

Food Security Factors

Access -

Access is ensured when all households have enough nutritious food for an active, healthy life. The main factors affecting access are household resources and food prices.



Availability -

This refers to the physical existence of food. Availability takes into account food production and food imports. Environmental conditions and political/economic factors can affect food availability.

Utilisation -

Assuming that households have access to healthy and nutritious food, the household has to decide what to do with this food, including how to prepare it, consume and distribute it to members of the household.

Stability -

Overlaying these three factors is the point of stability, where households are able to maintain access, availability and utilisation in the long-term.