

World Food Day 2024: For a better life and future

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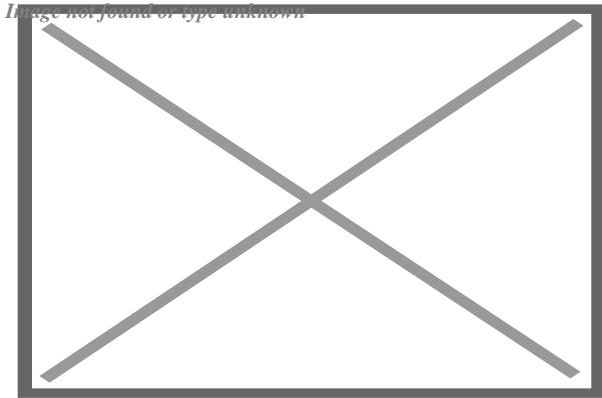


Photo: internationalfoodday.com

By Maritza Gutiérrez

World Food Day, celebrated every year on 16 October, is an opportunity to reflect on food and its impact on our future. In 2024, the focus will be on the need to adopt sustainable food practices that ensure access to healthy, nutritious, affordable and safe food for all, while respecting their fundamental rights.

Sustainable food is a concept that refers to the production and consumption of food in a way that minimizes environmental impacts and promotes public health. This year, the Food and Agriculture Organization of the United Nations (FAO) has underlined the importance of this approach, stressing that sustainable agriculture not only protects the environment but also improves the quality of life of communities.

Access to adequate food is a fundamental human right. Yet millions of people around the world still suffer from hunger and malnutrition. In the context of World Food Day 2024, it is crucial to advocate for policies that guarantee the right to food for all, regardless of their economic or geographical situation. Promoting fair and equitable food systems is fundamental to eradicating hunger and improving people's health.

A healthy diet is key to a person's overall wellbeing.

A balanced diet rich in fruits, vegetables, whole grains and quality protein not only prevents disease but also contributes to optimal development. In 2024, we must commit to educating communities about the importance of making healthy and sustainable food choices, and encouraging habits that last.

A number of sustainable food initiatives are emerging around the world - from community gardens to nutrition education programs in schools - that are changing the way people relate to food.

It is vital that we support and participate in these efforts, creating a collective movement towards a healthier and more sustainable future.

World Food Day 2024 takes place in the context of the 4th World Food Forum in Rome, an event that aims to harness the power of intergenerational cooperation and creativity in policy, science, innovation, education, culture and investment.

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