



WHAT **FARMERS AND AGRIBUSINESSES** CAN DO TO MAKE HEALTHY DIETS AVAILABLE AND AFFORDABLE AND HELP ACHIEVE #ZEROHUNGER

The women and men who work in agriculture play a vital role in providing nutritious, affordable food. Whether they work on small family farms or in small food enterprises, their decisions will help shape the future of food and nutrition. Their knowledge and traditional practices are vital in a world where food production faces many challenges such as climate change and limited natural resources. These actions are a starting point for farmers and agribusinesses who want to make healthy diets available and build a #ZeroHunger world.

QUALITY, NOT JUST QUANTITY

Farmers need to consider a reorientation of agricultural priorities and move from an emphasis on producing high yields towards producing a diversity of nutritious foods such as fruits, vegetables, legumes and nuts in an effort to meet the population's dietary requirements.

TAKE A NUTRITION-SENSITIVE APPROACH

With a growing population expected to reach nine billion in 2050, farmers need to find new, more productive ways to diversify crops and farm food. Nutrition-sensitive agriculture aims to make more diverse and nutritious food available and affordable. It also aims to make food more nutritious by enhancing micronutrient content in foods through plant breeding and improved soil nutrient content and promotes sustainable production practices like conservation agriculture, water management and integrated pest management.

PRESERVE NATURAL RESOURCES

Farmers play a vital role in managing natural resources. While striving to diversify and produce diverse and nutritious foods, farmers need to manage natural resources sustainably and efficiently to help ensure their future availability and protect the environment. Agrobiodiversity is a way to respect natural ecosystems as it helps to maintain healthy soils, regulate pests and diseases, improve pollination and decrease the impacts of climate change by decreasing carbon dioxide in the atmosphere.

UNITE AS COOPERATIVES

Vulnerable rural populations need to empower themselves by uniting and forming local cooperatives. This is a way to receive technical assistance, learn about new food production methods, and gain access to finance and modern technologies. Cooperatives promote closer cooperation between farmers and research institutions and help smaller farmers to have a voice in policy-making.

ADAPT TO CLIMATE CHANGE

Climate change is happening. Adopting a Climate-Smart Agriculture approach to farming can help farmers to face climate challenges, by helping them to use natural resources, such as soil and water in a sustainable way, to grow more nutritious food. Farmers should use seeds that are more resistant to drought and disease, breed livestock that is suited to warmer temperatures, create stormproof ponds and cages for fish, and plant trees that are heat- and drought-tolerant.



**OUR ACTIONS ARE OUR FUTURE.
HEALTHY DIETS
FOR A #ZEROHUNGER WORLD.**

LEVERAGE THE POWER OF TECHNOLOGY

Modern digital technology and software, such as mobile device apps, can help farmers to access useful information on farming approaches for healthy diets and also to mitigate and fight the effects of pest or disease outbreaks or extreme weather events by allowing them to share information rapidly, access up-to-the-minute data and discover innovative farming solutions.

REDUCE FOOD LOSS

By finding ways to maintain quality and freshness and reduce post-harvest losses, farmers can increase their income and reduce prices at the consumer end. Farmers need to gain access to participate as much as possible in available training, gain access to adequate storage facilities and keep up to date with the latest developments in technology.

WHY NOT TRY AQUACULTURE?

Where possible, turn to local, small-scale fishery production as a source of income and affordable, vitamin-rich food for local communities. Fish provides protein, vitamins, minerals, and polyunsaturated omega-3 fatty acids (generally not found in staple foods).



Working for  #ZeroHunger



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