



RESPONSIBLE CONSUMPTION AND SUSTAINABLE DIETS:
The Role of Food Science and Technology
in Food Systems Transformation

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Food sustainability: challenges and opportunities for the future, 7/3/2022

Reorienting Food Systems

- Food Systems do not deliver healthy diets
- Why? This is not why they were designed for... (*Food Systems and Diets: Facing the challenges of the 21st century*)

glopan.org/sites/default/files/ForesightReport.pdf

- It is urgent to transform food systems to ensure food security and address hunger and malnutrition without compromising the health of our planet
- And consumers have a key role to play.

We must change from a supply-driven ...
to a demand-driven perspective

Responsible consumption: consumers as food actors

- Adopt healthier food habits (food based dietary guidelines)
www.fao.org/nutrition/education/food-based-dietary-guidelines
- Limit food waste
- Connect to nature
- Reorient food production
 - Local/short food chains in season
 - Organic
 - Equitable
 - Limited processing
- Revisit norms and procedures:
 - restrict marketing of unhealthy foods
 - cosmetic norms?
- Make the good choice the easy choice
- Packaging?

www.consumersinternational.org/media/368841/consumers-call-for-action-at-the-united-nations-food-systems-summit.pdf

UN Food Systems Summit

- Held during the UN General Assembly in New York on September 23
- Aim: set the stage for global food systems transformation to achieve the Sustainable Development Goals by 2030
- Pre-Summit, 26 to 28 July

www.un.org/en/food-systems-summit/pre-summit

- Scientific Group

www.un.org/en/food-systems-summit/the-science

- Commitments and coalitions

foodsystems.community/coalitions/

- National and Independent Dialogues

 National pathways, e.g.

summitdialogues.org/wp-content/uploads/2021/09/FSS_Dialogue_Convener_Report-prepared-by-Prof-Ramesh-Chand-Member-NITI-Aayog.pdf

What are Sustainable Healthy Diets?

- 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 to
 - achieve optimal growth and development of all individuals
 - support functioning and physical, mental, and social wellbeing at all life stages for present and future generations

FAO/WHO Sustainable Healthy Diets Guiding Principles 2019

GUIDING PRINCIPLES FOR SUSTAINABLE HEALTHY DIETS



Food Science and Technology: Join the sustainability movement?

- UN Food Systems Summit (UN FSS)

www.un.org/en/food-systems-summit

- Humanitarian Food Science and Technology

www.aifst.asn.au/Humanitarian-Food-Science-and-Technology

- COVID-19: A Role for Food Science and Technology?

[www.aifst.asn.au/resources/Documents/Covid19_FST_Final_10_May_AIFST_20200517_\(1\).pdf](http://www.aifst.asn.au/resources/Documents/Covid19_FST_Final_10_May_AIFST_20200517_(1).pdf)

A Call for Integrating the Role of Food Science and Technology (FST)

- Develop practical, affordable, and sustainable processing technologies to improve and diversify local practices
- Produce value added foods in local communities
 - Facilitate year-round access to convenience and healthy foods, including complementary foods, for improved diets,
 - Contribute to saving time and labour
 - Reduce food losses by preserving foods and supporting local distribution and trade
 - Generate income and create employment in particular for youth, women, landless labourers and migrants and therefore contribute to the revival of local economies
 - Strengthen the cultural heritage and sovereignty of communities
- FST is a key dimension of integrated territorial governance

foodsystems.community/commitment-registry/a-call-for-integrating-the-role-of-food-science-and-technology-in-sustainable-food-systems/

Humanitarian Food Science and Technology

- Emergency programmes and projects focus on immediate and short-term assistance to save lives. They induce dependency on aid.
- Managing food safety, quality and convenience is crucial in humanitarian situations.
- Humanitarian activities must be human-centred rather than technology-driven
- It is essential to promote the resilience of local food systems to respond to current and future threats, stresses and shocks (e.g. COVID-19, conflicts)

Humanitarian crises: an opportunity to reorient FST?

From global

- Economically driven
- Externally sourced
 - ignores local assets
 - depends on globalization
- Distort local economy/
undermine livelihoods
- Standardization
- Distort food habits

... to territorial?

- Sustainability/resilience
- Locally sourced:
 - Biodiversity
 - Water, energy
- Contributes to local
economy and jobs
- Build upon indigenous
knowledge & culture
- Contributes to
Sustainable diets

FST and COVID-19

- The present pandemic and its impacts reflect to a significant degree the distortion and vulnerability of present food systems
- Food related policies (including factory farming, large scale slaughterhouses and standardization) in the last decades have enforced a shift from human-sized structures to socially and environmentally unsustainable business models
- Local food processing and storage have proven essential for territorial resilience

In conclusion

- Dysfunctional policies and an excessive bias towards globalization and privatization in the last decades have privileged productivity gains, to the detriment of inclusiveness or resilience
- FST has de facto contributed to diet-related diseases
- The FST community must engage in, and be acknowledged as key actors of, the sustainable food systems debate at territorial, national and global levels
- It can facilitate local access to sustainable healthy diets (including complementary foods)
- It is essential to promote the resilience of local food systems to anticipate and respond to current and future stresses and shocks (e.g. COVID-19, conflicts)
- People engaged in food processing and other post-harvest activities must have decent working conditions and wages

Thank you for your attention

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