



**World Without Hunger as a Sustainable Challenge of XXI Century**



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## Abstract

**Research Title :** World Without Hunger as a Sustainable Challenge of XXI Century

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This documentary research focused on world hunger, which is a huge problem faced across the globe. Even though enough food is produced to feed the entire world population, the scale of the problem is still vast. It was found that causes of world hunger are abundant, but none of them are unsolvable. For this research, many reports and articles were reviewed and several well-known speakers' views were taken into account, which reflect what people can do to help achieve a Zero Hunger World. By gaining a clearer understanding of the various views and thoroughly analyzing results, the general population often does not realize that various daily activities can contribute to the improvement of the world hunger situation. It is the suggestion of this study that a focus on how to stop world famine should be a primary interest of governments and NGOs, as well as individuals. The Sustainable Development Agenda, developed by the leaders of the United Nations, can greatly contribute to achieving this goal if everyone takes part in this endeavor in any way they can.

Keywords: world hunger, sustainable development agenda, United Nations



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# WORLD WITHOUT HUNGER AS A SUSTAINABLE CHALLENGE OF XXI CENTURY

## Research Background

Currently, in the world more people die of obesity than hunger. Logically, this should mean that everyone has enough or even excess food. So why are many countries struggling with hunger and this is still one of the biggest challenges faced by humanity? “In the 21st century, most people in the world live in peace and enjoy relative prosperity. More often, infectious diseases are the cause of death, not senility. Fewer and fewer people die as a result of violence than as a result of accidents.” The economic growth of many formerly poor countries is growing, technology and biotechnology are developing as never before. So how is it possible that millions of people in the world are not thinking about how artificial intelligence will change the world soon, but about "what to put in a pot"?(Harari, 2018)

There is enough food produced in the world to feed 7.6 billion people. However, 821 million people still suffer from a lack of adequate food. Elimination of hunger and malnutrition is one of the greatest challenges of our time. Hunger not only causes suffering and health problems, it also affects education and employment. (World Food Program, 2020)

In 2018, 113 million people from 53 countries around the world suffered from severe hunger. The worst situation was recorded in African countries, including Yemen, The Democratic Republic of Congo, Afghanistan, Ethiopia, The Syrian Arab Republic, Sudan, South Sudan and northern Nigeria. As many as 143 million people lived in extreme conditions on the verge of severe hunger in 2018. Despite the fact that the number of people starving in the world has been decreasing for three years, it is still more than 100 million cases every year Hunger is constantly rising in almost all subregions of Africa. The same is happening in Latin America and Western Asia to a lesser, though still significant extent. In the face of these data, food waste is a huge failure of today. (Food Security Information Network, 2019)

World hunger is caused by many factors, such as poverty, food shortages, wars and conflicts, climate change, poor public policy, economic turbulences, food waste, gender inequality, and forced migration. So what's the recipe for combating such a widespread problem? (Concern Worldwide US, 2019)

In 2015, all UN member states adopted the 2030 Agenda for Sustainable Development. It aims to provide a common plan of peace and welfare for people and the planet to improve their life, nowadays and in the future. At its core is 17 Sustainable Development Goals (SDGs), and one of them (Goal 2) is Zero Hunger. (Cele Zrównoważonego Rozwoju, 2019)

The agenda is based on human rights and social justice. The whole world should participate in achieving sustainable development goals. We finally need to think thoroughly about how we share and consume food. If we do it properly, fishing, forestry and agriculture can provide valuable food, and at the same time generate income, support rural development, and reduce environmental degradation. It's absolutely necessary to transform our food system to transport our world and end the hunger. (United Nations, n.d.)

## **Research Problem**

Hunger means not only a lack of food, but also a lack of basic ingredients needed to maintain proper health. Their deficiency causes premature death or serious illness. Deficiency of protein and vitamins causes physical underdevelopment and reduced ability to learn and work. "Around 9 million people die of hunger and hunger-related diseases every year, more than the lives taken by AIDS, malaria and tuberculosis combined. Every 10 seconds, a child dies from hunger. Poor nutrition is responsible for nearly half of all deaths in children under the age of 5 — about 3 million children die each year because their bodies don't have enough of the basic nutrients they need to function and grow." (Mercy Corps, 2020)

The Global Report of Food Crises presented a report showing, among other things, 3 main reasons for the lack of food security in the world. These include: conflict and insecurity, climate shocks and economic shocks. World conflicts were the main cause of hunger in 2018. Over 75 million people suffering facing acute hunger were located in 21 countries affected by conflict or insecurity. Conflicts destroy the economy of the state, break up families, completely stop agriculture production and ruin cities, while depriving people of roofs over their heads and forcing them to migrate, which aggravates the lack of food security. It is safe to say that if peace prevailed in the world, the number of starving people would drop by several hundred million. As for climate shocks, this is also a serious problem of our time. And it's not just about natural disasters independent of people. Environmental degradation is going extremely fast and we are responsible for it. 29 million people in the world are starving because of climate and natural disasters, and it's hard to tell whether these are caused by

human contributions or not. Drought in Southern Africa, or Cyclone in Malawi, Mozambique and Zimbabwe effectively worsened the situation in these countries in 2019. Economic instability is another major factor affecting world hunger. It often results from conflict or political instability. The increase in prices of basic products such as food, medicine or fuel, as well as the lack of employment opportunities deepens the problem of hunger. (FSIN,2019)

## **Research Objective**

The purpose of this work is to show the size of the hunger problem in the world and how we can fight against this issue. In my conference paper I wanted to present what is the current situation of world hunger, and what are the factors affecting this problem. I wanted also point out what actions are implemented to live in a zero hunger world in the future and what are the goals of the sustainable development agenda in this topic.

## **Research Scope**

This study focuses on world hunger situation all around the world. To write this work, I used internet articles, databases, and reports available in the internet. I have studied the webpages of organizations fighting with world hunger, such as (WFP, UN, UNICEF, Mercy Corps ect.) I watched youtube videos with Tedx speakers such as Nick Saul (President & CEO of Community Food Centers Canada), Jasmine Crowe (anti- hunger activist) and many others to learn more about this problem and see the different people view. I also reached for popular science books that I already read or I'm reading now, such as: "21 advice for 21st century", "Homodesu", "Hunger - the oldest problem".

The work contains the first chapter with an introduction, where I present mainly the scale of the hunger problem, statistics, factors that affect it, and why it is so important to fight this problem. The second chapter is about the topic of The Sustainable Development. Focuses on what measures have already been implemented to prevent this problem in the future. The third and fourth chapter focuses on conclusions and recommendations, on what organizations, politicians, but also every person does and can do to reach zero hunger world.



## **Research Signification**

Famine is humanity's worst enemy alongside plague and war. Over the past hundred years, technical and economic political advances have led to the emergence of effective systems to protect humanity from hunger. Mass hunger, however, still affects certain areas and these situations are always arising from human politics rather than natural disasters. Writing about hunger, wondering how to deal with it, discussing this topic can provide government agencies and international NGOs with information on what efforts to make and prevent this problem. My work at the level of an individual, a citizen of a given country should raise reflections that actually today in most developed countries as dangerous as hunger is overeating. The rich eat rice quinoa and avocado, and the poor eat pizza and hamburgers. In poor countries and developing countries, on the other hand, children and adults only eat one low-nutritious meal a day, if they have anything to put in the pot. My work can contribute to deeper thoughts about hunger, be an expression of concern for others, which begins with anxiety of man for himself, his country and people in the world. I want to increase the awareness of people who are not affected by hunger on a daily basis, or even aware of how big this problem is. I also want to introduce the goals of the sustainable development agenda, so people can start to read more about it and help. Likewise I want to show the actions that people should do to achieve the world with zero hunger.

## **Literature review**

### **Sustainable development goals**

On September 25, in 2015, during the UN General Assembly meeting in New York, the “2030 Agenda for Sustainable Development” was adopted. Its important elements are the Sustainable Development Goals and they are a map of the main challenges facing the modern world. The implementation of these challenges is to create opportunities for the development of future generations. These goals apply to all developed and developing countries. The possibilities of their implementation should be seen not only from a global but also from a national point of view. It is very important to provide all people of all ages with a healthy life and eliminate hunger, achieve food security and better nutrition and promote sustainable



agriculture. Efforts should also be made to combat climate change in a global context. Ensure access to water and adequate sanitation, as well as eradicating poverty. (OECD, 2017)

The UN 2030 Agenda for Sustainable Development is universal and horizontal. It includes 17 goals of sustainable development, 169 tasks that reflect three dimensions of sustainable development - economic, social and environmental. The objectives of the UN under the UN 2030 Agenda are:

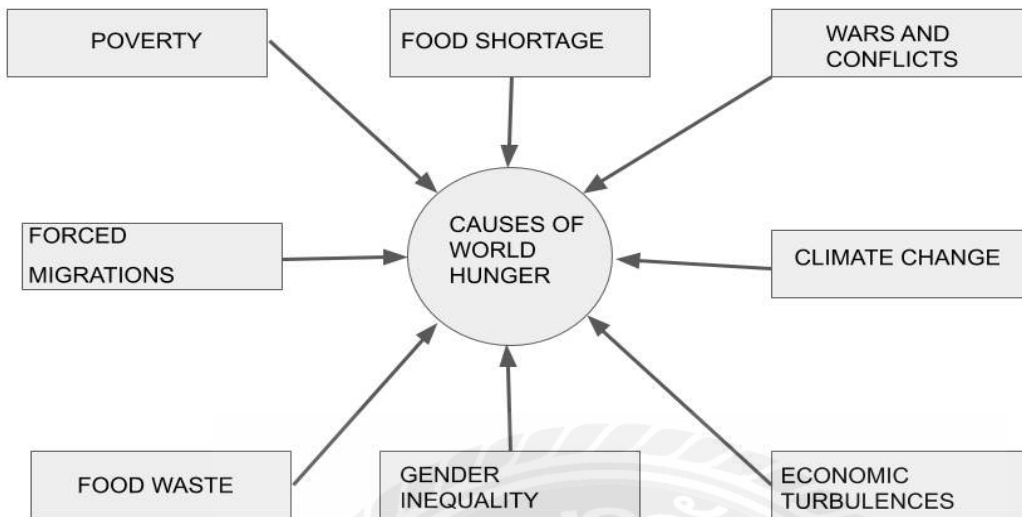
- Eradicate poverty in all its forms around the world
- Eliminate hunger, achieve food security and better nutrition, and promote sustainable agriculture
- Ensure a healthy life for everyone, regardless of age, and promote well-being
- Ensure proper education for all and promote lifelong learning
- Achieve gender equality and empower women and girls
- Ensure access to water and sanitation for all people through the sustainable management of water resources
- Provide all people with access to stable, sustainable and modern energy at an affordable price.
- Promote stable, sustainable and inclusive growth, full and productive employment and decent work for all people
- Build stable infrastructure, promote sustainable industrialization and support innovation
- Reduce inequalities and in countries between countries
- To make cities and human settlements safe, stable, sustainable and inclusive
- Ensure sustainable consumption and production patterns
- Take urgent action to combat climate change and its effects
- Protect oceans, seas and marine resources and use them sustainably
- Protect, restore and promote the sustainable use of terrestrial ecosystems, sustainable forest management, combat desertification, deter and reverse the process of soil degradation and stop the loss of biodiversity
- Promote peaceful and inclusive societies, ensure access to justice for all people, and build effective and accountable inclusive institutions at all levels
- Strengthen implementation measures and revive the global partnership for sustainable development.

(OPZZ, 2018)

Every 9th person in the world suffers from malnutrition, the vast majority of hungry people live in developing countries. This term comes from the concept of "underdeveloped countries". Drinking water, soil, forests and oceans are rapidly degrading, climate change affects the environment that our lives depend on. The risk of natural disasters such as droughts or floods, there is a large migration of people to cities, low food security and related severe malnutrition causes millions of children with developmental disorders and low growth, 810 million starving people need to be fed. It is estimated that the number of malnourished people will increase in 2050 by another 2 billions. The tasks set out in the 2030 Agenda for Sustainable Development are intended to eliminate hunger and ensure that all people, including infants, have sufficient nutritious food available throughout the year. By 2030, eliminate all forms of malnutrition. By 2025, implement international arrangements, tasks related to physical development disorders among children up to 5 years old, provide food among children up to 5 years old, pregnant lactating women and the elderly. By 2030, double agricultural productivity and the income of small food producers, shepherds, fishermen and ensure secure access to land and other resources, access to knowledge. (Cele Zrównoważonego Rozwoju, 2019)

By 2030, create sustainable production and food systems, and implement resilient farming practices to increase productivity and production and sustain ecosystems, improve soil quality. The social dimension of sustainable development is primarily a limitation of the social exclusion of poverty and all kinds of social and inequalities, including in the territorial dimension. The ultimate goal of all activities is to improve the quality of citizens, and access to knowledge and education should be ensured, and thus the development of human and social capital, competence and social cohesion. In the economic layer, it is important to build a strong modern industry and support for entrepreneurship, innovation is key to the development of modern technologies. In the environmental dimension, improvement of the state of the environment and sustainable management of resources should be sought. The state's goal is to increase water resources and achieve high water quality, rational management of natural resources and effective waste management, countries should strive to improve quality. Global sustainable development policy is a signpost for humanity in the face of current development challenges, a strategy for responsible development. (FAO, 2019)

## Finding and Conclusion



To conclude I wanted to highlight the causes of the world hunger and remain that fighting with the world hunger is not only the responsibility of NGO, Governments and private humanitarian organizations, is the responsibility of every human being. All the hunger problems around the world can be solved but a lot of effort is needed from each of us. (Creating Better Future , 2015)

## Poverty

People living in developing countries frequently survive on \$1.90 a day or less. Not everyone living in poverty faces hunger, but almost all people facing hunger are also living in poverty. They cannot afford to buy enough food to feed their families or the farming supplies they need to grow enough good food of their own. Often, girls living in poverty will be kept out of school to save money, so they will be uneducated and probably their children too. (The Hunger Project, 2019) However, poverty it's not only a problem of developing countries. For example in U.S 1 in 5 children suffering from the food insecurity. People don't have money to buy food and most often they can't afford to buy a nourishing food. And the most surprising thing about this issue is that you can be a resident of this country and never see the problem with your own eyes. (The Shocking Truth About Food Insecurity, 2016)

## **Wars and Conflicts**

Wars and conflict are the worst of human inventions. We will never end hunger without establishing peace in our world. “Of the more than 800 million hungry (i.e. chronically food insecure) people in the world, about 490 million live in countries affected by conflicts. Some 74 million people - two thirds of the 113 million people facing acute hunger in the world - are located in 21 countries affected by conflict and insecurity. Nearly 80 percent of stunted children - some 122 out of 155 million children - live in countries affected by conflict. Ten out of 13 of the world’s main food crises are driven by conflict - and, as a consequence, nearly all of WFP’s biggest emergency operations are in conflict zones.” (WFP, 2019)

## **Food Shortage**

Food shortage is a big problem facing the today’s world and is common in sub-Saharan Africa. Across this region farming families experience periods known as “hungry seasons.” They have to survive till the next harvest and this season may last for couple of months. Very similar situation happens in U.S.. Poor american families with the lowest incomes run out of money at the end of the month, and they don’t have enough food till the next payday. (Bread for The World, n.d)

## **Climate Change**

And it's not like the climate has started to change by itself. He interfered with it and still interferes with man. If we don't stop destroying our planet, hunger will no longer be our problem, because we will cease to exist at all. Farmers in eastern and southern Africa and the Horn of Africa suffer from another season without rain. Food prices are rising and the demand for tens of millions of people who are already in a difficult situation will increase. According to “The New Humanitarian”, a magazine dealing with humanitarian crises, El Niño is causing havoc for the second time in three years. This weather and oceanic phenomenon affects the entire Earth, because when the direction of hot and cold water changes in one place, it affects changes around the globe, causing weather anomalies. Heavy rains are appearing on the arid coasts of South America, and in the humid regions of

Southeast Asia and Australia, as well as in Africa, the population is suffering from drought. (PCPM, 2019)

### **Forced migration**

Hunger can be both a cause and a consequence of forced migration. All over the world, people are being forced out of their homes on a massive scale. Around 68.5 million people around the world have been resettled to escape conflicts, violence and natural or man-made disasters. It often happens overnight. People have to leave their current place of residence and go to another place. What if they are not welcome in this other place? This is a very big and difficult problem nowadays that needs to be solved as soon as possible. (Welt Hunger Hilfe, 2018)

### **Food Waste**

Food after banquets, parties or conferences lands in baskets. Restaurants and supermarkets throw away tons of food that has not been sold. In our refrigerators, the excess of purchased food spoils, because we just forgot about it or just wanted something else. At the same time, millions of people are starving or just starving. (Jasmine Crowe, 2017)

Every year 1.3 billion tons of food around the world are wasted. Is enough to feed Africa , two Americas and Europe for entire year. It's also a huge waste of money and water. In developing countries food losses occur at post-harvest and processing levels, and storage. (FAO, 2020)

### **Gender Inequality**

In developing countries, for most people life is hard, but even harder for women. Over 120 million women in these countries are malnourished. The woman takes care of the home, children, getting food, but she eats herself as the last of the family. If he has a child in infancy he often can't feed him because he has no breast milk. He explains that women often do not have equal access to land (because these are the laws), training programs (because most agriculture trainers are men), the right tools, or a loan for a farm investment. They may also not have control over income from their crops. Men do it all. (Noone, 2018)

## **Economic turbulences**

Economic instability most often is a result of political volatility.

Unfortunately, hunger is very often the result of politically tolerated social exclusion of large areas of the population. The needs and hardships of the poor are usually pushed aside or ignored. Famine is a generally tolerated phenomenon, because there are things considered more important by politicians in this world. (WFP USA, 2017)

When free trade treaties are negotiated around the world, people who starve do not have a say. Politicians have a say, often putting their own interests above those of their own country, let alone the poor society of their own country. Venezuela was once a rich country, and today many people find it hard to get food for their families. And they all owe their country's politicians. Countries that rely on agriculture believe they do not need agricultural policy. Mozambique, a country with a large and largely fertile space, can become an exporter of rice or corn to all of southern Africa. Instead, it depends on expensive imports just because political elites are not interested in this issue.

Global economic system that benefits the industrialized nations creates hunger in developing countries. (Deutsche Welle, 2020)

## **Recommendations**

### **Stop wasting food**

Studies show that about one-third of the food produced in the world is not eaten, but goes to the trash. This is because we miss the term of validity, we shop too much, we store food incorrectly. Wasting less food is one of the keys to creating a world without hunger. And every human being can do this and it doesn't take a lots of effort. Only buying what is needed, eating leftovers and using scraps are three possible ways to waste less. You fridge doesn't have to be full every day and you don't need to order 4 dishes in the restaurant knowing that you will eat only one of them and the rest will end in the dumpster. And if you already know that you have too much food left, take it to the food bank.(FAO, 2020)

### **Influencing public policy**

Famine is a systemic problem that requires the cooperation of many people and organizations as well as politicians. It is necessary to change the perceptions of politicians and economists. One should consider whether to solve the problem of malnutrition, it is

necessary to take actions at the global level or to support local economic initiatives and, for example, actions aimed at developing local food sovereignty. Big it is important to raise the awareness of citizens of developed countries and refer to ethical standards. Education and implementation of information programs on malnutrition is important. To solve the problem of hunger, a number of multi-level actions should certainly be implemented. Economic decisions are necessary, but also new legislative solutions and the development of scientific research, but the most important is the will. The decision that it's time to solve this problem. (Hunger Generation, 2016)

### **Social Media**

Social media has changed the world and have become an integral part of our society. Thus, they also became an easy and public way of helping the poor and needy. By using social networking sites such as Facebook, LinkedIn, Instagram or Twitter, we can raise our voices, raise people's awareness and get their help. We can easily reach charities, buy products online that donate a portion of our proceeds to charity. When we listen to what is happening in the world, we often do nothing, but when we see a heart-catching picture and we can help with one click - it gives greater results. By organizing and participating in collections, campaigns or competitions in social media that are designed to help the needy, we really help them. (Ahmad, 2014)

### **Working directly with poor people**

When people think about giving, they usually think about money. And sometimes they don't have money for the donation, but what they have is their time. There are many ways, we can help people, and thereby reduce world hunger. For example voluntarily working with different organizations. Volunteers are really changing the world every day. Help in building schools, educating children and young people, creating awareness, empowering womens, gives hope for a better tomorrow. (Sagbladet, 2016)

### **Financial Aid**

Contribute financially is also the key to reducing hunger and poverty. While it is hard to support individual poor families, it is possible to contribute to organizations that do support poor people. Giving even small amount of money into proven or known charity organizations can provide a healthy meal to many people. (World Hunger, 2016)



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