FOOD SYSTEMS FOR SUSTAINABLE, HEALTHY DIETS
What do we want from food systems?

- **Food security**
  - Sufficient
  - Safe
  - Nutritious

- **For today and the future**
  - Environmental
  - Economic
  - Cultural sustainability
Sustainable, Healthy Diets are dietary patterns that promote all dimensions of individuals' health and wellbeing; have low environmental pressure and impact; are safe, accessible, affordable and equitable; and are culturally acceptable.

(Expert consultation on Sustainable Healthy Diets - 19 August 2019)
What do we want from food systems?

- Other Interests
  - Income
  - Profit
  - Rural development
  - Employment
  - Landscape
  - Ecosystem services
  - Animal welfare
  - …
Food Systems

- Food production
- Food trade and marketing
- Food handling, storage, and processing
- Consumer demand, food preparation and preferences
- Policy and institutional context
- Economic context
- Natural environment
- Social and cultural context
Food System Framework

(Adapted from the High Level Panel of Experts on Food Security and Nutrition. HLPE 2017)
Food System Framework for Diets and Nutrition

(Adapted from the High Level Panel of Experts on Food Security and Nutrition. HLPE 2017)
A Food System Approach for Sustainable Healthy Diets
Improving diets - social protection in Ecuador

**Food Supply Chains:**
- Smallholder friendly procurement especially of nutrient-rich foods
- Support to cooperatives for increased market stability

**Food environments:**
- Working with grocery stores on 4Ps of marketing to increase sale of healthier options

**Consumer behaviour:**
- Social safety net includes conditionality of attendance in preventive care that includes nutrition education
In Sweeping War on Obesity, Chile Slays Tony the Tiger
Improving diets of children – marketing in Chile

**Food Supply Chains:**
- Regulation on labelling of ALL foods high in sugar, calories, fat, salt in the country
- Taxes on highly sugar-sweetened beverages

**Food environments:**
- Elimination of child targets characters on packaging
- Black labelling of foods high in fat, sugar, salt

**Consumer behaviour:**
- Educate consumers on labelling
- Sensitive consumers on importance of good nutrition
Lessons

• Widespread multi-sector, multi-level action is needed (e.g. Ecuadorian work with primary producers, markets, schools, public, etc.)

• Harmonized data and analyses for policy making (e.g. Data on health outcomes and ‘win-win’ opportunities in Ecuador)

• Policy coherence should be a targeted outcome (e.g. diverse entry points in Chile)

• Engage with food systems actors (e.g. SMEs in Ecuador, Large companies in Chile)

• Governmental leadership mandatory (e.g. Regulatory action in Chile, local and national leadership in Ecuador)
Challenges

- Lack of data
- Governments don’t have Ministry of Food Systems
- Moving to sustainability may result in food price increases
- Trade-offs and interests
Potential Pitfalls

• Developing meaningful narrative for Policy Makers

• Not acknowledging importance of trade-offs to constituents

• Villainizing the private sector

• ‘Romanticizing’ the past

• Overcoming common misconceptions
  • Urban nutrition challenge = overweight & obesity
  • Local production = healthy and sustainable
  • Processed food = unhealthy
Thank you

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