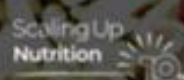




Food and Agriculture
Organization of the
United Nations



**Nutrition-sensitive
agricultural
and food systems**



**«National plan for sustainable
and healthy gastronomy»
Costa Rica**



Fundación Costarricense de Gastronomía

Alfredo Echeverría M.

Presidente y Fundador de Fundación Costarricense de
Gastronomía

Hello!

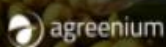
Costa Rica, the land of «Pura Vida»!



- Central America. 5.1 million hab.
- Highest % of biodiversity per sq. m
- Great sustainability consciousness
- **1,8% malnutrition (2016)**
- **25,7 %, obesity 18+* (2020)**
- **Have to reduce the use of pesticides!!**



Fuente: Panorama de la SAN en América Latina y el Caribe 2020



© FAO / René Vitale



Food and Agriculture Organization
of the United Nations

National plan for sustainable and healthy gastronomy

1. **Raising the bar** on the general understanding of the definition of gastronomy.
2. **Working horizontally**, using gastronomy as a cross-cutting axis, towards cultural, socio-economic development.

FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / René Vitiello



Food and Agriculture Organization
of the United Nations

Topic N°1

Raising the bar on the general understanding of the definition of gastronomy.



Common definition of gastronomy

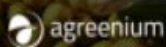
**“Is the study of food and culture,
with a particular focus on gourmet cuisine!”**

(Berkeley University of California)

FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / René Viala



Food and Agriculture Organization
of the United Nations

We have to go back to basics

What is basic?

Brillat-Savarin 1755 – 1826

” The Physiology of Taste (Physiologie du Goût)”

*“Gastronomy is the knowledge and understanding of **all that relates to man as he eats**. Its purpose is to **ensure the conservation of men, using the best food possible.**”*

- Sustainability
- Nutrition
- Food systems
- Innovation with identity



- Responsible production
- Agro-diversity
- Value chain



FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / René Viala



Food and Agriculture Organization
of the United Nations

A vertical (specialized) perception of gastronomy is common!

Culinary field: sees mostly related to the quality of the product

Trade Institutions : exports and imports

Tourism organizations: product enhancement

Cultural entities: intangible heritage value

Restaurants: enhanced experience and profit

Planning institutions: food security

Health departments: health-related issues (salt)

Agricultural departments: food production

And so on!

FUCOGA
Fundación Costarricense de Gastronomía

An aspirational and enhanced ideal definition of gastronomy

"Gastronomy, is the **sustainable and healthy food**, (Nutritious) that people consume, both traditional and Innovative with identity"

"Food that **nurtures** and strengthens, the quality and **joy of living**, **cultural values**, and **agro-biodiversity**, going from **responsible production**, to **accessible consumption**; impacting the food systems, towards the **resilience to climate change**, thus proactively contributing to the well-being of future generations".

FUCOGA
Fundación Costarricense de Gastronomía

Beyond just «pleasure on the plate»

The whole food system in it!



A more holistic view of gastronomy

Sustainability & Health (Nutrition)

FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / René Vitiello



Food and Agriculture Organization
of the United Nations

Topic N°2

National Plan for Sustainable and Healthy Gastronomy



«The National Gastronomic Round Table»

- Why National? everybody involved
- Why Gastronomy? the common denominator
 - Why Round? no head, no hierarchies
 - Why Table?: a place to nurture

FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / Ann Vitale



Food and Agriculture Organization
of the United Nations

“National plan for sustainable and healthy gastronomy”

Started in 2011 as a civil society initiative

- Civil society, government, private sector and academia represented
- As of today: **52 Entities as adherents**
- 2021 goal: **100 adherents**

FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / René Vitiello



Food and Agriculture Organization
of the United Nations

Who we really are?

“We are a multi-stakeholders articulation model, that envision, gastronomy as a cross-cutting axis, towards the cultural and socio-economic development in our country!”

Is the result of a and multi-sectorial, multi-disciplinary, consistent, and passionate effort, of many colleagues, and founders (6).

«Also is an innovative approach by which Food Systems is benefiting from»

FUCOGA
Fundación Costarricense de Gastronomía

What keeps us going strong?

- **Passion! And Commitment!**
- **Visibilization, and visualization of stakeholders**
- **Pledge to principles**
- **Sustainability and health as an umbrella**
- **What is your contribution to the table?**
- **Consistent compliance with the principles**
- **Accountability (What have we achieved)**

FUCOGA
Fundación Costarricense de Gastronomía

50+ Stakeholders

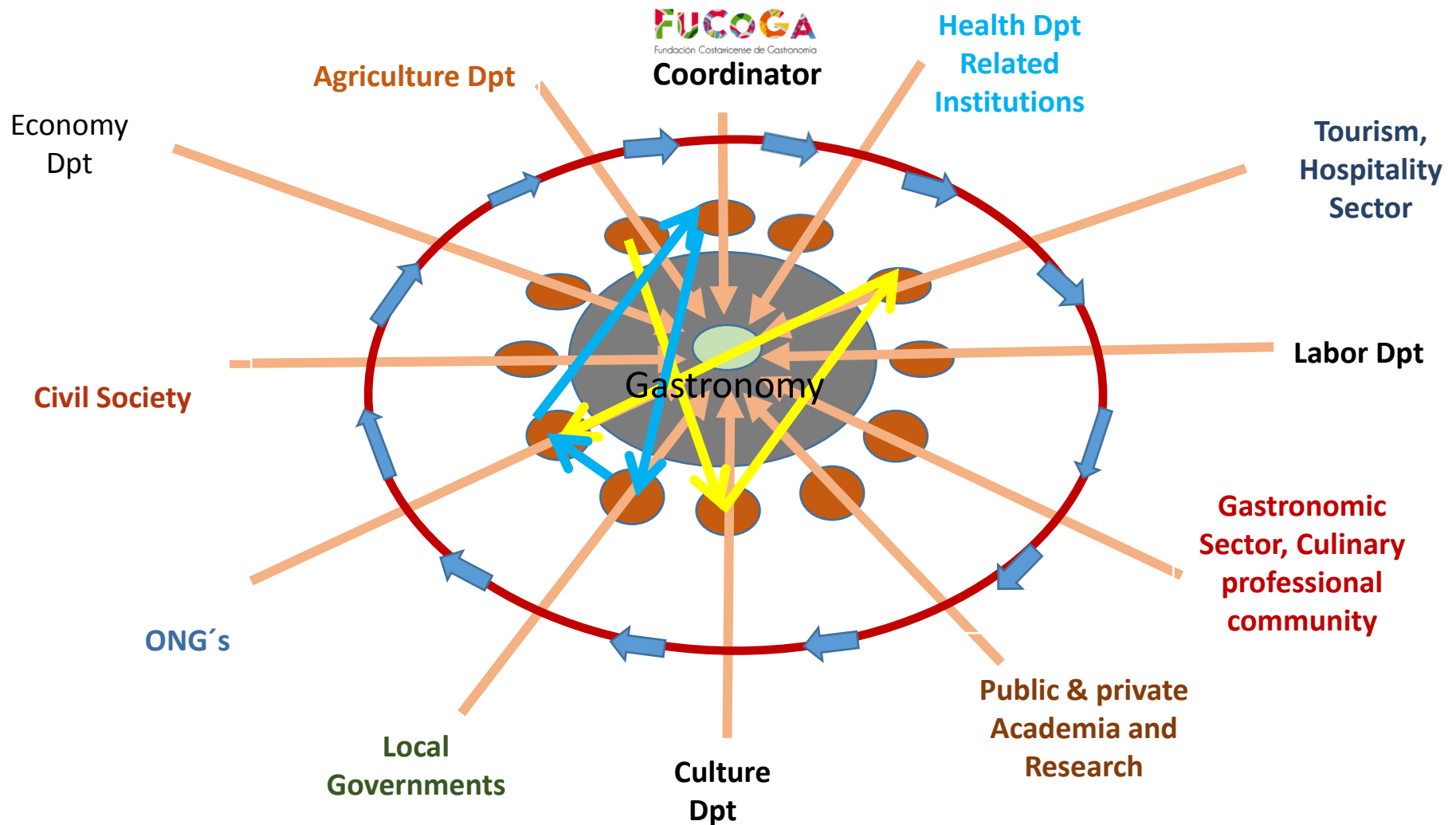
Working as a multi-sectorial, multi-stakeholder alliance
for the implementation of the plan.

Building bridges to expedite articulation



National Plan For Sustainable And Healthy Gastronomy

«The National Gastronomic Table»



Achievements



Visibilization of local native plants, **as a nutritious ingredient, and as a cultural heritage value.**

FUCOGA
Fundación Costarricense de Gastronomía

Achievements

**Being declared by
Presidential decree
“Of National Interest”
in 2015.**



FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / René Vitale



Food and Agriculture Organization
of the United Nations

Achievements

Promoting **sustainable, healthy** gastronomic business models, and helping in the **creation of new jobs.**



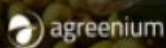
Inclusion of **Costa Rican gastronomy** in private and public Hospitality and **Culinary educational programs**



FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



Scaling Up
Nutrition



© FAO / Ann Vitale



Food and Agriculture Organization
of the United Nations

Achievements

Energized a nationwide movement, promoting regional tourism product differentiation, based on local gastronomy.



Going local!

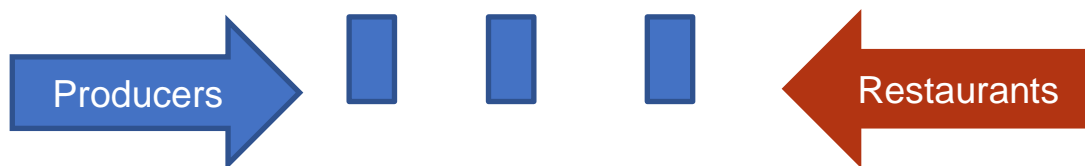


FUCOGA
Fundación Costarricense de Gastronomía

Achievements

Valuation of phylogenetic resources for food and agriculture in a mega diverse country

Bringing food producers closer to the gastronomic sector, by shortening market commercialization chains



FUCOGA
Fundación Costarricense de Gastronomía

Achievements

Widen society awareness towards sustainable, innovative, and healthy gastronomy.

- Communities Farmer's Markets
- Tourism Development Program
- Food festivals
- Culinary Labs
- Private and public schools canteens



FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / René Vitale



Food and Agriculture Organization
of the United Nations

Integrating the SUN movement

Latin America & Caribbean Civil Society Network

PRIMER ENCUENTRO
DE INTERAPRENDIZAJE

Escuchando la
Voz de la Red de la
Sociedad Civil de
**Latino América y
el Caribe**

Colombia 🇨🇴 Costa Rica 🇨🇷 El Salvador 🇸🇻
Guatemala 🇬🇹 Honduras 🇧🇮 Perú 🇵🇪

Scaling Up
NUTRITION

Grupo Regional Latinoamérica
Red de la sociedad civil
INVOLUCRAR • INSPIRAR • INVERTIR



Working
towards the
eradication of
malnutrition in
Costa Rica

FUCOGA
Fundación Costarricense de Gastronomía



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / Ana Utrilla



Food and Agriculture Organization
of the United Nations

Sustainable Development Goals

View the initiative, from the social perspective, as a contributor to the reduction of poverty, malnutrition, and obesity in Costa Rica and other SDG goals!.



FUCOGA
Fundación Costarricense de Gastronomía

**The only way we will achieve our goals is by
working horizontally and collaboratively!**

Thank you!
Pura Vida!



FAO eLearning
ACADEMY
elearning.fao.org



agreenium



UNITED NATIONS
ESCAP
Economic and Social Commission for Asia and the Pacific

Scaling Up
Nutrition



© FAO / Anek Vitale



Food and Agriculture Organization
of the United Nations