

Assoc. Prof. Penchan Rawiyawong. (2020, January- June), Food Security of Farming Households in Nan Province : Rajamangala Lanna Business Administration and Arts Journal. 8 (1) : 25-36

The results showed that the food security of farm households in Nan Province as a whole showed that 39.17% of the households had a high level of food security. The majority of farm households, 68.33%, had a low level of food security. Due to less arable land, yield per rai is lower than the average yield per rai of Nan Province and has low reserves of rice. Therefore, there should be knowledge about improving soil quality. Due to the limited area of cultivation, expansion of cultivation area is not possible. The low yield per rai may be due to low rainfall in other catastrophic planting seasons. and the quality of the rice seed.

Farmer's household should proceed as follows:

1. Plan before you buy food.
2. Cook food for your family to save money.
3. Food should be self-produced throughout the year and can be stored for use whenever there is a need.
4. Pre-estimation of food expenditures will ensure that food is needed and desired.
5. Household income and expenditure should be recorded to enable control of expenditures.
6. Growing vegetables in a kitchen garden saves costs and is safe from contaminants.
7. Reducing the purchase of food that is not beneficial to the body will save money and create good dietary habits.
8. Establishing good dietary habits is consuming more nutritious food than expensive but less valuable food.
9. Integrated farming instead of monocropping, focusing on growing food crops
10. Storing of seeds for planting for the implementation of projects by government agencies and other supporting agencies in solving the food security problem of Farmer households in Nan should be a project on irrigation systems to provide farmers with sufficient water for farming.

