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Review Paper

Food Security as a Necessity for Human Development

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ABSTRACT: Food security and human development are two sides of the same coin, the two ways relationship starts with the availability of access to and proper use of food. The reciprocal relationship between security and human development is based on two established ways of thinking about human development. This paper discusses food security and its impacts on national development, how the concept of food security emerged in the 20th century as post-world wars reconstruction efforts after the two world wars, how third world countries were exploited by the industrialized countries before and after the wars. Laying emphasis from the dimensions of food security which includes availability, stability, accessibility, uses, government policies and role of successive government and international organizations like World food summit and United Nations development program (UNDP) that have been organized overtime to ensure food security and national development. The challenges that hamper food security like violence and conflicts, weak infrastructure, global water crises, land degradation, climate change are affecting food production and security thereby affecting national development.

Keywords: Food security, world wars, government, international organizations

INTRODUCTION

Food is the most basic human need. A state without sufficient food and nutrition, human survival and development are at risk. Food insecurity have a diminishing effect on social, economic, cultural, and political tension, high crime rates an armed conflict. At the household level, hunger and malnutrition adversely affect the more vulnerable members of the family, mostly children and women. Hence, there is need for food security to ensure each individual sustainable access to nutritionally adequate food[1]. Food security is a measure of the availability of food and individuals' ability to access it. Affordability is only one factor. There is evidence of food security being a concern many thousands of years ago, with central authorities in ancient China and ancient Egypt being known to release food from storage in times of famine. At the 1974 World Food Conference the term "food security" was defined with an emphasis on supply. They said food security is the "availability at all times of adequate, nourishing, diverse, balanced and moderate world food supplies of basic foodstuffs to sustain a steady expansion of food consumption and to offset fluctuations in production and prices". Later definitions added demand and access issues to the definition. The final report of the 1996 World Food Summit states that food security "exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life." An absence of this will lead to food insecurity.

What is food Security?

Food security as defined by the United Nations committee on word food security, means “all people, at all times, have physical, social and economic access to sufficient, safe nutritious food that meet their food preferences and dietary need for an active and health life”.

[1] Ying Chen. “Trade food security, and Human Rights”, Ashgate Publication, 2014, page 11.

Food security is seen as the availability and accessibility of nutritious food by an individual or people at all time for a healthy human growth (UN World Food Safety Day (2019). This paper discusses food security and its impacts on national development.

Concept of food security

The concept of food security emerged in the 20th Century as post- world war two reconstruction efforts. And the decolonization of mainly third world countries created a global good regime that was managed through complex local, national and international relations. With the creation of the international monetary fund (IMF), World Bank, World trade organization (WTO), food security is increasingly sought through economic policies including trade liberalization, privatization, and deregulation of national industry and the opening of economic markets. The guiding principle for this multilateral institution is the idea that economic growth, via market mechanisms, provides the most suitable solution for curbing poverty and achieving food security (Current World Land Degradation Affecting Health of Billions (2019).

One way to begin sitting through these complex factors is to examine how food production, distribution, and consumption should operate on international, National and local levels (Adeoti, 1989). The United Nation (UN) and the World Bank have played formulation of food security (Blood Lead Levels of Flint Children before and after Water Crisis (2018). The United Nations three major organizations that oversee global foods, development and agriculture framework are; Food and Agricultural Development (IFAD), the World Food Program and the International Funding for Agriculture these special Agencies are concerned with food and global poverty. Emerging from the 1774 world food conference, delegates determined that an international fund for agricultural Development should be established immediately to finance agricultural development projects primarily for food production in the development countries.

One of the most important discussed from the conference was that the causes of food insecurity and famine were not so much failure in food production, but structural problem relating to poverty and to the fact that the majority of the developing world's poor populations were concentrated in rural areas (Social Stigma Can Stand in the Way of Food Insecurity Screening (2018). As an aspect of food security, the goal is on the one hand, to work with rural farmers in an effort to gain knowledge of agricultural practices, and on other, to offer strategic suggestions on how rural farmers can best assimilate to change in the global economy. Food security in this sense is not regarded as a fundamental critique of current economic theory and policy, but rather as a practical strategy for improving the livelihood and productive capacities of the rural poor (Abdullahi, 2008).

Dimensions of food security

Food security is the outcome of food system operating efficiently. Efficient food system, contributes positively to all dimensions of food security. In discussing food security, the following pillars will be considered.

Viability

The first pillar of food security is "Availability". Based on WFS, it refers to the term "sufficient'. Availability according to World Food Programme (WFP) is defined as" the amount of food that is present in a country or area through all forms of domestic production, imports, food stocks and food aid" (WEF, 2009). Food availability approach is the oldest form of approach and the most influential (human development capability approach). The core ideas of this approach could be traced back to the Venetian thinker Glovanni Botero (1588), it was Thomas Maithus (1289) that popularized it, and in fact, it is also known as the "Mathusian approach. The conviction is that food security consists the availability of food commodities which normally increase food production as well as food security. According to the declaration adopted by the FAO founding conference, it was stated that "the first cause of malnutrition and hunger is poverty. Most of the efforts undertaken by researchers, practitioners, and teachers during the last three decades consist demonstrating and trying to convince that food security is not simply a question of availability of food. Again, during the last 54 years or so, the agricultural production has continuously grown more quickly than the population, the amount of food commodities available on earth is largely sufficient to feed more than today's population and still some of people do not have access to food. Food availability is focused on the (dis) equilibrium between populations of food. In order to maintain this equilibrium, the rate of growth of food availability should not lower than the rate of growth of population. In this view, food security is a merely a matter of aggregate (per capital) food availability. In a closed economy, this depends mainly on food production and stocks while in an open economy also food trade can play a relevant role.

Access

An adequate supply of food, at the national or international level does not in itself guarantee household level food security. WFS define the term as to "have physical, economical and social access". WFP defines food access as "A household's ability to acquire adequate amount of food regularly through a combination of

purchase, barter, borrowing, food assistance or gifts". There are three basic elements in the access to food and they include the physical, economic and socio cultural drastic changes in these elements may seriously disrupt production strategies and threaten food access of affected households. Natural disasters, e.g. food drought, wars, tsunami e.t.c. can affect the accessibility of food. To prevent such negative development, different technical adaptation measures must be put in place. Construction of infrastructure such as dams and reservoirs improved drainage system of flood, and others. In addition, the preservation and rehabilitation of ecosystem, and emergency plan further enhance the capabilities to deal with extreme weather events and to preserve the physical environment. The understanding that food commodities being available, but not affordable by people would determined a situation of food insecurity. (Grace Communication Foundation 2016).

The uses utilization dimension

The third dimension of food security is food utilization. It describes the socio-economic aspect of household food and nutrition security determined by knowledge and habits. In the WFS definition, it refers to safe and nutritious food which meets their dietary needs". Assuming that nutritious food is available and accessible, the household has to decide what food to purchase and how to prepare it as well as how to consume and allocate it within the household. A number of elements intervene here such as:

(a) The selection of food commodities.
(b) Their conservation and preparation.
(c) The absorption of nutrients.

Food has to be of good quality and safety. Training may be required to help people optimize their use of food that is already made available and they have access to it. In fact, a number of observation have been made by the WFP of population living where food is available, having a full access to food and still suffering from malnutrition mainly because of unaffordable food cost. Food utilization is also related to clean water, sanitation and health care. Another aspect of food use and utilization is the biological utilization. This relates to the ability of the human body to take food and convert it. This gained energy is very important when it comes to daily physical activities. Besides that, utilization requires a healthy physical environment and adequate sanitary facilities as well as understanding and awareness of proper health care, food preparation and storage processes.

Stability

The fourth dimension of food security is stability. It describes the temporal dimension of food and nutrition security, respectively the time frame over which food and nutrition security is being considered. In the WFS definition, it refers to "at all time". Stability applies in the first instance to the above mentioned three dimensions of food security. Stability is given when she supplied on household hold level remains constant during the year and in the long term. That includes food, income and economic resources. Furthermore, it is important to minimize external risk such as natural disaster and climate change, price volatility, conflicts or epidemics and implementations improving the resilience of households. Such measures includes insurance e.g against drought and crop failure as well as the protection of the environment and the sustainable use of natural resources like land, soil and water.

Food security to human development

People are considered well fed and used nourished when they can obtain safe food of sufficient quantity, variety and quality to sustain their lives. They need food that provides energy for growth, thinking to circulation and digestion. Hen starvation terminates the vital functions, people die. But when poor nutrition insidiously compromises these functions every day, it is the future that is silently forfeited. Children, their development arrested are denied the realization of their range of their capabilities and are unable to function at their best. And the human capital of nations enables execrably. Food security can be defined as the condition when all people at all times have psychical social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. It thus encompassed the availability of food, people's access to food of their use of food, as well as the stability of all three components. This definition includes the qualitative dimensions of safety and nutrition, linking food security to people's energy protein and nutrients need for life, activity and growth. It also points to a horizon beyond food security, the potential for a full and active life.

How food security and human development intersect

The perverse dynamic between food insecurity and poverty can last generation. Hungry children with weakened immune system die pre-maturely from communicable diseases such as dysentery malaria and respiratory infections that are ordinarily preventable and treatable. They start school late, learn less and drop out early. Malnourished mothers are at greater risk of dying in child birth and of delivering low birth weight babies who fail to survive infancy often suffer stunting that cripples and shortens their lives. As adults, they are likely to give birth to another generation of low–birth weight babies

perpetuating the vicious cycle of a low human development and destitution. Because of the often irremediable consequences of food insecurity, once a household falls into this cycle, its descendant may not emerge from it, even in a thriving economy. Those who do not break out must exert much greater than normal effort to make up deficits. In adult hood being well fed is an important but short – lives investment. The food consumed today support production tomorrow, however, the benefits goes not only to the household but has a better affected stronger economic growth and higher human development for the entire society. Food insecurity debilitates society by increasing mortality, disease and disability. Tray inflate the direct economic costs of coping with health impacts. And they inflict on economic the indirect costs of diminished worker productivity absenteeism and lowered returns on education. In extreme cases mass hunger becomes powder key that can bring down on entire political and economic order. None of this is conducive to human development.

Conceptually, food security and human development are reinforcing, with nutrition outcomes at their intersection. This two ways relationship starts with the availability of access to and proper use of food the care condition for food security. A fourth condition stability ensures the strength of the other three. When the core conditions for food security are dependably in place, nutrition, outcomes are positive. But when the conditions for food security are disrupted the result is malnutrition, which effectively blocks the channel to human development. Human development in turn, improves food security, Education and health are important both intrinsically (people value being educated and healthy) and productivity (as the main constituents of human capital). Education enables famers to become more productive through better use of agricultural technologies, which leads to higher income for rural workers. Enhancing capabilities in education and heath also promotes better use of food by communities and healthier workers are more productive.

Educated people are typically better informed and have greater access to media and technology; they also tend to be more engaged in their communities and in political activities, productive, security and politically engaged people. The elaboration of the reciprocal relationship between security and human development is based on two established ways of thinking about human development. They are entitlement and capabilities. Entitlements undergird the ability to access food while capabilities form the basis of human choice.

Challenge and threats to food security

Violence and conflict

Food security is threatened as a result of violence and conflict. Fluctuations in agricultural production and access to food can be a source of social upheaval, violent attacks or even war. And the resulting disruption can create instability in food availability and access. Food production falls during conflict, with each stock to the food supply prices in chop. If local markets can receive supplies from markets further always the upward price pressure, eases. But, it depends on the type of conflict and transport infrastructure. Conflicts disrupt food production, often blocking cultivation directly sharply curtaining access to food. Farmers who grow good for their own consumption are usually the most affected, as they abandon their father farms and take refuge elsewhere. Violent conflict often disrupts transport and market transactions, resulting in the collapse of food markets. Farm households become food insecure unable to buy or sell food. Even when warning parties allow exchanges, farmers and trades, might hesitate learning confiscation, the act of stealing, theft for instance, during Mozambique's civil war, for instance, small holder farmers treated into subsistence farming. Household assets are often shown or destroyed during conflict or sold out at price below their ordinary, value to prevent hunger and starvation. In the aftermath of violence, livestock are a valuable asset that can provide manure for the farm and can b sold in time, of distress conflict can interfere with these productive and insurance functions. Livestock may be stolen or killed during violent conflict. During conflict, in the course of burning properties, soil tend to get damaged which can lead to the condemnation, the soil thereby rendering the soil unproductive. The less of this key asset can push households into low –risk, low-return economic activities, setting a poverty trap. When food prices soar, social tensions can flare into violence. Food riots in urban areas shows how powerless citizens can react to perceived industries. Recent hikes in food prices sparked demonstration of riot in Burkina Faso, Cameroon, Cote D'ivoire, Guine, Mozambique, Senegal and Uganda with thousands taking to streets in an area where larger concentrated population and high demand for food are (Honfoga and Van Den Boon 2003).

Weak infrastructure raises cost and restricts access

The share of people with access to electricity is much lower in Africa especially in sub- Saharan Arica. Compared to other regions and in rural areas access to safe water and improved sanitation, critical roads are 18% in sub-Saharan Arica, compared to 33% in Latin America and 59% in South Asia. Improvements in rural road, lowers transaction and associated with agricultural activities and can reduce the costs of inputs, increase farmers' incomes and facilitate diversification into new and more profitable activities. These impacts in turn improve people's earning, entitlement and ability to

produce and buy food for their own consumption. Where rural infrastructure, storage facilities and financial services are under developed, farmers often have to sell low at harvest time and buy high during the lean season to smooth their consumption.

Post harvest losses also affect access to food. These losses are attributable to harvesting methods, which include handling procedures, storage facilities and marketing practices, decay, infestation by pest, fungi, microbes and general mismanagement of grain stocks. Food losses contribute to high food prices by reduction supplies. Losses also harm the environment and waste. Valuable resources, since land, water, fertilizer and energy used to produce, process, handle and transport food that no one consumes. This is a big threat to food security (Ekpenyoung and Lasisi, 2016). Squealing to the discovery of petroleum, Nigeria has rapidity grown into a major food importing nation as the government has become neglectful of the agricultural sector since petroleum is considered a more viable resource for economic development. This situation quickly polarized the nation into high and low income groups. Unfortunately, while only small fraction of the population benefited from the o oil wealth, the population suffered the misfortune of food insecurity as they can handily afford the rising price of imported food, though at a substance level, a sizeable ratio of the population is still employed in the Agricultural sector, but the challenge is that the subsistence system mostly practices by these farmers cannot center for the need of the 200 million Nigerians.

Based on 2015, assessment of the food and agriculture organization of the United Nations (FAO), around 795 million people in the world remained undernourished. Time, figure represent 167 million and 216 million reductions in the last decade and since 1990 respectively (FAO, 2013). It is pertinent to note food security is a challenge globally about with Asia and Africa topping the undernourished continents of the world. Food is no doubt the most basic of all human survival need and its insecurity poised a threat to national development. According to FAO provisional estimates data for 2014 – 2016, found 232.5 million Africans to be malnourished, and in Nigeria malnutrition has resulted in death of many of its citizen, as African food security Briefs (AFSB) (Dogondaji , 2013) estimated that approximately one out of every person in the sub-Saharan Africa is undernourished.

Though, Nigeria prides, itself as the giants of Africa, the poverty rate in the country is alarming, not less than 20% of the Nigerian population is surviving under less than a dollar per day, while food insecurity prevalence, in the low income urban households and rural areas is also high, this phenomenon has made Nigeria to be named the poverty capital of the world. The rural areas have become even more vulnerable to malnutrition, enatic supply of food items, unaffordable food cost, low quality food and sometimes complete lack of food. This situation is more prevalent in many parts of the northern region of Nigeria (Chen Ying, 2014). Another challenges is that most farmers are still subsistence in practices, this has invariable, made alteration to be low and cannot cover the vast land as only 28.2 million hectares are cultivated out of the equivalent 21.9 million hectares that Nigeria is said to have. The farmers are mostly small-scale subsistence farmers with an average size of 1 hectare in the south and 3 hectares in the north. These small-scale subsistence farmers cannot adequately provide the right amount of food that will be enough, without importation as we are witnessing now in the closure of the boarder, banning the importation of rice, has lead to price increase in rice because the local production cannot carter for the rice demand of Nigerians.

Global water crisis

Water deficits, which are already spurring heavy grain imports in numerous smaller countries, may soon do the same in larger countries, such as China or India. The water tables are falling in scores of countries (including northern China, the US, and India) due to widespread over pumping using powerful diesel and electric pumps. Other countries affected include Pakistan, Afghanistan, and Iran. This will eventually lead to water scarcity and cutbacks in grain harvest. Even with the over pumping of its aquifers, China is developing a grain deficit. When this happens, it will almost certainly drive grain prices upward. Most of the 3 billion people projected to be born worldwide by mid-century will be born in countries already experiencing water shortages. After China and India, there is a second tier of smaller countries with large water deficits – Afghanistan, Algeria, Egypt, Iran, Mexico, and Pakistan. Four of these already import a large share of their grain. Only Pakistan remains self-sufficient. But with a population expanding by 4 million a year, it will likely soon turn to the world market for grain. Regionally, Sub-Saharan Africa has the largest number of water-stressed countries of any place on the globe, as of an estimated 800 million people who live in Africa; 300 million live in a water-stressed environment. It is estimated that by 2030, 75 million to 250 million people in Africa will be living in areas of high water stress, which will likely displace anywhere between 24 million and 700 million people as conditions become increasingly unlivable. Because the majority of Africa remains dependent on an agricultural lifestyle and 80 to 90 percent of all families in rural Africa rely upon producing their own food, water scarcity translates to a loss of food security. Multimillion-dollar investments beginning in the1990s by the World Bank have reclaimed desert and turned the Ica Valley in Peru, one of the driest places on earth, into the largest supplier of asparagus in the world. However, the constant irrigation has caused a rapid drop

in the water table, in some places as much as eight meters per year, one of the fastest rates of aquifer depletion in the world. The wells of small farmers and local people are beginning to run dry and the water supply for the main city in the valley is under threat. As a cash crop, asparagus has provided jobs for local people, but most of the money goes to the buyers, mainly the British. A 2010 report concluded that the industry is not sustainable and accuses investors, including the World Bank, of failing to take proper responsibility for the effect of their decisions on the water resources of poorer countries. Diverting water from the headwaters of the Ica River to asparagus fields has also led to a water shortage in the mountain region of Huancavelica, where indigenous communities make a marginal living herding.

Land degradation

Intensive farming often leads to a vicious cycle of exhaustion of soil fertility and decline of agricultural yields. Approximately 40 percent of the world's agricultural land is seriously degraded. According to UNU's Ghana-based Institute for Natural Resources in Africa, if current trends of soil degradation continue, Africa might be able to feed just 25 percent of its population by 2025.

Climate change

Climate change and related extreme climate events are key drivers behind the recent rises in global hunger and one of the leading causes of severe food crises. This causes migration both seasonal and permanent amongst communities that are forced to find more sustainable sources of food. Extreme events, such as droughts and floods, are forecast to increase as climate change and global warming takes hold. Ranging from overnight floods to gradually worsening droughts, these will have a range of effects on the agricultural sector. According to the Climate and Development Knowledge Network reports *Managing Climate Extremes and Disasters in the Agriculture Sectors: Lessons from the IPCC SREX Report*, the effects will include changing productivity and livelihood patterns, economic losses, and effects on infrastructure, markets and food security. Food security in future will be linked to our ability to adapt agricultural systems to extreme events. An example of a shifting weather pattern would be a rise in temperatures. As temperatures rise due to climate change there is a risk of a diminished food supply due to heat damage. Approximately 2.4 billion people live in the drainage basin of the Himalayan Rivers. India, China, Pakistan, Afghanistan, Bangladesh, Nepal and Myanmar could experience floods followed by severe droughts in coming decades. In India alone, the Ganges provides water for drinking and farming for more than 500 million people. The west coast of North America, which gets much of its water from glaciers in mountain ranges such as the Rocky Mountains and Sierra Nevada, also would be affected. Glaciers are not the only worry that the developing nations have; sea level is reported to rise as climate change progresses, reducing the amount of land available for agriculture. In other parts of the world, a big effect will be low yields of grain according to the World Food Trade Model, specifically in the low latitude regions where much of the developing world is located. From this the price of grain will rise, along with the developing nations trying to grow the grain. Due to this, every 2–2.5% price hike will increase the number of hungry people by 1%. Low crop yields are just one of the problem facing farmers in the low latitudes and tropical regions. The timing and length of the growing seasons, when farmers plant their crops, are going to be changing dramatically, per the USDA, due to unknown changes in soil temperature and moisture conditions.

Agricultural diseases

Diseases affecting livestock or crops can have devastating effects on food availability especially if there are no contingency plans in place. For example, Uganda a lineage of wheat stem rust, which can cause up to 100% crop losses, is present in wheat fields in several countries in Africa and the Middle East and is predicted to spread rapidly through these regions and possibly further afield, potentially causing a wheat production disaster that would affect food security worldwide. The genetic diversity of the crop wild relatives of wheat can be used to improve modern varieties to be more resistant to rust. In their centers of origin wild wheat plants are screened for resistance to rust, then their genetic information is studied and finally wild plants and modern varieties are crossed through means of modern plant breeding in order to transfer the resistance genes from the wild plants to the modern varieties.

Politics

Nobel Prize winning economist Amartya Sen observed that "there is no such thing as a political food problem." While drought and other naturally occurring events may trigger famine conditions, it is government action or inaction that determines its severity, and often even whether or not a famine will occur. The 20th century has examples of governments, as in Collectivization in the Soviet Union or the Great Leap Forward in the People's Republic of China undermining the food security of their own nations. Mass starvation is frequently a weapon of war, as in the blockade of Germany, the Battle of the Atlantic, and the blockade of Japan during World War I

and World War II and in the Hunger Plan enacted by Nazi Germany. Governments sometimes have a narrow base of support, built upon cronyism and patronage. (Fred Cunny pointed out 1999), that under these conditions: "The distribution of food within a country is a political issue. Governments in most countries give priority to urban areas, since that is where the most influential and powerful families and enterprises are usually located. The government often neglects subsistence farmers and rural areas in general. The more remote and underdeveloped the area the less likely the government will be to effectively meet its needs. Many agrarian policies, especially the pricing of agricultural commodities, discriminate against rural areas (Idachaba 2006). Governments often keep prices of basic grains at such artificially low levels that subsistence producers cannot accumulate enough capital to make investments to improve their production. Thus, they are effectively prevented from getting out of their precarious situation. Socialist governments have used food as a political weapon, rewarding supporters while denying food supplies to areas that oppose their rule. Under such conditions food becomes a currency with which to buy support and famine becomes an effective weapon against opposition. A government with a strong tendency towards kleptocracy can undermine food security even when harvests are good. When the rule of law is absent, or private property is non-existent, farmers have little incentive to improve their productivity. If a farm becomes noticeably more productive than neighboring farms, it may become the target of individuals well connected to the government. Rather than risk being noticed and possibly losing their land, farmers may be content with the perceived safety of mediocrity.

Food sovereignty

The approach known as food sovereignty views the business practices of multinational corporations as a form of neocolonialism. It contends that multinational corporations have the financial resources available to buy up the agricultural resources of impoverished nations, particularly in the tropics. They also have the political clout to convert these resources to the exclusive production of cash crops for sale to industrialized nations outside of the tropics, and in the process to squeeze the poor off of the more productive lands. Under this view, subsistence farmers are left to cultivate only lands that are so marginal in terms of productivity as to be of no interest to the multinational corporations. Likewise, food sovereignty holds it to be true that communities should be able to define their own means of production and that food is a basic human right. With several multinational corporations now pushing agricultural technologies on developing countries, technologies that include improved seeds, chemical fertilizers, and pesticides, crop production has become an increasingly analyzed and debated issue.

Population growth

UN projections show a continued increase in population in the future (but a steady decline in the population growth rate), with the global population expected to reach 9.8 billion in 2050 and 11.2 billion by 2100. Estimates by the UN Population Division for the year 2150 range between 3.2 and 24.8 billion; mathematical modeling supports the lower estimate. Some analysts have questioned the sustainability of further world population growth, highlighting the growing pressures on the environment, global food supplies, and energy resources. Solutions for feeding the extra billions in the future are being studied and documented. One out of every seven people on the planet goes to sleep hungry. Areas are subject to overpopulation, and 25,000 people die of malnutrition and hunger related diseases every day.

Conclusion

Food security involves access and availability of food stuff, stability of supplies and the quality of the diet. According to FAO, International Fund for Agricultural Development (IFAD) and World Food Programme (WFP), Nigeria have an energy intake of 1730Kcal and an average protein supply of 64g capita per day far below the 2500 – 3400Kcal minimum recommended daily intake per day. This shows that Nigeria is facing the challenge of unbalanced diet leading to various deficiency symptoms (Egbuna, 2001). Also among the 109 countries assessed by Global Food Security Index (GFSI), Nigeria is 91stwith 37.1 score based on indices of affordability, availability, quality and safety. Sustainable food security is an access by all people at all times to enough food for an active healthy life at present plus the ability to provide enough for future generation. Issues on food security was brought to lime light in 1974 during the world food conference when it downed on the governments that nations all over the world needs to strategize on how best to improve agricultural production so as to match the per capita needs of the population. Ban Ki Moon, the UN Secretary General at a World food summit in Rome in 2009, warned that six million children die of hunger every year; 17,000 die of starvation every day and by 2050 the world will need to feed two million more mouths.

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