

IMPORTANCE OF WILD FOODS TO THE HOUSEHOLD FOOD SECURITY IN TROPICAL RAINFOREST AREAS



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1. Introduction and Methods

Tropical rainforests are a major source of **wild species** that have traditionally been used as food sources by various communities in rural areas.

However, these species are not included in the **planning of public policies for food security**, due to the fact that there is currently **not enough known about the contribution of traditional use and its potential** for human consumption.

In this paper, a **systematic review of scientific evidence** was performed to identify the importance of wild food to the household food security for communities in tropical rainforest.

2.1. Results: Importance of wild foods to the household food security

África

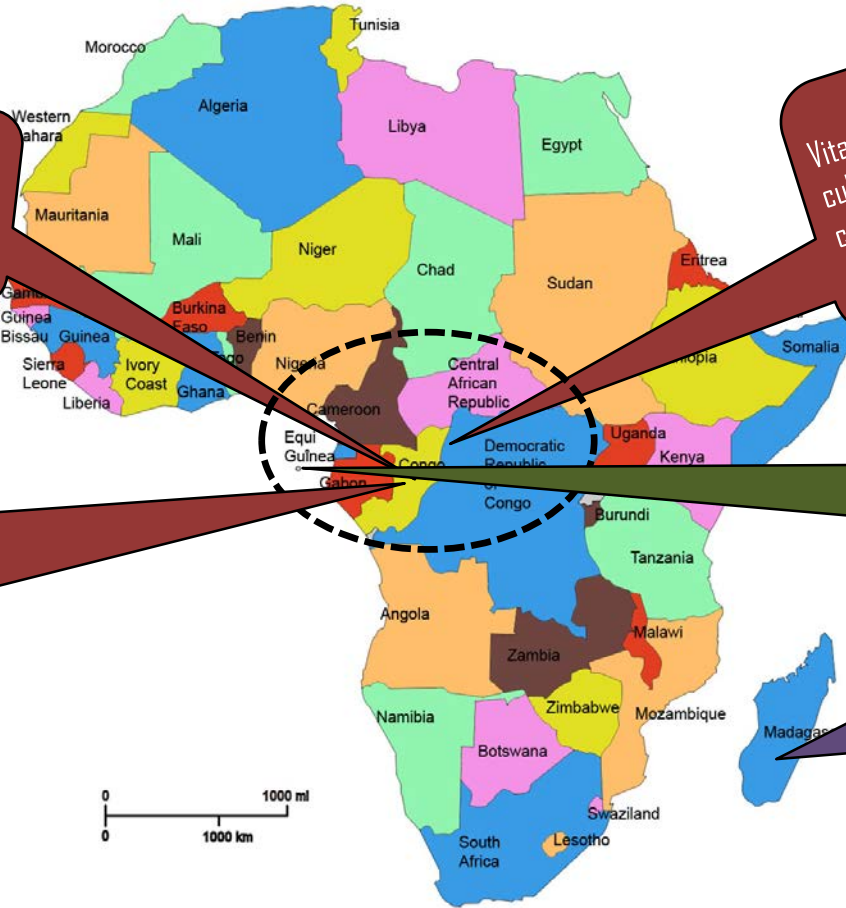
Congo Basin an estimated consumption of 5 million tonnes of bushmeat per year (Nasi et al. 2011).

Vital element in human diet due to close cultural ties between this resource & communities, lack of other food choices and financial constraints (Fa et al. 2015).

90% of all animal protein consumed is derived from wild animals (Olatunbosum et al 1972; Ajayi 1978; Prescott-Allen & Prescott-Allen 1982; Asibey 1987; Hladik 1987) Tomado de Fa et al. (2003)

Commercial hunting can generate increased income for families engaged in this activity (Vega et al. 2013).

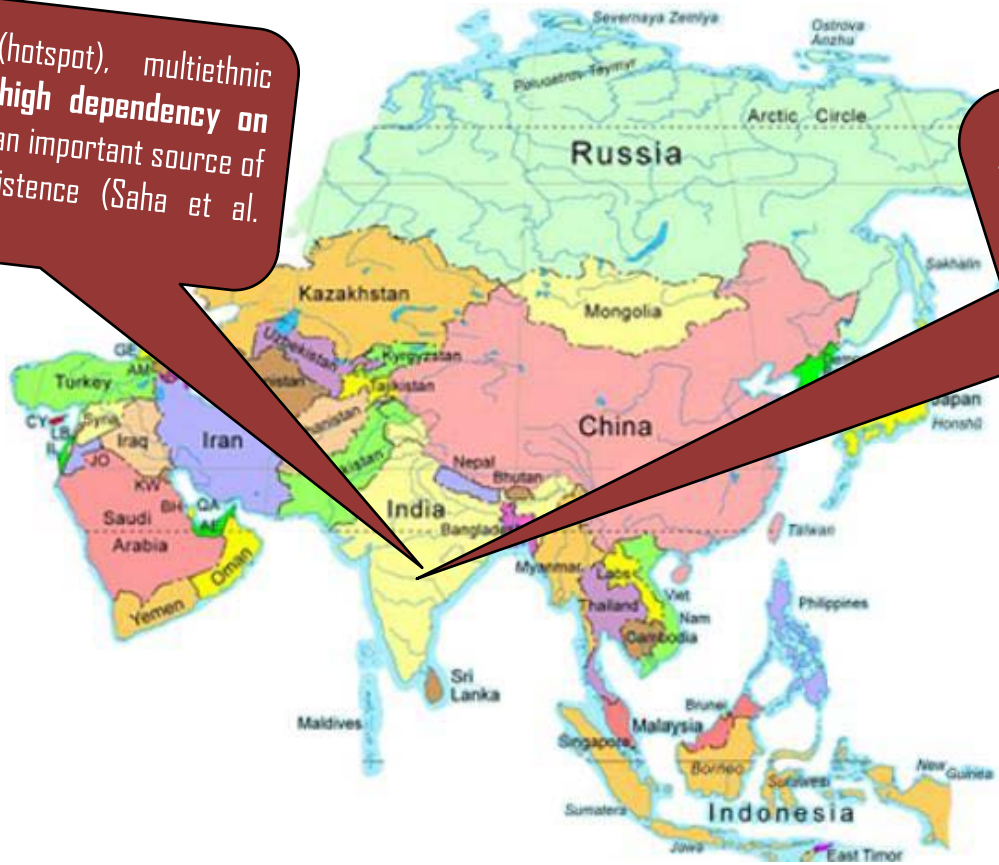
Regular consumption of bushmeat reduces the risk of anemia in remote areas (biodiversity hotspot) (Golden et al 2011)



Asia

Northeast India (hotspot), multiethnic communities show **high dependency on wild food plants** as an important source of resources for subsistence (Saha et al. 2014).

Similipal Biosphere Reserve in Odisha. The tubers of **wild plants are important food supplements** for the communities in the region (Misra et al. 2013).



Latin America

In some rural areas of Latin America (Colombia, Bolivia, Ecuador, Brazil, Peru) wild foods are the **main source of food and household food security for communities**, especially in areas of difficult access to the main population centers and / or marketing conventional food.



2.2. Results: The role of wild foods in the diet of tropical forest areas



Fruits



Vegetables

Meats (Bushmeat)





Eggs

Ice cream and pastries



Beverages

2.3. Results: Main problems (Source Supply)



In most cases the use of
this resource is extractive



2.4. Results: Main problems (Nutritional value, and risks on human health by consumption of wild food)



Although some studies have been conducted on the nutritional value of **wild food consumption risks on human health** they have been little considered.



3. Concluding Remarks

There is now sufficient scientific evidence to demonstrate the importance of wild food for household food security in tropical forest areas.

It is necessary to continue studies around knowledge and nutritional quality of plants, animals, and wild mushrooms that are currently used as alimentation for inhabitants of areas of tropical forest.

The number of studies that enable the sustainable use of wild foods through cultivation and / or harvest rates should be increased.

Include wild foods in planning interventions that seek food security for people living in areas of tropical forest, which can contribute to their relevance and sustainability.

Thank You!

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