

The relationship between sustainable agriculture, food security and nutrition

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2024-1-SK01-KA121-ADU-000204079



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Sustainable Agriculture



- Sustainable agriculture is the capacity to continue agricultural production by balancing environmental, economic and social factors.
- This approach aims to carry out agricultural activities by protecting natural resources, minimizing environmental impact and increasing social welfare.



Sustainable Agriculture



It includes practices such as;

- soil conservation methods,
- water management,
- use of organic fertilizers,
- agricultural techniques that support biodiversity,
- energy efficiency



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Food Safety

Food security refers to the ability of all people at all times to access sufficient, safe and nutritious food.

It is related to the
Enough food for everyone,
Equal access to food resources,
Quality of food.



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The Role of Sustainable Agriculture:

Sustainable agricultural practices support food security.

Because it creates stability in food production by providing long-term environmental and economic sustainability.

Methods to prevent soil erosion and efficient use of water resources ensure continuity in food production.



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The Role of Sustainable Agriculture

Sustainable agriculture supports the production of nutritious foods. For example, methods that preserve soil health help produce more nutritious produce. Additionally, a variety of crops allows individuals to get different nutrients and vitamins.



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Relationship and Influences

A- Resource Management: Sustainable agriculture enables the effective management of natural resources (soil, water, biodiversity).

This impacts food security and enables a continuous and reliable food supply



Relationship and Influences

B- Environmental Health: Sustainable agricultural practices that protect environmental health increase food safety by reducing the use of harmful substances such as pesticides and chemical fertilizers. In addition, healthy environmental conditions can increase the quality and nutritional value of food.



Relationship and Influences

C- Economic Sustainability:

Sustainable agricultural practices can increase agricultural productivity and farmers' incomes, helping to stabilize food prices and ensure access to food for all.



Relationship and Influences

D- Nutritional Quality:

Food production methods that promote diversity and nutritional value can help people achieve a balanced diet. Organic and sustainably grown produce is often more nutritious.





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