

Introduction to Food Security

- Food security means enough nutritious food for all people at all times.
- Famines like the Bengal Famine (1943) caused millions of deaths.
- Deaths were due to lack of food and poor British response.
- Post-independence, India acted to ensure food security.
- Systems like ration shops, mid-day meals, Anganwadi's were started.

What Does Food Security Include?

- • Availability: Enough food produced in the country.
- • Access: People must be able to buy the food.
- • Nutrition: Food must have proteins, vitamins, and minerals.
- • Not just quantity but also quality matters.
- • Government schemes support vulnerable groups.

Growth of Foodgrain Production

- • India increased food production since 1970.
- • Paddy and wheat grew the most.
- • Use of irrigation, HYV seeds, and fertilizers increased yields.
- • Millets and oilseeds grew slower due to poor irrigation.
- • Chemical overuse damaged soil and water.

Availability of Foodgrains

- • Availability = Production + Imports - Wastage + Stock changes.
- • Measured in grams per person per day.
- • Per person availability did not increase steadily.
- • Coarse cereals are healthy but neglected.
- • Government must manage availability well.

Changing Food Needs

- Demand has shifted to milk, fruits, eggs, vegetables.
- Helps consumers and gives income to farmers.
- Farmers need support to diversify crops.
- Production of many items is still not enough.
- Market risks need to be managed.

Agricultural Diversification

- • Diversification = using land for multiple crops or allied activities.
- • Example: Midnapore farmers grow vegetables, rear cows.
- • Helps increase income and reduce risk.
- • Without support, small farmers can't diversify.
- • Policy must balance foodgrains and cash crops.

Access to Food and Calorie Intake

- • Many people can't afford food due to poverty.
- • 2100 (urban) & 2400 (rural) calories are needed daily.
- • Most people consume below this standard.
- • Poor people do more labor but eat less.
- • Low income causes hunger and malnutrition.

Public Distribution System (PDS)

- PDS = food grains at low cost via ration shops.
- Universal PDS (e.g., Tamil Nadu) works better.
- Antyodaya cardholders get 35 kg grains/month.
- Some states have low PDS reach due to poor systems.
- National Food Security Act (2013) gave legal food rights.

Nutrition and Health Status

- • Nutrition includes carbs, proteins, vitamins, minerals.
- • 45% of kids under 5 are underweight.
- • Indicators: underweight, stunting, wasting, low BMI.
- • Adults also show signs of hunger and low nutrition.
- • Body weight and height reflect food security.

Conclusion and Solutions

- • Food security remains a challenge in India.
- • Issues: low access, poor nutrition, weak PDS in areas.
- • Need better support for farmers and food programs.
- • Laws like NFSA must be implemented properly.
- • Nutritious food for all is a basic right.