Nutrition. A Tool We All Have to Achieve Zero Hunger and the SDG’s

Karolina Roc*

Global Public Health Nutritionist, United Kingdom

*Corresponding Author: Karolina Roc, Global Public Health Nutritionist, United Kingdom.

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This year the World Food Day focused on the SDG 2: zero hunger. UN’s Greening the blue website talks about 8 interesting reasons zero hunger changes the world. Number one states that Zero hunger could save the lives of 3.1 million children a year.

I love the fact that nutrition links all the SDG as well as its central, transformative promise of the 2030 Agenda: Live no one behind. This sentence goes beyond the fact that food is a human right to the deepest of our wildest nature of growing together as a race. The most marvellous achievements of humanity (name it good or bad) have been the result of collaboration. In fact, we are not meant to thrive alone.

The environmental instability we are in which contributes to food poverty was brought among other types of trading by how we trade food direct or indirectly, perhaps also our greed and lack of self-love. We are so disconnected that we are lost. We keep looking for energy in the ground when we have it above us. We keep looking for happiness outside when it is within us. But, what can we do as citizens to help? We all have to eat, which means we all can have a role in achieving the SDG’s.

The best way is to inform yourself. Every time we go to the shop, the choice we make is crucial (if we have the ability to choose because some people do not), either we contribute to the increase of Green Gas House Emissions or we don’t, by choosing consciously. But it doesn’t end there. Then we need to make sure food is not wasted. Will this help? Yes, as citizens, supporting sustainable agriculture and small-scale farmers set the ground for our leaders to act by for example investing in infrastructure and technology to improve agricultural productivity and, the least amount of food we waste, the more we can share.

Where to look for to inform yourself? Start by talking about it, surely you will find a person who can share resources. FAO, for instance, calls us to take action and offers a worth-having-a-look recipe to achieve zero hunger with our daily actions. It also addresses children, one of the best things we can do for our future generations and our adaptations to a stronger climate challenged planet.

Another tip make peace with food. Treat yourself every time you interact with food, explore; share; eat colourfully and mindfully; be kind to yourself. Why wouldn’t you love the food that loves you back? The translation of the word food in the German language accurately makes sense of what food means to us. Lebensmittel, or literally, 'means of life'.

FAO rightfully make a synonym: ‘World Food Day - Your Day!’ I hope we all have enjoyed and celebrated the world food day as our life day. And thanked the earth for providing us with means of life, despite. If you missed it, you have got from 3 to 6 chances a day to do it.

I celebrated by cycling to a nearby organic farm. I bought organic apples of three different varieties, shapes and sizes at the price of unexpectedly ‘pay as you feel’. I Cycled back and baked Szarlotka no need for sugar just a dash of honey. It was amazing to treat my family with beautifully/natural looking organic tasty food bought as an act of Community Supported Agriculture (CSA), something also worth taking part of.

How do you imagine a future of zero hunger? Perhaps an increase in the workforce to repair the earth that nourishes us.

Our relationship with food has been broken and only together it can be repaired. I imagine living in a Community Supported [Agri] Culture where we give the importance food deserves by eating healthy. Where we grow together as a community leaving no one behind.