


# Chapter 13

## Food Preservation and Utilization Strategies for the Indian Population

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### ABSTRACT

*Food security remains a significant concern in India, where post-harvest losses, inefficient supply chains, and lack of awareness about preservation methods contribute to substantial food wastage. This research article explores various strategies for preserving and utilizing food effectively to ensure food security and sustainability. It highlights traditional and modern preservation techniques, government policies, community-driven initiatives, and the role of technology in minimizing food wastage.*

### INTRODUCTION

India, with its diverse agricultural practices and vast population, faces challenges in ensuring food security for all its citizens. Despite being one of the largest producers of food, the country experiences significant post-harvest losses and wastage

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due to inadequate storage facilities, inefficient supply chains, and lack of knowledge about preservation techniques (Food and Agriculture Organization [FAO], n.d.). This paper examines comprehensive strategies for preserving and utilizing food effectively, aiming to reduce wastage and enhance food security.

### Current Food Scenario in India

1. **Food Production:** India is a major producer of cereals, fruits, vegetables, dairy, and meat.
2. **Food Wastage:** Approximately 30-40% of food produced in India is wasted due to inefficient post-harvest handling, storage, and transportation (FAO, n.d.).
3. **Nutritional Security:** Ensuring that the population has access to nutritious food is a critical concern, exacerbated by food wastage and losses.

#### 1. Food Waste Analysis:

### Details of the data analysed

- Breakdown of food waste in India by sector (household, retail, agriculture).
- Example categories: Fruits & Vegetables, Cereals, Dairy, Meat, Others.

Figure 1.



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