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ハイスクール平和提言

Equalizing Food Distribution to Achieve Zero Hunger

飢餓終息に向けた食糧問題の撲滅

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概要

今日、7億9500万もの人が飢餓に陥っている一方、先進国を中心とした国々では年間に2億2000万トンもの食料が捨てられています。今日の飢餓の要因は慢性的な食料不足ではなく、食料が平等に分配されていないことにあります。リサーチの中で私たちは、国際援助の重要性や、食糧問題に対する様々な支援団体の存在を学びました。また創立者池田大作先生が2009年の平和提言の中で提案された「世界食糧銀行」の可能性を探り、飢餓終息への方途を見つけるため、次の三つの質問を考えました。

1. 食糧不平等分配の問題を解決するためにどのような国際援助が必要であるか。
2. 各国にたくさんのフードバンクはあるが、世界食糧銀行がまだ存在していないのはなぜか。
3. 食糧不平等分配の問題を解決するために私たち高校生にできることは何か。

これらの設問を軸に、三つの機関にインタビューを行い、栄養教育の大切さ、世界食糧銀行設立に向けた課題、きっかけづくりの重要性を学ぶことが出来ました。調査結果を基に、二つのことを提案します。一つ目に世界食糧銀行の創設に向け、地域的な食糧銀行を創設することです。国内のみならず世界中で需要と供給のバランスを保つため、世界的な機関を介して全ての国が平等に食べ物をやりとりすることが有効だと考えました。まず第一歩としてEUによってつながりをもつ欧州内での地域的な食糧銀行の創設を提案します。EUの貿易に関する条約等、様々な考慮すべき項目はありますが、世界銀行創立につながる取り組みが期待できます。二つ目は、先進国と発展途上国それぞれでの教育の普及です。先進国では教育機関において、生徒が参加しやすいキャンペーン等の推進を提案します。今私達が食べている「食」が、異国の地で飢餓に苦しむ人たちの「食」に大きくかかわっているとの意識を持ち行動すれば多くの人を救うことが出来ます。そのために、食糧問題について考えるより多くの機会を提供することが必要であると考えます。発展途上国では、栄養教育のより大幅な普及が必要です。その土地にあった作物や栄養豊富な食べ物について知ることでより効果的に健康状態を改善することが出来ます。この研究を通して、飢餓の終息は世界中のすべての国の解決に対する貪欲な姿勢がなければ実現できないことを深く学びました。本論文を通して、食糧問題に興味を持ち、食糧問題の解決に向けて行動する人が増えていくことを望みます。

Equalizing food distribution to Achieve Zero Hunger

There are many kinds of problems, such as child labor, immigration, and gender issues, in the world, and many people are forced to live under the difficult situations. Especially, the food issues are much more immediate problems than others because people have to eat to live independently. Actually, in developing countries, more than 795 millions of people are suffering from hunger (Food and Agriculture Organization of the United Nation [FAO], 2015). On the other hand, about 220 million tons of edible food is disposed every year (FAO, 2011). This unbalanced distribution of food is called unequal food distribution. These data indicate that crops are not given to people evenly and that the cause of hunger is not necessarily the lack of crops but actually unequal food distribution. In our research, we researched about Angola to learn about current situation of hunger. After making three research questions, we conducted interviews to three organizations in order to find solution to terminate the hunger problem.

Literature Review

Definitions of Hunger

According to Hunger Free World, hunger means the situation in which someone cannot eat enough food over a long period of time and becomes malnutrition (HFW: What is hunger). On the other hand, the World Food Programme (WFP) defines hunger as “not having enough to eat to meet energy requirements” (WFP: Hunger Glossary, 2016).

Some people suffer from hunger because of natural disasters and conflicts, but this research focuses on chronic hunger, which most people with malnutrition suffer (Hunger free world [HFW], n.d.). Chronic hunger occurs due to various causes like politics, education, and environment, and most people in hunger died from malnutrition rather than starvation (HFW n.d.).

Unequal Food Distribution

Today, about 2.5 billion tons of grains are produced every year in the world (FAO, Estimates of 2015-2016). If these crops were divided to everyone in the world evenly, each person can eat 320 kilograms of crops in one year. For example, this amount of crops is considered enough because the Japanese eat 160 kilograms in one year generally (Ministry of Health, Labour and Welfare in Japan,

2013). In this way, enough food for people is currently produced in the world.

The problem is the unequal distribution of crops. According to the Table For Two project, about two billion people are in obese condition because of excessive consumption in the world (Table for Two, 2016). On the other hand, twenty five thousands of people have been died from hunger especially in developing country (Ministry of Agriculture, Forestry and Fisheries, 2009). In addition, in Japan, about 6.42 tons of food that can be still eaten are being thrown away every year (MAFF, 2013), and 220 million tons disposed food. In this way, these examples show the unequal distribution of food in the world, and this situation is called unequal food distribution.

Current Situation in Africa

We researched Angola to learn how Angola improved the hunger situation. Angola accomplished the Goal of World Food Summit about reducing extreme poverty and MDGs (FAO, 2015, p.17). Researching Angola's situation is one way to consider about solution of hunger.

The reason why Angola overcame hunger is international support. Angola strengthened cooperation with China. That connection helped Angola's economic development. China has been the largest trade partner with Angola since 2005. In addition, Angola has been financially supported by other countries, such as China. As a result, the government could use a lot of sufficient money to tackle the problem (Bank of Tokyo-Mitsubishi UFJ [BTMU], 2014). Moreover, JICA started Rice Development Project in Bie and Huambo, Angola in 2013. The aim was to increase the production of rice. For this, JICA supports farmers to get sufficient skills to produce rice. As a result, Angola succeeded to increase GDP by 10%, and Angola became the third economic power in South Africa these days (Japan International Cooperation Agency [JICA], 2013).

Organizations

Many organizations aim to solve hunger problems in the world. This section introduces some of the successful governmental and non-governmental organizations.

Hunger Free World. Hunger Free World (HFW) is a non-governmental organization which attempts to create a world without hunger. HFW tries to establish systems for local residents to obtain food on their own (HFW, n.d.). HFW has been working with four aims: to create a region, to raise awareness, to change the system, and to foster the youth (HFW, four activities, n.d.). To create a

region, HFW works with the local residents and try to solve the problems related to the six fields: nutrition, education, health and sanitation, income generation, gender equality, and environment. As an activity to raise awareness, they support to let people act and understand the right for food (HFW, the action of HFW, n.d.). In the activity of changing system, HFW attends international conferences and discuss with governmental agencies to change social systems (HFW, the action of HFW, n.d.). Lastly, HFW carries out activities for regional development and educating youth (HFW, the action of HFW, n.d.).

Table for Two. Table for Two (TFT) is a non-profit organization that has been working to serve healthy meal to both children in developed and developing countries, and help to right the global food imbalance (TFT USA, 2016). The TFT program collects donation through a system where if someone buys a certain meal or food item, twenty yen per meal or item is donated for school meals of children in developing countries (TFT, n.d.). Twenty yen is the amount of money to serve one lunch meal in developing countries (TFT, n.d.). With this program, people in developed countries can easily donate school lunch to children in developing countries.

World Food Programme. The World Food Programme (WFP) is the world's largest humanitarian agency fighting against hunger problems in United Nation. They transport food to where it is needed, saving the lives of victims of war, civil conflicts and natural disasters (WFP, 2017). Also, they help communities rebuild shattered lives by donating foods (WFP, 2017). The aim of WFP is to create a world where everyone can eat enough food to live. Every year, WPF produces a hunger map which indicates the levels of hunger using colors (WFP, 2017).

Alliance Forum Foundation. Alliance Forum Foundation aims to reduce poverty using technology. One of their projects is called the Nutrition Project. Alliance Forum Foundation copes with chronic malnutrition, especially in Zambia. The foundation tackles the problem with Spirulina, edible algae, which have high protein, vitamin, and mineral (AFF, n.d.). In the project, Spirulina was first introduced to governmental organizations, such as the Ministry of Health, Ministry of Agriculture, which creates nutrition policies and recommends to mothers through local clinic doctors to include Spirulina in daily meals (AFF, n.d.). Mothers who used Spirulina report favorable changes of their children; for instance, children became active and recovered from skin inflammation quickly (AFF,

n.d.). The foundation also delivers school lunch made with Spirulina to community schools in low income area (AFF, n.d). The foundation also educates students about nutrition and sanitation, using picture-story show and teaches how balanced meal, hand-wash, brushing teeth positively affect their health (AFF, n.d.).

Food Bank

One of the current essential support systems that aim to reduce unequal food distribution is food bank. There are many food banks in the world. In America, there are more than 200 food banks and they try to solve hunger problems and reduce poverty (Feeding America, 2017).

Food banks in Japan collect edible food, which is going to be disposed, and deliver the collected food to those who are in need and facilities. Second Harvest Japan is a major food bank in Japan. They collect food and deliver them for people who do not have enough food. They collect uneaten food from food processing factories, farmers, supermarkets, and individual and deliver the food to welfare facilities (Second Harvest Japan [SHJ], n.d.). Food banks can help not only people in need but supporting companies because the companies can reduce disposal costs (SHJ). Like this, food banks in Japan play a role of a mediator between supporters with a lot of leftover food and recipients who need food (SHJ).

Although there are many food banks in each country, there is no world food bank. Our school founder, Daisaku Ikeda stated that “To ensure secure access to food for all the world's people, we need to design a mechanism to keep a certain amount of grain in reserve at all times as a global public good” and he suggested establishing world food bank in his peace proposal in 2009 (Daisaku Ikeda, peace proposal, 2009).

Research Questions

Based on the literature review, we created three research questions:

1. What kind of international support is necessary to effectively improve food distribution problem?
2. Even though there are lots of food bank in each country, why world food bank has not existed yet?

3. What can we do to contribute to solving unequal food distribution problem as a high school student?

First, based on the research about Angola, we found the importance of international support to reduce the number of people who are in hunger. In Angola, thanks to financial support from China and agricultural support from Japan, Angola succeeded to increase the GDP by 10%. As this example shows, we researched more about the role of international support.

Second, as Mr. Daisaku Ikeda suggested the establishment of world food bank in Peace Proposal 2009, the world needs a worldwide organization to reduce the inequality of food distribution. In our research, we learned that many countries have food banks and are trying to solve the problem of unequal food distribution. Nevertheless, there is no world food bank today. Therefore, the needs and possibility of establishing world food bank should be researched more.

Third, through researching food problems and unequal food distribution, we learned the connection between our meals and the meals of other people in the world. Those who live in developed countries have a responsibility for solving unequal food distribution. As high school students, we would like to seek what we can do to contribute to solving food problems and hunger.

Methodology

To find the answers for the research questions, three interviews were conducted in October and November in 2016. First, a JICA staff who has worked at Solomon island as a nurse of Japan Overseas Cooperation Volunteer, was asked some questions about international support in late October. Second, the telephone interview was conducted with a Food bank Osaka staff in November about the system of food bank. In addition, the staff was interviewed about the possibility of establishing world food bank. Third, an interview to AIM service, which offers lunch in our school cafeteria, was held in early November. The staff members were asked about the situation of food loss and food waste in our high school. These interviews were conducted in Japanese, and the interview questions are listed in Appendix.

Results

The interviews provided insightful answers to the research questions about international support, world food bank, and what high school students can do to solve hunger problems.

International Support

The JICA staff was not sure whether JICA financially supports other countries, but the staff shared that providing knowledge to local people benefit them even after the volunteers leave. The problem that local people have is that they do not have knowledge especially regarding nutrition because they do not receive such education. Thus, the interviewee believed that teaching local people life skills can improve local people's lives more directly than financially supporting countries.

Regarding the obstacles of international support, the interviewee mentioned cultural differences. What is normal for us may not be normal for local residents. Dispatched staffs learned that they must not impose their ideas on local people, and they need to respect the lifestyles and thoughts of local residents.

World Food Bank

We interviewed a staff of the Food Bank Osaka to learn about their activities and the possibility of establishing a world food bank.

According to the interviewee, the activities of the Food Bank Osaka do not cost money. The food is collected by the Food Bank Osaka staffs and volunteers from the food manufacturer companies, or the donating companies transport food to the Food Bank Osaka. Donating and providing food is free. Providers bring products with misprinted packages and items that do not meet the standard to be sold, and food bank donates the collected food for free.

One of the problems that the Food Bank Osaka is facing is the lack of volunteers to deal with the increasing amount of donated food. Thanks to the increased donation of food, the Food Bank Osaka has been able to deliver more food to more facilities. They also opened new branches in more areas to expand their activities. However, they do not have enough volunteers to deliver food to facilities.

Lastly, we asked about the idea of world food bank. The officer of Food Bank Osaka answered that if activities are carried out in a wider scale, the problems would be how to secure the

fund and volunteers for the activities. Currently, food banks in Japan operate based on donation and volunteers, and companies. However, when managing a bigger food bank, finding donation and volunteers will become a great obstacle. Moreover, currently, there is no system to manage the exchange of food and cooperate all the countries. Therefore, the staff stated that one of the challenges to establish a world food bank is whether countries can unite and how much network they can make with each other.

What High School Students Can Do

In the interview with AIM service staffs, we learned about successful campaign to reduce food loss, which was conducted by our junior high school students. Some students initiated this campaign, and during the campaign, students were encouraged not to leave any food. As a result, the amount of food loss in junior high school was decreased by half compared with the average of previous year. This campaign was a successful example where small trigger changed students' attitudes and their awareness towards solving food problem. In other words, we should provide more opportunities to let people think and act for reducing food loss. We believe it is important to raise awareness of people who live in developed countries and let them feel related to the people who are suffering from hunger because global unequal food distribution will not be solved without the cooperation of all countries. Also, raising awareness about food problem develops compassion towards those who are in need because people can put themselves in other people's shoes.

Also, the staff introduced that Kansai Soka Elementary School conducted an essay contest hosted by World Food Programme last year. The main purpose of this essay contest is to help student realize the importance of food and their meals. In this campaign, students write an essay about their meals. For each submitted essay, companies which support this contest donate 120 yen, which serves 4 school meals in developing countries (WFP, 2016).

Lastly, the staff gave us some comments as a nutritionist that students should be given more opportunities to learn about food culture and the process of food production.

The Food Bank Osaka staff also suggested that high school students can try to reduce food waste by gathering food that is not consumed in each house and sending it to food banks.

Discussion

The literature review and interview results suggested the importance of providing nutritional education, the importance of establishing a world food bank, creating network between countries to establish world food bank, and providing small triggers for school projects.

Interviewing a JICA staff, we learned that although unequal food distribution is one of the reasons of hunger, we found chronic malnutrition is also the factor of hunger. People in some countries are suffering from hunger because they do not have enough knowledge about nutrition and cannot eat balanced meals. This problem is becoming more serious. This problem can be solved by nutritional education. We think it is necessary to provide not only financial support but also educational support when countries support other countries suffering from hunger. Nutrition project by the Alliance Forum Foundation is a successful example of nutrition education as it provides not only knowledge but also measures the effectiveness and educates mothers how to produce Spirulina.

The literature review and the interviews illustrated the necessity of a world food bank which balances the supply and demand of food of all the countries. Although there are some organizations like WFP which supports people who are undernourished in the world, there has not been any organization which balances the demand and supply of food in the world. The biggest problem in the current world is that food is not distributed equally. We believe that the world food bank can be a mediator which enables all countries to exchange food and support each other. With the current system, there is a lot of food that is being wasted. However, if we can establish a world food bank, people can utilize the unconsumed food and benefit those who are in need.

The Food Bank Osaka staff explained that countries need to create a strong network among themselves to establish the world food bank. However, establishing connections between all countries in the world is not easy, so we think it is necessary to start making connections locally. Currently, food banks operate locally, but if regional food banks, like Food Bank Asia or Food Bank Europe, function well, establishing a world food bank will become more feasible.

The project conducted by the AIM service in our school suggested that a small trigger can change people's attitudes toward solving food problem. In our junior high school, students did a campaign to reduce food loss in school. As a result, the amount of food loss in junior high school was

reduced by half in one year. This shows that we should provide more opportunities to encourage people to think and act for reducing food loss. Raising awareness of people in developed countries is important so that more people can feel relevant to those who are suffering from hunger in developing countries.

Proposal

Based on the literature review and the interview results, two proposals are made to achieve a world without hunger problems.

First, we propose to establish a Europe Food Bank as a first step towards establishing a world food bank. Through this research, the necessity of a world food bank has been clarified, but the interviews suggested some obstacles to establish a world food bank. As the interview showed, there is a need to make connections between countries to create a bigger food bank, so we suggest establishing a regional food bank in Europe as a first step towards a world food bank. Since Japan is surrounded by the sea, it is difficult to exchange food and make connections with surrounding countries. In Europe, EU unites many countries, and they have good transportation systems between countries. Therefore, we believe it is easier to balance supply and demand of food among countries in Europe.

Second, we propose to educational institutions that schools promote campaigns which aim to support those who are in hunger. Educational institutions, such as high schools, play an important role in student's lives, so they should provide more opportunities so that students can participate in campaigns to solve food problems. For example, one campaign that students participate is the essay contest hosted by World Food Programme, which AIM service shared with us in the interview. This contest is effective because students can think about food problems and explain their feeling towards hunger in their own words. Also, educational institutions are the best place to conduct such campaigns and attract students to raise the awareness towards food problems. Other campaigns that students can participate include the Red Cup Campaign hosted by WFP and Onigiri (or rice ball) Action hosted by Table For Two. People can join the campaign only by buying target items (WFP, n.d.) and taking a photo with a rice ball and sending to TFT (TFT, n.d.). Through these campaigns, students can think of

the importance of food and the fact that there are many people who cannot eat enough food in the world. As a result, students can develop compassion towards those who are in hunger.

Limitations

First, more research is needed to evaluate the feasibility of establishing a regional food bank in Europe. Due to time limitation, we could not research treaties related to food exchange and transportation between countries in EU. In addition, we have to consider more about how to secure the fund and human resources for the regional food bank. We also need to think about the role of a world food bank more as there are already global organizations like WFP and FAO, which tackle food problems.

Second, more research is needed about the WFP's essay contest we proposed because it is still vague whether this essay contest is really an effective way to encourage students to take actions towards solving food problems. We do not know how much impact this essay contest can provide to elementary school students. Also, the situation between elementary school and high school is different, so we have to find out the way which makes participating campaign more effective.

Conclusion

The food distribution problem is one of the closest global issues for all human beings because people cannot live without food. This research indicated that unequal food distribution problems can be solved if countries and people cooperate. Specifically, establishing a world food bank will help countries access food more equally. Also, if educational institutions provide students with more chances to think about food problems, more people can learn about the food problems and the value of food. Even a small act like reducing food loss and participating in essay contests can make those who are in hunger happy. In order to eliminate unequal food distribution in the world, people who have a plentiful food should have compassion and a sense of responsibility to support those who are in hunger.

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Appendix

Interview Questions

Interview Questions to a JICA staff

1. Which do you think financial support or skills development is effective. Also, what's the benefit given from each support.
2. Do you feel that you could contribute to make local people's lives better directly? Why did you feel it?
3. What were obstacles that prevented you from doing JICA activity?

Interview Question to Foodbank

1. How do you transport food?
2. Have you ever faced the difficult situation that makes you prevent from what you want to do? And what was the obstacle?
3. What are the things that are needed to reduce such kinds of difficulties do you think?
4. Have you ever thought about expanding your activity on a larger scale?
(If the answer is yes,) Then, why the larger activity doesn't accomplished?
When you continue to work on a larger scale, what shall become an obstacle?
(If the answer is no,) Then, why do you think so? Are there any concrete obstacle that makes you think so?
5. What do you think about world food bank?
6. What kind of activities can we do as high school students?

Interview Question to AIM service

1. First of all, we want to know the current situation of this cafeteria. About how much of food waste does our lunch leave in a day?
2. Then, about how much of food are wasted even though that can be eaten? How many the percent of such kinds of foods?
3. We are thinking that to know the current dealing process with food waste might connect the solution of this problem. How do AIM service process food waste?
4. Are there any efforts not to left food?
5. (If AIM service connect any company, we can learn more and that's help us to make project)
Does AIM service connect any company or project for reducing food waste?
6. What can high school student do for food waste?