

“FOOD, HUNGER AND FOOD SECURITY-WITH SPECIAL REFERENCE TO ARTICLE 25 OF UNIVERSAL DECLARATION OF HUMAN RIGHTS”

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Abstract

The most promising is the human rights to adequate food. The summit reaffirmed the right of everyone to have access to safe and nutritious food consistent with the right to adequate food and the fundamental right of everyone to be free from hunger (FAO 1996, Rome Declaration).

The Right to food and its non-derivations is a human right protecting the right for people to feed themselves in dignity, implying that sufficient food is available, that people have the means to access it, and that it adequately meets the individuals' dietary needs.

It is generally acknowledged that hunger is both a violation of human dignity and an obstacle to social, political and economic progress, and a number of countries have enshrined the rights to food in their constitutions. Yet to date no country has adopted national legislation to specifically realize this right.

UN provide Food and Food assistance to 91.4 million people across 83 countries, still this vicious circle of hunger due poverty, deficiency diseases due malnutrition, food scarcity, food wastage are not only the problems of under developed and developing countries but it also has bad impact even in the developed countries. To come up with situation in its SDGs Sustainable Development Goal: 2 Zero Hunger of 47th session of the UN statistical Commission held in March 2016 work towards the End of Hunger and to achieve food security. Let's hope that SDG Summit Sept 24-25, 2019 at New York will throw some light to come out with this crucial problem worldwide and we by the end of 2030 will achieve the Goal of ZERO Hunger to enlighten Human Right of Food with Dignity.

KEY WORDS: Hunger, Food Security, Sustainable Development Goal, Human Dignity, Poverty.



MOST TOUCHING MESSAGE THIS DIWALI

According to one recent UN report in the world almost around 1.94 crore people sleeps empty stomach. Who is responsible for this? Leaders, Politicians, industrialist, Rich people, Upper middle class, educated-non-educated, elder-younger Who????

Answer from my view-1st who waste it most, but this is not only reason for Hunger issue in present time worldwide, there are many other reasons such as Climate change effects agriculture production effecting pricing policy, non-affordable food price, weak quality, insufficient supply, poverty, malnutrition among children and many more.

According to the International Food Policy Research Institute (IFPRI) Report, India is at worst pitiable position in the matter of starvation. Recent Global Hunger Index of 117 countries India ranks 102nd position which is now serious indication and time to think much about how to reduce this ratio first and then try eliminating this problem.



Fruit and vegetables in a dumpster, discarded uneaten

UNITED NATIONS

Under the UN's Save Food initiative, the FAO, UNEP, and stakeholders have agreed on the following definition of food loss and waste

Food loss is the decrease in quantity or quality of food. Food loss in the production and distribution segments of the food supply chain is mainly a function of the food production and supply system or its institutional and legal framework.

Food waste (which is a component of food loss) is any removal of food from the food supply chain which is or was at some point fit for human consumption, or which has spoiled or expired, mainly caused by economic behaviour.

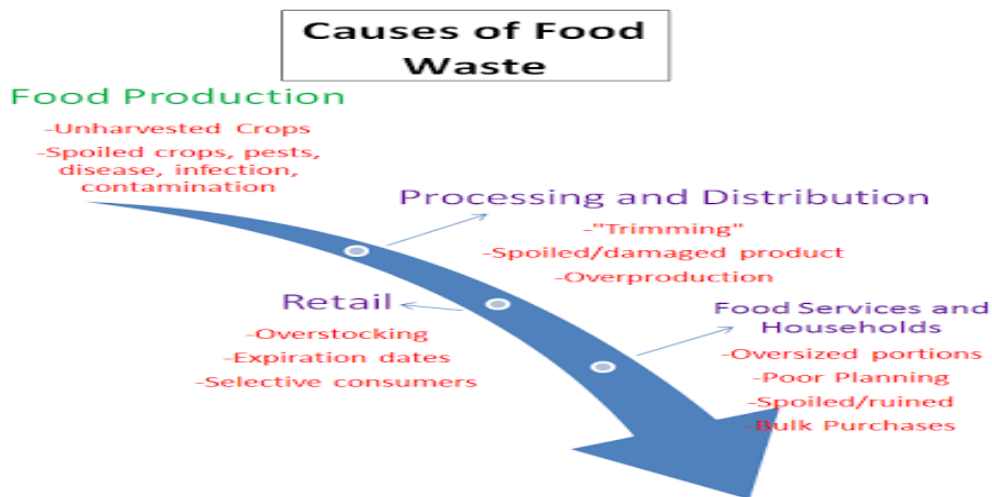
, poor stock management or neglect.

Important components of this definition include:

Food waste is a part of food loss, but the distinction between the two is not clearly defined

Food redirected to non-food chains (including animal feed, compost or recovery to bioenergy) is counted as food loss or waste.

Plants and animals produced for food contain 'non-food parts' which are not included in 'food loss and waste' (these inedible parts are sometimes referred to as 'unavoidable food waste')

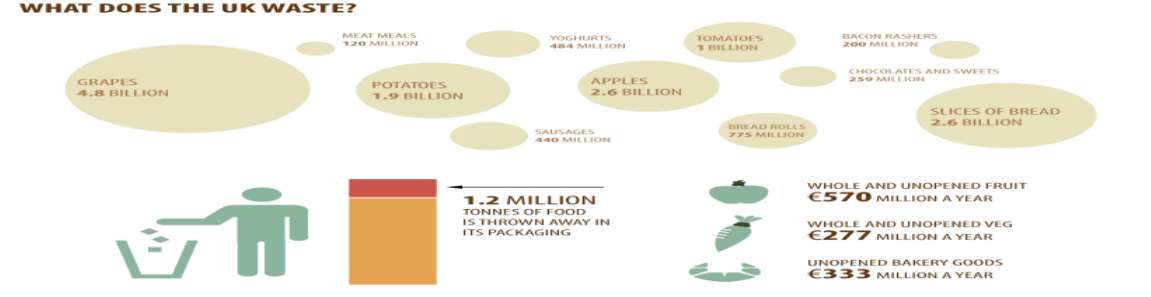
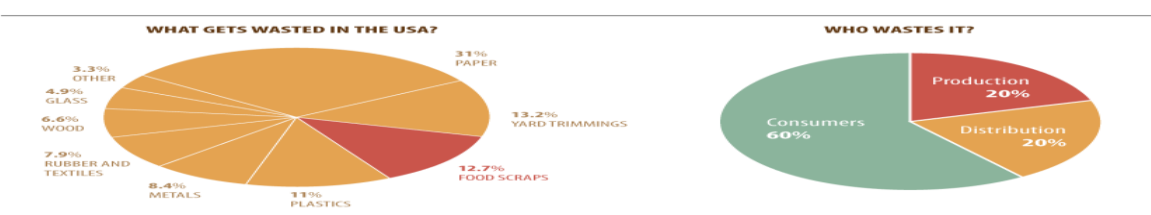


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According to the Food Sustainability Index 2017, the countries with the lowest food waste generation per capita include Greece and china (44 kg per year), followed by India (51 kg per year). The countries with the highest waste creation are Australia (361kg) followed by the U.S (278kg) both developed country of the world. The most wasted foods are

- Bread
- Milk
- Potatoes
- Cheese
- Apples

THE BIG FOOD WASTERS



SOURCES: PLOSONE, NATIONAL INSTITUTE OF DIABETES, DIGESTIVE AND KIDNEY DISEASES, LOVEFOODHATEWASTE.COM

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MOST PEOPLE WASTE MORE FOOD THAN THEY THINK—HERE'S HOW TO FIX IT

In the psychology of food waste, people are often misled by their surroundings. But we can rethink our choices. Food waste, that scourge that sends more than a third of our food supply to rot and is a major contributor to climate change, seems like it should be easy to address.

Waste less food, advocates cry, and you can save money! You can save time! You can save farmland and fuel, and, since agriculture drives habitat loss, you can even help save the tiger.

And yet, here we are in the thick of Earth Month, on a day designated as “Stop Food Waste Day,” and you probably don’t need to look further than your own kitchen or cafeteria to see edible food dumped. In the U.S. more than 80 percent of food waste has been traced to homes and consumer-facing businesses.

WHY DOES THE ARCTIC HAVE MORE PLASTIC THAN MOST PLACES ON EARTH?

So why is this problem so hard to solve? Because, researchers say, we’re only human. We have some irrational tendencies, some aspirations that don’t match reality, and some major blind spots. Not to mention busy schedules that don’t always align with when the avocado on the counter finally ripens. Here in the U.S., food waste is often invisibly baked into how we shop, cook and entertain.

“I do think awareness is slowly growing,” said Dana Gunders, author of the Waste-Free Kitchen Handbook. “But I think there’s still a disconnect between being aware that this is a global problem and connecting that to what you’re actually doing when you scrape your plate into the garbage.”

Researchers and advocates are hopeful, but here’s some of what we’re up against:

WE TRUST TINY PRINTED NUMBERS MORE THAN OUR OWN SENSES

Confusion over “best by,” “sell by,” “use by,” and other date labels leads Americans to throw away an estimated \$29 billion of safe food every year. Advocates are trying to educate consumers and standardize the labels, which generally aren’t regulated and are often based on quality, not safety.

To test just how far this blind faith extends, researchers at Ohio State University presented study participants with jugs of milk of varying ages—some with the “sell by” date; others without any dating.

People were more likely to deem older milk acceptable when they didn’t see a date. Interestingly, one of the “younger” test milks wasn’t top quality, likely due to a processing issue. Many participants who saw its “fresh” date stamp deemed it perfectly fine; those who didn’t see the label were more likely to say it wasn’t good to drink.

WE DON’T SEE OUR OWN WASTE

While ad campaigns like SaveTheFood have made food waste a more prominent issue, cultivating individual self-awareness is hard. A Natural Resources Defence Council study of food waste in several cities found that 76 percent of people think they throw away less food than the average American. Clearly the math doesn’t add up.

“It’s a pretty universal response to any negative accusation,” said Ohio State Food Waste Collaborative director Brian Roe, who’s gotten similar results in his own work. “Nobody wants to admit or think that they are the problem.”

We’re quick to congratulate ourselves for composting

Another common finding? When composting is available, people make fewer efforts to reduce the amount of food they pitch.

WE WASTE ONE-THIRD OF FOOD WORLDWIDE

“Perhaps the interpretation is composting lets them off the hook emotionally from feeling bad about wasting food,” said Roe, a professor of agricultural, environmental, and developmental economics. “Composting is not a bad thing, but you’d prefer to not create the food waste in the first place. It’s going to have a lot more social and environmental benefits.”

We have crafty ways to alleviate our guilt over throwing away leftovers

When the server asks if you want your brussels sprout salad wrapped, you may say “yes” out of guilt, and you may even convince yourself that you’ll make a point of eating it. But if you don’t make it a priority, it will probably spoil. Stink bombs are easier to throw away than edible food.

Laura Moreno, who studies why people waste food at home at the University of California, Berkeley, calls this “delayed disposal.”

“There’s a guilt alleviation process that happens,” said Moreno, a PhD candidate. NRDC’s study of food waste in cities found leftovers to be the second most wasted category of food (behind fruits and vegetables).

The freezer is another stop food often makes on its way to the trash can, said Gunders, who authored NRDC’s seminal report on food waste and now consults on the issue. To make sure food gets eaten and save prep time, she suggests eating frozen leftovers soon, as in the following week.

“I like to think of my freezer as short-term storage, not long-term storage,” she said.

WE HAVE OUR OWN BIASES AND QUIRKS—AND DON'T ALWAYS UNDERSTAND OUR FOOD

Moreno has spent hours peeking into people's fridges and chatting with them about their food habits. Everyone seems to have a different sense of what should go in their mouths and what should go in the bin.

Some people consider pizza crust "inedible." Others only eat the white part of the scallion. One home visit stands out for Moreno: "The person very earnestly looked at me and said 'I always cut off that string thing on the bottom of the carrot because I'm not sure if it's safe to eat.'" Moreno and groups like ReFED, a food-waste-focused non-profit, rank increasing food literacy as one of the most effective ways to reduce food waste. (It's something I'm working on as well. On my website EatOrToss.com, I post images and scientific explanations of confusing food situations to help consumers make informed choices before throwing food away.)

WE TURN UP OUR NOSES AT FROZEN FOOD

While most of us probably don't worry about the skinny bit at the end of a carrot, biases against frozen food are pervasive. Freezer staples won't wilt or get moldy and can help add veggies and protein to weeknight meals without constant trips to the store. But groups like NRDC and the World Wildlife Fund are stuck fighting the mushy broccoli stigma.

"You need an advocate in the celebrity chef movement to promote the fact that it's still healthy and you're not sacrificing anything," said Monica McBride, food waste manager at WWF. (Read about how "ugly" fruits and vegetables can help solve world hunger.)

Our waste is tied up in love and good intentions

"Wasting food is a by-product of other activities that typically have good intentions around them," noted Gunders. "Feeding your family healthy food, trying something new, hosting a good party, eating healthier yourself, cooking more. The waste is a somewhat invisible by-product of that."

Food waste solutions, said Moreno, need to acknowledge that asking people to waste less food can also mean asking them to sacrifice the feeling that they're taking good care of their family. For many, a full fridge represents being prepared, which provides a sense of comfort.

One of Moreno's research subjects, who replaces an item the moment it's used up, and who professed a desire to feel like she was caring for her family and friends, called it "shopping for Armageddon."

WE'RE REALLY INTO GIANT PILES OF FOOD

Speaking of a full fridge, consider the heaping bread basket at dinner. The loaded chafing pan at the buffet. The tall produce pyramid at the grocery store. We find abundant displays appealing and are suspicious of, say, a solo banana or the last salmon fillet.

Hotels, with their breakfast spreads and many catered events, are notorious wasters, so WWF investigated ways to green up the buffet line without sacrificing elegance. One key recommendation was to embrace luxury over abundance. So, instead of that overflowing bread basket, hotels might offer a tray of neatly arranged rolls and post a sign noting that they're warm and fresh from the oven. To avoid the sad look of a nearly emptied tray, WWF advises putting out smaller pans of food as the event wears on; they still look full, but offer—and waste—less food.

WE SHOP ASPIRATIONALLY

At the farmers' market, it can be easy to envision a week of healthy, Instagram-able meals of colourful salads and herb-sprinkled veggie roasts. But life often gets in the way. There are restaurant outings. Spontaneous invitations. Late nights at work. Not feeling like cooking. The produce doesn't all last.

"You need to match what you're buying with the cadence of your shopping," said Elizabeth Balkan, NRDC food waste director. "If you want to be eating fresh, but you're trying to go the supermarket every two weeks, it's not going to work."

As the parent of young children, Balkan says she's sensitive to this when giving them new foods. Serve the volume of food you'd ideally like your kids to eat and you'll easily end up feeding the floor.

Our cookware, appliances, and even groceries can encourage excess

Groceries can add to your food waste load when food is packaged in too-big sizes or bags that are hard to seal. At home our fridges are big; our casserole dishes designed for large family meals, and our plates often oversized. Not helpful when we're trying to cut down on food waste.

"One of the great things we can do to trick ourselves is to make sure our plate ware is appropriately sized," said Gunders.

"There's also this idea," said Moreno, "that there's this magical place called the back of the refrigerator where everything gets lost."

Short of urging everyone to downsize their fridge, Moreno, who would like to see food waste advocacy collaborate more with other issues, is toying with this idea: what if people were encouraged to stock emergency supplies of water in rows at the back of their fridges? Then more items would be pushed to the front and fewer things would be lost.

WE'RE SOCIAL CREATURES WHO DON'T LIKE TO BUCK NORMS

Let's say you're at a wedding; you've filled up on passed horderves and the mashed potato bar and now you can't finish your roasted chicken entree.

Asking for a box feels rude, right? But when we're throwing away close to half our food, squandering resources and contributing to climate change along the way, isn't it more offensive to let the food go to waste?

Certainly. But the taboo remains, said Gunders. With a little nudge though, it can be overcome. She urges caterers to put out to-go containers and signs saying "help yourself."

"I think it's up to the host to break the ice, and when they do, people tend to respond."

BE MORE MINDFUL, BUT DON'T BEAT YOURSELF UP

When it comes to mitigating climate change, Project Drawdown ranks reducing food waste as the third most impactful action, behind only better management of refrigerants and increased onshore wind power (for context, electric vehicles rank 26th). And while we can't all install wind turbines on our lunch breaks, we all can make tweaks to our lunches and our lives in general to facilitate less waste.

So, the silver lining of addressing food waste is that everyone can dial up their self-awareness and make a big impact. But Moreno, who points out that we don't need yet another food neurosis, cautions against putting all the onus on the individual consumer. Systemic efforts to do things like improve our food literacy, reimagine our grocery stores and kitchens, reform date labels, and rethink catered events can make it harder for us to mindlessly waste by adjusting our surroundings, and not guilt or shaming us.

"Just because food is wasted in a household doesn't mean it's caused by that individual person," Moreno said. "There are a lot of factors at play."

Rachael Jackson is a research manager for the National Geographic Channel. Outside of her day job she maintains EatOrToss.com and is obsessed with sour-milk pancakes.

Universal Declaration of Human Rights Article 25: Right to an adequate standard of living

Everyone has **the right** to a standard of living adequate for the health and well-being of themselves and of their family, including **food, clothing, housing and medical care and necessary social services**, and the right to **security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood** in circumstances beyond their control.



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ભોજન એટું ન મૂકવું

એક સમય હતો, જ્યારે ભોજન પૂછીને પીરસવામાં આવતું હતું, પણ આજે યતાં આયોજનોમાં, લગ્નપ્રસંગે ભોજન મૂકી દેવામાં આવે છે. તમારે જાતે જ લેવાનું રહે છે. પહેલાંના સમયમાં ભોજન લેનારને પૂછવામાં આવતું, આજે માણસ ખુદને પણ નથી પૂછતો. બસ, લઈ લે છે અને થોડું જમીને બાકીનું છોડી દે છે. એટું મૂકતી વખતે તેને ન તો કોઈ ભાન હોય છે કે ન તો તેનો અપરાધબોધ હોય છે. તેઓ એવું માનીને ચાલે છે કે કેટલું લેવું અને તેમાંથી કેટલું ખાવું એ તેનો અંગત અધિકાર છે. એ ખરું કે, આ તમારો અધિકાર છે, પણ આ અધિકાર તમને કોણે આપ્યો કે તમે વધારે લો અને થોડું જ જમીને બાકીનું ઘણું એટું છોડી દો. અન્ન અને જળને આ રીતે છોડી દેવા એ નૈતિક અપરાધ છે. આજે પણ પૃથ્વી પર અનેક લોકો એવા છે, જેમને બે વખત તો ઠીક, એક ટંકનું પણ પેટ ભરીને જમવાનું નથી મળતું. અનેક લોકોએ તો રાત્રે ભૂખ્યા જ સૂઈ જવું પડે છે અને આપણે માત્ર હાથમાં પ્લેટ લઈને થોડું ચાખીને બાકીનું મૂકી દઈએ છીએ, આ ઘોર પાપ છે. અન્ન અને જળનું માન કરો. સંકલ્પ લો કે એટું નહીં મૂકો.

Mera Desh Badal Raha Hai.

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JOIN US AND HELP FIGHT FOOD WASTE!



SHOP SMART

Plan your meals, plain and simple. Make lists and whatever you do avoid impulse buying. When you make impulse purchases, you run a high risk of not consuming that product. Check out these meal-planning apps, which can honestly make your life so much easier!

BUY EXACTLY WHAT YOU NEED

This is easier said than done. How many times have you bought a whole container of a product when your recipe only called for 2 tbsp? This is where your lists and meal planning will come in handy. If your recipe only needs a certain amount of a product make sure you're not buying more than you need. This tip not only helps with waste, but it also helps your wallet too!

BE REALISTIC

This is something I'm terrible at. I turn into the most unrealistic person at the grocery store. It's almost like holding knickknacks or clothing around your home. Have you ever had that thought – "Oh, I'll use that one day though!". That's a dangerous thought and very relatable to grocery shopping as well. Be realistic, don't overbuy, and don't buy something you "think you might use"

HAVE A PLAN B

If you end up purchasing a product that you don't use as planned, make sure you have a plan B and use that product up for something else! I mean I would hope you wouldn't just throw the product away but you wouldn't believe what people do these days without thinking. Don't add to the statistics – decrease them!

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