

**Global Synergy for a Food Secure World:
Fostering and Realising the Right to Food for
the Present and Future Generations**

Kariuki Muigua

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Abstract

This paper examines how the ideal of global food security can be achieved. The paper defines food security and discusses its elements. It argues that achieving a food secure world is vital towards fostering and realising the right to food for the present and future generations. Despite being an important global ideal, the paper notes that achieving food security remains a challenge all over the world especially in the Global South. It discusses the factors hindering the attainment of global food security and their impacts on individuals and nations. In light of these concerns, the paper explores how the right to food can be fostered and attained for the present and future generations for a food secure world.

1.0 Introduction

Food is a crucial resource for human health, development and well-being. It has been observed that human-beings need adequate, safe and balanced diets for daily functioning, long-term health, growth and cognitive development¹. According to the World Health Organization (WHO), diet plays a critical role in shaping the health and well-being of both individuals and populations, and unhealthy diets are a major risk factor for disease and disability². It has been correctly noted that the food we take provides nutrients that are essential for the growth, development and maintenance of

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¹ 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](https://www.who.int/news-room/fact-sheets/detail/healthy-diet#:~:text=Key%20facts,diseases%20(NCDs)%20and%20conditions). (Accessed on 25/02/2026)

² Ibid

body functions³. Good nutrition is vital for individuals of all ages since it directly translates to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases including diabetes and cardiovascular diseases, and longevity⁴.

Food is therefore vital for human health and progress since it provides nutrients that are essential for the growth, development and maintenance of body functions⁵. The United Nations 2030 Agenda for Sustainable Development recognises the importance of ensuring adequate, safe and balanced diets for human health and development⁶. The agenda seeks to achieve a world where food is sufficient, safe, affordable and nutritious⁷. Sustainable Development Goal (SDG) 2 seeks to end hunger, achieve food security and improved nutrition and promote sustainable agriculture towards a food secure world⁸. Further, at a continental level, African Union's *Agenda 2063*⁹ 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 Africa¹⁰.

Ensuring adequate, safe, nutritious and affordable food is therefore both a global and continental priority. However, achieving this goal remains a challenge throughout the

³ How Does Food Impact Health?., Available at <https://www.takingcharge.csh.umn.edu/how-does-food-impact-health> (Accessed on 25/02/2026)

⁴ World Health Organization., 'Nutrition' Available at https://www.who.int/health-topics/nutrition#tab=tab_1 (Accessed on 25/02/2026)

⁵ How Does Food Impact Health?., Op Cit

⁶ 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 25/02/2026)

⁷ Ibid

⁸ Ibid

⁹ 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 25/02/2026)

¹⁰ Ibid

world. Hunger and food insecurity are major global developmental challenges affecting millions of people especially in the Global South¹¹. The inability to achieve a food secure world is linked to several challenges including poor health outcomes, underdevelopment, poverty, and conflicts among others¹². Consequently, it is an urgent priority to foster and realise the human right to food towards achieving a food secure world for present and future generations.

This paper examines how the ideal of global food security can be achieved. The paper defines food security and discusses its elements. It argues that achieving a food secure world is vital towards fostering and realising the right to food for the present and future generations. Despite being an important global ideal, the paper notes that achieving food security remains a challenge all over the world especially in the Global South. It discusses the factors hindering the attainment of global food security and their impacts on individuals and nations. In light of these concerns, the paper explores how the right to food can be fostered and attained for the present and future generations for a food secure world.

2.0 Examining the Status of Global Food Security

It has been observed that the ideal of food security is attained when every person has access to enough, safe, affordable and nutritious food for normal growth and development, and an active and healthy life¹³. Further, it has been observed that food security is achieved when 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

¹¹ United Nations., 'Food' Available at <https://www.un.org/en/global-issues/food> (Accessed on 25/02/2026)

¹² Ibid

¹³ 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#:~:text=Jean%20Baptiste%20Joire-What%20is%20food%20security?,threatens%20people's%20lives%20or%20livelihoods>. (Accessed on 26/02/2026)

an active and healthy life¹⁴. According to the Food and Agriculture Organization of the United Nations (FAO), food security involves: *physical availability* of sufficient quantities of food of appropriate quality¹⁵; *accessibility* wherein all individuals have adequate resources (entitlements) for acquiring appropriate foods for a nutritious diet¹⁶; *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 met¹⁷; 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)¹⁸.

Achieving global food security is crucial in fostering human health, progress and development. According to the World Food Programme (WFP), food security ensures that wider stability, security and development objectives are attained¹⁹. Food security ensures that every person has permanent access to sufficient, safe, health, and nutritious food at affordable prices, now and in the future, so that people can meet their basic needs and lead active and healthy lives²⁰.

Food security has also been identified as a key determinant of the human right to food²¹. The right to food has been defined as the right to have regular, permanent and

¹⁴ 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 26/02/2026)

¹⁵ Food and Agriculture Organization of the United Nations., 'Food Security' Available at https://www.fao.org/fileadmin/templates/faoitally/documents/pdf/pdf_Food_Security_Cocept_Note.pdf (Accessed on 26/02/2026)

¹⁶ Ibid

¹⁷ Ibid

¹⁸ Ibid

¹⁹ 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 26/02/2026)

²⁰ Development and Food and Nutrition Security., Available at https://fecong.org/pdf/DevelopmentFoodAndNutritionSecurity_FrameWork.pdf (Accessed on 26/02/2026)

²¹ 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->

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 fear²². According to the Office of the United Nations High Commissioner for Human Rights (OHCHR), the right to food involves availability, accessibility, affordability, adequacy, and sustainability of food for all persons at all times²³. This right is enshrined at the international level under the *International Covenant on Economic, Social and Cultural Rights*²⁴ which recognizes the right of everyone to an adequate standard of living for themselves and their families, including *adequate food*, clothing and housing, and to the continuous improvement of living conditions (emphasis added)²⁵. Further, at a national level, the *Constitution of Kenya*²⁶ also recognizes the right of every person to be free from hunger, and to have adequate food of acceptable quality²⁷.

Fostering global food security is therefore key towards attaining the human right to food. However, achieving this ideal remains elusive for millions of people all over the world. The United Nations observes that despite some recent progress in reducing hunger, the world is still facing food crises in many regions especially Asia, Latin America and especially Africa where the situation is severe²⁸. It has been observed that while food

[Development-in-Kenya-Presentation-African-Population-and-Health-Research-Center-APHRC-Campus-24th-July-2018.pdf](#) (Accessed on 26/02/2026)

²² Office of the United Nations 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 26/02/2026)

²³ Office of the United Nations High Commissioner for Human Rights., 'OHCHR and the right to food' Available at <https://www.ohchr.org/en/food> (Accessed on 26/02/2026)

²⁴ United Nations General Assembly, *International Covenant on Economic, Social and Cultural Rights*, 16 December 1966, United Nations, Treaty Series, vol. 993, p. 3.

²⁵ *Ibid*, Article 11 (1)

²⁶ Constitution of Kenya.,2010., Government Printer, Nairobi

²⁷ *Ibid*., Article 43 (1) (c)

²⁸ United Nations., 'Food' Op Cit

security has improved in some parts of the world, the hunger crisis in Africa is deepening, putting millions of lives at risk²⁹. Africa has been classified as the most food insecure continent in world with 1 in 5 people in Africa facing the risk of hunger³⁰.

The food crisis in Africa and other parts of the world is linked to several unfavourable factors. In particular, it has been observed that conflict is a primary driver of hunger and food insecurity all over the world. Conflict affects the human right to food by destroying livelihoods thus hindering the ability of people to afford food, restricting access to food, causing massive displacements which lead to humanitarian crises, and destroying agricultural infrastructure leading to both short-term and long-term food shortages³¹. Extreme weather events also fuel food insecurity. In particular, it has been observed that climate change impacts food security by turning areas once perfectly suitable for agriculture production into deserts and modifying rain patterns, increasing uncertainty and reducing yields³². Poor agricultural policies, inadequate investments, insecure land tenure rights for vulnerable communities and women, and inadequate capacity particularly among rural and small-scale farmers have also been linked to food insecurity in Africa and the Global South³³. Further, it has been observed that poverty drives food insecurity and hunger globally since it limits the ability of vulnerable individuals and families to afford adequate, safe and nutritious diets³⁴.

²⁹ 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 26/02/2026)

³⁰ Ibid

³¹ World Food Programme., 'Conflict and Hunger' Available at <https://www.wfp.org/conflict-and-hunger#:~:text=In%20numbers,starvation%20for%20their%20own%20ends> (Accessed on 26/02/2026)

³² Mendez-Parra. M., & Ayele. Y., 'How African Integration Can Help Achieve Food Security.' Available at <https://odi.org/en/insights/how-african-integration-can-help-to-achieve-food-security/> (Accessed on 26/02/2026)

³³ Food and Agriculture Organization., 'Food Security in Africa.' Available at <https://www.fao.org/3/w9290e/w9290e01.htm#:~:text=The%20development%20of%20human%20resources,the%20direct%20causes%20of%20hunger> (Accessed on 26/02/2026)

³⁴ Food and Agriculture Organization of the United Nations., 'Food Security' Op Cit

The foregoing challenges are undermining the ideal of a food secure world. It has been observed that failure to achieve global food security undermines the productivity, resilience and health of individuals, families and societies all over the world³⁵. Consequently, it is imperative to foster and realise the right to food for the present and future generations towards a food secure world.

3.0 Attaining the Right to Food for the Present and Future Generations

Fostering and realising the right to food is a fundamental global ideal for human health, development and prosperity, now and in the future. The human right to food is realized when every man, woman and child, alone or in community with others, has physical and economic access at all times to safe, nutritious, and adequate food or means for its procurement³⁶. WHO points out that achieving the human right to food is a critical part of health, development and the well-being of all individuals, societies and nations³⁷. However, fostering and realising the human right to food remains a challenge all over the world especially in the Global South. Factors such conflicts, extreme weather conditions, poor food policies, inadequate investments, and insufficient human, institutional and technical capacities continue to undermine food security all over the world with negative impacts on human health, well-being, development and prosperity³⁸. Consequently, fostering and realising the right to food for present and future generations is crucial towards achieving a food secure world, now and tomorrow.

Achieving food security is a common global ideal. It has been observed that as the world population continues to grow, it is imperative for the global community to work together in order to sustainably increase agricultural and food production, improve the global

³⁵ Food and Agriculture Organization of the United Nations., 'Food Security' Op Cit

³⁶ 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 26/02/2026)

³⁷ World Health Organization., 'Nutrition' Op Cit

³⁸ Food and Agriculture Organization of the United Nations., 'Food Security' Op Cit

food supply chain, decrease food loss and waste, and ensure that every person in every country has access to safe, adequate, affordable and nutritious food³⁹. Fostering global synergies is therefore key towards achieving a food secure world. This involves strengthening global and regional food supply chains. It has been observed that factors such as conflicts, economic shocks, poor infrastructure, and geo-political tensions disrupt global and regional food supply chains hindering the availability, accessibility and affordability of food to millions of people all over the world⁴⁰. Consequently, global synergy is vital towards improving supply chains in order to foster the right to food for the present and future generations.

Global synergy is also vital towards confronting climate change which a major threat to food security all over the world. According to FAO, more frequent and more intense extreme climatic events, including droughts and floods, have adverse impacts on food availability, accessibility, stability and utilization⁴¹. In particular, it has been observed that climate change worsens the living conditions of farmers, fishers and forest-dependent people who are already vulnerable and food insecure⁴². Consequently, it is imperative for the global community to take urgent action to combat climate change including through strengthening mitigation and adaptation measures in order to achieve a food secure world⁴³.

³⁹ United Nations., 'Food security and nutrition and sustainable agriculture' Available at <https://sdgs.un.org/topics/food-security-and-nutrition-and-sustainable-agriculture> (Accessed on 26/02/2026)

⁴⁰ Food and Agriculture Organization of the United Nations., 'The State of Food Security and Nutrition in the World 2024- 2025 – Financing to end hunger, food insecurity and malnutrition in all its forms' Available at <https://openknowledge.fao.org/server/api/core/bitstreams/d5be2ffc-f191-411c-9fee-bb737411576d/content> (Accessed on 26/02/2026)

⁴¹ Food and Agriculture Organization of the United Nations., 'Climate Change and Food Security' Available at <https://www.fao.org/climatechange/16606-05afe43bd276dae0f7461e8b9003cb79.pdf> (Accessed on 26/02/2026)

⁴² Ibid

⁴³ Ibid

Fostering global cooperation is also key towards achieving a food secure world through sustainable and climate-resilient agriculture and food production systems⁴⁴. In particular, it has been observed that capacity building and knowledge sharing in the Global South is 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 security⁴⁵. Further, global synergy is key towards embracing agri-technology towards a food secure world. Agri-technology involves harnessing technology and digital tools to boost productivity, efficiency and sustainability in agriculture and food production⁴⁶. It has been observed that 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-term sustainability and stability of agriculture and food production⁴⁷. In particular, modern technologies including robots, temperature and moisture sensors and aerial imaging can make agriculture and food production safer, profitable, resilient and environmental-friendly⁴⁸. Fostering global synergy through technology development and transfer is therefore necessary towards strengthening the capacity of all countries to harness technology and digital tools for a food secure world⁴⁹.

⁴⁴ United Nations., 'Food' Op Cit

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 26/02/2026)

⁴⁶ 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 26/02/2026)

⁴⁷ Ruzzante. S., 'Adoption of Agricultural Technology in the Developing World: A Meta-Analysis of the Empirical Literature' *World Development.*, Volume 146, October 2021

⁴⁸ Agriculture Technology., Available at <https://www.nifa.usda.gov/topics/agriculture-technology> (Accessed on 26/02/2026)

⁴⁹ Ruzzante. S., 'Adoption of Agricultural Technology in the Developing World: A Meta-Analysis of the Empirical Literature' Op Cit

Through the foregoing, it is possible to foster and realise the right to food for the present and future generations.

4.0 Conclusion

Attaining the human right to food remains a challenge globally. In particular, factors such as conflicts, extreme weather conditions, poor food policies, inadequate investments, and insufficient human, institutional and technical capacities cause and worsen hunger and food insecurity with negative impacts on human health, well-being, development and prosperity, now and in the future⁵⁰. With hunger and food insecurity being common global development challenges, fostering synergy at the international and regional levels is crucial towards a food secure world. This can be achieved through strengthening global and regional food supply chains, addressing conflicts, combating climate change, embracing sustainable and climate-resilient agriculture and food production at all levels, and harnessing agri-technology including through technology development and transfer with focus on the Global South⁵¹. Fostering global synergy is therefore vital towards achieving a food secure world. There is need to pursue this agenda in order to foster and realise the right to food for the present and future generations.

⁵⁰ Food and Agriculture Organization of the United Nations., 'Food Security' Op Cit

⁵¹ Food and Agriculture Organization of the United Nations., 'The State of Food Security and Nutrition in the World 2024- 2025 - Financing to end hunger, food insecurity and malnutrition in all its forms' Op Cit

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