

HOUSEHOLD FOOD RESILIENCE ARE YOU READY!

PANIC BUYING

On a global scale, COVID-19 pandemic-induced panic buying highlighted a widespread lack of household food security. In Singapore, where 90% of food is imported, the threat of a sudden national food shortage is an even more pressing reality.

Household Food Resilience

Food resilience (FR) is a household's ability to withstand stresses in disruption to food availability. Even with COVID-19 pandemic behind us, staying ready for new disruptions and challenges remains essential.

National efforts—such as stockpiling, source diversification, and supporting high-tech local farms—are strategies to ensure regularity in food supply. However, it must be complemented by an increase level of FR – the level of awareness and preparedness to increase our adaptive capacity for future disruption to global food supply.

FR Education

Home Economics serves as one of the most effective platforms for building public awareness around food resilience, through research and education

HOUSEHOLD FOOD RESILIENCE
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AWARENESS + PREPAREDNESS



Source:

Soo, J. & Sng, J. (2020, May 1). Households need 'food resilience' awareness to avoid panic buying. *The Straits Times*. Singapore

Home economics is a remarkably broad discipline — far more than recipes and meal prep. It spans nutrition science, textiles, family studies, consumer education, and resource management, equipping individuals with the practical life skills needed for personal well-being and confident household management in every stage of life.

FASCINATING FACTS

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The opinions expressed in this content belong solely to the author and do not necessarily reflect the view of ARAHE.



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