

Abstract

Empowerment of smallholder farmers is an important instrument for improving food security through increased agricultural food production. Despite the implementation of empowerment through the National Agricultural Extension. Policy (NAEP) in Kenya, household food security has continued to be of national concern because many farmers remain food insecure. This study set out to identify factors that affect empowerment and the attainment of food security among smallholder farmers in Siaya and Kilifi districts. The econometric results of this study indicate that not all factors that influence empowerment also affect food security. Factors that explain empowerment as well as food security include the age of the farmer, land size, crop diversification, and farmer participation in agricultural activities. In addition, it was statistically found that empowerment has a positive and significant impact on food security. To enhance empowerment and the achievement of food security among smallholder farmers, the study makes key policy recommendations to strengthen the NAEP to be more effective in empowering farmers..