

## **Contribution of Selected Indigenous Fruits on Household Income and Food Security in Mwingi, Kenya**

### **Abstract**

The objectives of this study were to evaluate the factors that influence consumption of indigenous fruits during periods of food shortage among the Arid and Semi Arid Lands (ASAL) and then assess the contribution of the indigenous fruits to household income and food security. The study was carried out in Nuu division, Mwingi District where a sample size of 120 households were interviewed using a structured questionnaire. Multi stage sampling method was used. The logit, Gross Margin Analysis, Pearson's correlations and t-tests were used for analysis. The results of the logit model indicated household size, education and income to be significant variables in influencing household decision to consume indigenous fruits in order to cope with food shortage with income and education having a negative influence and household size a positive influence. Utilization of indigenous fruits for consumption and sale was found to be higher among the low income earners and contributed to total household food insecurity coping strategies.