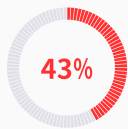


Sustainable fisheries: Towards food and nutrition security



The problem at a glance



43% children under 5 have a growth problem



1 in 10 children under 5 is acutely malnourished



20% adult females are anaemic

(Source: FHB, 2023)

The Sustainable Development Goal 2 - "Zero hunger" aims beyond its literal sense, targeting to establish sustainable food systems and end both macro and micronutrient hunger in the world by 2030.

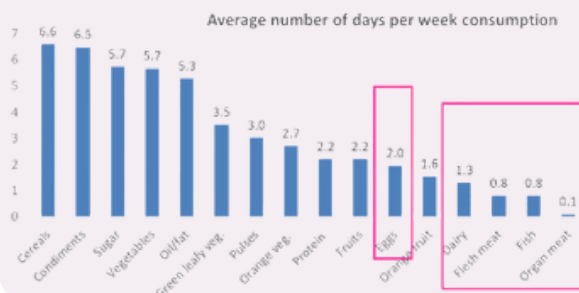
Why fisheries is important? High quality proteins for growth



- **Proteins are a vital part of the daily diet: Availability and access to quality and healthy animal food products is essential to ensure the intake of a balanced, nutrient-rich diet.**
- **The fisheries sector directly contributes to nutrition security: seafood - one of the best sources of high-quality proteins and micronutrients that are essential for normal growth, development and good health.**
- **The fisheries sector plays a key role in ensuring food and nutrition security in this regard.**

Low consumption of animal proteins

- **Meals are based on cereals, vegetables, condiments and sugar**
- **Overall, protein is consumed only 2 days/ week**



(Source: WFP, 2022)

Food security amidst the current economic backdrop

The recent food and commodity inflation experienced by Sri Lanka alongside the economic deterioration has caused hardship for majority of Sri Lankans, with them having to spend a larger portion of their income on food. In most instances, the first food commodity to forego are the animal foods. This can adversely affect the health and nutrition of all people of all ages, leading to poor growth and immunity among them. Taking this into consideration it is of utmost importance that the fisheries industry remains resilient despite these economic influences.

Enhancement of availability and equal access to quality and healthy food through sustainable nutrition-sensitive food value chains.













Fish and seafood remain the most commonly utilized sources of animal proteins in the country and it is of paramount importance to ensure their affordability and continuous supply. Increased productivity in the fisheries sector is via the following is an urgent requirement in this regard.













- Expansion of sustainable fishing and aquaculture programs to increase fish and seafood breeding and production which are backed overnmental/ donor support to large and small scale producers
- For significant contribution, these programs should be supplemented with the provision of quality seedlings and infrastructure for breeding freshwater fish.
- Simultaneous strengthening of the food supply and cold chains will ensure that produce is efficiently distributed throughout the country with minimal wastage.
- Incorporation of initiatives to identify innovative food products which utilize components of seafood can further reduce wastage.
- Imparting key knowledge on freshwater fish breeding, sustainable fishing, safe production of seafood-based food products (especially dried seafood) and empowering communities towards related occupations are other identified areas for action.
- Local production of fish can be enhanced by the introduction of fish and shrimp into lakes and lagoons, and sustainable domestic fish breeding schemes.

The SDG 14 - "Life below water" which emphasise targets to create actions to conserve and sustainably use the oceans including sustainable fishing is illustrated overleaf.





TARGET 2.1 	UNIVERSAL ACCESS TO SAFE AND NUTRITIOUS FOOD
TARGET 2.2 	END ALL FORMS OF MALNUTRITION
TARGET 2.3 	DOUBLE THE PRODUCTIVITY AND INCOMES OF SMALL-SCALE FOOD PRODUCERS
TARGET 2.4 	MAINTAIN THE GENETIC DIVERSITY IN FOOD PRODUCTION
TARGET 2.5 	SUSTAINABLE FOOD PRODUCTION AND RESILIENT AGRICULTURAL PRACTICES
TARGET 2.6 	ENSURE STABLE FOOD COMMODITY MARKETS AND TIMELY ACCESS TO INFORMATION
TARGET 2.8 	DEVELOP SUSTAINABLE, RESILIENT AND INCLUSIVE INFRASTRUCTURES
TARGET 9.1 	INVEST IN RURAL INFRASTRUCTURE, AGRICULTURAL RESEARCH, TECHNOLOGY AND GENE BANKS
TARGET 9.2 	PROMOTE INCLUSIVE AND SUSTAINABLE INDUSTRIALIZATION
TARGET 9.4 	UPGRADE ALL INDUSTRIES AND INFRASTRUCTURES FOR SUSTAINABILITY
TARGET 9.6 	FACILITATE SUSTAINABLE INFRASTRUCTURE DEVELOPMENT FOR DEVELOPING COUNTRIES
TARGET 15.1 	CONSERVE AND RESTORE TERRESTRIAL AND FRESHWATER ECOSYSTEMS SUSTAINABILITY

TARGET 12.2 	SUSTAINABLE MANAGEMENT AND USE OF NATURAL RESOURCES
TARGET 12.3 	HALVE GLOBAL PER CAPITA FOOD WASTE
TARGET 12.9 	SUPPORT DEVELOPING COUNTRIES' SCIENTIFIC AND TECHNOLOGICAL CAPACITY FOR SUSTAINABLE CONSUMPTION AND PRODUCTION
TARGET 12.B 	REMOVE MARKET DISTORTIONS THAT ENCOURAGE WASTEFUL CONSUMPTION
TARGET 14.1 	REDUCE MARINE POLLUTION
TARGET 14.2 	PROTECT AND RESTORE ECOSYSTEMS
TARGET 14.4 	SUSTAINABLE FISHING
TARGET 14.5 	CONSERVE COASTAL AND MARINE AREAS
TARGET 14.6 	END SUBSIDIES CONTRIBUTING TO OVERFISHING
TARGET 14.7 	INCREASE THE ECONOMIC BENEFITS FROM SUSTAINABLE USE OF MARINE RESOURCES
TARGET 14.8 	INCREASE SCIENTIFIC KNOWLEDGE, RESEARCH AND TECHNOLOGY FOR OCEAN HEALTH
TARGET 6.6 	PROTECT AND RESTORE WATER-RELATED ECOSYSTEMS