

## **Promoting Community Food Security and Empowerment among Somali Bantu Refugees: A Case for Community Kitchen Gardens**

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**Abstract :** African refugees are among the fastest-growing populations in the United States and nearly half of these refugees come from Somalia, many of whom are Somali Bantus, the most marginalized group in Somali society. Yet limited research is available on Somali Bantu refugees. In this paper, Empowerment Theory is used to guide an in-depth exploration of the potential benefits of using community kitchen gardens to increase community food security among Somali Bantu refugees. In addition, recommendations for future research, policy and practice are offered following existing scholarly and grey source literature guidelines as informed by an Empowerment perspective to best meet the needs of this under-researched and underserved yet growing population.

**Keywords :** community kitchen gardens, food insecurity, refugees, Somali Bantu

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