

GOOD FOOD FOR ALL.

#GOODFOOD4ALL

SUSTAINABLE SUNDAYS



UNITED NATIONS
FOOD SYSTEMS
SUMMIT 2021





#GOODFOOD4ALL

Building on the enthusiasm of the Global Shared Meal that took place ahead of the first-ever UN Food Systems Summit, we are even more motivated to keep the momentum going.

Join us for “Sustainable Sundays” to encourage others to take small but meaningful action to ensure food is good for our local communities as well as the planet. All you have to do is post a picture of a healthy, climate-friendly meal you’re eating using #GoodFood4All.

Climate-friendly or sustainable eating meets the needs of the present without compromising the ability of future generations to meet their own needs. It enables all people to be nourished and healthy while limiting negative environmental impacts and improving socio-economic welfare. It involves a global shift toward healthy and balanced

plates that celebrate local and seasonal ingredients. Why is it important to eat sustainable or climate-friendly meals? The future of the world depends on good food. It’s that simple. Good food keeps us healthy. It helps us reach our potential. It strengthens our communities, powers our economies, and protects our planet.

But not everyone gets good food every day – and the way we produce and market food is harming our environment. This has to change.

Good Food For All recognizes the emotional and cultural connection we have to food as a source of love and livelihoods while reflecting food’s impact on all areas of our lives.

GOOD FOR YOU AND THE PLANET

HEALTHY BENEFITS

Eating healthy and more balanced meals that elevate whole grains, legumes, and fresh produce can help lower total cholesterol levels, decrease risks of certain cancers, increase your colon function and increase your intake of important nutrients and minerals. Additionally, because sustainably grown produce and grains are picked at peak freshness and travel shorter distances, they taste better!

This can cut down on the amount of fuel needed for transport, as well as, the energy needed to properly store food products. This can help you eat more of the foods that are healthiest for you.



ENVIRONMENTAL BENEFITS

A reduction in processing, transportation, food loss, and waste is part of Sustainable Development Goals. By choosing local, seasonal food products that are grown sustainably, you can help reduce ecological and environmental impact while sparking positive global change.

Many small-scale farmers, especially if they are women are currently at a disadvantage against large-scale producers. Large-scale producers currently earn two to three times the annual income of small farmers. Supporting local farmers not only allows them to be paid a fair wage for their products but supports the local economy allowing them to feed their families well too. Strengthening the resilience of these small farmers is critical to reversing the trend towards rising hunger and reducing the share of people living in extreme poverty. Harvesting local fruits and vegetables in season also helps farmers pick produce that is closer to peak ripeness since foods are being transported shorter distances.

WHAT'S #SUSTAINABLESUNDAYS?

Sundays tend to be our lazy days where we don't cook and usually indulge. But weekends are also the

perfect opportunity to visit your local farmers market or try out a new healthy, climate-friendly recipe!

Here are some ways to eat more sustainably and make every Sunday #SustainableSundays!

A) CHOOSE THE RIGHT FOODS

BUY INGREDIENTS LOCALLY AT PLACES LIKE THE FARMERS MARKET, FARM STANDS, OR U-PICK STATION

USE INGREDIENTS THAT ARE IN SEASON IN YOUR REGION

(check out this [easy-to-use guide](#))

FIND FOODS THAT USE MINIMAL NATURAL RESOURCES (LIKE WATER)

- Leafy greens, potatoes, peas, broccoli, legumes

USE FOODS FROM YOUR OWN GARDEN

TRY DIVERSE AND WILD VARIETIES OF LOCAL VEGETABLES, FRUITS, AND WHOLE GRAINS

CHOOSE FISH AND SEAFOOD THAT ARE ABUNDANT AND SUSTAINABLY SOURCED

- Fish: anchovies, sardines, herring, pollock, cod, and haddock
- Shellfish: mussels, scallops

USE THE WHOLE INGREDIENT – FROM ROOT TO LEAF – AND GET CREATIVE WITH PICKLING, FREEZING, OR MAKING A GIANT STOCK TO REDUCE WASTE

A SIMPLE MEAL GUIDE TO FOLLOW CAN LOOK LIKE THIS:

- Your favorite grain or legume - or both!
- Something orange and in season
- 2 leafy greens
- A toasted seed or nut
- A crunchy vegetable



WHAT'S #SUSTAINABLESUNDAYS?

Sundays tend to be our lazy days where we don't cook and usually indulge. But weekends are also the

perfect opportunity to visit your local farmers market or try out a new healthy, climate-friendly recipe!

Here are some ways to eat more sustainably and make every Sunday #SustainableSundays!

B) CHECK OUT THESE CLIMATE-FRIENDLY RECIPES

Try one of these recipes including ingredients that are in season this fall.



SPANISH CHICKPEA ALMOND STEW



SCALLOP & SHRIMP SOUP



SUSTAINABLE SALAD

ADDITIONAL HELPFUL TIPS

Check out these additional tips to eat sustainably and help the planet.

BUY FOODS IN BULK

- Requires less packaging, waste, energy, and water to produce
- Avoid excessive packaging
- Bring your reusable shopping bag

EAT SEASONAL AND HEALTHY

- Foods that are available in a season where you live
- Aim for a balanced diet that provides energy and nutrients from several different food groups

SHOP INGREDIENTS LOCALLY

- Support your community
- Keeping dollars in the community
- Cuts amount of fuel needed to ship the food to your local market or cafe.

BUY ONLY FOOD THAT YOU NEED, REDUCE FOOD WASTE START A COMMUNITY GARDEN WITH YOUR NEIGHBORS

PURCHASE FROM SUSTAINABLE FOOD COMPANIES AND LOCAL GROWERS

CHOOSE PRODUCTS THAT ARE GROWN SUSTAINABLY AND PAY FARMERS A FAIR WAGE



#GOODFOOD4ALL

SUSTAINABLE SUNDAYS



**UNITED NATIONS
FOOD SYSTEMS
SUMMIT 2021**

