

## International Federation for Home Economics, IFHE Supports the “Zero Hunger Challenge”

The International Federation for Home Economics (IFHE) is an International Non-Governmental Organisation (INGO) having consultative status with the United Nations (ECOSOC, FAO, UNESCO, UNICEF).

IFHE is concerned with the empowerment and well-being of individuals, families and communities: As professionals IFHE Members are advocates for individuals, families and communities. Key-subjects of Home Economics in all its dimensions are quantitative and qualitative food security including sustainable consumption to improve sustainable development and avoid food waste.

### 1. The Role of IFHE in the “Zero Hunger Challenge”

IFHE strives to implement sustainability in the context of regional culture and traditions, which is essential to manage everyday life of individuals and families. Home Economics contribute significantly to the sustainability by the targeted use of sustainable technologies, like water and energy management, through education impacts, knowledge and skills in nutrition, health, gardening, and small holders farming. In a changing world new skills are needed to survive and to fulfil one’s basic needs. Disasters, military conflicts, migration, urbanisation, economic collapse for example, changes the patterns of food consumption, as abilities to produce one’s own food are narrow. The contributions from Home Economists to reduce hunger and to get access to secure food to improve healthy nutrition are multifaceted.

- **Zero stunted children less than 2 years**

Home Economics experts promote healthy nutrition during pregnancy for mothers and adequate breast feeding. For example Home Economists conduct trainings in gardening to enable women/families to cultivate unused land or community land and plant vegetables and fruits not only in rural areas but also in urban areas. Women are also trained to make healthy food and canning or drying of vegetables or fruits.

(<http://he.ifhe.org/915.html>)

- **100% access to adequate food all year round**

IFHE supports the work through its Programme Committee Food Security & Nutrition & Nutritional Health, through its representatives at FAO and through its contribution to the “**Global Food Security and Nutrition Dialogue**”.

With its members and member organisations IFHE supports projects and efforts to reduce hunger, malnutrition and poverty in every region of the world. One example is the “Sweet Potato Project” of the Tanzania Home Economic Association which secures food security and enable income generation.





- **All Food Systems are sustainable**

Home Economists who work in developing countries **provide education** for people about the growing and harvesting of healthy products in a sustainable way. This is especially evident with the production of food in domestic gardens and in small agricultural properties – an important part of the food supply chain in developing countries. Utilising food preservation technologies is a fundamental Home Economics skill.

**A set of posters** detailing the Best Practices for the sustainable use of household technology and resources were developed by IFHE Experts and are distributed around the world. (<http://www.ifhe.org/>)

IFHE focussed on Food Security including high quality nutrient-rich foods, dietary diversity, and food fortification. With the sequel to the E-book, “**Global Sustainable Development: A Challenge for Consumer Citizens**”, the IFHE continues a successful activity. This approach includes compiling information, ideas, theories, practices, perspectives and recommendations from Home Economics experts in order to improve sustainable consumption and education for consumer citizens all over the world. (<http://www.ifhe.org/140.html#c5911>)

- **100% increase in smallholder productivity and Income**

A major aspect of Home Economics is the gender approach. Especially the role of women as a key person in nutrition, from agricultural production, food provision, and care to implementing innovative technologies and realising sustainable lifestyles should be empowered by focus on gender-sensitive interventions to improve nutritional outcomes around the world.

Women receive education in efficient farming technologies and in strategies to improve the nutritional and health status of their families. A wide knowledge and skills in sustainable home gardening and food processing technologies also contribute to sustainable production patterns. Examples see <http://he.ifhe.org/711.html>.

- **Zero loss or waste of food**

To create and strengthen “**Sustainable Food Systems for Food Security and Nutrition**” the IFHE is committed to the following aims: a sustainable intensification of production as well as of nutrition-promoting farming system, nutrient-preserving processing, packaging, transport and storage, reduced waste and increased technical and economic efficiency, food safety, sustainable lifestyle in families by strengthening efficient resource management strategies and consumption patterns in households; nutrition education and information focussed on sensitising individuals; households and families acting in a sustainable way reflecting the ecological; social and economic dimensions.“

**IFHE and Home Economists take action!**

