

# WORLD FOOD DAY 2023



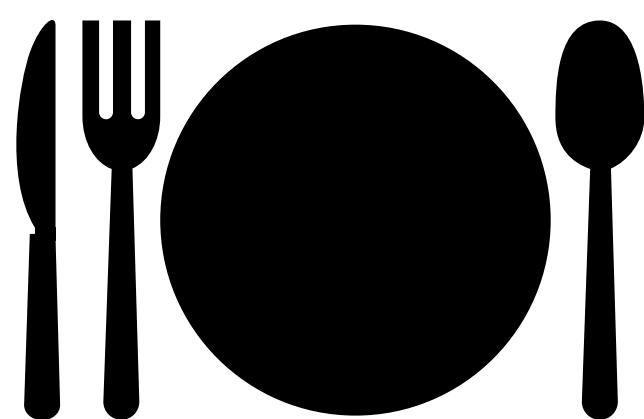
## WHAT IS WORLD FOOD DAY?

THE **FAO** IS THE **FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS**, AND ITS MISSION IS TO SPREAD AWARENESS ABOUT WORLD HUNGER. THEY ARE THE FOUNDERS OF **WORLD FOOD DAY**, WHICH IS CELEBRATED EVERY YEAR ON OCTOBER 16TH. WORLD FOOD DAY SHEDS LIGHT ON DIFFERENT ISSUES RELATED TO WORLD HUNGER.

THIS YEAR, THEIR THEME FOR WORLD FOOD DAY IS **WATER INSECURITY** AND HOW IT CONTRIBUTES TO **FOOD INSECURITY**.

## WHAT ARE FOOD AND WATER INSECURITY?

**FOOD INSECURITY** IS WHEN PEOPLE DON'T HAVE ACCESS TO SAFE AND NUTRITIOUS FOOD DUE TO FINANCIAL CONSTRAINTS AND FOOD NOT BEING READILY AVAILABLE. LOW FOOD AVAILABILITY CAN BE A RESULT OF WATER INSECURITY



**WATER INSECURITY** IS WHEN WATER ISN'T READILY AVAILABLE AND CAN'T SUPPORT A HEALTHY LIFESTYLE AS WELL AS FOOD AND ENERGY PRODUCTION.

# WHAT CAN WE DO?

## 1. BE CONSCIOUS OF YOUR FOOD CHOICES

CERTAIN FOODS REQUIRE LESS WATER TO BE PRODUCED SUCH AS IN SEASON FRUITS AND VEGETABLES, PULSES, AND NUTS.



## 2. WASTE LESS FOOD

SINCE A LOT OF WATER IS NEEDED FOR FOOD PRODUCTION AS WELL AS TRANSPORTATION FROM THE FARMS TO THE GROCERY STORES, WASTING FOOD CONSEQUENTLY MEANS WASTING WATER



## 3. SAVE WATER AND ENERGY

EXAMPLES INCLUDE TAKING SHORTER SHOWERS, CLOSING THE FAUCET, AND TURNING OFF APPLIANCES WHEN THEY'RE NOT BEING USED.



## 4. TAKE ACTION AGAINST THE POLLUTION OF WATERWAYS

AVOID POURING THINGS DOWN THE DRAIN SUCH AS FOOD WASTE, MEDICATIONS, CHEMICALS, AND OILS.



# RESOURCES FOR THE CLASSROOM

**FAO WORLD FOOD DAY TOOLKIT**

**WE ARE WATER PROTECTORS - BOOK**

**MAKING A MEAL OF IT**

**THE ENVIRONMENTAL IMPACT OF WASTED FOOD**

Click on each resource for more information!