



Calling on all SNEB Members to Engage in the “International Year of the Millets 2023”



Theuri

Burkhart

The Division of International Nutrition Education (DINE) is committed to bringing international topics and memberships into all that SNEB does in journal publications, webinars, conference sessions strategies, communication, and more.

In several activities this year, DINE will focus on millets. The United Nations General Assembly adopted a resolution supported by more than 70 countries, declaring the year 2023 as the International Year of the Millet (IYOM). The IYOM will elevate awareness of the contribution of millets to food security and nutrition, inspire stakeholders to improve sustainable production, and encourage investment in research and development and extension services.^{1,2}

Millets are a group of plants cultivated for their small edible seeds, widely grown around the world as cereal crops or grain for fodder and human food. Despite their high nutritional value, resistance to pests and drought, and environmental sustainability, millets have been

underutilized and have untapped potential to address food and nutrition security. The non-glutinous nature of millets makes them safe for people with allergies and celiac disease, further demonstrating their versatility.³ As a nutritious grain, millets provide important macro- and micronutrients to a healthy diet. As a crop, they can ensure food and nutrition security to farmers and their families through direct consumption and livelihood opportunities to eradicate poverty.⁴

The IYOM provides a unique opportunity to increase global production, encourage food systems connectivity, and promote millets as a key component of the food basket. This will be significant, especially in regions with poor soil or areas affected by climate change and severe weather events.^{1,4} Promoting the use of millets could directly contribute to the achievement of the United Nations' Sustainable Development Goals 1, 2, 3, 5, 8, 10, 12, 13, and 15.⁵

In 2023, DINE commits to engage and empower SNEB members, as well as a broader audience, through activities that promote a greater understanding of millets and their use. Within these activities, DINE plans to examine and promote the scientific evidence for the nutritional, environmental, and social significance of millets. We will draw on the expertise of global colleagues to highlight the attributes of millets and showcase opportunities to incorporate millets into

healthy, sustainable diets, with practical, hands-on activities.

*Serah Theuri, PhD, RD
International Nutrition Education
Division SNEB- ECOSOC Coordinator,
University of Southern Indiana,
Evansville, IN*
*Sarah Burkhart, PhD
International Nutrition Education Division
Chair, University of the Sunshine
Coast, Queensland, Australia, 2022-23*

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