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The political and socio-economic crisis which engulfed Zimbabwe since the turn of the 21st century has resulted in many residents crossing the border and securing 'easy to find' farm work on commercial farms in South Africa. The Limpopo province has been the major recipient of Zimbabwean migrants due to its proximity to the Zimbabwean border. This paper is based on a study which seeks to determine how Zimbabwean migrants cope with the livelihood and nutritional challenges that they encounter while working and living on commercial farms.

Interviews with Zimbabwean farm workers reveal that an acute food and nutrition security situation exists among migrant Zimbabwean farm workers; the meagre wages that they get do not support adequate food provisioning. Resultantly, incidences of health challenges linked to malnutrition are common, and unfortunately these go unchecked because either; (i) farmers do not provide health facilities for their workers; (ii) the long distances to nearest public health facilities; or (ii) farm workers' fear of being arrested and deported back to Zimbabwe if they visit public places. Alternatives, some of which are more rewarding than farm work, have been devised to supplement the meagre wages and to deal with food and nutrition security challenges that they face. These include self-organized internal lending and saving schemes, buying and selling and off-farm part-time jobs.