**Title: Impact Assessment of Kitchen Gardening Project on Livelihood of Households in Punjab, Pakistan**

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**ABSTRACT**

The government of Punjab has started kitchen gardening project ten year back and is providing seed at nominal prices as well as guidelines and supervision, particularly in urban and peri-urban areas. The main objective of present study was to assess the impact of that kitchen gardening project on livelihood of households in Punjab. Data were collected from 100 household respondents from urban and peri urban areas of Faisalabad city. Simple random sampling technique was used for the selection of respondents, while regression analysis was employed to identify socio-economic factors effecting the adoption of kitchen gardening in the study area. The results of the study indicated that on an average, vegetable production from kitchen gardens was 3.7 kg per week which meets about 40 percent of household’s vegetable consumption. The study estimated that households saved Rs.336/ week or Rs.1344/month by adopting kitchen gardening which costs them on an average Rs.477 during a season. The benefit-cost ratio of kitchen gardening intervention/activity was 3.68, means that it is economically viable to grow vegetables at homes or nearby spared areas. The results revealed that number of household’s members, time spent on vegetable production and quantity of vegetables purchased explained 64 percent change in area of kitchen garden. It is suggested that capacity building of household’s head should be boosted and provision of good quality seed should be ensured for the sustainability of the project. It is further suggested that kitchen gardening should be the permanent feature of the department of Agricultural Extension to promote awareness and livelihood of households by adopting this healthy activity.

KEY WORDS: Kitchen Gardening, Vegetables, Livelihood, Households, Punjab

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