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**CHALLENGES TO THE REALISATION OF THE RIGHT TO ADEQUATE FOOD IN
POST-WAR UGANDA: A CASE STUDY OF OTUKE DISTRICT**

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ABSTRACT

The study assessed the challenges to realisation of the right to adequate food in post-LRA war affected areas in Northern Uganda. The study objectives were to; a) To identify and describe the human rights instruments in relation to understanding the meaning of the right to adequate food; b) to assess the situation in relation to realisation of the right to adequate food in Otuke district; c) to establish the challenges faced in relation to the realisation of the right to adequate food in Otuke district; d) to recommend ways that can be undertaken to ensure the realisation of the right to adequate food in Otuke district. The study was carried out in Otuke District, one of the formerly war affected Districts in Northern Uganda. The study used both qualitative and quantitative methods adapting case study and descriptive research designs. A total of 118 households and ten key informants participated in the study. The study found that majority of households faced great economic challenges despite having physical aspects to enable them realize their right to adequate food. Most households (95.8%) had land for crop growing but only 22.9% of them had the recommended three meals a day. The study noted; land grabbing, customary land ownership system, infertile soils and low household incomes as the main challenges to the realisation of RtF in the District. Only 28% of the households were using modern farming methods to improve food production. Most households (77.1%) had less than three meals a day. Furthermore only 18.6% of the households often ate animal protein. The study concluded that the poor land tenure system, low household incomes, inadequate access to and use of modern farming methods are the major challenges facing realization of the right to adequate food in post LRA war Northern Uganda. As a result, most households have less than three meals a day which in most cases do not meet dietary requirements. Households have become reliant on the market for food which most households find expensive and not readily available especially during the dry seasons.