



# Food security among cashew farming households in Kogi state, Nigeria

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**Abstract** The effects of increasing the levels of cashew production on income, food security, nutrition and consumption among rural households are very complex. While its production is expected to boost rural households' income, it has tendencies of reducing land and other resources for food crop production. However, to the best of the researcher's knowledge there is not much empirical data available on its effects on households that are engaged in cashew farming in Nigeria. As a result, food security in Nigerian households engaged in cashew farming was analyzed, and the factors influencing food security were identified. Using a multi-stage sampling technique, 228 cashew farmers were carefully chosen for this study. Descriptive statistics, logit regression and food security index, were used to evaluate the primary data that was obtained through the use of a structured questionnaire. The result revealed that with an average of 2145 kcal per capita calorie intake, the majority (58.8%) of cashew farming households were food

insecure. Food security status among cashew farming households was determined by household size, farming experience, education level of households food planner, roots and tubers output, Annual off-farm income, output of cashew and output of cereals. The study recommended the need for nutrition-oriented programmes, adoption of modern family planning techniques and income diversification among cashew farming households.

**Keywords** Cashew · Food security · Households · Logit

## Introduction

The effectiveness of cash cropping as a means of promoting food security in poor nations has been one of the key concerns that have dominated discussions of food policy (Jarzebski et al., 2020; Wiggins et al., 2015). Smallholder farmers are transitioning from producing staple food crops to cash crops all across the world, which has caused serious worries about food security (Thanichanon et al., 2018). Governments and development organizations have been working diligently for a long period of time, particularly in sub-Saharan Africa, to encourage the production of cash crops as a means of enhancing food security by raising incomes. (Jones & Gibbon, 2011). Cash crops may have an impact on food security, but

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