



Sustainable Diets for Sustainable Food Systems:

Florence Egal

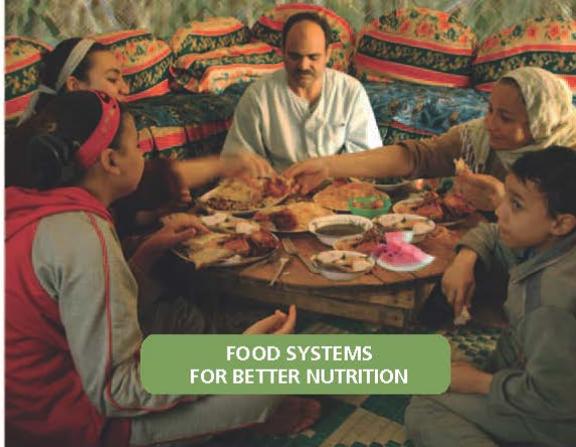
Eating City International Summer Campus, 5/8/2018

2013

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THE STATE OF FOOD AND AGRICULTURE



FOOD SYSTEMS
FOR BETTER NUTRITION



“Food systems encompass all the people, and processes by which agricultural products are produced (including inputs and research), processed and brought to consumers.”

Global Panel

on **Agriculture & Food Systems for Nutrition**

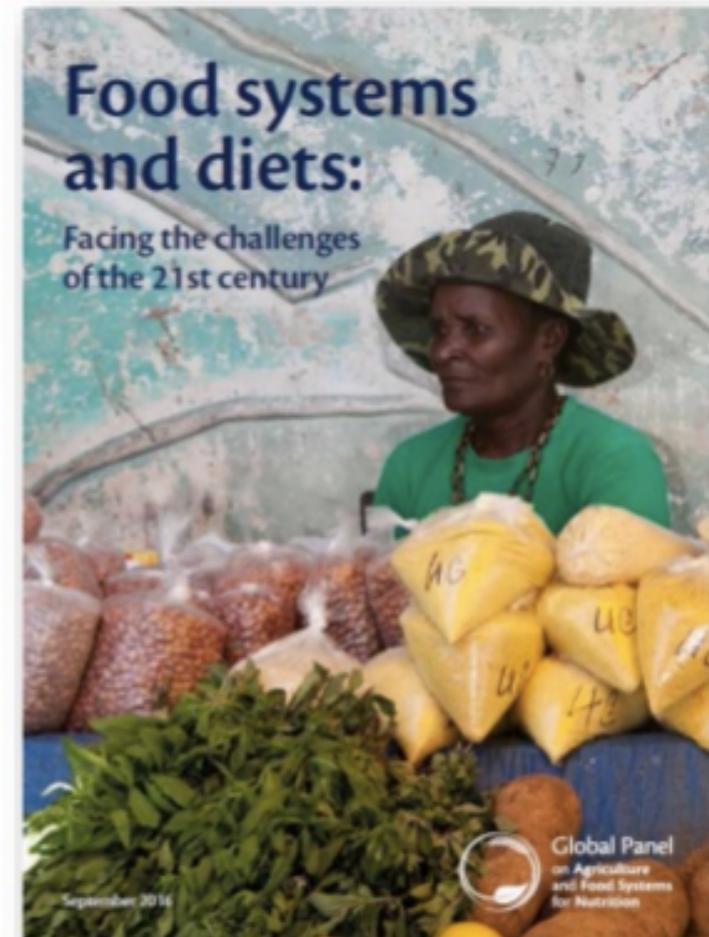
23 September 2016:
Launch of the Foresight Report
<http://www.glopan.org/foresight>

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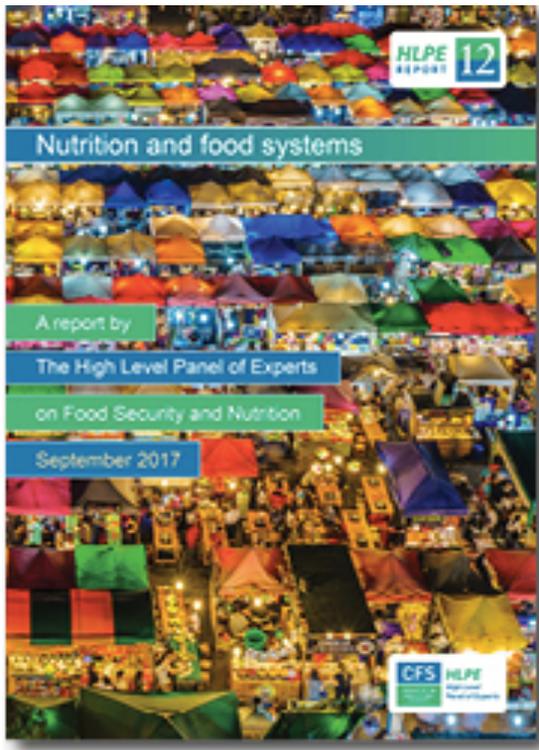


Towards Sustainable Food Systems

- ▶ Food systems are failing us: they do not deliver healthy diets
- ▶ Why?
 - Focussed on quantity, not quality
 - Do not help consumers to make the right choice
- ▶ Sustainable Food Systems for Healthy Diets and Nutrition Symposia:
 - FAO/WHO International Symposium December 2016 www.fao.org/about/meetings/sustainable-food-systems-nutrition-symposium
 - Followed by regional interagency symposia 2017
- ▶ Food Systems Dialogues

Committee on World Food Security

High Level Panel of Experts on Food Security and Nutrition



Nutrition and Food Systems Report September 2017

<http://www.fao.org/3/a-i7846e.pdf>

Action on Sustainable Diets

A best practice guideline
for implementing diets
that are good
for people, planet and business
in food service

March 2018?



www.foodservicefootprint.com/wp-content/uploads/2018/02/FoodserviceAction.pdf





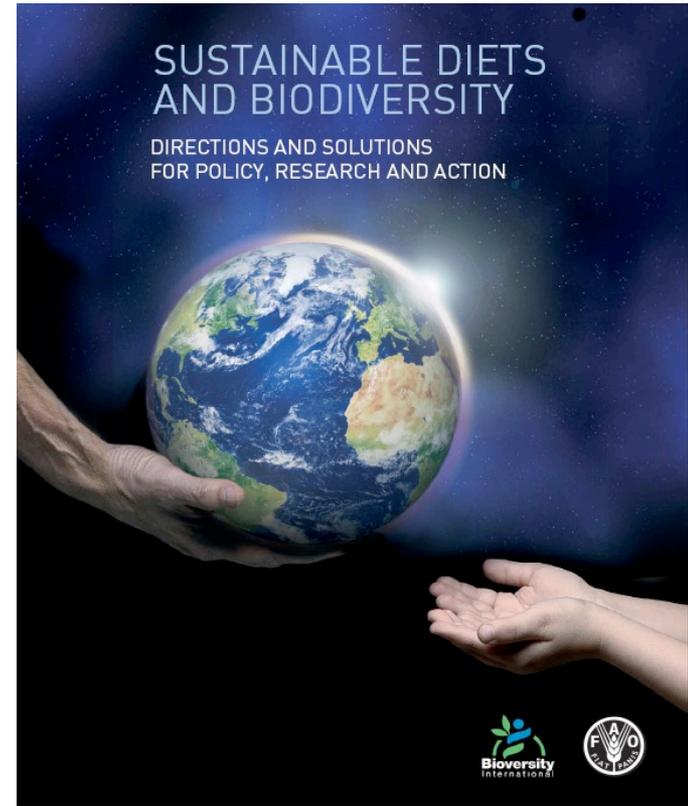
EAT Lancet Commission on Food, Planet and Health

- ▶ *“Everybody on earth has the right to healthy diets within planetary boundaries”*
- ▶ Report to be published end 2018
- ▶ Five working groups:
 - What is a healthy diet?
 - What are sustainable food systems?
 - What are the trends shaping diets today?
 - Can we achieve healthy diets from sustainable food systems?
 - What are the solutions and policies we can apply?

Reorient Food Systems for Sustainable Diets

- ▶ Nutritionally adequate, safe and healthy
- ▶ Culturally acceptable, accessible, economically fair and affordable
- ▶ Low environmental impact (respectful of biodiversity and ecosystems)

November 2010



... from supply-driven to demand-driven

New Nordic Cuisine

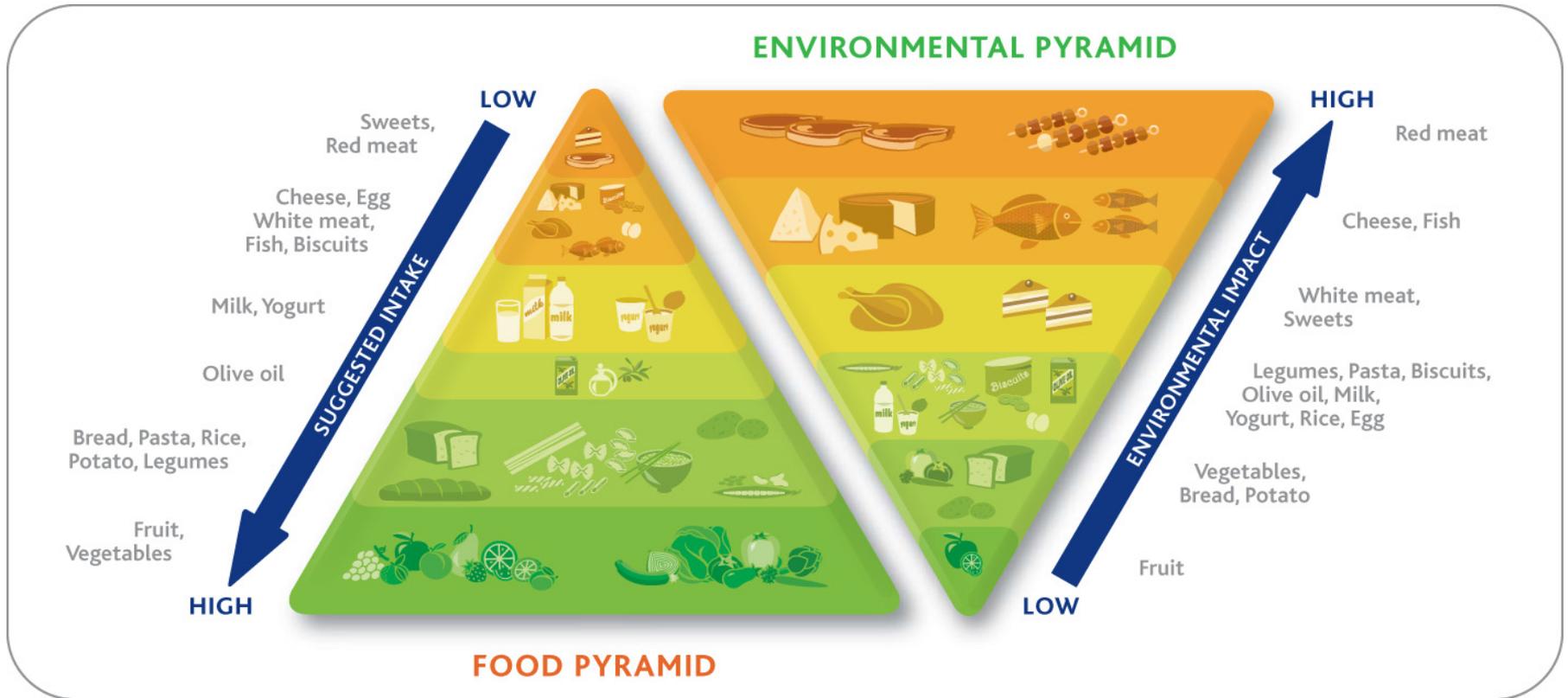
- ▶ 2004 ten-point Manifesto (12 Scandinavian chefs)
 - Local and seasonal food
 - Combine tradition, scientific knowledge & external influences
 - Sustainable production and animal welfare
 - Promote local producers and livelihoods
 - Combine local production with regional exchanges of quality products
 - Involve all actors
- ▶ 2005 Programme Nordic Council of Ministers

<http://www.norden.org/en/theme/ny-nordisk-mad>



newnordicfood

Mediterranean diet



Source: Barilla Center for Food & Nutrition

Sustainable food systems: towards a bioregional approach?

- ▶ Kwantlen Polytechnic's University – Institute For Sustainable Food Systems
- ▶ Southwest British Columbia Bioregion Food System Design
- ▶ Bioregion:
 - Topography
 - Fauna and flora
 - Human culture
- ▶ Combines
 - Eco-regions
 - Habitat (cities and other human settlements)
 - Activities
 - Political&administrative circumscriptions



Prospective study by 2050

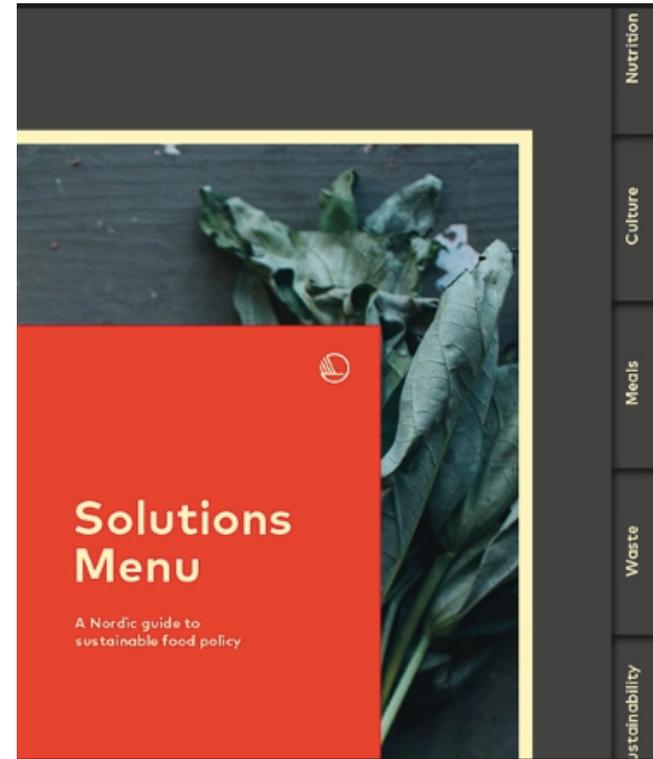
- ▶ Hypothesis : 60% population increase
 - ▶ “Business as usual”
 - no economic impact
 - food imports increase by 82%
 - ▶ Economic impact increases ...
 - by 50% if cultivated area remains the same
 - by 30% if environmental measures are introduced
 - by almost 100% if cultivated area increased + environmental measures.
- ... processing becoming the engine of local economy

Ecuador - *Mobilizing Responsible Consumption for Sustainability, Health & Equity*

- ▶ 2008 Constitution: policy transition from food security to food sovereignty
 - ▶ But industrialized food had become too influential in national politics
 - ▶ 2012: responsibility for the transition put in people's hands: *Que Rico Es!* Campaign
 - ▶ Participants invest at least 50 percent of food expenses in “responsible consumption” (i.e. agro-ecological production, direct purchase and Andean crops)
 - ▶ So far 10,000 Families have enlisted : 24 million USD/year
- 

Solutions Menu: a Nordic Guide to Sustainable Food Policy

- ▶ Evidence-based
- ▶ Democratic
- ▶ Progressive
- ▶ Open
- ▶ Holistic
- ▶ Sustainable



<http://norden.diva-portal.org/smash/get/diva2:1214792/FULLTEXT01.pdf>

Nordic Food Policy Lab

Food labour

- ▶ Ought to be a central issue in sustainable diet debate
 - ▶ Food labour all along the food chain is cheap (from slavery on, including modern slavery (e.g. migrants))
 - ▶ Exploitation and abuse all along the food chain
 - ▶ As a consequence labour shortage (from farming to restaurants)
 - ▶ Remarkable growth of employment away from farm
 - ▶ From 2001 to 2011 NYC 33% growth (restaurants, retail, wholesale, manufacturing, agriculture) but reduction in wages (migrants)
 - ▶ Corporate responsibility strategies
- 

Answers exist

- ▶ Fair trade/Ethical trade
- ▶ US Good Food Purchasing Programme: coalition of local and national partners encouraging cities, school districts and public institutions to adopt good food purchasing values
 - Local economies
 - Nutrition
 - Valued workforce
 - Environmental sustainability
 - Animal welfare
- ▶ Umbrella Certification Label? (Johns Hopkins Global Food Ethics and Policy Programme) including labour standards, sustainable farming, water use, animal welfare
- ▶ Consumer awareness and information



<https://goodfoodcities.org/>

A lot is happening

- ▶ Linking people's health and planetary health
 - ▶ But where is the social dimension? Social and Solidarity Economy?
 - ▶ Sustainable diets means more jobs and multi-functionality
 - ▶ Not only smallholders, food processing and HORECA are key
 - ▶ Farmers so far have been offered only one model (monoculture, land, automation, more inputs)
 - ▶ But smaller multi-functional ventures are becoming more viable
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Conclusion

- ▶ WHO : Healthy Diets are as important to health as clean water, sanitation and hygiene
 - ▶ Healthy and Sustainable Diets need to become the new normal
 - ▶ The role of chefs: cooking is no longer about deliciousness but about making the smart food choice irresistible
 - ▶ Networking and knowledge management
 - ▶ Different research needed (IPES Food)
 - ▶ Governance is key
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