Forests matter for the Zero Hunger Challenge

- While rates of hunger (insufficient access to energy) have been falling in many parts of the world, there has been little change in the rates of micronutrient deficiencies.
- Tree foods are often rich sources of vitamins, minerals, proteins, fats and other nutrients. Access to forests and tree-based systems has been associated with increased fruit and vegetable consumption and increased dietary diversity.
- Forest foods often provide a ‘safety net’ during periods of other food shortages caused by crop failure, as well as making important contributions during seasonal crop production gaps.
- Bushmeat is often the main source of animal protein available to forest and forest-boundary communities, serving as an important source of iron and fat, and diversifying diets. Insects are a cheap, available source of protein and fat, and to a lesser degree carbohydrate. Some species are also considered good sources of vitamins and minerals.

Managing forest-food landscapes

- Forests and tree-based systems can contribute to the Sustainable Development Goals on Hunger
- This requires effective management of ‘nutrition-sensitive’ landscapes and improved governance across the forest-food sectors
- Resilient, climate-smart landscapes need to be managed on a multi-functional basis supporting food production, biodiversity, other land uses and the maintenance of ecosystem services