Food Governance for Equity and Posterity: Achieving the Human Right to Food Practically and Legally

Kariuki Muigua

Food Governance for Equity and Posterity: Achieving the Human Right to Food Practically and Legally

Kariuki Muigua*

Abstract

This paper discusses how the human right to food can be achieved towards human health, progress and development. The paper observes that the right to food is a fundamental human right at both the global and national levels. The paper examines the salient elements of the human right to food. Despite being recognised as a core human right, the paper notes that actualising the human right to food remains a challenge around the world with millions of people facing hunger and food insecurity. Consequently, the paper posits that there is an urgent need to promote global food security towards attaining the human right to food for Sustainable Development. It discusses how this ideal can be realised by strengthening food governance for equity and posterity.

1.0 Introduction

Food is vital for human health, well-being and development. The World Health Organization (WHO) notes that food is a critical part of health, development and the well-being of all individuals[1]. The food we take provides nutrients that are essential for the growth, development and maintenance of body functions[2]. Every person needs adequate, safe and balanced diets for daily functioning, long-term health, growth and cognitive development[3]. It has been observed that healthy and well-balanced diets provide energy needed to perform day-to-day tasks while also providing nutrients that prevent illnesses and foster good health and well-being[4]. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases including diabetes and cardiovascular disease and longevity[5].

Access to safe, adequate and nutritious food is therefore necessary towards human health, progress and development. This is envisaged under the ideal of food security which seeks to

* PhD in Law (Nrb),SC, FCIArb (Chartered Arbitrator),OGW, LL. B (Hons) Nrb, LL.M (Environmental Law) Nrb; Dip. In Law (KSL); FCPS (K); Dip. in Arbitration (UK); MKIM; Mediator; Consultant: Lead expert EIA/EA NEMA; BSI ISO/IEC 27001:2005 ISMS Lead Auditor/ Implementer; ESG Consultant; Advocate of the High Court of Kenya; Professor of Environmental Law and Conflict Management at the University of Nairobi, Faculty of Law; Member of the Permanent Court of Arbitration (PCA) [November, 2026].

[1] World Health Organization., 'Nutrition' Available at https://www.who.int/health-topics/nutrition#tab=tab_1 (Accessed on 12/11/2026)

[2] How Does Food Impact Health?., Available at https://www.takingcharge.csh.umn.edu/how-does-food-impact-health (Accessed on 12/11/2026)

[3] World Health Organization., 'Healthy Diet' Available at https://www.who.int/news-room/fact-sheets/detail/healthy-diet#:~:text=Key%20facts,diseases%20(NCDs)%20and%20conditions. (Accessed on 12/11/2026)

[4] Health benefits of eating well., Available at https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/health-benefits-of-eating-well/ (Accessed on 12/11/2026)

[5] World Health Organization., 'Nutrition' Op Cit

ensure that all people, at all times, have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life[6]. Further, it has been noted that food security exists when every person has access to enough safe and nutritious food for normal growth and development, and an active and healthy life[7]. Food security is a very important determinant of whether people can lead an active and healthy life since it determines their access to foods required to meet nutrient needs[8].

Food security is at the heart of Sustainable Development. For example, the United Nations *2030 Agenda for Sustainable Development*[9] recognises the importance of ensuring adequate, safe and balanced diets for human health and development. The Agenda seeks to achieve a world where food is sufficient, safe, affordable and nutritious[10]. Sustainable Development Goal (SDG) 2 seeks to end hunger, achieve food security and improved nutrition and promote sustainable agriculture towards a food secure world[11]. In addition, at a continental level, African Union's *Agenda 2063*[12] acknowledges that adequate, safe, nutritious and culturally acceptable foods are vital for the health and development of individuals and communities in Africa. Agenda 2063 seeks to achieve the vision of prosperous, food and nutrition secure Africa[13].

Ensuring that food is sufficient, safe, affordable and nutritious is therefore necessary for the health and development of individuals and communities. In particular, achieving food security has been described as a key determinant for the realization of the human right to food towards Sustainable Development[14]. However, achieving the ideal of food security remains a challenge for the global community. For example, it has been observed that hunger and food insecurity are major global developmental challenges affecting millions of people especially in the Global

---

[6] World Bank Group., 'What is Food Security?' Available at https://www.worldbank.org/en/topic/agriculture/brief/food-security-update/what-is-food-security (Accessed on 12/11/2026)

[7] World Food Programme., 'Food security – what it means and why it matters' Available at https://www.wfp.org/stories/food-security-what-it-means-and-why-it-matters (Accessed on 12/11/2026)

[8] De Pee. S., 'Food Security.' Encyclopedia of Human Nutrition., 3rd Edition.,(2013), pp 353-360

[9] United Nations General Assembly., 'Transforming Our World: the 2030 Agenda for Sustainable Development.' 21 October 2015, A/RES/70/1., Available at https://sustainabledevelopment.un.org/content/documents/21252030%20Agenda%20for%20Sustainable%20Development%20web.pdf (Accessed on 12/11/2026)

[10] Ibid

[11] Ibid

[12] African Union., 'Agenda 2063: The Africa we Want' Available at https://au.int/sites/default/files/documents/33126-doc-framework_document_book.pdf (Accessed on 12/11/2026)

[13] Ibid

[14] Muigua. K., 'Achieving the Right to Food for Sustainable Development in Kenya.' Available at https://kmco.co.ke/wp-content/uploads/2018/08/Achieving-the-Right-to-Food-for-Sustainable-Development-in-Kenya-Presentation-African-Population-and-Health-Research-Center-APHRC-Campus-24th-July-2018.pdf (Accessed on 12/11/2026)

South[15]. Consequently, it is imperative to promote food security towards achieving the human right to food for Sustainable Development.

This paper discusses how the human right to food can be achieved towards human health, progress and development. The paper observes that the right to food is a fundamental human right at both the global and national levels. The paper examines the salient elements of the human right to food. Despite being recognised as a core human right, the paper notes that actualising the human right to food remains a challenge around the world with millions of people facing hunger and food insecurity. Consequently, the paper posits that there is an urgent need to promote global food security towards attaining the human right to food for Sustainable Development. It discusses how this ideal can be realised by strengthening food governance for equity and posterity.

2.0 Examining the Human Right to Food

The Food and Agriculture Organization of the United Nations (FAO) observes that the right to food is a fundamental universal human right[16]. According to FAO, everyone has the right to be free from hunger and to have an adequate standard of living, including food[17]. The human right to food has been defined as the right to have regular, permanent and unrestricted access—either directly or by means of financial purchases— to quantitatively and qualitatively adequate and sufficient food corresponding to the cultural traditions of the people to which the consumer belongs, and which ensure a physical and mental, individual and collective, fulfilling and dignified life free of fear[18]. In addition, the human right to food has been described as the right of every individual, alone or in community with others, to have physical and economic access at all times to sufficient, adequate and culturally acceptable food that is produced and consumed sustainably, preserving access to food for future generations[19].

The human right to food has been described as an inclusive right that covers all nutritional elements that a person needs to live a healthy and active life, and to the means to access them[20]. This right is realized when every man, woman and child, alone or in community with others, has

[15] United Nations., 'Food' Available at https://www.un.org/en/global-issues/food (Accessed on 12/11/2026)

[16] Food and Agriculture Organization of the United Nations., 'Right to Food' Available at https://www.fao.org/right-to-food/en (Accessed on 13/11/2026)

[17] Ibid

[18] United Nations Office of the High Commissioner for Human Rights., 'About the Right to Food and Human Rights.' Available at https://www.ohchr.org/en/special-procedures/sr-food/about-right-food-and-human-rights#:~:text=The%20right%20to%20food%20defined&text=The%20Committee%20declared%20that%20%E2%80%9Cthe,or%20means%20for%20its%20procurement. (Accessed on 13/11/2026)

[19] Human Right to Food., Available at https://science.unimelb.edu.au/foodprint-melbourne/toolkit/key-concepts/human-right-to-food (Accessed on 13/11/2026)

[20] Office of the United Nations High Commissioner for Human Rights., 'The Right to Adequate Food' Available at https://www.ohchr.org/sites/default/files/Documents/Publications/FactSheet34en.pdf (Accessed on 13/11/2026)

physical and economic access at all times to adequate food or means for its procurement[21]. It has been observed that at the heart of the right to food is the principle that access to sufficient, safe, and nutritious food is essential for a life of dignity and health[22]. According to WHO, achieving the human right to food is a critical part of health, development and the well-being of all individuals and societies[23].

It has been argued that the human right to food is closely related to the agency dimension of food security[24]. This refers to the capacity of individuals and communities to make their own decisions about what they eat or the food they produce[25]. Consequently, the human right to food is predicated upon attainment of the key elements of food security. These elements include *physical availability* of sufficient quantities of food of appropriate quality[26]; *accessibility* wherein all individuals have adequate resources (entitlements) for acquiring appropriate foods for a nutritious diet[27]; *utilization* of food through adequate diet, clean water, sanitation and health care to reach a state of nutritional well-being where all physiological needs are met[28]; and *stability* where there is continuous supply of food and where adverse conditions including climatic events, economic factors and political instability are addressed(Emphasis added)[29]. In addition, it has been observed that the human right to food encompasses *suitability* where food has to be culturally and age-appropriate, nutritious and safe for consumption[30]; and *non-discrimination* which focuses on equity, justice and fairness with emphasis on ensuring that the human right to food is enjoyed by all without discrimination of any form, such as race, gender, ethnicity, religion, disability or other status (Emphasis added)[31].

At the global level, the *International Covenant on Economic, Social and Cultural Rights*[32] recognizes the right of everyone to an adequate standard of living including *adequate food*, clothing and housing, and to the continuous improvement of living conditions (emphasis added)[33]. It requires all countries to recognize and uphold the fundamental right of everyone to be free from hunger

[21] Ibid
[22] Oluwatayo. I., 'The Right to Food: A Fundamental Human Right and its Imperatives' Available at https://ajfand.net/Volume24/No10/guestEditorial_Oluwatayo.pdf (Accessed on 13/11/2026)
[23] World Health Organization., 'Nutrition' Op Cit
[24] Human Right to Food., Op Cit
[25] Ibid
[26] Food and Agriculture Organization of the United Nations., 'Food Security' Available at https://www.fao.org/fileadmin/templates/faoitaly/documents/pdf/pdf_Food_Security_Cocept_Note.pdf (Accessed on 13/11/2026)
[27] Ibid
[28] Ibid
[29] Ibid
[30] Oluwatayo. I., 'The Right to Food: A Fundamental Human Right and its Imperatives' Op Cit
[31] Ibid
[32] United Nations General Assembly, *International Covenant on Economic, Social and Cultural Rights*, 16 December 1966, United Nations, Treaty Series, vol. 993, p. 3.
[33] Ibid, Article 11 (1)

through access to adequate food[34]. Further, at a national level, the *Constitution of Kenya*[35] also recognizes the right of every person to be free from hunger, and to have adequate food of acceptable quality[36]. The human right to food has therefore been embraced as a fundamental human right both globally and at national levels.

Despite being a fundamental human right, it has been observed that millions of people all over the world struggle to access sufficient, safe and nutritious food undermining human health, progress and development[37]. The *State of Food Security and Nutrition in the World 2026 Report*[38] notes that hunger affects nearly 7.8 percent of the world's population, and 2.1 billion people globally experience moderate or severe levels of food insecurity. The Report further notes that persistent disparities and inequalities remain in the realisation of the human right to food with women, young children and rural communities disproportionately impacted[39]. In addition, the Report observes that Africa hosts the largest number of people facing hunger and food insecurity where it is estimated that one out of five people are affected by hunger and food insecurity[40]. Failure to achieve the human right to food has been attributed to several factors including conflicts, extreme poverty, poor agricultural and food production approaches, weak government policies, food waste and extreme climatic and weather events such as droughts and floods[41].

In light of the foregoing, there is need for urgent and transformative measures in order to atualise the human right to food.

3.0 Achieving the Human Right to Food Practically and Legally

The right to food is a fundamental human right whose achievement is key towards human health, progress and development. This right has been recognised as a fundamental human right globally under the International Covenant on Economic, Social and Cultural Rights. In addition, the Constitution of Kenya enshrines the human right to food. However, achieving this right remains a challenge all over the world with millions of people facing hunger and food insecurity. Consequently, there is need to promote the human right to food towards empowering individuals and communities all over the world for Sustainable Development.

[34] Ibid, Article 11 (2)
[35] Constitution of Kenya., 2010., Government Printer, Nairobi
[36] Ibid, article 43 (1) (c)
[37] From Nairobi: A call to turn the right to food into reality., Available at https://www.businessdailyafrica.com/bd/opinion-analysis/columnists/from-nairobi-a-call-to-turn-the-right-to-food-into-reality-5668680 (Accessed on 13/11/2026)
[38] Food and Agriculture Organization of the United Nations., 'The State of Food Security and Nutrition in the World 2026' Available at https://openknowledge.fao.org/items/63b052f9-f2c1-453b-97a3-1d814facea36 (Accessed on 13/11/2026)
[39] Ibid
[40] Ibid
[41] Ibid

Promoting the human right to food involves both legal and practical approaches. In particular, it has been observed that combating hunger and food insecurity is necessary towards promoting the human right to food for Sustainable Development[42]. This can be realised through legal reforms that support domestic food markets and reduce barriers to food trade can ensure the availability of adequate and safe food for everyone towards realising the human right to food[43]. Practical approaches such as climate-smart farming techniques can also enhance progress towards achieving the human right to food. For example, traditional agricultural practices like agro forestry, intercropping, crop rotation, cover cropping, traditional organic composting and integrated crop-animal farming all have potentials for enhancing crop productivity and mitigating climate change especially in Africa where millions face hunger and food insecurity a situation that is worsened by climate change[44]. In addition, it has been suggested that adoption of regenerative agricultural practices such as crop rotation, agroforestry, use of drought- and heat-resistant crops, integrated pest control systems, water harvesting and irrigation can foster high-yielding, climate resilient, and adaptive practices that can strengthen food security towards realising the human right to food[45].

The human right to food can also be achieved practically and legally through global and regional cooperation. For example, legal and practical measures that ensure capacity building and knowledge sharing in the Global South are key towards adopting regenerative agricultural practices such as crop rotation, agroforestry, use of drought- and heat-resistant crops, integrated pest control systems, water harvesting and irrigation which can foster high-yielding, climate resilient, and adaptive practices towards food security[46]. Global and regional cooperation can also promote the adoption and use of Agri-technology which involves harnessing technology and digital tools to boost productivity, efficiency and sustainability in agriculture and food production[47]. Technology has the potential to improve global food security by increasing yields, reducing agricultural exposure to environmental shocks including droughts and floods, producing more nutritious crops, reducing human labour requirements, and promoting long-

[42] World Food Programme., 'Food security – what it means and why it matters' Available at https://www.wfp.org/stories/food-security-what-it-means-and-why-it-matters (Accessed on 13/11/2026)

[43] World Bank Group., 'What is Food Security' Available at https://www.worldbank.org/en/brief/2023/06/11/what-is-food-security (Accessed on 13/111/2026)

[44] Rinku . S & Singh. G., 'Traditional Agriculture: A Climate-Smart Approach for Sustainable Food Production' *Energy, Ecology and Environment*, No. 2 of 2017, 296

[45] Climate Champions. 'How Regenerative Agriculture Can Increase Africa's Food Production.' Available at https://climatechampions.unfccc.int/call-to-action-for-climate-resilient-sustainable-food-systemsinafrica/ (Accessed on 13/11/2026)

[46] Ibid

[47] Food and Agriculture Organization of the United Nations., 'Agricultural technology ecosystems in East Africa: Taking stock in Kenya, Rwanda and Uganda' Available at https://openknowledge.fao.org/server/api/core/bitstreams/96eab0b4-bb4a-44ac-a067-1c6b2b5e5498/content (Accessed on 13/11/2026)

term sustainability and stability of agriculture and food production[48]. Modern technologies including Artificial Intelligence (AI) can transform and improve global food security by bolstering agricultural and food production, optimizing global, regional and national food supply chains, and ensuring the resilience of food systems to risks such as climate change and pests due to its predictive capabilities[49]. Consequently, there is need for legal measures that support the adoption and use of technology and AI while also ensuring practical application of technology towards promoting food security and achieving the human right to food.

Another practical approach towards achieving the human right to food involves tackling the impacts of conflicts on food security. Conflict has been identified as one of the main drivers of hunger and food insecurity in most of the countries experiencing food crises[50]. For example, conflicts make it too dangerous for people to leave their homes to access markets for food or earn an income, while also disrupting the flow of food and humanitarian aid therefore fuelling hunger and food insecurity[51]. In addition, conflicts drive large numbers of people from their homes, land and livelihoods while also restricting access to life-saving assistance therefore causing and worsening hunger[52]. Consequently, there is need to address the impact of conflict on the human right to food including through providing life-saving food and nutrition assistance to people affected by conflict[53]. In addition, practical approaches that address the root causes of conflicts are key towards securing the human right to food[54]. For example, by bolstering social cohesion and resolving grievances within and between communities and utilising collaborative approaches such as mediation and negotiation to resolve differences over contested natural

[48] Ruzzante. S., 'Adoption of Agricultural Technology in the Developing World: A Meta-Analysis of the Empirical Literature' *World Development*., Volume 146, October 2021

[49] United Nations University., 'Artificial Intelligence Can Transform Global Food Security and Climate Action' Available at https://unu.edu/article/artificial-intelligence-can-transform-global-food-security-and-climate-action#:~:text=Land%20use%20decisions%20will%20benefit,impending%20climate%20shocks%20and%20disasters. (Accessed on 13/11/2026)

[50] World Food Programme., 'Conflict and Hunger' Available at https://www.wfp.org/conflict-and-hunger?utm_source=google&utm_medium=cpc&utm_campaign=21724166782&utm_term=hunger%20and%20war&utm_content=173315448928&campaignid=21724166782&adgroupid=173315448928&adid=714218729951&keyword=hunger%20and%20war&matchtype=e&network=g&device=c&gad_source=1&gad_campaignid=21724166782&gbraid=0AAAADvz5nZGSPKpXXKgMb77x3vhsLf6Y&gclid=CjwKCAiAraXJBhBJEiwAjz7MZSoLAimnJd-2ePMzWhyma6jGr3u9ctzGSIcrcelInwf1Yk_tm-Ph4BoCP1UQAvD_BwE (Accessed on 13/11/2026)

[51] World Vision., 'Africa hunger crisis: Facts, FAQs, and how to help' Available at https://www.worldvision.org/hunger-news-stories/africa-hunger-famine-facts (Accessed on 13/11/2026)

[52] World Food Programme., 'Conflict and Hunger' Op Cit

[53] World Food Programme., 'Ending Hunger' Available at https://www.wfp.org/ending-hunger (Accessed on 13/11/2026)

[54] World Food Programme., 'Conflict and Hunger' Op Cit

resources including water and land, it is possible to minimise the likelihood of conflicts and their impact on the human right to food[55].

Through the foregoing, it is possible to achieve the human right to food both practically and legally.

4.0 Conclusion

With millions of people all over the world facing hunger and food insecurity, there is need for legal and practical approaches towards attaining the human right to food for Sustainable Development. These measures include supporting domestic food markets, strengthening food trade, promoting climate-smart agriculture and food production, embracing global and regional cooperation, utilising technology and AI, and tackling conflicts and their impacts on the human right to food. Promoting food governance is an ideal that can be achieved both practically and legally towards achieving the human right to food for equity and posterity.

[55] Food and Agriculture Organization of the United Nations., 'Collaborative natural resource management' Available at https://www.fao.org/4/a0032e/a0032e0c.htm (Accessed on 13/11/2026)

References

African Union., 'Agenda 2063: The Africa we Want' Available at https://au.int/sites/default/files/documents/33126-doc-framework_document_book.pdf

Climate Champions. 'How Regenerative Agriculture Can Increase Africa's Food Production.' Available at https://climatechampions.unfccc.int/call-to-action-for-climate-resilient-sustainable-food-systemsinafrica/

De Pee. S., 'Food Security.' Encyclopedia of Human Nutrition., 3rd Edition.,(2013), pp 353-360

Food and Agriculture Organization of the United Nations., 'Agricultural technology ecosystems in East Africa: Taking stock in Kenya, Rwanda and Uganda' Available at https://openknowledge.fao.org/server/api/core/bitstreams/96eab0b4-bb4a-44ac-a067-1c6b2b5e5498/content

Food and Agriculture Organization of the United Nations., 'Collaborative natural resource management' Available at https://www.fao.org/4/a0032e/a0032e0c.htm

Food and Agriculture Organization of the United Nations., 'Food Security' Available at https://www.fao.org/fileadmin/templates/faoitaly/documents/pdf/pdf_Food_Security_Cocept_Note.pdf

Food and Agriculture Organization of the United Nations., 'Right to Food' Available at https://www.fao.org/right-to-food/en

Food and Agriculture Organization of the United Nations., 'The State of Food Security and Nutrition in the World 2026' Available at https://openknowledge.fao.org/items/63b052f9-f2c1-453b-97a3-1d814facea36

From Nairobi: A call to turn the right to food into reality., Available at https://www.businessdailyafrica.com/bd/opinion-analysis/columnists/from-nairobi-a-call-to-turn-the-right-to-food-into-reality-5668680

Health benefits of eating well., Available at https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/health-benefits-of-eating-well/

How Does Food Impact Health?., Available at https://www.takingcharge.csh.umn.edu/how-does-food-impact-health

Human Right to Food., Available at https://science.unimelb.edu.au/foodprint-melbourne/toolkit/key-concepts/human-right-to-food

Muigua. K., 'Achieving the Right to Food for Sustainable Development in Kenya.' Available at https://kmco.co.ke/wp-content/uploads/2018/08/Achieving-the-Right-to-Food-for-

Sustainable-Development-in-Kenya-Presentation-African-Population-and-Health-Research-Center-APHRC-Campus-24th-July-2018.pdf

Office of the United Nations High Commissioner for Human Rights., 'The Right to Adequate Food' Available at https://www.ohchr.org/sites/default/files/Documents/Publications/FactSheet34en.pdf

Oluwatayo. I., 'The Right to Food: A Fundamental Human Right and its Imperatives' Available at https://ajfand.net/Volume24/No10/guestEditorial_Oluwatayo.pdf

Rinku . S & Singh. G., 'Traditional Agriculture: A Climate-Smart Approach for Sustainable Food Production' *Energy, Ecology and Environment*, No. 2 of 2017, 296

Ruzzante. S., 'Adoption of Agricultural Technology in the Developing World: A Meta-Analysis of the Empirical Literature' *World Development*., Volume 146, October 2021

United Nations General Assembly, *International Covenant on Economic, Social and Cultural Rights*, 16 December 1966, United Nations, Treaty Series, vol. 993, p. 3.

United Nations General Assembly., 'Transforming Our World: the 2030 Agenda for Sustainable Development.' 21 October 2015, A/RES/70/1., Available at https://sustainabledevelopment.un.org/content/documents/21252030%20Agenda%20for%20Sustainabl e%20Development%20web.pdf

United Nations Office of the High Commissioner for Human Rights., 'About the Right to Food and Human Rights.' Available at https://www.ohchr.org/en/special-procedures/sr-food/about-right-food-and-human-rights#:~:text=The%20right%20to%20food%20defined&text=The%20Committee%20declared%20that%20%E2%80%9Cthe,or%20means%20for%20its%20procurement

United Nations University., 'Artificial Intelligence Can Transform Global Food Security and Climate Action' Available at https://unu.edu/article/artificial-intelligence-can-transform-global-food-security-and-climate-action#:~:text=Land%20use%20decisions%20will%20benefit,impending%20climate%20shocks%20and%20disasters

United Nations., 'Food' Available at https://www.un.org/en/global-issues/food

World Bank Group., 'What is Food Security?' Available at https://www.worldbank.org/en/topic/agriculture/brief/food-security-update/what-is-food-security

World Bank Group., 'What is Food Security' Available at https://www.worldbank.org/en/brief/2023/06/11/what-is-food-security

World Food Programme., 'Conflict and Hunger' Available at https://www.wfp.org/conflict-and-hunger?utm_source=google&utm_medium=cpc&utm_campaign=21724166782&utm_term=hunger%20and%20war&utm_content=173315448928&campaignid=21724166782&adgroupid=173315448928&adid=714218729951&keyword=hunger%20and%20war&matchtype=e&network=g&device=c&gad_source=1&gad_campaignid=21724166782&gbraid=0AAAADvz5nZGSPKpXXKgMb77x3vhsLf6Y&gclid=CjwKCAiAraXJBhBJEiwAjz7MZSoLAimnJd-2ePMzWhyma6jGr3u9ctzGSIcrcelInwf1Yk_tm-Ph4BoCP1UQAvD_BwE

World Food Programme., 'Ending Hunger' Available at https://www.wfp.org/ending-hunger

World Food Programme., 'Food security – what it means and why it matters' Available at https://www.wfp.org/stories/food-security-what-it-means-and-why-it-matters

World Food Programme., 'Food security – what it means and why it matters' Available at https://www.wfp.org/stories/food-security-what-it-means-and-why-it-matters

World Health Organization., 'Healthy Diet' Available at https://www.who.int/news-room/fact-sheets/detail/healthy-diet#:~:text=Key%20facts,diseases%20(NCDs)%20and%20conditions

World Health Organization., 'Nutrition' Available at https://www.who.int/health-topics/nutrition#tab=tab_1

World Vision., 'Africa hunger crisis: Facts, FAQs, and how to help' Available at https://www.worldvision.org/hunger-news-stories/africa-hunger-famine-facts