

**Legal Analysis of the Fundamental Right to Food in Pakistan: International Obligation and Domestic Compliance**

**Syeda Tooba Akhtar**

Assistant Professor, College of Law, University of Sargodha  
[tooba.akhtar@uos.edu.pk](mailto:tooba.akhtar@uos.edu.pk)

**Syed Wajdan Rafay Bukhari**

Lecturer, College of Law, University of Sargodha  
[wajdan.rafay@uos.edu.pk](mailto:wajdan.rafay@uos.edu.pk)

**Khurram Baig**

PhD Scholar, University Gillani Law College, Bahauddin Zakariya University, Multan  
[Mkb5729@gmail.com](mailto:Mkb5729@gmail.com)

**Waheed uz Zaman**

Lecturer, College of Law, University of Sargodha  
[Waheed.zaman@uos.edu.pk](mailto:Waheed.zaman@uos.edu.pk)

---

**Abstract**

*This doctrinal study is conducted keeping in view the significance of Right to food as one of basic human right necessary to realise the right to life. Its protection is crucial for the survival of humanity. Pakistan is the fifth most populous country in the world with a population of 240.5 million. For the prosperity of the country and eventually peace in the world, ensuring the right to food to such a good number of populations is of utmost importance. Nonetheless, hunger and malnutrition has become a common problem. Food born diseases are taking tolls of life of elder and children both. This study aims at examining the obligation of Islamic Republic of Pakistan to ensure right to food along with the steps taken by the authorities concerned for the compliance of this international obligation at domestic level through constitutional provisions and other statutory enactments. It entails a brief portion of discussion on the role played by the judiciary in the protection of this right. However, a separate study may be conducted on it. Considering the multifaced nature of this right, the study concluded with the recommendations that all the dimensions from production of right to food waste should be considered by Pakistan to ensure the right to food as a fundamental right of its citizen.*

**Keywords:** *Right to Food, Safeguard, Access, Constitution, International Obligations, Domestic Compliance*

---

© 2024 The Authors. This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License.

---

**1. Introduction**

Right to the food (RTF) is one of the primary human rights supported through multiple treaties and declaration at the international horizon (Kent, 2005). The right is inherently linked to the right to life and dignity, recognized under the Universal Declaration of Human Rights (UDHR), and is essential for the fulfillment of other rights (Dreze, 2017). Pakistan being an active member of global community, is signatory to a good number of treaties and covenants ensuring quality of life

like Universal Declaration on Human Rights (UDHR) and International Covenant on Economic, Social and Cultural Rights (ICESCR). These international commitments necessitate the development of comprehensive national strategies that address both the immediate and structural causes of food insecurity and malnutrition. Such strategies should be multifaceted, addressing agricultural productivity, food distribution systems, socio-economic disparities, and emergency food relief, which together form the backbone of a sustainable right to food framework.

Many studies focusing the problem of food security including the availability and the access to the food in Pakistani context have been conducted (Sher et al., 2013). Primary arguments in such studies remained that Pakistan is in need to improve its food production capacity to meet the demand of its population in terms of quantity and nutrition (Ahmed & Farooq, 2010). On the other hand, ample research is available with conclusion, based on empirical data, that Pakistan being agrarian economy is self sufficient in food production even it is the exporter of many food articles including milk, meat, fruit, and vegetable (Zaheer, 2013). This paradox is evident of the fact that right to food is not a matter of managing the gap between demand and supply only. It requires a comprehensive legislative framework with robust system of implementation to ensure the right of life to the citizen through RTF. Therefore, this study focuses the legal aspects of this international commitment and measures taken thereunder in compliance of basic obligations of Pakistan as a state.

## **2. Right to Food: Definition and Dimensions**

There is no universally agreed definition available for the RTF. In fact, international declarations and treaties dealing with it do not objectively define it. The International Covenant on Economic Social and Cultural Right (ICESCR) adopted by UNGA in 1966 was the first international document making realization of RTF as an obligation for the signatory states. However, it does not contain a direct reference to the RTF. It establishes the individuals' right of freedom from hunger and along with the recognition of right to the adequate food under the umbrella of right to an adequate standard of living. Nonetheless, the relationship between the two rights as a foundation for right to an adequate standard of living is not that square. Adequate standard of living is much higher degree of RTF in comparison with freedom from hunger (Zigler et al., 2011).

However, the scholars agree to the fact that there are different degrees of this right relatively dependent upon the overall situation in any country. Right to be fed or to fill the empty stomach of the individual is the basic and first level of RTF. Right to be free from malnutrition and to have the required daily nutritious number of calories is, of course, a much higher degree of this RTF and a very difficult stage to achieve by the developing and underdeveloped countries (Sarkar et al., 2021). Pakistan is also one of the developing countries and is the centre focus state of this study. Therefore, a definition attracting the basic standards of RTF is suitable. Considering the scenario, following definition extended by UN Special Rapporteur on RTF in 2002 is adopted throughout this work:

“The right to have regular, permanent and unrestricted access, either directly or by means of financial purchases, to quantitatively and qualitatively adequate and sufficient food corresponding to the cultural traditions of the people to which the consumer belongs, and which ensure a physical and mental, individual and collective, fulfilling and dignified life free of fear”.

Apart from focusing the various standards, it is globally agreed to have included both the liquid and solid food including safe drinking water. RTF embodies the practical notion that in general people should be given a decent standard of living particularly enough to eat and drink during all types of circumstances including war. This right doesn't mean to promote charitable approach which is the negation of dignified standard of living. The RTF embodies the idea that Governments

must refrain from adopting measures that may contribute towards an increased level of hunger, food insecurity and malnutrition. Moreover, Governments must safeguard people irrespective of any discrimination from the actions of others that may violate the RTF. Governments must also, to the maximum of available resources, invest in eradicating hunger. So, this right is not about charity by the Governments, but about assuring at respective state levels that all people have the capacity to feed themselves in dignity (Zigler et al., 2011).

Inspired by the definition put forward by UN Special Rapporteur on RTF in 2002, certain dimensions of RTF have been recognised by the scholars (Donati & Vidmar, 2008) to form a comprehensive framework for its realization and implementation under international law through domestic means of compliance which is the prime focus area of this study.

The first dimension of availability denotes the actual availability of the food articles in the sufficient quantity in the country or region according to the available consumable population there. It encompasses the adequate production along with well established system of food distribution with the access to the markets wherein the food can be sold and purchased. This also includes the supportive policies by the relevant country to produce food in the adequate quantity and preventive measures against shortage (Clapp et al., 2022). Accessibility refers to the substantial capacity of the people to get the food without any barrier or discrimination. In its economics sense, it means that food is affordable enough that individual have financial means to buy. It also includes the affordability to have physical access to sources or food points and markets. The adequacy is related to the nutritional value of the quality standard of the available food. The quality and the nutritious value are of utmost importance as it is crucial for the building up of physical and many cognitive functions. The fourth dimension of the RTH is assurance by the stakeholder holder that the physically available consumable food is up to the required standards of quality. This dimension focuses the significance of the food hygiene, proper implementation of food safety regulations together with measures taken to preclude food born illness and contamination of the food (Zingler et al., 2011).

However, considering the ever-changing landscape of the world with the widening food inequality and growing awareness of the subtle relationship between system of food an ecological system, there has been calls from the researchers to update the above discussed four dimensions of RTH that serve as a pillar to formulate a food policy. Non discrimination, participation and empowerment, monitoring and accountability are also taken as the important aspect to be considered in the realisation of RTF. Discrimination of every kind is vehemently opposed. Considering the worth of the RTF in human life, any discrimination even on the base of citizenship is sternly discouraged. The newly added dimensions also call for the active and proper representation of the communities and the individuals in the decision making policies and programs. It includes empowering the individual to advocate their RTF and raise voices for its realization and recognition. Accountability and monitoring connote the fact that the states are under an obligation to establish an effective system of accountability and monitoring to safeguard this right in its true spirit (Clapp et al., 2022).

These discussed dimensions collectively form a comprehensive and vigorous framework for understanding and implementing the RTF under international law and its further compliance in the various domestic jurisdictions. These encompasses the multi-faceted nature of ensuring food security and nutrition for all individuals, highlighting the importance of addressing systemic factors that contribute to food insecurity and malnutrition while promoting dignity, equality, and human rights for all.

### **3. International legal regime**

The widely celebrated idea of freedom from wants and hunger formed the base of inclusion of RTF in UDHR, 1948. Article 25 says that every person is entitled to such standards of living as are adequate for the health and well being of himself and his family including food, clothing housing and other necessary social services. This inclusion of the RTF in the UDHR accentuated the foundational significance of addressing basic human needs and ensuring freedom from want and hunger as essential components of human dignity and well-being. This linkage depicts a broader assurance to social justice and the realization of human rights for all individuals (Dreze, 2017). To this fact, a consensus can be seen in the scholarly discussions that even the right to access to medicine stems from this very right of RTF (Akhtar, 2019).

Although the inclusion of RTF in the UDHR did not possess a legally binding impact for the signatory states yet it served as the prime document to recognise this right among other foremost human rights. Based on this inclusion, eighteen years latter, the RTF was reaffirmed as a legally binding obligation for the states through Article 11.1 of the ICESCR. By virtue of 11.1 the signatory states agreed to recognise every individual's right to the adequate standard of living including the right to have adequate food for himself and for his family both. In this regard, Article 11.2 specifically addresses the fundamental right of everyone to have freedom from hunger which of course, cannot be achieved without an active attempt by their respective states or regimes. This provision is exhaustive enough that it recognises the corresponding obligation of the states in this matter. Through these provisions, the signatory states are under the obligation to take measures for the substantial improvements in the methods of production. Moreover, the states are bound to develop and place in practice an appropriate system for the conservation and distribution of food by making full use of technical and scientific resources available with it. The dissemination of the knowledge related to the principles of needed nutrition along with the reforming and developing the agrarian systems up to such a standard that it becomes efficient in the full utilization of natural resources available in the region to the best interest of the individual subject to its authority and domain. Here the states are further obliged to consider the need of food in the world and to ensure the equitable distribution according to need, the necessary measures and steps for developing import and export policies be framed. This step is very crucial in realising the RTH as not only a fundamental right of the citizen of a state but as human right for everyone in global community (Bessa, 2019). The twice acknowledgment of the RTF in this legally binding instrument is in itself an important factor for the law-abiding states in the global community. The entry into force of the optional protocol of the ICESCR was a milestone in this regard as it established a committee to entertain complaints in case of the violation of the rights including RTF and to conduct an inquiry thereon (Apodasa, 2012).

In the aftermath of devastating impact of famine in Bangladesh, the UNO organised world's first ever food conference in 1974 named World Food Conference under the umbrella of Food and Agriculture Organisation (FAO). Through the platform of this conference, the participating states adopted the declaration exclusively dealing with RTF, called [Universal Declaration on the Eradication of Hunger and Malnutrition, 1974 \(UDEHM\)](#). This declaration unequivocally proclaimed that every man, woman, and child possess the inalienable right to be free from malnutrition and hunger for the development of their physical and mental faculties. The adoption of this declaration by the representative of 135 states attending the conference was seen as a momentous achievement towards realization of RTF as human right for the people around the world. It was a considerable step towards making the world understand and recognise that the states are bound to take steps not only for the individual physical within its territory but for the

people around the world. It urged the world to maximize its efforts in all the dimensions of RTF to achieve the end of hunger and malnutrition (Amoroso, 2016).

The FAO, in 2014, being leading organisation of UNO on the matters pertaining food and agriculture, acknowledged the significance of the UDEHM 1974 as a pivot non-binding human rights instrument concerning RTF. Non-binding international instruments like this declaration establish guidelines and principles that impose moral, rather than legal, obligations on states that are parties to it. The UNO explained that that all the declarations including the one related to the food and malnutrition were not designed to create enforceable legal obligations on states but rather to communicate of certain aspirations to the world at large. Although states that endorse such declarations are not legally obligated, non-binding declarations play a critical role in the development of international human rights law (FAO, 2014).

Nonetheless, the world failed to witness any remarkable achievement towards the RTF after the proclamation of said declaration in 1974. Food Assistance Convention, 2012 is regarded as legally binding treaty adopted because of the efforts made by Food Aid Convention. Nonetheless, due to very limited number of signatory parties, this convention couldn't reach the aim of eradication of hunger as legal responsibility imposed upon states. The empirical data of last two decades available with relevant organisations of UNO showed even worse situation in certain regions of Africa and Asia. The organizations and the researcher actively working for the actual implementation of RTF to every individual in the world without any barriers of so-called territory, believed that the nonbinding declaration are nothing more than cosmetic steps. It is believed that the best method to bring an end to this crisis of hunger and malnutrition is through the effective implementation of the right by adopting legally binding treaties enforceable at international law. It was urged time and again that international community should come forward and accept the RTF as enforceable not only under international law but ensures the compliance through domestic legal framework (Amoroso, 2016).

Apart from the issues of having RTF oriented treaties legally binding treaties enforced, the position of RTF is clear in the international law. The expression in the UDHR and thereafter in ICESCR with its optional protocol is power enough to make it a legitimate right of the individual. This right is protected under international law of human rights and humanitarian law both (Zigler et al., 2016). There are numerous international instruments available that contained direct or indirect reference to the recognition of RTF as basic right of everyone. The [Convention on the Rights of the Child](#), 1989, the [Genocide Convention](#) 1948, [Convention relating to the Status of Refugees](#), 1951, the 1979 [Convention on the Elimination of All Forms of Discrimination Against Women](#) and the [Convention on the Rights of Persons with Disabilities](#), 2007 contained direct or indirect references to the inalienable status of the RTF in the International Law and the obliged the signatory parties to take effective measures for its realization in the practical world with widening gap among rich and poor.

The seventeen points sustainable development agenda SDGs with the timeline to achieve the target by 2030 was adopted by UNO in 2016. Eradication of poverty and end to the hunger is one of the prime goals set by it. These goals are also not legally binding for the states. But the state governments irrespective of their economic and geographical position are expected to develop a domestic framework for achieving all the aims including end to hunger (Ratha & Bordoloi, 2021). Conversely, asserting that every individual in a state must be guaranteed with RTF appears easy but its development into a proper operational legal right into the national legal system of any state is exceptionally difficult. The reason behind this extreme difficulty is overplay of multiple factors encircling it. Socio-economic conditions of the country is also relevant to secure the fundamental

RTF. But there are instances where countries with better socio-economic position unable to guarantee the RTF. For example, three million people were died of starvation in Great Bengal Famine of 1943, but the food production in the same year was slightly lower than that of preceding year. Interestingly, it was substantially higher in 1941 both in total and per capita. In the same way, the 1974 famine of Bangladesh didn't involve the any factor of decline in food availability in the country. By these two examples, it is obvious that increased food outcome may be an important factor in the long-term planning to ensure the access to food, but it is alone not a guarantee for ensuring the protection of RTF. Hence, the development of RTF in the national legal system is of utmost importance to secure the well beings of the individual in a state (Alston & Tomaseveski,1984).

#### **4. Pakistan and International Commitments to RTF**

Pakistan being an Islamic Republic is a law-abiding democratic state having Islamic Shariah as primary source of its laws. The RTF has been given utmost importance in the Islamic Shariah. Various modes of protecting the poor and destitute, irrespective of any discrimination as to cast, colour, creed, religion, or gender, in an Islamic society have been prescribed in Quran and Sunnah. Islamic Shariah has made it obligatory not only for the state authorities but affluent individual in the state to take care of RTF of the needy (Jabeen et al., 2017). However, this Islamic aspect of RTH and the obligation of Pakistan thereunder is beyond the scope of current study.

Pakistan is the peace-loving member state of UNO. It takes active part in every step taken towards the achieving the aims and objectives of the organisation. It is signatory to the UDHR which forms the base of RTF in the international legal regime. Moreover, Pakistan is the signatory party to the ICESCR and its optional protocol which equivocally make the RTF as binding for the state parties (Hussain et al, 2021). Pakistan was a participant of World Food Congress wherein the UDEHM was adopted. Although UDEHM has been clarified by UNO as nonbinding one, yet it reasserts the significance of RTF and a moral obligation to devise national policies to ensure the RTH to its population (FAO,2014). Moreover, Pakistan is also signatory to many such conventions which directly or indirectly address the issue of RTF. Among these the important ones are Convention on the Rights of Child 1989 and Convention on the Elimination of All forms of Racial Discrimination Against Women 1979. This study specifically mentioned these as under ICESCR and afore motioned two conventions, Pakistan is bound to send periodic reports to the committee formed thereunder to monitor and ensure the implementation by the states.

#### **5. Domestic Legal Framework**

The Constitution of Pakistan, 1973 does not contain any reference to the RTF or any of its dimensions. Article 9, of the Constitution guarantees the right to life. In the initial years, it was taken just as vegetative right of life. But the progressive approach by the higher courts in Pakistan made the phrase "right to life" a meaningful life up to the adequate standards of living essential to ensure a dignified life. The time and again interpretation of Article 9 that guarantees the right to the life is declared by superior courts having essential meaning of right to adequate standards of life including RTF with all its necessary dimensions. The research working in the field of RTF including food safety or food security also tend to treat it under the brolly of this very Article dealing with right of life (Rehman, 2006). Moreover, Article 38(d) of the Constitution of Pakistan addresses responsibility of the state to ensure the provision of the necessities of life, including food, clothing, housing, education, and medical relief, for all citizens without any discrimination. This provision highlights the constitutional responsibility of the state to guarantee the food security and nutrition (Hussain, 2021).

In line with its international commitments, Pakistan has a set of legislations dealing with one or the other aspect of RTF. Various legislation on this subject is evident of sincere approach by the authorities to abide by the international commitments and ensuring the RTF. In this first place it is the Pakistan Penal Code, 1860 that makes adulteration or sale of noxious solid or liquid food as a punishable crime. However, this is a general penal law dealing with multiple types of crimes not specifically related to RTF.

Laws, rules, and regulations specifically dealing with one or the other aspect of RTF are very important in maintaining the supply chain, quality, safety, and price mechanism. Pakistan has such types of law enforced from a long time. Pure Food Ordinance 1960 dealing with the preparation and sale of consumable food. Paddy and Rice Control Order 1981, Pakistan Standard and Quality Control 1996 are the two laws applicable at the national level to ensure the realisation of RTF. Moreover, there are certain laws applicable at the provincial level such as Punjab Meat Control Order 1978, Punjab Sugar Licensing Control Order 1972.

Nevertheless, to the dismay of the reader, despite having various laws applicable from decades, the RTF in Pakistan presents a grim picture. Food adulteration has become a common practice. Milk is among one of the most adulterated products which is responsible for multiple illness among the populace particularly in children. This high level of adulteration is causing increase in the number of mental retardation and early maturity in the children. Every year, Pakistan sees outbreak of one or other foodborne diseases like diarrhea. Pakistan Demographic and Health Survey, 2006-2007 declared diarrhea and its associated illnesses as fourth major cause of the mortality among the infants. Sale of contaminated meat is on the rise. Packaged food contained multiple hazardous chemicals responsible for growing number of kidney disease. Safe drinking water is another serious issue. Even the bottled water available for drinking in the markets is not up to the standards. The appalling increase in the number of cases of hepatitis B, C and other liver related issues are the result of consumption of the contaminated water (Khan et al., 2020).

Apart from the issues of food safety and security, the access to food is also seriously below the international standards of RTF. Over-pricing, food cartelization can be commonly seen in the market. Price control mechanisms ensuring the provision of food on reasonable rates seems to be unavailable. In the nutshell, no aspect of RTF can be seen as showing positive indicators in Pakistan. In this atrocious situation pertaining to RTF, the establishment and thereafter operation of provincial food authorities under the food authority enactments of the respective provinces was seen as a major step to safeguard this basic right. After the eighteenth amendment, this matter came under the ambit of provincial legislatures. Punjab took lead by establishing Punjab Food Authority in 2011 followed by other provinces. Certain indicators of RTF have showed significant improvement (Ibrahim et al., 2021).

Pakistan has mainly agriculturally based economy. As a matter of fact, there is no shortage of food. In this 21st century with all the new technology and knowledge to increase food production, it should have at least ensured the end of hunger and starvation among its populace. In 2017, the committee on ICSECR, expressed its serious concerns as to the situation of RTF in Pakistan. In its concluding remarks it stated that the committee was concerned that 58% of the households are food insecure and more than 30% of the population in Pakistan is suffering from hunger (OHCHR, 2017). This is an absurd situation that the country which is known in the world as one of the biggest producers of wheat, fish, milk, vegetable, and fruit is unable to secure the RTF to the people within its own territorial jurisdiction (Hussain et al., 2022).

There is abundance of food still inaccessible for a considerable percentage of the people. Wastage of food is one of the main reasons behind this paradox. In this regard, through a landmark

judgement, the Lahore High Court, Lahore in the case titled *Ahmed Pansota v. Federation of Pakistan and other 2019*, has declared in express terms that the wastage of food is the violation of RTF. The Court also directed the Government and the authorities concerned to device policy for the preserving, conserving and management of excess of food and wastage of food. In compliance with this judgment, the Punjab Food Authority issued Disposal of Excess Food Regulations, 2019. Hence, apart from intention of the Legislature to implement the international Commitments of Pakistan, the Superior Courts are also sensitive in safeguarding the fundamental RTF.

## 6. Conclusion and Recommendations

Protection and realization of RTF is not only international but also domestic obligation of the state of Pakistan. The above discussion makes it clear that Pakistan took legislative measures to abide by its international commitments and realization of the RTF to its people. The Supreme Court and the High Courts also expressed, through their judgments, such an interpretative approach that maximizes the protection and scope of RTF. Unfortunately, the result of the efforts is not in line with the exceptions. Even though a good number of enactments related to RTF are enforced, the hunger and malnutrition statistical indicators do not show an improving trend. Pakistan is a developing country with diverse socio-political paradigm. Ensuring the fundamental rights of its citizens is the first step towards the road of progress for a state. RTF is among the necessities of life. Mere legislative enactments are not sufficient to fulfill this responsibility. Gap between legislation and its application needs to be identified considering all the dimensions of RTF to discussed in the earlier part of this study. Misplacement of any one of the dimensions is sufficient to break the chain of protection to RTF. Pakistan needs to take aggressive steps in ensuring the RTF without any discrimination. The right step in the right direction is the need of hour.

## References

- Ahmad, M., & Farooq, U. (2010). The state of food security in Pakistan: Future challenges and coping strategies. *The Pakistan Development Review*, 903-923.
- Akhtar, Syeda Tooba. "Access to Essential Medicine: Making a Case for Compulsory Licensing of Pharmaceuticals in Pakistan." *Journal of Law & Social Studies (JLSS)* 1.1: 45-51.
- Alaimo, K., Chilton, M., & Jones, S. J. (2020). Food insecurity, hunger, and malnutrition. In *Present knowledge in nutrition* (pp. 311-326). Academic Press.
- Alston, P., & Tomaševski, K. (Eds.). (1984). *The right to food* (Vol. 4). Martinus Nijhoff Publishers.
- Amoroso, L. (2016). The second international conference on nutrition: implications for hidden hunger. *Hidden Hunger*, 115, 142-152.
- Amoroso, L. (2016). The second international conference on nutrition: implications for hidden hunger. *Hidden Hunger*, 115, 142-152.
- Apodaca, C. (2012). The right to food. In *Handbook of human rights* (pp. 349-358). Routledge
- Bessa, A. (2019). The Normative Dimension of Food Sustainability: A Human Rights Based Approach to Food Systems Governance
- Clapp, J., Moseley, W. G., Burlingame, B., & Termine, P. (2022). The case for a six-dimensional food security framework. *Food Policy*, 106, 102164.
- Donati, F., & Vidar, M. (2008). International Legal Dimensions of the Right to Food. *Global Obligations for the Right to Food*, 1, 47
- Drèze, J. (2017). Democracy and right to food. In *Development Ethics* (pp. 403-411). Routledge.
- Food and Agriculture Organization. "The Right to Food Within the International Framework of Human Rights and Country Constitution". <http://www.fao.org/3/a-i3448e.pdf>. Retrieved 9 February 2024.



- Hussain, A., Saeed, M. A., & Mushtaq, S. A. (2021). Application of Human Rights Laws in Pakistan: A Study with Reference to International Bill of Human Rights. *Journal of Business and Social Review in Emerging Economies*, 7(4), 963-976.
- Ibrahim, M. S., Ahmad, A., Ahmed, A., Mumtaz, A., Asad, M. J., Jabbar, S., ... & Nadeem, M. (2021). Food Safety Present Scenario: A Road Map of Pakistan. *Pakistan Journal of Agricultural Research*, 34(3).
- Jabeen, Z., Bangash, R., & Malik, M. F. (2017). Consumption with Shariah Based Imprint: Eradicating Extreme Poverty and Hunger with Infaq, Waqf and Rushd Behavior in Pakistan. *Global Regional Review*, 2(1), 166-176.
- Kent, G. (2005). *Freedom from want: The human right to adequate food*. Georgetown University Press.
- Khan, N. U., Hassan, F., Deeba, F., Yamin, H., & Afzaal, S. (2020). Critical analyses of laws relating to the management of food safety in Pakistan and way forward. *Journal of Hygienic Engineering & Design*, 32
- Rahman, M. M. (2006). Right to Life as a Fundamental Right in the Constitutional Framework of India, Bangladesh and Pakistan: An Appraisal. *Dhaka Univ. Stud. Part F*, 17, 143.
- Ratha, S. K., & Bordoloi, D. (2021). Alleviating global hunger and the role of world food programme: Towards a just world with zero hunger. *IJAR*, 7(4), 283-288.
- Report of the Committee on Economic, Social, and Cultural Rights. <https://www.ohchr.org/en/press-releases/2017/06/committee-economic-social-and-cultural-rights-considers-initial-report>. Retrieved on 10 February 2024.
- Sarkar, S., Gil, J. D. B., Keeley, J., & Jansen, K. (2021). *The use of pesticides in developing countries and their impact on health and the right to food*. European Union.
- Sher F., Ahmad N., Safdar S. (2012). Income and economies of scale effect on household food demand pattern in Pakistan using PSLM data. *Academic Research International*, 3(1), 50–56
- Zaheer, R., Omoregbee, F., Ighoro, A., Ejembi, S., Nandan, G., Jangubhai, N., & Patricia, A. (2013). Analyzing the performance of agriculture sector in Pakistan. *International Journal of Humanities and Social Science Invention*, 2(5), 1-10.
- Ziegler, J., Golay, C., Mahon, C., Way, S. A., Ziegler, J., Golay, C., ... & Way, S. A. (2011). The Definition of the Right to Food in International Law. *The Fight for the Right to Food: Lessons Learned*, 15-22.