

Forests for food: Nourishing people, sustaining the planet report

Prelims: *Current events of national and international importance| Reports and indices*

Why in News?

Recently the *Forests for food: Nourishing people, sustaining the planet* report has been released.

About the Report

- **Published by** – FAO, jointly with the Landscape Alliance.
- **Highlights** – Role of forests in reducing hunger and poverty and calls for their integration into agri-food system policies.

Forests as Food and Livelihood Sources

- More than 5 billion people depend on forests and trees to some extent for their livelihoods.
- Forests provide fruits, nuts, tubers, mushrooms, edible insects, wild meat and other foods.
- They also provide fuel, income and employment.
- Forest plants and animals supply protein, vitamins and minerals, especially to Indigenous Peoples and forest-dependent communities.
- Around one-quarter of the global population depends on wood fuel for cooking or water sterilisation.
- More than 1 billion people rely on medicinal plants for healthcare.
- Ecological Contribution to Food Security
- Forests indirectly support food production by:
 - Maintaining soil fertility.
 - Protecting water resources.
 - Conserving biodiversity.
 - Providing habitats for pollinators essential for agriculture.
 - Regional Contribution to Food Security and Nutrition

Region	Key Contribution
Africa	Some communities obtain up to 80% of daily protein from wild meat.

Amazon	Fish constitute 44% of food consumed by weight, along with wild meat, Brazil nuts and acai berries
Europe	90% of surveyed people across 28 countries consume at least one forest food annually; over one-third consume game meat.
North America	Wild meat is used mainly for recreation rather than subsistence.
India	Indigenous communities are major consumers of wild forest foods; greater forest cover is associated with more diverse diets and lower childhood stunting in some studies.

Evidence from India

- Forest foods contribute significantly to the diets of Indigenous and forest-dependent communities.
- Studies indicate that children in areas with greater forest cover may have more diverse diets and lower rates of stunting.
- In eastern India, consumption of wild foods, mainly from forests, was associated with higher dietary diversity among women, particularly during the lean season.

Reference

[DTE| Forests at the heart of food security, nutrition and livelihood: FAO](#)