

Food security of family farmers through Agroecology

This is a 5-year project (2022-2026) with overall objective to improve food, nutrition and income security of family farmer households and youth in Amolatar district, Lango sub-region in northern Uganda. The project is implemented in the two sub counties of Muntu and Awelo.

Project specific objectives:

1. To promote the implementation of agroecology principles and practices with the family farmer households and youth in a Participatory Action Research (PAR) approach.
2. To work with local and national governments on the development and implementation of agroecology related policy frameworks, based on farmers' needs and interests.
3. To promote gender equality and equal access to resources in the family farmer's communities through awareness raising, empowerment and training, at household and community level.

Project outcome statement:

To see family farmers and youth (m/f) belonging to family farmer households in Amolatar district achieve improved food, nutrition and income security on resilient and productive farms and actively participate in decision-making processes at household, community and national level.

Project direct targets:

- 1,000 family farmer households
- 60 youth in 2 purely youth groups
- Stakeholders in Muntu and Awelo sub counties and Amolatar district local government.
- 02 marketing associations

The indirect targets are;

- 3,000 households in the community influenced by farmer families directly targeted by the project.
- 27,000 community members not directly targeted through interventions but having advantage of changed policies.
- 100 youth inspired by youth targeted by the project.
- 25,000 people in the communities reached through mass and media engagements.

Project strategies:**Sensitization and awareness raising on agroecology:**

This involves stimulating the understanding of the community on the concept of agroecology, its benefits cutting across the ecological, social, economic and political dimensions.

Capacity building:

This involves training farmer families and stakeholders in agroecology principles and practices, aiming at enhancing the adoption of agroecology practices in farmer family households.

Integrated farm planning approach:

This approach motivates farmers to reflect on the current farm situation, develop vision for the farm considering integrating different enterprises, techniques and practices while considering the principles of agroecology in the design and management of the farm.

Evidence-based advocacy:

This involves generating evidences that can be used to engage government to prioritize agroecology in its development plans and budgets. The key approach includes Participatory Action Research; which places farmers in the centre of research processes, considering practices that are adapted to the local community.

Youth participation in agroecology:

This involve working with youth to participate in decision making spaces, enabling them to amplify issues affecting them to the attention of the government. Through improved participation, they will be able to shape agroecology policies that are inclusive of youths' interests. The strategy cuts across working with youth to develop agroecology business models to improve on youth direct engagement in agroecology implementation.

Agroecology model village approach:

This involves working with the community in the village to develop vision for the village, considering integrating major infrastructure and key agroecology practices that should be adopted by all households in the village. Through this approach, the village will become a model and members from other communities can be able to learn from the model villages.

Regional Agroecology Actor's Platform:

This involves mobilizing different actors in agroecology spaces to come together, cocreate and share experiences among themselves. The platform also engage government through lobby and advocacy on common issues that affects farmers in the community.

Market systems development:

This involves mobilizing farmers into marketing associations to enable them increase on their bargaining powers for better prices through bulk marketing, whilst ensuring quality assurance in the production chain.

Gender transformative approaches:

This involves utilizing multifaceted approaches that challenges gender norms and improve on women and youth participation in decision making processes, role sharing in households and equal access to resources. The approach includes the use of community paralegal – community peace promoters to promote alternative dispute resolution mechanisms.

Key achievements

- Built capacity of 1,008 farmer families on agroecology principles and practices.
- Created awareness to more than 25,000 people on agroecology.
- Organized two indigenous food and seed festivals in Amolatar district.
- Supported 1,008 farmer families to develop integrated farm plans.
- Supported two youth groups to establish poultry production business.
- Conducted participatory action research in three villages.
- On tract shaping two villages into agroecology model villages.
- Established the Lango-Regional Agroecology Actor's Platform comprising of 39 members.
- Supported two marketing associations in capacity development and they have graduated into cooperative societies.
- Supported the work of 12 community peace promoters who have remained committed in sensitizing the community on human rights and offering counselling and mediation services.



Photo above shows the wife of Ms. Akao Semmy of Odyedo village in her kitchen garden during field monitoring visit. (22nd April 2025)



On the right; Ms. Acio Vicky with her husband; left and the FAPAD extension officer pose in front of a solar dryer, a support by the project. (7th November 2025)

Success stories:

Story 1:

Title: A Mother's Journey to Food Security and Empowerment



My name is Ms. Akao Semmy, a 33-year-old and a mother of seven living with a husband; Mr. Orec Joel. I am a resident of Odyedo village, Awelo sub county in Amolatar district, northern Uganda.

The community in this village are primarily farmers and some few are involved in fishing activities. Farming in this community is a bit challenging because it is often faced with prolonged dry spells and flooding. This often makes the community with little food to eat and low income that cannot cater for the needs of the households.

Around the year 2022, my husband was selected as one of the project beneficiaries

under FAPAD and he has been attending many trainings. He could share with us (the family) about the different trainings that they went through. The good things from his narrations motivated me to also participate in their training. This time, around February of this year, the training was on kitchen gardening. We were practically trained on how to make different types of kitchen gardens. From the training, me and my husband mobilized the family members and we set up one ladder garden and five compost basket gardens where we planted cow peas, tomatoes and cabbages. This was a turning point in my life and the family. Even being the turning point, it was somewhat challenging at the start.

"The beginning was tough," she recalls. "Animals destroyed the crops, and there was prolonged dry spell amidst long distance to access water to irrigate the gardens, but we didn't give up." She added.

With support of my family members, we fenced the garden and ensured regular watering, even during dry spells. The results were remarkable: my family now adds vegetables to the family

diets; meaning we are eating healthy foods, able to save money by no longer buying vegetables recalling what the FAPAD's trainer told us that "money saved is money earned". I even earn some income from the sale of the surplus and I am able to use the money to buy household items such as salt, and soap.

Today, I have turned into a role model in this community, I trains fellow women and also encourages them to adopt kitchen gardening; this is picking up, though slowly.

"As women, we suffer a lot to get food for the family. I encourage all women to embrace kitchen gardening, it eases that burden and helps us feed our families better," she says.

In our recent family conference, we planned to expand the gardens to include more varieties and also focus more on production for markets.

I am very grateful to FAPAD for selecting our household to benefit from the services they are providing to the community.

Story documented by FAPAD

May, 2025

Story 2:

Title: Success in a plan owned by the family

Lilly Acio is a resident of Akongolit village, Odyak parish, Muntu sub county, Amolatar district in northern Uganda. She is married to Mr. Omara Leo out of which, they have 7 children (5 girls and 2 boys). Lilly has been suffering from economic violence within her home for more than 10 years. She could do a lot of farm activities and in the end, the husband sells all the produce without providing accountability for the money. An effort to inquire about the accountability instead tantamounted to more violence.

Around the year 2022, Lilly was recruited by FAPAD as a project beneficiary and later clustered into a farmer group with a component of Village Saving and Loan Association (VSLA). Their group was trained on a number of things and what stood out for her was the training on integrated farm planning (IFP) approach.

This time, she shared the learning with her husband and he was positive towards it; they developed the plan as a family and hanged it in their rest room for the family to appreciate it.

From this point, something unusual started showing up; the husband started engaging the family in the implementation of the plan.

As of now, they are working together as a family; they sit together and discuss what they want to do with the money realized from family's production. Last year, 2024, they saved up to a tune of UGX 1,500,000 and bought with two goats and 50 chicken as reflected in their plan.

“Life is now better; I have access to the family money” as she busted in laughs.



Ms. Acio Lilly poses with her two goats that they bought using money from their involvement in VSLA and besides, in their poultry unit.

Through FAPAD's guidance, the family have been able to integrate many enterprises in their farm and life is now better than she expected at the start of the project. They are producing healthy vegetables throughout the year, and utilizing best agroecology practices such as biofertilizers and biopesticides.



Acio Lilly poses in their vegetable garden

“I am so proud because IFP has made life so good and I can see the progress coming on our way; we have new plans to buy a new motorcycle to help us transport our products to the

market and to build a new permanent house amidst paying school fees for our children,” said Lilly.

Story documented by FAPAD

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