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SDG 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture (see <https://sustainabledevelopment.un.org/> for information on the targets related to goal two).

Choose one or more of the targets for SDG 2. Discuss the current state of these targets in your host country as you see them, related obstacles, and your recommendations for achieving them.

Target 2.1 of the SDGs is to end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round, by 2030. In 2015, the Global Hunger Index, ranked Zambia 3rd in the top 10 hungriest countries. It is believed that 47.8% of Zambians are undernourished. The main cause of this is poverty and economic hardship of the Zambian population. Zambia is a poor country, which is mainly due to the fact that it relies heavily on the export of copper. When prices fell it had a huge impact on many areas of society. Inflation rose so that food became expensive while unemployment increased. Millie meal, which makes nshima, is the staple food for Zambians but the supply cannot meet the demand, which also caused an increase in price. In recent months the president even put an embargo on the export of millie meal because people were exporting it to the DRC to make a bigger profit but it resulted in an increase in price and food insecurity. Besides the rising cost of food and millie meal shortages, Zambians are undernourished due to a lack of education and access to a varied diet. There is often the mentality that as long as the person is full then they are fine but nshima and other popular foods while starchy and filling, have little nutritional value. Zambians who live in poverty or who are not educated often do not know that in order for people to be healthy, they need to have a balanced diet. However for people that are aware of this, the cost of things like fruits and vegetables can be too expensive for families. Roads and transportation are another cause for food insecurity in rural Zambia. Some communities do not have good roads or sufficient transport meaning that communities are limited to what foods they can have access to. Both cost and access limits the food that poorer Zambians can consume which can lead to malnutrition. Another issue that causes food insecurity is the nature of farmers who use traditional methods and who are dependent on rainfall. Zambia has recently experienced droughts that caused crops to fail and left families to go hungry. This shows the vulnerability of Zambia's agricultural production that largely contributes to the hunger in Zambia.

Although malnutrition rates have been decreasing in Zambia, the rate has not been fast enough. There are many programs already in place to combat hunger like school feeding programs and nutrition education to expectant mothers in

clinics. However, In order to reach the target there needs to be resources put into these programs so that they can access more people. Education is key so
Zambians, especially those at risk, need to be taught about nutrition. Farmers also need to be educated on farming techniques that will help aid them against crop failure. At a national level it is important for the country to begin to diversify its economy because food security is related to economics and hunger will continue to exist if people remain unemployed and cannot afford proper food. Zambia is a large country with good land and so the government and other actors need to invest more in farming technologies and land development.