

# Forestry and

# Food Security

A tree is  
more than timber  
It is food  
income  
medicine  
fuel energy  
fodder





Forestry  
plays an  
important role  
in providing  
food security



**Meet** Fahtoo, she lives in Ghana



Luis lives in Brazil

Ai lives in Thailand



Three people  
from three different parts  
of the world,  
with something in common

**FORESTS and TREES**



For millions of people, like Fahtoo,  
a forest



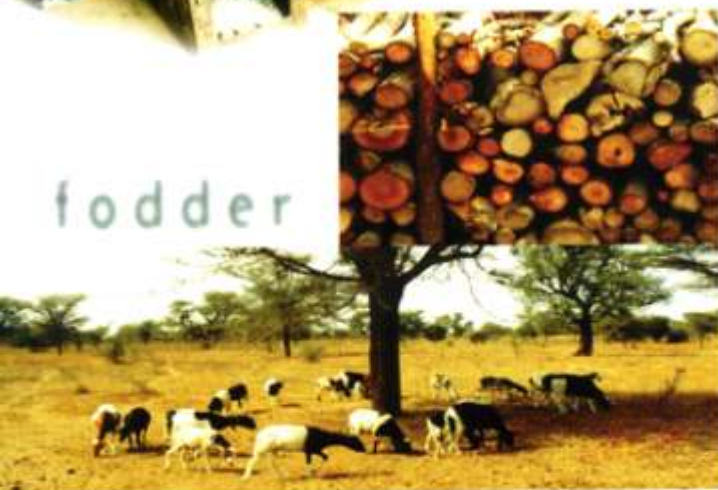
food



fuel/energy



fodder



crop  
protection





Luis and Ai,  
is much more than trees



biodiversity




medicine



income





Communities need to have access

to the forest, to benefit  
from its resources.

**I N G H A N A**, where Fahtoo lives, forests provide 100 kinds of leaves and 200 kinds of fruit that can be eaten for meals or snacks. Three-

fourths of the population eats bush-meat - the wild mammals, reptiles, birds and insects that live in forests.

Fahtoo harvests leaves from the baobab tree that she uses to make a


delicious, vitamin-filled sauce. She **has** access to the forest in her community's area - for her its benefits are very direct.

But, as more nations move towards natural resource policies which restrict access to people living around forests, the livelihoods and food security of whole communities can be compromised.

Ensuring access to natural resources is vital - through policies which also reflect an understanding of the different roles and relationships of the men and women in the community.







# Communities need to have access to the forest, to benefit from its resources.

**I N G H A N A**, where Fahtoo lives, forests provide 100 kinds of leaves and 200 kinds of fruit that can be eaten for meals or snacks. Three-

fourths of the population eats bush-meat - the wild mammals, reptiles, birds and insects that live in forests.

Fahtoo harvests leaves from the baobab tree that she uses to make a

delicious, vitamin-filled sauce. She **has** access to the forest in her community's area - for her its benefits are very direct.

But, as more nations move towards natural resource policies which restrict access to people living around forests, the livelihoods and food security of whole communities can be compromised.

Ensuring access to natural resources is vital - through policies which also reflect an understanding of the different roles and relationships of the men and women in the community.





If a community has

access to fuelwood,  
it has energy.

**AI HAS THE DAILY TASK** of

collecting fuelwood for her family. It takes her at



least three hours to collect enough wood to cook her family's food. Ai's story is a typical one.

In almost all areas of the developing

world, wood provides most of the energy.

If Ai doesn't find enough fuelwood, perhaps she won't be able to cook her food as long, if she can cook it at all.

If women can spend less time gathering fuelwood, they can devote more time to domestic and family responsibilities, earning income and to other activities.







# Forests also provide an important source of income.

**LAND USED FOR** its non wood forest resources can generate more sustainable incomes than the same land used for agriculture or timber harvesting.

Luis works with others in his community



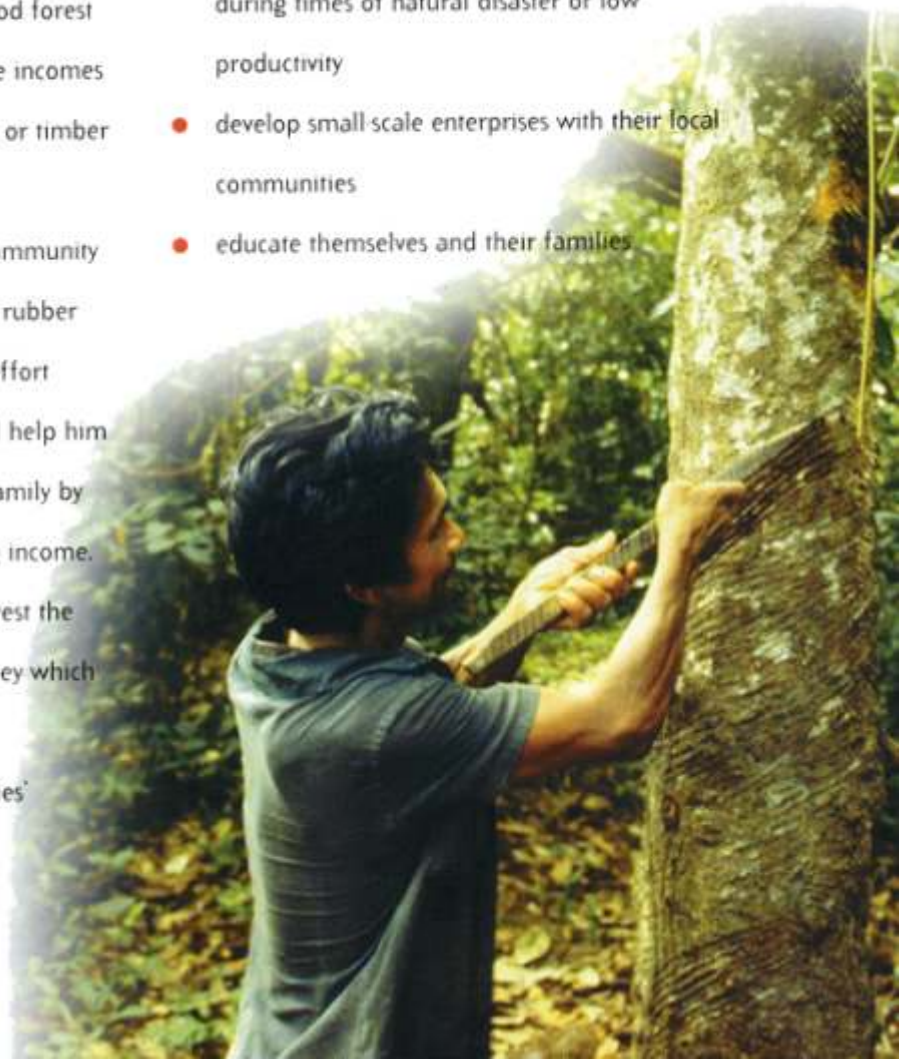
to tap the rubber tree - an effort which will help him feed his family by producing income.


All over the world, people like Luis harvest the raw materials of the forest to earn money which can be used, for example, to

- buy food to supplement their families' diets, and to feed their families

during times of natural disaster or low productivity

- develop small scale enterprises with their local communities
- educate themselves and their families



A photograph showing four women in a lush green field, likely a farm or garden. They are wearing traditional headwraps and patterned clothing. One woman in the foreground is wearing a yellow headwrap and a patterned top, looking towards the camera. Another woman in a blue headwrap is seen from the back, and two others are partially visible in the background.

# Women have the major role in ensuring household food security, but everyone in the village has a part.

**IN MANY COUNTRIES,** women are rarely consulted in decision-making about natural resource management. Yet, they are usually

exclusively responsible for



collection of fuelwood and fodder and the collection or harvest of forest foods, such as nuts,

fruits, leaves and

spices, which can be important supplements to the daily diets of their families, as well as a key source of nutrients in times of emergency need.

Decisions which restrict access to forests can cause acute hardship for women. In just one

example, the male leaders of a community in the Indian state of Gujarat decided to close access to their acutely degraded local forests: a decision seen as ultimately beneficial to the whole community.

However, the stringent access controls created significant problems for the community's most disadvantaged women, who could no longer easily gather fuelwood or harvest forest foods. The women had not been consulted on the forest closure.





# Forestry must be part of any effort to feed the hungry people of the world.

Fahtoo, Luis and Ai understand the **links**  
between **forests** and **trees**  
and **food security**.



It is something they deal  
with every day.



# Did you know?



**FORESTS ARE HOME** to 300 million people around the world, who depend on shifting cultivation, hunting and gathering to survive.

**THE FRUIT OF THE BAOBAB** tree contains 360mg of Vitamin C per 100g of fruit  
- oranges have 57mg per 100g of fruit.



**BUSHMEAT - THE EDIBLE WILD MAMMALS**, reptiles, birds and insects which live in forests or trees, can account for up to 85% of the protein intake of people living in or near forests.

**IN NORTHERN BRAZIL**, more than two million people depend on the babassu palm for a significant part of their food and income.

**WORLD TRADE IN RATTAN** is worth US\$2000 million per year.



**IN INDIA**, **FOREST-BASED ENTERPRISES** employ more than 30 million people.



**HALF A MILLION** pre-school children go blind every year because of Vitamin A deficiency. Yet, Vitamin A is abundant in many tree foods, such as mango.

**MANGROVE FORESTS**, which cover only about 160,000 square kilometres world-wide, are essential to the life cycles of the majority of the world's commercial fish species.

**NATURAL PRODUCTS** are the only source of medicine for 75-90% of people in developing countries.





# Relevant FAO Forestry Publications

## FORESTRY PAPERS

- 34 Fruit-bearing forest trees. 1982 (E/F/S)
- 44/1 Food and fruit-bearing forest species: Examples from eastern Africa. 1983 (E/F/S)
- 44/2 Food and fruit-bearing forest species: Examples from southeastern Asia. 1984 (E/F/S)
- 44/3 Food and fruit-bearing forest species: Examples from Latin America. 1986 (E/S)
- 90 Forestry and food security. 1989 (Ar/E/F/S)

## CONSERVATION GUIDES

- 25 Utilización de la fauna silvestre en América Latina. 1993 (E/S)
- 26 Domestication and husbandry of the paca (Agouti paca). 1995 (E/F/S)
- 27 Role of Acacia species in the rural economy of dry Africa and the Near East. 1995 (E)
- 30 Income generation from non-wood forest products in upland conservation. 1996 (E)

## COMMUNITY FORESTRY NOTES

- 1 Household food security and forestry: an analysis of socioeconomic issues. 1989 (E/F/S/Ar)
- 1.3 What about the wild animals? Wild animal species in community forestry in the tropics. 1995 (E)

## COMMUNITY FORESTRY FIELD MANUALS

- 1 Guidelines for planning, monitoring and evaluating cookstove programs. 1990 (E/F/S)
- 3 Guidelines for integrating nutrition concerns into forestry projects. 1991 (E/F/S)

## COMMUNITY FORESTRY AUDIO VISUALS

- 1 Forests and food security. 1993 (E/F/S)

## COMMUNITY FORESTRY CARTOON BOOKLETS

- 1 Food for the Future. 1990 (E/F/S/Hindi/Malaysian/Portuguese/Sinhala/Viet/Lao)
- 2 Our trees and forests. 1992 (E/F/S)
- 3 I am so hungry I could eat a tree. 1992 (E/F/S)
- 4 Fabulous forest factories. 1993 (E/F/S)

## OTHER COMMUNITY FORESTRY PUBLICATIONS

- Restoring the balance: women and forest resources. 1991 (E/F/S)
- Forests, trees and food. 1992 (E/S)

## NON-WOOD FOREST PRODUCTS SERIES

- 5 Edible nuts. 1995 (E)
- 7 Non-wood forest products for rural income and sustainable forestry. 1995 (E)

## OTHER PUBLICATIONS

- Non-Wood News
- Forestry Topics Report No. 4: More than wood. 1993
- Marketing of brazil nuts. 1992 (E)
- Briefing Note 6: Considering nutrition in National Forestry Programmes. 1996 (E/F/S)

## PERIODICALS

UNASYLVA Vol. 41 No. 160 (Forestry and Food Security), 1990/1

Numerous other relevant publications  
are available from the  
following distribution points:

Community forestry publications and videos are available from your regional focal point:

**Anglophone  
Africa:**

FTPP/FAN  
Forest Action Network  
P.O. Box 21428  
Nairobi, Kenya  
Fax: (254-2) 718398  
E-mail: fan@arcc.or.ke

**Asia:**

FTPP/RECOFTC  
Regional Community Forestry  
Training Center  
Kasetsart University  
P.O. Box 1111  
Bangkok 10903, Thailand  
Fax: (66-2) 561-4880  
E-mail: frcss@nontri.ku.ac.th

**Europe:**

The Editor,  
FTPP Newsletter  
Swedish University of  
Agricultural Sciences  
Box 7005  
75007 Uppsala, Sweden  
Fax: (46-18) 671209  
E-mail: daphne.thuvesson@lbutv.slu.se

**Francophone  
Africa:**

Facilitateur Régional pour  
L'Afrique Francophone  
IPD-AC  
Institut Panafricain pour  
le Développement  
B.P. 4078  
Douala, Cameroon  
Fax: (237) 403068  
E-mail: ipdacdla@camfido.gn.apc.org

**Latin America  
and Caribbean  
(Spanish):**

Revista Bosques, Arboles y  
Comunidades Rurales  
c/o CIED  
Av. Santa Cruz 500, Jesus Maria  
Apartado 11-0152  
Lima 11, Peru  
Fax: (51-1) 424-0847  
E-mail: fttp@sifocom.org.pe

**North America  
and Caribbean  
(English):**

FTPP/NACARCE  
North American & Caribbean  
Regional Center (Eng)  
5400 Grosvenor Lane  
Bethesda, Maryland 20814, USA  
Fax: (301) 897-3690  
E-mail: istfiusf@igc.apc.org

**Other regions:**

The Senior Community  
Forestry Officer  
Forestry Policy and  
Planning Division  
Forestry Department  
Food and Agriculture Organization  
of the United Nations  
Viale delle Terme di Caracalla  
Rome 00100, Italy  
Fax: (39-6) 5225-5514  
E-mail: fttp@fao.org

Further information about  
forestry and food security is available from  
the Forestry Department, FAO, Rome  
Fax: (39 6) 5225.5137

All other Forestry Department publications are available from the Distribution and Sales section,  
FAO, Viale delle Terme di Caracalla, 00100, Rome.





FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS  
VIALE DELLE TERME DI CARACALLA  
ROME 00100, ITALY

1/MS/96/7/13/06/10/000

CONCEIVED AND PREPARED BY HELEN GILLMAN AND NANCY HART • PHOTOS BY ROBERTO FAIDUTTI • GRAPHIC DESIGN BY MAXTUDIO • ROMA

