



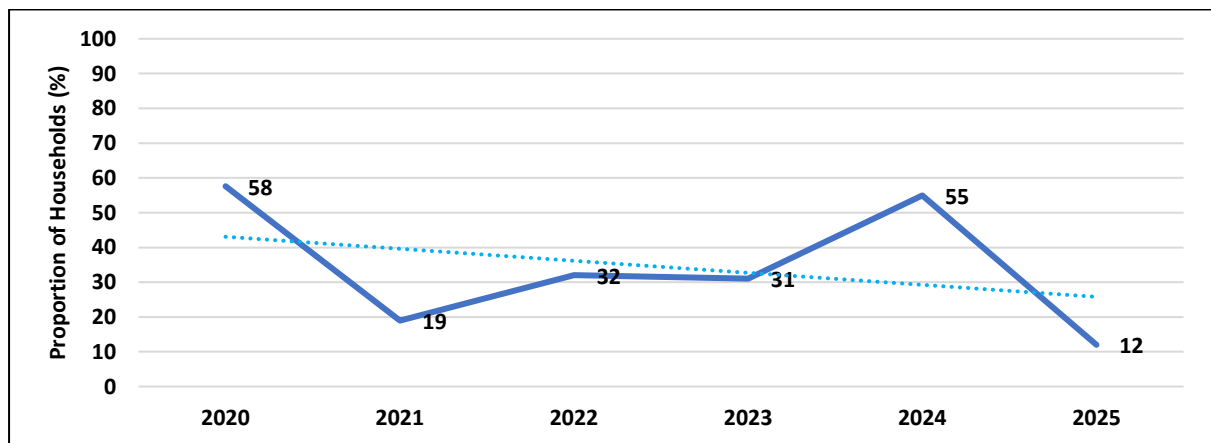
Zimbabwe Livelihoods Assessment Committee (ZimLAC)

2025 Rural Livelihoods Assessment *Mashonaland Central Province Factsheet*

The Zimbabwe Livelihoods Assessment Committee continues to undertake annual livelihoods assessments in fulfilment of Commitment 6 of the Food and Nutrition Security Policy. The overall purpose of the 2025 Rural Livelihoods Assessment was to provide an annual update on livelihoods in Zimbabwe’s rural areas to inform policy formulation and programming of appropriate interventions. This assessment was also guided by the need to demonstrate the impact of the National Development Strategy 1 (NDS1) and to provide the baseline for NDS2.

1. Cereal Insecurity

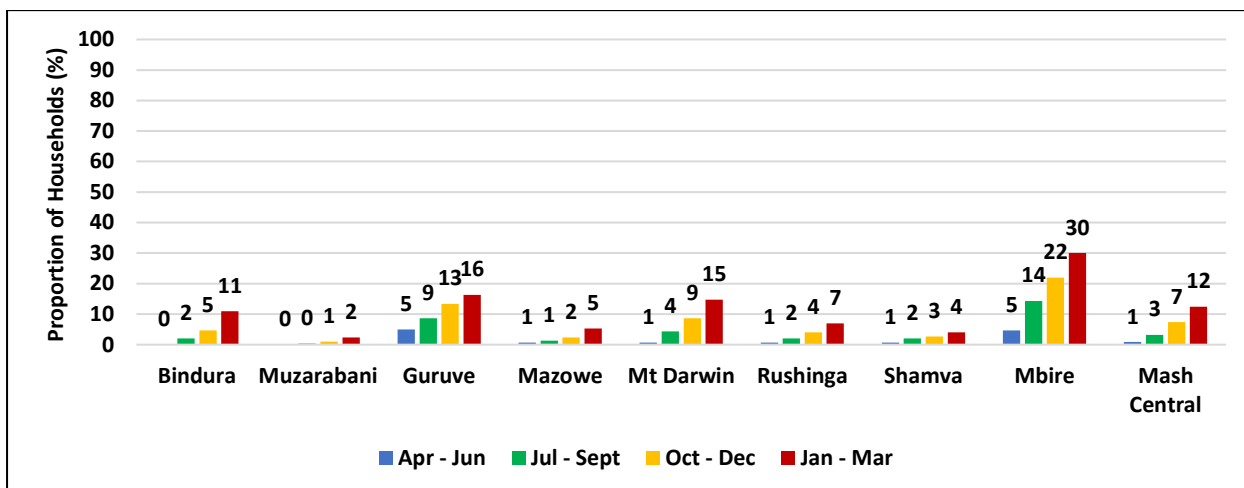
The cereal insecurity prevalence was projected to be 12% during the peak hunger period (January to March 2026) in the 2025/26 consumption year.



Cereal Insecurity Trends: 2020 – 2025

Cereal insecurity dropped from 58% in 2020 to 12% in 2025. Government is complimented for implementing shock responsive interventions that resulted in improved food security.

During the peak hunger period (January–March 2026), Mbire (30%) and Guruve (16%) were projected to have the highest proportion of households facing cereal insecurity.



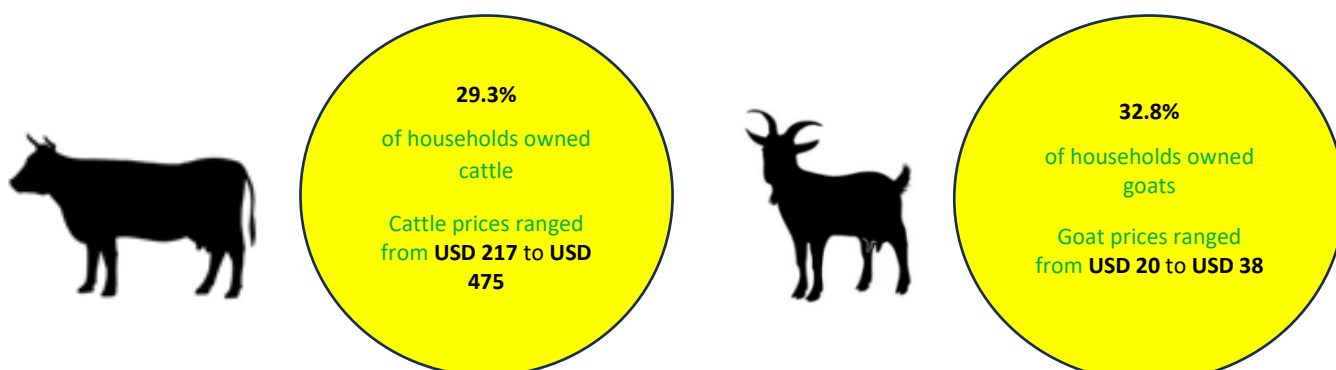
Cereal Insecurity

Cereal Insecure Populations by Quarter

District	Jul – Sept 2025	Oct – Dec 2025	Jan – Mar 2026
Bindura	3,397	7,926	18,683
Muzarabani	445	1,336	3,118
Guruve	13,312	20,480	25,088
Mazowe	3,911	6,845	15,646
Mt Darwin	10,466	20,933	35,425
Rushinga	1,538	3,075	5,382
Shamva	3,313	4,417	6,626
Mbire	12,000	18,419	25,117
Mash Central	48,383	83,432	135,084

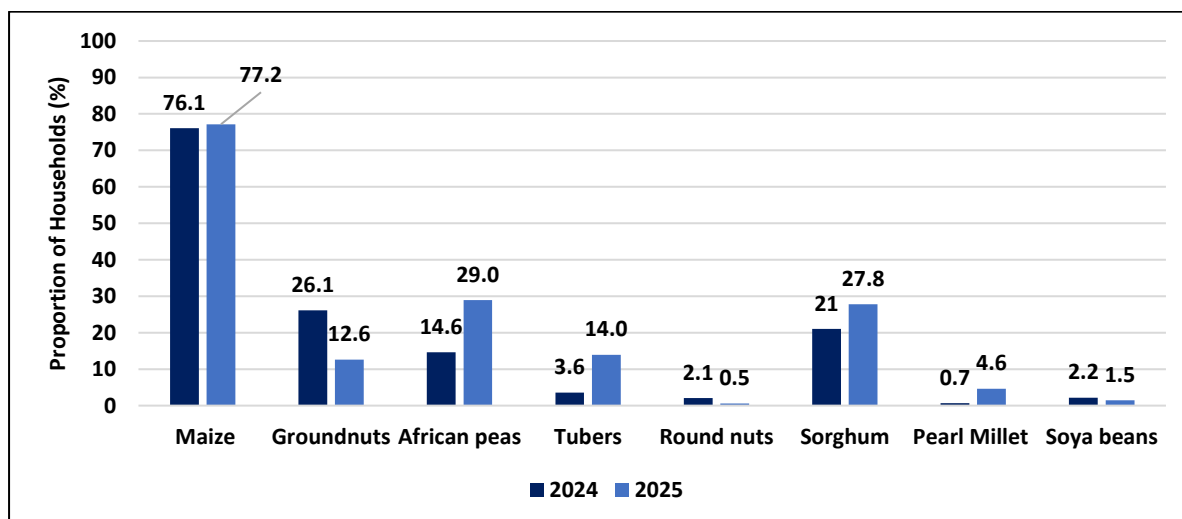
Mt darwin (35,425) and Mbire (25,117) were projected to have the highest population of cereal insecure people during the peak hunger period.

2. Livestock Production



3. Crop Production

During the 2025/6 agricultural season, Mashonaland Central recorded an increase in the proportion of households which grew maize, african peas, tubers, sorghum and pearl millet. A decrease in the proportion of households which grew groundnuts, roundnuts and soya beans was recorded in 2025 compared 2024.



Households Which Grew Crops

Season Harvest

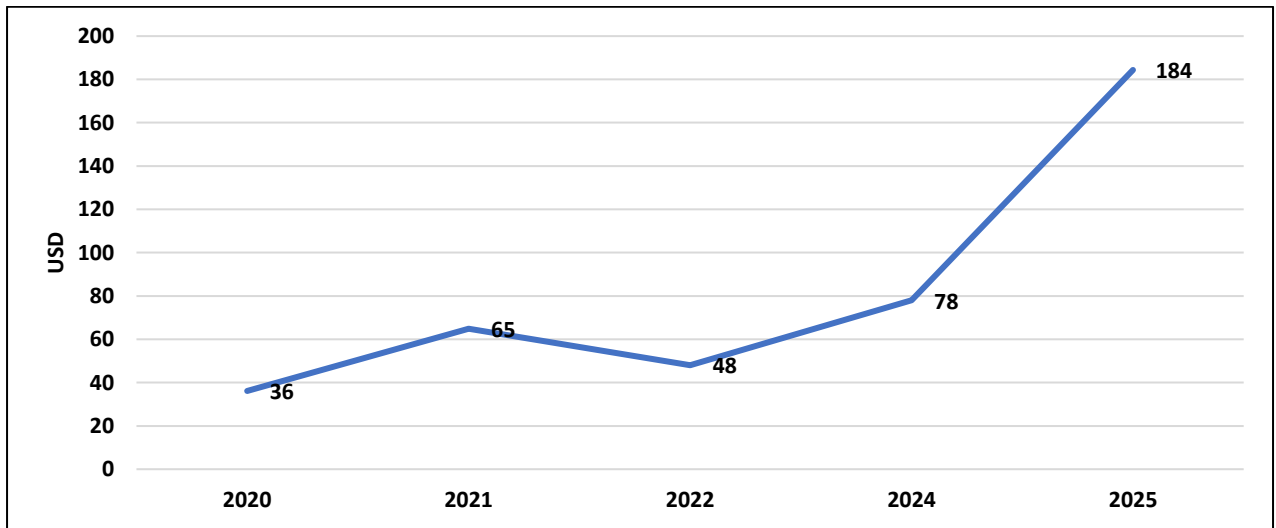
District	Maize (kgs)		Sorghum (kgs)		Finger millets (kgs)		Pearl millets (kgs)		Total (kgs)	
	2024	2025	2024	2025	2024	2025	2024	2025	2024	2025
Bindura	136	357.8	0	0.0	0	0.5	0	0.3	136.0	358.6
Muzarabani	73	277.2	19	379.8	0	0.8	0	7.4	93	665.2
Guruve	31	547.2	0	3.2	0	0.0	0	0.0	31	550.4
Mazowe	101	391.1	0	1.2	0	0.0	0	0.0	101	392.3
Mt Darwin	310	243.8	19	85.4	0	0.3	0	3.2	329	332.7
Rushinga	101	143.4	34	186.5	0	0.8	0	46.7	136	377.4
Shamva	100	449.7	0	3.4	0	0.0	0	0.2	100	453.2
Mbire	5	203.8	5	364.0	0	0.0	0	14.6	10	582.4
Mash Central	107	326.8	10	128.1	0	0.3	0	9.0	117	462.2

On average, households harvested 326.8 kgs of maize and 128.1 kgs of sorghum.

4. Household Income

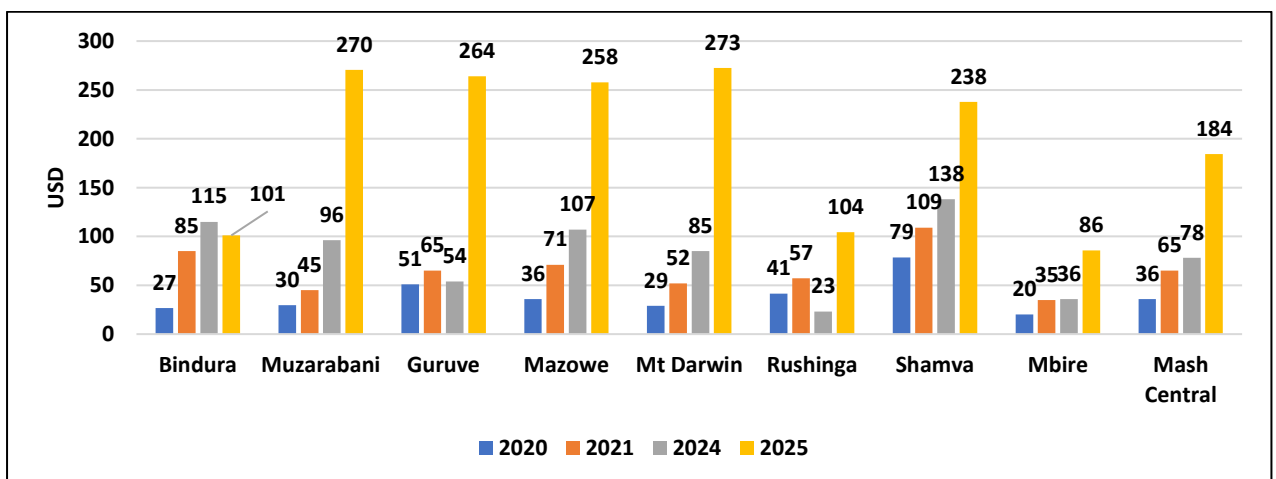
Income Trends

Compared to base year 2020, there has been a positive impact on the economy as evidenced by average household incomes increasing from USD 36 in 2020 to USD 184 in 2025.



Income Trends: 2020-2025

Average Household Monthly Income (USD) for April 2025

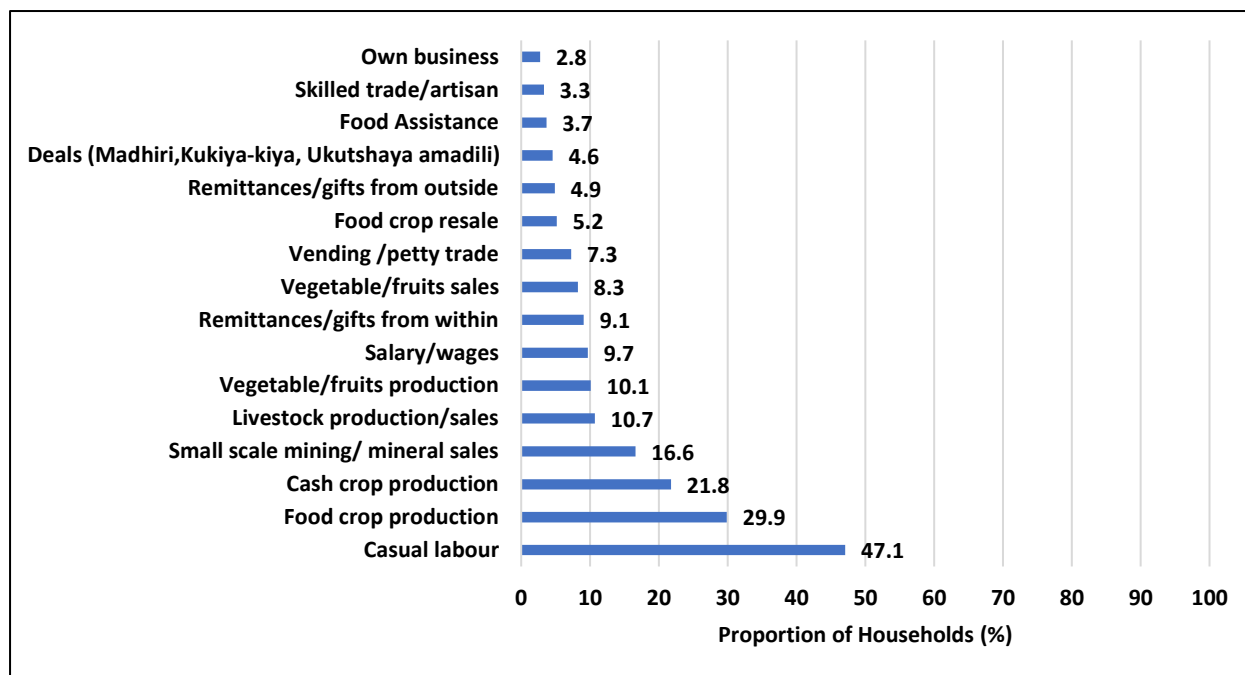


Average Household Income

Mt Darwin had the highest average household monthly income (USD 273) for April 2025 while Bindura (USD 101) had the lowest.

Income Sources

Most households relied on casual labour (47.1%), food crop production (29.9%) and cash crop production (21.8%).



Households' Most Important Income Sources

5. Social Assistance

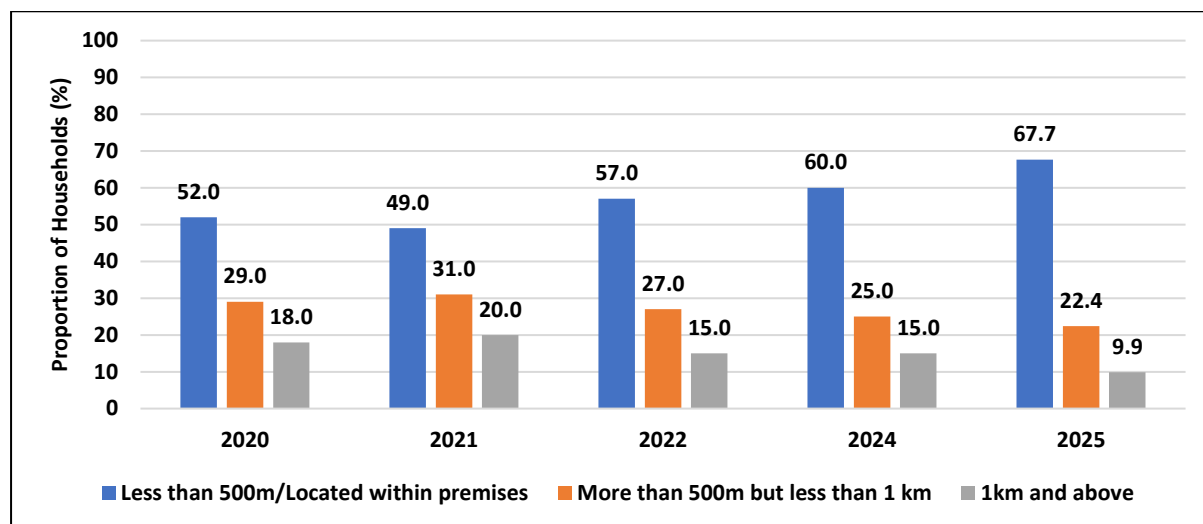
Province	Government Support (%)		UN/NGO Support (%)		Church Support (%)		Urban Relatives (%)		Rural Relatives (%)		Diaspora Relatives (%)		Mutual Groups Support (%)	
	2024	2025	2024	2025	2024	2025	2024	2025	2024	2025	2024	2025	2024	2025
Bindura	52	70	1	14	0	2	1	18	0	23	1	4	1	0
Muzarabani	51	72	1	19	3	3	15	11	16	22	1	2	0	1
Guruve	67	61	0	12	0	2	0	13	0	18	0	3	0	0
Mazowe	56	73	1	6	2	3	0	10	1	23	1	4	0	1
Mt Darwin	57	64	2	18	1	3	1	16	1	23	0	13	1	3
Rushinga	45	48	10	16	1	2	1	11	1	20	1	16	1	0
Shamva	45	64	5	17	1	2	1	16	1	22	0	9	2	1
Mbire	79	65	11	27	2	6	5	27	17	35	1	13	0	3
Mash Central	57	72	4	19	1	3	3	11	5	22	1	2	1	1

Sources of Support

Government remains as the main source of support (72%), followed by rural relatives (22%), UN/NGO Support (19%) and urban relatives (11%). The support received from relatives (both rural and urban) reflects a positive enabling economic environment and social capital.

6. Water, Sanitation and Hygiene (WASH)

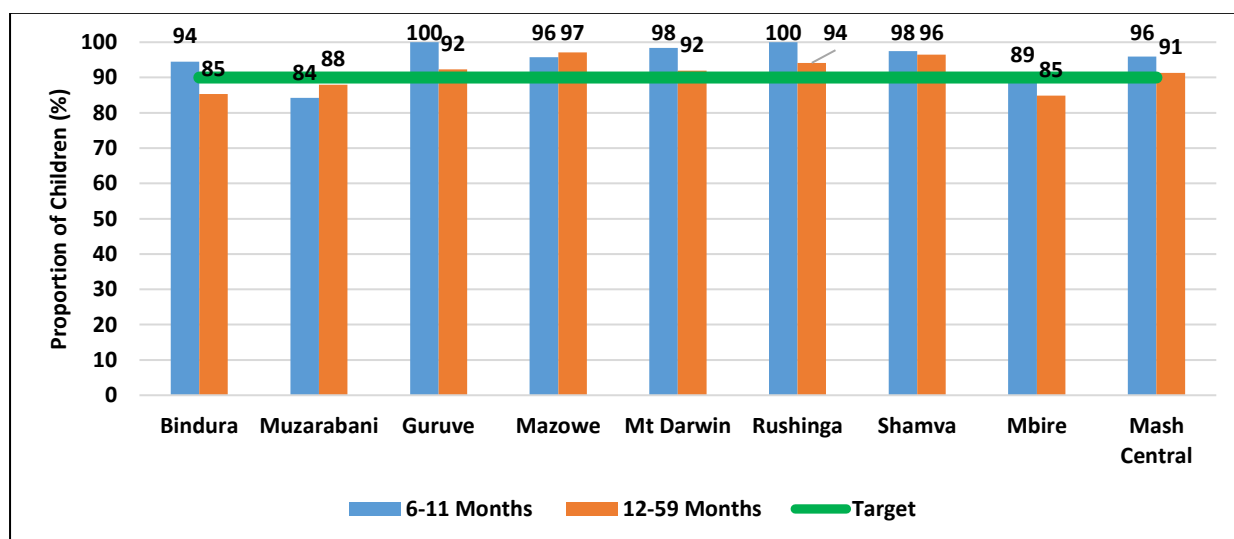
About 90.1% of the households accessed water within a kilometer.



Distance Travelled to Main Water Source

7. Child Health

Vitamin A Supplementation



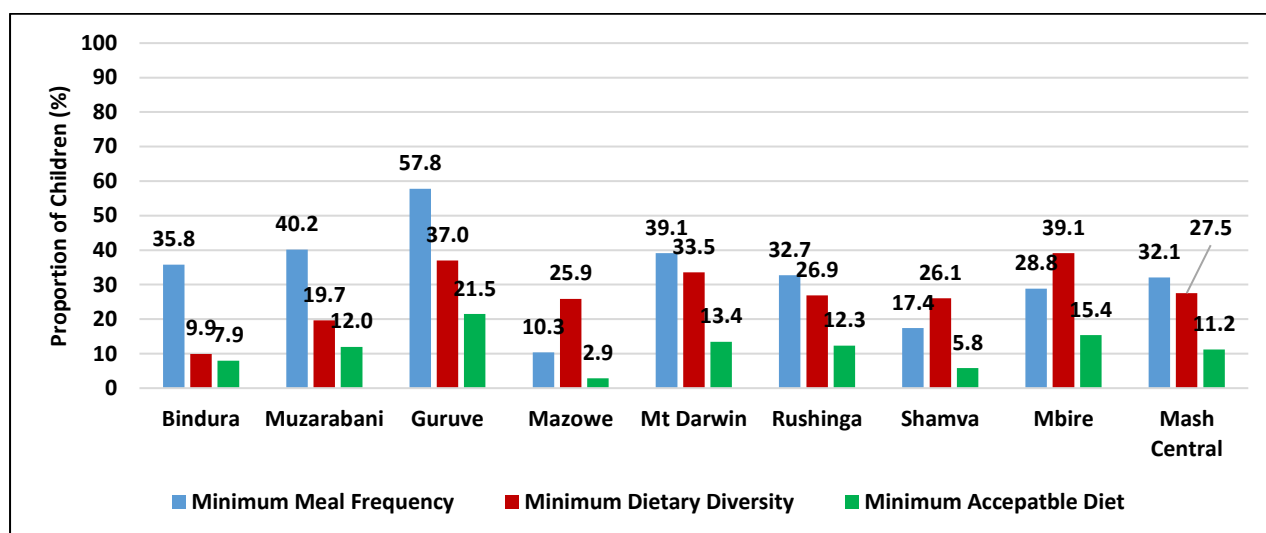
Vitamin A Supplementation

The proportion of children who received Vitamin A supplementation in Mashonaland Central was 96% (6-11 months) and 91% (12-59 months).

8. Infant and Young Child Feeding Practices

Infant and Young Child Feeding Diet Quality

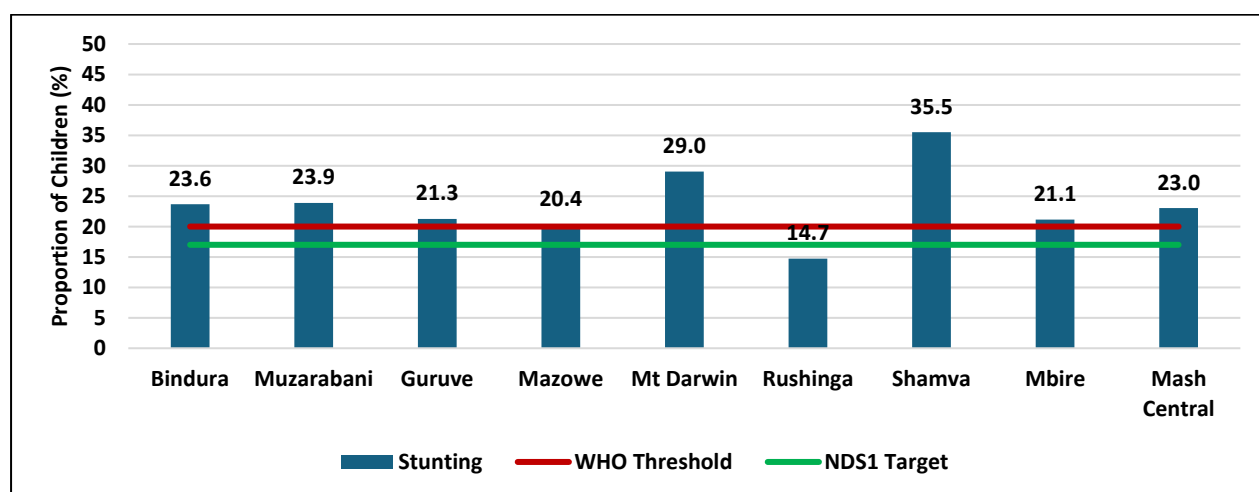
The proportion of children fed a Minimum Acceptable Diet was high in Guruve (21.5%) while Mazowe (2.9%) had the lowest.



Infant and Young Child Feeding Diet Quality

9. Child Nutrition Status

Nutrition Status of Children 6-59 Months



Nutrition Status of Children 6-59 Months

All districts except Rushinga (14.7%) recorded stunting levels above the WHO threshold of at least 20% classified as high (20-30%). Stunting levels were highest in Shamva (35.5%) and Mt Darwin (29%).

Conclusions and Recommendations

Government and its Development Partners are recommended to continue implementing measures and strategies in the following areas:

- a) **Food Security:** At peak (January to March 2026), 12% of the rural households (approximately **135,084** individuals) will be cereal insecure. The Ministry responsible for Social Welfare is urged to consider programmes that address the cereal gap in the affected districts for example Mbire district.
- b) **Education:** The proportion of primary school pupils who received a hot meal at school was 43.5%, an increase from 3.4% in 2024. Studies have shown that the benefits of school feeding include alleviation of short-term hunger, increasing school enrolment, reducing school dropouts and absenteeism. Furthermore, the Education sector needs to intensify rollout and operationalisation of the school health and nutrition programmes through commercial ventures and School Business Units.
- c) **Infant and Young Child Feeding:** Minimum Acceptable Diet (MAD) was 11.2% in 2025. This however remains below the Multi-Sectoral Food and Nutrition Security Strategy (MFNSS) target of 25%. There is compelling evidence that supports the provision of nutritional counseling to caregivers through local multi-sector support group platforms and feeding demonstrations as potential interventions to improve complementary feeding practices and ultimately the nutritional status of children in developing countries.



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