

Food Security

Accessibility



Physical or economic access by individuals or households to appropriate food.

Availability



The availability of sufficient quantities of quality food, supplied through domestic production, imports, storage or trade.

Utilisation



Safe and nutritious food which meets dietary needs combined with the consumer's understanding of what foods to select and how to prepare and store them.

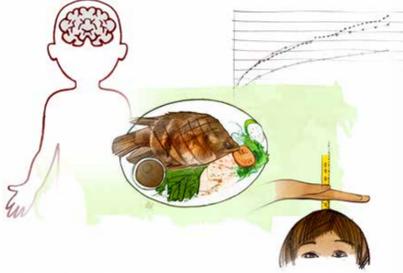
Stability



Any given population, household, or individual must have stable access to adequate food at all times. Adverse weather conditions, political instability, or economic factors may impact the food-security status.

Eating Fish is Healthy

Minerals and vitamins



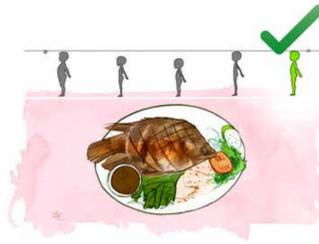
Fish contain vitamins and minerals which are essential for healthy growth, strong immune systems, and brain development.

Fatty acids



Fish has high levels of unsaturated omega-3 fatty acids that are important in the prevention of heart disease but cannot be made by the human body itself.

Animal protein



Animal protein is important in the prevention of malnutrition. Where diets lack animal protein, levels of stunting are high.

Fish is tasty



Fish is delicious. Enjoying good meals together is important for family time.

Fish Consumption in Indonesia

Amount



Fish consumption in Indonesia in 2016; 43.94 kg/capita which equals 120 grams/person/day.

High-low consumption



The highest fish consumption is in Maluku, Sulawesi and Riau. The lowest in East Nusa Tenggara, West Java, Central Java and the city of Yogyakarta.

Taboos



Pregnant women avoid eating fish because they believe that fish can cause their babies to suffer health problem and get poor skin condition.

GEMARIKAN



A campaign by the Ministry of Marine Affairs and Fisheries to promote the consumption of fish all over Indonesia.

Preventing Malnutrition

Enough food



Children have small stomach capacity so should eat several healthy meals or snacks during the day. Fish provides essential micronutrients and animal protein to children's diets.

Exclusive Breastfeeding



Starting immediately after birth, breast feeding for the first 6 months of child's life is one of the most important steps to ensure good health, optimal growth, and the prevention of malnutrition. Fish provides essential minerals, vitamins and fatty acids for the mother.

Proper sanitation and hygiene



Hygiene, hand washing with soap, and proper sanitation are essential in the prevention of disease and malnutrition.

Quality of food



Each meal should contain a good variety of ingredients, including fruits, vegetables and foods of animal origin such as fish and fish products, eggs, chicken and other meat.



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