# How can 'limited - space' growing alleviate food insecurity of displaced people groups in sub-Saharan East Africa

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**Abstract**

The UN's second Sustainable Development Goal, Zero Hunger, targets ending hunger and improving nutrition, and has identified challenges of hidden hunger amongst refugees who are denied access to land and rely on limited-space growing for beneficial household food. In response, this study examines limited-space growing techniques, such as utilising sacks to grow edible plants in sub-Saharan refugee camps and other resource-poor populations. It uses a case-study approach to look at how displaced peoples in various settings apply horticultural techniques, and identifies the strengths and nutrition-improving outcomes of these methods, weighing their potential impact on improving local cultivation practices in the fight to alleviate hunger and achieve food security. The outcomes of this study also have implications for other Sustainable Development Goals relating to poverty, health, gender equality, employment, sustainable communities, responsible production and climate action. The study reflects critically on the data available and recommends further research into technical areas including: growing media, water supply, waste and greywater management, and suitable plant selection and availability. It particularly highlights traditional, though underutilised, African indigenous vegetables and discusses their nutrition and health benefits, and their potential to provide food resilience in a way that is both culturally and climactically appropriate. In summary the study suggests that, through the combination of limited-space growing methods and the use of African indigenous vegetables, those in desperate situations can be given the opportunity to contribute towards their local food security.

**Keywords:** World Hunger, Limited-space Growing, Refugee Camps, African Indigenous Vegetables, Food security