
Impact of Covid-19: Food Industry and Nutrition

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ABSTRACT

Since the primary month of 2020, the complete world has Janus-faced a virulent disease not seen since the Spanish gripe pandemic. The new style of coronavirus, COVID-19. it's AN simply transmissible malady caused by SARSCoV-2, 1st known in Gregorian calendar month 2019 and declared as a pestilence by the planet Health Organization on March eleven, 2020. As of Oct 2020, thirty-seven million cases and over one million deaths from COVID-19 are recorded worldwide. The COVID-19 pandemic has had a vital and negative impact on each space from international trade to individual life and economy because of the measures taken against the epidemic and the social restrictions that has to be enforced. The food sector is additionally the foremost necessary among the teams stricken by this pandemic. during this COVID-19 pandemic, as in each malady, nutrition incorporates a vital place for human health.

Keywords: COVID-19; Pandemic; Nutrition; Food sector

INTRODUCTION

The whole world has Janus-faced a virulent disease since the primary month of 2020 that has not been seen since the Spanish gripe pandemic. The new style of coronavirus, COVID-19. it's AN simply transmissible malady caused by SARS-CoV-2, 1st known in Gregorian calendar month 2019 and declared as a pestilence by the planet Health Organization on March eleven, 2020. Since the primary infection case was connected to the Huanan food Market (Wuhan, China), it absolutely was at first featured within the media because the metropolis virus [1]. Zhou et al. [2] it's been disclosed that the virus is transmitted to humans by consumption of bonkers, SARS-CoV-2 and bat coronavirus have a sequence similarity of up to ninety six.2%, whereas it's been determined that the start line of the infection is because of the consumption of bat and eutherian which it's passed on to humans through consumption of those creatures. As of Oct 2020, thirty-seven million cases and over one million deaths from COVID-19 are recorded worldwide. it's renowned that COVID-19 infections square measure seen in additional than two hundred countries wherever these

numbers square measure increasing exponentially a day. Flu-like symptoms of COVID-19 typically seem 5-6 days once infection and manifest themselves with symptoms like cough, inflammatory disease, fever, muscle and body aches, and loss of smell and / or style [1,3].

COVID-19 poses a significant threat to countries stricken by impoverishment and poor attention infrastructure. It continues to threaten the plenty in South America, particularly in Asian nation, some African countries and Brazil, because of the weak health infrastructure. Tedros Adhanom Ghebreyesus, Director General of the planet Health Organization, explains that their biggest considerations square measure the potential of the virus to unfold to countries with weaker health systems, and points out that there's a major risk, particularly for the exile population these days. Today, a lot of individuals than ever since the Second warfare have chosen to become refugees and leave their countries to flee from violence, conflict and ill-usage. Most of these WHO have left their country sleep in camps, the exile population living about to one another and lacking adequate medical facilities square measure at a very high risk from COVID-19. it's thought that the malady might create 5 main threats in terms of food security [4]. the primary of those is that the epidemic has become a much bigger threat for a few countries because of impoverishment and scarce health infrastructure, followed by the likelihood of a lot of severe consequences in countries while not a powerful Social Security system. Another necessary threat is that those with chronic or acute nutritional deficiencies square measure a lot of possible to be stricken by this epidemic.

The likelihood of spreading extreme impoverishment and hunger because of breakdowns in food offer chains, food shortages and sharp will increase in costs and the lag or stagnation of the world economy also are perceived as necessary threats.

Covid-19 Pandemic, Its Effects on the Food trade and the Importance of Nutrition

COVID-19 is fatal for individuals stricken by chronic or acute hunger or deficiency disease because of weak immunity. it's wide renowned that particularly the older or those with chronic sicknesses square measure people who suffer the foremost from COVID-19 infection. additionally, to those, it's necessary to contemplate the weakened system caused by inadequate and unbalanced nutrition as a very important issue. throughout and once the viral hemorrhagic fever epidemic, several scientific sources state that there's a linear relationship between patient survival and smart

nutrition and robust immune systems. As a results of the restrictions declared by the rise within the variety of cases and deaths worldwide, particularly in European countries, in Mid-March 2020, there are interruptions in food offer chains, difficulties in accessing bound foods because of stocking and vital and sharp will increase in food costs. because of the consumers' want to create their breads reception, their access to basic food and food additives like flour and yeast has been restricted and the costs of those merchandise have redoubled considerably. At the start of the restrictions and curfews, a similar scenario was ascertained in alimentary paste consumption.

People have resorted to resolution their hesitations concerning accessing food by stocking up, and customers became tough to access bound foods in some regions because of excessive food intake and storage. the same scenario occurred throughout the viral hemorrhagic fever epidemic in 2014, resulting in dramatic will increase in costs of basic food in affected countries in geographic region [5].

Moreover, will increase in food costs, export restrictions, speculation and panic behavior within the market were partially accountable for the dramatic and boost in international food costs at that point. many families in several developing countries ordinarily pay over 1/2 their financial gain on food. Countries that trust heavily on foreign food to fulfill demand, together with geographical region, are adversely stricken by offer chain disruptions, particularly within the face of the closure of border crossings. Finally, the economies of developing countries were additionally adversely affected as agricultural activities were negatively stricken by interruptions and disruptions in non-food offer chains like fertilizers and alternative essential inputs.

It is thought that the illness might cause 5 main threats in terms of food security [4]. the primary of those is that the epidemic has become an even bigger threat for a few countries thanks to impoverishment and shy health infrastructure, followed by the chance of additional severe consequences in countries while not a robust social insurance system. Another necessary threat is that those with chronic or acute biological process deficiencies are additional doubtless to be littered with this epidemic. The likelihood of spreading extreme impoverishment and hunger thanks to breakdowns in food offer chains, food shortages and abrupt will increase in costs and the retardation or stagnation of the worldwide economy also are perceived as necessary threats.

In the period of the coronavirus pandemic, shoppers skilled issues in accessing food in most countries. The

food offer chain in our country gave a really flourishing check within the face of this world epidemic, and there have been no issues in consumers' access to food aside from the primary few days of restrictions. Countries that have enforced physical distance laws have conjointly taken measures to safeguard access to food and haven't to this point skilled major cuts in food provides. though there have been difficulties in accessing some foodstuffs within the 1st days of curfews in our country, these negativities disappeared in a very short time thanks to the active production and services of food supplying firms. At this time, maybe one among the foremost necessary facts to be addressed is waste. some 1.5 billion loads of food are wasted per annum within the world. In our country, some twenty million loads of food are wasted annually and thrown away. it's a famed indisputable fact that the foremost wasteful consumption of fruits and vegetables in our country, that ranks ordinal in Europe in terms of property agriculture. once households are thought of, fruit and vegetables are the foremost wasteful losses, followed by cereals, oilseeds, and legumes. it's thought that, particularly throughout epidemic periods, the social unit economy are less affected, and the reduction of social unit waste can have a vital result for economical access to food.

Another social unit habit discovered particularly during this method is that customers tend to specialize in foods with an extended period and additional virtual media are used for food looking than within the past, and an inclination to buy from e-commerce sites has emerged. As shoppers like better to cook and delapidate range in this method, it's thought that there'll be a major modification in food demand, preference and provide. consequently, it's inevitable that food costs can increase. A diet is incredibly necessary throughout Associate in Nursing when an infection. Infections injury the body, particularly as they cause fever, and so the body wants further energy and nutrients. Maintaining a healthy diet is important throughout the COVID-19 pandemic. whereas no food or dietary supplement will forestall COVID-19 infection, it ought to be noted that maintaining a healthy diet is a vital a part of supporting a robust system. enough and balanced nutrition, physical exertion, regular and adequate sleep and stress header strengthen the system. As of Oct 2020, there's no vaccinum or specific drug developed against COVID-19 however. Considering that the method of finding the vaccinum and it unfold later are quite long, it's necessary for shoppers to review their uptake habits to stay their immune systems resistant.

It is of nice importance to realize a diet wealthy in vegetables and fruits so as to often offer copper, folic acid,

iron, selenium, Zn and vitamins A, B6, B12, C and D, that play Associate in Nursing it's of nice importance to realize a diet wealthy in vegetables and fruits so as to often offer copper, folic acid, iron, selenium, Zn and vitamins A, B6, B12, C and D, that play a vital role in a very sturdy system. additionally, drinking enough water, exercising, walking the maximum amount as attainable, and obtaining enough sleep by providing sleep patterns are the foremost necessary factors in maintaining and maintaining immunity. Drinking lots of water (6-8 glasses each day for many adults) conjointly helps our system. Drinking solely water rather than sugar-sweetened beverages conjointly helps cut back the danger of intense too several calories to keep up a healthy weight.

Although COVID-19 cases are seen less among kids, these days some 1.5 billion kids have suspended their education as a result of the measures and restrictions taken thanks to the pandemic. The break in education round the world has restricted not solely children's right to education however conjointly adequate and balanced food in faculties. Adequate nutrition is important for the health and well-being of schoolchildren. Organizations like the globe Health Organization (WHO), Food and Agriculture Organization of the United Nations and UN agency still work to require a series of measures relating to the nutrition college|of faculty|of college}-age kids and also the safety of school food when the break in education is over and also the come back to traditional begins.

CONCLUSION

The global COVID-19 occurrence has brought with it several socioeconomic issues and dilemmas. Among them, there's positively a food safety weakness. particularly within the 1st months of the epidemic and following restrictions, there was an issue in "accessing food", that was conjointly considerably littered with the consumers' tendency to stockpile, and this case reduced its impact with the measures taken. However, this epidemic method has shown that securing food production and provide ought to be Associate in Nursing inevitable priority. Encouraging smart agricultural practices throughout the globe and particularly in our country, and even creating them a legal obligation, guaranteeing that each client has access to food at a healthy and cheap worth, supported the ideas of food security and sovereignty, particularly in such epidemics, so as to make sure the resistance of the system by providing adequate and balanced nutrition of the patron. It ought to be one among the highest priorities. during this respect, the COVID nineteen pandemic has been a vital input to require the said steps.

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