

best investment apps in ghana

Introduction to the Best Investment Apps in Ghana

Best investment apps in Ghana are transforming the way Ghanaians access financial markets and grow their wealth. With the rise of mobile technology and increasing financial literacy, individuals are seeking convenient and accessible platforms to invest their savings. This article delves into the burgeoning landscape of investment applications available to Ghanaian users, exploring their features, benefits, and the specific needs they cater to. We will examine how these digital tools democratize investing, making it possible for everyone to participate in wealth creation, from stocks and bonds to mutual funds and other financial instruments. Understanding the nuances of each app will empower you to make informed decisions about where to place your capital for optimal returns. This comprehensive guide aims to equip you with the knowledge necessary to navigate the exciting world of digital investing in Ghana.

Table of Contents

- Understanding the Ghanaian Investment Landscape
- Key Features to Look For in Investment Apps
- Top Investment Apps for Ghanaians
- Getting Started with an Investment App
- Navigating Investment Risks with Apps
- The Future of Investment Apps in Ghana

Understanding the Ghanaian Investment Landscape

The financial sector in Ghana has experienced significant modernization, with a growing emphasis on digital solutions. This evolution has paved the way for the emergence of various investment platforms designed to cater to a diverse range of investors. Traditional investment methods, while still relevant, are increasingly being complemented by accessible online tools that lower the

barriers to entry. The Ghanaian investor is now presented with more choices than ever before, allowing for greater participation in both local and international markets. This shift is driven by a desire for convenience, transparency, and potentially higher returns than traditional savings accounts.

Several factors contribute to the growing popularity of investment apps. Firstly, the increasing penetration of smartphones and affordable data plans makes these platforms readily available to a vast segment of the population. Secondly, a rising awareness of the importance of financial planning and wealth management encourages individuals to seek out effective investment vehicles. Governments and financial institutions are also playing a role by fostering a more conducive environment for fintech innovation. This includes regulatory frameworks that support the growth of digital financial services, ensuring a degree of security and trustworthiness for users.

The Role of Fintech in Ghanaian Investing

Fintech companies are at the forefront of innovation in the Ghanaian investment space. They are leveraging technology to simplify complex financial processes, making them more understandable and approachable for the average individual. This includes user-friendly interfaces, streamlined onboarding procedures, and accessible customer support. The goal is to empower a new generation of investors who may not have had prior access to traditional investment channels. By offering a digital-first approach, fintech is democratizing access to financial instruments that were once considered exclusive to a select few.

These fintech solutions are not just about convenience; they also aim to enhance the overall investment experience. Features such as real-time market data, personalized investment advice, and automated portfolio management are becoming increasingly common. This data-driven approach allows investors to make more informed decisions and track their progress effectively. The competitive nature of the fintech sector also drives continuous improvement, ensuring that users benefit from the latest technological advancements and features.

Investment Opportunities Available Through Apps

Investment apps in Ghana open up a plethora of investment avenues. Investors can gain access to a diversified range of assets, moving beyond basic savings options. This includes:

- **Stocks and Shares:** Investing in publicly traded companies on both local and international exchanges.

- **Bonds:** Lending money to governments or corporations in exchange for regular interest payments.
- **Mutual Funds:** Pooled investments managed by professionals, offering diversification across various assets.
- **Exchange-Traded Funds (ETFs):** Similar to mutual funds but traded on stock exchanges, offering flexibility and diversification.
- **Real Estate Investment Trusts (REITs):** Allowing investment in income-generating real estate without direct property ownership.
- **Commodities:** Speculating on the price movements of raw materials like gold, oil, and agricultural products.

Key Features to Look For in Investment Apps

When selecting the best investment apps in Ghana, it is crucial to consider a range of features that align with your investment goals and risk tolerance. The ideal app should offer a balance of user-friendliness, robust functionality, and strong security measures. Understanding these key components will help you make an informed choice that supports your financial journey.

User Interface and Experience

A clean, intuitive, and easy-to-navigate interface is paramount. For beginners, a simple design with clear explanations of investment terms and processes is essential. Experienced investors might look for more advanced charting tools and customization options. The ability to quickly find information, place trades, and monitor your portfolio without frustration is a hallmark of a good investment app. Mobile responsiveness and fast loading times also contribute significantly to a positive user experience.

Investment Options and Diversification

The range of investment products offered by an app is a critical factor. The best apps provide access to a wide array of asset classes, allowing users to build diversified portfolios. This diversification is key to mitigating risk and optimizing returns. Look for apps that offer:

- A broad selection of stocks (local and international).

- Various types of bonds and fixed-income securities.
- A curated list of reputable mutual funds and ETFs.
- Potentially, access to alternative investments or fractional shares.

The ability to easily diversify your investments across different sectors and geographies can significantly enhance your investment strategy.

Fees and Commission Structure

Understanding the fee structure is vital for maximizing your returns. Hidden fees can erode your profits over time. Compare the commission rates for trading, account maintenance fees, withdrawal fees, and any other charges. Some apps offer commission-free trading on certain assets, which can be a significant advantage, especially for active traders. Always read the fine print regarding fees and ensure they are transparent and reasonable for the services provided.

Security and Regulation

The security of your funds and personal data should be a top priority. Reputable investment apps employ advanced security measures to protect against fraud and cyber threats. This includes:

- Two-factor authentication (2FA).
- Encryption of sensitive data.
- Compliance with financial regulations in Ghana.
- Segregation of client funds from company operational funds.

Investing with a regulated entity provides an extra layer of assurance and recourse in case of disputes.

Educational Resources and Support

For many, investing can be a learning process. Apps that provide educational materials, such as articles, tutorials, webinars, and market insights, can be invaluable. These resources help users understand investment principles, market trends, and how to use the app effectively. Furthermore, responsive

and helpful customer support is crucial for addressing any queries or issues you may encounter.

Top Investment Apps for Ghanaians

The selection of the best investment apps in Ghana is dynamic, with new platforms emerging and existing ones evolving. However, several consistently stand out for their features, accessibility, and user satisfaction. These platforms cater to different investment styles and experience levels, making them suitable for a broad spectrum of Ghanaian investors.

App A: Focus on Local Markets and User-Friendliness

This app is often praised for its straightforward interface, making it an excellent choice for beginners. It provides seamless access to Ghanaian stocks and bonds, allowing users to easily invest in the local economy. The onboarding process is typically quick and requires minimal documentation. Educational resources are readily available, explaining basic investment concepts and how to navigate the platform. Fees are generally competitive, particularly for smaller transaction volumes.

App B: Global Investment Opportunities

For investors looking beyond Ghana's borders, this app offers access to international stock markets, ETFs, and other global assets. It typically features advanced charting tools, real-time market data, and a wide range of research resources. While it might have a slightly steeper learning curve than purely local apps, its breadth of investment options is a significant draw. Security is robust, with multiple layers of protection and adherence to international financial standards.

App C: Robo-Advisory Services

This app employs robo-advisory technology to create and manage diversified investment portfolios based on an individual's financial goals and risk tolerance. Users typically answer a series of questions, and the algorithm builds a portfolio using low-cost ETFs. It's an excellent option for those who prefer a hands-off approach to investing. The app automates rebalancing and dividend reinvestment, simplifying portfolio management. Fees are usually charged as a small percentage of assets under management.

Getting Started with an Investment App

Embarking on your investment journey with an app in Ghana is a straightforward process that can be broken down into simple steps. The key is to be prepared and to understand what is required at each stage. Taking the time to choose the right app and follow the setup procedures carefully will ensure a smooth and secure start to your investing endeavors.

Account Registration and Verification

The initial step involves downloading the chosen app and proceeding with the account registration. This typically requires providing personal information such as your name, contact details, and date of birth. You will likely need to undergo a verification process to confirm your identity. This often involves submitting copies of a valid government-issued ID (like a passport, national ID card, or driver's license) and proof of address (e.g., a utility bill or bank statement). These measures are standard for regulatory compliance and fraud prevention.

Funding Your Investment Account

Once your account is verified, the next step is to deposit funds. Investment apps in Ghana usually offer several convenient methods for funding your account. These can include:

- Mobile Money Transfers (e.g., MTN Mobile Money, Vodafone Cash).
- Bank Transfers.
- Debit/Credit Card Deposits.

The available deposit methods will vary by app, so it's advisable to check this in advance. Ensure you understand any minimum deposit requirements or associated transaction fees.

Making Your First Investment

With your account funded, you are ready to make your first investment. Navigate to the investment section of the app, browse the available assets, and select what you wish to purchase. For example, if you are interested in stocks, you would search for the company, specify the number of shares or the amount of money you want to invest, and confirm the transaction. If you are

using a robo-advisor, you would have already set your preferences, and the app will execute trades on your behalf.

Navigating Investment Risks with Apps

While investment apps provide accessibility and convenience, it is crucial to acknowledge and understand the inherent risks associated with investing. The goal is to manage these risks effectively to protect your capital and achieve your financial objectives. Awareness and a well-defined strategy are your best defenses.

Understanding Market Volatility

The value of investments can fluctuate significantly due to market volatility. Economic factors, geopolitical events, and company-specific news can all impact asset prices. Investment apps provide real-time data, which can be helpful in tracking these movements, but it also means you are exposed to potential losses. It's important to remember that past performance is not indicative of future results, and investments can go down as well as up.

The Importance of Diversification

As mentioned earlier, diversification is a fundamental strategy for risk management. By spreading your investments across different asset classes, industries, and geographies, you reduce the impact of any single investment performing poorly. If one investment declines, others may remain stable or even increase in value, cushioning the overall impact on your portfolio. Investment apps make it easier to achieve this diversification than ever before.

Setting Realistic Expectations and Goals

It is vital to set realistic investment goals and expectations. High returns often come with higher risks. Avoid chasing unrealistic profits or falling for 'get rich quick' schemes. Understand your time horizon for investing and your personal risk tolerance. Investment apps can help you track your progress towards your goals, but they cannot guarantee specific outcomes. A long-term perspective and patience are often rewarded.

Emotional Investing and Decision Making

The constant access to market information provided by apps can sometimes lead to emotional investment decisions. Fear and greed can drive individuals to make impulsive choices, such as selling during a market downturn or buying excessively during a bull run. It is important to stick to your investment plan and avoid making hasty decisions based on short-term market fluctuations. Educational resources within the apps can help reinforce a disciplined approach.

The Future of Investment Apps in Ghana

The trajectory of investment apps in Ghana points towards continued growth and innovation. As technology advances and user adoption increases, we can anticipate further enhancements and new functionalities that will make investing even more accessible and sophisticated for Ghanaians. The focus will likely remain on democratizing finance and empowering individuals to take control of their financial futures.

Increased Adoption and Financial Inclusion

The trend of increasing smartphone penetration and digital literacy in Ghana suggests that the adoption of investment apps will continue to rise. This will play a crucial role in promoting financial inclusion, bringing more people into the formal financial system. As more individuals gain access to investment opportunities, the overall wealth and economic stability of the nation can benefit. Apps are expected to become even more tailored to the specific needs and preferences of the Ghanaian market.

Integration with Other Financial Services

The future may see greater integration of investment apps with other financial services. This could include seamless links to savings accounts, budgeting tools, and payment gateways. Imagine an app that not only helps you invest but also manages your savings, tracks your expenses, and facilitates easy money transfers, all within a single ecosystem. This holistic approach to personal finance management will further simplify financial planning for users.

Emerging Technologies and Sophisticated Tools

Emerging technologies like artificial intelligence (AI) and blockchain are likely to play a more significant role in investment apps. AI could power more personalized investment recommendations and sophisticated risk analysis. Blockchain technology might offer enhanced security and transparency for transactions. As these technologies mature, they will undoubtedly find their way into Ghanaian investment platforms, offering users more advanced and secure ways to manage their wealth.

The ongoing development of the digital landscape in Ghana ensures that investment apps will remain a vital tool for wealth creation. By staying informed and choosing the right platforms, individuals can harness the power of technology to build a more secure and prosperous financial future.

FAQ

Q: What are the minimum investment amounts typically required by investment apps in Ghana?

A: Minimum investment amounts can vary significantly across different apps. Some apps cater to very small investors, allowing you to start with as little as GHS 10 or GHS 20, especially for mutual funds or fractional shares. Others, particularly those focused on direct stock trading, might have higher minimums or transaction thresholds. It is always advisable to check the specific app's terms and conditions for their minimum deposit and investment requirements.

Q: Are investment apps in Ghana regulated by any financial authorities?

A: Yes, reputable investment apps operating in Ghana are typically regulated by relevant financial authorities. In Ghana, this often includes the Securities and Exchange Commission (SEC) and the Bank of Ghana. Regulation ensures that these platforms adhere to strict standards for investor protection, financial transparency, and operational integrity. Always verify that an app you are considering is licensed and regulated.

Q: Can I invest in international stocks using investment apps available in Ghana?

A: Many of the best investment apps in Ghana offer access to international stock markets. These platforms partner with global brokers or provide direct access to exchanges in the US, Europe, and Asia. This allows Ghanaian investors to diversify their portfolios beyond local assets and tap into

global growth opportunities. However, the range of international markets accessible can differ between apps.

Q: How do investment apps help beginners get started with investing?

A: Investment apps are designed with beginners in mind, offering features like user-friendly interfaces, simplified investment options, and educational resources. Many provide step-by-step guides on how to open an account, fund it, and make your first investment. Educational content, including articles, tutorials, and FAQs, helps explain basic investment concepts, while some apps also offer robo-advisory services that automatically create and manage a diversified portfolio based on your risk profile.

Q: What are the typical fees associated with using investment apps in Ghana?

A: Fees associated with investment apps can include trading commissions (for buying/selling assets), account maintenance fees, withdrawal fees, and in the case of robo-advisors, a management fee (usually a percentage of assets under management). Some apps may offer commission-free trading on certain assets to attract users. It is crucial to carefully review the fee structure of any app before signing up to understand all potential costs involved.

Q: Is it safe to store my money on an investment app?

A: Reputable investment apps employ robust security measures to protect your funds and personal information. These often include encryption, multi-factor authentication, and adherence to strict regulatory requirements. Regulated platforms are also required to segregate client funds from their own operational capital, meaning your money is held separately and is protected even if the company faces financial difficulties. However, like any financial service, it's important to choose well-established and regulated providers.

Best Investment Apps In Ghana

Find other PDF articles:

<https://phpmyadmin.fdsu.edu.br/technology-for-daily-life-04/files?dataid=rPt04-2030&title=personal-automation-examples.pdf>

2010 ,

best investment apps in ghana: Development Challenges, South-South Solutions: August 2013 Issue David South, Writer, 2013-08-05 Development Challenges, South-South Solutions is the monthly e-newsletter of the United Nations Office for South-South Cooperation in UNDP (www.southerninnovator.org). It has been published every month since 2006. Its sister publication, Southern Innovator magazine, has been published since 2011. Contact the Office to receive a copy of the new global magazine Southern Innovator. Issues 1, 2, 3, 4 and 5 are out now and are about innovators in mobile phones and information technology, youth and entrepreneurship, agribusiness and food security, cities and urbanization and waste and recycling. Why not consider sponsoring or advertising in an issue of Southern Innovator? Or work with us on an insert or supplement of interest to our readers? Follow @SouthSouth1.

best investment apps in ghana: Development Challenges, South-South Solutions: September 2013 Issue David South, Writer, 2013-09-05 Development Challenges, South-South Solutions is the monthly e-newsletter of the United Nations Office for South-South Cooperation in UNDP (www.southerninnovator.org). It has been published every month since 2006. Its sister publication, Southern Innovator magazine, has been published since 2011. Contact the Office to receive a copy of the new global magazine Southern Innovator. Issues 1, 2, 3, 4 and 5 are out now and are about innovators in mobile phones and information technology, youth and entrepreneurship, agribusiness and food security, cities and urbanization and waste and recycling. Why not consider sponsoring or advertising in an issue of Southern Innovator? Or work with us on an insert or supplement of interest to our readers? Follow @SouthSouth1.

best investment apps in ghana: Why Invest in ICTs for agriculture? Tetteh Kwasi Nuer, Alexander, Agbeko, Daniel, Worlali, Senyo, Mwangi Thiga, Moses, Ndogo Ndungu, Simon, Wangari Mutiga, Mary, Babcock, Lee H., 2018-12-19 With the ability to reach many farmers with timely and accessible content, the use of information and communication technologies (ICTs) for agriculture (ICT4Ag) has the potential to transform farming and food production, worldwide. ICT4Ag supports new methods in the monitoring and management of soils, plants and livestock (precision agriculture), access to online markets, and improved communication between value chain stakeholders, among others. The services provided are vital in connecting farmers with the information they need to improve their agricultural productivity and reduce poverty. Through case studies and examples of ICT4Ag initiatives from across Asia, the Caribbean and sub-Saharan Africa, the first chapter looks at how ICT4Ag actually works to drive economic development across developing economies.

best investment apps in ghana: SELLERSWITHOUTSSN ITIN EIN VAT ID CPN 2SSN KIM TERJE RUDSCHINAT GRONLI,

best investment apps in ghana: Africa's Population: In Search of a Demographic Dividend Hans Groth, John F. May, 2017-05-23 This book examines the promises as well as the challenges the demographic dividend brings to sub-Saharan Africa as fertility rates in the region fall and the labor force grows. It offers a detailed analysis of what conditions must be met in order for the region to take full economic advantage of ongoing population dynamics. As the book makes clear, the region will need to accelerate reforms to cope with its demographic transition, in particular the decline of fertility. The continent will need to foster human capital formation through renewed efforts in the areas of education, health and employment. This will entail a true vision and determination on the part of African leaders and their development partners. The book will help readers to gain solid knowledge of the demographic trends and provide insights into socioeconomic policies that eventually might lead sub-Saharan Africa into a successful future.

best investment apps in ghana: ICT4Ag (ICT Update) 75 CTA, 2013-12-31 ICT Update is a bimonthly printed and on-line magazine (<http://ictupdate.cta.int>) and an accompanying e-mail newsletter published by CTA. The 2013 ICT4Ag conference in Rwanda was unique in that it brought together the ICT and agricultural sectors and generated a clear list of action points for the community.

best investment apps in ghana: *The Tontine: A History* Andrew McDiarmid, 2024-10-04 From the last decades of the seventeenth century until the beginning of the twentieth, the tontine, in one form or another, was a ubiquitous financial instrument. As a revenue-raising tool of governments it supported the cost of war, and as a private capital-raising instrument it provided funding for civic improvement and urban development projects. While the tontine is known today mainly through fictional works (Robert Louis Stevenson, Agatha Christie, and The Simpsons among others), this book tells the history of how it evolved from a public revenue-raising scheme into a popular private investment and infrastructure financing tool, before it was displaced by cheaper forms of borrowing. Focusing on the early development of the tontine, and with European and North American case studies, the narrative brings to life the story of a little-understood financial innovation. This concise and engaging book is an ideal introduction to the history of the tontine for all readers interested in financial history.

best investment apps in ghana: *The Report: Trinidad & Tobago 2020* Oliver Cornock, Trinidad and Tobago is the largest producer of oil and gas in the Caribbean; however, like many hydrocarbon-producing nations worldwide, the slump in global energy prices beginning in 2014 negatively affected broader growth. While there is a need to diversify the economy away from its dependence on hydrocarbons, a number of new oil and gas discoveries in late 2019 appear set to support a short-term recovery in the energy sector and lend financing to the wider economy.

best investment apps in ghana: *Food Entrepreneurs in Africa* Ndidi Okonkwo Nwuneli, 2021-03-15 Entrepreneurs are the lifeblood of the agriculture and food sector in Africa, which is projected to exceed a trillion dollars by 2030. This book is the first practical primer to equip and support entrepreneurs in Africa through the process of starting and growing successful and resilient agriculture and food businesses that will transform the continent. Through the use of case studies and practical guidance, the book reveals how entrepreneurs can leverage technology and innovation to leapfrog and adapt to climate change, ensuring that Africa can feed itself and even the world. The book will: Inspire aspiring entrepreneurs to start and grow resilient and successful businesses in the agriculture and food landscapes. Equip aspiring and emerging entrepreneurs with practical knowledge, skills, and tools to navigate the complex agriculture and food ecosystems and develop and grow high-impact and profitable businesses. Enable aspiring and emerging entrepreneurs to develop scalable business models, attract and retain talent, leverage innovation and technology, raise financing, build strong brands, shape their ecosystem, and infuse resilience into every aspect of their operations. The book is for aspiring and emerging agribusiness entrepreneurs across Africa and agribusiness students globally. It will also inspire policymakers, researchers, development partners, and investors to create an enabling and supportive environment for African entrepreneurs to thrive.

best investment apps in ghana: *The Report: Dubai 2020* Oliver Cornock, Although Dubai has traversed some challenging economic territory over recent years the economic stimulus of Expo 2020 preparation and more stable oil prices have eased this strain in 2019, and business sentiment has improved accordingly. With the long-anticipated expo event set to take place in 2020, attention has started to focus on the important question of sustaining the current economic momentum over the medium term.

best investment apps in ghana: *Health Equity in a Globalizing Era* Ronald Labonté, Arne Ruckert, 2019-03-14 Why do some countries and populations suffer from poverty and ill health, whilst others are more prosperous and healthy? What are the inherently global (trans-border) issues that affect inequities in disease burden and health opportunities for individuals and nations? Traditionally, the focus of global health has been 'international health': the concern for high burdens of disease in generally low-income countries. To answer these questions however, we need to modernise our understanding of globalization as a phenomenon. *Health Equity in a Globalizing Era: Past Challenges, Future Prospects* examines how globalization processes since the on-set of neoliberalism affect equity in global health outcomes, and emphasises access to important social determinants of health. With a basis in political economy, the book covers key globalization concepts

and theory, and presents a thorough background to the field. Case studies, illustrations, and new research all combine to make this title a comprehensive and current discussion of the various pathways that connect globalization to health equity outcomes. It looks at changes in migration, labour markets, trade and investment rules, international development assistance, health systems, infectious and non-communicable disease risks, environmental health, and gendered aspects of globalization's health dialectic. In addition, it argues for a reform of the global governance structure, the significant role of human rights, and the importance of a strong civil society in achieving greater social justice in health. Ideal for senior undergraduate and graduate students in global health programs, global health scholars and practitioners in government policy and health/development NGOs, *Health Equity in a Globalizing Era: Past Challenges, Future Prospects* is a significant contribution to our new understanding of globalization and global public health.

best investment apps in ghana: *Handbook on ICT in Developing Countries* Knud Erik Skouby, Idongesit Williams, Albert Gyamfi, 2022-09-01 The mobile communications market in developing countries is growing at a rapid rate. This is evident in the rapid spread of mobile broadband cellular networks such as 3G. 4G is also being deployed in developing countries around the world. As the global communications market proceeds towards 5G, it is evident that developing countries will not be left behind. However, there are challenges and barriers on the road ahead specific to developing countries. To aid policy makers, researchers and members of the academia make informed decision that will help the advancement of 5G, this handbook provides an insight into the impact of existing mobile cellular networks in some developing countries. Topics discussed in this handbook include: Digital divide Policy outlook 5G and rural areas 5G readiness Telco Business models Telecom tower pricing Mobile application adoption

best investment apps in ghana: *Ebony*, 2000-11 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

best investment apps in ghana: *Feeding Tomorrow Ecologically* David S-K. Ting, Jacqueline A. Stagner, 2025-09-08 Feeding Tomorrow Ecologically serves to support the top three SDGs: No Poverty, Zero Hunger, and Good Health and Well-Being. Chapter authors delve into multifaceted aspects of global food systems, providing a comprehensive overview of challenges and innovations in shaping the future of food production and sustainability.

best investment apps in ghana: *Aspects of Agriculture Policy and Rural Development in Africa: West Africa* Commonwealth Bureau of Agricultural Economics, 1971

best investment apps in ghana: *The Digitalisation of African Agriculture Report 2018-2019* Tsan, Michael, Totapally, Swetha, Hailu, Michael, Addom, Benjamin K., 2019-06-30 An inclusive, digitally-enabled agricultural transformation could help achieve meaningful livelihood improvements for Africa's smallholder farmers and pastoralists. It could drive greater engagement in agriculture from women and youth and create employment opportunities along the value chain. At CTA we staked a claim on this power of digitalisation to more systematically transform agriculture early on. Digitalisation, focusing on not individual ICTs but the application of these technologies to entire value chains, is a theme that cuts across all of our work. In youth entrepreneurship, we are fostering a new breed of young ICT 'agripreneurs'. In climate-smart agriculture multiple projects provide information that can help towards building resilience for smallholder farmers. And in women empowerment we are supporting digital platforms to drive greater inclusion for women entrepreneurs in agricultural value chains.

best investment apps in ghana: *Innovation and Trends in the Global Food Systems, Dietary Patterns and Healthy Sustainable Lifestyle in the Digital Age, 2nd edition* Maha Hoteit, Reema Fayezy Tayyem, Radwan Qasrawi, Haleama Al Sabbah, 2023-07-31 All aspects of feeding and nourishing people: growing, harvesting, packaging, processing, transporting, marketing, and consuming food are part of the food system. Even before the COVID-19 pandemic, food systems faced many challenges such as hunger increases, which affected up to 811 million people as of 2020, while healthy diets were unaffordable for at least 3 billion people. More than 80% of the population

affected by hunger and 95% of people unable to afford a healthy diet were found in Asia and Africa. Transformation of the global food system is clearly needed if we wish to embed equity, sustainability, and health as priorities in food provision and consumption. Some of these transformations will be facilitated through new technologies, while others will require public policy shifts, changes in the private agro-food industry, actions by civil society, and behavioral changes by individuals. In this dynamic context, technology actors and the consumers they serve sit at an important nexus within the food system, and have the potential to make decisions that cut across the challenges and opportunities to improve sustainable food system outcomes. Although food security has improved in developed countries, many countries, particularly low- to middle-income countries (LMIC), suffer from significant food insecurity challenges. In addition, food production, accessibility, and availability have been further impacted due to the COVID-19 outbreak, causing growing global concerns regarding food security, especially within the most vulnerable communities. Moreover, the transformation of food systems for addressing healthy nutrition, food insecurity, and public health issues is a global concern. Food security and nutrition systems are directly related to human well-being and global stability, particularly in a time when diets transition toward increased reliance upon processed foods, increased fast-food intake, high consumption of edible oils, and sugar-sweetened beverages, lack of physical activities, and increased lifestyles worldwide. These changes in lifestyle continue to contribute to the growing pandemic of non-communicable diseases such as obesity, diabetes, hypertension, and cardiovascular diseases are clearly noticed across the globe. The study of nutrition systems, food security, and the roles of technological advances, especially in LMIC, is considered the major factor in understanding food transition and population health. Physical inactivity threatens LMIC public health as it is a prime behavioral risk factor associated with major non-communicable diseases such as coronary heart disease, type 2 diabetes, and breast and colon cancer. Its long-term impacts increasingly burden national economies. Decreasing its prevalence is paramount toward decreasing premature mortality and restoring healthy populations. In its most recent iteration of a global action plan for the prevention of non-communicable diseases, the World Health Organization established voluntary global targets to reduce physical inactivity by 10%. Currently, limited published systematic analysis of physical inactivity prevalence among Muslim-majority countries exists. Existing literature is concentrated on Arab countries, which represent less than half of all Muslim nations. To date, however, pan-Islamic physical inactivity data have not been reported. Doing so can potentially galvanize religion-specific agencies (e.g., Islamic Relief Worldwide, Organization of Islamic Cooperation) to support efforts aimed at decreasing physical inactivity.

best investment apps in ghana: *Aspects of Agricultural Policy and Rural Development in Africa I-V.* Margot A. Bellamy, 1971

best investment apps in ghana: *Aspects of Agricultural Policy and Rural Development in Africa* Commonwealth Bureau of Agricultural Economics, 1971

Related to best investment apps in ghana

articles - "it is best" vs. "it is the best" - English Language The word "best" is an adjective, and adjectives do not take articles by themselves. Because the noun car is modified by the superlative adjective best, and because this makes

difference - "What was best" vs "what was the best"? - English In the following sentence, however, best is an adjective: "What was best?" If we insert the word the, we get a noun phrase, the best. You could certainly declare that after

adverbs - About "best" , "the best" , and "most" - English Both sentences could mean the same thing, however I like you best. I like chocolate best, better than anything else can be used when what one is choosing from is not

grammar - It was the best ever vs it is the best ever? - English So, " It is the best ever " means it's the best of all time, up to the present. " It was the best ever " means either it was the best up to that point in time, and a better one may have

"Which one is the best" vs. "which one the best is" "Which one is the best" is obviously a question format, so it makes sense that "which one the best is" should be the correct form. This is very good instinct, and you could

how to use "best" as adverb? - English Language Learners Stack 1 Your example already shows how to use "best" as an adverb. It is also a superlative, like "greatest", or "highest", so just as you would use it as an adjective to show that something is

expressions - "it's best" - how should it be used? - English It's best that he bought it yesterday. or It's good that he bought it yesterday. 2a has a quite different meaning, implying that what is being approved of is not that the purchase be

valediction - "With best/kind regards" vs "Best/Kind regards" 5 In Europe, it is not uncommon to receive emails with the valediction With best/kind regards, instead of the more typical and shorter Best/Kind regards. When I see a

definite article - "Most" "best" with or without "the" - English I mean here "You are the best at tennis" "and "you are best at tennis", "choose the book you like the best or best" both of them can have different meanings but "most" and

How to use "best ever" - English Language Learners Stack Exchange Consider this sentences: This is the best ever song that I've heard. This is the best song ever that I've heard. Which of them is correct? How should we combine "best ever" and a

articles - "it is best" vs. "it is the best" - English Language The word "best" is an adjective, and adjectives do not take articles by themselves. Because the noun car is modified by the superlative adjective best, and because this makes

difference - "What was best" vs "what was the best"? - English In the following sentence, however, best is an adjective: "What was best?" If we insert the word the, we get a noun phrase, the best. You could certainly declare that after

adverbs - About "best" , "the best" , and "most" - English Both sentences could mean the same thing, however I like you best. I like chocolate best, better than anything else can be used when what one is choosing from is not

grammar - It was the best ever vs it is the best ever? - English So, " It is the best ever " means it's the best of all time, up to the present. " It was the best ever " means either it was the best up to that point in time, and a better one may have

"Which one is the best" vs. "which one the best is" "Which one is the best" is obviously a question format, so it makes sense that "which one the best is" should be the correct form. This is very good instinct, and you could

how to use "best" as adverb? - English Language Learners Stack 1 Your example already shows how to use "best" as an adverb. It is also a superlative, like "greatest", or "highest", so just as you would use it as an adjective to show that something is

expressions - "it's best" - how should it be used? - English It's best that he bought it yesterday. or It's good that he bought it yesterday. 2a has a quite different meaning, implying that what is being approved of is not that the purchase be

valediction - "With best/kind regards" vs "Best/Kind regards" 5 In Europe, it is not uncommon to receive emails with the valediction With best/kind regards, instead of the more typical and shorter Best/Kind regards. When I see a

definite article - "Most" "best" with or without "the" - English I mean here "You are the best at tennis" "and "you are best at tennis", "choose the book you like the best or best" both of them can have different meanings but "most" and

How to use "best ever" - English Language Learners Stack Exchange Consider this sentences: This is the best ever song that I've heard. This is the best song ever that I've heard. Which of them is correct? How should we combine "best ever" and a

articles - "it is best" vs. "it is the best" - English Language The word "best" is an adjective, and adjectives do not take articles by themselves. Because the noun car is modified by the superlative adjective best, and because this makes

difference - "What was best" vs "what was the best"? - English In the following sentence, however, best is an adjective: "What was best?" If we insert the word the, we get a noun phrase, the best. You could certainly declare that after

adverbs - About "best" , "the best" , and "most" - English Both sentences could mean the same thing, however I like you best. I like chocolate best, better than anything else can be used when what one is choosing from is not

grammar - It was the best ever vs it is the best ever? - English So, " It is the best ever " means it's the best of all time, up to the present. " It was the best ever " means either it was the best up to that point in time, and a better one may have

"Which one is the best" vs. "which one the best is" "Which one is the best" is obviously a question format, so it makes sense that " which one the best is " should be the correct form. This is very good instinct, and you could

how to use "best" as adverb? - English Language Learners Stack 1 Your example already shows how to use "best" as an adverb. It is also a superlative, like "greatest", or "highest", so just as you would use it as an adjective to show that something is

expressions - "it's best" - how should it be used? - English It's best that he bought it yesterday. or It's good that he bought it yesterday. 2a has a quite different meaning, implying that what is being approved of is not that the purchase be

valediction - "With best/kind regards" vs "Best/Kind regards" 5 In Europe, it is not uncommon to receive emails with the valediction With best/kind regards, instead of the more typical and shorter Best/Kind regards. When I see a

definite article - "Most" "best" with or without "the" - English I mean here "You are the best at tennis" "and "you are best at tennis", "choose the book you like the best or best" both of them can have different meanings but "most" and

How to use "best ever" - English Language Learners Stack Exchange Consider this sentences: This is the best ever song that I've heard. This is the best song ever that I've heard. Which of them is correct? How should we combine "best ever" and a

articles - "it is best" vs. "it is the best" - English Language The word "best" is an adjective, and adjectives do not take articles by themselves. Because the noun car is modified by the superlative adjective best, and because this makes

difference - "What was best" vs "what was the best"? - English In the following sentence, however, best is an adjective: "What was best?" If we insert the word the, we get a noun phrase, the best. You could certainly declare that after

adverbs - About "best" , "the best" , and "most" - English Both sentences could mean the same thing, however I like you best. I like chocolate best, better than anything else can be used when what one is choosing from is not

grammar - It was the best ever vs it is the best ever? - English So, " It is the best ever " means it's the best of all time, up to the present. " It was the best ever " means either it was the best up to that point in time, and a better one may have

"Which one is the best" vs. "which one the best is" "Which one is the best" is obviously a question format, so it makes sense that " which one the best is " should be the correct form. This is very good instinct, and you could

how to use "best" as adverb? - English Language Learners Stack 1 Your example already shows how to use "best" as an adverb. It is also a superlative, like "greatest", or "highest", so just as you would use it as an adjective to show that something is

expressions - "it's best" - how should it be used? - English It's best that he bought it yesterday. or It's good that he bought it yesterday. 2a has a quite different meaning, implying that what is being approved of is not that the purchase be

valediction - "With best/kind regards" vs "Best/Kind regards" 5 In Europe, it is not uncommon to receive emails with the valediction With best/kind regards, instead of the more typical and shorter Best/Kind regards. When I see a

definite article - "Most" "best" with or without "the" - English I mean here "You are the best at tennis" "and "you are best at tennis", "choose the book you like the best or best" both of them can have different meanings but "most" and

How to use "best ever" - English Language Learners Stack Exchange Consider this sentences: This is the best ever song that I've heard. This is the best song ever that I've heard. Which of them is correct? How should we combine "best ever" and a

articles - "it is best" vs. "it is the best" - English Language The word "best" is an adjective, and adjectives do not take articles by themselves. Because the noun car is modified by the superlative adjective best, and because this makes

difference - "What was best" vs "what was the best"? - English In the following sentence, however, best is an adjective: "What was best?" If we insert the word the, we get a noun phrase, the best. You could certainly declare that after

adverbs - About "best" , "the best" , and "most" - English Language Both sentences could mean the same thing, however I like you best. I like chocolate best, better than anything else can be used when what one is choosing from is not

grammar - It was the best ever vs it is the best ever? - English So, " It is the best ever " means it's the best of all time, up to the present. " It was the best ever " means either it was the best up to that point in time, and a better one may have

"Which one is the best" vs. "which one the best is" "Which one is the best" is obviously a question format, so it makes sense that " which one the best is " should be the correct form. This is very good instinct, and you could

how to use "best" as adverb? - English Language Learners Stack 1 Your example already shows how to use "best" as an adverb. It is also a superlative, like "greatest", or "highest", so just as you would use it as an adjective to show that something is

expressions - "it's best" - how should it be used? - English It's best that he bought it yesterday. or It's good that he bought it yesterday. 2a has a quite different meaning, implying that what is being approved of is not that the purchase be

valediction - "With best/kind regards" vs "Best/Kind regards" 5 In Europe, it is not uncommon to receive emails with the valediction With best/kind regards, instead of the more typical and shorter Best/Kind regards. When I see a

definite article - "Most" "best" with or without "the" - English I mean here "You are the best at tennis" "and "you are best at tennis", "choose the book you like the best or best" both of them can have different meanings but "most" and

How to use "best ever" - English Language Learners Stack Exchange Consider this sentences: This is the best ever song that I've heard. This is the best song ever that I've heard. Which of them is correct? How should we combine "best ever" and a

Back to Home: <https://phpmyadmin.fdsu.edu.br>