In order to maintain food security, household must be able to reduce risk and anticipating ups and downs in supply through planning and saving. Bad weather conditions, political instability, loss of employment, increased or increasing food prices can all increase vulnerability.

- Government level stock management.
- Targeting programming to the most vulnerable groups.
- Developing resilience.
- Community Planning.

Sources of supply:
- Production
- Imports
- Food aid (donations)

What influences supply?
- Public expenditure on agricultural R&D
- Agricultural infrastructure
- Agricultural production volatility
- Political stability

Supply of food – this is determined by the production, stock, and trade of food.

Having “food” is not enough to create food security. Preparing, cooking, storing, and choosing a diversity of staple and complementary foods completes the security.

- Diet diversification
- Using available foods properly (basic food group).
- Understanding needs vary across families according to age and sex.
- Micronutrient availability

Just because food is available does not mean that the food insecure can access it. The poor often lack financial means to purchase food in addition to what has been grown.

- Market development and market access for producers and consumers.
  - Presence of social safety nets in transitory insecurity.
  - Access to farmer financing
  - Government commitment to market-based farming.
  - Income generation/employment availability

Availability and financial access

Utilization

Resilience and stability

4 Dimensions of Food Security

Nutritional Quality and Family use of Food

Diet diversification
Using available foods properly (basic food group).
Understanding needs vary across families according to age and sex.
Micronutrient availability

Availability

Access

Food Security

Affordability

Utilization

Resilience and Stability

Food

Security