on an algorithm which combines, at the household level, the results for each of the reported food security indicators (Food Consumption Score, Food Expenditure Share, and Livelihood Coping Strategies).

### Converting food security indicators into a 4-point scale

A central stage of the methodology involves converting the outcomes of each of the 3 indicators into a standard 4-point classification scale. The 4-point scale assigns a score (1-4) to each category. Once all the indicators have been converted to the 4-point scale, the

**overall food security classification** for a household can be calculated as below and as shown in Table 4:

1. The 'summary indicator of Current Status' was taken to be the equivalent of the Food Consumption Score (i.e. the 4-point scale scores) in the Current Status domain (CS).
2. Calculate the 'summary indicator of Coping Capacity' by averaging the household's scores (i.e. the 4-point scale scores) for the Food Expenditure Share and the Livelihood Coping Strategy Index in the Coping Capacity domain (CC).
3. Average these results together:  $(CS+CC)/2$ .
4. Round to the nearest whole number (this will always fall between 1 and 4). This number represents the household's overall food security outcome.
5. The resulting Food Security Index is categorized as shown in Table 5.

Table 8: Calculation of the Food Security Index

	Current status (CS)	Coping Capacity (CC)		Formula	Final Food security outcome for household	Overall food security classification
	Household Food consumption group *	Food Expenditure Share category**	Livelihood Coping Strategy Categories ***			
Example indicator score	3	1	4	$CS = 3$ $CC = (1+4)/2 = 2.5$	$(3+2.5)/2 = 2.75$ ; <b>Round off to 3</b>	Moderately Food Insecure

\*Acceptable, Borderline or Poor; \*\* Food Secure, Marginally Food Secure, Moderately Food Insecure or Severely Food Insecure;

\*\*\* No coping, Stress coping, crisis coping or Emergency coping.

Table 9: Overall Food Security Classification categories

	Food Secure	Marginally Food Secure	Moderately Food Insecure	Severely Food Insecure
<b>Food Security Index</b>	Able to meet essential food and non-food needs without engaging in atypical coping strategies	Has minimally adequate food consumption without engaging in irreversible coping strategies; unable to afford some essential non-food expenditures	Has significant food consumption gaps, OR marginally able to meet minimum food needs only with irreversible coping strategies	Has extreme food consumption gaps, OR has extreme loss of livelihood assets that will lead to food consumption gaps, or worse.

## ANNEX 2: SUMMARY COMPARISON OF FOOD, CASH AND NON-BENEFICIARIES ACROSS FOCUS SETTLEMENTS

		Food	Cash	Non-beneficiaries
<b>Availability</b>	Have access to agricultural land?	42%	53%	33%
	Own goats or poultry	29%	51%	21%
	Cultivated at least one crop last season	81%	86%	88%
	Produced less food this year compared to last year	65%	77%	65%
<b>Access</b>	Sold less food this year compared to last year	71%	80%	73%
	Have at least one income earner	40%	50%	29%
	Spend >65% of total expenditure on food	51%	47%	32%
	Have debt	28%	39%	34%
<b>Utilization</b>	<i>Acceptable FCS</i>	80%	78%	30%
	<i>Borderline FCS</i>	17%	18%	10%
	<i>Poor FCS</i>	3%	4%	59%
	DDS (Average)	4.4	4.9	1.9
	Never consumed Vitamin A rich foods in 7 days before the survey	13%	5%	60%
	Never consumed Protein rich foods in 7 days before the survey	3%	3%	60%
	Never consumed Hem-Iron rich foods in 7 days before the survey	66%	46%	78%
	Global Acute Malnutrition	10%	10%	12%
	Stunting (Children <2 years)	12%	9%	17%
	Underweight	12%	8%	14%
	Use at least 15 litres pppd	50%	60%	28%
<b>Stability</b>	Suffered at least one shock to Food Security in 30 days before the survey	65%	70%	74%
	Food consumption Coping Strategy Index, RCSI (Average)	11.1	10.9	4.0
	Did not adopt livelihood coping strategies	70%	64%	83%
<b>Overall Food Security Classification</b>	Food Secure	35%	31%	15%
	Marginally Food Secure	50%	53%	20%
	Moderately Food Insecure	14%	15%	62%
	Severely Food Insecure	1%	%	2%

