ACHIEVING SUSTAINABLE DEVELOPMENT GOALS ON VISION 2030 THROUGH ENTREPRENEURSHIP IN FOOD AND NUTRITION EDUCATION

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Abstract
The 2030 Sustainable Development Goal (SDG) provides a shared blueprint for global peace and development. The 17 Sustainable Development goals is a wake up call for deprivations it is inextricably global action They recognize that ending poverty and others linked with strategies that improve health and education, reduce inequality, and spur economic growth while tackling climate change and working to preserve our nature. Many of the goals are applicable to the field of Home Economics either directly or indirectly. Entrepreneurship in Home Economics brings the focus of households as building blocks of sustainable societies. This paper examines the conceptual clarification of sustainable development, Home Economics, Entrepreneurship, The role of Home Economics Entrepreneurship in actualizing sustainable development goals It discussed extensively on ways of Identifying and exploiting entrepreneurship opportunities in Home Economics for sustainable economic goal, Entrepreneurship skill development in Home Economics programmes. The paper concludes that there should be more emphases on practical based entrepreneurial skill acquisition in Home Economics programmes in our institutions rather than the emphasis on theory as this would help students to develop realistic career orientations beneficial to sustainable development. The study recommended among others that schools should organize Home Economics entrepreneurship competitions to motivate young people to develop their potential and prepare them to be stars of tomorrow’s employment market.

Keywords: Sustainable Development Goals, Entrepreneurship, Food and Nutrition

Introduction
Despite global progress in many spheres of life, the world today, continues to suffer immense challenges of sustainability. In developing countries especially Nigeria, most people continue to battle with poverty, deprivation and inequality, with ever-increasing disparity of opportunity, wealth and power. The International Federation for Home EconomicsIFHE (2019) revealed that with the adoption ofthe Millennium Development Goals (MDGs) fifteen years ago, significant strides have been made in several areas. Nonetheless, the achievements have been, at best, uneven, especially between urban and rural areas. The Sustainable Development Goals (SDGs), also referred to as the Global Goals, are an ambitious set of goals directed at complementing and reinforcing the achievements chalked under the MDGs. The SDGs courageously set specific and measurable targets in relation to the 17 goals. IFHEopined that as the SDG agenda gains momentum, finding ways to activate change is at the core of success. Many of the goals are applicable to the field of Home Economics either directly or indirectly.

Home Economics is a profession and field of study that draws from a range of disciplines to achieve optimal and sustainable living for individuals, families and communities. It is concerned with using and managing human and material resources for the benefit of individual, families and society. IFHE, (2009) reported that Home Economics is concerned with the empowerment and wellbeing of individuals, families and communities, and of facilitating the development of attributes for lifelong learning for paid, unpaid and voluntary work; and living situations IFHE (2019) states that Home Economics follows an integrated approach and draws from a disciplinary diversity which might include, among others: food, nutrition, health, textiles and clothing, shelter and housing, consumer science, household management, design and technology, food science and hospitality, human development and family studies, education and community services.

Food is one of the basic needs of man. Therefore, families all around the world produce and utilize variety of food in other to meet their nutritional needs. Food and Nutrition which is a unit of Home Economics is a field of knowledge with numerous marketable skills that makes for self-employment and sustainable economic. It’s about becoming independent, connecting with others and taking actions towards preferred future that support individual and families wellbeing. Through Food and Nutrition Education, students become empowered, active and informed members of the society. It has the potential to play a major role in supporting young people to participate effectively in changing social, cultural and economic for sustainable development.
From time immemorial, Education has remained the panacea for ignorance and its attaching problems. This paper is set to bring fore the role Food and Nutrition Education can play in actualizing sustainable development goals. The scope and emphasis of Food and Nutrition have shifted from ordinary cooking to paid employment in various entrepreneurial trade and business areas. It is therefore pertinent to empower the Nigerian youths and adults especially Women and Girls who constitute huge population of Nigeria with entrepreneurship skill for achieving vision 2030 sustainable development goal.

Therefore the objectives of this paper includes; the conceptual clarification of sustainable development, Food and Nutrition, Entrepreneurship; The Place of Food and Nutrition Entrepreneurship in actualizing sustainable development goals. It will discuss extensively on ways of Identifying and exploiting entrepreneurship opportunities in Food and Nutrition for sustainable economic goal. It will also identify some of the challenges of Entrepreneurship skill development in Food and Nutrition

Conceptual Clarification Sustainable Development

During the 2012 United Nations Conference on Sustainable Development, agreement was reached by member States to launch a process to develop a set of sustainable development goals (SDGs) to succeed the Millennium Development Goals (MDGs), whose achievement period concludes in 2015. The SDGs are to address all three dimensions of sustainable development (environmental, economic and social) and be coherent with and integrated into the United Nations global development agenda beyond 2015. The envisaged SDGs have a time horizon of 2015 to 2030 (United Nations, 2019). They came up with 17 developmental agenda. The new development agenda is the Sustainable Development Goals (SDGs). The SDGs contained 17 goals with 169 targets (Kuwomu, 2017). The agenda seeks to (i). End Poverty in all its Forms, (i) Zero Hunger, (iii) Ensure sustainable Consumption and Production Patterns, (iv) Quality Education (v) Achieve Gender Equality (vi) Clean water and Sanitation,(vii) Decent work and Economic growth, (viii) Quality Education among others Sustainability is a catchphrase around which global development discourses continue to grow. The concept has found its way into many phrases across a variety of disciplines and contexts (Lam, Walker, Hills, 2014). Some commonly used terms include “sustainable development” “economic sustainability” “ecological sustainability” and “sustainable growth” (Alshuwaikhat & Mohammed, 2017). Each use has its own flavor, highlighting on one or another aspect of the concept. These wide-ranging contextual applications of the concept make a universal definition of sustainability a challenge. Notwithstanding, it is generally interpreted to connote positive biophysical and socio-economic changes that meet the needs of all people without undermining the natural systems upon which life depends or foreclosing the opportunities available to posterity (Alshuwaikhat & Mohammed, 2017).

Ogbonomyi (2013) sees Sustainable development as the development that meets the needs of the present generation without compromising the needs of the future generations. Mehta (2017)opine that it is a process whereby the development can be sustained for generation. It affords the future generation the same, if not more, capacity to prosper as the present generation. Simply speaking sustainable development means the development which should keep going. Ordinarily speaking, it is a situation in which economic development does not decrease over time. Sustainable economic growth will require societies to create the conditions that allow people to have quality jobs that stimulate the economy while not harming the environment. United Nations (2017) states that Sustainable development is a process in which natural resource based is not allowed to deteriorate. Sustainable economic growth will require societies to create the conditions that allow people to have quality jobs that stimulate the economy while not harming the environment. Job opportunities and decent working conditions are also required for the whole working age population. The major issue facing the world today is that of learning how to live and work in ways that are sustainable, so that the reasonable needs of people from all walks of life and in all countries can be satisfied, without so over-exploiting the natural resources upon which all life depends that the ability of future generations to meet their needs is threatened (UNESCO, 2004 in Ogbonomyi, 2017).Sustainable entrepreneurship development in food and nutrition will help increase Nigeria's economy and reduce unemployment levels in the country and also help to actualize sustainable economic development.

Food and Nutrition

Vocational education is education and training for work. It is an education where skills are taught for the purpose of gaining employment through exposure to practical experience for self-actualization. Vocational education can be regarded as experience gained directly or indirectly that enables one to participate in a socially useful occupation either in or out of school, at various levels and to be sufficiently equipped to become an intelligent creator of goods and services (Chikaire, Orusha, Onogu & Okafor (2011). Home economics is one of the vocational subjects defined in
the National Policy on Education (2004) as that aspect of education which leads to the acquisition of practical and applied skills as basic scientific knowledge. To achieve these, focus must be shifted to families' development participation in sustainable development which can be attained through Home Economics Education.

Home Economics education prepares its students to be employers of labour and not job seekers. Home economics education provides a fertile ground for the promotion of self-reliance and job opportunities for sustainable national development and growth. The content of home economics in schools include: Home management, Food and Nutrition, Clothing and Textile, Consumer Education, Housing and Design, Child Development, and Family Relations (Anyakoh & Eluwa, 1999). Other component of Home Economics include; Food Preservation, Hotel and Tourism Management among others. Each component is often taught as a subject with the aim of providing individual with the necessary skills required to equip or prepare them for the world of works and for self - employment / reliance and sustainability.

Ogboniomyi, (2011) defined Food and Nutrition as a branch of Home Economics that deals with the study of food and its nutrients. It includes food processing, food preparation, food preservation, meal management and services. And that it prepares individual for employment in food related jobs. Food and Nutrition education prepares learners for career that are based on practical activities, totally related to a specific trade, occupation or vocation. In other words it is education designed to develop occupational skills. Hence Food and Nutrition education gives individuals the skills to live, learn and work as a productive citizen in a global society. This implies that the ability, knowledge, attitude and skills acquire by graduates will help them to relate to real life situations and solve their immediate and future needs. Food and Nutrition education is a key player in entrepreneurship development process and so has important role to play in sustainable economic development.

Entrepreneurship

Okoro and Ofishe (2011) defined entrepreneurship as a process of running a business of one's own, Ihenunekwu (2003) stated that entrepreneurship refers to the attitude, skills and actions of an individual starting a new business. The Irish Business and Entrepreneurship Survey (2003) as cited in Ogboniomyi, (2013) defined an Entrepreneurship as an owner and/or principal manager responsible for the expansion and strategic development of a business. An Entrepreneur is anyone who owns, operates and takes the risk of a business. He is a person who takes on the responsibility of providing services or values upon identifying a market opportunity or gap with the expectation of profit making.

Okoro and Ofishe reported that an entrepreneur has the ability to see and assess business opportunities even where others cannot, and is able to combine natural resources, human input, physical assets, intelligence and creativity to achieve goals. An Entrepreneur is a key factor in fostering economic growth. Aluta and Uzamere (2009) defined Entrepreneurship Education as the training of individual to understand and develop key entrepreneurial attitude, skills and behaviour. They added that entrepreneurship skills include – creativity, innovativeness, quick decision making and risk taking. Entrepreneurship is a process of creating something new with value by devoting the necessary time and effort, assuming the accompanying financial, psychological and social risk, receiving the resulting reward of monetary and personal satisfaction and independent.

Realizing the importance of economic empowerment to achieve Sustainable Development Goals (SGD), the United Nations (UN) has been increasingly focusing on entrepreneurial interventions to support ambitious youth to start their own businesses and generate employment opportunities for themselves and others (United Nations, 2017). Entrepreneurship has also been shown to contribute to advancing social and environmentally sustainable development areas with positive impacts in the areas of financial inclusion. Tracy (2005) noted that Entrepreneurs seek disequilibrium--a gap between the wants and needs of customers and the products and services that are currently available. The entrepreneur then brings together the factors of production necessary to produce, offer and sell desired products and services. They invest and risk their money--and other people's money--to produce a product or service that can be sold at a profit.

The development of any nation hinges on the social and economic contributions of her citizens. Give a man a fish and you feed him for a day, goes the old adage, teach him to fish and you feed him for life. Education is intrinsically valuable in helping people to flourish to their fullest potential. Training in Entrepreneurship Food and Nutrition is a major way to reduce unemployment, poverty and actualize Sustainable Development among the citizens of Nigeria.

Actualizing Sustainable Development Goals Through Food And Nutrition

Food and Nutrition which is a branch of Home Economics is considered by IFHE (2019) as the original field of research focusing on economic, social
and ecological aspects of everyday living, which includes responsible use of resources. It addresses the impact of food, health, economic, environmental, and human/political systems on the status of individuals, families, and communities. Its capacity to draw from a disciplinary diversity allows for the development of specific interpretations of important UN Sustainable Development Goals.

- Poverty is more than the lack of income and resources. Poverty is a state of not being able to do or get what you desire. Molokwu (2010) sees poverty as lack of job, hunger, poor health, low education, low self-esteem, lack of adequate housing, lack of land, inability to cloth oneself/family low economic status. Poverty is the worst enemy of man aside death. Food Nutritionist acts as advisors to governments and communities in what is needed to improve the quality of life for households and families especially in healthy food eating habit (IFHE, 2019). Education in Food and Nutrition competencies offers an important contribution to reducing unemployment, poverty and alleviating poverty related circumstances of life. Food and Nutrition Education equip learners in sustainable food production, processing, preservation, packaging and services for household consumption and also for the generation of wealth— the key content of Sustainable Development Goal 1, 3 and 9.

- Sustainable development goal also include ensuring healthy lives and promote well-being for all at all ages. Food and Nutrition education equip learners with the aims to improve well-being of people of all ages and increase the quality of life for members of private and institutional households. Health related food and Nutrition research contributes to achieving good health from many angles including Food Security and Nutrition by setting focus on the relation between health and malnutrition, food allergies, the influence of healthy nutrition to longevity or healthy diets. Food Nutritionist also create a food education system and standards to support information, providing all stakeholders with knowledge in the food value chain, strengthening their understanding of and commitment to implementing food safety standards, and upgrading the quality of food.

- Food and Nutrition also aims to create new knowledge and innovative approaches to improve sustainable consumption, food waste, the sustainable production and preservation of staple food stuff thereby contributing to Sustainable Development Goal 12. Engaging in Food and Nutrition Entrepreneurship can increase the availability, accessibility and acceptability of nutritious foods on the local markets, while increasing opportunities for diverse agricultural production systems to be translated into dietary diversification (Alliance 2015).

- Targeting interventions towards gender equality and women's empowerment can enhance food and nutrition security by increasing control over household expenditures, food purchase and feeding practices. The vast majority in the field of Food and Nutrition are girls and women. Food and Nutrition therefore advocate for gender equality in different areas. Food and Nutrition knowledge enables both men and women to improve the need for food security and health.

- Entrepreneurship in food and nutrition contributes to women empowerment, improving quality of life, as well as economic growth and entrepreneurial diversity hence directly contributing to the advancement of SDG 5. Food and Nutrition entrepreneurs could be expected to contribute to reducing poverty and tackling unemployment, directly advancing SGDs 1 and 8.

- Food nutritionist can stand tall in their career by promoting the production and consumption of different crop varieties (with a special focus on staple foods); strengthening sustainable food processing practices, preservation and storing techniques; and investing in small-scale producers, while collecting evidence of the positive impact of their improved production on agricultural development and poverty reduction.

### Identifying and Exploiting Entrepreneurship Opportunities in Food and Nutrition for Sustainable Economic Development

There are numerous entrepreneurship opportunities available in Food and Nutrition education for sustainable development goal. Practical skills in food preparation, meal management and services acquired by Food Nutrition graduates, could be used to set up small scale business, such as:

- **Fast Food Establishment:** Gula and Ewubare, (2007) sees fast foods as food prepared and served quickly at fast food restaurant, shop, markets, schools, hospitals and other similar public places. They also added that, fast food operation yields good returns on investment.
within a short time. Food Nutritionist can engage in fast food business for self-employment.

**Small chops and smoothies café:** production and services of smoothies, fresh juice and drinks are very lucrative business which Food and Nutrition graduates could engage in.

**Bakery and confectionary:** Baking of bread and snacks, cake making and decorations as well as presentation of cake for ceremonies like birthdays, weddings, anniversaries etc. Food Nutrition graduates could engage in this business for self-employment.

**Food restaurants and bukateria:** (mama put) operation are also ways for self-employment.

**Barbeque:** Fish, chicken, meat, and sale of alcohol and non-alcoholic drinks yields good returns for self-employment.

**Preservation and package of food items:** such as garri, wheat flour, plantain flour, cassava flour, yam flour, fish, meat, crayfish, peanuts etc. and sold to supermarkets will create job for self-employment.

**Packaging and sales of frozen foods:** such as chicken, beef, fish, vegetable etc

**Outdoor catering services:** preparation and services of food item for different ceremonies where food is required and canopy renting will create self-employment avenue for Food Nutrition graduates as well as being employer of labour.

**Making of yoghurt, jam, jelly, fruit juice, candies** etc. and other items that could be produce and sold for money by Food Nutrition graduates

Other areas in which job Food Nutrition graduates can start their own business, include:

- Acting as consultant: they could assist home owners with basic information and financial guidance during household food purchase process.
- They can be involved in food product development and organize product promotions
- Compilation of recipe books
- Demonstrating cooking techniques and sharing interesting ideas on television and radio station
- Training of staff in hotels and other food establishment etc.
- Presenting seminars.

Identification of these opportunities for self-employment and self-reliance is an important step towards achieving sustainable development goal in Nigeria in 2030. This makes it imperative that these opportunities be exploited by the graduates rather than idling in abject poverty. Educating a youth in Vocational Food and Nutrition is like educating and empowering the future generation for self-employment and sustainable development of Nigeria.

**Challenges of Entrepreneurship Skill Development in Vocational Food and Nutrition**

Every good thing has its pros and cons, so does Food and Nutrition. Some of the challenges of skill development in Food and Nutrition Education include: Lack of adequate equipments /facilities, Poor teaching methods, Insufficient qualified teachers, Overcrowding of classrooms, Insufficient time for practical, Poor perception of Food and Nutrition by the general public, Gender disparity, Lack of adequate time for teaching and learning of sustainable skills, Expensive nature of the course, Poor funding of the course and Lack of interest by students.

**Conclusion**

Embarking on Entrepreneurship in Food and Nutrition is a powerful tool for actualizing sustainable development goals. Entrepreneurship in Food and Nutrition also provides opportunity for individuals to improve quality of life, families and make contributions to the economy of the nation. Acquiring Entrepreneurship skills in Food and Nutrition education is a way of empowering the society especially the youth to support their families and have confidence in their ability to the productivity level envisage for actualizing sustainable development goals.

**Recommendations**

1. There should be more emphases on practical based entrepreneurial skill acquisition in food and nutrition programmes in our institutions rather than the much emphasis on theory as it would help students to develop realistic career orientations beneficial to sustainable development.

2. Schools should organize food and nutrition entrepreneurship competitions to motivate young people to develop their potential and prepare them to be future entrepreneur especially in food and nutrition related jobs

3. There should be more emphases in our institutions on innovative approaches to improve sustainable consumption, combat food wastage, and improve on the preparation and service of our indigenous food rather than promoting foreign foods
There should be annual exhibitions, workshops and trade fairs to attract and create awareness of the importance of Food and Nutrition Education in schools. This will help change the poor perception of the course.

Government should help in the procurement of much needed equipments/facilities in institutions of learning for the smooth running of Food and Nutrition practical, while the obsolete ones should be discarded.

References


