

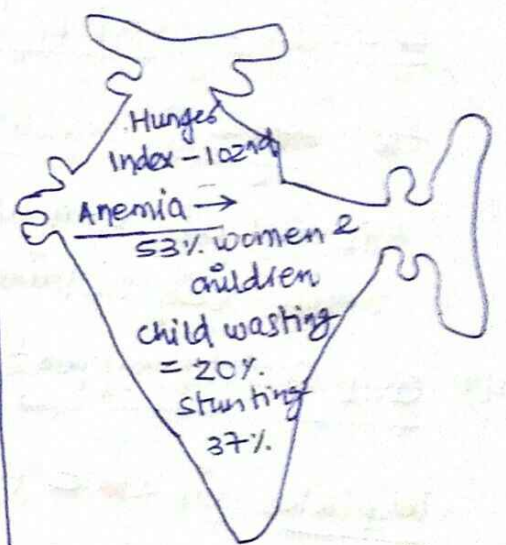
Nutritional self reliance

FAO's report 'State of Food and Nutrition, 2019' highlighted that India is suffering from both Food Draught (undernutrition) and Food Swamp (overnutrition). In this regard it is important to realise that Food security is not equal to nutrition security.

India's disposable income is rising and people are becoming more conscious towards nutritious diets thanks to the pandemic and also highlighted by TRIALONOMICS of Economic survey 2019-20, hence it becomes inevitable to provide them nutritious food in following way

- (i) Long term Forecasting and devising policy accordingly.
- (ii) Ecological Farming - By suitably mapping ecological zones according to cultural food habits of the people. And incentivising farmers to grow only notified crops instead of subsidising fertiliser & other inputs irrationally.

- (iii) Technological solutions - like using AI and data analytics to predict crop as well as regional requirements. Also proper food processing industry setup specially for horticulture as FAO highlighted 60% micronutrients are lost due to wastage of fruits, vegetables



data showing - Nutritional condition

→ Apart from this, Food Fortification, through Biotechnology, climate resilient crops are required in future.

(iv) Private participation which is at micro level due to various reasons is a must. It will bring funding, better managerial skills and R&D to achieve scale, efficiency and inclusion.

(v) Awareness campaign - A long term campaign is needed. FSSAI's - Eat Right campaign and labelling programme for organic products are required welcomed steps in this regard. Education of women is precondition to reach self sustenance in nutrition.

(vi) Civil society support - The pandemic has shown the loopholes in state policies. To reach inclusion and mitigate inequalities specially towards women and SC/ST section Ngo's, media, community etc are required.

Apart from this, coordination between ministry of Agriculture, women & child development, Panchayati Raj, health and Education is also required. Thus, it's a time to turn towards food security to nutrition security.