



**IFHE**  
INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS

IFHE · Kaiser-Friedrich-Straße 13 · 53113 Bonn · Germany

## World Food Day (WFD) - 16<sup>th</sup> October 2019

**Our actions are our future.  
Healthy diets for a #ZeroHunger world**

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### IFHE joins WFD 2019 campaign

Achieving Zero Hunger is not only about addressing hunger, but also nourishing people, while nurturing the planet. WFD 2019 calls for action to start thinking about what we eat and make healthy and sustainable diets affordable and accessible to everyone. The International Federation for Home Economics (IFHE) acts upon this invitation and joins the campaign.

#### Healthy diets: Central concern of Home Economists worldwide

Food security, nutrition and nutritional health is a key topic in Home Economics, Family and Consumer Sciences and Human Ecology. IFHE membership spans over 100 years in research, education and service. It fosters sustainable practices at household level with the aim to achieve an optimal living for all.

Ending all forms of malnutrition is closely related to a micro-level household perspective where food production and food consumption are closely interlinked. Healthy diets are the concern of IFHE experts in over 60 countries who actively contribute to achieving Zero Hunger locally and at UN platforms (see IFHE statement on [“Zero Hunger”](#) from a Home Economics perspective).

#### IFHE members to join WHED 2019 campaign

IFHE calls its members to actively join this year’s World Food Day campaign and promote the value of nutrition education and research in their working context.

Especially educators benefit from a great toolkit at the UN Food and Agriculture Organisation website. Boost your curriculum and mark 16<sup>th</sup> October as World Food Day with resources such as a [country specific dietary guide](#), posters, social media graphics or a [children activity book](#).

The good news is that affordable solutions exist to reduce all forms of malnutrition. But they require greater global commitment and action. IFHE members can pride themselves on a long-standing promotion of healthy diets and a sustainable living for all. Let’s keep going!

