

FOOD SECURITY: WHY DOES IT MATTER?

Hi Friends,

Today we are going to look at food security and how it affects us. The United Nations definition is that 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. The Sustainable Development Goal 2 states that by 2030 we need to aim to end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.

Current estimates are that nearly 690 million people (8.9% of the world's population) are hungry - up by 10 million people in one year and by nearly 60 million in five years. The number of people affected by severe food insecurity, which is another measure that approximates hunger, shows a similar upward trend. In 2019, close to 750 million people - or nearly one in ten people in the world - were exposed to severe levels of food insecurity.



Credit: United Nations

Pillars of Food Security: United Nations

- ◆ Food availability: The availability of sufficient quantities of food, of appropriate quality, supplied through domestic production or imports (including food aid).
- ◆ Food access: Access by individuals to adequate resources (entitlements) for acquiring appropriate foods for a nutritious diet.
- ◆ Utilisation: Utilisation of food through adequate diet, clean water, sanitation and health care to reach a state of nutritional well-being where all physiological needs are met. This brings out the importance of non-food inputs in food security.
- ◆ Stability: To be food secure, a population, household or individual must have access to adequate food at all times. They should not risk losing access to food as a consequence of sudden shocks (e.g. an economic or climatic crisis) or cyclical events (e.g. seasonal food insecurity).

Watch this video to better understand food security:
<https://www.youtube.com/watch?v=8c5ZN7BseNA>

What is the Current Status?

- ◆ The majority of the world is undernourished. About 381 million people are still found in Asia.
- ◆ More than 250 million people live in Africa, where the number of undernourished people is growing faster than in any other region of the world.
- ◆ If recent trends continue, the number of people affected by hunger will surpass 840 million by 2030, or 9.8 percent of the population.
- ◆ Covid-19 is expected to worsen the overall prospects for food security and nutrition.
- ◆ The high cost and unaffordability of healthy diets is associated with increasing food insecurity and different forms of malnutrition, including child stunting and adult obesity.

Food Security Challenges in South Africa

- ◆ Poor households are characterised by few income earners, and many dependants.
- ◆ South Africa does not yet have a structured system of dealing with food security disasters, such as droughts or floods.
- ◆ Hunger and malnutrition in South Africa is caused from insufficient, unstable food supplies in households.
- ◆ The majority of households in South Africa lack cash to purchase food.
- ◆ Poor nutritional status.



Credit: Kamala Saraswathi on Unsplash

What can you do?

1. Reduce food wastage.
2. Don't commercialise community gardens.
3. Improve existing infrastructural programs.
4. Start a food garden in your backyard
(Check out:
<http://www.waterwise.co.za/site/gardening/food>)
5. Promote a wide range of crops on farms.
6. Work towards defeating climate change.
7. Conserve water, conserve the environment.
8. Take environmental action.

With nine years to go until 2030, the world is off track to achieve the Sustainable Development Goals (SDG's) targets for hunger and malnutrition. After decades of long decline, the number of people suffering from hunger has been slowly increasing since 2014. If we are to achieve SGD 2, governments, civil society, policy makers, NGO's and private institutions must work together to reduce hunger and malnutrition. Do your bit to improve food security in South Africa?

Love

The Water Wise Education Team



For more information on being Water Wise please contact 0860 10 10 60 or log onto www.randwater.co.za and click on the Water Wise logo

#WaterWise #RandWater #KnowBetterDoBetter



2



References for Newsletter:

- www.un.org
- www.fao.org
- Fao, 2006, policy brief
- World Food Programme, 2019/2020, Food Security in southern Africa
- The state of food security & nutrition in the world.

HOUSEHOLD FOOD SECURITY SURVEY

Instructions

Take your class outside and let them stand in one long line. Ask them the following questions. These questions are about the food situation in each child's household in the **last 12 months**. (Please be honest!)

1. The food that was bought didn't last, and there wasn't enough money to buy more.
 - ◆ If this was never true, remain standing where you are.
 - ◆ If this was ever true, take one step forward.
2. Your family couldn't afford to eat balanced meals.
 - ◆ If this was never true, remain standing where you are.
 - ◆ If this was ever true, take one step forward.
3. Your family cut the size of meals, or had to skip meals, because there wasn't enough money for food.
 - ◆ If this was never true, remain standing where you are.
 - ◆ If this was ever true, take one step forward.
 - ◆ If this was true in more than two months, take an additional step forward.
4. You ate less than you felt you should because there wasn't enough money for food.
 - ◆ If this was never true, remain standing where you are.
 - ◆ If this was ever true, take two steps forward.
5. You were hungry, but didn't eat, because the family didn't have enough money for food.
 - ◆ If this was never true, remain standing where you are.
 - ◆ If this was ever true, take two steps forward.

Results

1. Count the number of people who stayed in one place; the number who took one step; the number who took two steps; and so on. Write down these results.
2. Categorise each household as follows:
 - ◆ 0-1 steps forward: Food secure
 - ◆ 2-4 steps forward: Low food security
 - ◆ 5-6 steps forward: Very low food security
3. Let the learners calculate the number and percentage of households that fall under each category.
4. Let the learners discuss how they can find solutions to securing food in their family.



For more information on being Water Wise please contact 0860 10 10 60 or log onto www.randwater.co.za and click on the Water Wise logo



#WaterWise #RandWater #KnowBetterDoBetter



YOUR FEEDBACK

It would be most appreciated if you could please give feedback on this education material by clicking on the following link:

<https://forms.gle/ePtXdPBUjTz4Um5H7>

For more information on being Water Wise please contact 0860 10 10 60 or log onto www.randwater.co.za and click on the Water Wise logo



#WaterWise
#RandWater
#KnowBetterDoBetter