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physical and economic access to sufficient food

How can we assure that all People have physical and economic access to sufficient food at all time in order to cover their daily needs for a productive and healthy life?

Humanity thrives and depends on food for survival as it is one of the most basic things that keeps them going. All in all, for people to have sufficient food to enhance their survival, sustainability is a major concern that comes into play. Without sustainability even by our forefathers, today's world would have been a bare place hence making it the most boring place to be.

Sustainable accessibility of sufficient food to all people, both physically and economically indicates that people are food secure. They are able to meet their nutrient requirements and live a healthy life. Components of food security include physical availability which can be achieved from adequate harvest, economic accessibility through ability to purchase food, as well as cultural availability of food which can be enhanced by erasing the barbaric cultural practices whereby some individuals do not have the right to feed on some foods (for example in some cultures expectant mothers are not supposed to take eggs, claiming that the baby will grow too big). Because of the progressive climatic change, unpredictable seasonal patterns and frequent droughts are resulting to crop failures. There is urgent need to look for ways to curb this situation.

First and foremost, for people to have sufficient food there should be sustainable use of the environment. As we all know that the environment is the mother of all beings hence without it no food can thrive; no environment, no food; no food, no human beings. Therefore, environmental resources should be preserved and environmental pollution be totally avoided. Environmental pollution leads to climate changes which interfere with the rainfall pattern hence disrupting agricultural activities. This lowers crop production and consequently limits access to sufficient food.

Mass education and creation of awareness to people to eliminate ignorance on available means for food security can increase access to food. Ignorance is the worst enemy of oneself hence if dealt with it can produce good fruits. For example, people who live in dry areas where there is insufficient rainfall for crop growth can be encouraged to also do farming by planting drought resistant crops. Such crops include cassava, millet, sorghum, wheat barley and oats. A good example in Kenya is in Kitui which is

a dry area where people grow millet sorghum and cassava which are rich in starch, one of the essential nutrients required by the body. Awareness can also be made on the right time to cultivate. Cultivating at the right time leads to a heavy production as timing is a key factor in farming. For instance if one plants at the right time, weeds at the right time and sprays at the right time there is a high chance of maximum production of the yield hence increasing sufficiency in access to food. In addition to that, people should be educated on the types of crops that do well in their regions. Different crops do well in different regions for instance we have the coconut trees and some mango variety that do very well at the Kenyan coast. These plants thrive best in the coastal area because they utilize the saline condition of the soil at the coast. Such plants can not thrive in other areas of Kenya because the favorable conditions for their growth are only found at the coastal area. Therefore if people are aware of such then they will plant crops that thrive in their regions hence it increases the access to sufficient food.

Providing access to alternative means for crop survival can lead to increase in physical and economic access to sufficient food. For example instead of people strictly depending on rainfall, they can do irrigation. That is, taking irrigation as an alternative means for watering crops. Through irrigation we can increase food production by ensuring that there is availability of food throughout the year since we are not dependant of rain. A good example in Kenya is the Mwea Irrigation Scheme where rice is grown on thousands of acres under irrigation which is being facilitated by River Thiba and Nyamindi. This has led to both physical and economic access of food to both the locals the country at large and even internationally since the rice is also exported. Another example is Egypt which is the leading producer and exporter of rice in Africa yet it is an arid land which only depends on the waters of River Nile for the irrigation of rice. Also people can be educated on mixed farming instead of practicing monocropping. An example is the Rift Valley and Western Kenya where they practice maize farming in large scale. Such farmers can be encouraged to grow other crops alongside their maize so as to maximize the crop production. This will increase food sufficiency.

Creating routine awareness on the importance of food security country wide enhances the increase of food accessibility. That is, addressing the public concerning the subject 'food security' which is a major emerging issue world wide instills knowledge and skills to people. As people will have the knowledge about food security at large, it will help a great deal to curb food crisis in various countries especially in the developing countries. A practical example is the famine issue that happens each year in Kenya where the government depends on food aid to feed its people; sometimes lack of access to food aid leads to deaths due to hunger. Therefore to avoid this, people in the drought prone areas should be educated on food security so that during the periods of no drought, they should use what is available sustainably and probably store the excess produce during harvest to be used during the drought season. This is applicable globally, where countries experiencing such seasons of drought should be able to store for their people during harvest to avoid depending heavily on food aid to feed their citizens.

Proving locally feasible preservation techniques to farmers is a strategy that can assure that all people have physical and economic access to food. Sometimes there is an excess harvest of farm produce. Unfortunately, these farmers do not have means to lengthen shelf life of the produce hence the food goes bad or stale and become unfit for human consumption. The stale product is thrown away and these products could have lasted for years had it been for the application of local preservation methods. Therefore due to lack of this alternative, we end up wasting food that could have been made available during off seasons or during drought.

Last but not least, to ensure that all people have physical and economic access to food, we should embrace current technology cautiously to make farming more appealing to all especially the youth. In most cases, many young people do not want to associate themselves with farming as it is considered that farming is for the illiterate and it is also a dirty job. This is however untrue since all people need food for survival whether illiterate or literate. Therefore if farming is made more appealing then there would be no room for complains. This can be made possible by for instance adapting the GMO technology which increases food production through high yields. In addition, moving farmers from subsistence to large scale farming, where they view farming as not just producing food for household consumption but also for earning income whereby there is use of farm machinery to quicken and ease farm work at large, a lot can be achieved. Example is the use of combined harvesters and tractors for easy planting, weeding and harvesting. And by doing all the above am convinced beyond doubt that all people shall have physical and economic access to sufficient food at all times for a productive and healthy life.