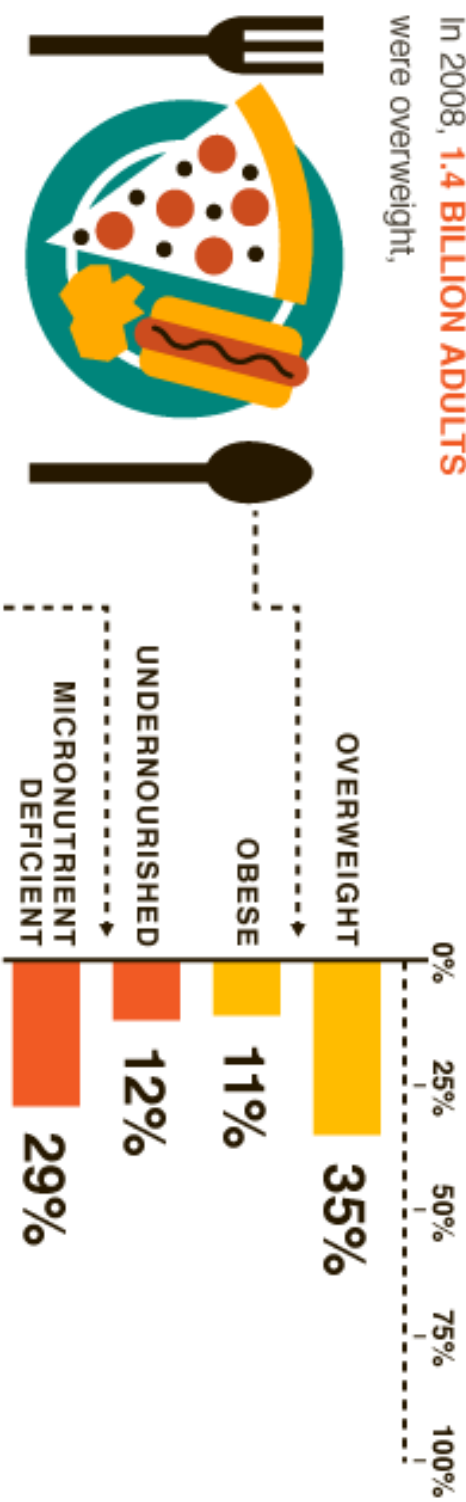


In 2008, **1.4 BILLION ADULTS** were overweight,



842 MILLION PEOPLE are undernourished.



98% OF THESE PEOPLE live outside of high-income countries.



Source: FAO, 2013 ; WHO 2012

Big Facts

ccafs.cgiar.org/bigfacts



RESEARCH PROGRAM ON
Climate Change,
Agriculture and
Food Security



FOOD INSECURITY AND ITS IMPACT



FOOD SECURITY

Food security for a household means access by all members at all times to enough food for an active, healthy life.



FOOD INSECURITY

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

LOW FOOD INSECURITY



Households reduced the quality, variety, and desirability of their diets, but the quantity of food intake and normal eating patterns were not substantially disrupted.



VERY LOW FOOD INSECURITY

At times during the year, eating patterns of one or more household members were disrupted and food intake reduced because the household lacked money and other resources for food.

HUNGER

Individual-level physiological condition from a prolonged, involuntary lack of food. Hunger is the outcome of food insecurity.



STRUGGLING FOR FOOD

OUR NATIONAL PROBLEM

WHAT IS

FOOD INSECURITY?

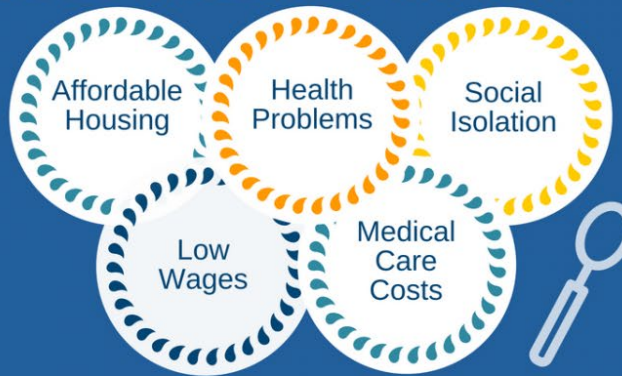


Lack of consistent access to enough food for all household members to have an active and healthy life.

Limited or uncertain availability of nutritionally adequate foods.

HOW DOES

FOOD INSECURITY HAPPEN?



Overlapping life challenges force families to make trade-offs between housing or medical bills and nutritionally adequate food.

WHO IS AFFECTED BY

FOOD INSECURITY?



1 out of every 6



children in the U.S.



1 in 8 Americans

63%

of senior households have to choose between food and medical care

2.7M Rural households face food insecurity

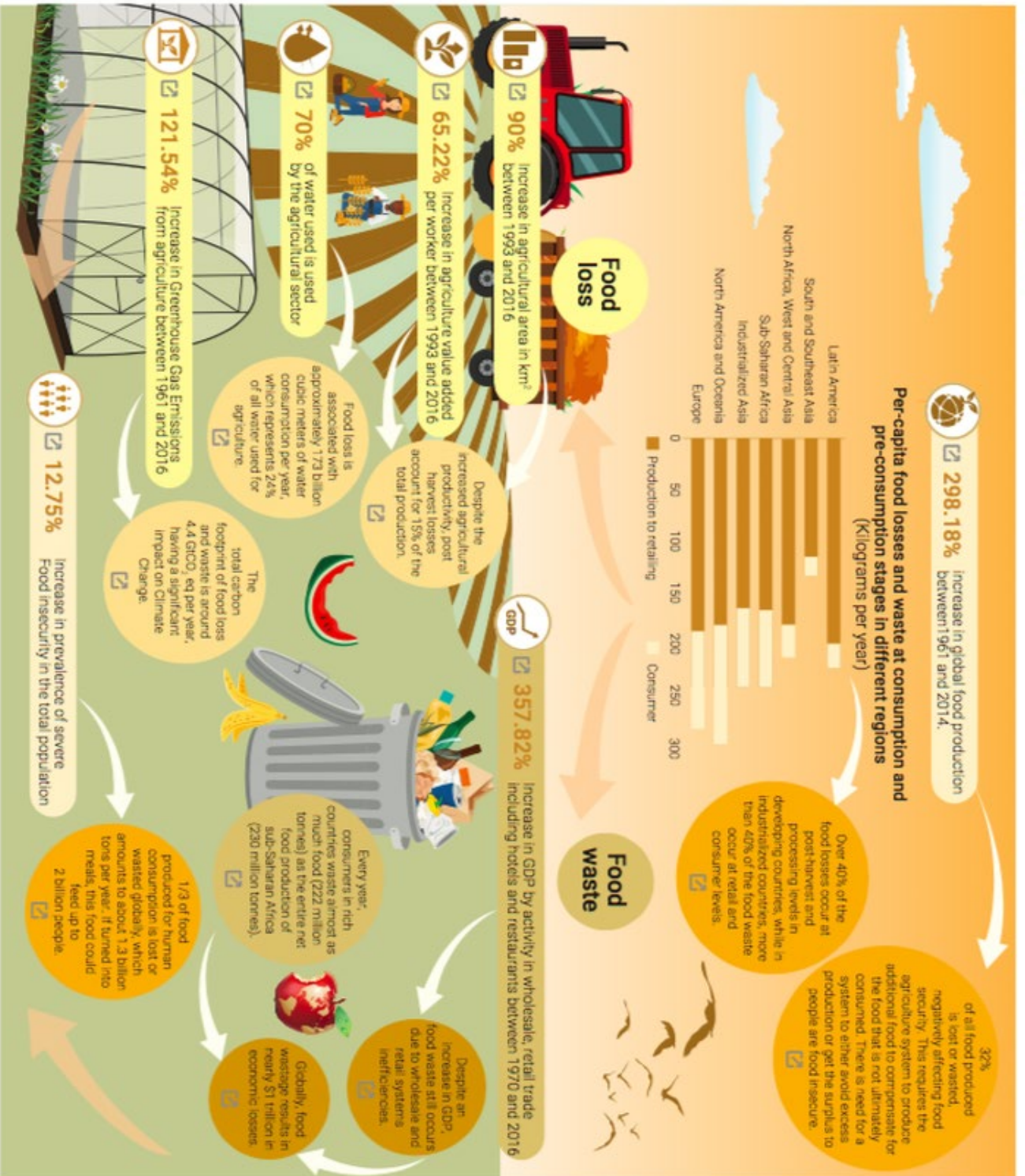


1 in 4 African-American children struggle getting enough to eat

1 in 4 Latino children are at risk of hunger



Facts and figures



Source: UNEP

FOOD WASTE

| A PROBLEM EVERYONE CAN HELP SOLVE |

WHAT IS FOOD WASTE?

Food waste occurs when food is uneaten and thrown away.

The United Nations Food and Agriculture Organization (FAO) estimates that about **one-third** of all food produced in the world each year is **wasted**.

According to the nonprofit group REFED, in the U.S. alone, **21%** of all fresh water and **18%** of available cropland space each year.

A 2017 report from the Natural Resources Defense Council (NRDC) states that the number of calories wasted in the United States each year could, in theory, fully feed about **150,000,000** people.

Food is the **number-one** material sent to landfills in the United States, ahead of plastics and paper products.



TIPS FOR REDUCING FOOD WASTE IN THE HOME



Keep track of what's in your refrigerator and cupboards to avoid buying food items you already have.

Plan your weekly meals before shopping to avoid buying items you might not eat.



Choose "imperfect" fruits and vegetables that others might overlook due to their appearance.

Another option is to **donate any extra food** to feed hungry people through food banks or shelters.



Research the best ways to store perishable food items to ensure they stay fresh for as long as possible; the United States Department of Agriculture has even developed an app called the FoodKeeper to help (<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>), and food storage tips can also be found at <https://savethefood.com>.



Learn how to interpret food product dating a significant amount of household food waste occurs because consumers throw out "expired" food that is still edible.

Using food scraps to feed animals is also a strategy to ensure food doesn't go to waste.



If all else fails, food waste for **composting or for industrial purposes** should also be considered before placing waste in a landfill or incinerating it.

