



## Ordine internazionale e diritti umani

International Legal Order and Human Rights  
Ordenamiento Jurídico Internacional y Derechos Humanos  
Ordre juridique international et Droits de l'Homme

### **AN INTERNATIONAL AND EUROPEAN PERSPECTIVE ON THE RIGHT TO FOOD AND TO ADEQUATE FOOD FOR ELDERLY PEOPLE AND ITS JUSTICIABILITY. FOOD COMMON POLICY AND STRATEGIES**

There is no doubt that food is one of the biggest challenges of modern time. Poor nutrition and vitamin deficiencies are recognised as causes of numerous illnesses. The United Nations Food and Agriculture Organization estimates that about more than one billion people are undernourished and over two billion suffer from micronutrient deficiency. In this respect, this article aims to discuss food issues with a specific perspective especially focused on elderly people as vulnerable category. The paper addresses firstly, the recognition of human right to food from the international law perspective by placing the greatest emphasis on the content of the International Covenant on Economic, Social and Cultural Rights. Secondly, the focus shifts to the European continent, in order to deal with the protection that the right to food and to an adequate food for the elderly receive both within the context of the European Convention on Human Rights and under European Union law. Then, the article focuses on the ways to protect the individuals, including the elderly, when faced with violations of the right to food and to adequate food. Finally, some strategies are discussed within the European context for advancing the access to adequate food by elderly people.