

Addressing Food security and fortification

What is the issue?

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Multi- sectoral approach is needed to address food security and food fortification in India.

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What are the issues with food security in India?

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- In India the capacity to produce enough quality food is falling behind human numbers.

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- Food production in India needs a pace, even as environment sustainability and economic development are ensured.

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- India continues to face challenges such as food insecurity and malnutrition, particularly in rural areas.

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- There is a need for linking agricultural and nutritional outcomes to help India sustainably grow, feed its people.

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How food fortification and food security can be ensured?

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- **Bio-fortification**-This will help to overcome hidden hunger caused by micronutrient deficiencies such as iron, iodine, zinc, vitamin A, and vitamin B12.

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- **Mass Movement** -Providing growing urban population with safe and healthy food requires mass rural and urban agricultural movements.

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- **Policy shifts** -Policymakers must shift their attention to the role of

biodiversity and the power of local farming systems to improve nutritional status.

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- **Research connections** - The connections between agricultural and nutritional research with extension services and policy needs to be improved.

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- **Use of traditional varieties** - Underused traditional crops such as millets, pulses will increase agricultural production and improve nutrition and health in high-need areas.

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- **Home gardens** - This setups can provide households with up to more than double the amount of vegetables they were buying in local markets.

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- **PDS** - Inclusion of millets in the Public Distribution System will provide good nutrition, as millets are superior to common grains in many ways and are also climate-resilient.

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- **Empowering women**- Women farmers are the direct recipients of development impacts, such as access to markets and income, to improve theirs and their children's access to adequate and diversified diets.

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Source: The Hindu

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