

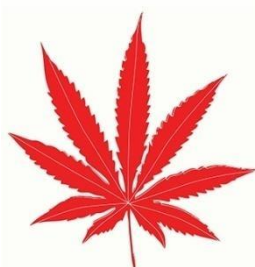


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

STRATEGIES FOR FOOD AND NUTRITION SECURITY

Saad Ali

Abstract

Food and Nutrition security means when all people at all times have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life. A person is food insecure when they lack regular access to enough safe and nutritious food for normal growth, development, active and healthy life. This may be due to unavailability of food or lack of resources to obtain food. Pakistan can invest in sustainable agriculture development practices and projects to adapt to the new realities of climate change and moving towards climate-smart agricultural practices, such as switching to high-yielding crops, efficient water management, reducing water losses, and building small and medium size dams to tackle water shortages and boost agricultural output. Stability of prices for necessities, increasing national food production based on smallholder agriculture, and supporting small farmers with seed assistance, labor-intensive programs, equipping and infrastructure in rural areas. Giving more people benefits through nutrition assistance programs, increasing benefit amounts, and addressing unemployment may help reduce food and nutrition insecurity.

Keywords: Food security, Nutritious food , Food insecurity, Climate change, Agriculture development

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Declaration

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