



IS THE FUTURE OF OUR FOOD SECURE?

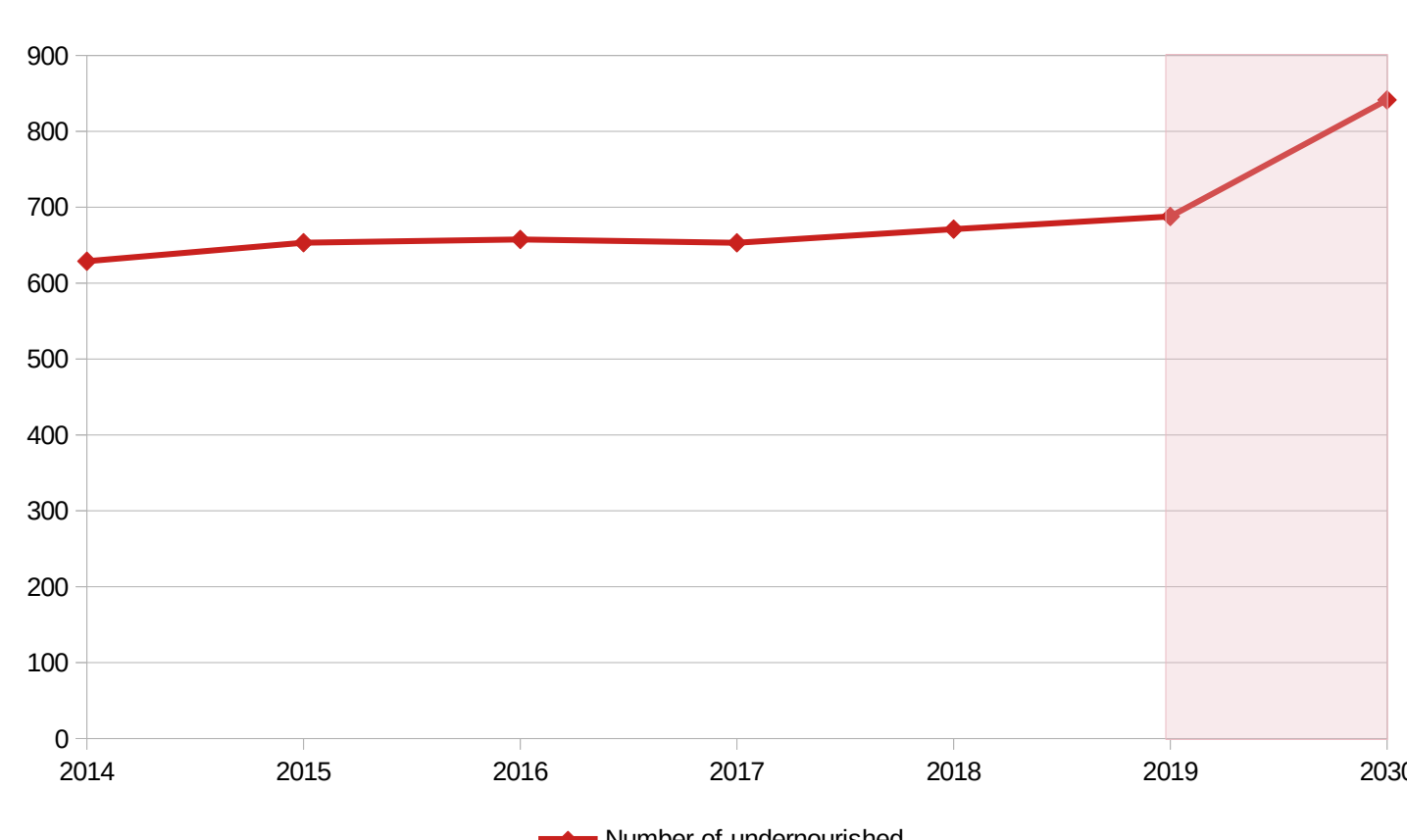
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Abstract: Recent events around the globe raised awareness over a difficult matter that people in the northern hemisphere are not very familiar with: food security. The disruptions that appeared in the food chain are an omen of the fact that in order to ensure our food security and that of the future generation, we need to shift the way we relate to this matter.

• Introduction

Although the vast majority of people affected by food insecurity live in the southern hemisphere of the earth, the developed areas, like Europe and North America are not immune to these issues.

Furthermore, since 2014, the total level of food insecurity increased systematically in all areas.



Number of undernourished (million people), with projection for 2030 if the trend persists.

• Material and method

The methods used for comprising this study are analysis and synthesis of data from external sources.

The study is based on data gathered from scientific studies regarding the subject and from the official publications and web pages of FAO, WHO, Global Panel.

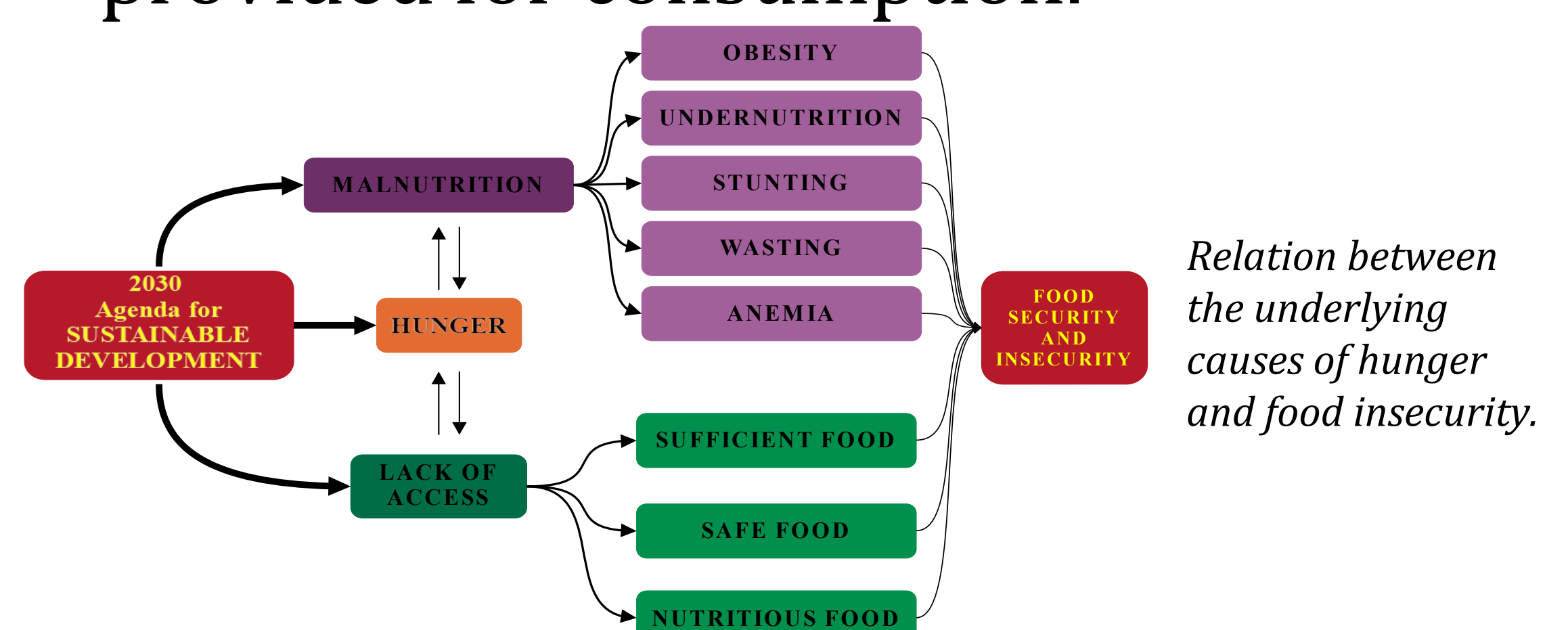
• Conclusions

The issue of food security shifts from producing enough food to ensuring enough quality of diet. Therefore, the problem of increasing prices in relation with quality must be addressed, in order to broaden the availability of quality food products across all income thresholds.

There is also the issue of the environmental impact of diets, as not all healthy diets are sustainable, and not all sustainable diets are healthy. This nuance of the problem must be taken into consideration if we are to ensure our food security and that of our offspring's

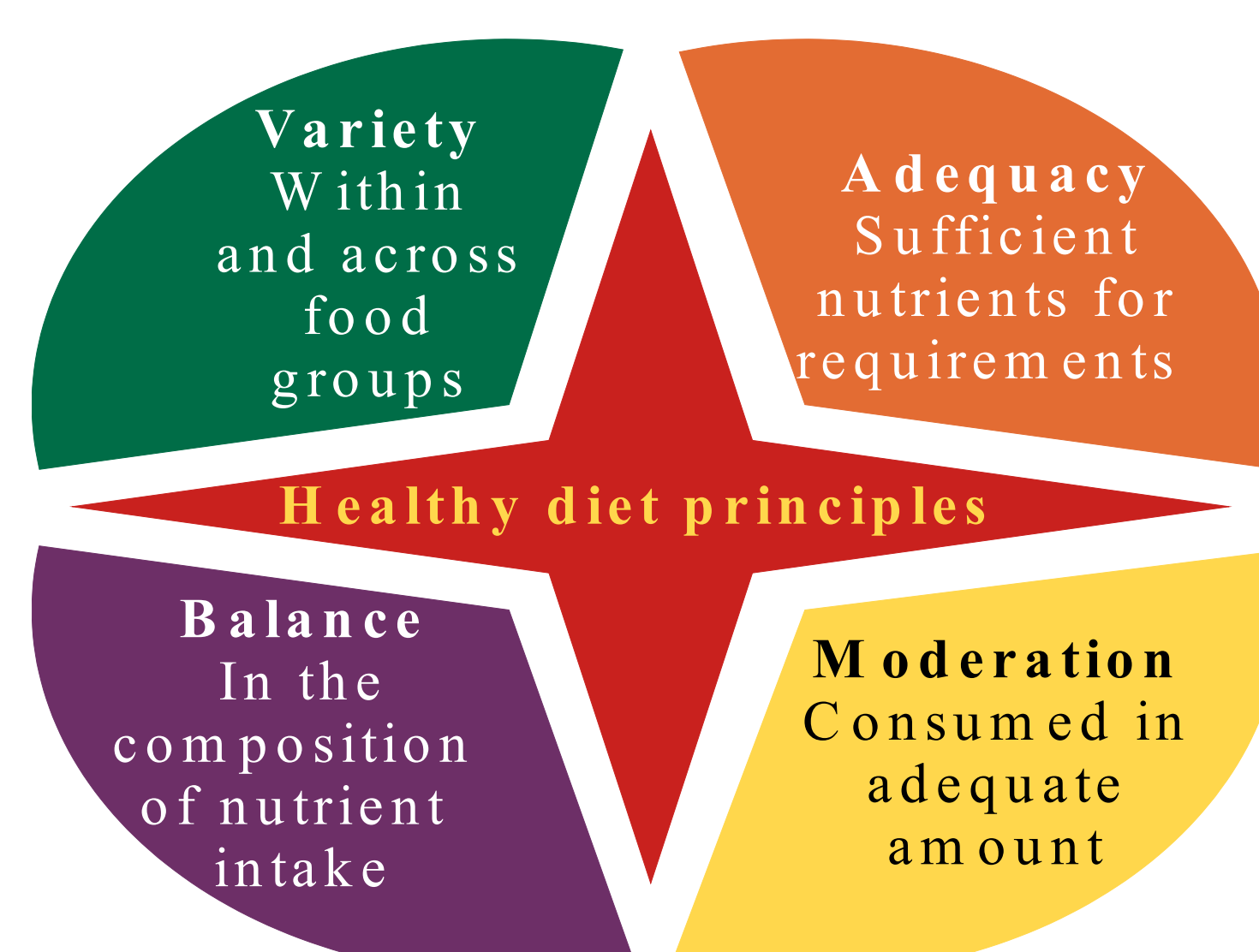
• Results and discussions

Ensuring enough food for everyone is not the problem, as the rate of agricultural growth is bigger than that of population growth. The problem underlies in the need to account for the nutritional value of the food provided for consumption.



Relation between the underlying causes of hunger and food insecurity.

As many diets across the globe rely on staple foods in order to ensure the necessary quantity of food, they lack in diversity, resulting in a deficit of micro- and macro-nutrients.



The four basic principles and key aspects of a healthy diet..