

# Essay

## Food insecurity: the defining challenge of the century ahead

### Outline

#### 1. Introduction.

Food insecurity is a daunting and multifaceted challenge that demands immediate and pertinent solutions.

#### 2. Defining food insecurity and the importance of food security.

#### 3. How is food ~~se~~ insecurity a defining challenge of century ahead?

a. Continuous wars fuelling the cause of food insecurity.

b. Pressing of issue of climate change ~~fueller~~ leaving the people food insecure.

c. High poverty rate in the underdeveloped world leading to malnutrition.

d. Food waste directly impacting the food availability and affordability.

e. Refugees fleeing war lacking access to land and resources.

#### 4- Consequences of food insecurity around the globe:

- a. Social unrest and political instability.
- b. Malnutrition and high mortality rate among children.
- c. Low productivity and food riots.
- d. Social instability and unrest among masses.

#### 5- Towards a brighter future:

What steps should be undertaken to curb the menace of food insecurity?

- a. Investing in sustainable agriculture.
- b. Strengthening social safety nets.
- c. International cooperation and policy change.
- d. Humanitarian aid to war-struck areas and ending

the way.

## 6- Conclusion.

# Essay

Food insecurity anywhere is a threat to stability everywhere because it contributes to the social, political and economic instability. Food insecurity is a daunting and multifaceted challenge that demands immediate and pertinent solutions. Food insecurity is defined as the absence of adequate food that is essential for an active and healthy life. The world faces the pressing issue of food insecurity and it is a daunting challenge of the century due to various factors including ongoing wars, issue of climate change and the persisting challenge of food waste. Moreover, high poverty rate leads to low purchasing power that contributes to the absence of secure food among the poor and malnutrition among the children. It has a plethora of impacts on the security and peace of the

globe because food insecurity causes social unrest and political instability. In addition, it also contributes to high mortality rate due to stunted growth caused by malnutrition. It also causes food riots and social instability. These alarming impacts demand for an immediate actions to lift the people out of food insecurity to usher in an era of peace and stability. For instance, there is a dire need of investment in sustainable agricultural practices and international cooperation.

Additionally, humanitarian aid to war-struck areas and immediate calling for ceasefire is the need of the hour. These measures promise to promote a peaceful, secure and sustainable future.

**Food and Agricultural Organization** defines food insecurity as, "A person is food insecure when he lacks regular access to enough safe and nutritious food for normal

growth and development of an active and healthy life."

Food security is an essential for the normal functioning of the body organs. Food insecurity is may be due to the unavailability of food or lack of resources to obtain food. Access to safe and nutritious food is a fundamental rights of human beings. According to UDHR article 25(1), "every one has the right to standard of living adequate for the health and well-being of himself and of his family including food, clothing and housing." It means that when a person is food insecure, he is basically deprived of his fundamental right. Food security is important for the sustainable and prosperous future.

Food insecurity has been increased in recent years due to multiple factors. According

to WHO report, 122 million more people have pushed to hunger since 2019 due to multiple crises. These crises include pandemic, repeated weather shocks and war in Ukraine and Gaza. Ukrainian war has disrupted the food supply chains. As Ukraine is known as the "bread basket of Europe", war in this state country has led to food insecurity all around the globe. Ukraine is the biggest supplier of wheat, corn and sunflower oil, but due to ongoing war, the exports of Ukraine have been severely affected, fuelling the cause of food insecurity. Similarly, the war in Gaza has led to humanitarian catastrophe. According to a Palestinian official, "More people are going to be killed from hunger than from war in Gaza." It shows the gloomy picture of food

unavailability faced by Gaza population.

Additionally, the world is going through a tougher challenge of climate change. It further exacerbates the issue of food insecurity, due to droughts, famine and water shortage. For instance, recent floods in Pakistan in 2022 caused by climate change had significant impacts on food security of the country. According to reports, about 4.4 million crops had been destroyed due to floods.

It also ultimately decreased the agricultural productivity. The floods impacted 33 million people in Pakistan. They faced lack of resources and food insecurity. This alarming picture shows that climate change contributes to the food ~~of~~ unavailability due to low



productivity.

Furthermore, the underdeveloped states face the pressing issue of high poverty rate. This It leads to low purchasing power contributing to the unavailability of food.

For example, Haiti is a country having high rate of poverty.

According to reports, the poverty rate of Haiti is 60%.

It shows that more than half of the population of Haiti faces food shortage which leads to malnutrition especially among the children.

It causes social unrest among the masses and they actively participate in the mass movements. Haiti is also a victim of natural disasters.

In 2021, it faced earthquakes that led to the loss of infrastructure and natural resources. It shows that poverty, and climate change and

food insecurity are directly linked to each other.

Moreover, another daunting challenge faced by the world is food waste. It not only contributes to ~~our~~ food shortage but also leads to the loss of natural resources such as water.

Various countries are facing this pressing issue. For

instance, India has a total population of 1.3 billion and 40% of its food goes to waste annually. It shows

the alarming picture of food waste and that ultimately leads to pollution and food unavailability. The increased rate of population demands more availability of food.

The world population has risen to 8 billion. It demands more food but various factors as mentioned earlier lead to

unavailability of food, leading to humanitarian catastrophe.

In addition, another factor that shows that food insecurity is going to be a defining challenge in the upcoming century is the problem of refugees. Refugee crisis are directly linked to ~~food~~ lack of food and resources. For instance, Syrian civil war of 2011 had caused millions of people to ~~be~~ flee from country due to social unrest. It puts extra ~~str~~ economic strain on the countries hosting these refugees. The refugees face lack of land and resources. They tend to live in overcrowded places that not only affects their health but also cause food shortage. According to UNHCR report, there are 6.7 million Syrian refugees globally. These refugees face hunger, famine and shortage of water.

This gloomy picture shows that it has myriad impacts on the globe. To take an example, it leads to social unrest and political instability. For instance, according to the survey conducted by Venezuelan National Survey of Living Conditions, around 64.3% of households reported are experiencing food insecurity.

9 out of 10 households lack sufficient access to food and water. This alarming condition leads to social unrest. People took to street to demand the sufficient food and natural resources, that leads to political instability. Venezuela faces food shortage due to which many people have fled the country, further exacerbating the already prevailing challenge.

In addition, food is one of the most significant impact

of food shortage is malnutrition and high mortality rate, especially among the children below the age of five. For example, in Central African Republic, 2.8 million people face food insecurity that accounts to half of the country's population. Children die at the rate of under the age of five at the rate of 17.1%, according to a report published by WFO. It impacts the social stability of a country.

Moreover, food shortage also leads to food riots due to low productivity. The food riots contribute to the social instability. For instance, the Food riots in Sudan 2011, were caused by the prevailing situation of food shortage and hunger. People demanded the access to clean water and sustainable food. These examples shows that high mortality rate and malnutrition caused by the food insecurity contribute to the social unrest.

Furthermore, the social instability causes unrest among the masses which indirectly incite them to take inappropriate measures. This fact has been observed by the sociologists.

As according to the social deprivation theory, when people are unable to get what they think necessary for their survival, they resort to the inappropriate means to get them. It shows that social unrest caused by the food unavailability and unaffordability sometimes leads to increase in crime rate in the society because insufficient supply of natural resources cause people to take illegal measures. These deteriorating conditions demand appropriate and timely actions in order to usher in an era of stability, peace and security.

Several significant measures are need of the hour such as investment in sustainable agriculture. Climate smart agriculture, drip irrigation methods and applying crop rotation methods are some of the examples of sustainable agriculture. These measures would not only increase the productivity of the soil but also fulfill the growing demands of growing population. Moreover, there should be a focus on strengthening social safety nets through food assistance programme and targetted intervention of vulnerable groups. Similarly, there is a dire need to empower communities through education, access to land and resources and fostering local food systems. These measures promise the a sustainable and peaceful future.

Additionally, international cooperation and policy change is

needed to promote a sustainable future. For instance, and there is an immediate need for trade agreements promoting fair prices and addressing the climate change. These active collaboration between the private and public sector can lead to food availability to all the segments of society, that would contribute to the peace and security around the globe. Moreover, the international organizations should promote humanitarian aid to war struck areas such as Gaza and Ukraine to uplift the people from hunger and food shortage. They should also ask the take measures to ask the countries for an immediate ceasefire in order to prevent the people from humanitarian catastrophe.



In a nutshell, food insecurity is a threat to social, economic and political stability and prosperity around the globe. It is likely to be the defining challenges of upcoming era due to numerous factors including ongoing wars, climate change, high poverty rate and food waste. These factors threatens the global peace and food security, because they lead to social unrest, political instability and high mortality rate. In addition, the food insecure people demand food by food riots and mass movements. The unrest among the masses caused by malnutrition and food shortage threatens the possibility of a peaceful future. Therefore, in order to mitigate these harmful impacts, there is a dire need to take active, pertinent and timely measures to ensure food security. These

measures include international cooperation, humanitarian aid to people, strengthening social safety nets and promoting sustainable agricultural practices to increase the productivity. These much needed actions, if taken timely, can lead to a peaceful, secure, prosperous and sustainable future.

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