

Appendix E: Research Conclusions

Table 1. How people non-commercial, non-production-focused UPA can contribute to food security.

| Community gardens/people growing their own food can... | Who does this affect? | What aspect of food security does this increase? | Where did I learn/observe this |
|---|--|---|--|
| Increase people's health through providing access to specific, otherwise inaccessible/unaffordable nutrients (e.g. protein from chickens and eggs, vitamins found in vegetables) | People who cannot afford to purchase meat and vegetables nutrients | Accessibility/affordability (2), Nutrition (3) | Kampala, Singapore, Australia |
| Increase people's health/safety through providing access to fruits and vegetables produced without pesticides | People who cannot afford food with dependable organic certifications/that consumers are sure is free of harmful pesticide residues | Food safety (4)? <i>This one is debatable</i> | Singapore, Japan |
| Teach children about the importance of healthy good; get children to like eating healthy food | Children; children who don't like vegetables | Nutrition (3) | Budapest, Tokyo, Singapore, Australia |
| Reduce people's grocery budgets or allow people to spend more on more healthy food | People who (successfully) grow crops that are expensive in supermarkets, e.g. tomatoes; people who have the time/knowledge/financial resources to successfully grow these high value crops | Affordability (2), Nutrition (3) | Tokyo, Singapore, Australia |
| Make people more aware of/concerned about/interested in local food and therefore willing to pay the big bucks for or otherwise contribute to the development local/organic/fair-trade/etc. food | Future generations/all people who will benefit from the existence of that local/organic/fair-trade/etc. food in the future | <i>Yes, this may seem like an indirect means to increase a city's food security, but if a well-developed local food system does increase people's food security (see table rows above), then increased consumer support of local food systems should generally increase all aspects of a city's food security</i> | Kampala, Budapest, Tokyo, Singapore, Australia |
| **Milan was my only study city in which I did not study any sort of home or community gardening, which is why it is not included in this table | | | |

