



# GLOBAL HUNGER CRISIS TOOLKIT

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# INTRODUCTION

Hi there! Do you believe that we are halfway into 2022 and still, our world is experiencing a devastating hunger crisis? For the first time in decades, the Global Hunger Index shows that world hunger is increasing. If you are curious to learn more about this issue and interested in advocating for such cause, **you are at the right place!**

You don't need to be an expert to be able to contribute. We hope this toolkit will give you what you need to join global efforts focused on **ending world hunger**.

Let's dive in!

## WHAT IS FOOD SECURITY?



**FOOD SECURITY** is when all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food. This food should meet their dietary needs and food preferences for an active and healthy life.

Based on this definition, four **food security dimensions** can be identified: food availability, economic and physical access to food, food utilization and stability over time.

**Food Availability:** To have enough food available on a consistent basis.

**Food Access:** To have enough resources to obtain appropriate foods for a nutritious diet.

**Food Utilization:** To have appropriate use based on knowledge of basic nutrition and care, as well as adequate water and sanitation.

**Stability:** To have the first three dimensions of food security stable over time.

### AN IMPORTANT DEFINITION YOU NEED TO KNOW:

**Acute food insecurity** is when food security is disrupted at a specific point in time by events such as conflict, extreme weather, or seasonal or cyclical stresses, whose severity poses immediate threat to lives and livelihoods.

There are different phases of food insecurity, according to a widely used tool that was created to improve food security and nutrition analysis and decision-making. According to this tool, called the **Integrated Food Security Phase Classification**, these phases are as follows:

**Phase 1 (None/minimal food insecurity):** Households are able to meet essential food and non-food needs without engaging in atypical and unsustainable strategies to access food and income.

**Phase 2 (Stressed):** Households have minimally adequate food consumption but are unable to afford some essential non-food expenditures without engaging in stress-coping mechanisms.

**Phase 3 (Crisis):** Households either have food consumption gaps that are reflected by malnutrition; or are marginally able to meet minimum food needs but only by using assets that are essential to making a living or through other crisis-coping mechanisms.

**Phase 4 (Emergency):** Households either have large food consumption gaps which are reflected in very high acute malnutrition and mortality; or can mitigate large food consumption gaps but only by employing emergency livelihood strategies or selling off essential assets.

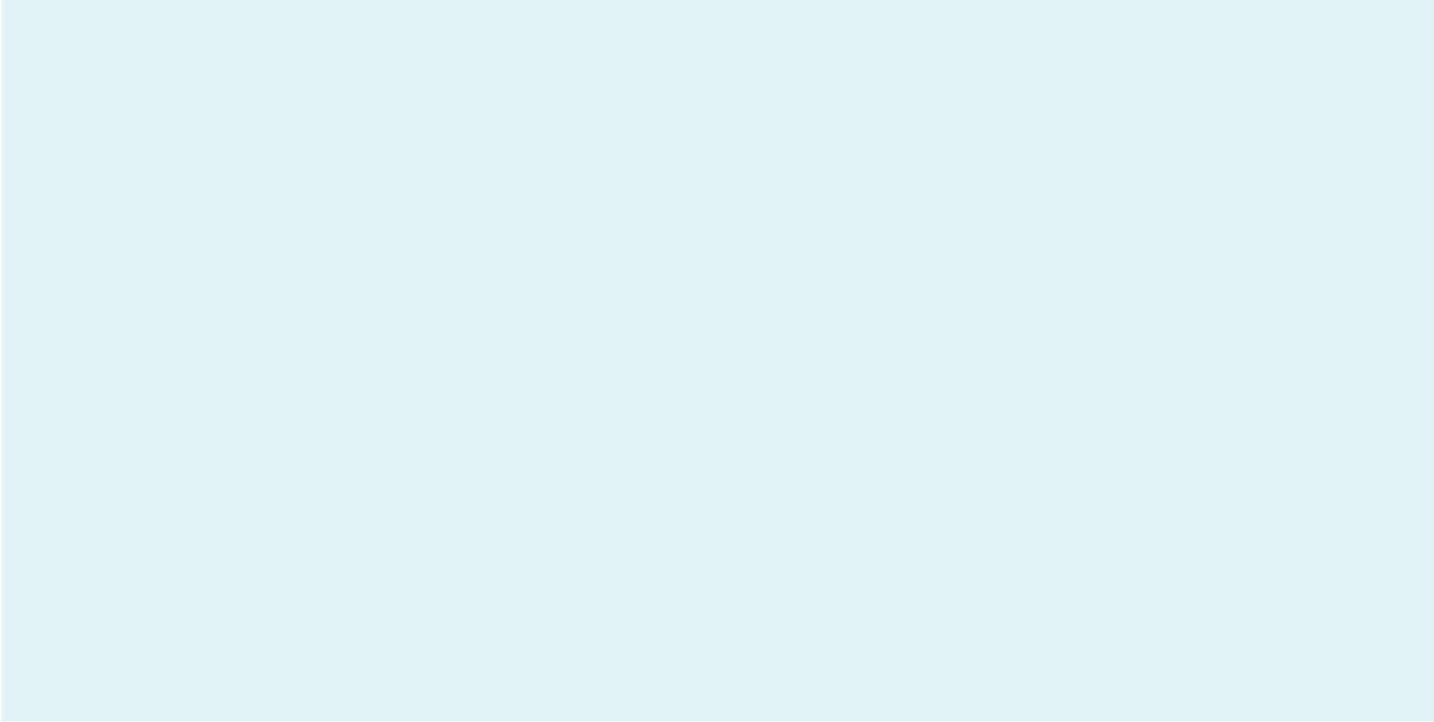
**Phase 5 (Catastrophe/Famine):** Households have an extreme lack of food or other basic needs, even after trying all other possible coping strategies. Starvation, death and extremely critical acute malnutrition levels are evident. Currently, Ethiopia, Nigeria, South Sudan and Yemen all have parts of their populations who have been identified or projected to be in Phase 5, facing imminent starvation and death.

**Famine** is declared when malnutrition is widespread, and when people have started dying of starvation through lack of access to sufficient, nutritious food.

**Phase 5 is a stage that we should all work together to prevent reaching. In fact, we should not wait until this stage to take an action. In the next part of this toolkit, we will discuss why Food Security is an urgent matter.**

**BASED ON YOUR KNOWLEDGE, WHY DO YOU THINK FOOD SECURITY IS AN URGENT MATTER? AND WHAT DOES FOOD SECURITY MEAN TO YOU?**

**Your Reflection:**



# WHY IS FOOD SECURITY AN URGENT MATTER?

As mentioned above, Phase 5 is a stage that the world should prevent at all costs. But as you can note below, these statistics show the devastating effects of the Global Food Crisis in many parts of the world:

- At a time when the world produces enough food to feed everyone, up to **811 million people**—more than 10 per cent of the world's population—still go to bed hungry every night.
- An unprecedented **283 million people** may be food insecure or at an elevated risk in 80 countries.
- As many as **45 million children** suffer from the most severe form of malnutrition.

A combination of armed conflict, economic hardships, and the impacts of the climate crisis, together with an often-constrained ability of neutral humanitarian actors to reach affected regions and provide humanitarian relief, have led to an alarming rise in food insecurity in many countries.

Urgent action is constantly needed to save lives in **20 hotspots**. In four of these, Ethiopia, Nigeria, South Sudan and Yemen, humanitarian actions are critical to preventing starvation and death. Other countries of critical concern include Madagascar, Afghanistan, the Democratic Republic of the Congo, Haiti, Sudan, Syria, the Central African Republic, Honduras, Mali, Mauritania, Niger and Burkina Faso.

Two of the worst-affected regions are the Horn of Africa and the Central Sahel regions of Africa.

In the Horn of Africa, countries are experiencing one of their worst droughts in 40 years. Kenya, Somalia, and Ethiopia are facing severe water shortages, rising food prices, reduced food availability, livestock deaths, and rapidly increasing food insecurity. Since late 2016, there have been multiple exceptionally dry seasons followed by exceptionally wet seasons that led to devastating impacts: flooding, displacement, and a damaging locust outbreak that together caused crop, affecting approximately 3.4 million people.



The result is that 13 million people are experiencing acute food insecurity and severe water shortages in Ethiopia, Kenya and Somalia in the first quarter of 2022, and 5.7 million children are anticipated to be acutely malnourished in these three countries.

In early 2022 in the Central Sahel countries of Burkina Faso, Mali and Niger, more than 2.1 million people were forced to flee and settle in already vulnerable communities. Due to the combined effects of insecurity, climate change and the food crisis, 13 million people need humanitarian assistance across the Central Sahel.

Now that you have an idea of how urgent the situation is, let us discuss its impact on children and girls.

## BASED ON WHAT WE HAVE LEARNED SO FAR, WHAT DO YOU THINK THE CONNECTION IS BETWEEN GIRLS' RIGHTS AND FOOD INSECURITY?

### Your Reflection:

## WHAT IS THE IMPACT OF THE FOOD CRISIS ON CHILDREN AND GIRLS?

The crisis is depriving millions of children of having a home, a meal, a classroom, and access to lifesaving health services. In the Horn of Africa, about 5.5 million children are expected to be acutely malnourished in 2022, including more than 1.6 million severely acutely malnourished.

The impacts of hunger crises on adolescent girls are often unacknowledged. Gender norms and entrenched gender inequalities result in girls and young women often eating less and last when food is scarce, and their nutritional needs may take a back seat to those of boys and men. Due to existing gender disparities caused by illiteracy, poverty and traditional customs and beliefs, farmer women and girls tend to experience higher food insecurity and malnutrition.

Girls and young women also face risks of sexual exploitation, abuse, violence, and harassment during food distributions, and separated and unaccompanied children may struggle to access assistance. Girls are at increased risk of expulsion from school, early and forced marriages, and early pregnancy.

Adolescent girls overwhelmingly tell us that their vulnerability to child, early and forced marriages is closely linked to the economic situation of their families. And as families face mounting food insecurity, girls are increasingly called upon to care for younger siblings so parents can work or seek food, forcing them to miss or drop out of school. As a result, girls' education is likely to be further deprioritized, widening the gender gap in education.



# WHAT IS PLAN INTERNATIONAL'S CALL TO ACTION FOR FOOD SECURITY?

Plan International places the needs of girls at the heart of its programming, with the knowledge that women and girls are the most impacted during acute and chronic situations of food insecurity. Plan International sees food and economic security as a necessary foundation to support our global outcomes and impact on girls' protection, education, and wellbeing.

Plan International works on food security and nutrition through existing programs to address the urgent needs of children, especially girls, most vulnerable to hunger in the countries most impacted by the global food crisis. Our priority areas of support cover food security, this includes nutrition, cash and voucher assistance as well as child protection, education, and resilience. We work on emergency food assistance, provision of school meals,

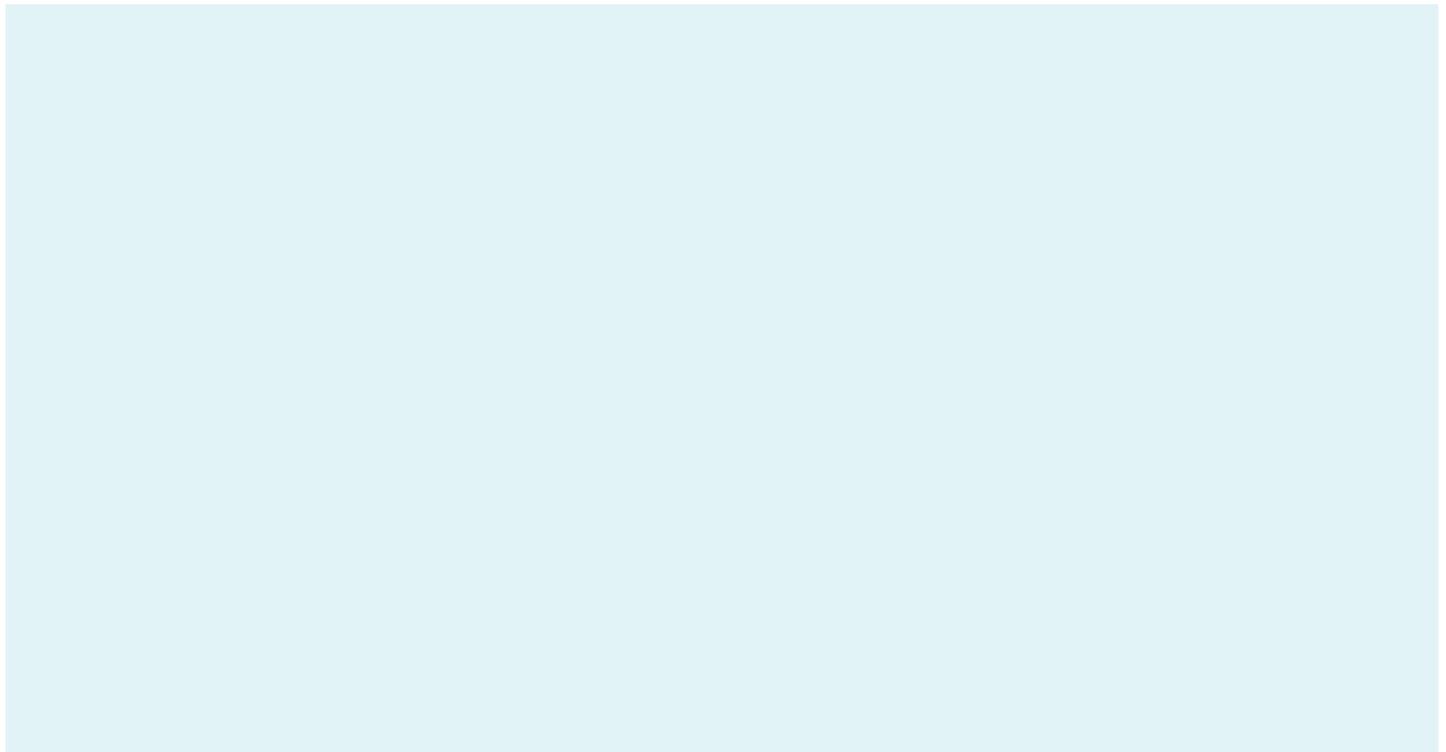
cash, and voucher assistance to meet immediate food and other basic needs, supplementary and therapeutic feeding programs for children who are malnourished, pregnant and lactating women, as well as provision of agricultural inputs.

To address the worsening global food crisis, we need to act now. We must urgently increase funding to prevent 45 million people from starving.

We also must strengthen and bolster action to prevent regions facing high levels of hunger from getting worse and integrate food security in programs on gender-sensitive child protection and education, e.g., through school feeding programs, which should be adapted to carry on while schools are closed to reach the most vulnerable children and girls.

## HOW DO YOU THINK FOOD SECURITY IS AFFECTING YOUR COMMUNITY?

**Your Reflection:**



# WHAT IS NEXT? (WAYS TO GET INVOLVED)

## HOW TO BECOME A FOOD SECURITY ADVOCATE?

All pumped up and ready to make a change? We are too! There's a ton of ways to advocate for food security around the world. Here's a step-by-step guide to help you on your journey.

### Step 1: Pick your cause



Sit down with yourself or friends, family members or even your classmates or school club (e.g. Champion of Change Club) and think about what inspires you. What is something that you open your eyes widely when you think of? What causes or issues you are passionate about?

E.g. Poverty, Hunger, Food Crisis

I am passionate about

### Step 2: Think of how you can contribute to that cause



Think of the following question: Where are you at in your life and what skills do you have? Or in other words think about the who and the how?

#### Who: Who can I impact?

Ask yourself who can I impact? Students in my school? Young professionals at my job? Followers on social media? Just think of who you interact with daily, that can be your audience.

#### How: What skills do I have?

Ask yourself, what skills do I have that can help me contribute to that cause? Drawing? Painting? Public speaking? Social Media? Am I a Tech Expert?

My Target Audience is

I will use skill/ knowledge to reach them.

### Step 3: Put your ideas into action



Now, since you identified your cause, target audience and skills needed, let's make it happen!

1. Do you need any resources/ supplies?  
If yes, identify them.

2. Do you need any support or help from others?  
If yes, who?

3. Planning to raise awareness about the cause? How will you do that?

4. Do you think you may face any obstacles? Identify them and how you can overcome them.

5. Identify your next steps and create a plan with a timeline.

### Step 4: Celebrate your great accomplishments

1. What did you achieve? Did you hit your goal?

2. What challenges did you face and how did you overcome them?

3. What are your next steps? Any other action plans?

## WAYS TO TAKE ACTION TODAY!

There is nothing like small or big action. Any action you take will make a difference.



### Fundraise in 2 steps

1. In your own community, raise awareness and funds by hosting a lemon-aid stand with a twist or creating an online fundraising event.
2. Donate the funds raised to:
  - Purchasing **Food Baskets** from Plan International Canada's Gifts of Hope
  - Food Banks and Drives

## RAISE AWARENESS AND MOBILIZE EFFORTS

Use your online platform to share what you learned from this toolkit and make sure to tag [@PlanCanada](#) and use [#WorldHungerCrisis](#). You can find us with the following social media handles:



Facebook: [Plan International Canada](#) / [@PlanCanada](#)  
LinkedIn: [Plan International Canada](#)  
Twitter: [@PlanCanada](#)  
Instagram: [@PlanCanada](#)  
TikTok: [@PlanCanada](#)

### Here are some sample posts you can use:

"Thanks to [@PlanCanada](#), I've learned that we're in a [#WorldHungerCrisis](#) and it is an issue that needs our attention. Something new I learned is that *[insert what you learned from the toolkit here]*. Let's make a difference by raising awareness or taking action!"

"Thanks to [@PlanCanada](#), I've learned that we all have the power and potential to take action. Today I *[action you commit to take]*"

"Thanks to [@PlanCanada](#), I've learned that we're in a [#WorldHungerCrisis](#). At a time when the world produces enough food to feed everyone, millions are going hungry. Let's make a difference by raising awareness or taking action! I am committed to *[Write your action]*"

## SEND A LETTER TO YOUR MEMBER OF PARLIAMENT

Consider what **YOU** can be doing to share your voice and create a change. Here is an idea for you:

Write a letter to your Member of Parliament. This letter can include some of the information included in this toolkit and call on them to draw more attention to the Global Food Crisis in the House of Commons.

Sample for MP letter can be found [here](#).

You can also call on the Government of Canada, whether on social media or in other public events, to take more steps to address the urgent humanitarian needs around the world. You can call on the government to:

- Urgently increase funding to prevent 45 million people from starving
- Help communities whose food security situation is at risk of worsening in the coming months access assistance
- Ensure food assistance responses are integrated in spaces such as schools, for example, through the provision of school meals.

## LEARN MORE/RESOURCES:

1. **Hunger Hotspots:** [FAO-WFP early warnings on acute food insecurity \(February to May 2022 Outlook\)](#)
2. More information about the [Global Food Crisis](#)
3. Case Study: [Hunger forces Guatemala's girls and young women to search for a better life](#)
4. [How is the Food Crisis in South Sudan Affecting Girls' Lives?](#)
5. [Why Children Are Hungry: COVID-19 and Food Security](#)
6. [Ukraine crisis will have catastrophic effect on global hunger](#)



Learn more and get involved at [plancanada.ca](https://plancanada.ca)



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