

Food Security and Educational Nutrition Policy

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Abstract

The survey research method was used for the study and random sampling employed to select 50 respondent out of population of 1000 . A questionnaire was used for data collection and percentage for the data analysis. The finding that emerged from the study were about 70% of individuals in Orlu I.G.A IMO state is food - secured. The rate of availability of food to some household in Orlu I G A IMO state is about 50- 70% by average, due to increase in development food security is decreasing if this continued it will lead to food insecurity . which prompt most individuals to have more economical access to food rather than physical access, this sometimes lead some household facing food insecurity due to no money to buy food while some , there is enough food but it is subjected to availability of fund. About 40% of children between the age 4-10years has suffered from nutritional imbalance in the sense that they eat once everyday. The probability that most children in Orlu L. G. A Imo state could not meet up to 2 square meal for a week is 70% . This is as a result of food insecurity which affect the children nutritional balance. while 20% of them do not eat at all for a whole day due to lack of money to buy food ,because individual have more of economical access to food rather than physical access . This nutritional imbalance all so affect the growth of the children and also bad performance of the children in school. Individual in Orlu L GA IMO state needs education nutrition policy which we help them to be more food secured through multiple channels including , the development of Literacy skills, school garden(agriculture), school feeding, etc. Nutrition policy is a strategy to improve nutritional statues of the people, particularly vulnerable groups including the elderly and thereby contribute to the improvement in the quality of life in the socioeconomic development. If the government will apply this strategy to increase production and availability of both staple and non staple nutritional food , minimize post harvest losses, develop food preservation and distribution technologies at home and individuals level. And also improve the health and nutritional statues of people especially of children , women and elderly , also consider the importance of the family unit to provide aadequate physical, mental ,emotional and social needs of children and other vulnerable groups including the elderly and strengthen family unit as the basic unit of the society. This will help to ensure safe drinking water , arrange for proper disposal of waste , improve sanitation and environmental hygiene at personal and community level . To undertake all possible measures to increase income generating activities for poverty alleviation particularly for women in rural household, in the sense that individuals has more of economical to food than physical access. If all this strategy can be applied the stability of food security will improve and education nutritional policy will help to maintain the nutritional statues of children and as well as the entire population.

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