



Food and Agriculture Organization  
of the United Nations

## The role of sustainable food systems

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Enabling healthy  
diets for all



## Outline

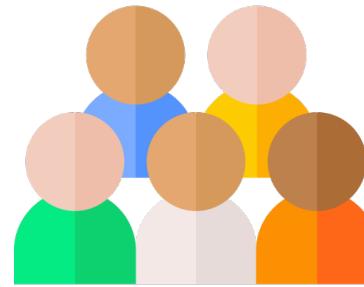


- 01 Nutrition situation
- 02 A food systems approach
- 03 Some entry points
- 04 Key messages

## Burden of Malnutrition – Pre-pandemic data of 2019

Nutrition situation

**690** Million  
people were **undernourished**



**2** Billion  
people  
suffer **micronutrient deficiency**

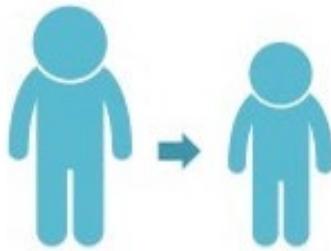
**children under 5**  
**149** Million **stunted**  
**~50** Million **wasted**

**1** of **3**  
Adults is **overweight or obese**

## COVID-19's Impact on Nutritional Outcomes

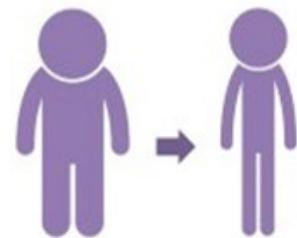
Nutrition situation

Up to **811 million** people are **undernourished** in 2020 (**20% increase**)



### Childhood stunting

- Reverse the decreasing curve for the **first time in 3 decades**
- **2.6 million** additional stunted children under 5 by 2022



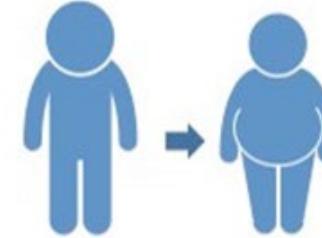
### Childhood wasting

- **9.3 million** additional wasted children under 5 by 2022
- **168,000** additional child-deaths



### Maternal malnutrition

- **2.1 million** additional maternal anemia cases
- **2.1 million** children born to low BMI women



### Overweight and obesity

- **Childhood obesity worsen** due to the negative impact on diet and physical activity
- Overweight and obesity **significantly increases** the severity of COVID

## Impact on the environment

Food systems are contributing up to:

**1/3**  
of greenhouse gas  
emissions

**70%**  
of freshwater use

**80%**  
of biodiversity loss



**Sustainable food systems are the solution**

It is possible to feed a growing global population while protecting our planet.



## UN Food Systems Summit – 23 September 2021, New York

The UN Food Systems Summit : *A People's Summit Focused on Solutions for People, Planet and Prosperity*



**Key message: business as usual is not good enough and call for scale and urgency in action**

Food systems should be changed for:



**People —**

“Nourishing Everyone  
for Health and  
Wellbeing.”



**Planet —**

“Producing in  
harmony with nature.”



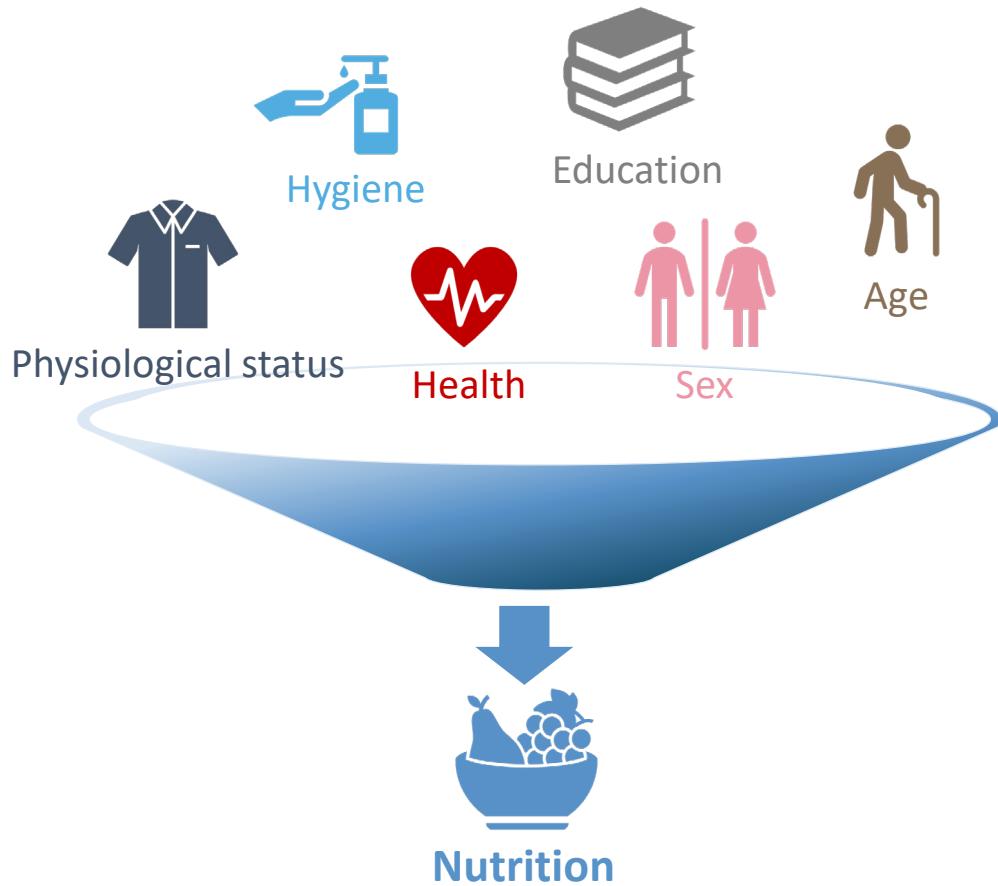
**Prosperity —**

“Inclusive,  
transformative and  
equitable recovery for  
the 2030 Agenda.”

## Nutrition and healthy diets

A Food systems approach

- Nutrition is influenced by many factors



- Good nutrition starts with what we eat

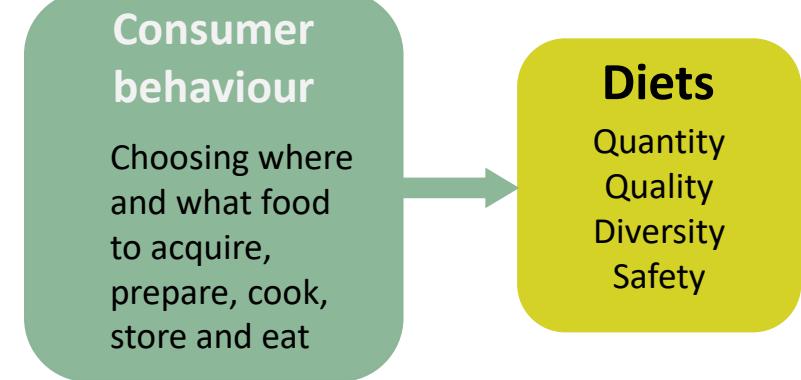
A healthy diet is a prerequisite to good nutrition





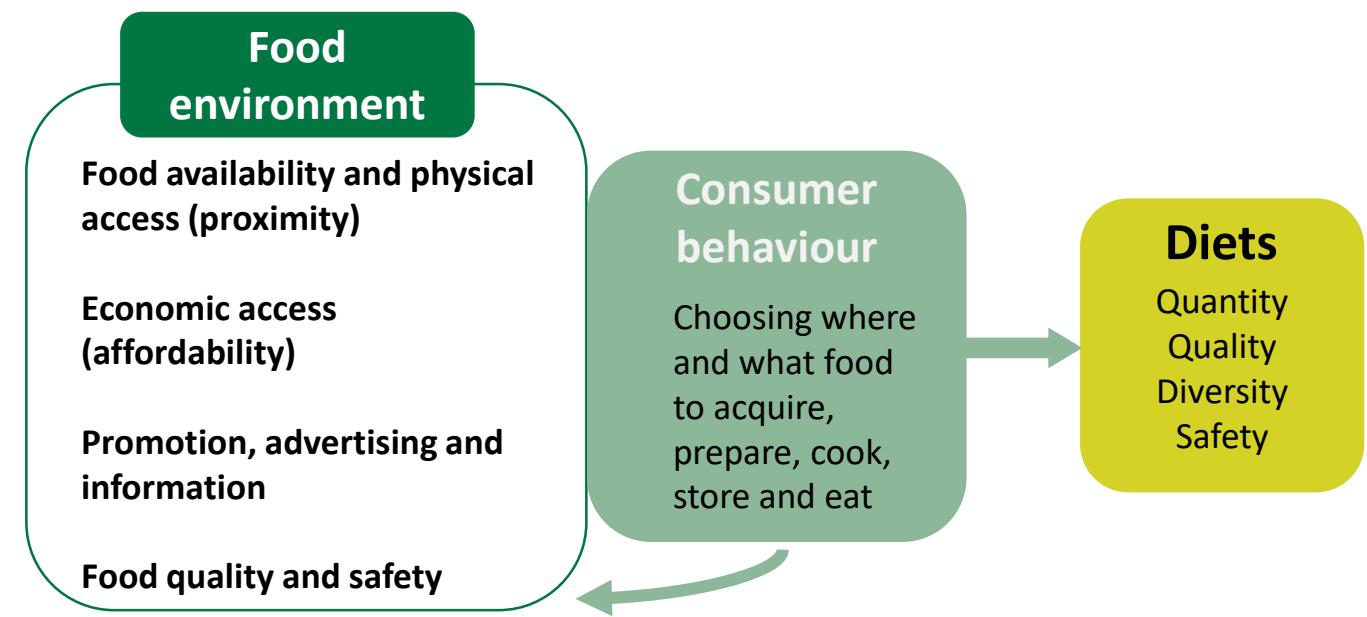
# Nutrition sensitive food systems

A Food Systems Approach



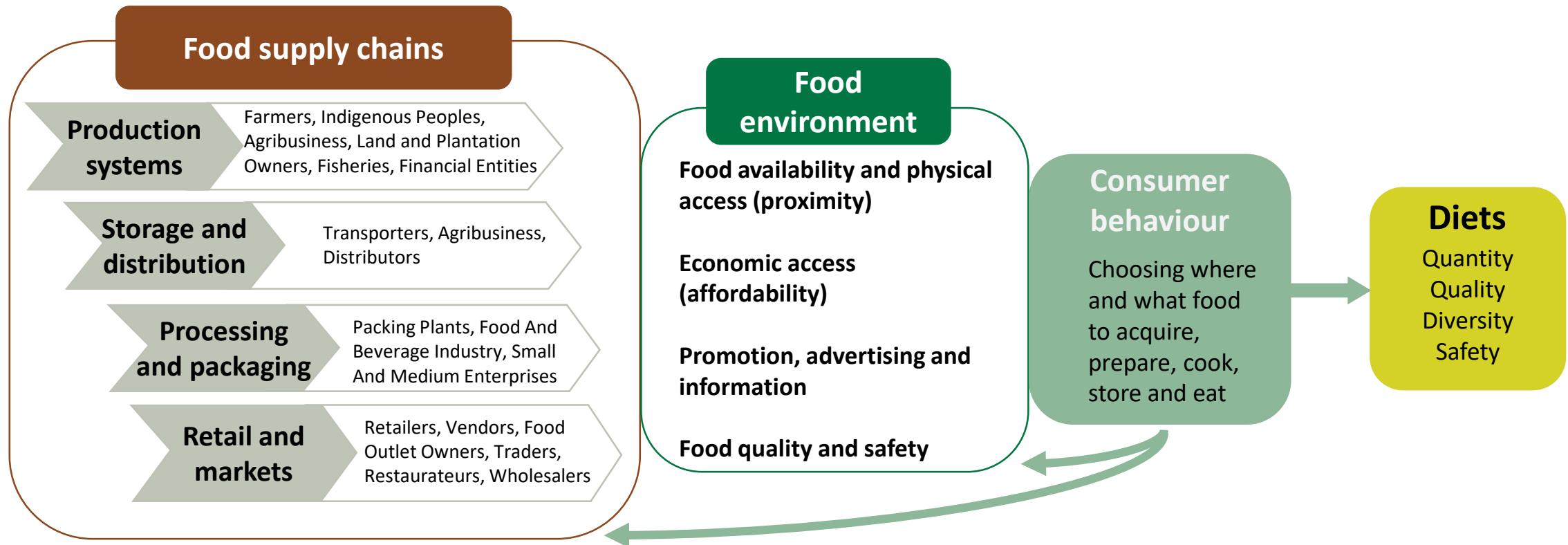
# Nutrition sensitive food systems

A Food Systems Approach



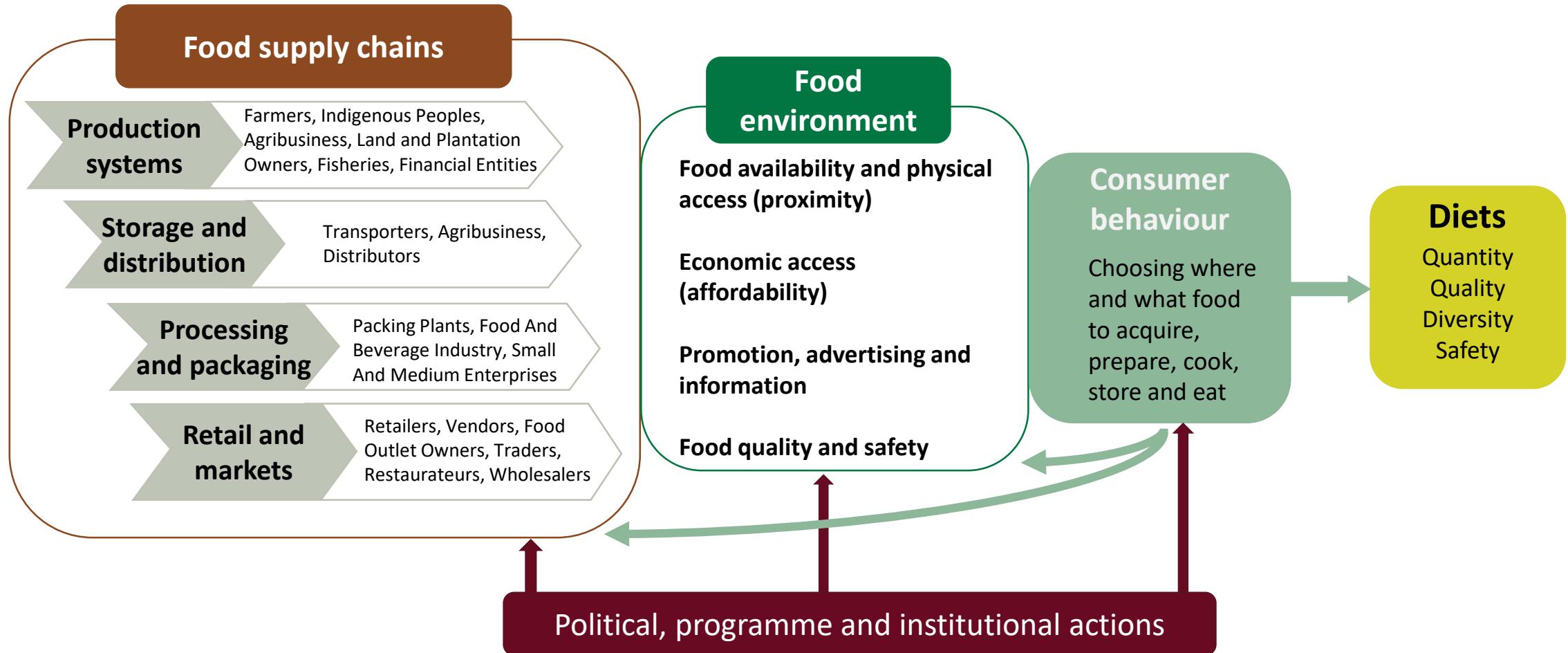
# Nutrition sensitive food systems

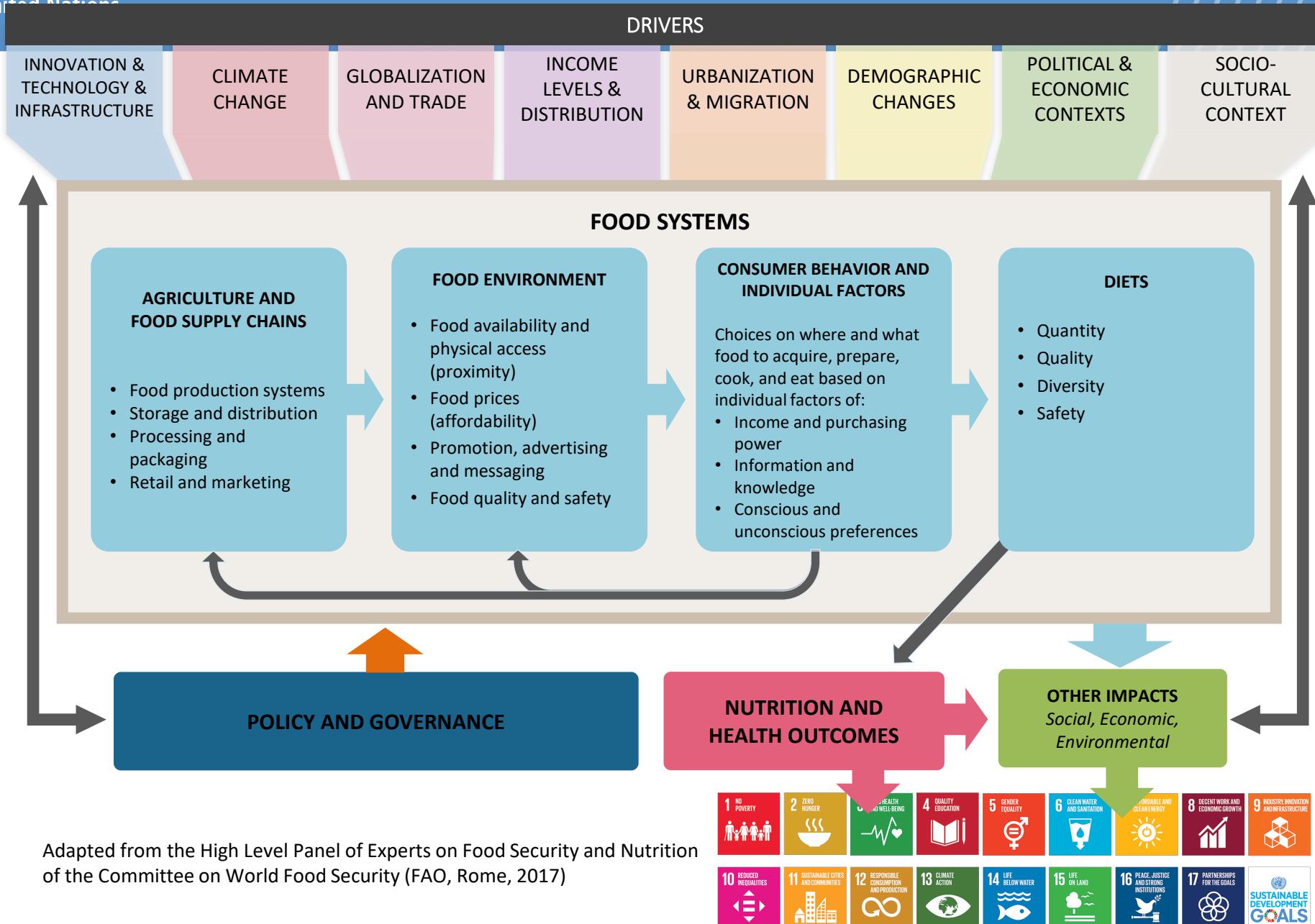
A Food Systems Approach



# Nutrition sensitive food systems

A Food Systems Approach





## Sustainable healthy diets

Sustainable Healthy Diets are dietary patterns that promote all dimensions of individuals' health and wellbeing; have low **environmental** pressure and impact; are **accessible, affordable, safe** and **equitable**; and are **culturally acceptable**.



### Aims of Sustainable Healthy Diets:

- to achieve optimal growth and development of all individuals and support functioning and physical, mental, and social wellbeing at all life stages for present and future generations;
- contribute to preventing all forms of malnutrition (i.e. undernutrition, micronutrient deficiency, overweight and obesity);
- reduce the risk of diet-related NCDs;
- and **support the preservation of biodiversity and planetary health**. Sustainable healthy diets must combine all the dimensions of sustainability to avoid unintended consequences.



# Possible entry points for Nutrition-sensitive Value Chains and Market Development for Healthy Diets



Analysis and development  
of nutrition-sensitive  
**value chains.**



Support to sustainable **public food**  
procurement and  
**Home-Grown School Feeding.**



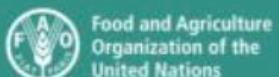
Guidance and tools on **markets linkages**  
for **sustainable food systems, GIs,**  
**territorial approaches** for food systems  
and healthy **food environments.**



Capacity development and  
technical assistance for **SMEs** as  
critical actors to enable access to  
healthy diets.



# Sustainable Food Value Chains for Nutrition



Food and Agriculture  
Organization of the  
United Nations



Investing in rural people



World Food  
Programme



Bioversity  
International



International Center for Tropical Agriculture



- ✓ Concepts & definitions
- ✓ Rationale
- ✓ Approach and tools  
for analysis
- ✓ Actions and interventions
- ✓ Digital Badge Certification



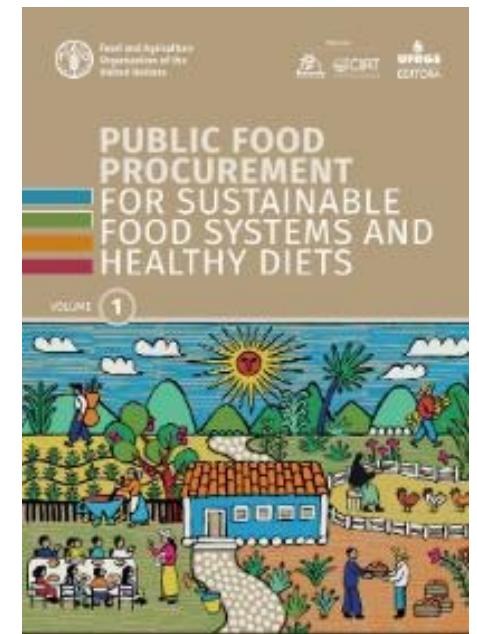
Access the course:

<https://elearning.fao.org/courseview.php?id=566>

## Sustainable school food procurement

- Increasing recognition of the potential of **linking school food procurement to the local and smallholder agriculture production (HGSF approach)**
- It is based on and aligned with the understanding that **public procurement** can and should be used as an **instrument to achieve broader development goals** (in the form of social, economic and environmental outcomes)
- Target 12.7 “promote public procurement practices that are sustainable [i.e. which include environmental, economic and social aspects], in accordance with national policies and priorities”

FAO School Food and Nutrition Framework (2019)



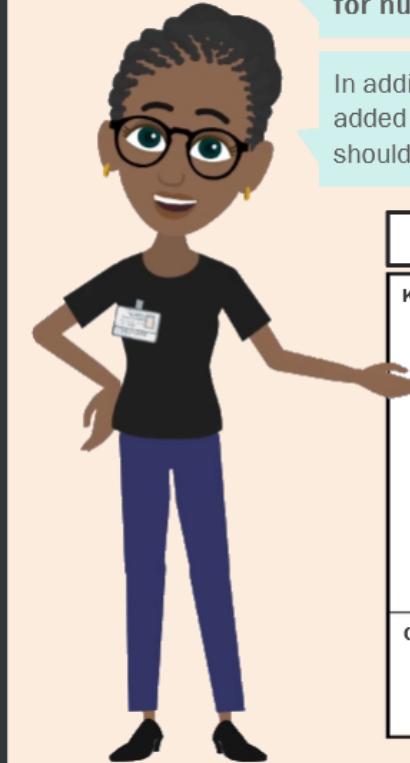


## E-learning series on SMEs and nutrition

- Small and Medium Enterprises and Nutrition – Making the Business Case:  
<https://elearning.fao.org/course/view.php?id=725>

- Small and Medium Enterprises and Nutrition- Upgrading the business models  
<https://elearning.fao.org/course/view.php?id=816>

### Framework



In this course, we will use the **canvas** as a framework to help SMEs to identify entry points for nutrition in their business models.

In addition, we will also reflect this **nutrition focus** in their **business strategy**, this is why we added an additional block for that part. Both the business model and strategy are essential. They should be mutually supportive and reinforcing.

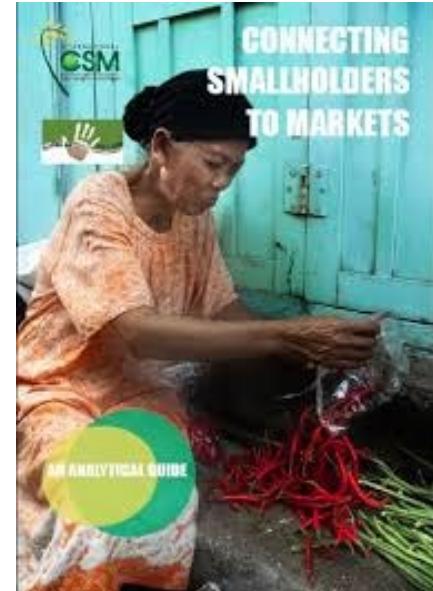
BUSINESS STRATEGY				
Key partners	Key activities	Value propositions	Customer relations	Customer segments
Key resources			Channels	
Cost structure			Revenue streams	

# Mapping of Territorial Markets

- Majority of data collection on markets and trade focus on international trade and formal domestic market channels.
- CFS highlighted in 2016 the importance of territorial markets in which small-scale producers, traders, processors and retailors are trading food, often food that has been grown sustainably, which is not included in official registers.
- For nutrition, small-scale producers, for the very nature of the foods (often fresh) they produce and market, can be crucial allies in the effort to make more nutritious foods more available.



**Inclusive markets and  
healthy food environment**





## Key messages



**Support nutrition-sensitive value chains and markets for nutrition interventions**



**Do not harm nutrition of local stakeholders all along the value chains**

**Reduce food loss and waste**



**Due diligence processes all along the VC for sustainability, decent employment and nutrition**





Food and Agriculture Organization  
of the United Nations

*Food is life – and food is hope.  
Change in food systems is not only possible,  
it is necessary.  
For people. For our planet. For prosperity.  
Let's get to work.*

UN Secretary General, M. Antonio Guterres





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# Thank you

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