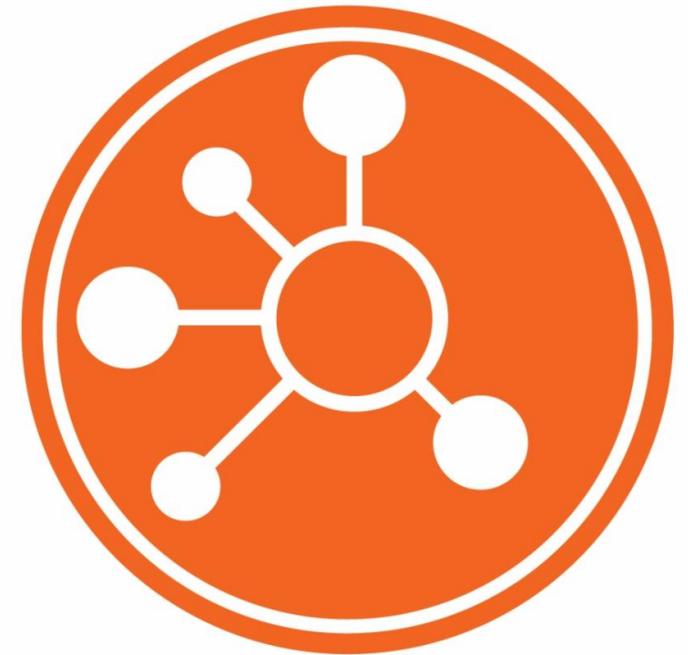




Food and Agriculture Organization  
of the United Nations

# FOOD SYSTEMS for HEALTHY DIETS and NUTRITION



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Senior Officer

Policies and Programmes

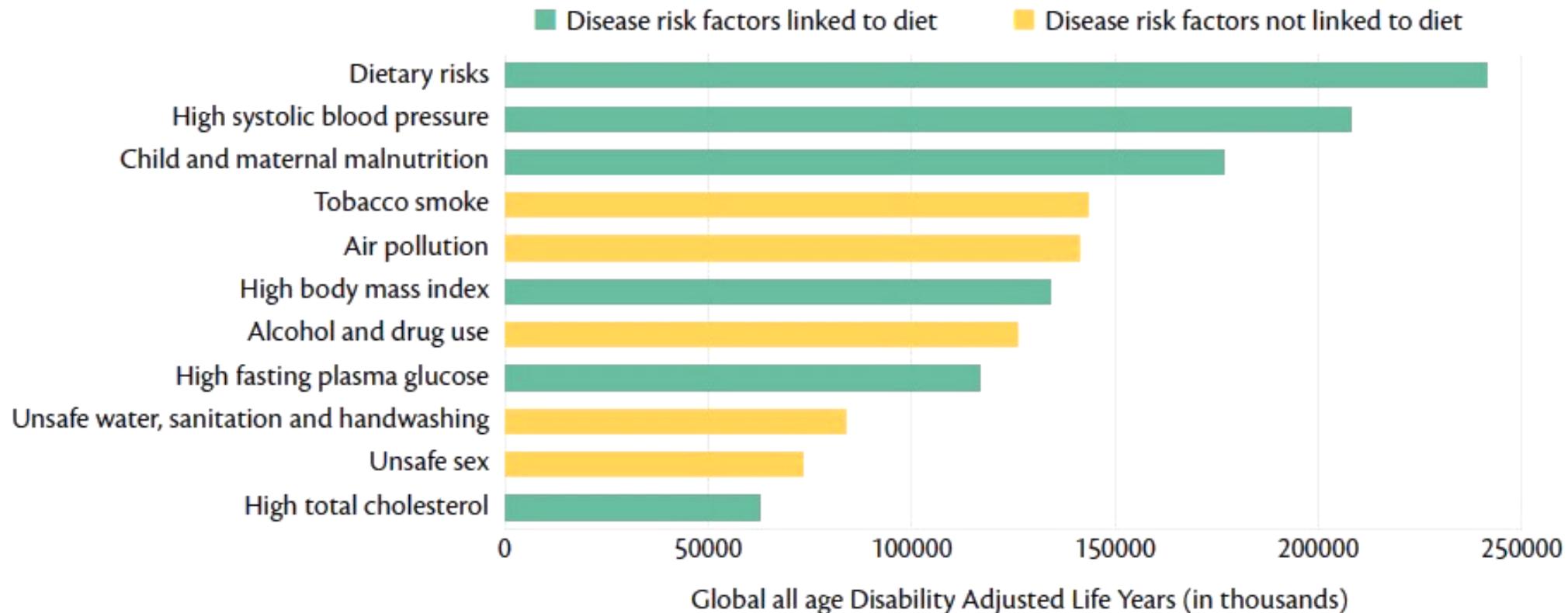
Nutrition and Food Systems Division (ESN)

@pat\_fracassi



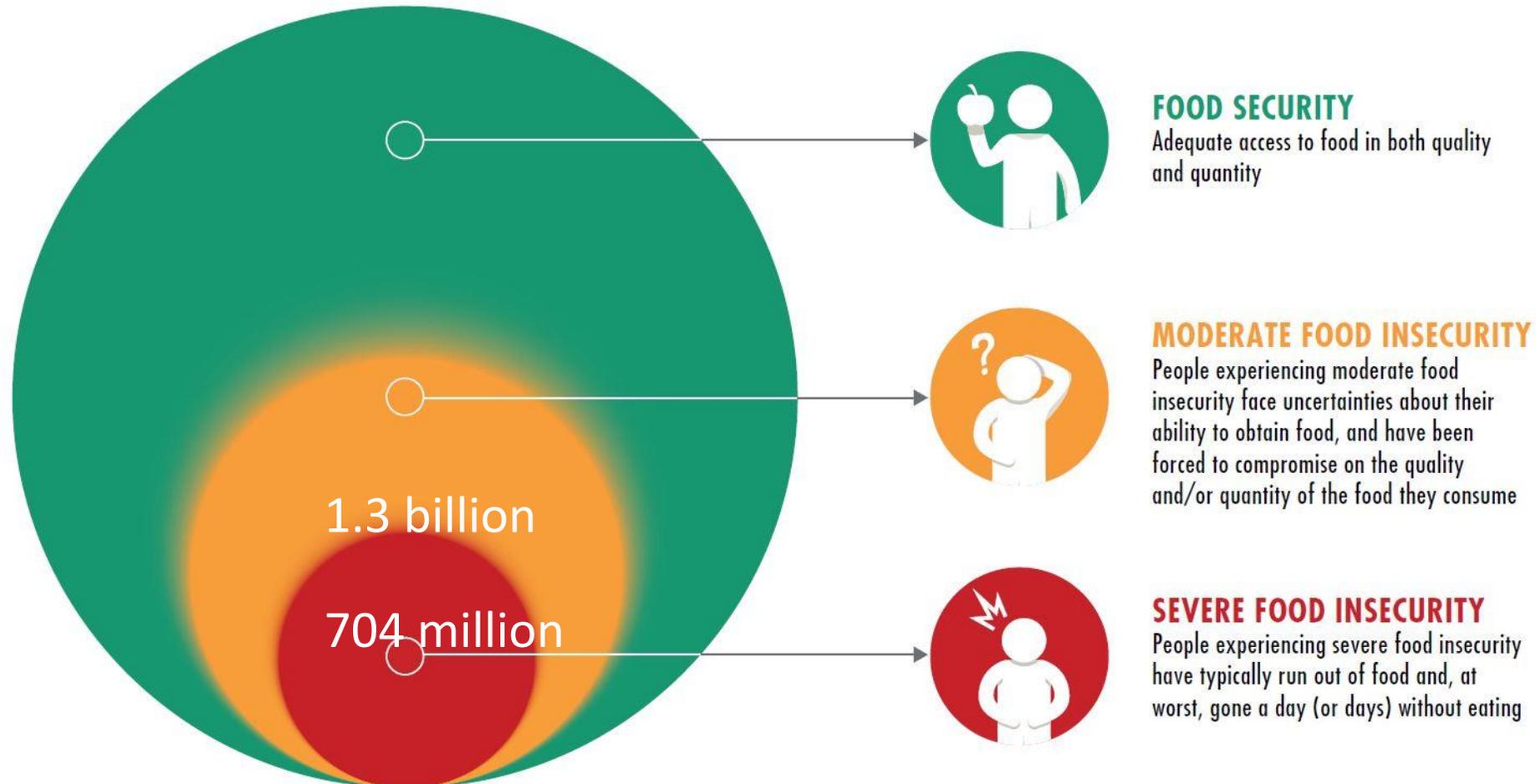
# Why should we care about diets?

Six of the top 11 risks factors driving the global burden of disease are linked to diet



# The State of Food Security and Nutrition (SOFI 2019)

About 2 billion people in the world experience moderate or severe food insecurity:  
They are forced to compromise on the quality and/or quantity of their diet  
leading to multiple forms of malnutrition.



# What do we want from food systems?

- **Food security**

- Sufficient
- Safe
- Nutritious

- **For today and the future**

- Environmental
- Economic
- Socio-cultural sustainability

**FOOD SYSTEMS FOR  
SUSTAINABLE HEALTHY DIETS**



# Sustainable, Healthy Diets



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

(FAO and WHO 2019 Sustainable Healthy Diets – Guiding Principles)



# Food Systems

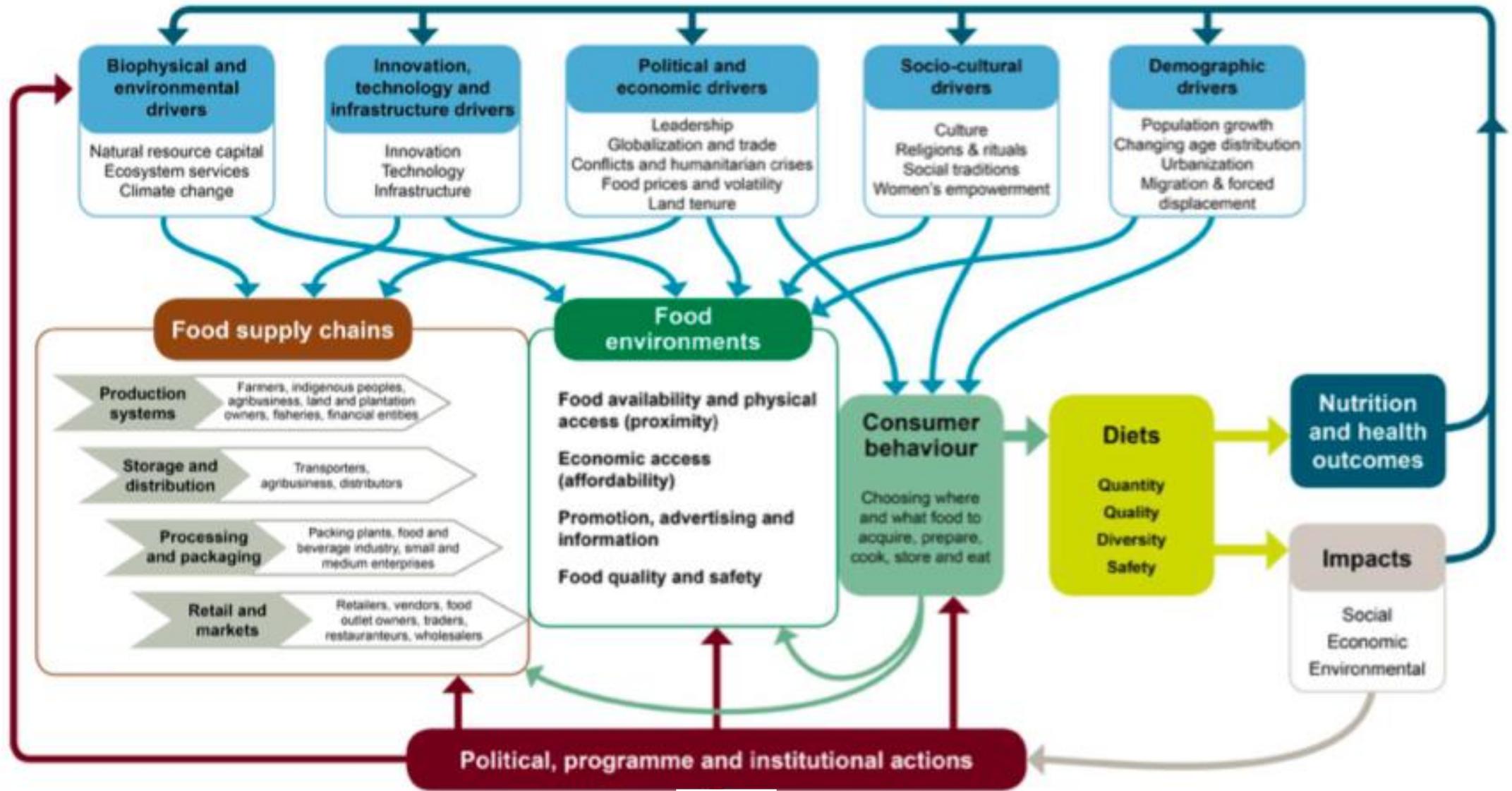
The entire range of actors and their interlinked value-adding activities involved in the production, aggregation, processing, distribution, consumption and disposal of food products.

Food systems comprise all food products that originate from crop and livestock production, forestry, fisheries and aquaculture, as well as the broader economic, societal and natural environments in which these diverse production systems are embedded.

(The State of Food Security and Nutrition in the World, SOFI, 2019).

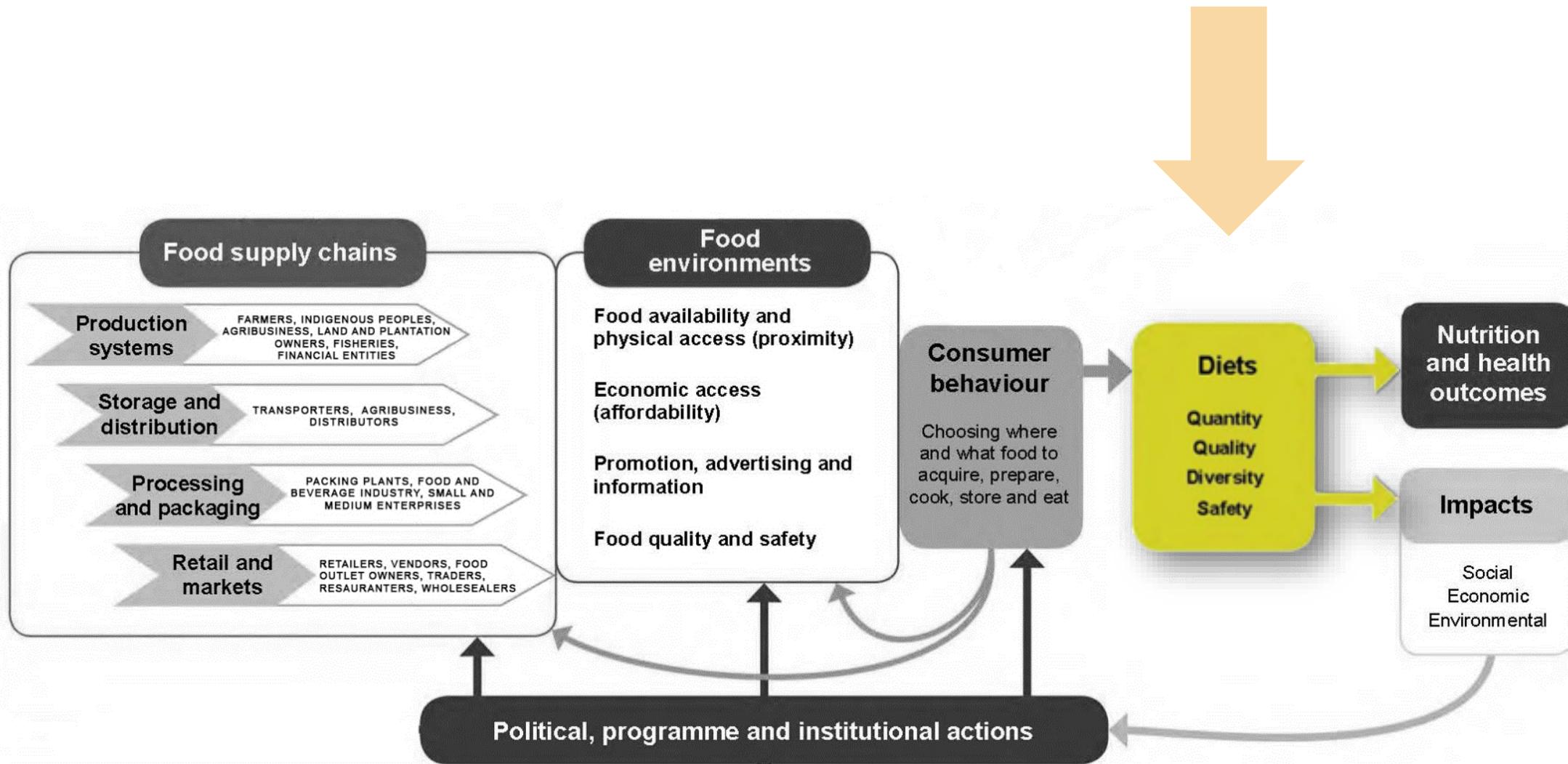


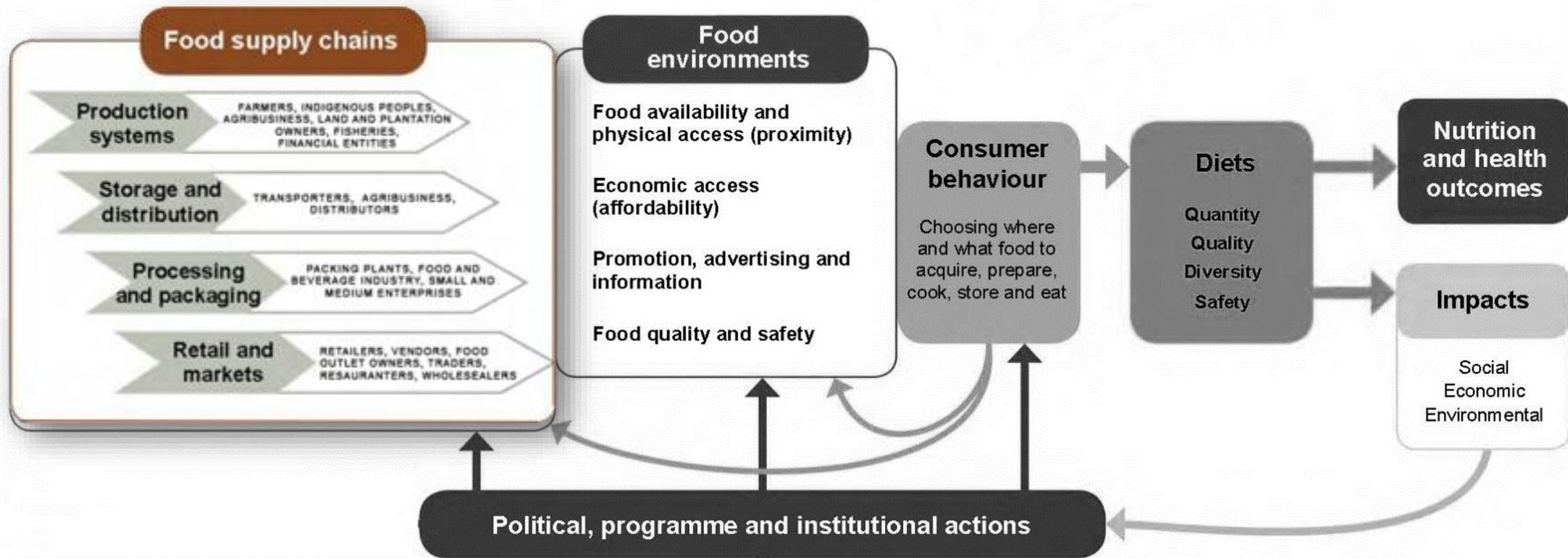
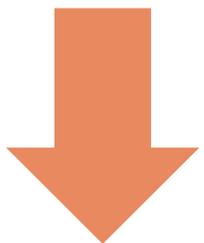
# Food System Framework for Diets and Nutrition

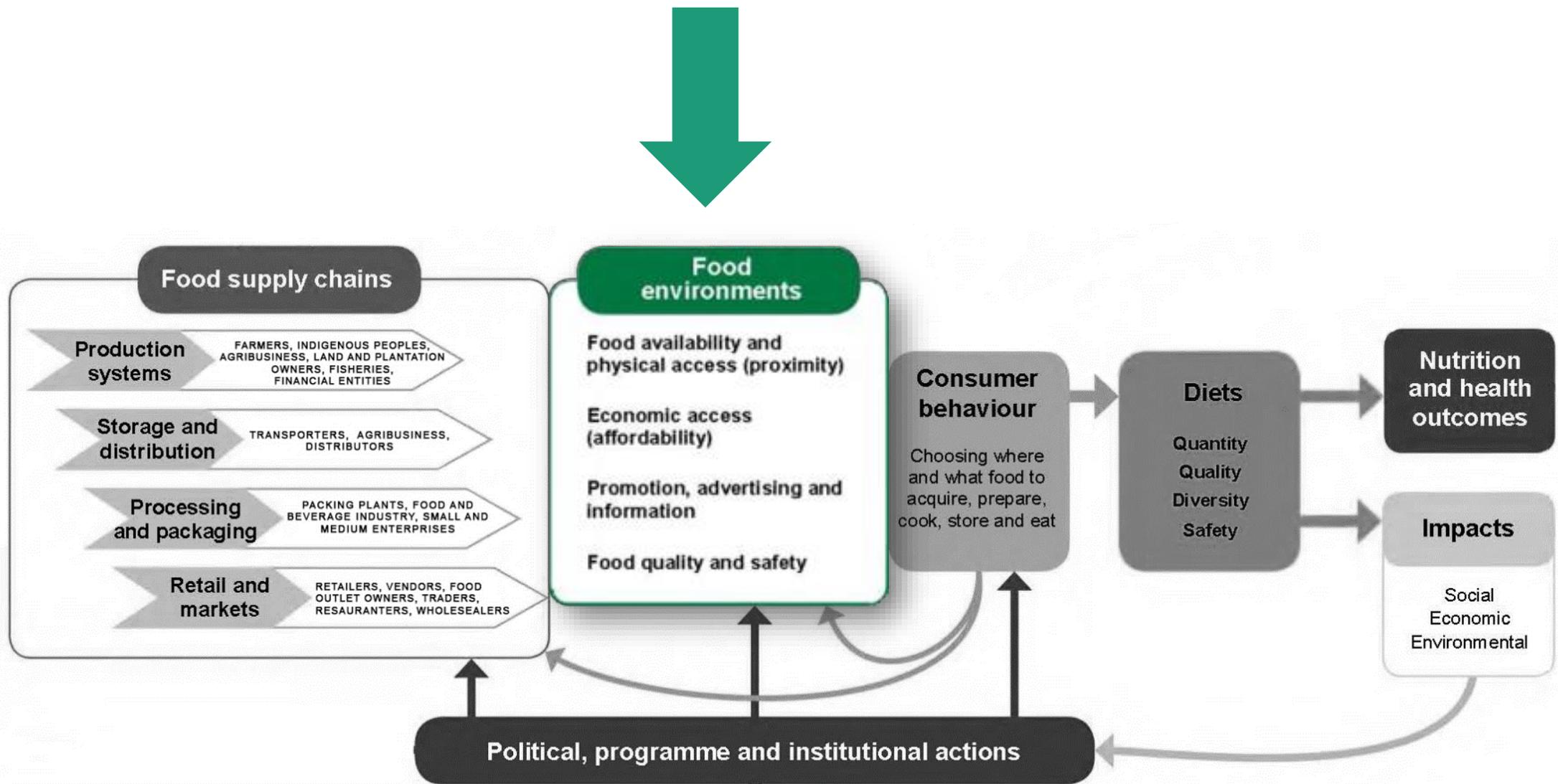


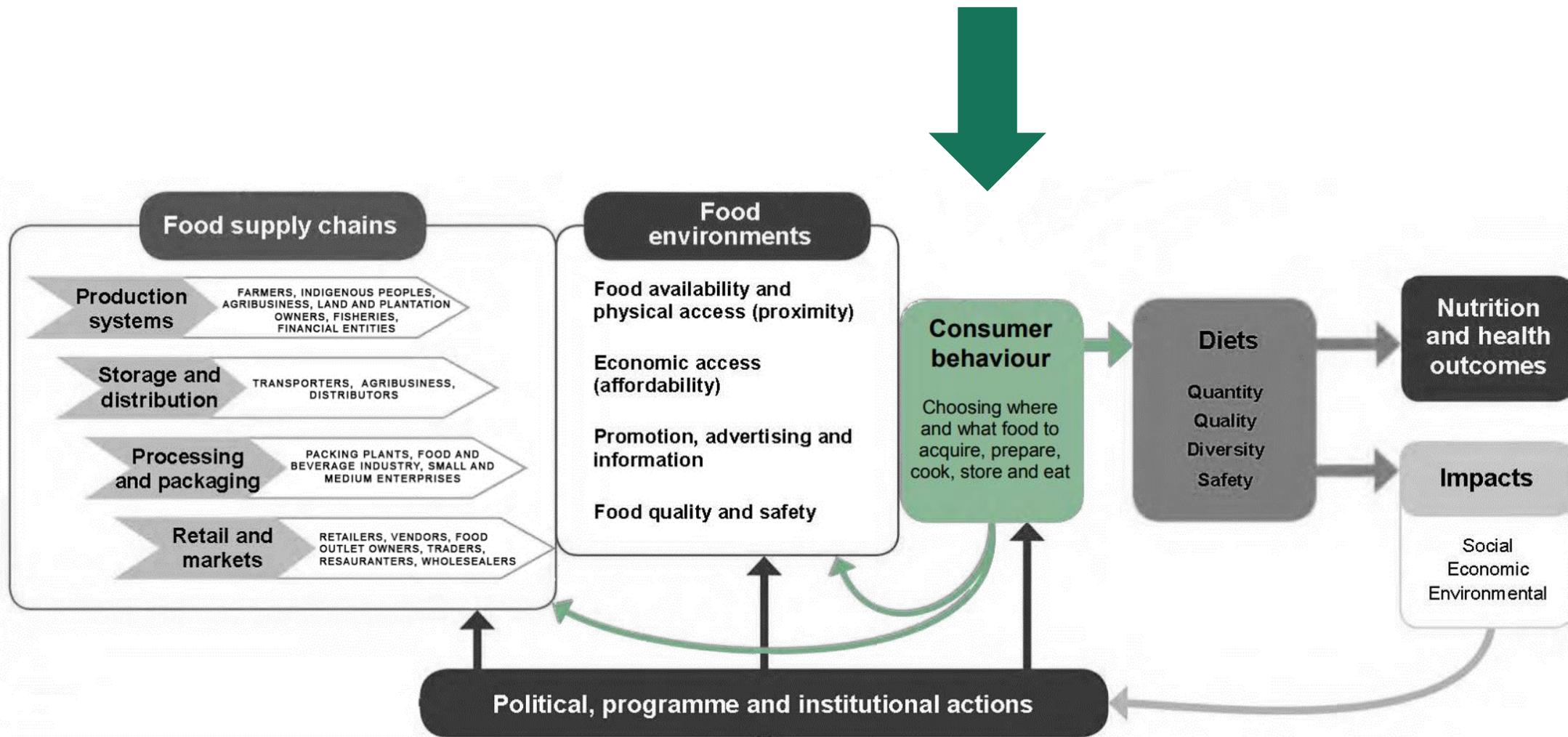
(High Level Panel of Experts on Food Security and Nutrition. HLPE 2017)











# Example 1: Value Chains that support Healthy Diets

## Food Supply Chains:

- Production of foods underrepresented in local diets
- Bio-diversification
- Processing and/or fortification
- Value-chain, logistics and market linkages for small producers

## Food Environments:

- Fiscal and pricing policies
- Food quality and safety
- Packaging
- Regulation of aggressive marketing

## Consumer behaviours:

- Education for behavioural change including reduction of waste



# Example 2: School Food and Nutrition

## Food Supply Chains:

- Smallholder friendly procurement
- Market diversification
- Value-chains for foods underrepresented in local diets

## Food environments:

- Nutrition guidelines and standards for school food
- Regulation of sale and marketing of foods that contain high fat, sugar and salt

## Consumer behaviour:

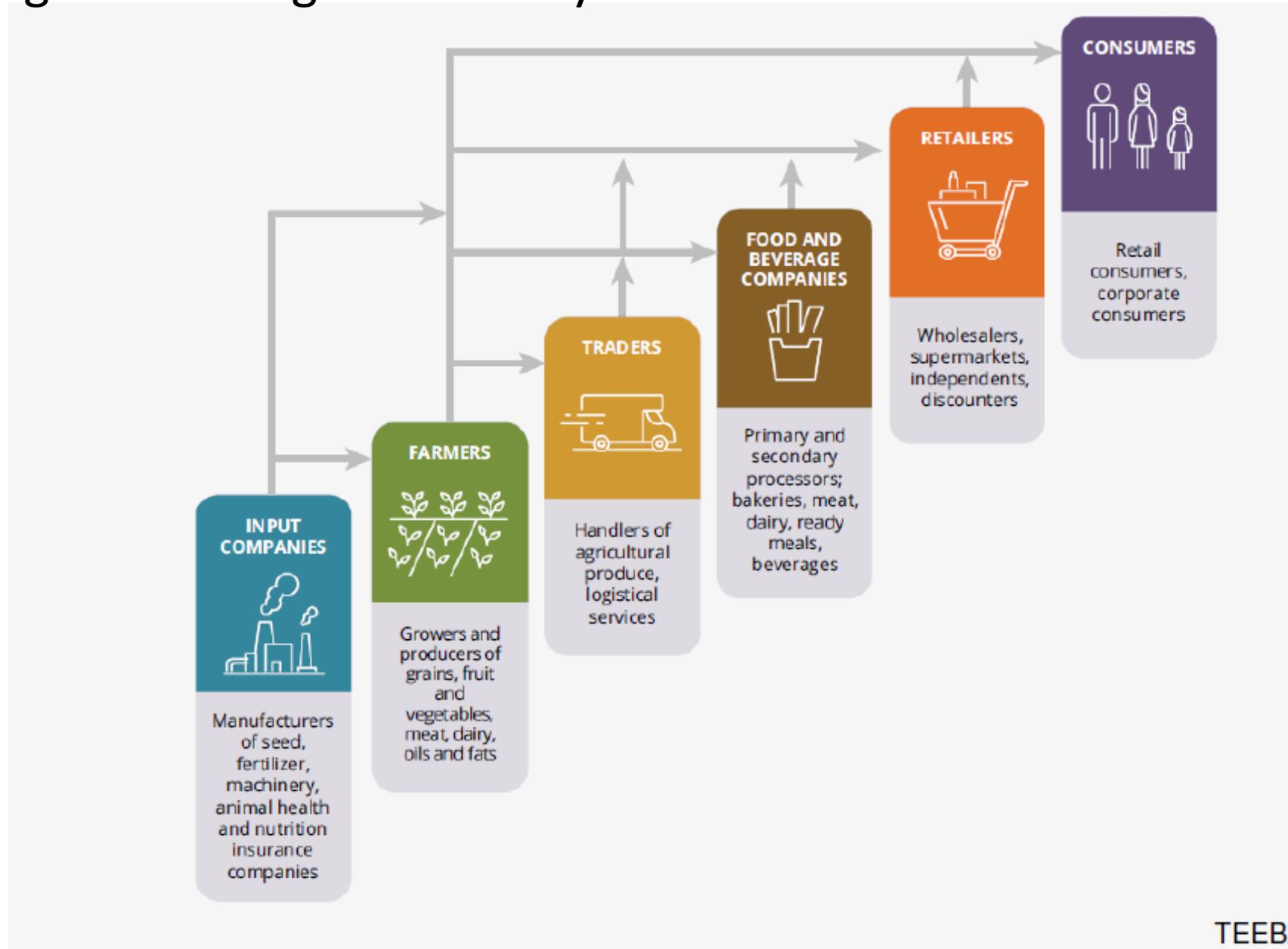
- School-wide, integrated, action-based food and nutrition education
- Empower school actors to be agents of change



Find available resources at the end of the presentation



# Working with a range of Food Systems Actors



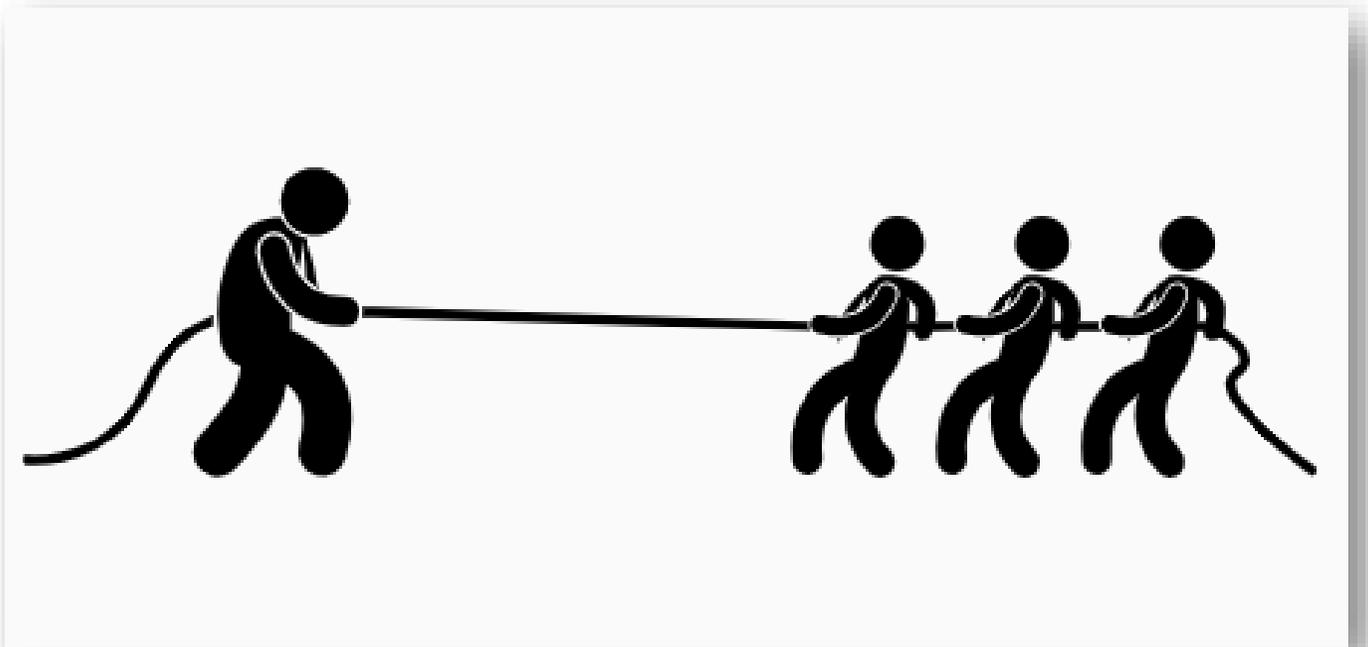
# Dealing with different agendas to balance potential trade-offs

**Economic  
outcomes**

**Health  
outcomes**

**Social  
outcomes**

**Environmental  
outcomes**



# What are the implications for policy and programming?

**Harmonize data and analyses for policy making**

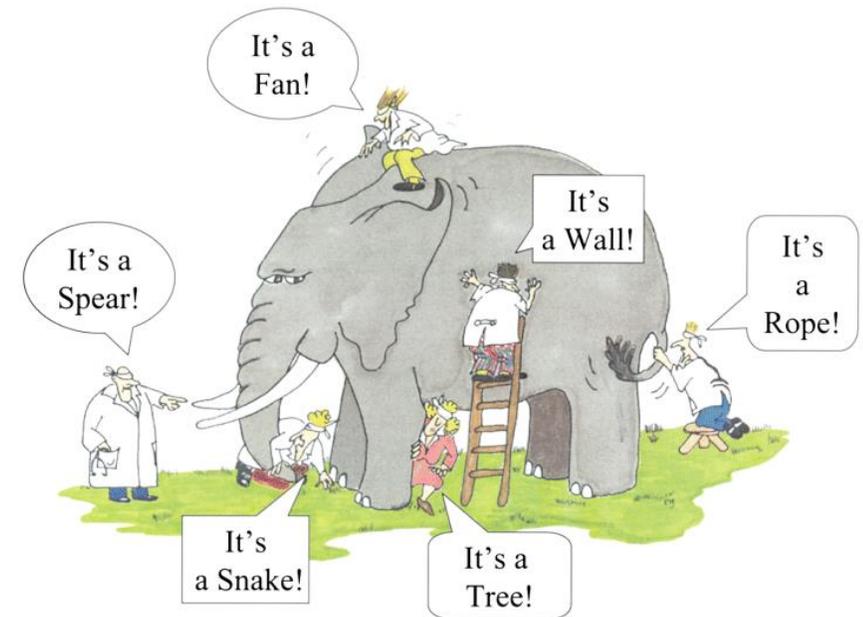
**Promote policy coherence**

**Engage with food systems actors**

**Overcome implementation challenges**

**Promote finance coherence**

Fragmented view of food systems



# E-learning modules (@elearning.fao.org)

- Nutrition, food security and livelihoods: basic concepts
- How to conduct a nutrition situation analysis
- Agreeing on causes of malnutrition for joint action
- Improving nutrition through agriculture and food systems
- Design & monitor nutrition-sensitive food system programmes
- Sustainable Food Value Chains for Nutrition (SFVCN)
- Home-Grown School Feeding (HGSF)



**Nutrition, food security and livelihoods: basic concepts**

This course explains the concepts of food and nutrition, malnutrition, food security and livelihoods. Understanding these concepts is important to assess the nutrition situation, design and implement programmes, investments and policies that address nutrition problems (also called "nutrition sensitive"), and evaluate the nutritional outcomes of programmes, investments and policies.

35 minutes

Available in English, French and Spanish

**You will learn about**

- Food and Nutrition related concepts and definitions
- Nutrient requirements and balanced diet
- Different forms of malnutrition
- Causes of malnutrition
- Food Security and Livelihoods



**How to conduct a nutrition situation analysis**

This course is part of a series of e-learning modules on Nutrition and Food Systems which aims to develop capacities for designing, implementing, monitoring and evaluating nutrition sensitive food and agriculture policies, strategies, plans and programmes. It will guide you through the steps of a nutrition situation analysis. By the end of the course, you will be able to identify all the information required to conduct a nutrition situation analysis, know where to get this information, and understand how to analyse it to make sense of the situation.

3 hours

Available in English

**You will learn about**

- The reasons why a nutrition situation analysis is needed before designing a nutrition sensitive project or programme
- How to identify nutritional problems and trends in a given area
- How to determine the causes of malnutrition
- How to analyse policies, programmes and stakeholders to understand the context



**Agreeing on causes of malnutrition for joint action**

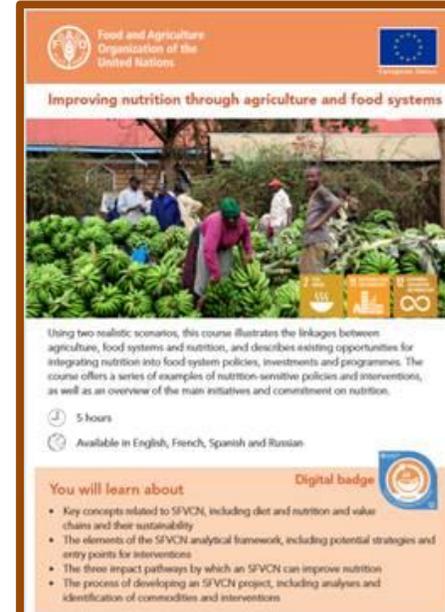
This course guides you through the simulation of a workshop process using a methodology based on malnutrition problem and solution trees, to support joint planning for combating food insecurity and malnutrition. It allows you to understand the multisectoral causes of malnutrition, and gain new facilitation skills for successful participatory workshops.

1.5 hours

Available in English, French and Spanish

**You will learn about**

- Design of a joint malnutrition strategy
- Preparation of the workshop and facilitation techniques
- Malnutrition problem and solution tree methodology
- Design of the malnutrition problem tree sessions
- Design of the malnutrition solution tree session
- Action plan session and the follow-up of the workshop



**Improving nutrition through agriculture and food systems**

Using two realistic scenarios, this course illustrates the linkages between agriculture, food systems and nutrition, and describes existing opportunities for integrating nutrition into food system policies, investments and programmes. The course offers a series of examples of nutrition-sensitive policies and interventions, as well as an overview of the main initiatives and commitment on nutrition.

5 hours

Available in English, French, Spanish and Russian

**You will learn about**

- Key concepts related to SFVCN, including diet and nutrition and value chains and their sustainability
- The elements of the SFVCN analytical framework, including potential strategies and entry points for interventions
- The three impact pathways by which an SFVCN can improve nutrition
- The process of developing an SFVCN project, including analyses and identification of commodities and interventions



**Home-Grown School Feeding (HGSF)**

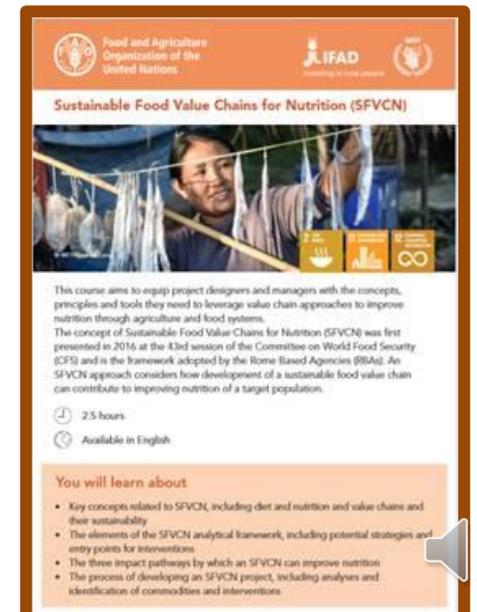
Governments and development actors are increasingly recognizing the importance and value that school meals constitute globally. The benefits of Home-Grown School Feeding (HGSF) go beyond education and nutrition to tackle livelihoods of smallholder farmers and local communities. They also strengthen the nexus between nutrition, agriculture and social protection. Based on the HGSF Resource Framework, this course can help governments achieve their goals and foster a community of practice in HGSF.

1.5 hours

Available in English

**You will learn about**

- Conceptualizing Home-Grown School Feeding (HGSF) programmes
- Planning of HGSF programmes that are well integrated into the national context
- The different design and implementation options, including models for linking Home-Grown School Feeding (HGSF) to local agriculture
- Monitoring, evaluating, and reporting on an HGSF programme



**Sustainable Food Value Chains for Nutrition (SFVCN)**

This course aims to equip project designers and managers with the concepts, principles and tools they need to leverage value chain approaches to improve nutrition through agriculture and food systems. The concept of Sustainable Food Value Chains for Nutrition (SFVCN) was first presented in 2016 at the 43rd session of the Committee on World Food Security (CFS) and is the framework adopted by the Rome Based Agencies (RBAs). An SFVCN approach considers how development of a sustainable food value chain can contribute to improving nutrition of a target population.

2.5 hours

Available in English

**You will learn about**

- Key concepts related to SFVCN, including diet and nutrition and value chains and their sustainability
- The elements of the SFVCN analytical framework, including potential strategies and entry points for interventions
- The three impact pathways by which an SFVCN can improve nutrition
- The process of developing an SFVCN project, including analyses and identification of commodities and interventions

# Capacity development

1. Orient capacity development towards **implementation and Monitoring & Evaluation**
2. Strengthen **partnerships** to increase the uptake of knowledge and skills, especially among **grass-root organizations and SMEs**
3. Increase **learning and accountability** on capacity development



**Thank You**

Look forward to your views and questions

**@pat\_fracassi**

