



Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

January 24, 2022

DIVISION MEMORANDUM NO. 29 s.2021

**DISSEMINATION OF THE COMMUNICATIONS TOOL KIT
FROM THE WORLD FOOD DAY 2021**

1. The field is hereby informed of the unnumbered memo entitled Dissemination of the Communications Tool Kit from the World Food Day 2021.
2. All schools in this division are requested to disseminate to all concerned the communications tool kit from the World Food Day 2021 as part of the whole-of-government, whole-of-nation approach towards national food systems transformation. Copy of the said tool kit can be accessed through this link: <https://www.fao.org/world-food-day/communication-toolkit/en>
3. Immediate dissemination and compliance to this memorandum is directed.

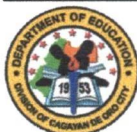
ALICIA E. ANGHAY
Asst. Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

Encl.: As stated
Reference: None

To be indicated in the Perpetual Index
under the following subjects:
WORLD FOOD DAY

ACTIVITY

ehc/rhf/rrv



Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Telephone: (08822)-8550048



Republic of the Philippines
Department of Education

OFFICE OF THE UNDERSECRETARY

MEMORANDUM

Chief Sal, for wide dissemination through 9 Memorandum, Ma

TO : **ALL REGIONAL DIRECTORS
MINISTER OF BASIC, HIGHER, AND TECHNICAL EDUCATION,
BARMM**

FROM : *Escobedo*
Atty. REVSEE A. ESCOBEDO
Undersecretary
Field Operations, Palarong Pambansa Secretariat, and DEACO

SUBJECT : **DISSEMINATION OF THE COMMUNICATIONS TOOL KIT FROM
THE WORLD FOOD DAY 2021**

DATE : January 11, 2022

This Office respectfully endorses the Memorandum from Director Margarita Consolacion C. Ballesteros, International Cooperation Office, this Department, relative to the recommendation of the Office of the United Nations and International Organizations (DFA-UNIO) to disseminate the information on communications tool kit from the World Food Day 2021 to all schools nationwide.

The 168th Food and Agriculture Organization (FAO) Council Session was held at the FAO Headquarters last November 29 - December 4, 2021, chaired by Mr. Hans Hoogeveen, Independent Chairperson of the Council (ICC), which PH is currently a Council member. The highlights of the meeting and recommendations from the DFA-UNIO were shared to the Department of Education.

In this regard, this Office respectfully requests all Regional Directors to disseminate the communications tool kit from the World Food Day 2021 as part of the whole-of-government, whole-of-nation approach towards national food systems transformation, which can be accessed through this link: <https://www.fao.org/world-food-day/communication-toolkit/en>.

For more information and coordination on the matter, please contact the ICO at ico@deped.gov.ph or (02) 8637-6463/2.

For your appropriate action.

Thank you very much.

HD/22-0001/01112022

Office of the Undersecretary for Field Operations, Palarong Pambansa Secretariat, and DEACO

Department of Education, Central Office, Meralco Avenue, Pasig City (Room 515, Mabini Building)

Tel. No: (02) 631 84 92 Fax No: (02) 633 53 13

Email: usec.regops@deped.gov.ph



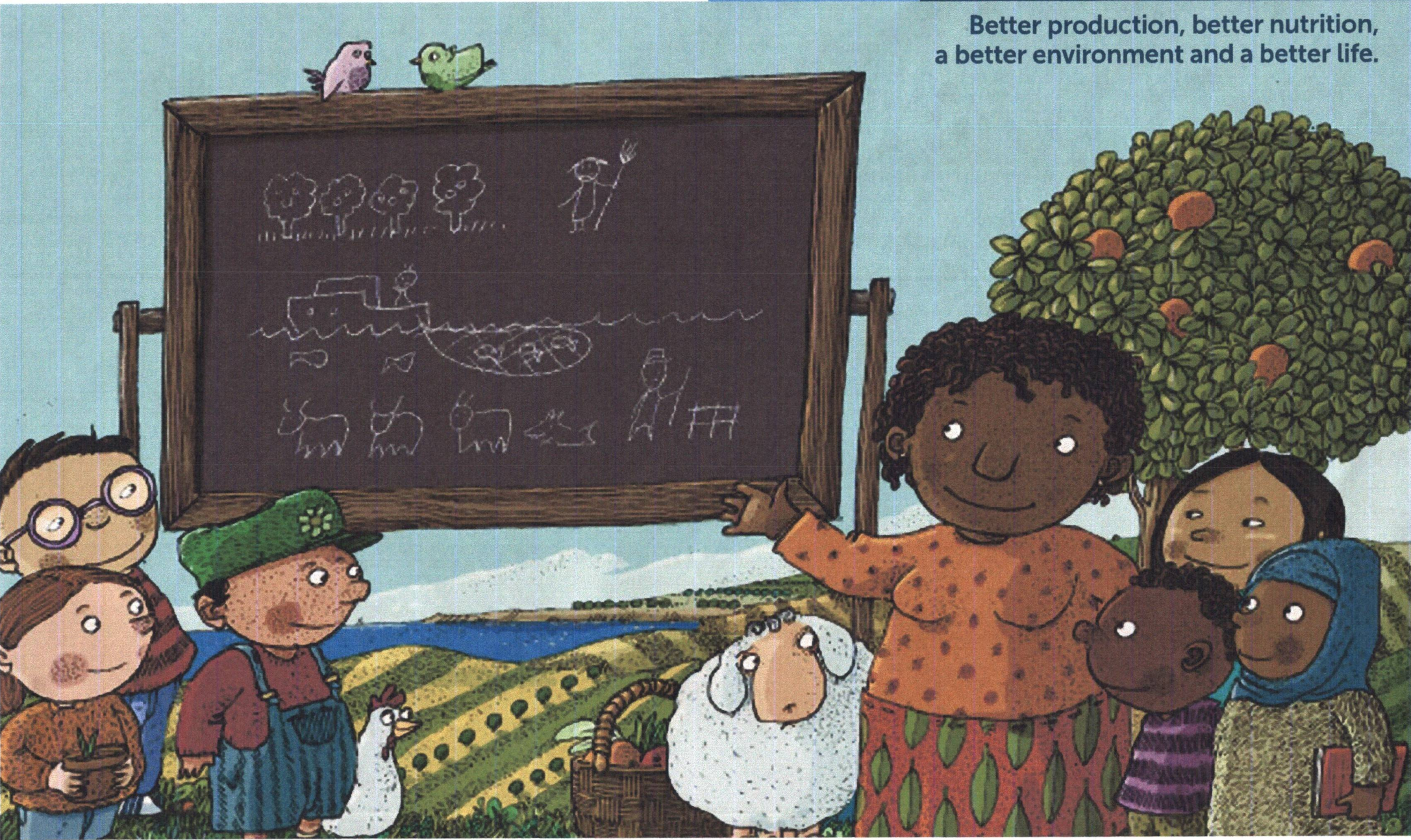
Food and Agriculture
Organization of the
United Nations



ACTIVITY BOOK

Our **actions** are
our **future**

Better production, better nutrition,
a better environment and a better life.



Required citation:

FAO. 2021. Activity Book – Our actions are our future. Better production, better nutrition, a better environment and a better life. Rome. <https://doi.org/10.4060/cb5047en>

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World Food Day

It's YOUR day! Every year on 16 October, people from more than 150 countries come together with a common goal to raise global awareness and action to end hunger and ensure healthy diets for all. On this day back in 1945, nations across the world united with this common goal and founded FAO. This year, become a food hero and join the global celebration!

Acknowledgements

FAO gratefully acknowledges writer Susanna Mattiangeli and illustrator Lorenzo Terranera for their contribution to this publication. FAO also extends its appreciation to Sony Pictures Entertainment for their support.

Today's lesson won't be like any other.
It will be a journey across the complex system
of food and agriculture.

Are you ready to go?
Ready to travel?
Where will we start?

Let's begin with the simple and ancient gesture of planting small seeds in the ground. Did you know that agriculture has existed for 10,000 years? The act of caring for a seed gave rise to a great revolution. Since then, men and women have slowly started changing the world in which they live.

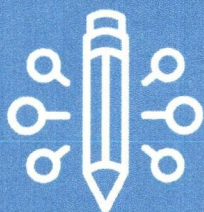
We should never forget that, in the world, each and every part has the power to change the way the system works. Some parts move slowly, and others fast, triggering other movements and bringing about new transformations. Plants, birds, and even rocks participate in their own way in this constant movement on Earth. Just like living organisms, every single detail in the world counts and every action has one or more effects.

In short, we are all
connected.



Setting up a vegetable garden in the classroom or on the school grounds is a fun and educational activity that's suitable for all ages. Do you have one? You can start by studying the spaces available to you. Is there enough light and at what times of day? Think together about the vegetables you would like to grow and check if it's possible. You could even ask professionals, specialised volunteers or your family for help. Whether it's in a pot or in open land, there's always room to plant a few seeds. (For more information visit www.fao.org/school-food)

WFD2021 Poster Contest



If you're between the ages 5 to 19, we want you to use your imagination and create a poster of a food journey.

Three winners in each age category will be selected by our jury and announced here in December. Winners will be promoted by FAO offices around the world and receive a surprise gift bag and Certificate of Recognition.

The deadline for entries is 5 November 2021.

Find out more on:
www.fao.org/world-food-day/youth-contest/en/



The world is a system,

in other words, a unit composed of many elements working together. When agriculture first began, humans could never have imagined how farming could bring complex systems to life over thousands of years all around the world.

An **agri-food system** is a set of actions that are all linked. It starts with farming and continues to the products that arrive at our homes, all the way to the things we eventually dispose of back into the environment. The cycle includes goods of all kinds because agriculture, as we shall see, does not only produce food but also other products.

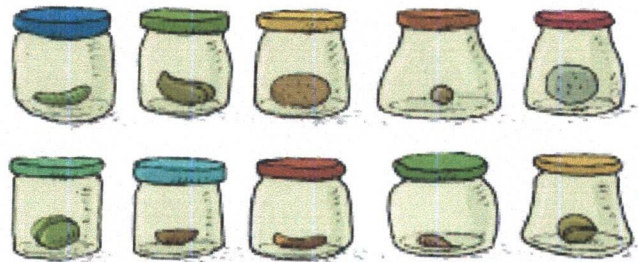
The Food and Agriculture Organization of the United Nations (FAO) works with over 190 countries to improve nutrition. One of its main objectives is to study this huge mechanism and improve it at its core. In this book, we will try to understand how agri-food systems work and how we can play a part in making them function better.



The journey of seeds

Agriculture also includes fishing, animal farming, forest production, the production of plant materials to make textiles and much more. None of these activities are separate, so let's start by talking about seeds. In nature, the air scatters seeds and helps them find new ground to grow, or if dropped in water, seeds are swept away to another destination. Often, animals who eat fruit carry seeds far away with their droppings. A long time ago, farmers used to keep the seeds from their best plants to replant cereals and vegetables. These days, people who cultivate the land can either produce their own seeds or buy them from seed companies, which are actually real industries.

So seeds can be industrial products? What does this mean? It means that there are big farms where cereals and vegetables are only farmed for the purpose of collecting seeds, which then produce plants with specific characteristics. Eventually, these seeds are packaged and sold all over the world. They need to be registered and certified so that people can easily identify them by name, origin and method of production.



Citrullus Lanatus, or watermelon, is a plant native to tropical Africa. Although you may only be familiar with one type of watermelon, over 1000 varieties exist. They differ in weight, size and in the colour of their pulp. In 2008, the Global Seed Vault was inaugurated on the Svalbard Islands in Norway to preserve different seeds from all over the world, a treasure that may otherwise have risked being lost.)





In the past fifty years, the cultivation of many different crops was set aside to make room for a small number of fast-growing crops to produce greater quantities of food.

A healthy agri-food system, however, needs to guarantee **biodiversity**, or in other words, keep a variety of species alive. It's important to limit monoculture, or growing a single species, by continuing to cultivate plants and grains that are native to local territories. This guarantees a variety of food for a healthy diet and benefits the land. Biodiversity also attracts bees and birds – the natural enemies of parasites, meaning fewer pesticides are needed.

Nature needs
variety

The journey of products

Cultivation starts as soon as a seed or seedling reaches the farm.



This is an important step. In a healthy system, products grow without weakening the soil or needing dangerous pesticides and fertilizers.

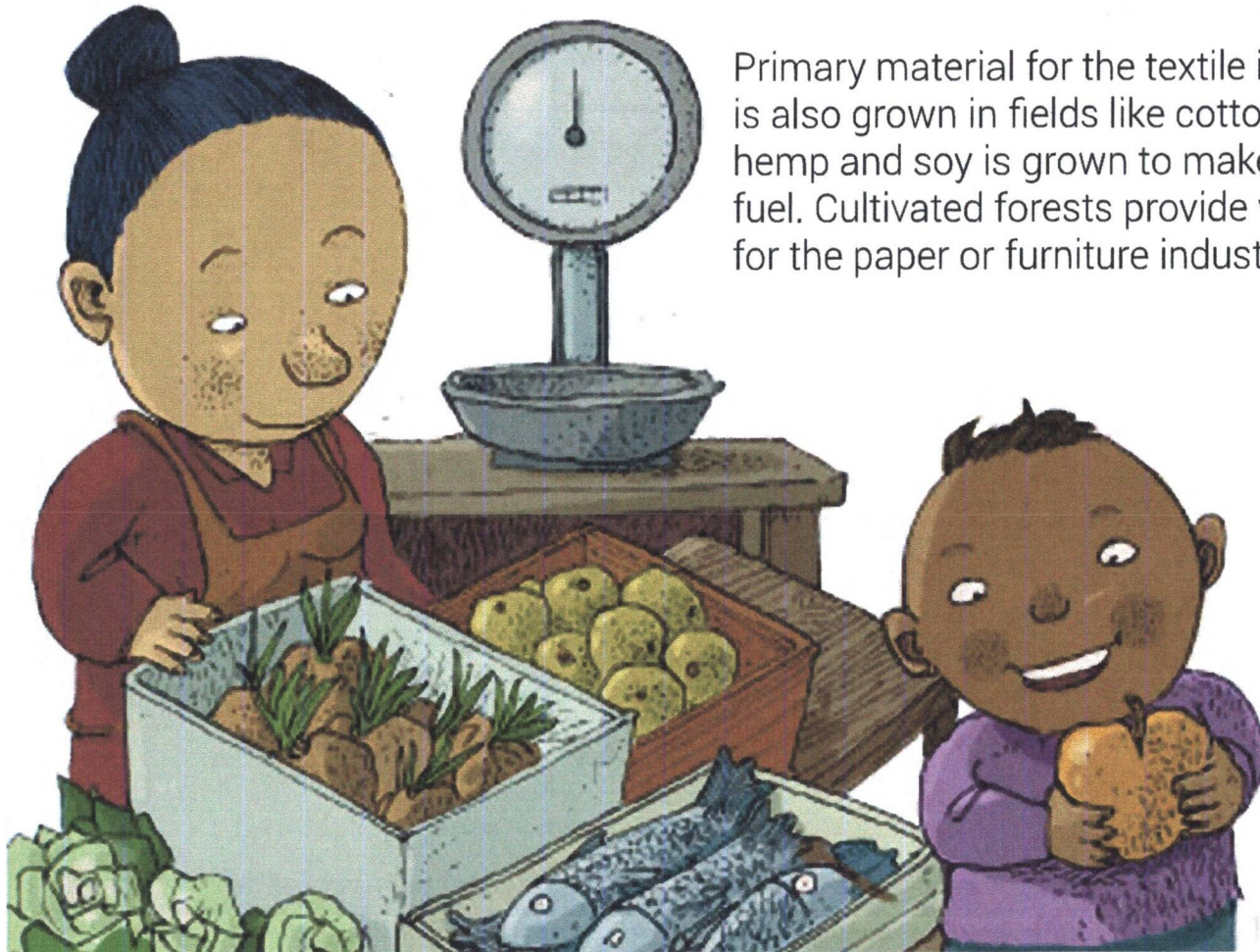
Farm products like fish and meat can be consumed by people that live near farms...
...or they go on long journeys to distant places
...or they are bought by food industries that process them...
...and process them more
...and more.



A large part of agricultural production is destined for animal feed (mainly composed of corn and soy) for livestock.



Primary material for the textile industry is also grown in fields like cotton, linen, hemp and soy is grown to make plant fuel. Cultivated forests provide wood for the paper or furniture industry.



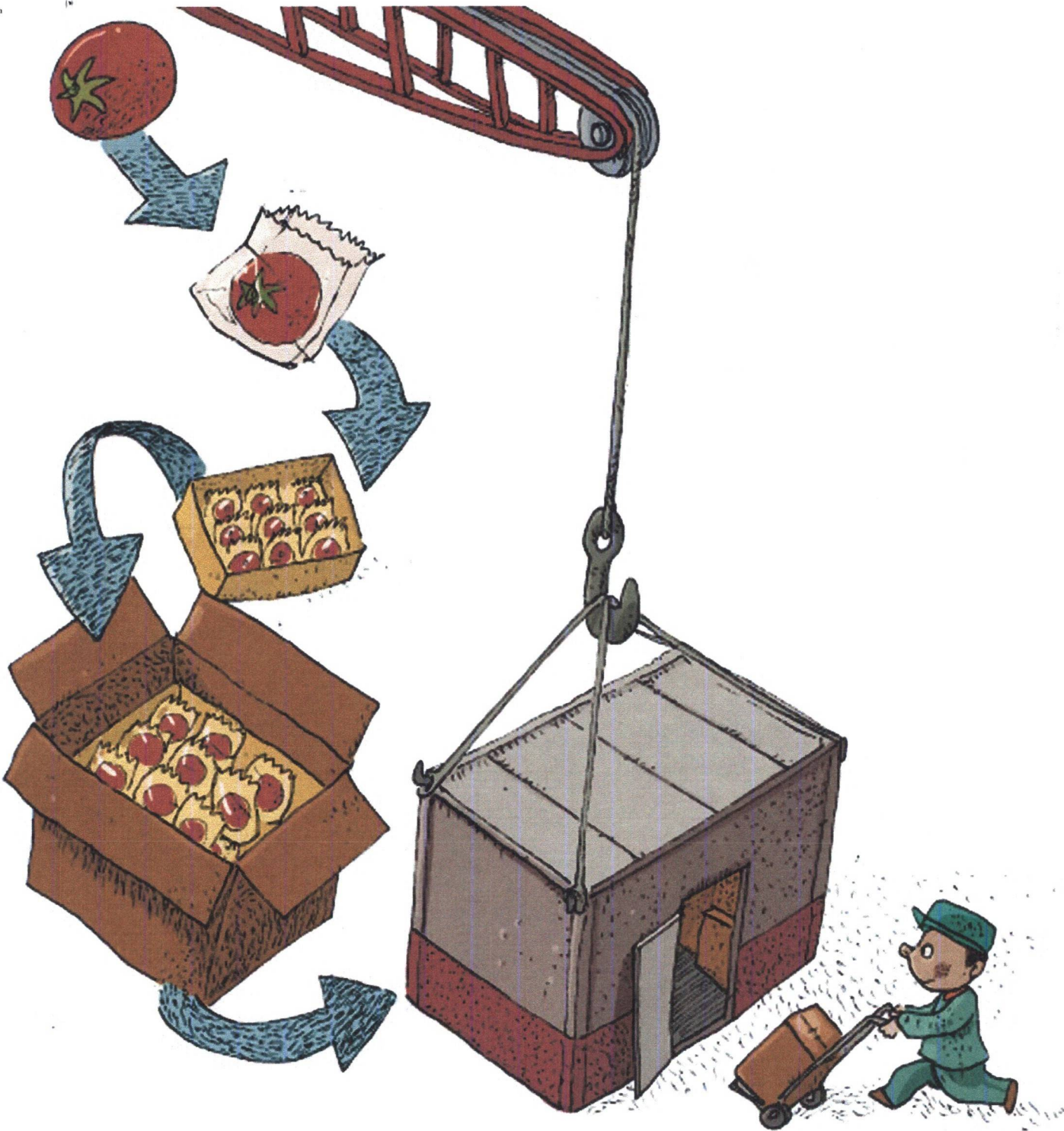
The agri-food system doesn't only deal with food

When products are ready, the distribution phase begins

Fresh produce can travel in simple boxes on trucks to reach local markets, restaurants, hotels or purchasing groups. It is usually already washed but must be washed again and then cut or cooked in order to be eaten. Fresh food doesn't require a lot of packaging, and if the land it comes from is healthy, it's usually even tastier.

Often, however, small-scale farmers suffer losses. They lack modern tools or fridges, or the capacity to predict how their products will sell. If the cost of vegetables drops, for example, it may not seem worthwhile to harvest the fruit or vegetables, and they may be left to rot.

If food products are sent far away, it is washed and packaged even more. Some salads, for instance, are treated with preservatives to keep them fresh. In fact, they can be eaten straight from the packet. It's handy, but food that travels so far is usually not as rich in valuable nutrients as fresh food. And then, what do we do with all the packaging?



Foods that have been processed and are ready to eat are often packaged multiple times. Sometimes packaging takes up more space than the food itself. Long journeys also mean a loss of fuel and water consumption, and a waste of resources.

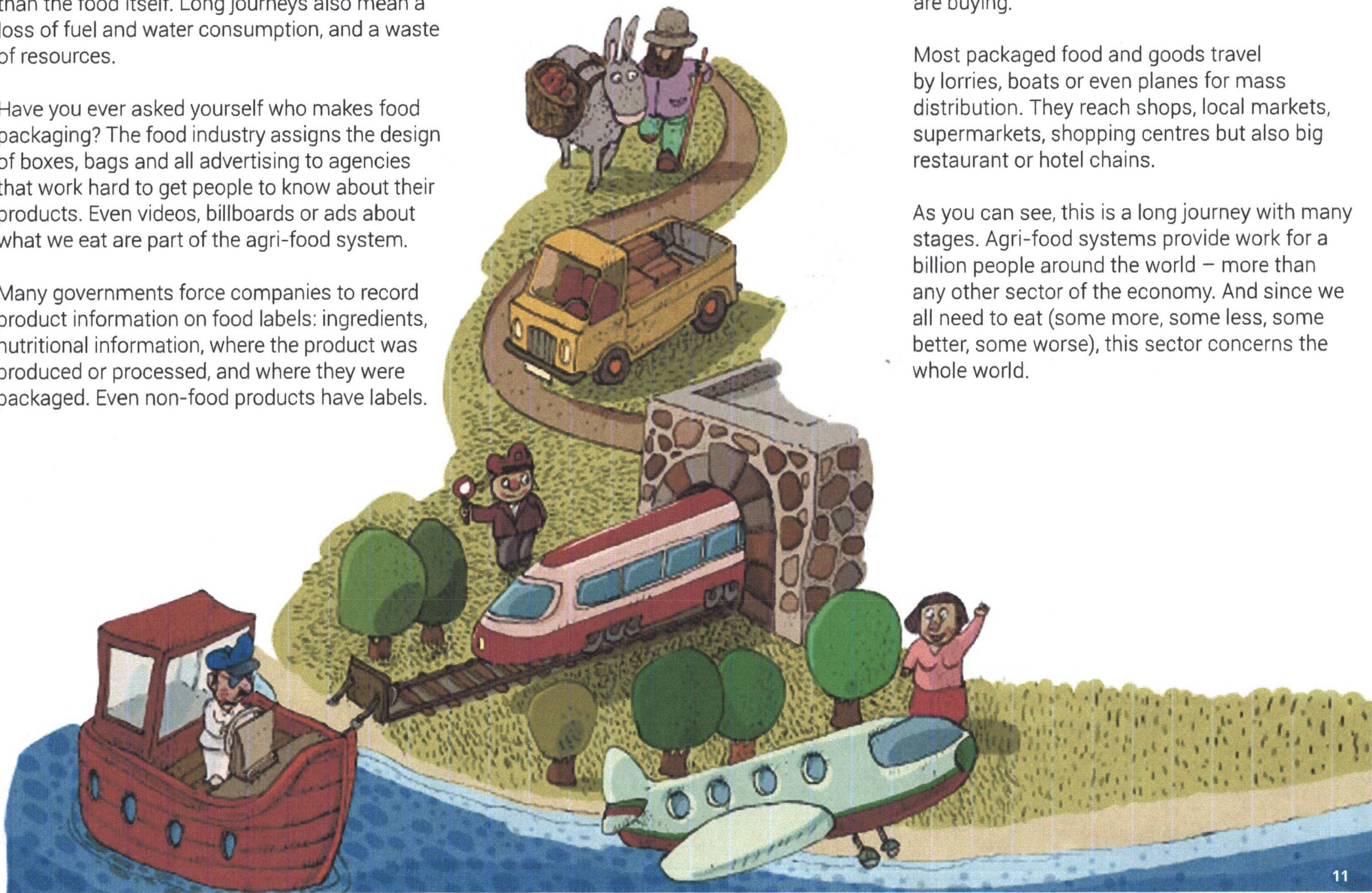
Have you ever asked yourself who makes food packaging? The food industry assigns the design of boxes, bags and all advertising to agencies that work hard to get people to know about their products. Even videos, billboards or ads about what we eat are part of the agri-food system.

Many governments force companies to record product information on food labels: ingredients, nutritional information, where the product was produced or processed, and where they were packaged. Even non-food products have labels.

Paper, for instance, can come from controlled and sustainable tree cultivations. You should read labels carefully to be sure about what you are buying.

Most packaged food and goods travel by lorries, boats or even planes for mass distribution. They reach shops, local markets, supermarkets, shopping centres but also big restaurant or hotel chains.

As you can see, this is a long journey with many stages. Agri-food systems provide work for a billion people around the world – more than any other sector of the economy. And since we all need to eat (some more, some less, some better, some worse), this sector concerns the whole world.





Find three positive and negative examples of an agri-food system and explain why.



We are all connected!

The way in which we produce food affects the entire planet, our natural resources, the way animals live, and the climate. Just consider the fact that we drink two litres of water a day, but 3000 litres are needed to produce what many of us eat on a daily basis.

Right now, agri-food systems are responsible for one third of carbon emissions that cause the greenhouse effect and climate change. Intensive agriculture can occupy a lot of space, destroying the natural habitats of many species. Chemical pesticides reach rivers and lakes, and finally end up in the sea. This has a negative impact on the fishing sector as well.

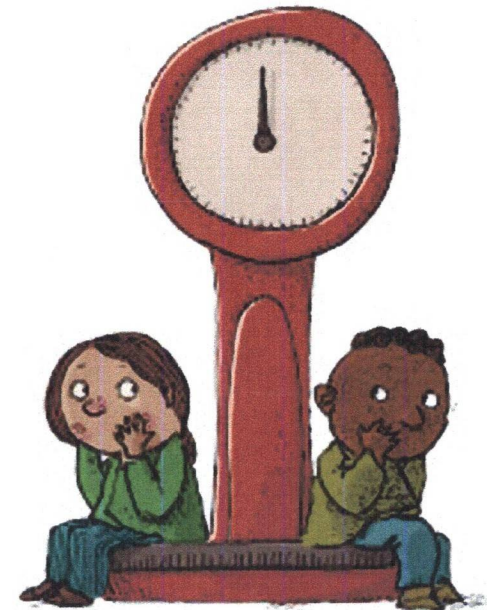


Besides this, the production of fertilisers consumes fossil fuels such as oil, releasing a lot of CO₂ into the air. Intensive animal farming for meat and milk production requires a lot of space and vast areas of cereal farming for animal feed. Did you know that a cow that doesn't eat the right food can create a lot of pollution? Farming animals in a responsible way is fundamental to reducing pollution and using water and other natural resources in a more sustainable way.

Food processing is often a way to limit food waste. After all, cheese, jams, dried fish and meat are ways of preserving food so they last longer. When, however, processing becomes excessive and chemical preservatives are used, the food we eat loses nutritional properties. Food that has been highly processed is not nutritious, even if it seems that way.

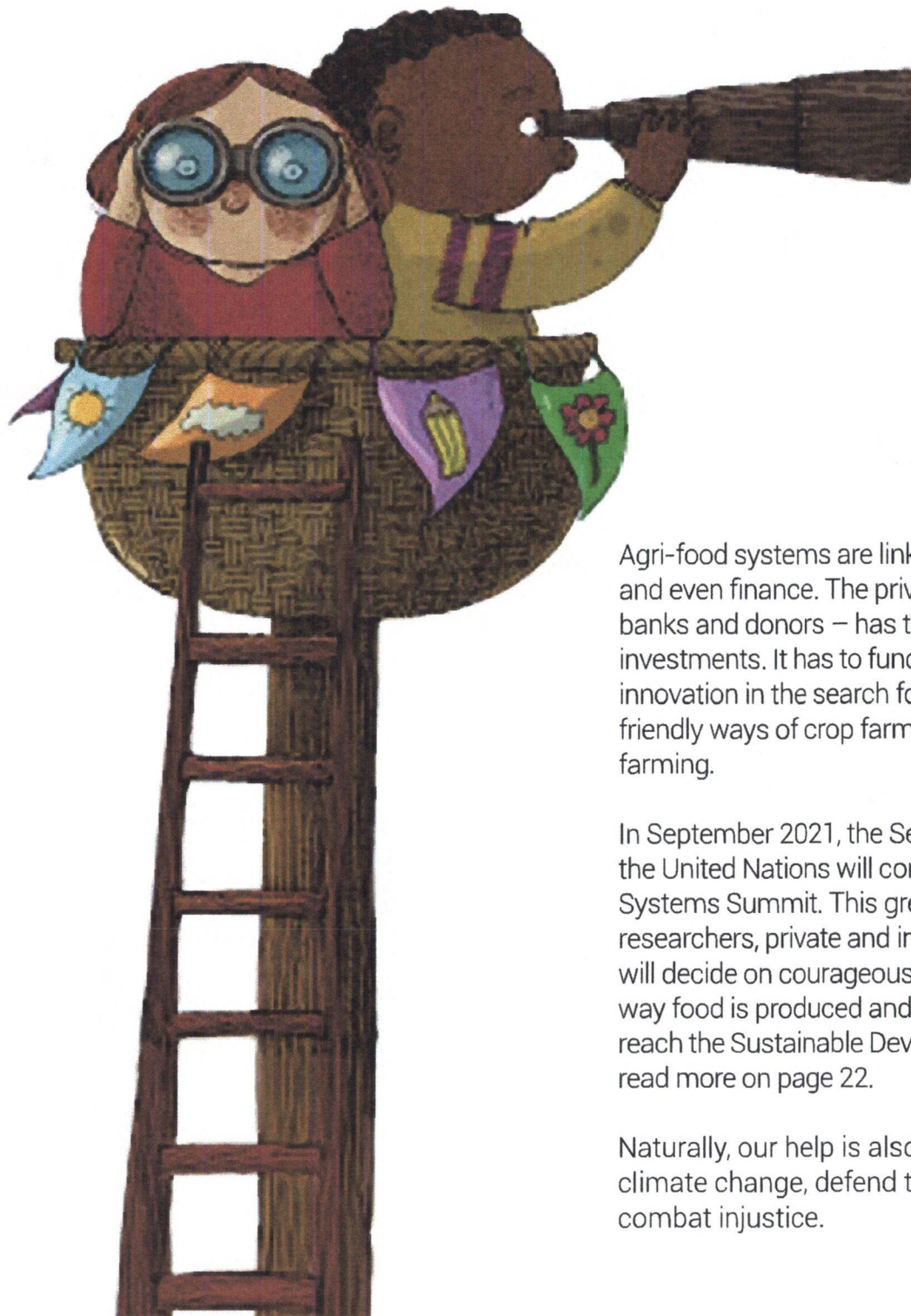
In many cases these ultra-processed foods are made with cheap and unhealthy ingredients that you would never find in your cupboard. When all you can afford is poor quality food, you often get sick and this is very unfair. Today, two billion people are severely overweight or suffer from obesity. Malnutrition, which includes hunger but also obesity, affects more than 3 billion people in the world. FAO is working with countries to reduce this figure to zero.

But what can be done? There are solutions



We need to persuade governments to encourage the sustainable production of affordable and nutritious food by providing incentives for environmentally friendly behaviour and helping small-scale farms. These are, in fact, the most at risk of poverty in the event of natural disasters or emergencies. Small-scale farms produce 33% of the world's food and often don't earn enough. In addition, in poor and rural areas, women are the least paid category of all. It is only fair to support them. Governments need to invest in their education and they should have a say in decisions that concern them.

The COVID-19 pandemic has proven that we all have to work together for change. For example, due to the crisis, small farmers worked even harder than usual to sell their harvests. They only escaped poverty where governments found solutions to support them.



Agri-food systems are linked to health, education and even finance. The private sector – companies, banks and donors – has to make responsible investments. It has to fund sustainable projects and innovation in the search for new and more eco-friendly ways of crop farming, fishing and animal farming.

In September 2021, the Secretary-General of the United Nations will convene the first Food Systems Summit. This great gathering of leaders, researchers, private and international organizations will decide on courageous actions to change the way food is produced and consumed in order to reach the Sustainable Development Goals (SDGs) – read more on page 22.

Naturally, our help is also needed to stop climate change, defend the environment and combat injustice.

Four steps forward

Everyone's effort is needed to change the situation. But how? Where can we start?

There are four key steps: we have to be committed to better production, better nutrition, a better environment and a better life for all.

Better production respects small farms, soils and occurs without waste or unfair labour.

Better nutrition is achieved when a large variety of healthy food is available at the right price: nobody goes hungry and nobody gets sick because of what they eat.

In this way, you create a better environment, where crops don't impoverish the land, biodiversity is maintained and aquatic life respected.

14% of food in the world is lost because of poor harvesting, storage and transport. Another 16% is wasted by sellers, restaurant chains and consumers. Think about all the labour and water that goes into food that nobody actually eats.

It's clear that all of this contributes to creating a better life for all men, women and children - one that is fairer, healthier and more beautiful. An agri-food system that doesn't pollute, in which nothing is wasted and where the rights of workers are respected is a safe and healthy system. It can recover easily from difficulties such as natural disasters or epidemics.

Now, let's get to work! We also have a contribution to make. Do you know who food heroes are? They are the people who dedicate themselves to improving our agri-food systems.

There are food
heroes all
over the world:
you can become
one too.



Our four improvements



For better production

We too, young and old, can influence governments and private companies by buying responsibly, talking about sustainable food at home or at school and educating ourselves. Let's read product labels, pick healthy, fresh, organic, seasonal food, and, if possible, food that is produced close to where we live. Buying is a choice that has an impact on everyone's health and on the planet's health too.



For better nutrition

Let's watch our diet. Ultra-processed foods can be very tasty but they're high in fat, heavy, very salty or far too sweet, and full of preservatives. They don't contain nutritional properties that are necessary for a healthy living. Let's try to have a varied diet without ever forgetting fruit and vegetables. Let's avoid eating too much meat by replacing it sometimes with pulses or an all veggie meal. Let's pay attention to hygiene by washing vegetables and our hands when we eat. And, if we can, let's grow our own vegetables at home or at school.

For a better environment

Let's reduce waste. Keep an eye on what's happening at home, at school or in the restaurants you go to. Learn how to read expiry dates on products. If we see a 'Use By' date on a label, it means that the product can no longer be eaten the day after that. On the other hand, 'Best Before' means that the product can still be eaten the next day even if it's not in the best condition. Try to consume what we buy and only buy what we really need. How is waste managed in our area? If sorted waste collection is not possible where we live, let's to recycle fabrics and containers.



For a better life

Our life only improves together with other lives: those belonging to men and women, plants and animals. This may not be obvious to us at first, but sooner or later it makes sense. We might know and then forget, but a single exceptional event is all it takes to remind us that we really are all part of one world. Food cannot be a source of injustice and destruction because it is connected to everything. It is life, culture and joy. Giving value to what we eat means respecting oneself, others and the planet.



Activities

Do you like writing stories?

Each product has a story. Some of it is written on the label, the rest can be imagined. Try to write a story in which you recreate the journey taken by a food product to reach you. You could even let the food speak for itself.

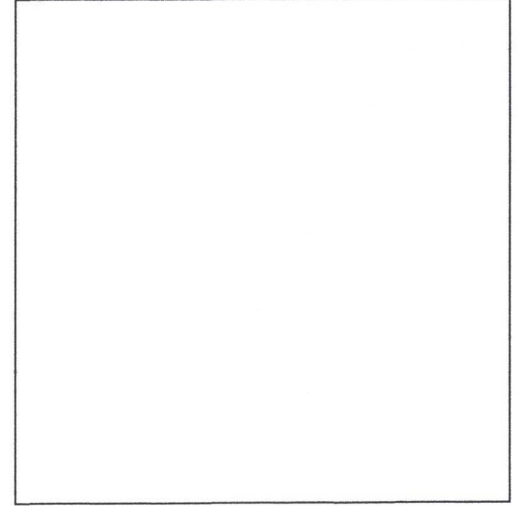
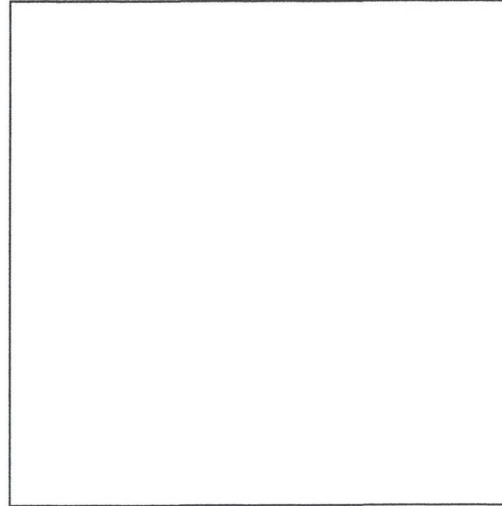
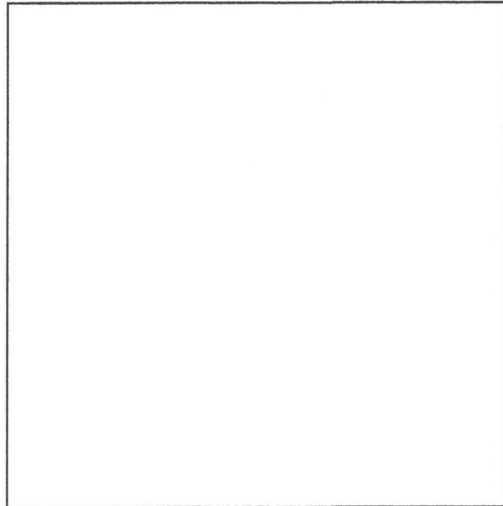
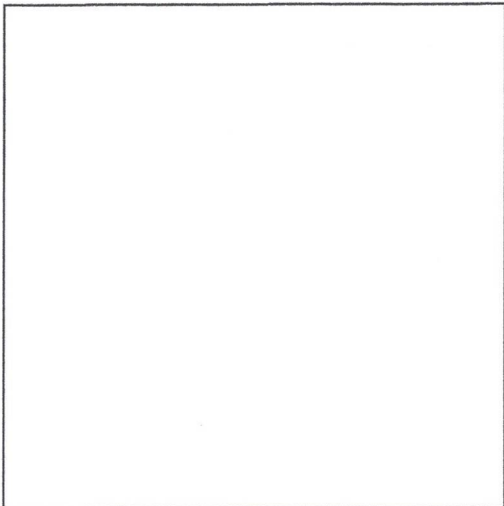
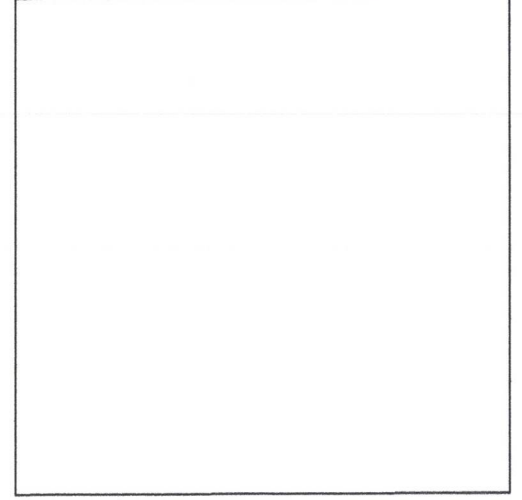
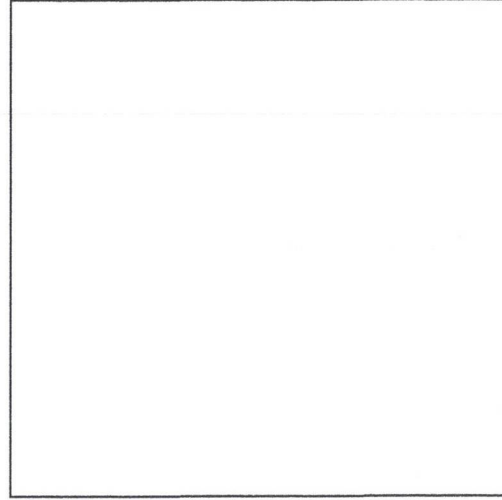
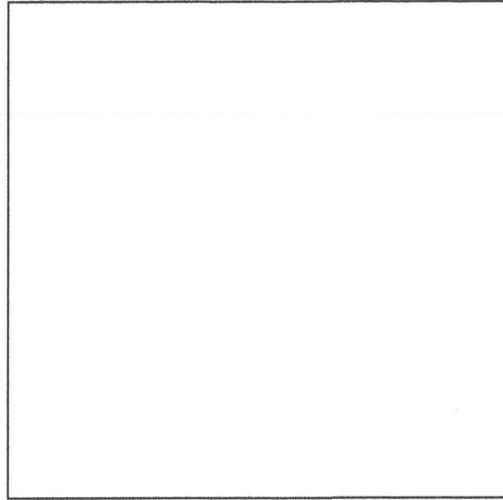
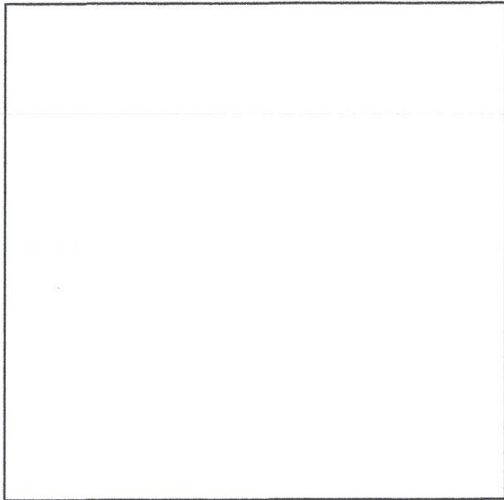
Are you more of a journalist?

If there is a street market near you, why not interview the sellers. Ask them how far their products have travelled. Try to trace it on a map. You could also write an imaginary interview with a carrot or a type of bread. Let them describe their journey from farm to table by themselves.



Or do you prefer drawing?

Imagine the story of a vegetable, cheese, jam or whatever you prefer in the form of a comic strip. (Don't forget that there's a Poster Contest especially for you. See page 3 for more information).



Peter Rabbit Food Hero

As we have seen, #FoodHeroes are dedicated to improving the way food is produced, our diet, our environment and our life. Peter Rabbit is now one of them as #PeterRabbitFoodHero.

By following his example, you can discover how to help the planet by eating more fruit and vegetables. You can also buy food locally, where possible, or grow vegetables at home or at school. There are many actions that can improve the lives of everyone everywhere. Discover more at:

www.fao.org/world-food-day

The United Nations has established 17 Sustainable Development Goals to reach by 2030. As food is linked to the future of our planet, FAO is committed to many of these objectives. A significant milestone is SDG2, Zero Hunger, which we all have to work towards. Zero Hunger means defeating all types of malnutrition: a lack of food but also obesity and other illnesses that are caused by the wrong type of diet.

Find more information on the SDGs here:

www.worldslargestlesson.globalgoals.org



What does sustainable mean?

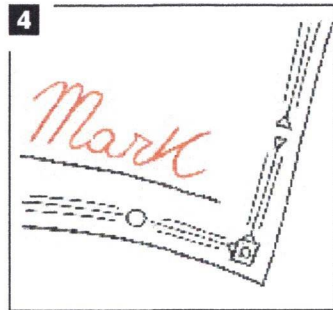
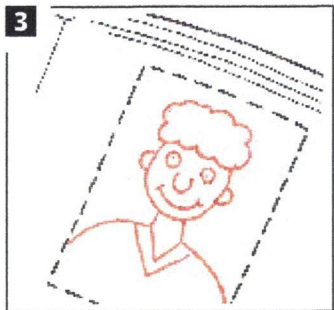
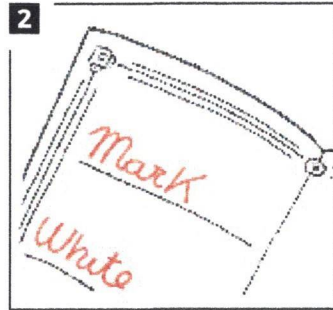
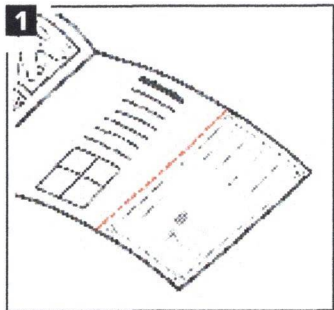
It means that the actions taken to produce a commodity, service or object don't have negative effects on the planet. It means that the Earth's future inhabitants will thank us.

INSTRUCTIONS

Now that you have completed the Activity Book, we want you to become a Food Hero by doing your part.

Follow the steps below to complete your Food Hero Passport:

1. Carefully tear out the passport on the right.
2. Fill in the details on the inner left page.
3. Draw a picture of yourself or glue a photo in the box provided.
4. Take a Food Hero pledge. Choose 1-3 actions to commit to and write them down in the space provided in your passport. Get some inspiration from the actions in this activity book, or think of some of your own! Then sign your declaration.



Remember to fold your passport down the middle

Country: _____

Name: _____

Age: _____

Country: _____

As a **Food Hero**, I commit to:

1 _____

2 _____

3 _____

Sign on the line above _____



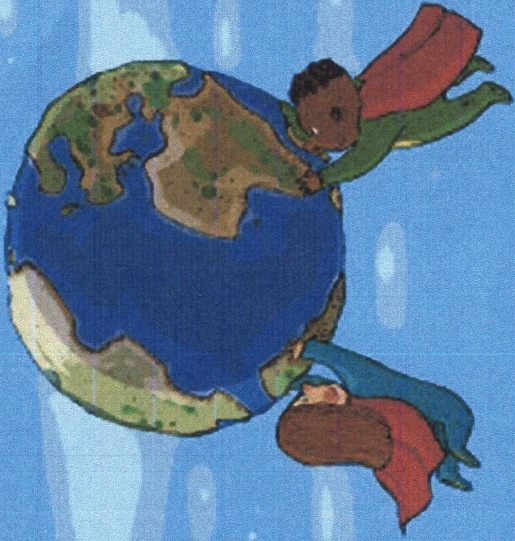
Food and Agriculture
Organization of the
United Nations



With your actions, this passport
will be valid for a sustainable world.

Date . . . / . . . / . . .
#FoodHeroes

www.fao.org



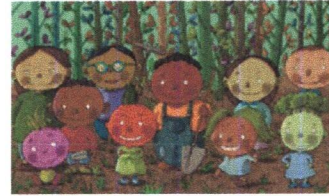
FOOD HERO PASSPORT

Activity Book Series

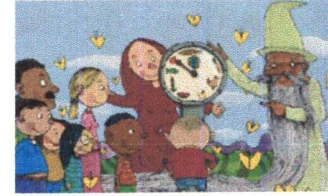
You can download the FAO Activity Book Series on our "Building the #ZeroHunger Generation" portal together with a range of material to support educators and parents in the preparation of activities or classes on important global issues at the core of FAO's work: www.fao.org/building-the-zerohunger-generation



▶ Food Heroes



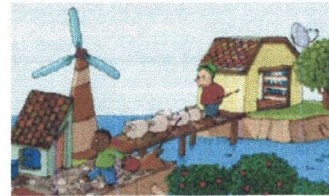
▶ Healthy Plants
Healthy Planet



▶ Eating Healthy Matters



▶ Your Guide to FAO



▶ Change the future
of Migration



▶ Climate is Changing



▶ Working for Zero Hunger

Contact us:

world-food-day@fao.org
www.fao.org

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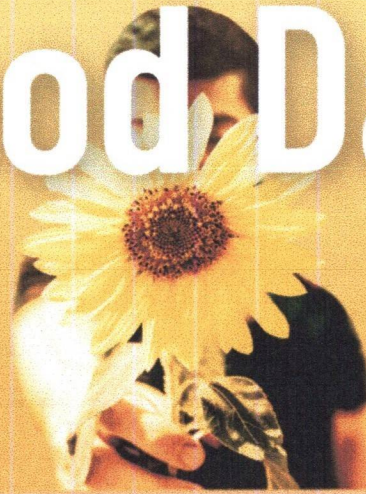
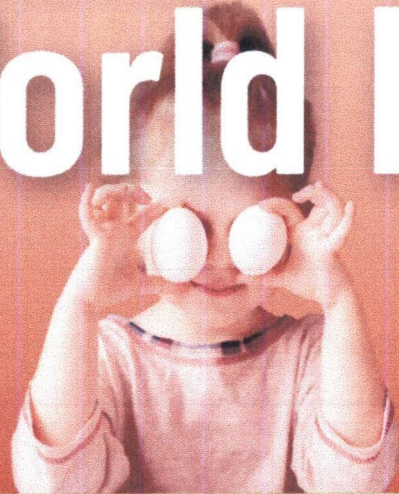


Food and Agriculture
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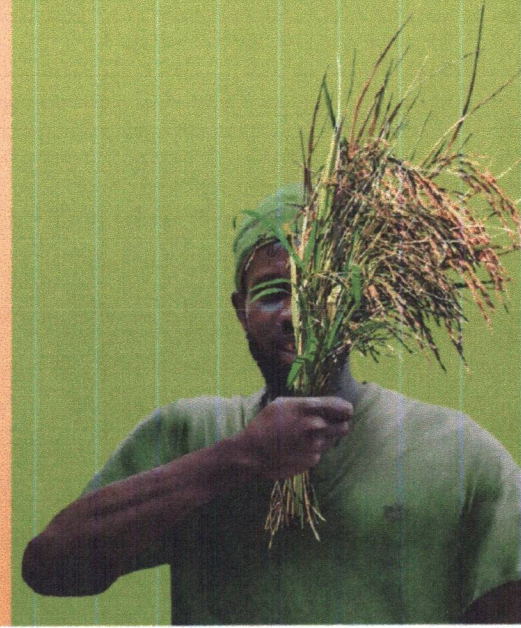
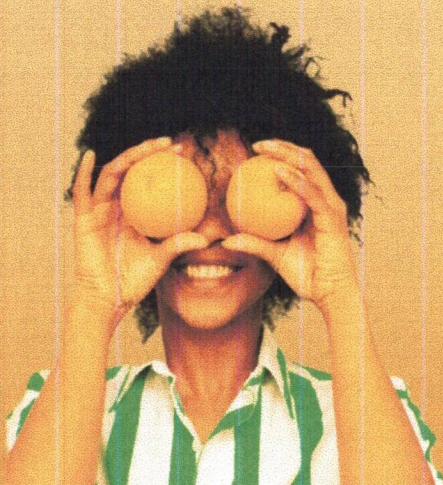


16 October 2021

World Food Day



Get involved!



GET INVOLVED

Tips and actions for individuals, governments, private companies and corporations, schools, civil society and academia and more

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INTRODUCTION

Make World Food Day your day!

Collective action across 150 countries is what makes World Food Day one of the most celebrated days of the United Nations' (UN) calendar. Hundreds of events and outreach activities bring together governments, businesses, nongovernmental organizations (NGOs), the media, and general public. They promote worldwide awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all.

#WorldFoodDay 2021 will be marked a second time while countries around the world deal with the widespread effects of the global COVID-19 pandemic. It's a time to look into the future we need to build together.

Make #WorldFoodDay your day - share your individual action online or join the call by developing a virtual event or activity.

An agri-food system is a complex term that may seem

far from your reality, but do you know our lives depend on them? Every time you eat, you participate in the system. The food we choose and the way we produce, prepare, cook and store it make us an integral and active part of the way in which an agri-food system works.

This year World Food Day is calling for action for better production, better nutrition, a better environment and a better life for all. The way we produce, consume and, sadly, waste food is exacting a heavy toll on our planet, putting unnecessary pressure on natural resources, the environment and climate. Food production too often degrades or destroys natural habitats and contributes to species extinction. Such inefficiency, is costing us trillions of dollars, but most importantly, today's agri-food systems are exposing profound inequalities and injustices in our global society. Three billion people cannot afford healthy diets, while overweight and obesity continue to increase worldwide.

Our actions are our future.

Better production, better nutrition, a better environment, and a better life.

DID YOU KNOW?

More than **3 billion** people (almost **40 percent** of the world's population) **cannot afford a healthy diet**.

Almost **2 billion** people are **overweight or obese** due to a poor diet and sedentary lifestyle. Related health-care costs could exceed USD **1.3 trillion** per year by **2030**.

The world's **agri-food systems** currently **employ 1 billion** people, more than any other sector.

Smallholder farmers produce more than **33 percent** of the **world's food**, despite challenges, including poverty and a lack of access to resources including finance, training and technology.

Globally, **20 percent more women** than men aged 25-34 live in **extreme poverty**, and more than **18 percent** of **indigenous women** live on less than USD **1.90** a day.

The **world's food systems** are currently responsible for more than **33 percent** of global anthropogenic greenhouse **gas emissions**.

14 percent of the **world's food is lost** due to inadequate harvesting, handling, storage and transit and **17 percent** is **wasted** at consumer level.

55 percent of the world's **population** resides in **cities** and this **will rise to 68 percent** by **2050**.

10 percent of people are affected by **unsafe food supplies** contaminated by bacteria, viruses, parasites or chemical substances.

Climate change affects the **rural poor, agricultural yields and productivity**, and can contribute to changing nutrient composition of major staple crops, including decreases in proteins, and some essential minerals and vitamins.

Biodiversity is suffering and **soils are being degraded** as a result of intensified agriculture, a growing consumption of resource-intensive foods, and the conversion of natural ecosystems for crop production or pasture.



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LET NATURE BE YOUR TEACHER

Solutions exist and this guide provides actions for individuals, youth, governments, farmers, private companies, civil society, research organizations and academia can do to contribute to the transformation of agri-food systems.

Nature works tirelessly on our behalf providing us with our essential needs - water, food, clean air, medicine, and materials for shelter. But the way we produce, consume and waste food is putting unnecessary pressure on natural resources, the environment and climate. It's time for us to learn from nature and work with it, not against it.

Agri-food systems are like ecosystems in that everything is connected but we need to make choices

and actions that help them develop a better synergy. People from all walks of life, their livelihoods, our health and that of our planet need nurturing to thrive.

Trees clean our air and cool our cities, but they also work as a community. They communicate with their roots and share resources, like nutrients for food. As a global community, we each have a role to play in the transformation of agri-food systems - from governments to private companies, farmers, civil society, academia, and all individuals, including youth! Together we can empower each and every element of our agri-food systems to collaborate more fairly, sustainably and inclusively from farm to table, and beyond.

We can all learn from nature by acting with nature.

- What can you do?
- What can governments do?
- What can the private sector do?
- What can farmers do?
- What can academia do?
- What can civil society do?

HOW TO PARTICIPATE

Organise an event

Whether you are a government representative, private company, civil society organization (CSO), nongovernmental organization (NGO), academic institution, youth group or even an individual, start planning your World Food Day event! Add your voice to the call for action made through hundreds of events worldwide and raise awareness of the need for better production, better nutrition, a better environment and a better life for all. It could be a work, school or university event, a marathon, concert, tree planting ceremony, public lecture, cooking demonstration, panel or round table. Use the material available for download in the [Communications Toolkit](#).

You can be a food hero!

We want to hear stories about the actions you have taken to follow a sustainable healthy diet or show your appreciation to food sector workers. Share them on social media using #FoodHeroes and #WorldFoodDay and tag us @FAO. You can start by choosing healthy food to support greater production of these foods, wasting less food, buying local or seasonal, or adopting a more sustainable lifestyle by preserving the Earth's natural resources. Get inspiration from the actions provided in this guide.

Engage the young generation

Inspire youth to be change makers and advocates for a world where everyone has access to enough nutritious food! Share the [Activity Book "Our actions are our future"](#), to teach youth about the fascinating world behind food and agriculture and how their choices and actions can influence how it works. Encourage youth to complete the learning exercise by joining the [Poster Contest](#), or even hold a local poster competition, encouraging all entrants to take part in the global contest by 5 November 2021. This year, Peter Rabbit has joined the Food and Agriculture Organization of the United Nations' (FAO) #FoodHeroes and he is [calling on youth](#) to become food heroes like him.



Bring World Food Day to your town or city

Governments, municipalities, outdoor advertisers, retail and transportation companies can help spread the call for action by displaying the World Food Day visual or promo video on billboards and digital screens across metro lines, in high-visibility city spots, at shopping malls and airports. Read more tips about what you can do in our [Partner with us brief](#). FAO has worked with municipalities and private companies to promote WFD on a pro-bono basis, in cities around the world like New York, Mexico City, Jakarta and Juba.

Mobilize the public and involve the media!

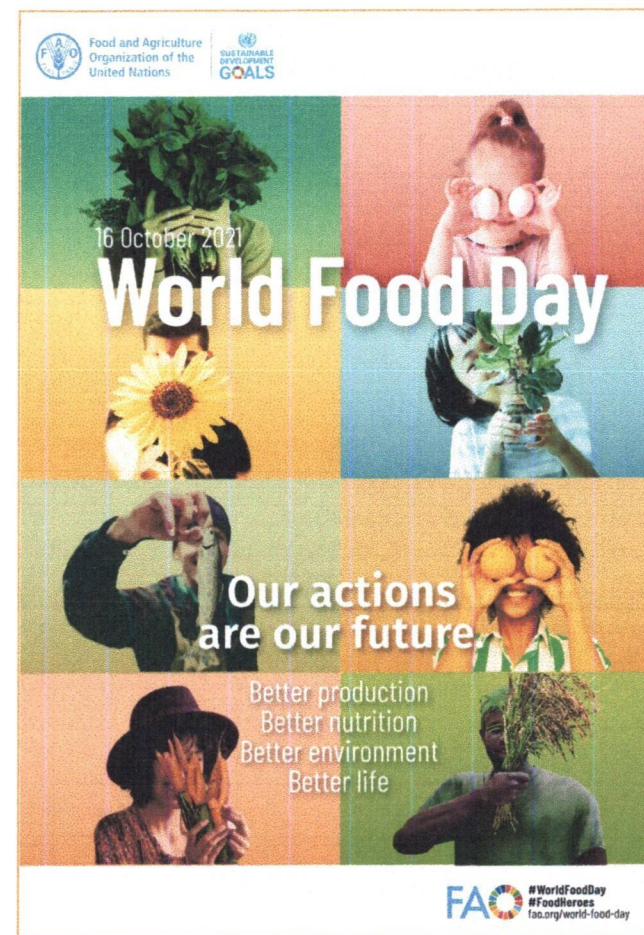
Spread World Food Day messages with media contacts, on radio or TV talk shows, discussion panels or call-in shows, at press conferences, or during media briefings. Share ideas with the World Food Day team as to where you hope to promote World Food Day material and we will produce it in the language you need.

Use the World Food Day visual

Download the World Food Day poster and share it on your website, or even as a background while using virtual conferencing apps. You can also update your website with the [World Food Day 2021 button](#) and link it to the [World Food Day website](#) or even produce a range of gadgets including t-shirts, caps, mugs and bags using our free graphics. Remember to use the visual as much as possible across your events and activities, even online, and download the backdrop or [event banner](#). If your event already has a visual identity, you can merge it with the World Food Day ribbon.

Spread the word

Inform, educate and engage audiences with real facts. Join the #WorldFoodDay campaign by sharing our free material on digital channels. Identify and engage with local and national digital influencers in the food and development sector (bloggers, actors, popular public figures, photographers, chefs, and experts) to amplify our messages around sustainable food systems and a Zero Hunger lifestyle. This is also a time to express our appreciation to #FoodHeroes online - those who, throughout the crisis, have made sure that food makes its way from the farm to your table.



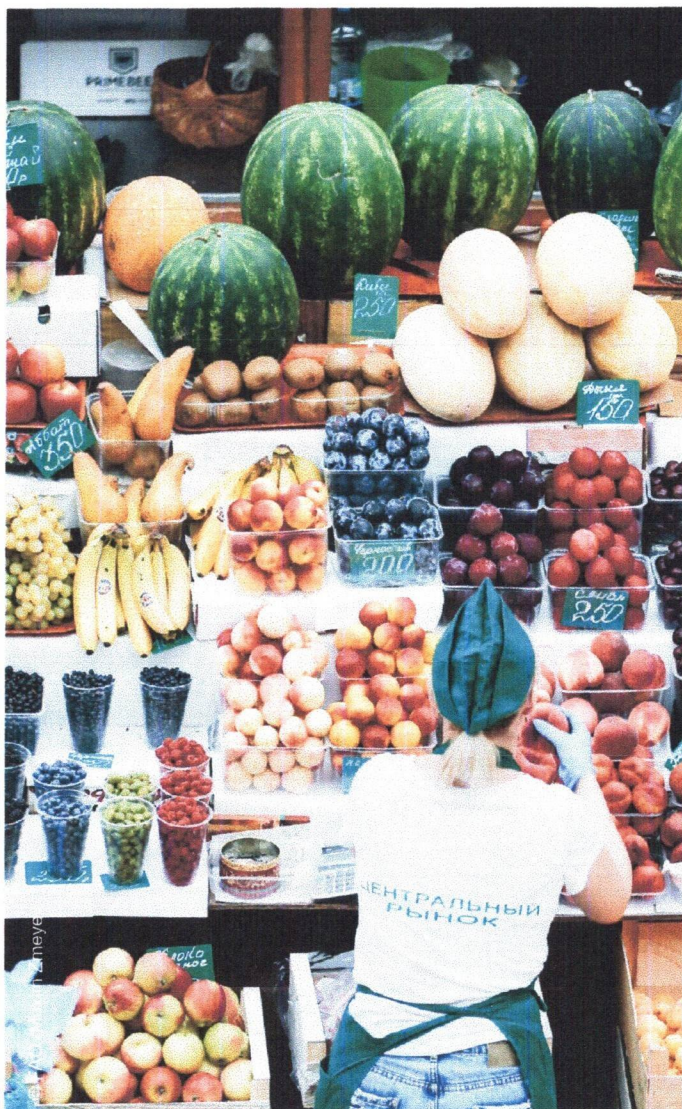
Let us know about your World Food Day event!

As you can see, there are a lot of ways to celebrate World Food Day. Remember to tell us about your events or efforts to promote the global campaign by uploading the details on our Events web page from August 2021. Send us photo highlights of your event once it takes place so we can feature them in the [World Food Day Flickr Album](#). All high-resolution photos should be accompanied by photo credits and information about the event so we can publish them. Get inspired by having a look through the [outreach activities](#) carried out last year.

Remember to use the campaign visual as much as possible in your events and activities! If you already have a visual for your event, you can always incorporate the World Food Day ribbon. [Write to the WFD team](#) if you need it for your own event or wish to distribute it to partners.

Take action!

INDIVIDUALS



Billions of consumers worldwide need to shift old consumption patterns in order to transform food systems for the better. Change is in our hands. We can work with nature and influence what the market provides by opting for nutritious and environmentally and socially responsible products. This puts pressure on governments to design greener, more sustainable policies, promote better production, while motivating greater investment in sustainable healthy diets. Here's where you can start.

Choose healthy diets

We need to choose health at every step of the food system. Start with your own! Protect it by choosing diverse and nutritious foods. Just as variety supports biodiversity, a varied and balanced diet benefits your body and mind. Add fruits, vegetables, legumes, nuts and wholegrains to your diet and reduce ultra-processed foods that are high in salt, sugar or fats. Learn how to read food labels in order to choose wisely.

Choose sustainable

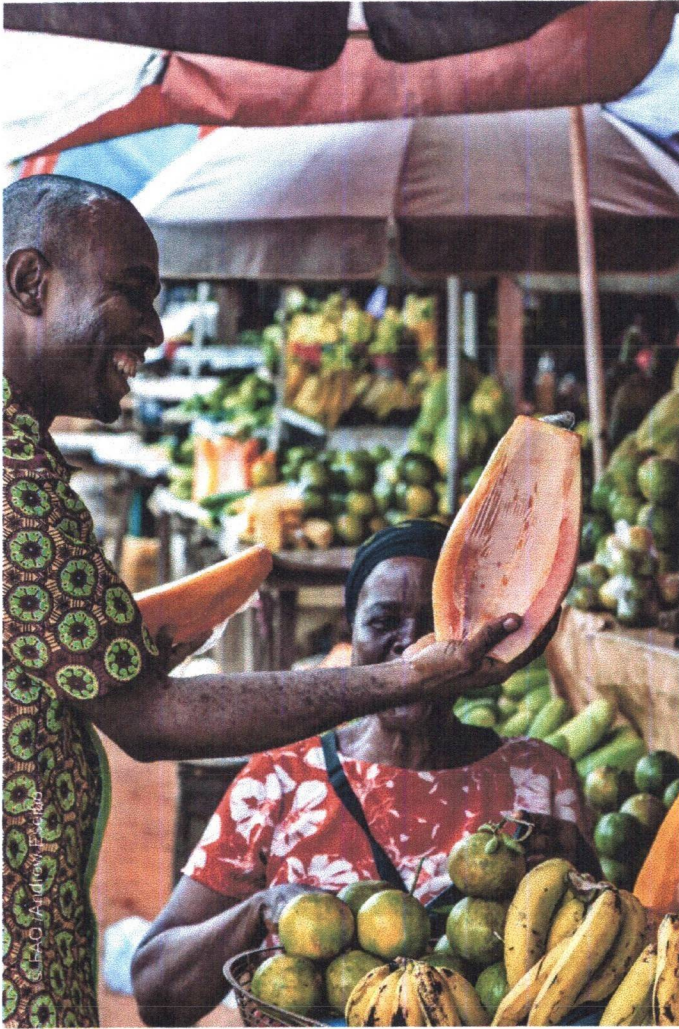
Bees and other pollinators contribute to the world's agri-food systems. Let's learn from them and make a positive contribution ourselves. Start by making sustainable food choices that consider the environmental impact of the foods we eat. Choose seasonal and local fruits and vegetables, foods that require less water or other natural resources to produce, or meat or fish that is produced or caught using sustainable methods. And avoid foods with too much packaging!

Reduce food waste

Buy only what you need and use it all! When we throw food away, we waste the water and energy used to produce and transport it, and also add to greenhouse gas emissions. Try to improve food storage and meal planning at home and make pickles or jam preserves with fruit and vegetables you haven't consumed.

Recycle like nature

Nature never wastes! Water is always in constant motion in a natural cycle between the Earth and atmosphere. Learn from nature and try reusing water at home, for example you could use the water that cooked vegetables, or even rainwater, to water or nourish your plants. You can also put nutrients back into the soil by composting raw or cooked foods you can no longer eat. Try composting if you have a garden or look into local composting schemes.



Support small food producers

Choose short, inclusive value chains that connect producers to consumers and nurture ecosystems. Look out for [Geographical Indication \(GI\)](#) and [Mountain Partnership Product \(MPP\)](#) that support food producers. These initiatives make certain unique foods and products more widely available, increasing their value and – in turn – the incomes of smallholder producers. You can also shop at local farmers' markets that often promote biodiversity and local varieties.

Add some green to the scene

Creating green spaces in window boxes on your balcony or in your garden helps cities to breathe. Large green spaces create shade and they also clean the air, cool the city and reduce water pollution. Growing food is also fun and a way to learn about plants and appreciate them, while improving your diet! No space? Get involved in a local community garden. Nourish the environment and your community.

Dress sustainably

Agri-food systems don't only produce food! They also produce fibres such as cotton and wool. Be sustainable in the way you dress. Support fashion and brands that are socially responsible and research brands before buying. Are the clothes produced sustainably? Do the companies respect workers' rights? Does the company give something back to the community? You can also donate old clothes to charity and buy second-hand to support a zero-waste style.

Share knowledge and information

Speak up and share knowledge and information online. Get more people to care about how our food is produced and how this affects our planet. Raise awareness about better nutrition and openly support restaurants or private companies that are making genuine efforts to be #FoodHeroes.

Youth

Learn about the fascinating world behind food and agriculture in the [World Food Day Activity Book](#). Follow the journey of food from the farm to your table and the great efforts food heroes make to get it there, no matter the circumstances. And find out how your choices and actions can make a difference. No matter your age, you can be a food hero!

Take action!

PRIVATE COMPANIES AND CORPORATIONS

Private companies need to be socially responsible and support public health goals. From following national food legislations, priorities and guidelines to transforming operations and approaches. Private companies can help to produce or promote nutritious and safe foods at an affordable price for all, contributing to sustainable healthy diets. Here is a list of actions that different sectors can adopt.

Go sustainable

Sustainable sourcing means that companies are mindful of their impact on the planet's natural resources. They need to embrace transparency every step of the way by being socially responsible environmental leaders. Food manufacturers can collaborate with farmers to reduce the environmental impact of food systems. They should favour food products or ingredients that are sustainably produced using innovative, climate smart methods.

Put sustainable healthy diets on the menu

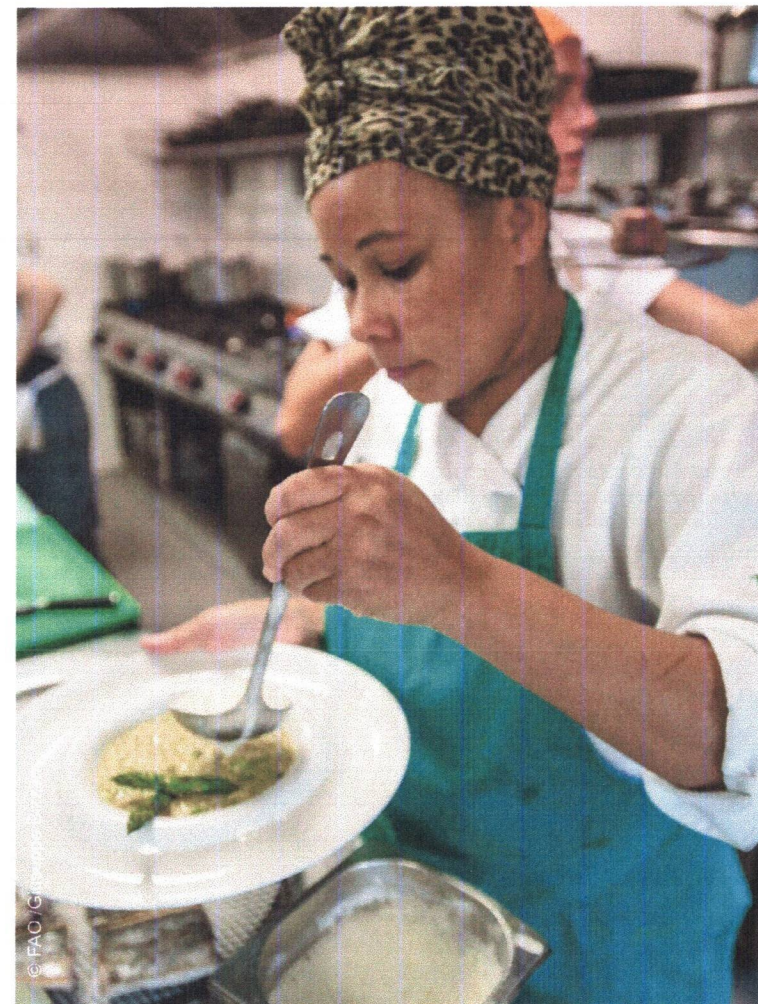
Restaurants and online food outlets need to highlight nutritious and sustainably produced foods on menus. Food manufacturers and the catering industry can also improve food safety and quality along the food supply chain. They should consider the impact of chemical inputs used to ensure high productivity or prevent disease on human and environmental health at every turn.

Make nutritious food available and affordable

Malnutrition is not simply a lack of food, it is a lack of nutritious, diverse food that can lead to hunger, obesity, deficiencies in vitamins and minerals and more. The catering industry and food manufacturers need to limit levels of saturated fats, trans fats, added sugars and salt in food products. This means reformulating products, where necessary, and ensuring that a variety of nutritious foods are available at an affordable price to benefit everyone.

Be responsible

Food companies need to be transparent and make product and nutrition information clear to customers. How? By providing front-of-package labeling schemes, promoting healthy food choices and marketing products in an honest way. Media awareness campaigns on TV, radio, billboards, magazines and digital media should focus on nutritious and sustainably produced foods, highlighting the benefits of healthy diets for all.



Package well

Companies need to use packaging that increases food safety and a longer shelf life, while respecting the environment. Food packaging should not be excessive and should be produced using biodegradable or recyclable materials. Scientists are even discovering ways of using foods like corn to produce robust packaging. Responsible packaging helps to limit the huge amount of waste added to landfills worldwide on a daily basis.

Reduce food waste

The hotel, catering and hospitality sector has a big role to play in reducing food loss and waste. They can change how they manage food from sourcing to production, leftovers and waste. Donating healthy and nutritious food surplus to charities and food banks, for example, is a win-win situation. Other sustainable options include using leftovers or non-edible food waste for animal feed or turning food waste into energy.

Bridge the Gap

Women and youth are often underpaid and excluded from decision making, yet they are key global players in agriculture and food security. Agri-food systems need to and protect women, youth and other economically marginalized communities and provide secure livelihoods. This requires better access to finance, information, training and social protection. Companies can help close the digital gap by sharing innovative technologies with all types of smallholder farmers. Knowledge can improve the food supply chain increasing resilience, reducing food and nutrient loss, and food waste.

Reach out

Work with FAO and other global businesses to build a future where everyone has access to a sustainable healthy diet. Support efforts by governments to implement the [Voluntary Guidelines On Food Systems and Nutrition](#) offered by the Committee on World Food Security (CFS). This is the most inclusive international platform for coordinated action hosted and co-funded by FAO. It allows stakeholders to work together to ensure food security and nutrition for all.



Partner with us

World Food Day's global impact would not be possible without a network of strategic partnerships with cities, TV stations, outdoor advertisers, transport networks, retail outlets, airports, shopping centres, etc. These partnerships involve an exchange of visibility, co-marketing, and the sharing of communication resources, all with the aim of bringing important messages to a broader audience and calling for action. It's a win-win situation – partners broaden FAO's audience, and they get to showcase their support for one of the most celebrated days in the UN calendar.

Every year FAO works to increase the number of organizations and companies that collaborate with us to make World Food Day the global campaign that it is.

Read the [Partner with us](#) note for a visual overview of the campaign, how you can collaborate with us and what World Food Day can offer you.

Examples of how we can collaborate, or exchange visibility could be:

- adding your logo to the World Food Day promotional video that is screened on your TV station or advertising space;
- co-marketing of an event (join over 400 events in 150 countries), through FAO's and your marketing channels;
- exchange of logos or visual identities on key communication materials - for example branding of a World Food Day product with your logo (poster advertisement, promotional video, children's activity book or video animation) or of your event or company product with the WFD visual identity;
- making use of each other's social media - our powerful social media presence exceeds 5.7 million followers!;
- we recognize the efforts of our partners by featuring your brand on the corporate [World Food Day website](#), the central location for all WFD activities; and
- take advantage of many other branding opportunities: free downloadable WFD communication materials in seven languages and graphic and communications support provided by our team of experts. We can provide a poster or video advertisement in the language you need!

Get inspired by having a look through the outreach activities carried out last year in the [highlights of WFD celebrations](#).



Take action!

GOVERNMENTS AND INSTITUTIONS

Better policies and legislation, investment and good governance can build nature-friendly, sustainable agri-food systems that are more inclusive and resilient. Governments and institutions can make healthy diets a reality for all through a strategic, integrated and inclusive approach across sectors. Innovation, indigenous knowledge, women and youth all have a role to play in achieving a greener, fairer and better world for all.

Design better policies

In nature, everything is connected. Governments should focus on efficient, evidence-based policies that benefit people and the planet. They should consider the links between the many areas influenced by agri-food systems – agriculture, health, education, environment, trade, and employment, to name a few. This approach helps to pool resources, formulate common objectives and avoid duplication.

Invest and incentivize

By increasing investments to end hunger, doubling the incomes of small-scale farmers and limiting agricultural emissions, governments can create more efficient, resilient, inclusive and sustainable agri-food systems. Farmer incentives are a good way to encourage the adoption of sustainable agricultural practices and foster a bottom-up approach to sustainability.

Practice good governance

When institutions and governance are strong and transparent, effective joint action during crises becomes a reality! During the COVID-19 pandemic, coordinated responses of public, private and charity partners provided healthy food to vulnerable people in several cities around the world. Inclusive governments make change happen by nurturing dialogue with various stakeholders. Give smaller enterprises and producers, marginalised and indigenous peoples, women, and community groups a voice.

Foster biodiversity

Diversity is the very essence of life. Agroecology is a sustainable, resilient and innovative way of farming that champions biodiversity. Agroecology and climate smart production practices that respect biodiversity need to be at the heart of government policy-making. Governments need to find a balance between land that is dedicated to food and nature to nurture people and the planet. Restoring forests on spared farmland, for example, improves soil quality by stopping soil erosion, combats climate change and revives native ecosystems.





Nurture nutrition

Good nutritious food is often more natural and environmentally friendly. Governments need to encourage the private sector to offer healthy food choices that are produced sustainably and avoid excessive processing. New regulations and initiatives need to support national food-based dietary guidelines and increase nutrition awareness, education and culinary skills. Some examples include clear front-of-package food labelling, the promotion of exclusive breastfeeding, and where necessary, product fortification.

Grow greener cities

Already consuming up to 70 percent of the world's food supply, cities need to be sustainable development hubs. Governments need to build cities that boost rural-urban ties, promote urban agriculture and biodiversity, host wide green spaces and offer fresh food markets, while reducing food waste. By planting trees or supporting community gardens through grants, municipalities can foster a sense of community, connect people to nature and improve diets.

Waste less

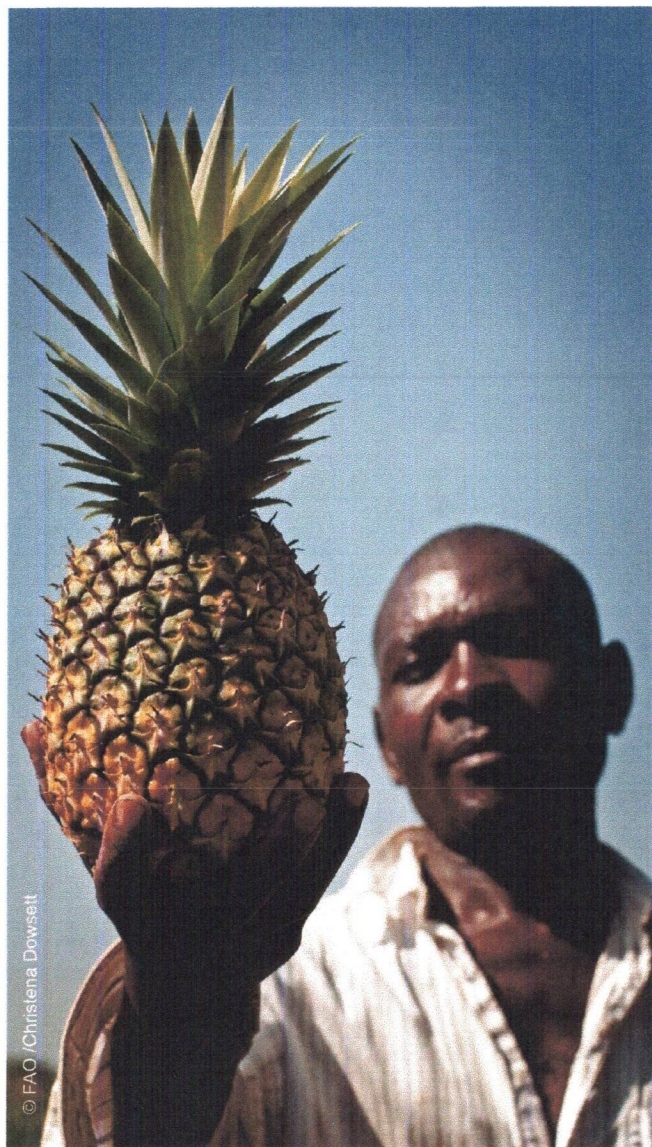
Around 14 percent of the world's food is lost before it reaches the market. Governments can invest in storage facilities, roads, markets and market information systems to minimize post-harvest food loss. They can also empower supply chain workers with better tools to tackle waste – access to logistical support, affordable technologies and training. Efforts to reduce food waste involve building consumer awareness and ensuring that private companies manage waste responsibly.

Sow the seeds of knowledge

One tiny seed can go a long way. Just as seed banks preserve priceless information and resources for our planet's future, knowledge and research is vital for evidence-based decision making. Governments must invest in national statistical and monitoring systems, and the capacity to analyse information. [FAOs Geospatial Platform](#) and the [Data Lab for Statistical Innovation](#) are good examples of how big data on food, agriculture, socio-economics, and natural resources can come together. The result? Informed decisions based on a more sustainable approach to nature.

Take action!

FARMERS



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Men and women in agriculture, fisheries and forestry are our primary sources for nutritious foods. As guardians of the planet's natural resources, their decisions lie at the roots of transforming agri-food systems. Innovative technologies and training, finance, incentives and social protection can help farmers to provide sustainable healthy diets locally and globally. Here are some actions farmers can consider with the right support.

Stay informed

Diversity makes agri-food systems and peoples' livelihoods more resilient and adaptable to crises, such as climate change. Farmers can build resilience by learning about nutrition, biodiversity and different farming techniques. Engage in dialogue and participate, if possible, in agricultural extension services or farmer field schools. Keep an eye out for opportunities and government incentives that support a diverse production of nutritious foods such as fruits, vegetables, legumes and nuts, possibly offering more harvests and security.

Be green

Try to be environment-friendly and use natural resources more efficiently and adopt sustainable agricultural practices that respect biodiversity. These practices can provide better protection against climate change. Some examples are: crop rotation, increased crop diversity, use of cover crops, no-till and reduced-till systems, integrated pest management, integrated crop-livestock-forestry systems, sustainable agroforestry practices, and precision farming. Going sustainable is not always easy at first. Look out for government incentives that can help lead the way.

Diversify and integrate

Foster different combinations of Integrated Crop-Livestock-Forestry-Fishery Systems and Integrated Farming Systems. These can help to produce a variety of products – food, energy, fiber, timber and non-timber forest products – in the same area, at the same time, or in rotation. The benefits? Reduced risk and costs, better production and economic benefits. Such practices have the potential to make farmers and the environment more resilient by reducing soil erosion and the impact of extreme weather.

Unite for change

Joining farmers' organizations or cooperatives is a great way for smallholder farmers to empower themselves. These initiatives provide technical assistance, access to training or finance and digital technologies. They also give farmers a voice in policy-making. Embrace the voices, ideas and knowledge of others who often go unheard – women, youth, and indigenous people. By being open to innovation and sharing new ideas with other farmers, you can be a change agent. Speak up in your community or on the media to promote change.



© FAO /Alessandra Benedetti

Go digital

Visit the [FAO Digital Service Portfolio](#) for useful data, information, maps and statistics. This cloud-based platform has over 80 000 registered farmers who receive information and services. The E-Agriculture Community of Practice offers capacity development and collects best practices in digital agriculture.

Protect soils

Healthy food comes from healthy soil. Our soils generate most of the food we eat. This means that soil is one of the main building blocks of food security. Make soil health a priority by consulting the [FAO Voluntary Guidelines for Sustainable Soil Management](#). Improve water management to maintain biodiversity and nutrient balance, reduce erosion and promote carbon storage and sequestration. Restore degraded pastures by planting native forage or grass, or introduce trees to avoid soil erosion.

Reduce food loss

Farmers can increase their income and reduce consumer prices by tackling post-harvest losses. Examples include, harvesting at the right time, improving storage, learning about best practices and appropriate technologies. Forecasts and analytics – combined with technologies to build climate resilience and pest resistance – go a long way. They help farmers to produce exactly what is needed. Not only does this reduce food loss, it also avoids wasting the water and energy used to produce surplus food.

Be climate smart

Climate change threatens the most vulnerable. Without the right tools to adapt to global warming, food insecure people are at risk of hunger. Farmers can strengthen agri-food systems at their roots by supporting Climate-Smart Agriculture. This promotes the sustainable use of natural resources such as soil and water. By considering seed varieties that are more resistant to drought and disease, or livestock that are suited to warmer temperatures, farmers can also build resilience. Fisherfolk can create stormproof ponds and cages for fish, and foresters can plant trees that are heat and drought tolerant.

Take action!

CIVIL SOCIETY

Civil society organizations (CSOs) and nongovernmental organizations (NGOs) play a critical role in transforming food systems. As trunks provide vital links between a tree's roots and leaves, the work of CSOs and NGOs is crucial for individuals and communities whose voices are not always heard. Their key technical expertise and strong presence in vulnerable or remote communities act as bridges to isolated areas that need to be reached. Civil society unites multiple agents of change, from marginalized peoples to policy-makers.



Garner support for change

Raising awareness about the mutual benefits of change builds public support and political will to transform agri-food systems. CSOs and NGOs need to mobilize campaigns, events and networks that help individuals to be active in related legislative and political processes. These activities need to give a voice to vulnerable stakeholders, particularly the world's poor. Consider the views and opinions of smallholder farmers, indigenous peoples, women, youth and marginalized groups. We can only transform food systems if everyone is involved.

Adopt a bottom-up approach

Civil society needs to advocate for fair, legitimate and transparent government policy- and decision-making. All issues tied to food and agriculture should consider everybody's interests. Increase effective and targeted interventions that include the most vulnerable in efforts to transform food systems. Build on experience in participatory approaches, poverty alleviation and sustainable agriculture by acting quickly and flexibly.

Promote nutrition and sustainable habits

Promote nutrition knowledge and cooking skills among school-age children, youth and adults. Encourage communal mealtimes, socializing around food and sustainable food choices. Give people of all ages the tools to foster healthy diets and reduce food waste.

Build resilience

Help food producers and their organizations to be prepared and resilient. Promote local knowledge and innovation by increasing access to education and training on a range of topics from nutrition to sustainable production, post-harvest loss reduction, agri-business, digital technologies, extension services, social protection, early warning systems, and crop varieties or animal breeds that are resistant to the effects of climate change.

Take action!

ACADEMIA AND RESEARCH ORGANIZATIONS

Be inclusive

Higher education and research institutions need to generate science and evidence-based knowledge that is inclusive. Inclusive knowledge embraces the new and the old - indigenous, traditional and local knowledge together with new innovations. It should demonstrate strategies to reduce climate change, adapt to it and make sustainable food systems are more resilient. Inclusive knowledge is better equipped to manage crises: it can enable healthy diets with a specific focus on potential interventions across the board.

Share knowledge

Higher education and research institutions should aim to improve government policy and decision making processes. They can do this by sharing knowledge on agri-food systems and ways to transform them at different stages. They also need to actively engage in multi-stakeholder processes and dialogues. Academia and research institutions have been collaborating with FAO to develop joint actions to address global emergencies affecting food and nutrition security such as COVID-19.

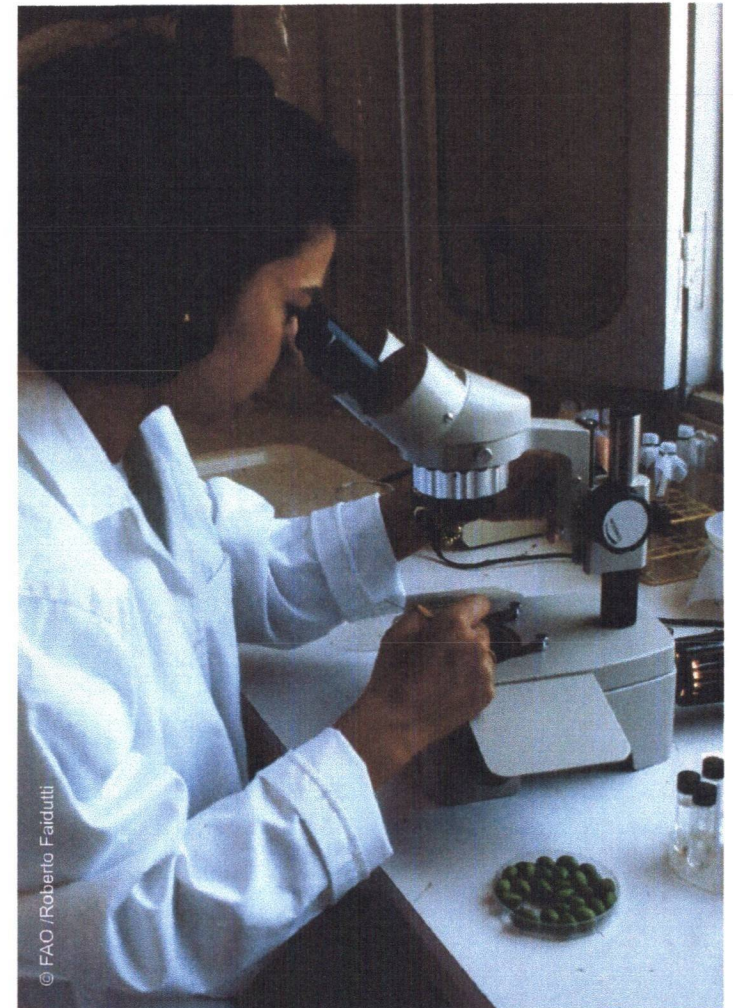
Promote nutrition

Universities, schools, technical and vocational education and training centres as well as teaching schools should institute nutrition education for students including food technology, health and agriculture. This knowledge equips young people to bring about change.

Team up

Work with FAO and other partners. Build a future where everyone has access to a sustainable healthy diet. Support efforts by governments to implement the [Voluntary Guidelines On Food Systems and Nutrition](#) offered by the Committee on World Food Security (CFS). This is the most inclusive international platform – hosted and co-funded by FAO – where stakeholders work together to ensure food security and nutrition for all.

Knowledge, innovation and capacity building are the path to change. Research and academic institutions have the tools to support decision makers in the world's agri-food systems. They need to strengthen data collection, analyses and monitoring at national level. By capturing, harmonizing and breaking down data across all aspects of food systems, and fostering knowledge sharing for all, research and academia can be more inclusive.



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COMMUNICATION MATERIALS

Here below you can find a schedule for material that will be launched shortly in the six official FAO languages in the [World Food Day 2021 Asset Bank](#) and on the [WFD website](#). Share it easily with external partners or providers and see our schedule below outlining when new materials will be added over the coming months. Please note that some deadlines are subject to change in view of the current situation.

ACTIVITY & PRODUCTS	DATE
WFD Concept Note	√
WFD Website www.fao.org/world-food-day	√
WFD Visual identity and visual guidelines	
Brochure	√
WFD Poster Contest launched	√
World Food Day Peter Rabbit Campaign (PSA and SM cards)	√
Activity Book for children	√
Social media Trello board	√
WFD 2021 Communication guide and Get Involved Toolkit	√
Promo video/ TV advertisement	Aug
#FoodHeroes stories published	Jul-Sept
#FoodHeroes video slide show (photo/quote)	Sept
Youth #FoodHeroes Music Video	October
WFD events +150 countries worldwide	1-31 October
WFD Poster Contest closes	5 November
Announcement of Poster Contest winners	December

#WorldFoodDay
#FoodHeroes
fao.org/world-food-day



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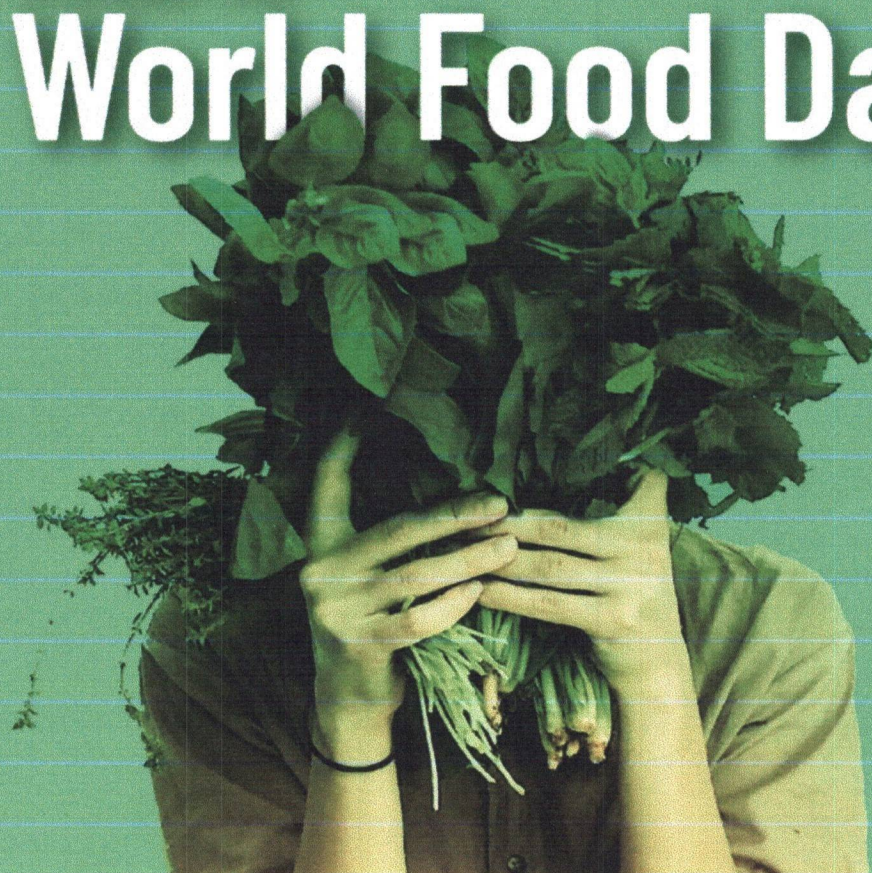


Food and Agriculture
Organization of the
United Nations



16 October 2021

World Food Day



Our actions are our future.

Better production, better nutrition,
a better environment and a better life.



Let's fix the system

The contradictions could not be starker – millions of people are hungry or undernourished, while large numbers are chronically overweight due to a poor diet. Smallholder farmers produce more than one-third of the world's food, yet are some of the worst affected by poverty, as agriculture continues to be an unpredictable and often unsafe sector. An agri-food system that is a major contributor to climate change, which in turn threatens food production in some of the world's poorest areas. Rampant food loss and waste, side by side with people relying on food banks or emergency food aid. The evidence is there for all to see – our agri-food systems are broken, and there has never been a more urgent need to transform the way the world produces and consumes food.

A heavy toll

The planet will need to support 10 billion people by 2050, placing ever greater pressure on natural resources, the environment and the climate. Even at current levels, food production often comes at an unacceptably high price, degrading or destroying natural habitats, contributing to species extinction and costing trillions of dollars in lost and wasted resources.

Most importantly, today's agri-food systems are exposing profound inequalities and injustices. At least 2 billion people don't have regular access to sufficient amounts of safe, nutritious food, while 3 billion cannot afford healthy diets and obesity continues to increase worldwide.

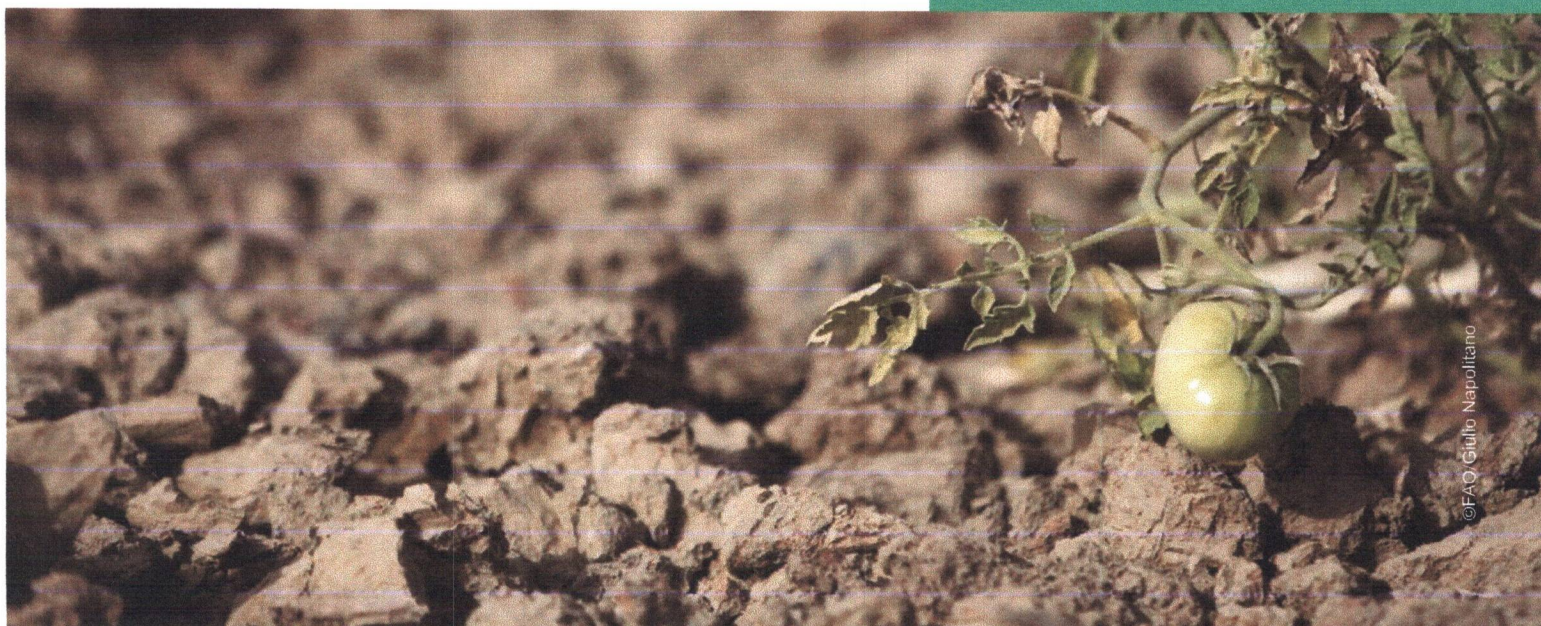
Damaged ecosystems

We are dependent on healthy ecosystems for a plentiful and long-term supply of safe and nutritious food, but ours are in serious need of repair. In this, the opening year of the United Nations Decade on Ecosystem Restoration, intensified agriculture, compounded by global consumption of resource-intensive foods and the conversion of natural landscapes for crop production or pasture continue to degrade soils, destroy forests and drastically diminish biodiversity.

In some parts of the world, climate change is causing lower crop yields and livestock productivity, declines in fisheries, aquaculture and agroforestry production, and changes in the nutrient composition of major staples, with reductions in proteins, minerals and vitamins.

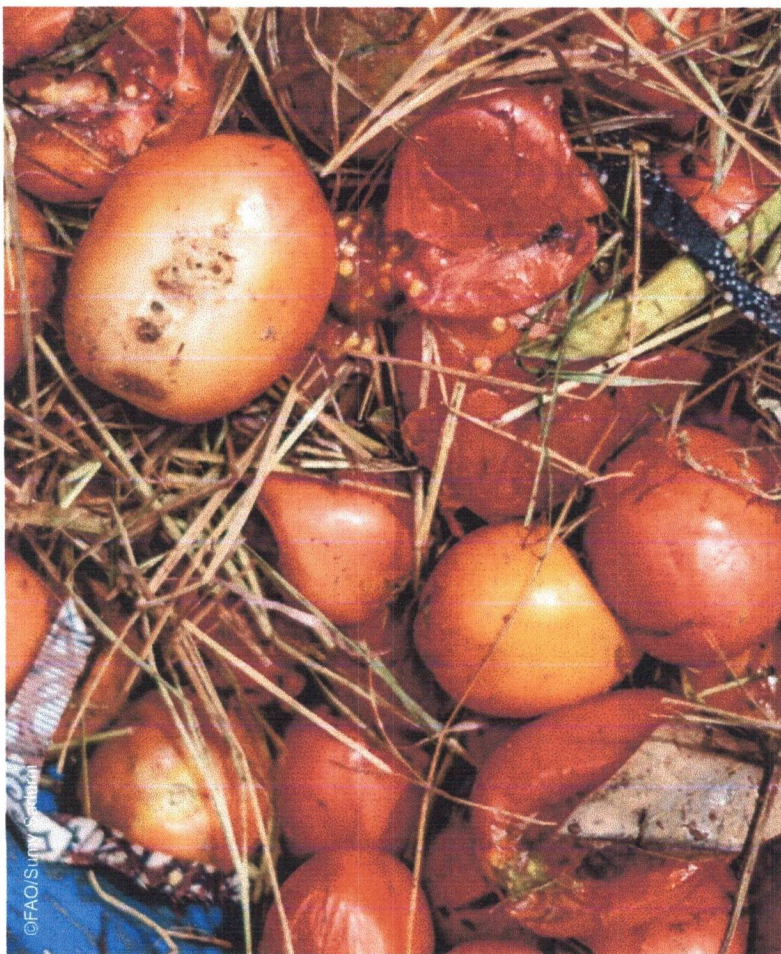
WHAT IS AN AGRI-FOOD SYSTEM?

The agri-food system covers the journey of food (for example, cereals, vegetables, fish, fruits and livestock) from farm to table – including when it is grown, harvested, processed, packaged, transported, distributed, traded, bought, prepared, eaten and disposed of. It also encompasses non-food products (for example forestry, animal rearing, use of feedstock, biomass to produce biofuels, and fibres) that constitute livelihoods, and all the people, as well as the activities, investments and choices that play a part in getting us these food and agricultural products.



Going to waste

While millions of people go hungry, vast quantities of food are lost every day, either spoiled during production or transport or thrown into the waste bins of households, retailers or restaurants. Squandering food is also a waste of the precious resources used to produce it. Up to 10 percent of global greenhouse gas emissions are associated with food that is not consumed. Food waste is filling up the world's landfills, where it decomposes and generates methane, a greenhouse gas that is more harmful than CO₂. In developing countries, there is a need for improved storage and infrastructure to avoid food loss, as well as access to technologies that can match agri-food supply and demand.



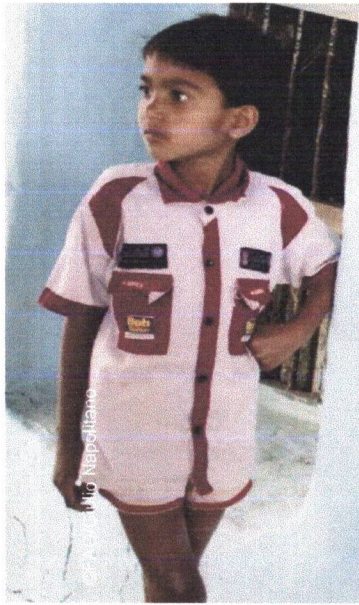
ARE HEALTHY DIETS MORE EXPENSIVE?

Good, safe nutritious food should be affordable, but often this is far from the case. Healthy foods, such as fresh fruit and vegetables, carry greater production risks than staple foods, such as wheat, rice or corn. They are also more difficult to transport, especially if road and storage conditions are poor, with higher costs for consumers. Tariffs and subsidies can make it more profitable to grow staples rather than fresh produce. On the other hand, healthy sources of protein, such as pulses, are generally more affordable than meat or dairy products.



THE COST OF COVID-19

This World Food Day is the second to be marked during COVID-19, which has had devastating repercussions for food security worldwide. The COVID-19 pandemic has induced an economic recession that could add up to 100 million or more to the 690 million people already suffering from hunger.



Climate Field School

Livelihood Adaptation To Climate Change Project (LACCT)

কৃষি মন্ত্রণালয় অধিদপ্তর (DAE), নাটোল
জাতিসংঘের খাদ্য ও কৃষি সংস্থা (FAO)

What needs to change?

To fix our fractured agri-food systems, collective action is needed, so that everyone has enough safe and nutritious food to eat, and the entire food supply chain is more sustainable, resilient and inclusive, with decent conditions and social protection for those who work in it. For this shift to happen, everyone must play their part. That means governments changing policies, the private sector changing business models, and all of us changing our mindsets and behaviour.

FAO is working for change

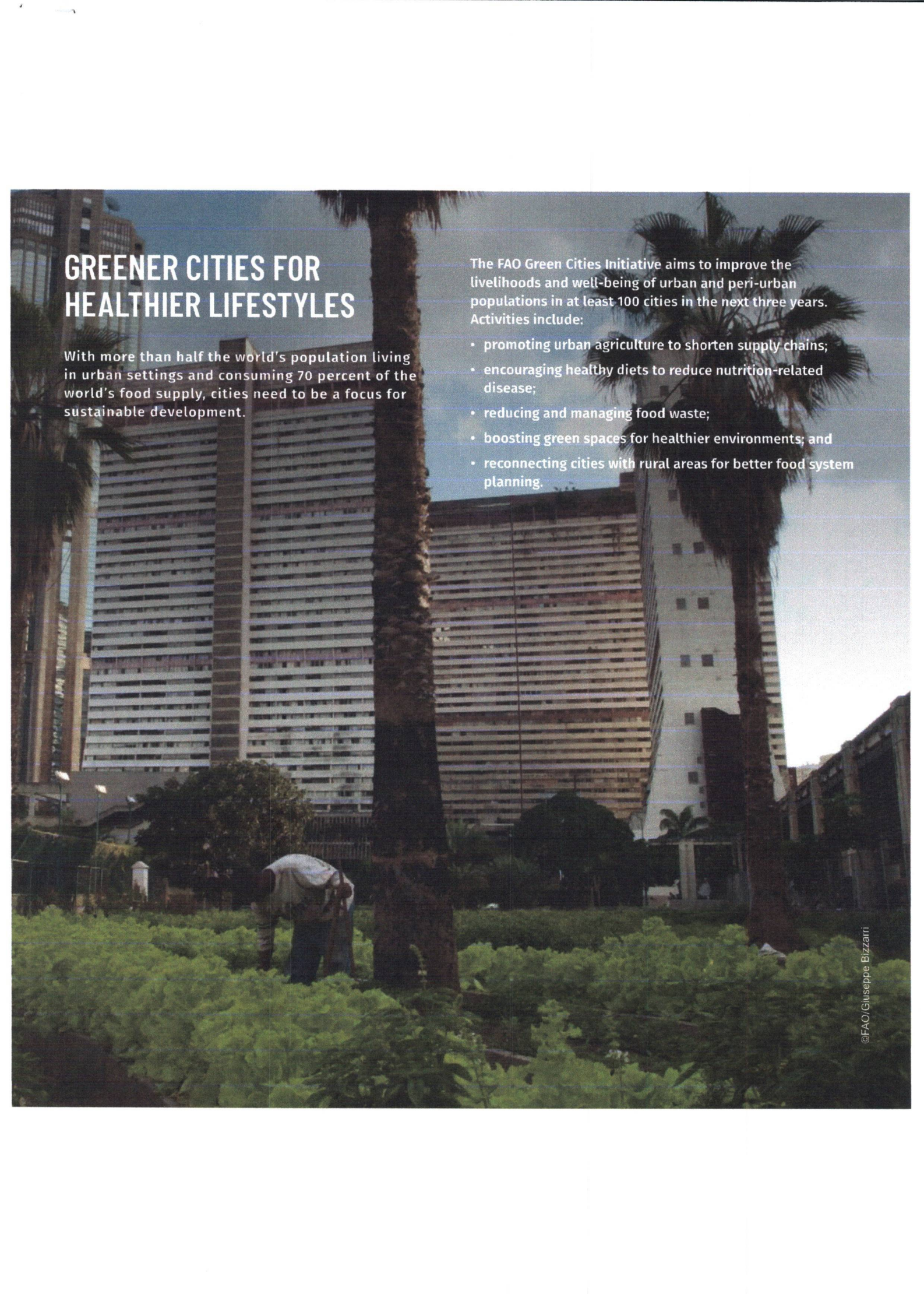
The good news is that there is plenty that can be done to adjust the situation, and put us and the planet back on the right path. FAO's support for the transformation of agri-food systems is rooted in agro-ecology – focusing on sustainable natural resource management coupled with social aspects that must be addressed if the system is to be fair and inclusive. The more diverse an agricultural system, the greater its ability to adapt to climate change and other shocks. Different combinations of integrated crop-livestock-forestry-fishery systems can help farmers to produce a variety of products – food, energy, fibre, timber and non-timber forest products – in the same area, at the same time or in rotation.

A GLOBAL SUMMIT FOR STRONGER FOOD SYSTEMS

This year saw the launch of the first Food Systems Summit by the UN Secretary-General, aimed at drawing up a roadmap for a major shift in the way the world produces and consumes food. Spread over more than a year and across locations worldwide, the Summit's activities involve a broad range of actors in examining the most effective channels for making our food systems stronger and more equitable. Hundreds of events and activities taking place worldwide to mark World Food Day in October will explore key outcomes of the Summit and discuss the way forward.



UNITED NATIONS
FOOD SYSTEMS
SUMMIT 2021



GREENER CITIES FOR HEALTHIER LIFESTYLES

With more than half the world's population living in urban settings and consuming 70 percent of the world's food supply, cities need to be a focus for sustainable development.

The FAO Green Cities Initiative aims to improve the livelihoods and well-being of urban and peri-urban populations in at least 100 cities in the next three years. Activities include:

- promoting urban agriculture to shorten supply chains;
- encouraging healthy diets to reduce nutrition-related disease;
- reducing and managing food waste;
- boosting green spaces for healthier environments; and
- reconnecting cities with rural areas for better food system planning.

RESPONSIBLE AGRI-FOOD SYSTEMS

Increasingly, governments are requiring private companies to adhere to **responsible business conduct guidelines**. In the agriculture sector, these involve identifying, mitigating and preventing negative social and environmental impacts in supply chains, particularly when sourcing products from developing economies, where social risks including child labour, and environmental impacts such as deforestation, can occur from production to processing and retail.

Sustainable and fair

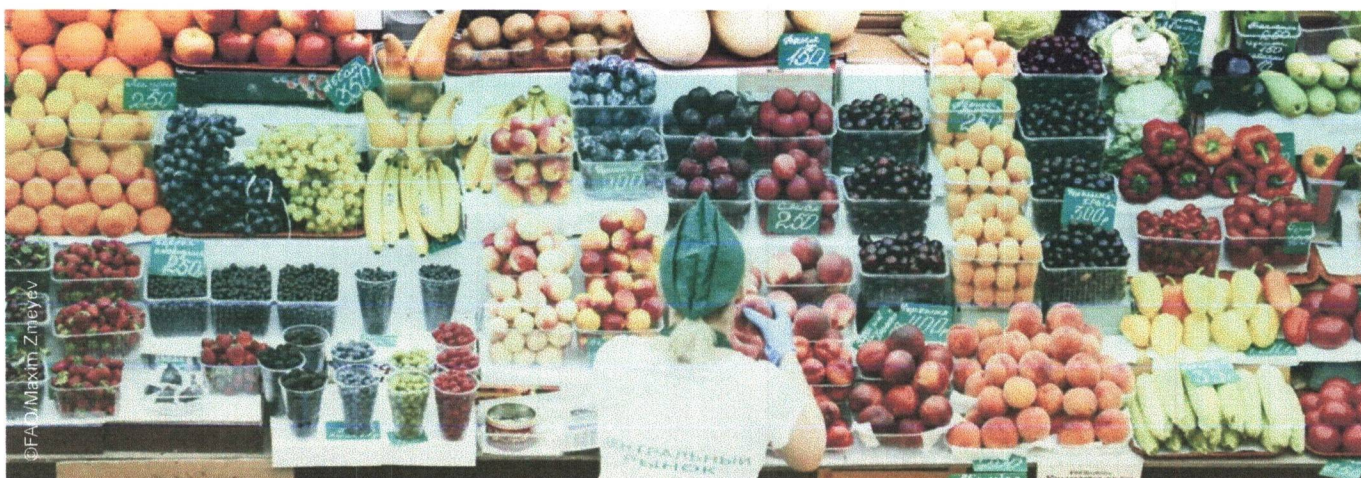
A sustainable agri-food system is one in which a variety of sufficient, nutritious and safe foods is available at an affordable price to everyone, and nobody is hungry or suffers from malnutrition. The shelves are stocked at the local market or food store, but less food is wasted and the food supply chain is more resilient to shocks such as extreme weather, price spikes or pandemics, all while limiting, rather than worsening, environmental degradation or climate change.

Sustainable agri-food systems deliver food security and nutrition for all, without compromising the economic, social and environmental bases, for generations to come. They lead to **better production, better nutrition, a better environment and a better life**, leaving no one behind.

Consumer power

The food we choose and the way we prepare, cook, store and dispose of it make us an active part of the way in which an agri-food system works. Everyone is a consumer, and it is time to shift old patterns so as to transform agri-food systems for the better. We can influence the market by opting for nutritious and environmentally and socially responsible products. This will pressure governments to design more sustainable policies, promote improved agricultural methods and motivate greater investment in sustainable healthy diets.

At a practical level, we can start by adding new locally grown and seasonal foods to our diets, reducing food waste, refusing to buy foods with excessive packaging, and reading up on the environmental and social impact of the foods we eat.



FAO IN ACTION

- Reversing the degradation of land, soil and forests is at the heart of an FAO project aimed at restoring the critical role of **Nepal's** degraded Churia region in the country's food security. Work to maintain landscapes is benefiting 200 000 households and improving long-term food production prospects for many more.
- In **Angola, Honduras and Peru**, FAO is partnering with governments to introduce fish into school feeding programmes. This strategy is providing a rich source of protein, vitamins and micronutrients for children, and revenue for fishers, aquaculture producers and processors.
- In other countries, FAO is helping to foster food literacy in schools through hands-on education. In **Cambodia and Ghana**, FAO is teaming up with children to ensure that school food aligns with their right to a nutritious diet.
- A public-private initiative spearheaded by FAO is targeting food waste in **Turkey's** hospitality sector. Working together with the Ministry of Agriculture and Forestry and wholesale company Metro Turkey, FAO is developing guidance on how to reduce food waste for people working in hotels, bars and restaurants. The guidelines include advice on using food surplus, such as making donations and recycling leftovers and non-edible food waste to produce animal feed, compost or bio-energy. Kitchen/service staff are receiving training from chefs in preparing 'zero waste menus', learning how to store products safely and to repurpose residual food.
- In **Kyrgyzstan**, FAO has launched the Cash+ programme, which provides agricultural inputs and assets, technical training for organic and climate-smart practices, extension services and nutrition education.
- On the terraces of the Pasil River Valley in the **Philippines'** Cordillera highlands, FAO's Mountain Partnership Products certification and labelling scheme is helping 500 women to preserve and market their traditional Ulikan red rice variety to conserve agrobiodiversity, while providing a sustainable source of income.
- As well as loss of life, a decade of conflict in **Syria** has brought financial hardship and food insecurity. An FAO initiative has set up food processing units fitted with equipment to process fresh seasonal products, together with facilities and training to enable women to launch small-scale agrifood enterprises and market their goods.





FOOD HEROES

Farmers working small plots of land – less than 2 hectares – supply more than one-third of all the food that is eaten in the world. Mostly concentrated in developing countries, such farms are generally operated by families who are poor and themselves food insecure. If these food heroes are to play a pivotal role in transforming food systems they will need better access to training, finance, incentives and marketing, as well as social protection to protect their health and livelihoods.

INNOVATIVE SOLUTIONS

In countries around the world, innovation is changing the way that food is produced, processed, traded and consumed, helping to build more resilient and robust agri-food systems. Digital technologies and innovative practices are being used to optimize supply chains, increase market access for farmers, improve water/soil management, fight pests and diseases and prepare for disasters. Predictive technology and analytics – combined with technologies to build climate resilience – can help growers to produce exactly what is needed, avoiding wasted resources.

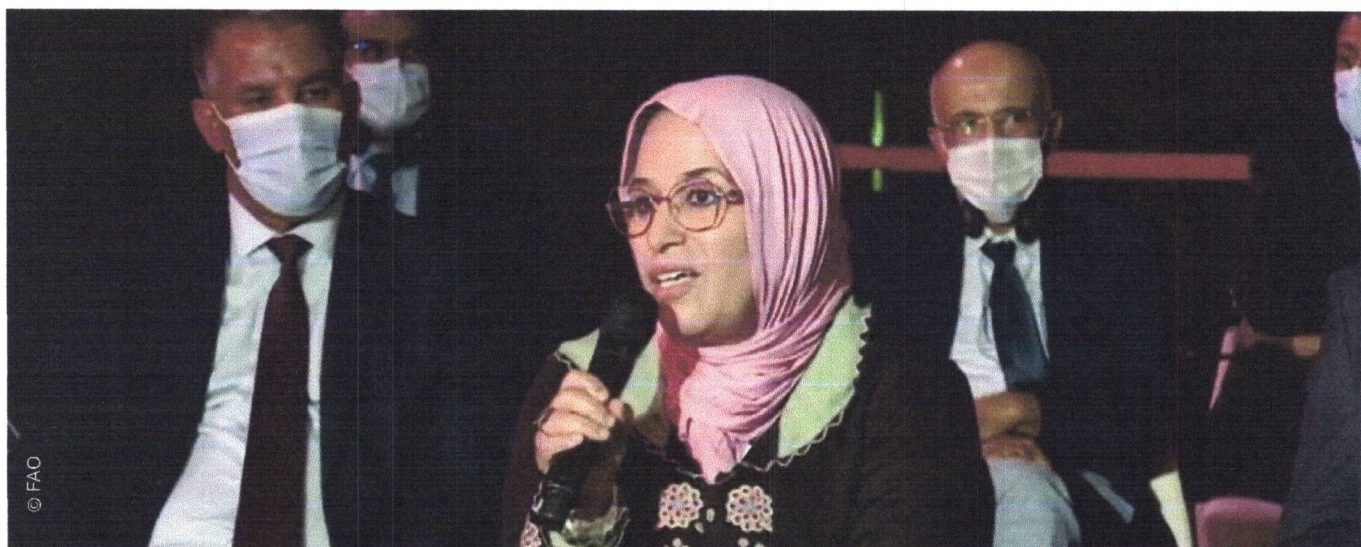
FAO is in the forefront of using new technology to solve challenges and narrow the digital divide in agriculture. Its **1000 Digital Villages Initiative** aims to promote the digital transformation of villages and small towns across the world, while the cloud-based **Digital Services Portfolio** offers information and advisory messages to tens of thousands of farmers. **EarthMap**, an innovative, open-source Big Data tool

developed by FAO in collaboration with Google, facilitates access to sophisticated geospatial data for land monitoring.

Alongside advances in technologies, it will be critical to strengthen existing national statistical and monitoring systems on agri-food systems, and the capacity to analyse data. Sound information is an essential prerequisite for designing and monitoring effective policies that can support the development of sustainable and inclusive food systems.

In West Africa, FAO is using drones to tackle desert locust outbreaks, while in Myanmar, drones are helping to monitor forests and land to ensure that they are used sustainably. On the ground, various smartphone apps are helping small-scale farmers to identify pests, fishers to record and sell their catch, and livestock keepers to care for their animals.





What can countries do?

- Ensure that all people everywhere have access to enough affordable, nutritious and safe food by moving towards more efficient, inclusive, resilient and sustainable agri-food systems.
- Adopt an evidence-based approach to policy-making, which considers diverse areas impacting food systems – agriculture, health, education, environment, water, sanitation, gender, social protection, trade, employment and finance.
- Acknowledge the importance of innovation, indigenous knowledge and the role of women and youth in transforming food systems.
- Help smallholder farmers to improve their livelihoods by increasing access to training, finance, digital technologies, extension services, social protection, early warning systems, and crop varieties or animal breeds that are resistant to climate change.
- Increase nutritional awareness and encourage the private sector to produce more nutritious and sustainably produced foods, manage food waste more responsibly and limit the marketing of unhealthy foods.

- Invest in infrastructure, affordable technologies and training to minimize post-harvest food loss.
- Promote food safety by developing and enforcing international standards and control systems and implementing a 'One Health Approach' to tackling health threats to animals, humans, plants and the environment.

What can farmers do?

- Engage in dialogue, participate in extension services, farmers' organizations, cooperatives or farmer field schools and learn about nutrition, biodiversity, digital technologies and farming techniques to build resilience.
- Adopt sustainable agricultural practices that respect biodiversity, are more environment-friendly and use natural resources more efficiently.
- Consider climate-smart agriculture approaches that use natural resources in a sustainable way and use seed varieties or livestock breeds that are more resistant to drought and disease.
- Minimize losses by harvesting at the right time, improving storage facilities, and learning about best practices and technologies.

What can the private sector do?

- Limit levels of saturated fats, trans fats, sugars and salt in products and ensure clear labelling, while improving food safety and quality.
- Provide decent working conditions and ensure that staff have access to nutritious foods in the workplace.
- Choose packaging that offers a longer shelf-life and increased food safety, while including biodegradable or recyclable materials.
- The financial sector should put credit and savings tools in the hands of marginalized communities, including women and youth.

What can academia do?

- Generate evidence-based knowledge to demonstrate climate change strategies for sustainable food systems, and share this with governments.
- Universities, schools, technical and vocational education and training centres should provide nutrition education for students.



What can civil society do?

- Garner support for change by launching campaigns and advocate for healthy and sustainable food choices.
- Give a voice to the world's poor, smallholder farmers, indigenous peoples, women and youth, since agri-food systems can only be transformed if everyone is involved.

What can we all do?

- Choose diverse nutritious foods over highly processed ones, building demand for healthy foods.
- 2021 marks the International Year of Fruits and Vegetables reminding us to eat more fresh produce and learn about indigenous varieties.
- Add plant-based protein such as nuts and legumes to our diets, which are cheaper than animal proteins and kinder on our planet.
- Plan and organize our shopping and food preparation, to avoid spoilage and food waste.
- Look out for FAO-supported and other labels that attest to sustainable production conditions for producers and the planet.
- Be an advocate for sustainable healthy diets! Speak up in your community and make sure healthy food is available at schools, care facilities and other public settings.



FAST FACTS

More than **3 billion** people (almost **40 percent** of the world's population) **cannot afford a healthy diet.**

Smallholder farmers produce more than 33 percent of the world's food, despite challenges, including poverty and a lack of access to resources including finance, training and technology.

14 percent of the world's food is **lost** due to inadequate harvesting, handling, storage and transit and **17 percent** is **wasted** at consumer level.

Almost **2 billion** people are **overweight or obese** due to a poor diet and sedentary lifestyle. Related health-care costs could exceed USD **1.3 trillion** per year by **2030.**

Globally, **20 percent more women** than men aged 25-34 live in **extreme poverty**, and more than **18 percent** of **indigenous women** live on less than USD **1.90** a day.

55 percent of the world's population resides in **cities** and this **will rise to 68 percent** by **2050.**

The world's **agri-food systems** currently **employ 1 billion** people, more than any other sector.

The **world's food systems** are currently responsible for more than **33 percent** of global anthropogenic greenhouse **gas emissions.**

10 percent of people are affected by **unsafe food supplies** contaminated by bacteria, viruses, parasites or chemical substances.

16 October 2021

World Food Day

Collective action across 150 countries is what makes World Food Day one of the most celebrated days of the United Nations' calendar. Hundreds of events and outreach activities bring together governments, businesses, nongovernmental organizations (NGOs), the media, and general public. They promote worldwide awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all. #WorldFoodDay 2021 will be marked a second time while countries around the world deal with the widespread effects of the global COVID-19 pandemic. It's a time to look into the future we need to build together.



#WorldFoodDay
#FoodHeroes
fao.org/world-food-day

**FOOD AND AGRICULTURE
ORGANIZATION
OF THE UNITED NATIONS**

Viale delle Terme di Caracalla
00153 Rome, Italy



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