



WORLD FOOD DAY

This year World Food Day marks the **75th** Anniversary of the founding of the Food and Agriculture Organization (FAO), with a view to looking towards the future we need to build together. The theme this year is ***“Grow, Nourish, Sustain, Together. Our actions are our future.”*** World Food Day promotes global awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all.

FOOD is something that provides nutrients. Nutrients are substances that provide: energy for activity, growth, and all functions of the body such as breathing, digesting food, and keeping warm; materials for the growth and repair of the body, and for keeping the immune system healthy. The World Food Day celebrations call for global cooperation and solidarity to make sure that the threats COVID-19 are posing to food security and agricultural livelihoods are confronted, and the most vulnerable are able to get back on their feet. It is also an occasion to sensitize the public on how **everybody has a role to play in transforming our food systems by changing the way we produce, transform, consume, and waste our food.**

There is enough food for everyone on the planet today, yet about 800 million people are undernourished. Hunger today is not caused by a lack of supply but because hundreds of millions of people simply cannot afford to buy enough food. At the same time, almost 80% of the world’s poor live in rural areas, where people depend on agriculture, fisheries, or forestry as their main source of income and food. Vulnerable to climate change and other shocks, they are disproportionately affected by crises, often the first victims of disasters and the degradation of natural resources. We need to produce most of the food we eat by working the land, raising animals, harvesting fish, and managing forests. As stewards of the planet’s natural resources, our daily management decisions are key to global food security and the health of the world’s ecosystems. To help nourish the theme we need to increase farmers’ access to resources, employment, income, and investment which will, in turn, improve food and nutrition security, the sustainability of natural resources, raising productivity and national growth

Remember! Everybody has a role to play from farm to table to ensure the food we consume is safe and will not cause damage to our health. Even during this COVID-19 pandemic we are being reminded daily to wash our vegetables and fruits with warm salt water.

Fuelling your body with whole foods that have been scientifically proven to boost your health will help to support insulin regulation, reduce inflammation, optimize digestion, and may even promote fat loss helping your body to function at your best. Never underestimate the importance of food and nutrition.

References

- https://www.who.int/water_sanitation_health/hygiene/emergencies/em2002chap9.pdf
- food safety procedures, see: World Health Organization (1984a), World Health Organization (1989b), World Health Organization (1991d), Bryan (1992), World Health Organization (1992a);
- supplementary and therapeutic feeding, see: Sphere Project (2000), World Health Organization (2000a);
- breastfeeding and breast-milk substitutes, see: United Nations High Commissioner for Refugees (1989), Savage-King (1992), World Health Organization(2000b), Sphere Project (2000);
- food storage, see: Walker (1992)s
- <https://www.cellnutrition.com/blogs/journal/the-importance-of-food-and-nutrition>
- <https://www.fsinplatform.org/sites/default/files/resources/files/a-i7454e.pdf>
- <https://www.foodforcenetwork.eu/events/>

You can share your ideas and questions by sending letters to: “Our Earth, Our Environment”, C/O Communications Department, Environmental Protection Agency, Ganges Street, Sophia, GEORGETOWN, or email us at: eit.epaguyana@gmail.com, follow us on Facebook and Instagram, and subscribe to our YouTube channel.