



Strategic Framework

for Food and Nutritional
Security

Overview

Food security exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

According to the global standard for measuring food insecurity – the Integrated Food Security Phase Classification (IPC), around 193 million people in 53 countries or territories experienced acute food insecurity at crisis or worse levels in 2021. This represents a dramatic increase of nearly 25% compared to 2020. These worrying trends result from multiple drivers feeding into one another, ranging from conflict to environmental and climate to economic and health crises with poverty and inequality as underlying causes.



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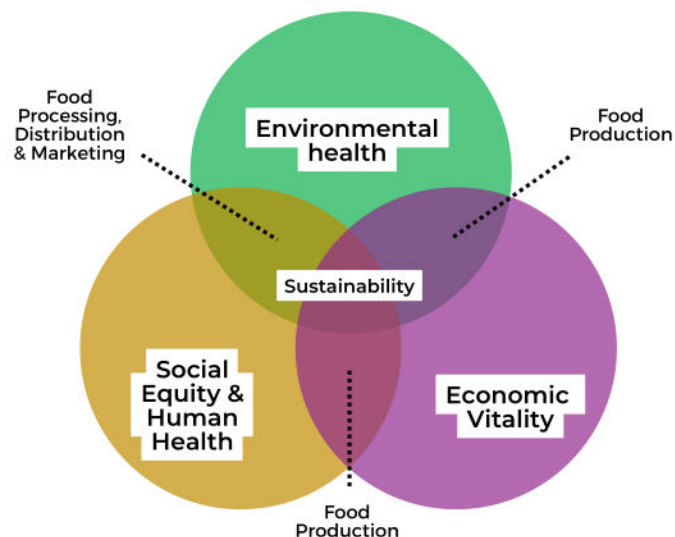
Conflict remains the main driver of food insecurity. It exposes the interconnected nature and fragility of the global food systems and how profound their consequences are on global food and nutritional security.

Understanding the different contexts of conflict and hunger is essential to designing effective responses that meet immediate needs with longer-term strategies to deal with the causes of hunger.

SUSTAINABLE DEVELOPMENT GOALS



1. Food Security



Food systems include all the ways food is grown, gathered, harvested, processed, delivered, accessed and consumed and how these intersect with health, environment, economy and society. A sustainable food system supports food security. Achieving a sustainable and resilient food system and ensuring adequate food security in the communities that IDRF serves is an outcome that IDRF aims to achieve in the next five years.

By implementing and altering processes addressing climate change, adequate nutrition and enhanced livelihoods through a gender-inclusive lens protecting the rights of women, men, girls and boys globally.

1.1 Food Parcels During Emergencies

IDRF will focus on providing food parcels to food-insecure households globally where no other assistance is feasible during emergencies. The food parcels will follow the SPHERE guidelines' dietary intake, accounting for local context and preference.



In the next five years, IDRF aims to focus on :

- Creating a famine specific and a hunger specific food parcel that accommodates the complicated nature of nutritional needs;
- Improving the dietary quality of food parcel items to include a wide range of food items;
- Contributing to the improvement of local economic growth through local procurement of food items.

Local procurement of food items is a sustainable outcome of IDRF's five-year strategy. Enhancing IDRF's procurement trends in the aid sector creates more opportunities for local enterprises to participate, thus supporting local economies and boosting local market capacity and job growth. It also lessens the dependence of developing countries on international aid. Procuring food items locally, when possible, reduces the costs for the aid organization, encourages regional trade and improves the skills and expertise of the local workforce.

However, a huge and sudden spike in demand and prices for specific goods will be experienced during emergencies and disasters. Procuring effectively and efficiently will ensure the needs of affected people are met. To procure effectively, IDRF ensures flexibility to adapt to the constantly changing needs and circumstances by adopting the localization approach.

IDRF works with a local organization with established emergency protocols ensuring minimized delays, familiarity with local vendors and avoidance of procurement fraud, and accessibility to high-quality products.





1.2 Cash-based Food Responses

Both cash-based approaches and in-kind assistance can effectively increase household food security for people living in areas of conflict. While in-kind food transfers are more effective at increasing the caloric intake of individuals, cash-based approaches are more cost-effective and more effective at elevating the nutritional security of individuals than in-kind food transfers.

Cash-based assistance is a more effective and efficient way of distributing aid. This is due to food aid being vulnerable to several factors, such as conflict, price fluctuations, and looting, enabling funds to be inadvertently captured into the highly problematic war economy dynamic. In comparison, cash-based assistance targets a broader scope of peoples' necessities.

Cash-based assistance can either be unrestricted, restricted, or conditional. The former allows cash transfers. The second enables vulnerable people to purchase items depending on their needs with vouchers. The latter links the money distributed with performing a particular task.

Unconditional cash transfer programs have a lower cost per beneficiary and benefit the local economy by generating \$2 of indirect market benefits for each \$1 provided to beneficiaries. They also provide ownership, agency, and purchasing power to beneficiaries and lead to greater dietary diversity and quality improvements than in-kind food transfers. During emergencies where means are available,

In the next five years, IDRF aims to focus on :

- Cash-based food responses where means are available.
- Contributing to the improvement of local economic growth through direct involvement of beneficiaries with the market.
- Streamlining assistance delivery by eliminating hidden charges.

2. Nutritional Security

Nutritional security, as defined by the FAO, exists when all people at all times consume food of sufficient quantity and quality in terms of variety, diversity, nutrient context and safety to meet their dietary needs and food preferences for an active and healthy life, coupled with a sanitary environment, adequate health, education and care.

Nutritional security goes beyond food security by considering the nutritional values of food and the systemic factors that determine an individual's nutrition. Food security is a precondition to adequate nutrition, and the different but complementary actions are needed to achieve food and nutritional security. Nutrition-oriented actions ensure that households and individuals have the knowledge and supportive health and environmental conditions necessary to obtain adequate nutritional benefits from food.

In the next five years, IDRf aims to focus on :

- Developing market infrastructure and services to increase accessibility to nutritious foods;
- Skills training and community education on the nutritional importance of eating a wide range of foods.
- Prevent undernutrition through comprehensive intergraded approaches that address both direct and underlying stressors that led to undernutrition.
- Reduce children and pregnant women's malnutrition and mortality.





IDRF aims to achieve improved nutritional security for the vulnerable communities it serves worldwide by focusing on economic growth and investments in education, social development and health.

3. Agriculture

The world's population is expected to reach almost 10 billion by 2050, requiring a significant increase in the amount of affordable, healthy and nutritious food that is produced. Without a sustainable increase in capital flows in agriculture and food systems, a world free of hunger and poverty cannot be achieved without a sustainable increase in capital flows. Although the primary goal of agriculture is to produce enough food to feed 10 billion people by 2050, patterns of optimized food production should replace aspirations of maximum food production.

Investments in agriculture and food systems generate optimism about their potential to ensure the livelihoods of millions of people working along the agricultural value chains and improve the sector's environmental sustainability.

Agricultural investments are 2.5 to 3 times more effective in increasing the income of the poor than non-agricultural investments. In order to generate sustainable benefits,

IDRF aims to promote better agricultural investments that:

- Prioritizes local food production;
- Secures financial stability through farming loans to small-scale farmers, in particular women;
- Ensures equitable access for farmers to natural resources (water);
- Implements resilient agricultural practices that increase productivity;
- Adopts climate-sensitive agriculture enforcing climate-resilient food systems.

3.1 Agriculture and Climate Change

Climate change is slow-moving but needs urgent action. The UN reports that climate change is a leading cause of rising hunger today. Small-scale farmers, who are the primary food producers globally, face increased droughts, extreme weather and new pests, and they lack the resources needed to address these changes. The challenge is made worse by agriculture's extreme vulnerability to climate change and its negative impacts.

On farms, climate change reduces crop yields and the nutritional quality of major cereals and lowers livestock productivity. The problem also works in reverse as agriculture is a significant part of the climate change problem, and it currently generates 19-29% of total greenhouse emissions. When building policies, special attention needs to be given to food loss and waste as it is critical in helping meet climate goals and reducing stress on the environment.

Women and girls are particularly vulnerable. They lack access to farm training, finances, land and other resources that would help them adapt. Even though they are responsible for the collecting and preparing food, they are not included in the decision-making on their farms and beyond.

IDRF aims to commit to the following in the next five years:

- Scale-up its current commitments to support developing countries efforts to adapt to climate change;
- Increase support to help small-scale farmers adapt to climate change and build more resilient food systems.
- Expand mitigation efforts during project implementation;
- Increase investments in Climate-Smart Agriculture (CSA)

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3.2 Adaptation and Mitigation methods

Agriculture is extremely vulnerable to the impacts of climate change. Farming throughout the globe has its specifics that depend on weather conditions. The impacts of global climate change on agriculture force farmers to constantly adjust to abnormal or atypical weather. Adaptation and mitigation of climate change in agriculture are not all-cure solutions and should be customized in each particular location.

Farmers should consider farming potential and needs, affordability and applied methods.

In the next 5 years, IDRF aims to:

- support the population of local small-scale farmers with educational and development skills to introduce them to new and adaptive techniques for smart climate agriculture.



3.3 Agriculture and Water Management

According to the FAO, one of the most significant constraints on current and future food production is freshwater availability. In many parts of the world, fresh water is already a scarce and overexploited natural resource. In order to address the unsustainable use of global freshwater resources and meet the food production requirements of a growing world population, food chains must become more efficient in terms of consumptive water use.

In the next 5 years, IDRF aims to:

- Educate small-scale women farmers on the importance of correct water management and introduce them to mitigation methods such as building water wells and harvesting rainwater.

3.4 Improving Data on Gender and Food Security

Gender is a social determinant of health that can significantly impact an individual's nutrition status. The gender data gap persists across all sectors. While studies provide information on gender inequalities and food security, there is no quantitative measure that directly looks at hunger and disempowerment in order to close the gender data gap and support efforts to achieve [Sustainable Development Goals 2 \(End hunger\)](#) and [Sustainable Development Goals 5 \(Achieve gender equality\)](#). Having reliable data on gender is essential to enable policymakers to prioritize, plan, and make decisions on resource allocation and monitor and evaluate policy implementation.

IDRF operates food services globally across five continents by utilizing data from local governments, local Non-Governmental Organizations (NGOs) and International NGOs working locally. The number one barrier to delivering and implementing effective food programming in any region is the lack of data on gender-specific indicators and the lack of disaggregated data.

IDRF aims to commit to the following in the next five years:

- Upscale gender considerations in humanitarian responses and understanding vulnerability through a gender lens by implementing necessary safeguards to prevent exploitation and abuse;
- Increase gender-responsive interventions that enable women's active participation and leadership at all stages of delivering food assistance.

Integrating gender into all aspects of food assistance programs results in a more accurate assessment of needs, which is key to designing and delivering adequate and appropriate responses.



Conclusions

Food demand increase is due mainly to changing food production patterns and population growth.

The main concern for the food and agricultural sector is to provide simultaneously enough food, in quantity and quality, to meet the nutritional needs of a growing population in an environmentally, economically and socio-culturally sustainable way. Increasing food production will certainly help address hunger. However, producing more food alone is not enough to ensure food security.

IDRF recognizes that to ensure food and nutritional security, there need to be interventions addressing both the increased production of food and ensuring its continued access to people. The world currently provides enough food for all of its citizens, yet food insecurity, malnutrition, and undernutrition are widespread.

IDRF's five-year strategy will focus on moving towards sustainable food consumption and production, making agriculture and food systems more sustainable.

Together we are
People Helping People.



Human Dignity • Social Justice •
Self-Reliance • Sustainability

International Development

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