

FOOD SECURITY

PRESENTATION FOR THE COURSE
“FOOD SAFETY-FOOD SECURITY”

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Food Security

Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life (FAO - UN)

There are four dimensions to food security:

- **Availability:** Ensuring an adequate and stable food supply, including sufficient production, distribution, and exchange at the global, national, and local levels.
- **Access:** Ensuring that individuals and communities have economic and physical access to the food they need.
- **Utilization:** Ensuring that food is effectively utilized by the organism, including safe and nutritious preparation, as well as access to clean water, sanitation facilities, and health care.
- **Stability:** Ensuring that the other three dimensions are maintained over time, even in the face of disruptions such as natural disasters, economic downturns, or conflicts.

Factors Affecting Food Security

1. **Sustainable Agriculture:** Practices that promote sustainable and efficient agricultural methods.
2. **Infrastructure:** Adequate infrastructure, including transportation, storage facilities, and distribution networks
3. **Economic Stability:** Ensuring that individuals and households have the economic means to purchase food. Economic stability contributes to poverty reduction and improves overall access to food.
4. **Market Access:** Access to local and global markets allows farmers to sell their products, ensuring fair returns for their efforts.



5. Technological Advancements: Progress in agricultural technology, such as improved crop varieties, precision farming techniques, and sustainable irrigation practices.

6. Education and Knowledge: Educating farmers and communities about modern agricultural practices, nutrition, and food safety contributes to better cultivation methods, healthier dietary choices, and improved overall food security.

7. Social Safety Nets: Social safety nets, such as food assistance programs, subsidies, and targeted support for vulnerable populations, ensure that even in times of crisis, individuals and communities have access to the food they need.



8. **Political Stability:** Political stability and effective governance play a crucial role in creating an environment conducive to sustainable agriculture, economic development, and social welfare.

9. **Climate Resilience:** Building resilience to climate change and variability is essential for ensuring the stability of food production. Strategies such as drought-resistant crops and climate-smart agricultural practices contribute to long-term food security.

10. **Biodiversity:** Preserving biodiversity in agriculture helps protect crops from diseases and pests, ensuring a more reliable and diverse food supply.





Obstacles to Food Security:

1. Poverty
2. Limited access to markets
3. Climate change
4. Conflict and political instability
5. Natural disasters
6. Land degradation
7. Water scarcity
8. Limited agricultural technology
9. Lack of education
10. Food waste and loss
11. Rapid urbanization
12. Gender inequality

Individual responsibility

- Differentiated diets
- Sustainable Food Choices: buying local and seasonal foods
- Gardening at home
- Reducing food waste
- Financial Planning
- Food Preservation: canning, freezing, and drying
- Cooking skills
- Community Engagement
- Educational Initiatives
- Water conservation
- Supporting local agriculture
- Emergency preparedness



How to reduce food waste:

1. Meal planning
2. Smart storage space
3. Understand expiration dates
4. Creative cooking
5. Composting
6. Donate surplus food
7. Preservation techniques
8. Conscious consumption

How to make sustainable food choices:

1. Support local farmers
2. Choose sustainable seafood
3. Reduce meat consumption
4. Minimize packaging waste
5. Educate yourself
6. Use water-based products sparingly
7. Grow your own food
8. Eat seasonally

Conclusively:

- Food security doesn't just involve having enough food; it's about access to safe and nutritious options.
- Sustainable agriculture and responsible consumption contribute to long-term food security.
- Everyone has a role to play in promoting food security at personal, community, and global levels.

