

Food (in)Security

Food security is “the condition in which all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”

Food insecurity is when someone does not have physical or economic access to sufficient, safe and nutritious needs.



The 5 As of Food Security

Availability

Sufficient food for all people at all times.

Accessibility

Physical and economic access to food for all at all times.

Adequacy

Access to food that is nutritious and safe, and produced in environmentally sustainable ways.

Acceptability

Access to culturally acceptable food, which is produced and obtained in ways that do not compromise people's dignity, self-respect or human rights.

Agency

The policies and processes that enable the achievement of food security.

