

Food Security and Sustainability

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Food security challenges in Ghana

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The agriculture sector has been the most dominant sector of the Economy of Ghana since independence. Close to seventy (70) percent of Ghanaians are engaged in the agricultural sector directly or indirectly along the value chain. In recent years Ghana face the challenge of making substantial progress in food security because average yields have remained stagnant. Commercial food imports and food aid have constituted about 4.7% of food needs in the last 15 years. Food production fluctuates from year to year due to frequent variations in the magnitude of rains during and between growing seasons. This recurrence of climatic stress destroys crops and livestock. Rainfall is a major determinant in the annual fluctuations of household and national food output. This creates food insecurity at household levels, which can be transitory in poor communities and chronic in distressed areas. In high population density areas such as the Upper East Region, the situation is cyclical and severe for three to five months each year. There are therefore regional disparities in food insecurity due to seasonal food deficits in the three northern regions. The Ghanaian government over the years have adopted various policies and strategies to sustain food security within its borders. Most often, a countries food security is defined as including both physical and economic access to food that meets people's dietary needs as well as their food preferences. In most countries, like Ghana, health problems related to dietary excess are an ever increasing threat, In fact, malnutrition and foodborne diarrhoea are become double burden. The government has drafted a three pillar food security policy. Food availability, sufficient quantities of food available on a consistent basis, Food access, having sufficient resources to obtain appropriate foods for a nutritious diet. Food use: appropriate use based on knowledge of basic nutrition and care, as well as adequate water and sanitation. The food and agriculture sector development policy (FASDEP) I & II and the medium term agricultural sector investment plan (METASIP) I&II are the policies and strategies adopted in recent years by the government of Ghana. The FASDEP II and the METASIP II are the current policy and strategy been implemented by the Ghanaian government.

Biography

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