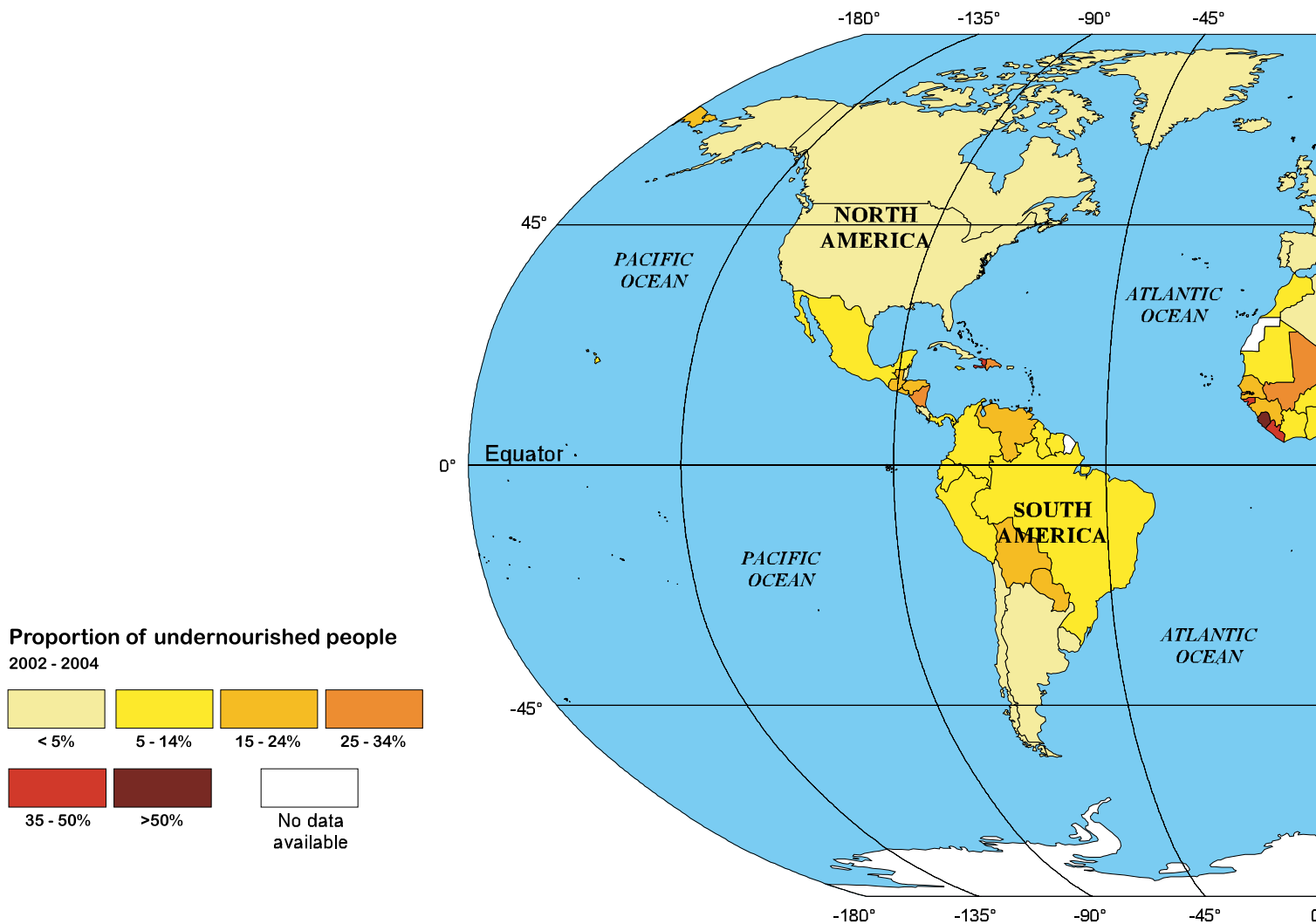


More about the Right to Food

Map of

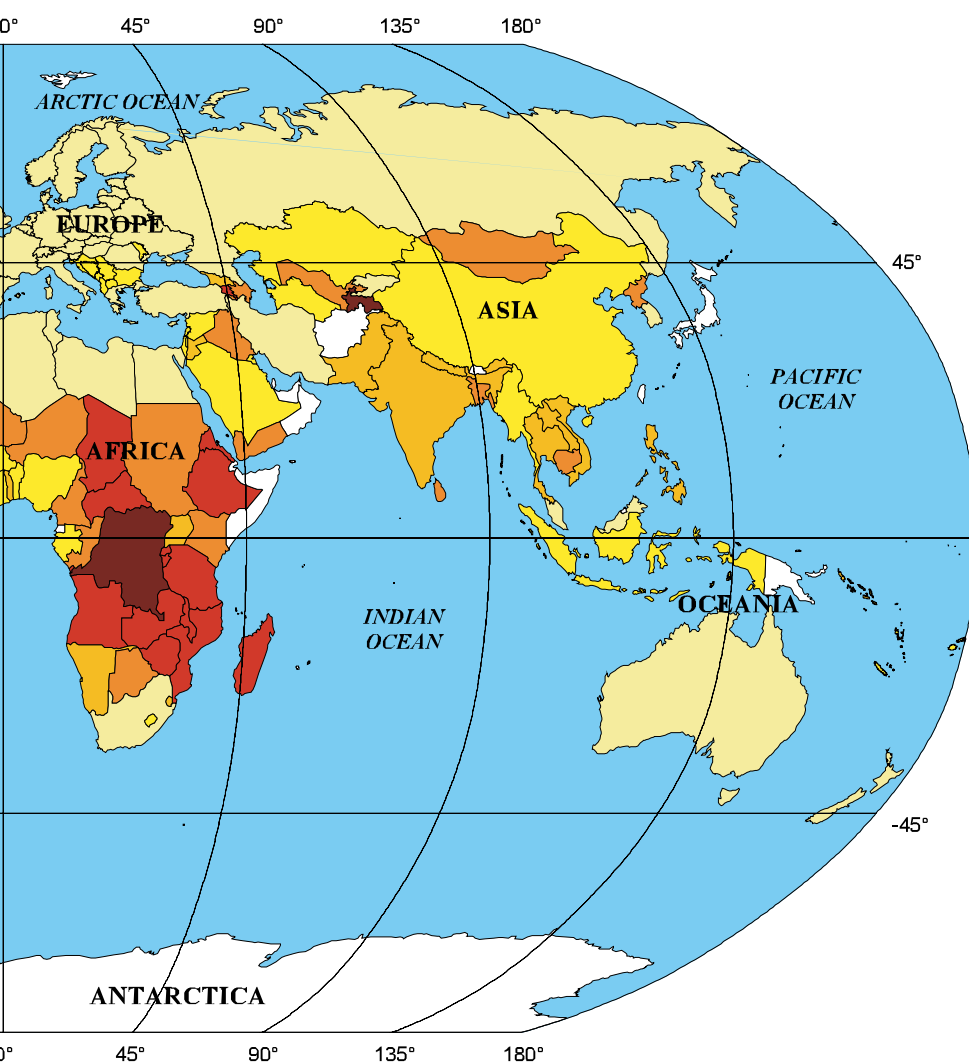


Hunger Facts

- ✓ 852 million people do not get enough to eat every day.
- ✓ 200 million children under five years of age suffer from acute or chronic malnutrition.
- ✓ More than 5 million children die each year from undernutrition and deficiencies in essential vitamins and minerals.
- ✓ Hunger and malnutrition cause immeasurable suffering to millions of families and result in: poor health, lost learning potential, lost productivity and income, and high medical and household expenses.
- ✓ Poor nutrition and lack of adequate food can limit growth and mental development, increase the risk of death from childhood diseases - such as diarrhoea, measles, malaria - and can result in lifelong physical and mental disabilities.

More about the Right to Food

World Hunger



FAOSTAT

- ✓ **Protein-energy malnutrition (PEM)** results in poor growth, fluid imbalances and lower resistance to infections because food is not sufficient to meet body needs for energy, protein and other nutrients.
- ✓ **Vitamin A deficiency** can result in poor vision and blindness, or death among children; it contributes to decreased physical growth and increased illness and death from infections. More than 200 million preschool children are at risk of Vitamin A deficiency.
- ✓ **Iron deficiency** can cause nutritional anaemia, problem pregnancies, stunted growth, lower resistance to infections and long-term impairment in mental and motor development. An estimated 1.7 billion people suffer from iron deficiency.
- ✓ **Iodine deficiency** may cause permanent brain damage, mental retardation, reproductive failure, decreased child survival and goiter (swollen thyroid gland). Two billion people are at risk of iodine deficiency.

More about the Right to Food

Goals to Make a Better World

At the United Nations Millennium Summit in 2000, 189 Heads of State and Government signed the Millennium Declaration and pledged to work together to make a better world for all by 2015. Eight Millennium Development Goals were adopted, committing rich and poor countries to work together in a global partnership.

World Reality	Vicious Circle	Millennium Development Goals
Poverty and Hunger <ul style="list-style-type: none"> ❖ Over 1 billion people live on less than US\$ 1 a day - 238 million of them are young people. ❖ 852 million people do not get enough to eat every day. 	<ul style="list-style-type: none"> ◆ Hunger reduces productivity and leads to poverty. ◆ Poverty prevents people from buying or growing the food they need. 	1. Eradicate extreme poverty and hunger <ul style="list-style-type: none"> ✧ Cut by half the proportion of people living on less than a dollar a day and the number who suffer from hunger.
Education <ul style="list-style-type: none"> ❖ 115 million children do not go to primary school - three-fifths of them are girls. ❖ About half of the children who start primary school do not finish it. 	<ul style="list-style-type: none"> ◆ Hungry children start school later, if at all, learn less or do not finish it. ◆ Lack of education means low earnings and increases the risk of hunger. 	2. Achieve universal primary education <ul style="list-style-type: none"> ✧ Ensure that all boys and girls complete primary school.
Women's Empowerment <ul style="list-style-type: none"> ❖ Two-thirds of the world's illiterate people are women. ❖ In 2003, women held only 15% of the seats in national parliaments and 6% of Cabinet posts. 	<ul style="list-style-type: none"> ◆ Hunger reduces school attendance more for girls than for boys. ◆ Women are denied equal access to resources and services. 	3. Promote gender equality and empower women <ul style="list-style-type: none"> ✧ Eliminate gender inequality in all levels of education.
Children's Health <ul style="list-style-type: none"> ❖ 11 million children die every year from preventable illnesses - that is about 30,000 deaths a day. 	<ul style="list-style-type: none"> ◆ More than half of all child deaths are caused by hunger and malnutrition. 	4. Reduce child mortality <ul style="list-style-type: none"> ✧ Reduce by two-thirds the mortality rate among children under five years of age.
Maternal Health <ul style="list-style-type: none"> ❖ Every year more than 500,000 women die from complications of pregnancy and childbirth. 	<ul style="list-style-type: none"> ◆ Malnutrition greatly increases the risk of maternal death and low-birth weight babies. 	5. Improve maternal health <ul style="list-style-type: none"> ✧ Reduce by three-quarters the maternal mortality rate.

More about the Right to Food

World Reality	Vicious Circle	Millennium Development Goals
HIV/AIDS, malaria and other diseases <ul style="list-style-type: none"> ❖ 8,000 people die every day from AIDS. 15 million children have lost one or both parents to AIDS. ❖ Malaria infects 500 million people and kills over 1 million each year. 	<ul style="list-style-type: none"> ◆ Malnourished people are less able to survive diseases, including malaria and HIV/AIDS. ◆ Hungry children are more than twice as likely to die of malaria. ◆ Hunger leads to risky behaviour that spreads HIV/AIDS. 	6. Combat HIV/AIDS and other diseases <ul style="list-style-type: none"> ✧ Stop and begin to reverse the spread of HIV/AIDS, malaria and other major diseases.
Environment <ul style="list-style-type: none"> ❖ 1.2 billion people lack safe drinking water. ❖ 2.4 billion people lack access to toilets. ❖ At least 100 million people live in slums. 	<ul style="list-style-type: none"> ◆ Hunger forces poor people to unsustainable use of resources. ◆ Restoring and improving ecosystems is key to reducing hunger among poor rural people. 	7. Ensure environmental sustainability <ul style="list-style-type: none"> ✧ Reverse the loss of environmental resources. ✧ Cut by half the number of people without safe drinking water and basic sanitation. ✧ Improve the lives of slum dwellers.
Partnership <ul style="list-style-type: none"> ❖ The poorest countries cannot achieve Goals 1-7 without aid, trade opportunities and debt relief from rich countries. ❖ Tariffs on imported products are four times higher for developing countries than they are for developed countries. ❖ Agricultural subsidies in rich countries are many times higher than their aid to poor countries. 	<ul style="list-style-type: none"> ◆ Rural and agricultural development reduce hunger. Appropriate financial, economic and political support is needed to help encourage this development. ◆ Poor country governments should invest more in rural and agricultural development. 	8. Develop a global partnership for development <ul style="list-style-type: none"> ✧ Reduce tariffs and debt and increase aid to poor countries.

More about the Right to Food

Food is a basic human right

All human beings are born free and equal in dignity and rights, including the right to food.

Everyone has the right to food: this includes all human beings.

It is a right, not a privilege or charity.

It is not based on merit or being "deserving".

This right cannot be abused by using food as a weapon or method of warfare.

The right to food implies enjoying food in a dignified way.

All individuals have the right to feed themselves and their families, not just to "be fed".

Begging or scavenging for food is not dignified.

Receiving assistance or food aid should not be demeaning or humiliating.

The right to food is linked to other human rights:

The right to the highest attainable standard of health

Adequate food and proper nutrition are fundamental to good health.

The right to work

Having a job means earning a sufficient income for buying food and other essentials for well-being.

The right to social security

Those who are unable to earn sufficient income (the sick, elderly, disabled, orphaned) have a right to assistance from the community and the government.

The right to education

Education means higher earnings and decreases the risk of hunger.

Education on proper nutrition and healthy diets is essential for making healthy food choices.

The right to freedom of opinion and expression

Everyone has the right to have a say and have their views considered in decisions that affect their food security.

Free mass media inform and encourage action.

The right to freedom of peaceful assembly and association

Forming groups and associations can be a powerful means to influence policies and decisions affecting food security.

More about the Right to Food

Everyone must have access to nutritionally adequate and safe food

Fulfilling the right to food and ensuring freedom from hunger and malnutrition means that all people have access at all times to food that is:

- ◆ sufficient in quality, quantity and variety to meet nutritional needs;
- ◆ free from harmful substances;
- ◆ acceptable to their culture.

Access to food means stable physical and economic access, and proper utilization of food.

- ◆ **Physical access:** food accessible to everyone in all areas and conditions, including people living in remote areas and the vulnerable and disadvantaged.
- ◆ **Economic access:** affordable food prices and sufficient income for buying food. The cost of food should not threaten people's economic ability to meet other basic needs.
- ◆ **Stable access:** food today, tomorrow and the next day in a sustainable way.
- ◆ **Proper utilization:** clean water, safe food handling, hygiene, prevention and control of diseases that impact nutrition (diarrhoeal diseases, parasitic infestations, malaria, HIV/AIDS), knowledge and skills for adequate food preparation, eating habits, care and feeding practices and distribution of food within the family according to physiological need.

Individuals and their families must be enabled and supported in feeding themselves through their own efforts.

In order to ensure adequate access to food, the necessary conditions must be created for all people to be able to produce the food they need for themselves and their families or to earn the income needed to purchase food to meet their energy and nutrient needs.

More about the Right to Food

National governments must do everything possible to ensure the right to food

National governments should provide a peaceful, stable and enabling economic, social, political and cultural environment in which people can feed themselves in freedom and dignity.

National governments have an obligation to:

- ◆ **ensure, without discrimination**, that all of its people have the physical and economic access to adequate, safe and nutritious food to ensure freedom from hunger. They must not take any measures that result in preventing such access.
- ◆ **encourage, enable and empower individuals** and create the necessary circumstances for people to be able to provide for themselves and their families.

Governments must respect, protect and fulfil the right to adequate food

- ◆ **Respect** existing access to food and not take measures that prevent access to food.
- ◆ **Protect** the right to food through measures ensuring that enterprises or individuals do not deprive others of the access to adequate food.
- ◆ **Fulfil** the right to food through facilitating and providing for the vulnerable and food insecure:

✧ Facilitate through actively engaging in activities to strengthen people's access to and utilization of resources and means to ensure livelihoods, including food security. This includes taking measures to maintain, adapt or strengthen dietary diversity, healthy eating habits and food preparation, as well as feeding patterns (including breastfeeding), while ensuring that changes in food availability and access to the food supply do not negatively affect dietary composition, intake or health.

✧ Provide directly whenever an individual or group is unable, for reasons beyond their control, to enjoy the right to adequate food by the means available to them. This means addressing the specific nutritional needs of vulnerable and at-risk groups, and providing safety nets for the hungry and malnourished through direct interventions.

More about the Right to Food

National policies must respect certain key principles

- ❖ **Non-discrimination**
Everyone, whatever their race, colour, nationality, language, caste, age, sex, is entitled to the right to food. Improving the status of women and promoting their full and equal participation is essential to ensure the right to food.
- ❖ **Transparency**
People must be able to know what the policies are, how money is being spent and who is benefiting from interventions.
- ❖ **Participation**
Everyone has the right to have a say in decisions that affect them. In particular, the poor have a right to participate in the design, implementation and evaluation of projects that are intended to assist them.
- ❖ **Accountability**
Politicians and civil servants should be held accountable for what they do or do not do. People should have ways of holding them accountable, through elections, courts and other means.

All members of society have a responsibility to protect and promote the right to food

Individuals, families, local communities, non-governmental organizations, civil society organizations, the private business sector all have responsibilities in securing the right to adequate food. National governments need to provide the necessary conditions to enable people to exercise these responsibilities.

Individuals are responsible for themselves and for providing for their own needs, and they must have the proper tools to do so (education, job opportunities, access to land, health care and other social services).

Everyone has responsibilities in securing and protecting the right to food for the local and global community. The right to food is not necessarily secure for everyone. We must recognize when it is being denied or undermined and take action to reclaim, achieve and maintain it.

Glossary of terms used in the cartoon book

A ccess to food	always being able to buy or grow enough food.	Discrimination	when people are treated unfairly because of their race, religion, colour, origin or sex.
AIDS	Acquired Immunodeficiency Syndrome - a group of diseases caused by HIV infection.	Disinfection	water treatment which destroys harmful bacteria.
Allergy	an unpleasant reaction a person's body has to certain things, including food.	E vaporation	the process of water changing into a gas.
Allowance	a sum of money given to a person regularly.	F armer Field School	teaching adult farmers new farming practices in the field.
Amputate	to remove a body part, such as an arm or leg.	Fat	component of food that gives energy to the body.
Ancestors	those from whom we are descended: parents, grandparents, etc.	Fertile	land which is capable of growing healthy plants.
Arrowhead	the pointed end of an arrow, usually made from stone or metal.	Fertilizer	a substance added to soil to make it better for growing plants.
B acteria	tiny living things that are not seen but can be helpful or harmful.	Food Charter	a document to improve people's access to food created by citizens, communities and local governments.
Barrie	a meeting place in an African village.	Food label	information about the food written on its package.
Bow and arrow	a weapon used for hunting or sport.	Food security	when all people can always get the food they need for an active and healthy life.
C alcium	a mineral present in some foods that makes our bones and teeth strong.	Fundamental right	a basic right which everyone should have.
Calorie	a unit for measuring energy that food gives us.	H ealthy, balanced diet	a diet that provides an adequate amount and variety of foods to keep a human body healthy and help it grow.
Caste	a social class in India.	HIV	Human Immunodeficiency Virus - infection which may cause AIDS.
Charity	something given to a person in need.	Human rights	advantages that should belong automatically to everyone, such as life, education, health care, shelter, food.
Cistern	a container used to catch and store rainwater.	Hunger	not having enough food to meet our nutritional needs.
Contaminate	to make something unclean or unsafe.	I rrigation	supply of water to dry land using pumps and trenches.
D alit	the name for a low caste of people in India.	J unior Farmers' Field and Life School	teaching children and young adults about growing food, nutrition, health and HIV/AIDS.
Dam	a barrier built to hold the flow of water.		
Debt	money owed to another person or organisation.		
Dignity	sense of worth, pride or self-respect.		

L and disputes	disagreement over who owns a piece of land.
Latrine	a specific area used as a toilet.
Life-styles	different ways of living our lives.
Loan	a sum of money borrowed that is usually repaid with interest.
Logging	removing trees from a forest for timber.
M alnourished people	people who are unhealthy as the result of eating too little, too much or not having the right variety of food.
Mandatory	something which must be done by law.
Medicinal	a food or substance which can be used as medicine.
N amaste	a greeting in India.
Native people	people who have lived in a particular region for thousands of years, the original inhabitants of a place.
Nutrient	the part of a food that is stored and used by the body for energy, growth and repair, and protection from disease.
Nutrition	eating and using food for living, growing and being healthy.
O bligation	a duty, something a person should or should not do.
Orang-utan	a large, long-armed monkey native to Indonesia.
Organic material	things that come from plants and animals.
P esticide	a chemical substance used to kill insects that harm plants.
Polio	a disease caused by a virus which can lead to paralysis (inability to move).
Pollute	to release harmful substances into the environment.
Poverty	not having enough money for basic needs - food, shelter, clothing.
Protein	a nutrient needed to build and maintain muscle, blood, skin and bones.

R ation	to give out limited amounts of food or water when there is not much available.
Ration shop	a shop sponsored by the government where poor people can buy goods at a low price.
Rebel	a person who fights against authority.
Recycling	the collection of waste products and packaging so that it can be re-used.
Refugee	a person forced to leave home to seek safety or protection in another country.
Relief programme	temporary help - money, jobs, food, clothing, clean water, shelter, health care - given to people in need.
Reservoir	a lake, pond, or basin used to store water.
Responsibility	a duty, something for which a person is responsible.
Right to food	the right of every man, woman and child to always have enough food for a healthy and active life.
S ewer	a pipe that carries away wastewater.
Sugar daddy	a wealthy older man who gives a young person expensive gifts in return for friendship or sex.
Supreme Court	the highest court of justice in a country.
Swamp	wetland covered by shallow water.
T rapper	a person who sets traps for animals in order to get meat or fur.
U nemployment	not having work.
V iolate	break a law or a rule.
Vitamins	substances found in small quantities in food and essential for the health and normal working of the body.
W ater Purification Tablet	a tablet added to water to make it safe to drink.
Y ield	the amount that can be harvested from a crop.

Useful Resources

Right to Food Unit of FAO
www.fao.org/righttofood



UN Special Rapporteur on the Right to Food www.righttofood.org

Feeding Minds Fighting Hunger www.feedingminds.org



Youth Window www.feedingminds.org/yw/index_en.htm



Food and Agriculture Organization www.fao.org



FoodFirst Information and Action Network www.fian.org



International Education and Resource Network www.learn.org



UN CyberSchoolBus www.cyberschoolbus.un.org



UNICEF Voices of Youth www.unicef.org/voy



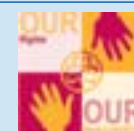
UN Millennium Campaign www.millenniumcampaign.org



UN Works www.un.org/works



Our Rights, Our Responsibilities
World Association of Girl-Guides and Girl-Scouts www.wagggsworld.org



World Food Program www.wfp.org



World Health Organization www.who.org



Organizing Events and Activities

Interested in getting involved but not sure where to begin? Here are some ideas to get you started!

Learn!

You can find out more about the right to food and food security by getting in touch with those working on these issues in your country. Encourage them to share their knowledge and information on their projects with you. Find out what they are doing and join in their activities.

Representatives of UN agencies: FAO, UNDP, UNESCO, UNICEF, WFP, WHO
Ministry of Agriculture
Ministry of Education
Ministry of Health
Right to food groups
Universities and other schools
Non-governmental Organizations and International Non-governmental Organizations
Community groups
Faith-based groups

Be creative!

You can organize many lively activities: concerts, drama or theatre, painting, photography, posters, collages, songs, poems, quizzes, essays, slogans, greeting cards, newsletters, sport competitions, fairs, conferences, round-tables and workshops.

Reach out!

Invite families and the community to contribute to and participate in your activities. Encourage the media to help you publicize your event and promote public awareness. Contact local news reporters to write stories about your activities and local and community radio stations to broadcast information and messages.

World Food Day is celebrated on 16 October – the day when FAO was founded in 1945. On this day young people and grown-ups in more than 150 countries get involved in the fight against hunger. You and your group are encouraged to organize a World Food Day event in your town or village.

Every October the FAO-WAGGGS **Nutrition Medal** is awarded to the Girl-Guides and Girl-Scouts working to eradicate hunger and malnutrition in the world. Use the cartoon book "The Right to Food: a Window on the World" and this guide to educate young people about the right to food, organize and carry out activities or projects to eradicate hunger and malnutrition in your community. Your group can be the next to receive the FAO-WAGGGS Nutrition Medal!

Organizing Events and Activities

Calendar of International Days

Each year people around the world commemorate various International and World Days on a special theme, with the purpose of learning more, raising awareness and taking action on serious world problems. Some of these internationally recognized events are listed below. Find out what others in your community and country are doing to commemorate these days and join in their activities or develop your own events and activities.

22 February	WAGGGS World Thinking Day www.worldthinkingday.org
8 March	International Women's Day www.un.org/events/women/iwd
22 March	World Water Day www.worldwaterday.org
7 April	World Health Day www.who.int/world-health-day
15 May	International Day of Families
5 June	World Environment Day www.unep.org/wed
20 June	World Refugee Day www.unhcr.org
9 August	International Day of Indigenous People
12 August	International Youth Day www.un.org/youth
8 September	International Literacy Day
21 September	International Day of Peace
16 October	World Food Day www.fao.org
17 October	International Day for the Eradication of Poverty
24 October	United Nations Day www.un.org/events/unday
20 November	Universal Children's Day
25 November	International Day for the Elimination of Violence against Women
1 December	World AIDS Day
10 December	Human Rights Day www.un.org/events/humanrights

FAO-WAGGGS Nutrition Medal - APPLICATION FORM

Send to: World Association of Girl Guides and Girl Scouts, World Bureau, Olave Centre,
12c Lyndhurst Road, London NW3 5PQ, England

Email: waggggs@wagggsworld.org Telephone: +44 (0)20 7794 1181 Fax: +44 (0)20 7431 3764

Country

Name of Association

Project Title

Starting Date: Completion Date:

Please indicate below the issues related to your project:

Agriculture	<input type="checkbox"/>	Food and Nutrition	<input type="checkbox"/>	Refugees	<input type="checkbox"/>
Environment	<input type="checkbox"/>	Health	<input type="checkbox"/>	Special Needs	<input type="checkbox"/>
Education	<input type="checkbox"/>	Income-Generation	<input type="checkbox"/>	Water and Sanitation	<input type="checkbox"/>
				Other	<input type="checkbox"/>

1. Why did your Association/Troop choose to undertake this project?

2. How have members of your Association/Troop/ girls and young women and the community been involved in planning and decision-making? Please give details.

3. Is the project funded? Please list your sources of funding (if any) and any plans for future funding.



4. Please describe your project, including its aims and objectives; targeted audience; project activities and events, project outputs.
5. How has the project met its objectives?
6. What difficulties have you experienced? How could they be overcome?
7. How has your Association/Troop benefited from this project?
8. How did you evaluate the project?
9. Who may we contact for more information about this project? (Name, address, telephone, e-mail)

NOTES

NOTES



Thank you!

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Use this Activity Guide to help young people learn about the right to food and take action against hunger in the world



For further information:

Food and Agriculture Organization of the United Nations (FAO)
Nutrition and Consumer Protection Division
Viale delle Terme di Caracalla, 00153 Rome, Italy
Email: RTF-Youth@fao.org Web site: www.fao.org

World Association of Girl Guides and Girl Scouts (WAGGGS)
World Bureau, Olave Centre, 12c Lyndhurst Road,
London NW3 5PQ, England
Email: waggs@wagggsworld.org Web site: www.wagggsworld.org