# PREVENTING AND REDUCING FOOD INSECURITY IN CONFLICT ZONES

**GENERAL ASSEMBLY 3**

**Issue description:**

Millions worldwide suffer from hunger and food insecurity; even more vulnerable are those living in conflict-ridden and war-torn areas. Food insecurity exists when people have limited or uncertain access to safe, nutritious food needed for adequate growth and development and to maintain an active, healthy lifestyle. The Global Report on Food Crises in 2025 stated that 266 million people in 47 countries and territories experienced high levels of acute food insecurity, and the World Bank Group reported that 75% of acute food-insecure people live in FCS (fragile and conflict-affected situations). Geopolitical conflicts and wars lead to a rapid increase in food prices and limit the accessibility of resources. Those living in fragile and conflict-affected states not only have to endure hunger, malnourishment, and increased susceptibility to lethal diseases due to malnutrition, but also suffer extreme violence and denial of access to humanitarian aid and healthcare services.

It is essential for governments to protect their citizens from food insecurity and hunger by establishing policies to stabilize food prices, building resilience to shocks, and guaranteeing humanitarian access in times of crisis. However, the ability of governing bodies in fragile and conflict-affected states to do so is limited. Oftentimes during conflict, critical infrastructure, including hospitals, food distribution networks, and water systems, is compromised, leading to the decline of access to essential healthcare and resources. Therefore, collaboration between international and local stakeholders, including grassroots organizations and governing bodies, is crucial to uphold and safeguard IHL (International Humanitarian Law), ensuring humanitarian access and aid to all those in need, whilst also protecting humanitarian aid workers and healthcare personnel.

**Most affected states/areas:**

Afghanistan is currently facing a hunger and malnutrition crisis due to conflict, unemployment, high food prices, and reduced humanitarian aid. 13.8 million people are projected to experience acute food insecurity in 2026.

The Democratic Republic of Congo has had one of the largest hunger crises in the world for the past 25 years that continues today. 26.5 million people are facing acute food insecurity, with 3.2 million suffering from chronic malnutrition.

Palestine has been facing a humanitarian crisis for decades, currently two-thirds of the population are experiencing food insecurity caused by conflict, displacement, and restricted access to aid and care.

Sudan is currently in conflict and has been for the past three years, causing one of the worst humanitarian crises in the world. More than 19.5 million people are acutely food insecure.

**Involved organizations:**

**GNAFC** (Global Network Against Food Crises); the GNAFC brings research institutions, political bodies, donors, and crisis-affected countries together to address the root causes of food crises and prevent famine.

**ICRC (International Red Cross)**; the ICRC is a neutral, independent organization that provides humanitarian assistance and aid, including health care, shelter, and food. It has worked to ensure humanitarian protection for those affected by armed conflict for more than 160 years.

**WFP** (World Food Programme); the WFP works toward its goal of ending world hunger in more than 120 countries and territories by aiding in emergencies caused by conflict and natural disasters and supporting sustainable long-term development to build resilience.

**FAO** (Food and Agriculture Organization of the United Nations); the FAO is a specialized agency of the United Nations that combats world hunger by leading international efforts; having 194 members and working in over 130 countries.

**Sources:**


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