THE ROLE OF THE CONSUMER BASKET IN ENSURING FOOD SECURITY

Khatamova Khurshida Ochildievna,
Uzbekistan, Student of Termez branch of
Tashkent State Technical University

Annotation: In this thesis, the food basket is identified as a factor in ensuring national food security. The structure of the food basket is analyzed, its minimum and rational composition is considered.

Keywords: Food safety, food basket, minimum package of products, optimal package of products.

The evolutionary transition from an agrarian to an industrial society led to the emergence of a new and burdensome internal function for the state, such as providing food for the population, and the lack of food quite often called into question the existence of a particular state. Historical experience indicates that the solution of the food problem as a condition for the physical survival of a person is the basic factor in ensuring the social stability of any state [1].

Problems of international and national food security became the object of close attention already in the 70s of the 20th century, therefore there are a number of its definitions. For example, according to the authors V.E. Esipov and G.A. Flywheel, food security is the ability of the state, provided with appropriate resources, potential and guarantees, regardless of external and internal threats, to meet the needs of the population for food in volumes, quality and assortment that meet accepted standards and norms [2]. According to Efimov A.B. food security is one of the main goals of the agrarian and economic political state. In its general form, it forms the vector of movement of any national food system to an ideal state. The pursuit of food security is an ongoing process; to achieve it, there is often a change in development priorities and mechanisms for the implementation of agricultural policy [3]. With some differences in approaches to food security in different countries, it is common for all to maintain a situation in which all members of society enjoy equal rights to adequate food or food resources in order to remain healthy and active. Professor Ishkhanov A.V. in the work "The World Food Problem: Analysis and Forecast" considers food security as the ability of the state to guarantee the satisfaction of the population's need for quality food at a level that ensures its normal life [4].

Thus, a new approach appeared, according to which the achievement of food security was considered possible only at the level of individual states, and through it on a global scale. The solution to the problem was supposed to go from the particular to the general. This is due to the presence of limiting factors that determine the development trends of the world economy and do not allow predicting high growth rates of food and raw materials. Whereas in the 1970s and 1980s food supply was seen as a means of achieving current goals, the 1990s saw a shift in priorities in a strategic direction. The tasks of developing the agrarian economy and strengthening the positions of countries in the world food economy began to come to the fore. On the food issue, the strategic factors that determine the future economic potential of countries and their role at the international level have intensified. The solution to the food problem is not considered on a global and continental scale, but only at the national level.

The consumer basket plays an important role in ensuring food security in the world and is one of the key factors in accurately assessing and improving the living standards of the population.

For a perfect calculation of the food basket, the variable "optimal food basket" must be entered. This concept is much broader than the term “rational food basket”, as it takes into account most of the characteristics of the local population for calculating the consumer basket. Previous calculations of the grocery basket, both the minimum set of products and the rational one, took into account the average value of a person's daily need. For different people, the levels of optimal energy value of food will also differ, gender, age, profession, occupation, region and country of residence will affect.

To determine the optimal set of food products in the consumer basket and, accordingly, the amount of calories required for consumption, we will divide the local residents into categories. The first criterion for calculating the optimal grocery basket is gender. Men need more calories per day, because their body spends

much more energy and strength. For women, the daily calorie intake is much lower than that of men. The next factor in making an optimal grocery basket is age. For children, the daily calorie intake should increase approximately every six months of life. The child's body grows from birth, which requires a lot of energy.

With age, a person becomes older, the daily calorie intake per day decreases. At an older age, a person no longer requires a lot of energy. But if a person is 70 years old, and he is engaged in physical activity, then he needs a daily calorie intake, as in his youth. Therefore, the next, no less important factor is profession and occupation.

When working in an office, no more than 750 kcal is consumed in 8 hours of work, and the work of a carpenter or builder consumes from 1700 to 2700 kcal. For such a laborious job as a sports trainer or a miner, from 2000 to 3000 kcal are spent per 1 working day. Any physical activity will require more energy from you. The work of an actor or a security guard takes about 1500 kcal per day. There are an immense number of professions and types of activity, therefore, for simplicity of calculation, we divided this criterion into 6 groups.

Group 1 "predominantly mental work" includes heads of enterprises and organizations; engineering and technical personnel, whose work does not require significant physical activity; medical workers (except for surgeons, nurses, nurses); teachers, educators (except for sports); scientists, writers, journalists; cultural and educational workers; planners and accountants, etc. The need for the energy value of food within such a group is 2200 - 2800 kcal per day.

Group 2 includes engineering and technical personnel, whose work causes some physical effort; persons employed in automated processes, in the radio-electronic industry; garment workers; agronomists, livestock specialists, teachers, physical education and sports instructors, coaches, etc. The need for the energy value of food within such a group is 2350 - 3000 kcal per day.

Group 3 “mechanized labor” is made up of machine operators (employed in metalworking and woodworking); locksmiths, adjusters, customizers; doctors-surgeons; chemists; textile workers, shoemakers; drivers of various types of transport; food industry workers, etc. The need for the energy value of food within this group is 2500 - 3200 kcal per day.

Group 4 includes construction workers; the bulk of agricultural workers and machine operators; mining workers who work on the surface; workers in the oil and gas industry; metallurgists and foundry workers. The energy consumption of this group ranges from 2900 to 3700 kcal during the working day.

Group 5 "heavy manual labor" includes miners employed directly in underground quarries; steel makers; fellers and woodcutters; bricklayers, concrete workers; excavators; loaders, whose work is not mechanized; persons producing construction materials, whose labor is also not mechanized, who spend 3900–4300 calories per day.

Thus, a choice of food products was provided depending on climatic conditions, national traditions, local peculiarities, nuances of food production in a particular region of the country, allowing to organize healthy meals at optimal costs.

The last criterion for calculating the optimal food basket is economic conditions, namely the standard of living. This indicator can be assessed on average by income level. For example, wealth, i.e. enjoyment of benefits that ensure the all-round development of a person, as well as an unlimited consumption of food of the highest quality.

The normal level is rational consumption according to scientifically grounded norms, which provides favorable conditions for the full restoration of the physical and intellectual forces of a person. Another level is poverty, which is characterized by the consumption of goods only at the level of preservation of working capacity, as the lowest limit of the reproduction of resources for labor.

Poverty is the last step in a person's standard of living. This is the minimum set of food available according to biological criteria, the consumption of which only allows us to maintain human vitality, often not meeting medical standards and quantitative diversity.

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