



FOOD SECURITY AND GOVERNMENT POLICIES

Mrs. Maleka Shaheen

Head, Dept of Home science ,
Milliya Arts, Science and Management Science , College, Beed. (M.S)

Abstract :-

This paper highlights the programmes and policies that India has followed in realizing food & Nutrition Security.

The World food summit of 1996, defined food security as existing "when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy & active life."

Commonly the concept of food security defined as including both physical and economic access to food that meets peoples' dietary needs as well as their food preferences. In many countries health problems related to dietary excess are an ever increasing threat. In fact, Malnutrition & food borne diarrhea are become double burden.

Issues such as whether households get enough food, how it is distributed within in the household and whether that food fulfills the nutrition needs of all members of the household show that food security is clearly linked to health.

INTRODUCTION:-

Food security is a complex sustainable development issue, linked to health through malnutrition, but also to sustainable economic development, environment & trade.

According to food & Agriculture organization (FAO) Food Security exists. When all people, at all times have physical & Economic access to sufficient, Safe & Nutritious food to meet their dietary needs & Food preferences for an active & healthy life.

Food Security is a condition related to the on going availability of food. In 1996 world food summit with the emphasis being on individuals enjoying food security, rather than the nation. Household food security exists when all members at all times, have access to enough food for an active, healthy life. Individuals who are food secure don't live in hunger or fear of starvation, food insecurity, on the other hand is a situation of limited or uncertain availability of nutritionally adequate & safe foods to acquire acceptable ways, According to the united states Department of agriculture

In the year 2011-2013, an estimated 842 million people were suffering from chronic hunger. Food availability is a necessary condition for food security. India is more or less self sufficient in cereals but deficit in pulses and oil seeds, reasons are due to changes in consumption patterns the malnutrition problem is much broader than that of access to food, this problem needs a multi disciplinary approach covering diet diversification including micro nutrients, women's empowerment, education, health, safe water, sanitation and hygiene.

OBJECTIVES:

The objective of this paper is to examine the challenges & policies and programmes in food security what are the programmes & policies India has followed in order to realize food nutrition security. Policies related to food security:

India has government programmes. Such as mid day meals, ICDS, to improve the food & Nutrition security. Social protection programme in India helped in improving incomes and providing protection for the poor under national food security law, the govt. wants to provide rice & wheat to the poorest of poor at Rs. 3/- per Kg.

Food availability is a necessary condition in food security malnutrition problem is much broader than that of access to food.

The proposed National food security Act 2009, assures that every BPL family in the country shall be given 25kg. of wheat or rice per month at the rate of Rs. 3/kg.

Supplementary feeding programme:

Two major approaches can be adopted to overcome malnutrition do improve the nutritional status of the vulnerable sections of the population in the community.

- 1) Institution of specific feeding programmes to overcome malnutrition and to increase food availability and
- 2) To improve environmental sanitation and impart nutrition education to the community and increase their income.

Supplementary feedings programmes have been instituted by the govt. to overcome malnutrition and to improve the Nutritional status of the malnourished children & expectant & nursing mothers. The different programmes in progress at present in India are ;

Applied Nutrition programme;(ANP)

It consists of a set of co-ordinated programmes between the department of April, Health & Education for increasing food production & Improving the health & Nutritional status of the vulnerable sections of the population in rural areas. The program was started in 1966-67.

Mid-day meal programme for school children: on the recommendation of the National school Health committee, the govt. of India started a scheme for providing midday meals to school children. The govt. of India pays for 40% of the expenditure & 60% is borne by the states. Nutritional evaluation studies have shown that the growth rate of children receiving the mid day meals were significantly of greater and the incidence of nutritional deficiencies were less than those observed in children not receiving midday meals.

Special Nutrition programme;(SNP).

The SNP is a crash nutrition programme for producing supplementary foods to children of the age group of 1-6 yrs living in the tribal areas and in urban slums. This programme was started in 1970-71 Under the Dept. of social welfare, Govt. of India & Implemented through the state Govt.

Integrated child development services. ICDS

The programme aims at promotion of good growth, mental & Social dev. Of the young child & reduction of morbidity and mortality among them. This is done through a six services. Health checkups, immunization referral services, supplementary feeding non formal preschool education & advice on health & nutrition.

Food for work programme (FWP):

It is a form of Employment guarantee scheme for unemployed persons in the rural areas. It is expected to bring about nutritional improvement of the working class and their family members as food is given as part of the wages.

CONCLUSION:

It is recognized that, poverty & destitutions are continued when they attain old age. It is seen that in India, poverty is deeply embedded in social constructs that impact adversely on woman's economic status to society as well as her nutrition & health status, & food security caused from unequal distribution of food at home. The malnutrition problem is much broader than that of access to food. India has malnutrition levels almost the double those of many countries in Africa. This problems needs a multidisciplinary approach covering diet diversification on including micro nutrients women's empowerment, education, Health, Safe drinking water, sanitation, hygiene.

Self employment can also increase access to food & nutrition social protection programmes in India there is need to a link up this programme with other health programme, so that the teachers & the parents will receive training in health & Nutrition programme.