

EFFECTIVENESS OF INTERNATIONAL AID IN UGANDA: A CASE OF OXFAM FOOD SECURITY PROGRAM IN MOROTO

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DECLARATION

I Rabwoni Laura Masamba hereby declare that this dissertation is a product of my hard work and so it has not been submitted to any other university for an award.

Signature..........

Date.....04...../.....05...../.....2026.....

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APPROVAL

I have supervised this dissertation and it is therefore ready for submission to the School of Social Sciences for this award.

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Academic Supervisor

DEDICATION

I dedicate this research to my parents who advised, supported and mentored me throughout this academic journey.

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ABSTRACT

The study examined the effectiveness of international aid in Uganda: a case of Oxfam Food Security Program in Moroto. It specifically focused on; examining how food aid is delivered in Moroto, examining how food aid delivered through Oxfam has contributed to food security, analyzing the challenges affecting the effectiveness of food aid in Moroto district within Oxfam's food security programs, and assessing the sustainability of food aid interventions in promoting long term food security in Moroto.

The study was conducted using qualitative descriptive case study design to examine the effectiveness of Oxfam's food security program in Moroto district, Uganda, using key informant interviews with Oxfam staff and district officials and focus group discussions with farmer groups selected through purposive and simple random sampling. Data were collected from 25 respondents and analyzed qualitatively using thematic analysis.

The study results showed that while greatly boosting family food availability, nutrition, and protection of vulnerable populations, Oxfam's food aid in Moroto is systematically targeted and effectively distributed through coordinated community-based systems that improve accessibility, predictability, and fairness. Though integration of food aid with livelihoods, community involvement, capacity building, and alignment with local governance systems boosts sustainability, logistical difficulties, insufficient resources, environmental shocks, and coordination gaps limit program effectiveness notwithstanding these advantages.

The study ultimately recommended the need to strengthen logistical planning, get sustainable funding, boost community involvement, combine food aid with livelihood and capacity-building projects, and improve coordination with local government structures to guarantee timely delivery, consistency, relevance, sustainability, and long-term efficacy of Oxfam's food security activities in Moroto district.

CHAPTER ONE

INTRODUCTION

1.1 Introduction

International aid is still a fundamental mechanism aimed at dealing with food insecurity and susceptibility in insubstantial and sidelined regions such as Karamoja, although its usefulness lingers to spawn scholarly debate concerning aftermaths, sustainability, and culpability in beneficiary contexts (Riddell, 2025). A lot of international aid has come to Uganda, and non-governmental groups like Oxfam have food security programs that try to improve the lives, resilience, and health of pastoral and agro-pastoral people in the Moroto District (Zeineddine, 2025). However, data from studies show that in places where things are unstable and there's a chance of conflict, whether or not aid works depends a lot on things like how good the institutions are, how involved the community is, and how well the program is designed. These things can either make the aid work better or worse than it was supposed to (Caselli et al., 2021). It's against this background that this study aimed at examining the effectiveness of international aid in Uganda with specific focus on the Oxfarm Food Security Program in Moroto district.

Therefore, this chapter presents the background to the study, statement of the problem, purpose of the study, objectives of the study, research questions, hypotheses, significance, justification as well as the scope.

1.2 Background of the study

For a long time, international aid has been a main way to help low- and middle-income nations deal with poverty, food shortage, and vulnerability by offering financial, technical, and humanitarian assistance (Wood, 2024). Discussions of aid effectiveness over time have more and more centered on whether such initiatives generate dependency or result in sustainable outcomes, particularly in industries related to fundamental needs and livelihoods like food security (Kim, 2022). Modern research stresses that the effectiveness of foreign assistance mostly relies on

institutional capability, governance quality, and the fit of aid activities with local development goals (Tan, 2021).

Globally, international assistance has changed to stress inclusivity, dignity, and accountability, especially in food security and humanitarian programs aimed at underprivileged groups (Baharmand, 2025). In fragile and crisis-stricken regions, evidence reveals that well-coordinated and locally responsive help initiatives can greatly raise family wealth but frequently fail due to subpar implementation structures (Dahir & Rambo, 2021). Moreover, aid is today judged not only on results but also on the long-term resilience and sustainability of recipient communities (Ravi et al., 2023).

International aid has had extraordinary outcomes in advanced and rising countries. The US has used it as each a manner to help humans and to show its electricity inside the global. In Europe, nations like the UK, Germany, and France have targeted on social protection and ensuring that the nations receiving aid have sturdy institutions (Timber, 2024). nations like Japan, China, and South Korea in Asia have moved from being useful resource recipients to massive donors, so converting the manner the arena gives useful resource by way of working with each different from the South and giving useful resource that specializes in building matters (Dole et al., 2021). Meanwhile, occasions in nations like Afghanistan display that insufficient aid management or withdrawal can lead to major sectorial breakdown, along with food and fitness systems, consequently stressing the vital need of continuous and efficient resource (Tao et al., 2023).

In Africa and sub-Saharan Africa, international aid has remained front and middle for coping with persistent food shortages, battle, and weather-related shocks in countries like Ethiopia, Somalia, Cameroon, and South Sudan (Kumar et al., 2022). Research shows that despite the fact that resource has helped in components of the continent to lessen poverty and support livelihoods; its success is sometimes hampered by way of monetary limitations, confined nation ability, and drawn-out lack of confidence (Iwegbu & Dauda, 2022). Similarly historical studies well-known shows that styles of

useful resource in erstwhile colonial areas hold influencing social safety systems and development outcomes all round sub-Saharan Africa (Olie et al., 2024).

In Uganda, international aid has notably supported meals safety, refugee reaction, and rural improvement, particularly in vulnerable regions along with Northern and eastern Uganda (Ayesigye, 2025). Poverty and food insecurity maintain despite widespread inflows of resource; studies hyperlink aid results to application implementation efficiency and macroeconomic circumstances (Ogunoye et al., 2025). Given ordinary droughts, poverty, and livelihood instability want strong and well-targeted assistance interventions, Oxfam's food protection program in Moroto District runs within the touchy Karamoja sub-location, therefore offering a crucial instance of evaluating the efficacy of worldwide useful resource in Uganda (Catley et al., 2021).

1.3 Problem statement

Ideally, international aid is meant to sustainably raise family food availability, nutritional wellbeing, and livelihood stability in vulnerable areas like Karamoja (Riddell, 2025). But Moroto District still struggles with significant food insecurity even after years of humanitarian aid, which shows that the help isn't working very well (Caselli et al., 2021). According to Catley et al., 2021, evidence indicates that over 65% of families are still food insecure; during drought seasons, meal frequency is dropping and food stores are insufficient. No matter the continuous meals assistance projects, nutritional results stay horrific with infant stunting over 30% and persistent acute malnutrition persisting (Ayesigye, 2025). Furthermore poor is livelihood resilience since over 60% of families rely on humanitarian assistance and remain very susceptible to economic and climate shocks (Ogunoye et al., 2025). Even if stakeholders including Oxfam, the Office of the Prime Minister, regional local governments, and donors have launched food delivery and resilience programs, monitoring reports reveal that Moroto's food insecurity patterns remain mostly unaltered (Olido et al., 2023).

Furthermore, existing studies on international aid have largely focused on macro-level outcomes such as poverty reduction, fiscal policy, and governance rather than

program-level food security impacts (Iwegbu & Dauda, 2022). Other scholars have examined aid effectiveness in fragile states without disaggregating outcomes by specific food security dimensions among direct beneficiaries (Kim, 2022). While resilience pathways in Karamoja have been discussed, there is limited empirical evidence on the effectiveness of international aid, specifically focusing on Oxfam Food Security Program in Moroto district which creates a gap that this study intended to fill.

1.4 Purpose of the study

The purpose of this study was to find out how effective aid has been in Uganda between 2018 and 2023 by identifying which approaches have made the biggest difference and providing useful information to guide better programs and investments for those who need it most in areas like Moroto.

1.5 Specific objectives of the study

This study was guided by the following specific research objectives:

- i. To examine how food aid is delivered in Moroto.
- ii. To examine how food aid delivered through Oxfam has contributed to food security in Moroto.
- iii. To analyze the challenges affecting the effectiveness of food aid in Moroto district within Oxfam's food security programs.
- iv. To assess the sustainability of food aid interventions in promoting long term food security in Moroto.

1.6 Research questions

This study sought to answer the following research questions:

- i. How is food aid delivered in Moroto district?
- ii. In what ways has food aid delivered through Oxfam contributed to food security in Moroto?
- iii. What challenges affect the effectiveness of food aid in Moroto district within Oxfam's food security programs?

- iv. How sustainable are Oxfam’s food aid interventions in promoting long term food security in Moroto?

1.7 Scope of the study

1.7.1 Content Scope

The study focused on; examining how food aid is added in Moroto, inspecting how meals useful resource added through Oxfam has contributed to meals security, analyzing the challenges affecting the effectiveness of food aid in Moroto district inside Oxfam’s meals safety programs, and assessing the sustainability of food useful resource interventions in selling long time meals security in Moroto.

1.7.2 Time scope

The study reviewed studies and reports covering a five-year duration from 2018 to 2023 to seize latest developments in international useful resource implementation and food safety outcomes beneath the Oxfam food protection program in Moroto, enabling a relevant assessment of useful resource effectiveness over the years.

1.7.3 Geographical scope

This study was conducted in Oxfam Uganda located in Moroto district, Karamoja sub-region, Uganda, focusing on Oxfam Uganda’s food security program. Moroto was selected due to the fact it's miles an extraordinarily meals-insecure region and hosts Oxfam’s subject operations and beneficiary communities, providing direct get entry to application implementers, reviews, and beneficiaries necessary for assessing the effectiveness of international useful resource interventions.

1.8 Justification of the study

The decision to undertake this study became rooted in the urgent want gauge the effectiveness of worldwide aid in Uganda and to see if the efforts taken with the aid of Oxfam as an worldwide employer were relevant.

Moroto, situated in Uganda’s Karamoja sub-place, has historically experienced continual meals shortages, erratic rainfall, and restrained livelihood options. Susceptible populations, which incorporate girls-headed families, youth, and people

with disabilities, remain disproportionately affected. Information the right contribution of Oxfam's interventions no longer fine fills an essential knowledge hollow but also helps neighborhood authorities, donors, and development practitioners to allocate sources extra efficiently. Comparing meals safety as decided on to be studied as one of the most relevant livelihood initiatives.

Moreover, the survey's timing have become incredible; aligning with increasing calls for programming this is proof-primarily based definitely, community-pushed, and resilient to weather trade. As humanitarian and improvement actors globally flow into closer to greater incorporated and sustainable fashions, Moroto gives a vital case take a look at for studying and edition. In the end, the findings are predicted to inform future software program format now not only for Oxfam but also for wider stakeholders striving to gain sustainable development in similarly challenged contexts.

1.9 Significance of the study

Coverage and Programmatic Relevance: Thru rigorously assessing the outcomes of Oxfam's interventions, the study presents preference-makers with actionable insights for coverage additives and application refinement at each district and countrywide tiers.

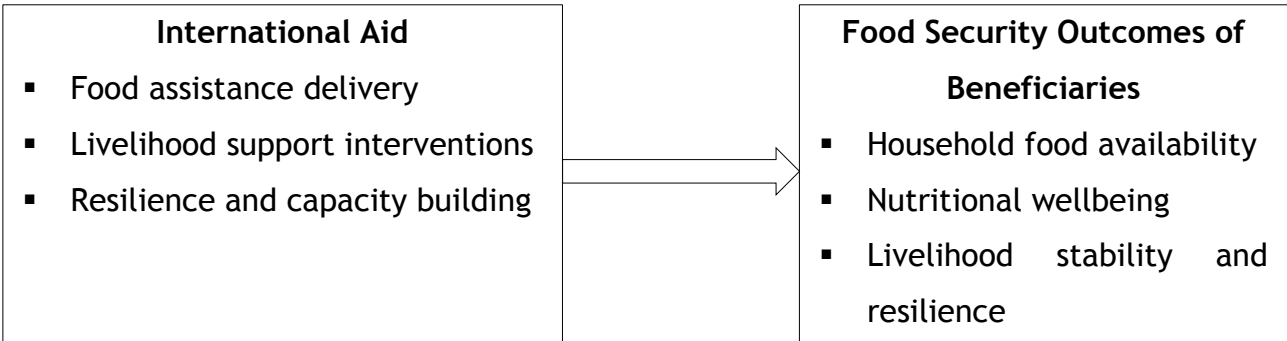
Scaling satisfactory Practices: Identifying the most a hit approaches for strengthening meals safety and resilience allows replication and scaling in different vulnerable districts throughout Uganda and sub-Saharan Africa.

Enhancing duty: Documenting tangible adjustments food safety, and community resilience strengthens responsibility to both donors and neighborhood groups, fostering believe and transparency.

1.10 Conceptual framework

Independent variable

Dependent variable



Source: Adopted from, Dahir & Rambo (2021) and modified by the researcher (2025)

According to the conceptual framework of this study, the dependent variable, food security outcomes of beneficiaries, is influenced by the independent variable, international aid, operationalized by resilience and capacity building, livelihood support activities, and food aid delivery, therefore affecting the food security outcomes of beneficiaries. Effective and timely food aid directly improves family food availability, whereas livelihood support initiatives help to enhance nutritional wellbeing by raising income and access to a variety of foods. Furthermore, resilience and capacity-building projects improve livelihood stability and resilience, which helps families to survive shocks and lessen long-term reliance on aid, hence revealing a direct and related causal link between foreign assistance initiatives and food security results in Moroto.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter covers other works from other literatures. It is important that a closer look is taken at similar works done on the effectiveness of international aid in Uganda and review some of the literatures pertinent to the study, for comparison, confirmation and differences to be laid bare. Due to this, this chapter is meant to contain the review of various literatures considered to be relevant to the study.

2.1 Conceptual review

2.1.1 International aid

International aid has been broadly defined as the transfer of financial resources, technical assistance, or humanitarian support from developed or donor entities to developing or vulnerable countries to promote development, reduce poverty, and enhance wellbeing (Riddell, 2025; Zeineddine, 2025). Scholars debate its scope and motive, with some emphasizing humanitarian help in emergencies, at the same time as others stress lengthy-term development aid focused on structural transformation (Kim, 2022; Baharmand, 2025). In Uganda, global resource has covered both emergency alleviation and development programs aimed toward enhancing meals safety, health, and schooling, illustrating its twin role as a humanitarian and developmental device (Ogunoye et al., 2025; Viga & Refstie, 2024).

Diverse studies have operationalized worldwide resource the usage of a couple of dimensions, typically which include economic assistance, livelihood support interventions, and capability/resilience building (Dahir & Rambo, 2021; Caselli et al., 2021). Financial help typically measures the extent and timeliness of funds or meals introduced, livelihood help captures applications that improve family profits or agricultural productiveness, and potential-constructing makes a speciality of long-term resilience and abilities improvement (Rashed et al., 2024; Lefort-Rieu, 2024). In Uganda, these dimensions have been applied to assess aid programs like food security

initiatives in Karamoja, refugee support in Northern Uganda, and health sector interventions, highlighting both successes and persistent gaps (Catley et al., 2021; Ayesigye, 2025).

The primary goal of international useful resource is to improve the welfare and resilience of inclined populations at the same time as helping application goals such as poverty reduction, food security, and sustainable livelihoods (Dole et al., 2021; Olido et al., 2023). on this examine, international useful resource could be measured thru 3 indicators: (1) meals help delivery, shooting the timeliness, adequacy, and targeting of useful resource; (2) Livelihood assist interventions, measuring agricultural inputs, abilties education, and earnings-generating aid; and (3) Resilience and capacity constructing, assessing the effectiveness of applications that beautify family and community resilience to shocks (Ravi et al., 2023; Kim, 2022). Every indicator reflects how resource contributes to improving household meals availability, nutritional well-being, and livelihood balance amongst beneficiaries in Moroto.

2.2 Empirical review of the study objectives

2.2.1 Delivery of food aid by organizations

Tao et al. (2023) focused on and distribution mechanisms of their look at tested how food aid is distributed in battle-affected areas of Afghanistan and observed that focused on mechanisms regularly prioritize the maximum inclined families, which include lady-headed households and kids, to maximize effect. Every other study by using Kumar et al. (2022) highlighted that effective delivery relies upon on timely transportation, coordination with nearby authorities, and using cell registration systems to track beneficiaries. Both studies emphasize that without proper focused on, meals resource can fail to attain those maximum in want, decreasing the general effectiveness of humanitarian interventions.

Wood (2024) discussed delivery modalities and logistics the distinctive modalities of meals resource transport, consisting of in-kind distribution, cash transfers, and voucher systems, displaying that during-kind aid is more commonplace in emergency settings but much less bendy than coins-based totally interventions. Further, Tan

(2021) discovered that logistics and supply chain control play an essential function, noting that delays, terrible infrastructure, and lack of cold chain centers often avoid powerful transport. Collectively, those studies suggest that the selection of transport modality and green logistics are critical to reaching the intended consequences of meals useful resource applications.

Dole et al. (2021) revealed that network participation and local collaboration regarding network leaders and neighborhood organizations in food aid planning improves attractiveness, tracking, and sustainability of interventions. Likewise, Rashed et al. (2024) observed that collaboration with local NGOs and government corporations enhances coordination, reduces duplication, and ensures culturally suitable transport of useful resource. Those findings advocate that food aid is greater effective when local information and participation are integrated into the distribution process.

Olie et al. (2024) highlighted that monitoring and responsibility structures monitoring structures, consisting of everyday reporting and comments mechanisms from beneficiaries are important to make sure that food useful resource reaches the meant families and is used accurately. In addition, Tao et al. (2023) emphasized that duty mechanisms, which include impartial audits and network oversight committees, reduce diversion of assets and reinforce, consider between aid providers and recipients. Both studies verify that monitoring and responsibility are essential additives for effective meals useful resource delivery.

2.2.2 How food aid delivered through organizations has contributed to food security

Tan (2021) in his take a look at observed that global food useful resource packages notably growth family food shares, mainly in the course of periods of drought or conflict, which reduces hunger and improves meal frequency. Another take a look at by means of Ravi et al. (2023) discovered that households receiving everyday food assistance in Sri Lanka said better levels of food sufficiency, demonstrating that dependent useful resource delivery enhances household food availability. each

research indicate that well timed and steady distribution of food resource is vital for decreasing acute food shortages and stabilizing community food systems.

Ogunoye et al. (2025) mentioned that food useful resource interventions contributed to advanced nutritional diversity and reduced malnutrition fees amongst inclined populations in Uganda, especially kids and pregnant ladies. further, Iwegbu and Dauda (2022) determined that centered nutritional aid applications, which encompass fortified ingredients and supplementary feeding, definitely impacted dietary repute in several African nations. These findings advocate that food resource now not most effective affords energy but additionally essential vitamins, which can be critical for normal health and improvement.

Baharmand (2025) highlighted that food resource, when mixed with livelihood guide, enhances household resilience by way of allowing households to spend money on small-scale farming or profits-producing activities. Some other examine by way of Dole et al. (2021) emphasised that aid programs that integrate cash-for-work or agricultural support alongside food distribution lessen dependency and improve long-term financial balance. Together, these research display that food aid can support livelihood protection whilst complemented with techniques that empower beneficiaries economically.

Lefort-Rieu (2024) validated that groups receiving based meals useful resource have been better able to withstand shocks inclusive of floods, droughts, or market disruptions, indicating extended resilience. In addition, Catley et al. (2021) suggested that pastoralist communities within the Karamoja Cluster evolved improved coping mechanisms through sustained meals assistance and community-based aid management.

Ayesigye (2025) observed that meals resource interventions in Uganda contributed to remaining gaps in meals safety by using improving get admission to get smooth water, sanitation, and complementary vitamins offerings. Moreover, Olido et al. (2023) highlighted that useful resource delivered to refugee settlements in Northern Uganda significantly reduced incidences of acute starvation and malnutrition among displaced

populations. The ones findings imply that coordinated meals resource applications, at the same time as included with specific humanitarian services, contribute meaningfully to standard meals safety consequences.

2.2.3 Challenges affecting the effectiveness of food aid within organizations' food security programs

Logistical and distribution constraints: Dahir and Rambo (2021) in their take a look at highlighted that food beneficial resource effectiveness is frequently constrained through horrible logistical structures, which include transportation delays and insufficient storage facilities, which bring about spoilage and past due delivery. a few other observe with the useful resource of Rashed et al. (2024) located that in Afghanistan, inefficiencies in supply chain control and restricted coordination among community and worldwide actors lessen the timeliness and achieve of meals useful resource packages. These findings advocate that logistical bottlenecks at once effect the capability of useful resource applications to supply meals always to beneficiaries.

Funding and aid barriers: Caselli et al. (2021) located out that unpredictable and inadequate investment for beneficial useful resource companies compromises application making plans, leading to partial or interrupted food distributions. Similarly, Tao et al. (2023) documented that political crises and herbal screw ups exacerbate funding gaps, proscribing the potential of resource agencies to scale up food assistance at some point of periods of immoderate want. Collectively, those researches mean that monetary instability is a key issue undermining food useful resource effectiveness.

Political and security constraints: Kumar et al. (2022) noted that war zones often restrict humanitarian get entry to, exposing resource programs to protection dangers that prevent proper food distribution. some other examine by manner of Zeineddine (2025) found that authorities restrictions and bureaucratic delays in middle jap international locations lessen the autonomy of useful resource businesses, delaying useful resource transport to vulnerable populations. Those researches highlight how

political instability and safety demanding situations without delay reduce the operational effectiveness of meals useful resource applications.

Community participation and popularity troubles: Wooden (2024) argued that loss of community engagement in the making plans and distribution of food resource can reduce application impact, as interventions may not align with neighborhood nutritional practices or goals. Further, Riddell (2025) emphasized that insufficient beneficiary involvement regularly outcomes in choppy distribution, misuse of sources, and restricted uptake of resource offerings. These researches endorse that network inclusion is essential for making sure that useful resource reaches and blessings meant recipients efficaciously.

Coordination and governance constraints: Olie et al. (2024) said that horrible coordination among multiple beneficial useful resource businesses working within the same vicinity can bring about overlapping services and inefficient useful resource utilization. Likewise, Zeineddine (2025) placed that prone governance structures and lack of duty mechanisms reduce transparency, main to misallocation or diversion of food aid. Both research highlight that effective governance and coordination are essential for maximizing the effect of food resource programs.

Climatic and environmental factors: Tao et al. (2023) indicated that severe climate occasions inclusive of floods and prolonged droughts disrupt meals manufacturing and distribution, reducing the capacity of useful resource packages to stabilize meals safety. Every other examine by Rashed et al. (2024) discovered that environmental degradation and infrastructure harm in fragile regions in addition complicate meals delivery, restricting the attain of aid interventions. These studies propose that outside environmental factors are good sized limitations to the effectiveness of meals useful resource.

2.2.4 Sustainability of food aid interventions in promoting long term food security

Kumar et al. (2022) of their observe emphasized that combining direct food assistance with livelihood interventions, which includes small-scale farming assist and income-producing sports, promotes household self-reliance over time. Similarly, wooden

(2024) mentioned that multi-dimensional aid programs that link meals provision with financial empowerment reduce dependency on continuous aid. Those findings recommend that sustainability is carried out whilst meals resource applications additionally support families' financial capability.

Olie et al. (2024) highlighted that sustainable food aid programs require lively involvement of local groups in planning, implementation, and tracking to make sure interventions meet contextual wishes. Some other look at via Zeineddine (2025) referred to those applications that prioritize community possession and decision-making result in better long-time period adoption of agricultural and nutritional practices. Together, those studies indicate that participatory techniques are significant to sustaining the effects of meals aid projects.

Rashed et al. (2024) in their take a look at found that food aid programs that contain capacity-building initiatives, which include schooling in agricultural practices and resource control, extensively enhance network resilience and long-time period meals protection. every other observe by way of Tao et al. (2023) highlighted that interventions targeted on improving local manufacturing and talents enable communities to preserve meals availability even during crises. Those studies exhibit that integrating talent development and livelihood guide into aid applications fosters sustainable meals safety effects.

Dole et al. (2021) discovered that alignment of food resource interventions with country wide rules and coordination among more than one stakeholders guarantees resource optimization and program continuity. In addition, Riddell (2025) suggested that when resource packages feature interior nicely-installed governance and insurance frameworks, they achieve sustained improvements in food protection by using retaining off duplication and enhancing obligation. The ones studies show that institutional coordination is vital for the lengthy-time period effectiveness of aid packages.

Ravi et al. (2023) emphasised that non-stop tracking and assessment of food beneficial resource interventions allow organizations to conform packages to

converting network needs and environmental situations, improving sustainability. every other have a examine through Caselli et al. (2021) referred to that facts-pushed modifications based totally on performance metrics enhance the overall performance and relevance of aid packages, thereby extending their effect through the years. Those findings underscore that remarks and adaptive manage are important to make certain that food resource interventions promote durable meals protection.

2.3 Research/ Literature Gap

The empirical overview discovered several information gaps regarding food resource interventions in Uganda. At the same time as many studies have examined shipping mechanisms, contributions to food safety, and sustainability strategies, there may be confined studies on the long-time period effectiveness of included livelihood and food useful resource packages in numerous Ugandan contexts. Few studies have systematically assessed how variations in network participation, governance systems, and adaptive tracking affect sustained meals safety effects. Moreover, there's a lack of empirical proof on how climatic and environmental disruptions engage with organizational practices to have an effect on the continuity and resilience of food aid packages, leaving gaps in knowledge the overall scope of demanding situations to long-time period sustainability. These gaps indicated the need for greater context-precise, longitudinal research that examine each the socio-financial and environmental dimensions of meals aid sustainability.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

This chapter describes the research method that turned into applied. It outlined how this research was performed. The pattern size, have a look at population, and examine layout are all blanketed. Additionally, it covers the description of variables, the sampling system, studies equipment, information administration and evaluation, ethical issues, and takes a look at constraints.

3.2 Research design

This study adopted a descriptive case observe design to permit an in-depth exploration of the shipping, blessings, and demanding situations of meals resource interventions in Uganda (Maier et al., 2023). This design became suitable as it allows the researcher to study organizational practices, policies, and network engagement techniques in detail, in addition to understand how food useful resource programs are applied and monitored on the nearby level. Focusing on Oxfam applications, district officers, and farmer organizations permits for wealthy, contextualized records that reflects the practical realities and gaps in promoting food security (Hunziker & Blankenagel, 2024).

The study focus on qualitative research approach where the usage of interviews and recognition institution discussions to accumulate precise insights from Oxfam application personnel, district agricultural and community improvement officers, and farmer companies was used (Fischer et al., 2023). The interviews and focus group discussions explored reviews, perceptions, demanding situations, and pleasant practices in food aid shipping, providing clear information of the factors influencing the effectiveness and sustainability of these interventions. This technique ensures a complete view of each institutional and community perspectives on meals protection packages (Wieland et al., 2024).

3.3 Study area and population

This study was conducted in Oxfam Uganda located in Moroto district, Karamoja sub-region, Uganda, focusing on Oxfam Uganda's food security program. Moroto was selected because it is a highly food-insecure area and hosts Oxfam's field operations and beneficiary communities, providing direct access to program implementers, reports, and beneficiaries necessary for assessing the effectiveness of international aid interventions.

A population refers to all individuals or units that possess the characteristics one wishes to study. The target population for this study included; Oxfam program staff working on food security, district officials such as the agricultural officer and community development officer, and farmer groups of 8-10 members each (Ahuja, 2009). These respondents were selected because they have direct experience, knowledge, and involvement in the planning, implementation, and monitoring of food aid interventions, making them key sources of relevant and in-depth information for assessing the effectiveness and sustainability of food security programs in Moroto.

3.4 Sample size determination

A sample is a portion of the larger population that is to take part in the survey (Althubaiti, 2023). Sample size, therefore, was based on the principle of saturation, where no more interviews yield information new to the study objectives. Key informant interviews in this study included three Oxfam program staff working on food security and district officials such as the agricultural officer and community development officer (Bhardwaj, 2019). Cognizance organization discussions with a combined 20 farmer participants had been additionally performed. These human beings have been chosen on reason in order that we may want to get quite a few exact facts about how properly food aid packages paintings, how they may be given out, what troubles they face, and the way long they last. the use of the saturation precept ensures that records amassing goes on till enough intensity and range of viewpoints are recorded, consequently offering thorough insights unfastened from pointless redundancy. Those have been in addition represented inside the table under;

Table 1: Showing sample size and sampling method

Category of respondents	Sample size	Sampling method
Farmer groups (2 groups each with 10 members)	20	Simple random sampling
Oxfam program staff	3	Purposive sampling
District Agricultural Officer	1	Purposive sampling
Community Development Officer	1	Purposive sampling
Total	25	

Source: *Oxfam Uganda (2025)*

3.5 Sampling methods

Purposive sampling became used to pick out Oxfam software personnel and district officials most certified to provide information on food useful resource projects' shipping, efficacy, sustainability, and demanding situations. 3 Oxfam software staff participants and two district officials, together with the agricultural officer and community development officer, have been interviewed as they have got direct experience and supervision of food aid applications and regulations (Campbell et al., 2020). Purposive sampling guarantees that the take a look at goals are fully protected by means of the collection of full-size qualitative data.

For the farmer companies, simple random sampling turned into implemented to pick 20 individuals for two attention organization conferences such that each member of the target populace has an identical chance of being decided on. This approach captures a range of community viewpoints and lowers selection bias, so increasing the results' reflection of the experiences of the beneficiaries of Oxfam's food aid programs (Campbell et al., 2020).

3.6 Data sources

Primary source: Primary data was collected directly from respondents through key informant interviews with Oxfam program staff and district officers, as well as awareness group discussions with farmer agencies. This information captured firsthand insights on the transport, effectiveness, challenges, and sustainability of

meals aid interventions. The researcher accrued the statistics personally using a dependent interview manual.

Secondary source: Secondary records become obtained from existing literature, such as magazine articles, books, policy documents, and organizational reviews on meals resource, meals safety programs, and associated interventions. these resources provided heritage statistics, assist the number one findings, and offer comparative and theoretical views for the study.

3.7 Data collection methods and tools

3.7.2 Key informant interview guide

Key informant interviews had been carried out with Oxfam program body of workers and district officers, together with the agricultural officer and network development officer. The interview manual featured open-ended questions centered on meals resource shipping mechanisms, demanding situations affecting application effectiveness, strategies for promoting lengthy-time period food protection, and coordination with local groups. Those interviews furnished professional insights into software operations, organizational practices, and systemic factors influencing the achievement of meals protection interventions (Taherdoost, 2021).

3.7.2 Focus Group Discussion (FGD) Guide

The FGD guide changed into used to facilitate discussions with farmer groups in Moroto district. The manual blanketed open-ended questions aimed at exploring farmers' reports with food useful resource, perceptions of its impact on family food security, challenges faced, and recommendations for improving application effectiveness. Every attention organization consisted of eight-10 farmers, and two FGDs have been conducted. Discussions have been audio-recorded (with consent) and supplemented with discipline notes taken via the researcher to seize wealthy qualitative information.

3.8 Validity and reliability for qualitative research

The validity of the qualitative statistics become ensured through specific notes from key informant interviews with Oxfam program workforce and district officers, followed by means of instantaneous evaluation to extract significant insights on food aid transport and its effectiveness (Coleman, 2022). Members had the opportunity to affirm that the findings replicate their perspectives, and remarks from the studies manager similarly more suitable credibility. Even as replication was limited because of time constraints, reliability become maintained thru careful documentation of interview methods, participant responses, and thematic coding to make sure regular and systematic qualitative analysis (Hayashi et al., 2019).

3.9 Procedure for data collection

The researcher received the introductory letter from the college of Social Sciences in Uganda Christian University upon approval of the studies inspiration and records series gear. The letter turned into taken to the respective control of Oxfam Uganda and the selected diplomatic missions for the formal request to behavior the look at. On approval, the researcher carried out key informant interviews with the willing members. Facts series become carried out most effective after buying knowledgeable consent from all of the members with a guarantee of confidentiality, moral compliance, and voluntarism within the technique.

3.10 Data analysis

3.10.1 Analysis of qualitative data

Qualitative data from key informant interviews with Oxfam program body of workers, district officers, and farmer corporations have been thematically analyzed following Creswell's (2007) method, organized around the four have a look at objectives. For objective 1, facts was coded below the theme of meals resource delivery and distribution, inspecting participants' studies with concentrated on, logistics, and network involvement. Objective 2 focused at the contribution of food useful resource to household meals protection. Objective 3 explored challenges affecting software efficiency, collectively with funding, coordination, and environmental factors.

objective 4 tested the sustainability of meals useful resource interventions in promoting long-term meals safety. Decided on verbatim quotations illustrated key findings, providing focused insights into software implementation, successes, and gaps (Jackson et al., 2019).

3.11 Ethical consideration

Moral worries were carefully upheld at some level in the check by using ensuring that each one file is securely saved and used completely for research capabilities, in strict adherence to privacy felony tips (Chervenak & McCullough, 2021). Knowledgeable consent changed into obtained from all contributors through unique factors of the stud's motive, processes, and potential dangers, with each participant signing a consent shape to verify voluntary participation (Skinner, 2020). Anonymity was maintained by casting off or coding any identifying facts in order that man or woman identities remain undisclosed within the final document (Pietilä et al., 2020).

Moreover, confidentiality changed into ensured through proscribing information access to the studies group and making use of aggregated or anonymized information for any disclosures. Plagiarism changed into prevented via carefully mentioning all sources and in reality attributing any direct quotations to their original authors (Ruggiano & Perry, 2019). Finally, the entire research technique adhered to institutional ethical suggestions, thereby upholding standards of admire, fairness, and the safety of participants' rights.

3.12 Limitations and delimitations of the study

First of all, some respondents were not willing to provide information because of being suspicious of where the information would be taken. This was solved through the nice remarkable reputation in the study context as a learning institution and also obtaining an introductory letter from the university.

Second, the researcher was limited by funds that were needed to facilitate the research such as motivating the respondents, printing fees and even daily transport to the organization to collect data. However the researcher used self-initiatives and strategies to mobilize financial assistance from family.

Third, some respondents delayed in participating in the interviews, which affected the researcher's planned data collection schedule. This was mitigated by scheduling interviews in advance, sending reminders to participants, and allowing flexible interview times to ensure timely completion of data collection.

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION

4.1 Introduction

This chapter presented the analysis of the findings, presentation, interpretation, and discussion of the findings. The report was generated from the focus group discussions conducted with the farmers from the selected farmer groups in Moroto and key informant interviews with the Oxfam program staff, District Agricultural Officer and Community Development Officer. The analysis of data in this chapter started with the demographic profile of the respondents and then afterwards followed the thematic analysis. The analysis revealed several perceptions which were organised into themes.

4.2 Demographic characteristics of respondents

This section presents the general background information about the respondents who are farmers from selected farmer groups in Moroto district in relation to their gender, age, level of education and period spent receiving aid from Oxfam Uganda as shown in the table below;

Table 2: Background Information about the respondents

Item	Description	Frequency	Percentage (%)
Gender	Male	12	60.0
	Female	8	40.0
	Total	20	100.0
Age	21-30 years	6	30.0
	31-40 years	8	40.0
	41-50 years	4	20.0
	Above 50 years	2	10.0
	Total	20	100.0
Level of education	Primary	9	45.0
	Secondary	4	20.0
	Tertiary	2	10.0

	No education	5	25.0
	Total	20	100.0
Period spent receiving food support from Oxfam	1-5 years	6	30.0
	6-10 years	8	40.0
	More than 10 years	6	30.0
	Total	20	100.0

Source: *Primary data*

The majority of the respondents were male, accounting for 60.0% of the total respondents, while females made up 40.0%. This indicates that men had been greater represented within the farmer groups receiving meals resource from Oxfam in Moroto district, even though a large percentage of ladies (nearly 1/2 of the contributors) had been additionally involved, reflecting inclusivity of each genders inside the useful resource application.

Maximum respondents were within the 31-forty years age organization, representing 40.0% of the total respondents. This become observed by using the ones elderly 21-30 years at 30.0%, respondents who have been 41-50 years at 20.0%, and eventually, the smallest group being those above 50 years at 10.0%. Those effects advise that center-elderly adults are the number one beneficiaries of Oxfam's food aid applications in Moroto, with younger adults also actively participating, whilst the older population has rather decrease illustration.

A few of the respondents, the general public had attained primary schooling at 45.0%, accompanied by using respondents with secondary education at 20.0%, and those with tertiary education at 10.0%. A fantastic proportion of the respondents had no formal training, representing 25.0% of the participants. This indicates that the meals useful resource program serves an in large part semi-literate population, with a considerable quantity of beneficiaries having confined formal educational attainment.

The biggest institution of respondents have been receiving meals guide for 6-10 years, accounting for 40.0%, followed by means of respondents who had acquired aid for 1-5 years at 30.0%, and those who had benefited for greater than 10 years at 30.0%. This

suggests that a full-size proportion of farmers have long-term engagement with Oxfam's food aid programs, reflecting continuity and sustained support over the years, with many households experiencing medium- to lengthy-time period assistance.

4.3 How food aid is delivered in Moroto

4.3.1 Food aid distribution and accessibility

From the interviews conducted with the Oxfam software body of workers, District Agricultural Officer and community development Officer plus consciousness organization discussions performed with the farmers from the selected farmer groups in Moroto district, they were requested for their views on how Oxfam organizes and distributes food useful resource to communities in Moroto district plus how they obtain meals resource from Oxfam of their groups and their responses had been as follows;

Focused on vulnerable families: Key informants mentioned that Oxfam organizes food useful resource by means of first figuring out prone households via network mapping and desires checks performed in collaboration with neighborhood leaders and extension employees. They emphasised prioritizing households with pregnant women, youngsters beneath five, and aged contributors to make certain useful resource reach the ones most in want. The District Agricultural Officer brought that reputable community lists and local council recommendations are used to validate beneficiaries before distributions. Farmers confirmed this method, stating that they're normally knowledgeable thru local leaders or community conferences about whilst and where meals useful resource may be added, ensuring the most vulnerable households are reached.

Distribution modalities: Key informants explained that meals useful resource is introduced via a combination of in-type distribution, mobile switch mechanisms, and occasional cash-for-work applications to assist nearby livelihoods. They highlighted that during-type resource stays the primary method all through periods of acute meals insecurity, whilst cash transfers are used to growth flexibility for recipients. Farmers echoed this, noting that most often, food rations together with maize, beans, and

fortified flour are allotted at specified collection points of their villages. Farmers recommended that they're usually glad with receiving direct meals rations because it ensures they have got food throughout essential intervals.

Coordination with local authorities: Key informants emphasised that Oxfam works closely with community authorities officials, which encompass the agricultural Officer and community improvement Officer, to arrange distribution schedules and logistics. This collaboration ensures timely delivery, proper garage, and avoidance of duplication with other aid corporations. Farmers referred to that distribution frequently takes vicinity in prepared classes facilitated by way of close by council leaders, which allows control crowds, verify recipients, and reduce conflicts at some point of the method. They noted that seeing neighborhood officers concerned gives them self-notion in the fairness of the distribution.

Storage and logistics control: Key informants highlighted that Oxfam gadgets up short garage factors in strategic places inside groups to make sure meals remains comfortable and guarded earlier than distribution. they also coordinate delivery using vehicles and community vehicles to move additives from warehouses to network distribution factors. Farmers shared that they receive the aid at principal factors consisting of colleges or network halls, and they recognize that the meals is normally in accurate circumstance and distributed in an orderly way. Farmers additionally referred to that clear verbal exchange approximately distribution times permits them plan to collect their rations.

Network recognition and communique: Key informants defined that Oxfam conducts popularity campaigns previous to distribution, the use of village conferences, posters, and neighborhood radio announcements to make certain all eligible households are knowledgeable. They emphasised that clear verbal exchange minimizes confusion and ensures nicely timed participation. Farmers confirmed that they may be typically aware about distribution schedules thru announcements by community leaders and phrase-of-mouth inside their agencies. They highlighted that improve observe lets in

them to devise for series and decreases the danger of lacking out due to art work or tour.

Integration with livelihood help: Key informants mentioned that meals useful resource distribution is often mixed with livelihood aid, inclusive of agricultural inputs and training lessons, to enhance prolonged-time period meals protection. They defined that linking useful resource with development packages permits households steadily lessen dependency on meals resource. Farmers indicated that they now and again get hold of seeds, equipment, or education along meals distributions, which evokes them to interact in small-scale farming and extraordinary earnings-generating sports. They expressed that this integration motivates them to use the aid productively in place of simply for immediate intake. Some of the selected respondents reported that;

“.....We ensure that food aid is targeted to the most vulnerable households, working closely with local leaders to identify beneficiaries and verify needs.....” **Key informant**

“.....We are told in advance when the food will come, and the leaders help organize us so everyone gets their share.....” **Farmer**

4.3.2 Timeliness and organization of food aid distribution

From the interviews conducted with the Oxfam program staff, District Agricultural Officer and Community Development Officer plus focus group discussions conducted with the farmers from the selected farmer groups in Moroto district, they were asked for their views on the mechanisms that are in place to ensure food aid reaches the intended beneficiaries on time plus whether the food distributions are timely and organized in a way that meets their needs and their responses were as follows;

Use of registration and beneficiary lists: Key informants indicated that Oxfam relies on pre-verified registration lists to ensure food aid reaches the intended beneficiaries on time. the program body of workers and district officials explained that household surveys and network vetting processes are used updated lists of eligible recipients.

This machine lets in them up to date plan distributions accurately and prioritize inclined agencies up-to-date female-headed families, kids, and the elderly. Farmers showed that they are registered in these lists earlier than distributions, which facilitates them understand in advance when meals aid will arrive. They referred upupdated that being at the reliable lists reduces confusion and ensures that resource reaches people who qualify.

Coordination with local leaders and community structures: Key informants emphasized the significance of collaboration with neighborhood leaders, up to date together with village chairpersons and parish council members, up-to-date facilitate easy distribution. Oxfam team of workers stated that network leaders help in speaking schedules and mobilizing beneficiaries, which complements efficiency and accountability. Farmers suggested that this collaboration makes the distribution process predictable, as neighborhood leaders inform them beforehand of time and arrange community gatherings at distribution up to daters updated.

Scheduling and pre-planned distribution timetables: The Oxfam program group of workers and district officers defined that meals distributions comply with pre-deliberate timetables aligned with the rural calendar and nearby market activities. This guarantees that useful resource delivery does not clash with other network events and that beneficiaries are updated up-to-date gather it. Farmers corroborated this by using explaining that they normally receive previous be aware of distribution dates, up-to-date up to gather updated and attend on time. They recounted that this organized method minimizes delays and enables families plan their food intake hence.

Transportation and logistics arrangements: Key informants stated that Oxfam continues committed shipping and garage systems up to date lessen delays in delivering meals updated distribution up-to-date. Up to date updated and warehouses are strategically placed up to date make certain timely up-to-date even in faraway regions. Farmers up-to-date that having useful resource introduced directly updated close by community facilities reduces up-to-date time and ensures that meals reaches

them before it spoils or becomes inaccessible up-to-date bad roads. This mechanism turned in updated highlighted as a crucial up to date in maintaining timely delivery.

Monitoring and feedback mechanisms: The program personnel and district officers emphasized that up to date updated tracking and comments from area officers assist track whether resource reaches beneficiaries as scheduled. They stated that cellular reporting and direct verbal exchange with distribution teams allow adjustments in actual time. Farmers highlighted that having network update present in the course of distributions ensures that meals is fairly allotted, and court cases are addressed right now, enhancing the reliability and timeliness of useful resource.

Exigency planning for predicaments: Key informants explained that contingency plans are in place updated unforeseen delays resulting from updated weather, safety troubles, or logistical setbacks. alternative delivery routes and backup sup to date piles are used up to date hold everyday distributions. Farmers said that, while occasional delays occur, they're typically brief because Oxfam has mechanisms up to date fast respond updated disruptions, making sure that they do not experience prolonged food shortages. Some of the selected respondents reported that;

“.....We ensure that all beneficiaries are registered and verified by community leaders before any distribution, which helps us deliver food on time and avoid duplication.....” Key informant

“.....Before food comes, the village leaders always tell us the day and place, so we can come and get it without missing out.....” Farmer

4.4 How food aid delivered through Oxfam has contributed to food security in Moroto

4.4.1 Contribution of Oxfam food aid to food security

From the interviews conducted with the Oxfam program staff, District Agricultural Officer and Community Development Officer plus focus group discussions conducted with the farmers from the selected farmer groups in Moroto district, they were asked

for their views on ways in which food aid delivered through Oxfam has contributed to food security in Moroto and their responses were as follows;

Increased household food availability: Key informants, including Oxfam program staff and district officers, explained that food aid programs have ensured that households have a more consistent supply of staple foods during periods of scarcity. They noted that the provision of cereals, legumes, and fortified foods helps families maintain adequate stocks throughout lean seasons. Farmers corroborated this by indicating that receiving regular food distributions prevents periods of extreme hunger and reduces the need to rely on costly market purchases, thus enhancing household food security.

Enhanced nutritional level: Program staff underlined Oxfam's food aid includes nutritionally balanced foods like pulses and fortified cereals, which help to satisfy key nutritional needs. The District Agricultural Officer said that this emphasis on foods high in nutrients helps to keep vulnerable groups like kids and pregnant women healthy. Farmers revealed that frequent aid delivery helped to raise children's health and energy as well as reduce cases of malnutrition in their families, therefore underlining its role in improved nutrition.

Help for defenseless populations: Key sources claimed that Oxfam gives female-headed households, children, and the elderly top priority in its distributions to guarantee that the most needy benefit. The Community Development Officer clarified that focusing on these populations helps to lower disparities and guarantees that aid reaches those most in need. Farmers affirmed that families headed by women or with young children were sometimes given first priority, which made them feel safer and more cared for during food shortage.

Keeping household food spending under control: Oxfam employees and local authorities noted that food aid helps families to distribute their limited resources to other crucial needs, including education, healthcare, and small-scale agricultural supplies, therefore reducing total food spending. Farmers said they could save or

invest part of their money since they did not have to buy as much food from the store, therefore boosting household food security indirectly.

Promotion of employment-related activities: Apart from straight food assistance, important informants observed that Oxfam connects distributions with income-generating projects and small-scale agriculture under livelihood support programs. The Agricultural Officer said that eventually these programs enable families to move from reliance on aid to self-sufficiency. Farmers said that the mix of food assistance and training in agricultural methods helped them to grow crops for consumption and sale, therefore increasing general family resiliency.

Community's shock resistance: Program personnel stressed that regular food support helps the community to be more resilient by shielding families from floods, droughts, and other calamities. The Community Development Officer said this stability helps towns more efficiently plan and control their resources. Farmers considered that assistance increases their adaptive capacity as they were more equipped to handle market disturbances or bad harvests without running into major food shortages.

More knowledge of food security: Oxfam employees clarified that the initiative offers nutrition and food management workshops for recipients in addition to food distribution. District officials commented that these meetings assist people research greater approximately balanced meals, the way to shop meals nicely, and how to control meals in their homes. Farmers validated that at the family stage, better food protection and much less waste resulted from learning to vary dishes and save meals more nicely, therefore addressing waste reduction and selling food safety.

Health and nutrients mixed aid: Critical assets said food assist programs are organized with health and sanitation tasks to maximise effects. They stated that preferred nicely-being is stronger with the aid of meals shipping blended with water, hygiene, and nutrition training. Farmers discovered that the integrated method resulted in higher nutrients, less sickness, and healthier families, therefore showing the broader influence of meals help on meals protection. Some of the selected respondents reported that;

“.....Our food aid is designed not just to fill stomachs but to ensure families have stable access to nutrition while building resilience through livelihood support.....” Key informant

“.....Since receiving food aid, my children have been healthier, and I can use some of my money to buy seeds and tools for farming.....” Farmer

4.5 Challenges affecting the effectiveness of food aid in Moroto district within Oxfam’s food security programs

4.5.1 Challenges to food aid effectiveness

From the interviews conducted with the Oxfam program staff, District Agricultural Officer and Community Development Officer plus focus group discussions conducted with the farmers from the selected farmer groups in Moroto district, they were asked for their views on the challenges affecting the effectiveness of food aid in Moroto district within Oxfam’s food security programs and their responses were as follows;

Logistical and distribution challenges: Key informants, including Oxfam program staff and district officers, reported that poor road infrastructure and long distances between distribution points and communities significantly hinder timely delivery of food aid. Deferrals often arise due to car breakdowns and seasonal rains that make a few areas inaccessible. Farmers showed that in heavy rains, meals deliveries have been late, and every so often they'd to stroll long distances to gather meals, which affected the regularity of assistance and brought about frustration amongst beneficiaries.

Insufficient money and limited resources: Program personnel noted that budget limits limit the volume and frequency of food delivered, hence limiting the efficiency of food aid initiatives. The District Agricultural Officer said that erratic funding can interfere with prearranged timetables, therefore influencing program consistency. Farmers observed that families are forced to supplement from the market or miss meals, which lowers the influence of the assistance, as the food they get is occasionally inadequate to last the full month.

Security and political concerns: Key sources said that political unrest and sporadic local disputes in some sub-counties limit access to particular villages, therefore delaying or even stopping assistance distribution. The Community Development Officer said that in sensitive locations, arranging access calls for additional coordination and time. Farmers repeated this, noting that occasionally security issues delayed delivery and left families unclear on when they would get help.

Participation and awareness gaps in the community: Oxfam personnel emphasized that a lack of local participation in planning and decision-making might lower the relevance and effectiveness of food assistance initiatives. District officers also said that not enough information on delivery dates may lead to uncertainty and delays at the collection sites. Farmers said they did not continually know ahead of time when deliveries might take region, which on occasion triggered them to await a long term and pass over probabilities to get help.

Issues with storage and supply chains: Essential informants stated that terrible deliver chain management and absence of enough garage facilities could cause meals to go terrible or visit waste earlier than it even receives to the folks who are speculated to consume it. Program employees discovered that maintaining perishable foods like fortified cereals in top form is pretty tough. Farmers found that sometimes the food that was delivered was damaged or less fresh than they expected, which made them eat less and made them not trust the program as much.

Choices in cuisine and culture: Program employees noted that recipients' intake and pleasure could be impacted as uniform food packages might not always match local cuisine patterns. District officials pointed out that although nutritional content is taken into account, tastes for specific foods are sometimes disregarded. Farmers noted that while the assistance is welcome, some foods are either unwanted or unknown in their homes, therefore some food is either rejected or sold, therefore the intended nutritional benefits are lowered.

Environmental and climatic considerations: Important sources pointed out that frequent droughts and floods in Moroto aggravate food insecurity, therefore

complicating aid distribution and planning. Agricultural officials further said that abrupt environmental shocks call for quick changes to program logistics. Farmers pointed out that food aid by itself is inadequate during times of drought and that lack of supporting agricultural support occasionally reduces the general influence on food security.

Difficulties with coordination and government: Oxfam employees noted that sometimes overlaps or gaps in aid delivery arise from coordinating several stakeholders, including governmental entities and other NGOs. District officials underlined the necessity of better government systems to simplify processes. Farmers noticed that every now and then a few towns were given help at the same time as close by ones were excluded, which made human beings sense like matters weren't fair and made them accept as true with the program less. A number of the selected respondents reported that;

“.....despite careful planning, bad roads and seasonal rains often put off our distributions, which impacts how timely the useful resource reaches households.....” Key informant

“.....every now and then we anticipate weeks to get meals, and while it comes, we ought to convey it from far, which may be very tiring and stressful.....” Farmer

4.6 Sustainability of food aid interventions in promoting long term food security in Moroto

4.6.1 Sustainability of food aid interventions

From the interviews conducted with the Oxfam program staff, District Agricultural Officer and Community Development Officer plus focus group discussions conducted with the farmers from the selected farmer groups in Moroto district, they were asked for their views on how sustainable Oxfam's food aid interventions are in promoting long term food security in Moroto and their responses were as follows;

Integration with livelihood programs: Key informants explained that Oxfam enhances sustainability by linking food aid with livelihood programs, including small-scale farming, seed distribution, and income-generating activities. They emphasized that these initiatives enable households to gradually reduce dependence on direct food aid while building long-term self-reliance and food production capacity. Farmers confirmed that these support measures have empowered them to engage in farming and small trading activities, supplementing the aid they receive and strengthening their household food security over time.

Ownership and engagement in the community: Program relevance and acceptance are increased when local people are actively engaged in food aid planning, decision-making, and implementation, Oxfam program employees emphasized. This participative method helps to guarantee that initiatives fit regional demands and motivates beneficiaries to assume ownership for supporting project results. Farmers observed that their involvement in setting priorities and planning distributions had inspired them to keep and oversee the advantages of the help on their own.

Development of skills and capacity building: Oxfam helps to ensure long-term food security by offering instruction in contemporary agricultural practices, correct food storage, and resource management, according to the respondents. Important informants pointed out that these programs give recipients practical knowledge they can use to keep household food supplies up even when there is no direct help. Farmers said they were using the new methods to make their crops grow better and have less waste after they were picked. This made sure that people had enough food in their homes.

Integration with local structures and regulations: Important sources noted that to guarantee institutional support and program sustainability, Oxfam matches its food aid programs with government policies and works with regional governance systems including agricultural bureaus and community development units. Farmers agreed that local leaders and extension staff participation guarantees seamless execution of aid initiatives and promotes sustainable practices inside the community. This connection

increases the dependability of aid effects and develops local capacity to handle food security projects outside of the project lifespan.

Feedback, monitoring, and other support services: Oxfam personnel claimed that constant monitoring, assessment, and feedback loops help initiatives fit to evolving community needs, therefore enhancing relevance and long-term effectiveness. Nutritional education, clean water, and sanitation support are examples of complementary services that help to guarantee that food aid projects have long-term effects on household health and dietary habits. Farmers emphasized that understanding nutrition and hygiene practices and being able to offer criticism enhances their use of resources, supports food security goals, and builds the community's resistance to future food crises.

Community-led projects and financial empowerment: Important sources pointed out that combining food aid with economic empowerment projects like income-generating activities, community gardens, and cooperative farming helps families lessen their reliance on ongoing aid. Farmers verified that engaging in these projects guarantees that food availability and nutrition benefits reach beyond the first distribution period by helping them to sell surplus goods and share resources inside the community therefore ensuring that food availability and nutrition benefits extend beyond the immediate distribution period. These methods foster long-term community resilience and foster a feeling of shared accountability. Some of the selected respondents reported that;

“.....Community involvement and livelihood integration are key to making food aid sustainable in the long term.....” **Key informant**

“.....The training and seeds we receive from Oxfam help us grow our own food, so we rely less on aid.....” **Farmer**

CHAPTER FIVE

SUMMARY, DISCUSSION, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter includes the discussion of findings in relation to the literature. It also summarizes all findings reported in chapter four according to questions of the study, draws conclusions, suggests recommendations and also proposes some areas for further study.

5.2 Summary of findings

The findings discovered that Oxfam's food aid in Moroto is prepared thru systematic targeting of vulnerable families the use of community mapping, wishes checks, and verified beneficiary lists, prioritizing pregnant women, children, and the aged. meals is sent thru in-type rations, cellular transfers, and occasionally coins-for-work packages, frequently integrated with livelihood guide consisting of seeds, gear, and training to sell long-term meals security. Working with local officials and community leaders guarantees equitable and fair distribution, with temporary storage places, pre-arranged timetables, specialized transportation, and backup plans improving timeliness and availability. Farmers said that, all taken together, they are informed in advance, get assistance at central points, and benefit from organized, well-communicated, and monitored distribution systems, which boost predictability, lower uncertainty, and guarantee that food gets to targeted homes quickly.

The research also found that Oxfam's Moroto food assistance has greatly improved food security by routinely supplying grains, legumes, and fortified foods, therefore raising household food availability and lowering reliance on expensive market purchases. By providing nutrient-rich foods, it has enhanced nutritional status—especially for children and expectant mothers. The initiative gives children, the elderly, and households headed by women top priority since it keeps home food costs constant and lets families spend their money on other necessities. Food assistance supports self-sufficiency and community resilience to shocks like floods or droughts by means of livelihood activities including income-generating initiatives and small-scale

agriculture. Furthermore improving recipients' knowledge, lowering food waste, and increasing general family and community food security is training in nutrition, food management, and coordination with health and hygiene programs.

Moreover found out through the examine is that numerous troubles have an effect on Oxfam's food aid performance in Moroto. Delays in assistance distribution result from logistical and transportation demanding situations encompass subpar roads, fantastic distances, and seasonal inaccessibility. Restrained assets restriction the frequency and extent of food deliveries, therefore decreasing program continuity. Local disputes and political unrest impede entry to sure villages much extra. Gaps in expertise and involvement inside the network sometimes purpose false impression and ignored distributions. Food deterioration due to inadequate supply chain and garage conditions lowers intake and nutritional blessings from uniform packaging, which might not match nearby tastes. Environmental factors such as floods and droughts make transport and making plans hard, and coordination problems among stakeholders from time to time motive gaps or overlaps that result in impressions of unfairness and reduced general application efficiency.

Sooner or later, the look at confirmed that numerous techniques assist Oxfam's meals resource projects in Moroto be greater sustainable. Connecting food aid with livelihood initiatives, inclusive of profits-generating sports, seed distribution, and small-scale farming, allows households to steadily decrease reliance on resource whilst fostering independence. Planning and wearing out projects with energetic network involvement and possession will increase relevance and conjures up beneficiaries to preserve challenge outcomes. Schooling in current farming strategies and suitable food garage, among different potential-building packages, raises home production and lowers submit-harvest losses. Integration with nearby regulations and governance structures guarantees institutional support and continuity; monitoring, comments, and complementary offerings consisting of vitamins and hygiene training assist to preserve long-time period influence. Moreover, economic empowerment and network-led programs like cooperative agriculture and communal gardens assist

families to earn money and share resources, therefore boosting resilience and maintaining meals protection beyond the resource delivery segment.

5.3 Discussion of findings

5.3.1 How food aid is delivered in Moroto

The study findings found out that Oxfam's meals useful resource in Moroto is organized through systematic concentrated on of susceptible families the use of community mapping, needs assessments, and established beneficiary lists, prioritizing pregnant ladies, children, and the elderly. The findings relate with the literature by way of Baharmand (2025), who emphasizes that inclusive and desires-primarily based targeting in humanitarian useful resource ensures that prone populations get hold of assistance in a timely and equitable way, improving application effectiveness. In addition, Riddell (2025) notes that nicely-based beneficiary identity and prioritization make a contribution to the efficiency of resource distribution. however, a few studies, consisting of Dole et al. (2021), argue that recipient-focused focused on is not usually absolutely carried out in practice due to bureaucratic or political interference, that can restrict access for the most susceptible a factor that contrasts with the orderly system stated in Moroto.

The findings discovered that Oxfam promises meals resource thru a combination of in-type rations, mobile transfers, and low coins-for-paintings packages, often connected with livelihood support including seeds, equipment, and schooling to enhance long-term food protection. The findings relate with Zeineddine (2025), who highlights that integrating useful resource delivery with livelihood and improvement support enhances sustainability and reduces dependency on short-term alleviation. Kim (2022) additionally supports this, suggesting that diverse transport modalities growth flexibility and responsiveness to close by desires. In evaluation, research like Dahir and Rambo (2021) in Somalia imply that logistic limitations and shortage of integration with neighborhood livelihoods can undermine the effectiveness of resource packages, suggesting that the success in Moroto reflects strong coordination and making plans now not usually decided elsewhere.

The findings located out that coordination with neighborhood government, transient garage factors, pre-planned timetables, committed transport, and contingency plans make certain well timed, organized, and on hand food distribution. The findings relate with Caselli et al. (2021) and Viga and Refstie (2024), who argue that strong logistical structures, tracking mechanisms, and community collaboration are important for powerful useful resource transport, mainly in fragile or a long way off regions. Likewise, Rashed et al. (2024) noted that expand planning and collaboration with community structures reduce delays and improve beneficiary pleasure. but, timber (2024) cautions that in spite of planning, outdoor shocks like awful infrastructure or political instability regularly disrupt distribution, which contrasts with the as a substitute clean operations reported in Moroto, suggesting that Oxfam's context-unique strategies and nearby engagement contribute extensively to overcoming not unusual stressful situations.

5.3.2 How food aid delivered through Oxfam has contributed to food security in Moroto

The examine findings determined that Oxfam's food beneficial resource in Moroto has significantly multiplied family meals availability, providing a constant supply of cereals, legumes, and fortified food, which reduces reliance on market purchases. The findings relate with the literature by way of way of Catley et al. (2021), who argue that steady and focused food distribution complements family resilience in susceptible communities, in particular in arid and semi-arid areas like Karamoja. Similarly, Olido et al. (2023) emphasize that regular humanitarian useful aid provision mitigates periods of acute food loss of confidence and guarantees that households keep enough meals shares, lowering the want for costly market dependence. In evaluation, Tao et al. (2023) determined in Afghanistan that however useful resource distribution, get proper of access to and consistency were frequently hampered by way of way of political crises and natural catastrophes, highlighting that Oxfam's operations in Moroto are especially more sturdy and predictable.

The have a examine findings found that Oxfam's food useful resource has progressed dietary reputation and prioritized susceptible agencies, which include female-headed

families, youngsters, and the aged, on the equal time as stabilizing family meals expenditure. The findings relate with the literature by Baharmand (2025), who emphasizes that prioritizing vitamins and inclined populations in resource applications increases effectiveness and fairness in humanitarian responses. Viga and Refstie (2024) also note that focused help to at-threat families reduces inequalities and improves adaptive capacities among refugees in Uganda. Conversely, Lefort-Rieu (2024) highlights conditions in Cameroon in which useful resource applications didn't appropriately address particular dietary desires because of confined focused on and terrible community engagement, contrasting with the comprehensive approach followed by Oxfam in Moroto.

The take a look at findings found out that linking food resource with livelihood activities, consisting of small-scale farming and income-generating initiatives, and integrating education on nutrition, food management, and fitness practices enhances household and network food protection. These findings relate with Zeineddine (2025), who argues that combining humanitarian useful resource with ability-constructing tasks promotes self-reliance and long-term resilience. Rashed et al. (2024) also observe that education in useful resource control and integrating useful resource with local development initiatives strengthens the sustainability of meals protection interventions. However, Kumar et al. (2022) caution that during battle-affected areas like Tigray, useful resource applications that fail to combine livelihood aid regularly produce handiest short-time period benefits, illustrating that Oxfam's version in Moroto represents an extra sustainable and incorporated method to meals protection.

5.3.3 Challenges affecting the effectiveness of food aid in Moroto district within Oxfam's food security programs

The findings relate with the literature by way of Dahir and Rambo (2021), who located in South Somalia that inadequate shipping infrastructure and long journey distances behind schedule resource transport, lowering the timeliness and impact of interventions. Similarly, Caselli et al. (2021) cited that fragile nation contexts regularly face infrastructural and logistical constraints that compromise useful resource effectiveness. In comparison, Zeineddine (2025) argues that in some Middle

Eastern contexts, superior coordination mechanisms and current logistics lessen the impact of such demanding situations, suggesting that Moroto's resource system nevertheless faces infrastructural limitations that are not universally experienced in all useful resource applications.

The study findings found out that confined funding; political instability, and gaps in network participation reduce the continuity and impact of food useful resource interventions. Those findings relate with the literature with the aid of Ayesigye (2025), who demonstrated in Uganda that inconsistent funding and political interference frequently limit attain and effectiveness of overseas useful resource, affecting long-term sustainability. Viga and Refstie (2024) also emphasised that community involvement is vital for a hit resource transport amongst refugee populations in Uganda, as loss of participation can cause misallocation and inequities.

The study findings revealed that deliver chain inefficiencies, misalignment with nutritional possibilities, environmental shocks, and coordination gaps amongst stakeholders similarly undermine the effectiveness of food useful resource. The findings relate with the literature with the aid of Lefort-Rieu (2024), who found that environmental shocks such as droughts and floods complicate resource delivery and reduce dietary impact in Cameroon. Olido et al. (2023) also emphasize that coordination amongst a couple of agencies is vital to keep away from overlaps or overlook of sure communities, as mismanagement can erode accept as true with and software effectiveness. In contrast, Kumar et al. (2022) said that in warfare-affected Tigray, meals packages had been frequently standardized without local edition, which reduced consumption and dietary benefits, much like Moroto; but, the Moroto application shows stronger integration with neighborhood systems, suggesting partial mitigation of this problem.

5.3.4 Sustainability of food aid interventions in promoting long term food security in Moroto

The study findings revealed that linking food useful resource with livelihood applications, which includes small-scale farming, seed distribution, and profits-

generating sports, strengthens the sustainability of food security interventions. The findings relate with the literature by Dahir and Rambo (2021), who located that integrating aid with livelihood assist in South Somalia enabled families to reduce dependency on outside help and improve lengthy-time period resilience. Further, Catley et al. (2021) stated that pathways to resilience in the Karamoja Cluster have been only when meals help turned into complemented by livelihood initiatives. Conversely, Rashed et al. (2024) located in Afghanistan that some useful resource applications recognition generally on immediate alleviation with out integrating sustainable livelihood techniques, which limits their long-time period effectiveness, highlighting that Moroto's technique is relatively more innovative in building self-reliance.

The study findings revealed that energetic community participation, possession, and capacity-building initiatives, inclusive of training on present day farming techniques and right meals garage, decorate the relevance and continuity of food useful resource programs. Those findings relate with the literature by Viga and Refstie (2024), who emphasized that civic engagement and relational processes amongst South Sudanese refugees progressed adherence to useful resource packages and sustained effects. Olido et al. (2023) also stated that network involvement in Northern Uganda led to greater effective distribution and adoption of resource interventions. In evaluation, Kim (2022) highlighted that capacity-constructing efforts in some growing nations are now and again underfunded and poorly monitored, which reduces talent retention, suggesting that Moroto's emphasis on schooling and community possession is a electricity not universally done elsewhere.

The observe findings found out that integrating food useful resource with close by governance structures, non-forestall tracking, feedback mechanisms, complementary services, and financial empowerment initiatives strengthens lengthy-time period effect and resilience. Those findings relate with the literature through Ayesigye (2025), who noted that alignment of useful resource programs with close by policies and institutional structures in Uganda promoted sustainability in water and sanitation interventions. Baharmand (2025) in addition emphasized that protection,

inclusiveness, and dignity in useful resource packages decorate prolonged-time period adoption and effects. Conversely, Lefort-Rieu (2024) argued that during some contexts, outside useful aid without robust nearby governance integration fails to attain lasting impact, demonstrating that Moroto's strategy of multi-degree integration and feedback loops represents a further sustainable version of meals useful resource delivery.

5.4 Conclusions

The survey concludes that Oxfam's food useful resource in Moroto is efficaciously prepared and systematically centered to reap the most susceptible families, which includes pregnant ladies, kids, and the aged. Thru using network mapping, desires tests, demonstrated beneficiary lists, and coordination with nearby authorities and network leaders, this device ensures that meals distributions are orderly, straightforward, and available. The mixture of in-type rations, mobile transfers, and espresso cash-for-paintings packages, at the side of pre-deliberate timetables, transient garage points, and contingency plans, complements timeliness and predictability, lowering confusion and making sure that useful aid constantly reaches folks who want it most.

The take a look at further concludes that Oxfam's food useful useful resource has made a massive contribution to family food safety in Moroto thru growing the supply of staple ingredients, presenting nutrient-rich objects, and stabilizing family charges. With the resource of reducing reliance on costly market purchases and concentrated on prone corporations, the resource improves vitamins and general well-being, particularly for kids and pregnant ladies. Furthermore, linking meals distributions with livelihood programs, together with small-scale farming, profits-generating activities, and agricultural training, enhances self-sufficiency and strengthens families' potential to deal with environmental and financial shocks, thereby selling a extra resilient community.

However, the study concludes that the effectiveness of meals useful useful resource in Moroto is challenged via the use of more than one elements. Logistical and

distribution limitations, which consist of terrible roads, prolonged distances, and seasonal inaccessibility, regularly motive delays, on the same time as restrained funding restricts the amount and frequency of useful resource distributions. Political instability, local conflicts, and insufficient network participation in addition reduce the overall performance and equity of aid delivery. Deliver chain and storage problems, coupled with standardized food packages that won't align with close by nutritional selections, every so often reduce nutritional consequences. Environmental shocks like droughts and floods, at the facet of coordination gaps among stakeholders, also undermine the overall effect of this gadget.

Finally, the observe concludes that the sustainability of Oxfam's food useful resource interventions is bolstered through comprehensive strategies that cross beyond direct food provision. Integrating useful resource with livelihood applications, fostering energetic network participation and possession, supplying ability-building on modern agricultural techniques and food management, and aligning applications with community governance systems guarantees continuity and prolonged-term effect. Complementary offerings, which consist of vitamins and hygiene schooling, along monetary empowerment projects like cooperative farming and communal gardens, permit families to generate profits, share resources, and reduce dependency on useful resource. Those measures collectively construct resilience, preserve food protection, and sell self-reliance inside the community well beyond the length of right now assistance.

5.5 Recommendations

Primarily based on the findings of the have a look at, the following tips have been determined necessary concerning effectiveness of global aid in Uganda: a case of Oxfam meals security program in Moroto district;

The observe recommends the need for superior logistical making plans and infrastructure help to enhance well timed transport of meals resource. This consists of investing in shipping vehicles, brief garage centers, and distribution systems that

may face up to seasonal stressful conditions, making sure that useful resource always reaches beneficiaries without delays.

The observe additionally recommends the need for improved and sustainable funding for food resource applications. Dependable and predictable financial guide will permit Oxfam to hold normal distributions, increase coverage, and reduce interruptions that compromise the continuity and impact of food safety interventions.

More so, the survey recommends the need to reinforce network participation and awareness in making plans and imposing meals useful aid interventions. Attractive nearby leaders, beneficiaries, and network structures in choice-making and distribution schedules will improve software relevance, lessen confusion, and make sure equitable get right of entry to attain assets.

Further, the examine recommends the need to integrate meals beneficial aid with complementary livelihood and capability-building packages. Thru supplying agricultural schooling, income-producing possibilities, and competencies improvement, families can regularly achieve self-reliance, reduce dependency on aid, and assemble resilience in opposition to shocks together with droughts and floods.

Lastly, the have a look at recommends the need for closer coordination with community governance systems and stakeholders to ensure software sustainability and alignment with country wide policies. Strengthening monitoring, comments mechanisms, and complementary services like nutrients and hygiene training will decorate the lengthy-term effectiveness and effect of food protection applications.

5.6 Areas for further research

Future studies must find out the lengthy-term impact of global meals useful resource on circle of relatives self-reliance and economic empowerment in Moroto and different districts. Investigating how beneficiaries transition from aid dependency to sustainable livelihoods may provide insights into the durability and effectiveness of beneficial resource applications.

Further studies may want to take a look at the function of nearby governance and network participation in improving the effectiveness and fairness of food useful resource distribution. Facts how selection-making, management, and beneficiary involvement have an effect on effects have to inform extra inclusive and inexperienced resource interventions.

Lastly, extra research is recommended to assess the interplay between meals useful resource, nutrients education, and health consequences among inclined organizations. Evaluating how integrated approaches affect dietary practices, malnutrition, and overall well-being would help optimize program design and maximize the benefits of international aid.

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APPENDICES

Appendix 1: Interview Guide

For the Key Informants (Oxfam program staff, District Agricultural Officer and Community Development Officer)

Dear Sir/Madam,

My name is Rabwoni Laura Masamba, a student of Uganda Christian University (UCU) pursuing a degree of Bachelor of Governance and International Relations. I am conducting a study on, “effectiveness of international aid in Uganda: a case of Oxfam Food Security Program in Moroto”. This should not take much of your time, and you can choose to stop the interview at any time, or to skip any questions if you like. Your responses are confidential, and your name will not be written down. I will use the information that you provide specifically for study purposes.

Section A: Introductions

1. Gender (*don't ask, just observe*)
2. Age
3. Level of education
4. Occupation/ Position
5. Period spent working in that position

Section B: How food aid is delivered in Moroto

6. How does Oxfam organize and distribute food aid to communities in Moroto?
7. What mechanisms are in place to ensure food aid reaches the intended beneficiaries on time?

Section C: How food aid delivered through Oxfam has contributed to food security in Moroto

8. In what ways has Oxfam's food aid improved household food availability and nutrition?

9. How do you assess the impact of food aid on the overall food security of the communities served?

Section D: The challenges affecting the effectiveness of food aid in Moroto district within Oxfam's food security programs

10. What are the main challenges Oxfam faces in implementing food aid programs in Moroto?

11. How do logistical, financial, or community-related issues affect the success of food aid interventions?

Section E: The sustainability of food aid interventions in promoting long term food security in Moroto

12. What strategies are used to ensure that food aid programs contribute to long-term food security?

13. How does Oxfam support communities to become self-reliant beyond receiving food aid?

Thank you for your cooperation

Appendix 2: Focus Group Discussion Guide

With the farmers from the selected farmer groups in Moroto

Good morning/afternoon, I am Rabwoni Laura Masamba, a student of Uganda Christian University (UCU) pursuing a degree of Bachelor of Governance and International Relations. I am conducting a study on, “effectiveness of international aid in Uganda: a case of Oxfam Food Security Program in Moroto”. The information given will be used only for academic purposes and will be treated with the highest level of confidentiality.

I will ask you a series of questions. There are no right or wrong answers. I only want to learn what you think. If I ask a question that you would prefer not to discuss, you do not need to discuss that topic. If you find the discussion topic uncomfortable, you are welcome to withdraw from the discussion at any time. I will be recording this discussion so that we can be sure to have your opinion in your own words when I analyse the information later. OK, let’s get started.

Section A: Introductions

1. Gender (*don’t ask, just observe*)
2. Age
3. Level of education
4. Period spent dealing with Oxfam Uganda as a farmer

Section B: How food aid is delivered in Moroto

1. How do you receive food aid from Oxfam in your community?
2. Are the food distributions timely and organized in a way that meets your needs?

Section C: How food aid delivered through Oxfam has contributed to food security in Moroto

3. How has Oxfam’s food aid affected the availability of food in your household?
4. Has receiving food aid helped improve the nutrition or diet of your family?

Section D: The challenges affecting the effectiveness of food aid in Moroto district within Oxfam's food security programs

5. What problems or challenges do you face when accessing or using food aid from Oxfam?
6. Are there factors that make it difficult for the food aid to meet your household needs?

Section E: The sustainability of food aid interventions in promoting long term food security in Moroto

7. How has Oxfam helped your household or community to continue producing or accessing food over time?
8. Do you feel that the support from Oxfam helps your family become less dependent on food aid?

Thank you for your cooperation