

Food Security

Food security implies **physical, social and economic access to sufficient, safe and nutritious food** by all people at all times to meet their dietary and food preferences for an active and healthy life (FAO, 1996).

Food security has **four distinct components**:

(a) Food production through agronomic management of soil resources

(b) Stability of food production and availability at all times,

(c) Food access through economic capacity of household or community

(d) Food safety through nutritious and biological quality