



The Impact of COVID-19 on Food Security and Nutrition in Pakistan: A Narrative Review

Uzma Quraishi, Hina Ali², Ruqia Safdar Bajwa³ & Asia Bibi⁴

^{1, 2, 4} *The Women University, Multan Pakistan*

³ *Bahauddin Zakariya University Multan, Pakistan*

Corresponding Author: Hina Ali, **E-mail:** hinaali@wum.edu.pk

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ABSTRACT

Covid-19 pandemic impact on food security and nutrition is a global occurrence that is increased domestically as well as economically. The impact of COVID-19 on food security and nutrition is harmful. The primary risk to food security is at the country level. Covid-19 pandemic has sparked health and economic crisis. The supply chain is disrupted due to the lockdown situation and unemployment in the country. Loss of incomes and remittances are creating immense food security risks in Pakistan. The purpose of this study is to analyze the impact of COVID-19 on food security and nutrition in Pakistan. People want fresh and healthier food but the food industry is unable to achieve challenges due to lack of resources and finance. The income level of the people became near to the ground due to lockdown in the country. People's power of purchasing and spending on food is low, as a result, the demand for the product is fewer and the industry supply chain is being affected day by day. Due to the impact of COVID-19 and lockdown, the food insecurity grew up since there is an increase in daily base goods like fruit, milk, and vegetables, etc. The chance of food insecurity and depletion increased due to COVID-19 and lockdown. Thousand of deaths were reported in the world due to food insecurity and pandemic illness. The risk for food insecurity increases when money to buy food has limited. The findings of the study show that the impact of COVID-19 on food security and nutrition is more rigorous and severe. Food insecurity affects the human life of young, old, children and pregnant women, etc. the reason is that food, nutrition, health, unemployment, and socio-economic outcomes are interlinked.

KEYWORDS

COVID-19, Food Security, Nutrition, Unemployment, Food Insecurity, and Agriculture Production.

INTRODUCTION

Covid-19 is a disease caused by a new strain of coronavirus. 'CO' stands for corona 'VI' stands for virus 'D' stands for disease and '19' stands for 2019. COVID-19 is a new disease and virus linked to the same family of viruses as a severe respiratory syndrome and some type of cold. The COVID-19 symptoms can include fever, cough, flu, and shortness of breath. In more severe cases, the infection can cause pneumonia or breathing difficulties. More rarely the disease can be fatal. These symptoms are similar to the flu or common cold. And which is more common in COVID-19. The COVID-19 is transmitted through direct contact with respiratory droplets of an infected person-generated through coughing and sneezing. An individual can also be infected from touching their face, eyes, nose, and mouth, etc. COVID-19 may survive on the surface for several hours but simple disinfection can kill it. Older people and people with a chronic medical condition such as diabetes and heart disease, appear to be a risk of developing severe symptoms. There is no currently available vaccine for COVID-19 but prevention is better than cure. Covid-19 is a pandemic disease bringing numerous effects on the whole globe. The COVID-19 started in Pakistan in late February and now its impact on developing nations like Pakistan is devastating. In Pakistan's recent data reporting, the total case of COVID in Pakistan is 270k and the recovered case is 220k and the death case is 5763. The impact of COVID on food security and nutrition is vast. Due to COVID and lockdown, people are unable to secure food. Food security is defining the availability of food and one's access to it. A household is considered food-secure when its occupants do not live in hunger or fear of starvation.

The impact of COVID-19 on food security and nutrition is faced by people and it is problematic. People secure their food when they can avail of it. The current situation of COVID-19 impacts badly the working capacity of the people. Due to COVID-19 and lockdown the private sector, such as private schools, colleges as well as private sector which is used as beneficial for working and provide finances, is a ban. As a result, the people of the developing country, as well as from the developed countries, face problems to fulfill the basic needs of life (Farrell et al., 2020). Due to lockdown situations, people are unable to secure food such as fruit, milk, and vegetables, etc. The supply chain of the global is also affected by covid19. The food industry is unable to fulfill the challenges. The supply side of the food industry working low because of people's low demand (Wolfson & Leung 2020).

Due to COVID-19 and the lockdown situation, the unemployment level increased and people's level of income decreased as well as their purchasing power has been dragged to the bottom. When the purchasing power of the consumer lows down their demands also low down, as a result, the supply side of the industry is down. The chances of the wastage of food and loss are more because the production of the industry for food is more but the supply is less. This is due to the low level of income of the consumer and the COVID-19s devastating impact. People are unable to secure the basic needs for life like food because the chance of disease occurred abruptly. Due to the lockdown situation, many food industries provided previous year food as well as insecure food and people are purchasing powerlessly. As a result, the food chain of the industry faces loss as well as wastage of food. Another thing is that food security exists where the availability of resources is more. But unfortunately, due to COVID-19 and lockdown impact, people are unable to secure their food like (milk, fruits, vegetables, and other need of the day of life) (Beck & Boulton 2016). Covid-19 impact on food security is more than food safety. The people want to get fresh food as well as healthier food but the food industry cannot fulfill these challenges due to lack of resources and facilities, as a result, the chance of occurrence of many other diseases is more. Another factor is that people cannot secure food because of minimum income. The impact of COVID-19 on food security and nutrition

is badly affecting human health. Due to the lockdown situation, people cannot avail fresh and healthier food, as a result, the chances of diseases are more than cure (McEwan et al., 2020).

REVIEW OF LITERATURE

Woertz (2020) discussed that COVID-19 spread around the world and it is fear that the availability of household goods and services is in recession as well as the production of the agriculture sector may be limited and low. It is also fear that the productive capacity of the agriculture sector and raw material from the industry side is low and with the time it is limited. The supply chain of the country is affected because of covid19 and lockdown situation. Especially the supply of fruit and vegetables affected because its supply time and capacity time are limited and chances of damage are more (Laborde et al., 2020). Due to covid19, the food is insecure and its prices are high. Due to lockdown in many areas the prices of daily basis goods increase as compared to the previous year. The impact of covid19 on import and export is negative and restriction on importable and exportable goods is high due to lockdown. Many countries impose trade restrictions on imports and export due to covid19. Due to covid19 the prices of food, as well as imports and export, rise as compared to the previous year.

Béné (2020) explained the pandemic impact of covid19 on food and nutrition is more because of the one-third population of the economy facing lockdown. The world health organization declared that covid19 is the global pandemic disease. The food system and nutrition in the presence of covid19 facing crisis. Some many issues and problems are facing by the food industry and supply chain for providing food within time. The main issue of the food provided is due to the lockdown situation the consumer adopting that food which is a healthier diet but the supply of that commodities are limited because of covid19 lockdown. This is the problem consumer demand is increases day by day but the supply chain cannot fulfill it. Another issue is that food is a significant issue to avoid the spreading of virus between producers, retailers, middleman, and the consumer. The main issue which faces by the food industry and supply chain is lack of buyer due to pandemic disease of covid19 and lockdown (Al-Wabel et al., 2018).

Pérez-Escamilla, Cunningham & Moran (2020) said that the pandemic impact of COVID-19 on food security and nutrition is due to a lack of resources like unemployment. Because of covid19, the unemployment level is high in almost developing nations. Unemployment leads to create poverty in the economy and one of the bad impacts of poverty on human life is poor health outcomes. Poverty creates food insecurity, nutrition, and poor health among young old and child. The pandemic situation also badly impact on pregnant women health because of the low level of income and inefficient food (Lal 2020). The pandemic situation covid19 creates unemployment in the economy, as a result, the forces to earn money are close and people face a lot of problems like lack of food, lack of health, lack of significant social protection. According to international labor organizations 2020, there are the occurrence of poverty as well as poor physical and mental health. The impact of covid19 hit the food, nutrition, health of the young, poor, children, pregnant women, and lactating women's health. The pandemic situation happens through a major decline in food security which exists when all people, at all time, have physical, social, and economic access to sufficient, safe, and nutritious food which meets their needs for an active and healthy life (Pérez-Escamilla, Cunningham & Moran 2020).

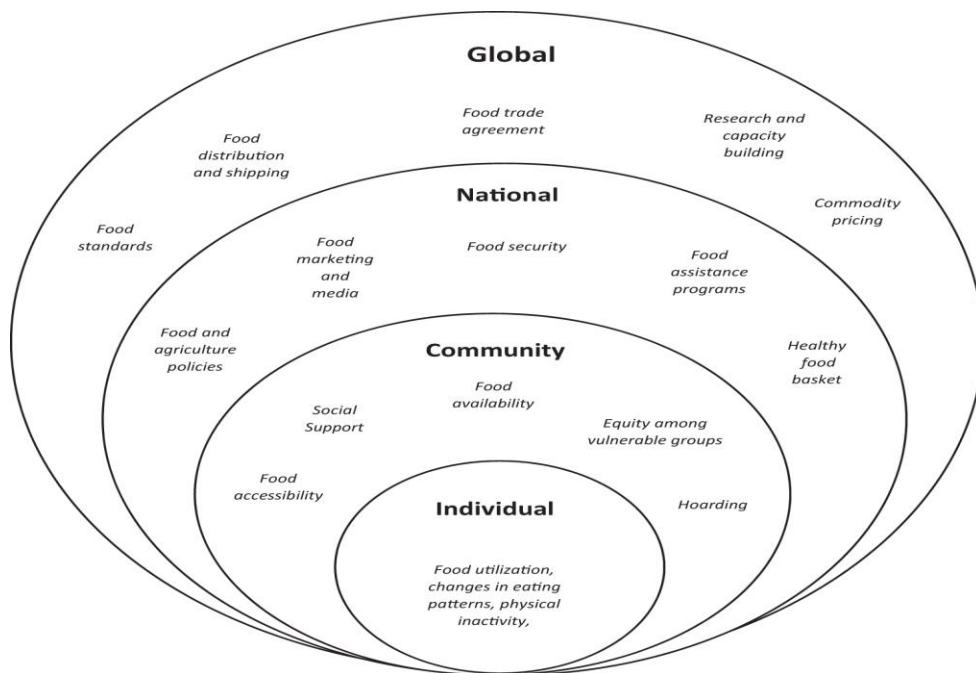
Li et al., (2014) said that Covid19 impact on domestically and foreign countries spread day by day on food insecurity as well as the adults of the nations. The early objectives of the pandemic covid19 on the low-income adults as well as poor people of the nations affected badly. On date 19-24 March 2020 according to the survey 53% response rate on adults of the nation in US country and over 250% of the federal poverty

line. The impact of the covid19 measure the food insufficiency and low income of the adults of the nations. In the US country overall, 36% of adults face low income but food security, 20% of the adults had marginal food secure and 44% were food insecure. In a foreign nation as well as a domestic nation face a lot of problem like food insecurity, low-income level, low consumption pattern, low health facility and also lack of money to fulfill the basic needs of life. Due to this pandemic situation of covid19, private job ions face a lot of issues because they are jobless nowadays. As a result, the condition of their household is very low as well as they face the challenges of unemployment, poverty, lack of resources, and low income.

Crush & Si (2020) elaborated that Covid19 impacts badly on food security and household directly and indirectly. And the impact of covid19 on the household is due to lockdown in the city as well as in the many areas. Covid19 impact on both sides of the household like the demand side and the supply side. The impact of covid19 on household leads to create low consumption from the household because it is due to covid19 the precipitate income, as well as the income of the family, is low. As a result, when the consumption of the household is low its mean demand-side affected. And the demand for the household low and productive capacity of the firm low means the supply side is affected. This results in low production, low labor, and creates unemployment in the economy and this condition occurs due to covid19 and lockdown (Devereux, Béné&Hoddinott 2020).

1. Impact of COVID-19 on food security and nutrition

The impact of covid19 on food security of agriculture and nutrition is negative. The due to pandemic disease of covid19 both lives and livelihood are at risk. The pandemic covid19 spread around the world but in some countries, the spread of pandemic has been slowing down and cases are decreasing but in some countries, the pandemic of covid19 spread quickly around some areas. The pandemic disease is known as global pandemic disease. The impact of covid19 on the food system and supply chain is bad, there is an unusual effect on the food supply and demand side. Coiv19 badly affect the food system and nutrition sources of food. And covid19 in many countries hit hard affected by a high level of food insecurity. In the 2020 month of April and March, there is a lack of food.



Impact of COVID-19 on food security and nutrition in different ways;

1. Negative impact on food security
2. Impact on supply chain
3. Impact on food demand
4. Impact on agriculture production
5. Impact on the industrial sector
6. Impact on food prices
7. Impact on global food security

Negative impact on food security

The impact of covid19 on food security is negative. Because the food pieces are less before covid19 and lockdown. But after the covid19 and lockdown the prices of the food commodities increase. Another fact is that the supply chain of the food is affected because of the low consumption pattern in the economy. After lockdown the unemployment level increases, as a result, the purchasing power of the consumer is down and which creates the wastage of extra food and lack of food for those people who are unemployed and poor. So the impact of covid19 on food security is negative and the economy faces loss.

Impact of Covid-19 on supply chain

Covid19 impact on the supply chain as domestically and country wise. The lockdown impact is that the unemployment level increases, the level of income of the consumers decline, the purchasing power of the consumer down, the food industry face loss because of the availability of the food like milk, fruits, vegetables, and other basics need of life is more but the demand from the consumer is less due to lockdown. As a result, the supply chain of the world is disturbed and a lot of food waste and the economy moves down.

Impact of Covid-19 on demand-side

Covid19 impact on demand-side as domestically and country wise. The lockdown impact is that the unemployment level increases, the level of income of the consumers decline, the purchasing power of the consumer down, the food industry face loss because of the availability of the food like milk, fruits, vegetables, and other basics need of life is more but the demand from the consumer is less due to lockdown. As a result, the demand side is disturbed because of the low level of income and an increase in unemployment. As a result, it is problematic for the food industry as well as poor consumer in the economy.

Impact of Covid-19 on agriculture production

The impact of covid19 on the agriculture sector for production is low in the productive capacity of the former as well as the producer. Due to the pandemic situation of covid19 and lockdown the availability of resources is limited The imported and exported goods for food production banned and then the agriculture production affected and moves to down. And due to the pandemic situation the private firms also lockdown, as a result, the unemployment level rises, and the worker and the farmer moves home. As a result, productive capacity is also low. So the impact of covid19 on agriculture production is severe.

Impact of Covid-19 on the industrial sector

The impact of covid19 on the industrial sector for providing raw material for production is decreased. The working and productive capacity of the former, as well as the producer, is low due to a lack of raw material. Due to the pandemic situation of covid19 and lockdown the availability of resources ban. The imported and exported goods for food production banned and then the agriculture production affected and moves to down which is also due to lack of raw material. And due to the pandemic situation the private firms also lockdown, as a result, the unemployment level rises, and the worker and the farmer moves to home. As a result, productive capacity is also low. So the impact of covid19 on agriculture production is badly because of limited resources and lack of raw material for production.

Impact of Covid-19 on prices of food

The impact of covid19 is that it leads to inflation. Because of the lockdown, the unemployed people, as well as the private industry or firm, increase their prices of the products, as a result, they gain maximum profit. Another is that the level of unemployment high the people cannot buy more of the products so the prices of the product down because of the demand for the products is low. Mostly firms sell out their products at low prices because the fear is that the wastage of stocks of products. And mostly firm and industry high the price ratio because of the lack of food in the markets. Covid19 impact on prices leads to high.

Covid-19 impact on global food security

Covid19 impacts all over the world including developed and developing countries face food security issues. Due to the lockdown situation, the availability of food in a particular place is not secure due to covid19 disease (Harris et al., 2020). People want to have a healthier diet in the current situation but due to lockdown in many places, the availability of healthier food is not possible. As a result of the impact on global food on demand and supply side. And the pandemic impact on global food security.

RECOMMENDATION AND CONCLUSION

1. Covid-19 is a challenge for developing and developed countries. The current situation of countries especially developing economies facing the problem of food security. It is recommended that the government should take some steps for improvement in the current situation, especially for poor and substandard people.
2. It is also concluded that the current situation of the economy faces the crisis of finance. The private job holders are jobless in the current condition and the food prices are rising day by day. It is recommended that the government should take steps for development in the finance sector as well as bring down the prices of the basic needs of life as well as reopen the private sector.
3. Due to the lockdown situation in many places people who are hand to mouth face a lot of problems for fulfilling the basic needs of life. It is recommended that the government should provide facilities and funds for the basics of life.
4. It is also concluded that the agriculture sector provides a job for the farmer. Food security and nutrition are necessary for human health but due to the pandemic lockdown jobless people

are facing this problem. It is recommended that the government should provide employment opportunities.

5. It also concluded that in covid19 food industry is facing a lot of problems as food safety and food security. It is recommended that the government should introduce modern tools to control the waste of food as well as to decrease losses.
6. It is also clear that the covid19 impact price hikes. Jobless and poor people cannot fulfill their basic needs of life. It is recommended that the government should reduce food security prices as well as daily need base goods.
7. It is also concluded that the impact of covid19 on the supply chain is very devastative. The needs of the consumer as well as the unfit person cannot be fulfilled nowadays because of the ban on many food industries. The patient and people want healthier food and food security but due to lock down the food industry cannot accept the challenges. As a result, people face unfitness. It is recommended that the government should reopen the food industry as well as the health care center.
8. The findings reveal the impact of covid19 on exported and imported goods. Mostly people of the developing countries depend on import and export businesses to fulfill their food security. But due to covid19 and lockdown, they face the problem of food security. It is recommended that the government should take steps for the improvement of imports and export.
9. It is also concluded that due to covid19 the working capacity of the industrial sector is limited due to lack of finance as well as due to lack of working labor. It is recommended that the government should take some steps and provide finance to industrial sector improvement and also its improvement in the employment level.
10. It is concluded that nowadays the situation of covid19 and lockdown create a problematic situation for both food buyer and food provider. The need of the day cannot fulfill completely. The unemployment level increases and the finance problem is prevailing in every developing economy. Food security and nutrition cannot be safely provided to everyone. The government must take steps for the improvement in the food industry, provide jobs, reopen the private sector, reduce prices of need base goods, provide healthier food, measures should be taken to remove unemployment. Provide finance to the food industry to control food wastage as well as to reduce loss and provide food security to everyone.

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