

FIVE KEY MESSAGES



1. Consume locally grown fruits, vegetables, and grains, which are often more affordable and nutrient-rich than imported foods.
2. Consume a variety of foods: grains, fish, meat, eggs, milk, vegetables, pulses, and fruits to get all the essential nutrients the body needs. A balanced diet can also contribute to mental well-being. Nutrients like omega-3 fatty acids, found in fish and nuts, are essential for brain function and mood regulation.
3. Learn about various kinds of foods and their benefits to make informed food choices, and consume healthy diets.
4. Avoid food waste by storing, transferring, and using it properly, and ensure that food reaches those who need it most.
5. Exercise regularly to maintain a healthy weight to reduce the risk of chronic diseases, and improve overall well-being. Remember, active individuals, who require specific nutrients to fuel their bodies and maintain optimal

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Facts About Food Insecurity, Malnutrition, and Poverty in Liberia

- Liberia has high levels of food insecurity, with approximately 47% of households experiencing food insecurity (1).
- The prevalence of food insecurity is particularly acute in rural areas, where access to nutritious food is limited.
- Malnutrition is a significant concern in Liberia, especially among children under five years old. 29.8% of children under five in Liberia are stunted due to chronic malnutrition (2).
- Micronutrient deficiencies are also prevalent in Liberia, with many individuals lacking essential vitamins and minerals in their diets.
- Poor access to healthcare services and clean water exacerbates the problem of malnutrition in the country.
- Poverty remains a widespread issue in Liberia, with a large proportion of the population living below the poverty line, meaning they are unable to meet their basic needs, including food, shelter, clothing and healthcare.
- 52.1% of the population in Liberia lives below the national poverty line set at \$1.90 per day (3).
- Poverty is both a cause and consequence of food insecurity and malnutrition in Liberia, creating a cycle of deprivation that is difficult to break.
- Food insecurity, malnutrition, and poverty are closely intertwined in Liberia, creating a complex web of challenges for individuals and communities. Lack of access to nutritious food due to poverty leads to malnutrition, which further perpetuates the cycle of poverty by affecting health outcomes and productivity.

(1) Rapid Food Security Livelihood Nutrition and Nutrition Assessment (RFSLNMA) 2022

(2) Global Nutrition Report 2022

(3) World Bank 2021



Food Security
and Nutrition
Division

OUR KEY OBJECTIVES

To make certain that food is available and all Liberians are able to have reliable access to the food that they need and are able to utilize it to live active and healthy lives.

OUR ROLES

The Division of Food Security and Nutrition within the Ministry of Agriculture in Liberia contributes to addressing food insecurity and malnutrition issues through policy development, programming processes, monitoring & evaluation, capacity building, conducting research, advocating for change, and coordinating efforts to foster collaboration among diverse stakeholders, all aimed at creating an enabling environment for improving food security, improving nutritious outcomes, improving agriculture practices, and advancing overall agricultural development in the country.

Overview of Food Security and Nutrition Programs in Liberia

Programs that provide food assistance to vulnerable populations to improve nutrition, and enhance food security.

Programs focused on agricultural development, capacity building, and resilience-building initiatives to ensure sustainable food production and access to nutritious food.

Programs that aim to address malnutrition, improve infant and young child feeding practices, and enhance access to clean water and sanitation facilities.

Programs including agricultural development projects, social safety nets, and emergency response initiatives during times of crisis.

Programs including school gardens, nutrition education, livelihood support, and emergency food assistance.



TERMS & DESCRIPTIONS

Food security encompasses the availability, access, utilization, and stability of food for individuals and communities. It is defined as having both physical and economic access to sufficient, safe, and nutritious food to meet dietary needs for an active and healthy life.

Food insecurity, on the other hand, arises when individuals or households lack consistent access to an adequate amount of nutritious food.

Malnutrition is an imbalance between the nutrients your body needs and the nutrients it gets (WHO). It can be in the form of **undernutrition**, which is a deficiency of nutrients, or **overnutrition**, which is an excess of nutrients. Malnutrition weakens the immune system, increases susceptibility to diseases, and hinders physical and cognitive development.

Nutrition insecurity is the lack of consistent access to enough food with sufficient nutritional value for an active and healthy life. It encompasses both **food insecurity**, which is the limited or uncertain availability of nutritionally adequate and safe foods, and **malnutrition**, which includes undernutrition (such as stunting, wasting, and micronutrient deficiencies) and overnutrition (such as obesity and diet-related noncommunicable diseases).

OUR CHAMPIONS



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