

VOICE OF THE RURAL WORLD

2017/03 No.127

**QUALITY OF FOOD
SECURITY AND NUTRITION**



VOICE OF THE RURAL WORLD No.127

Chief editor:

George Dixon
FERNANDEZ

Secretariat:

FIMARC aisbl
rue Jaumain 15
5330 ASSESSE
BELGIQUE
Tél/Fax: +32-83-656236
www.fimarc.org
fimarc@skynet.be

Account number:

ING 310-0756026-94
IBAN
BE87 3100 7560 2694
BIC/SWIFT
BBRUBEBB

Lay out:

FIMARC aisbl

Photos & Design:

FIMARC aisbl
except special mention

Subscription:

15,00 €/an

Publishing:

33e année

Printing:

FIMARC aisbl

Summary

Editorial	3
Quality of food – security and nutrition	5
FIMARC News	12

Periodical published by FIMARC in four languages.
It highlights the rural world's life and activities of
the member movements belonging or not to the Federation

© FIMARC



Dear Readers,

Greetings from International Secretariat!

This edition of VMR is on the topic of Food Security and Nutrition.

Food security and nutrition are essential dimensions of sustainable development. Inadequate food security and nutrition take an enormous toll on economies and have negative consequences for the livelihoods and economic capabilities of vulnerable populations. One in eight people in the world today (868 million) are undernourished and approximately two billion suffer from micronutrient deficiencies (FAO). Significant progress has been made to reduce rates of undernourishment, child stunting, underweight, micronutrient deficiencies, and child mortality. But such progress has been uneven and subject to setbacks caused by food price increases, conflict, and other shocks. Moreover, other forms of malnutrition - specifically overweight and obesity - are rapidly rising. Globally, more than 1.4 billion adults are overweight. The increasing prevalence of overweight and the closely related increases in non-communicable disease is at least partly a consequence of changing diets and lifestyles. In many contexts, however, the incidence of overweight is also closely related to poverty.

As the world population continues to grow, much more effort and innovation will be urgently needed in order to sustainably increase agricultural production, improve the global supply chain, decrease food losses and waste, and ensure that all who are suffering from hunger and malnutrition have access to nutritious food.

World Conference on Sustainable Development (Rio+20) in 2012 reaffirmed the right of everyone to have access to safe and nutritious food, consistent with the right to adequate food and the fundamental right of everyone to be free from



hunger. The UN Secretary-General's Zero Hunger Challenge launched at Rio+20 called on governments, civil society, faith communities, the private sector, and research institutions to unite to end hunger and eliminate the worst forms of malnutrition.

Beyond adequate calories intake, proper nutrition has other dimensions that deserve attention, including micronutrient availability and healthy diets. Inadequate micronutrient intake of mothers and infants can have long-term developmental impacts. Unhealthy diets and lifestyles are closely linked to the growing incidence of non-communicable diseases in both developed and developing countries. Adequate nutrition during the critical 1,000 days from beginning of pregnancy through a child's second birthday merits a particular focus.. Undernutrition is a consequence of consuming too few essential nutrients. Consequently, the body does not get the right amount of vitamins, minerals, and other nutrients it needs to develop and maintain healthy tissues and organ functions. Furthermore, undernutrition also makes children and adults more susceptible to health problems and magnifies the effects of disease. It is an underlying cause for roughly half of all deaths from diarrhea, malaria, pneumonia and measles.

Extreme poverty and hunger are predominantly rural, with smallholder farmers and their families making up a very significant proportion of the poor and hungry. Thus, eradicating poverty and hunger are integrally linked to boosting food production, agricultural productivity and rural incomes.

Agriculture systems worldwide must become more productive and less wasteful. Sustainable agricultural practices and food systems, including both production and consumption, must be pursued from a holistic and integrated perspective. Building resilience of local food systems will be critical to averting large-scale future shortages and to ensuring food security and good nutrition for all.

The empowerment of women, and addressing inequalities notably gender inequity and rural-urban inequalities are as critical to food security and nutrition as they are to a universal sustainable development.

Many believe that it is possible to eradicate hunger within the next generation, and we have to work together to achieve this goal.

Enjoy your reading

George Dixon Fernandez
Secretary General



QUALITY OF FOOD SECURITY AND NUTRITION



In this dossier of the VMR we will address the issue of the quality of the food, its security and its nutritional value. After going through a series of definition, we will see who decides what, when and on what basis. We will also see what is damaging both to health for the safeguard of the conditions of work and life of small producers.

The right to food as a human right

The right to food is a human right recognized by international law that protects the right of every human being to feed himself in dignity, either by producing himself his proper food or by buying it. As defined with authority by the Committee on economic, social and cultural rights (Committee on ESCR) in his general commentary No. 12:

“ The right to adequate food is realized when every man, every woman and every child, alone or in community with others, has access at any time, physically and economically, to adequate food or the means to get it.”



The adequacy of food means it must meet dietary needs taking into account the age of the individual, his life, his health, his work conditions, gender, etc. If for example the children food does not contain the nutrients necessary for their physical and mental development, it is not adequate. Food must also be safe for human and free of harmful substances, such as industrial or agricultural processes from pollutants, including pesticides, hormones or veterinary drug residues. Moreover, adequate food must be culturally acceptable. Assistance containing for example a diet religiously or culturally taboo addressed to persons or contrary to their eating habits is not culturally acceptable.

To get an idea of what is needed in providing calories for human beings humans, know that a grown man should absorb 2500 kcal per day to cover its energy needs, a woman 2100 kcal, a baby between 0 and 3 months just 650 kcal and a boy in full development, between 15 and 18 years old, will require 3000 kcal. [1]

Food security and food safety

We have often spoken in the pages of TMR but it is not worth recalling the definition of “food security” that should not be confused with “the safety of the food”.

The food security is a situation which guarantees at any time to a population, access to food both in qualitative and quantitative terms. It must be sufficient to ensure a healthy and active life, taking account of the food habits. It depends on many factors: availability (demographics, cultivable surfaces, internal production in the country, storage...), access (organization of markets, financial resources of households...), stability (in the country at the political level for example, the climatic conditions...) and safety (access to water, hygiene and conservation of the food produced, processing...)



The food safety concerns the health quality of food, i.e. the fact that consumption of food will have no negative impact on health. It is thus one of the components of food security (cfr. point above when we talk about “safety”).



Quality of food

What makes the quality of the food? For those who like to eat, the taste is probably one of the first things that would be quoted if asked the question – we use talking of the “pleasure of the table”! It must also include the quality of the products, so much of the chemical that bacteriological point of view, to ensure that these products contain no chemical residues or that they have been processed and/or stored in good conditions (hygiene, respect of the cold chain, etc.).

Another criterion that we want to mention is on ethical and environmental aspects: ethics when it comes to the origin of the products, by which they were produced, in which conditions of work, of remuneration of workers... and environmental, taking into account the factors of production, such as water and respect for the land, for example. All these qualitative elements of a healthy diet refer to a sustainable diet or to a sustainable production.

What are the problems seen everywhere in the world regarding food?

Without developing in this dossier the issue on the conflicts and wars, it is certain that one of the unfortunately major problems in many parts of the world is not the quality of the diet, but simply its access. People who live in these areas of conflict are often brought to leave their land, unable to produce and have to be satisfied with the food and products supplied by NGOs, in the countries hosting them, glad already to have something to eat.

But more broadly, what is more problematic is the food that is provided to us by the food industry. In the countries of the North, increasingly especially in urban areas in the countries of the South, department stores grew exponentially in recent years. All these big super markets offer a multitude of products of the food industry, fruits and vegetables in season or not, healthy products or a lot less... Sometimes difficult to make a choice, especially when purchasing power is low and that people in poverty are well happy already to eat, even knowing that what they eat is not quality food.

All these products in supermarkets or in the many fast food stores (McDonald's, Burger King, KFC)...have a direct consequence on the health of populations. Added sugar, sodium levels are excessive and we're talking more and more about



obesity as a public health problem. Overweight concerns 1.4 billion people of 20 years old and more in the world (Global estimation of the WHO). By 2030, the number of overweight people is expected to reach 3.3 billion.

Overweight and obesity represent the fifth factor of risk of death at the global level and cause at least 2.8 million victims every year. [2]

Elsewhere on local markets, the hygiene conditions and break in the cold chain are posing question. Indeed, family farmers are mostly small farmers, not generally having access to satisfactory conservation infrastructure or even easy access to local markets. During the harvest of fresh products, the market is beyond the same

products that often get lost even before having been transported to market. Certainly a part of the production is consumed on the spot, by the producers themselves and their family, but a large part of the production is lost for lack of transformation, of conservation or storage.

Depending on the type of culture, 15 to 35% of food products are lost directly in the field and a loss of 10 to 15% of the production is lost during processing, transport and storage.

The total figures of 41 200 pounds of food thrown away every second in the world are advanced. This represents a food waste of 1.3 billion tons of food a year, 1/3 of the global food production dedicated to consumption. In rich countries,

the waste would be essentially due to the distribution channel: distributors take little risk with use-by dates and cast products that aren't visually perfect. Huge amounts of food are also lost during food processing processes, during their transport, but also in the kitchens.

This impressive amount of food thrown should be used to feed the 800 million people who suffer from malnutrition in the world, besides considering that food production is one of the first sources of greenhouse gas emissions. From production to the processing of waste, the average life cycle for a French people in his food consumption represents about 20% of the total of his daily CO₂ emissions.



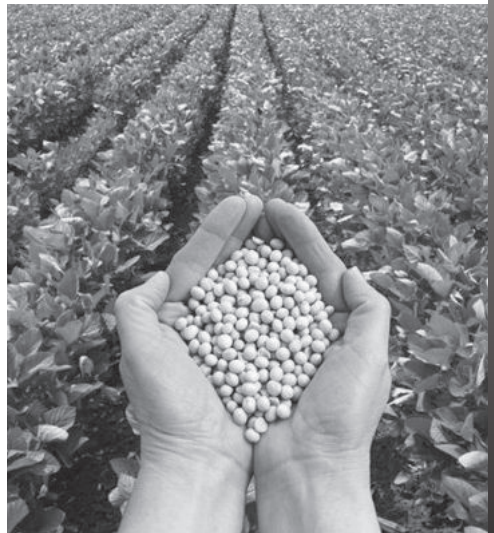


And the ultimate problem is the competition made by the food industry to small producers. We have already discussed this matter more than once in the pages of VMR. Agro-industry, with its huge financial resources, allows himself to buy land covering huge surfaces, produced tons of food, often with a lot of chemical inputs, without worrying about the depletion of the land, of water resources and the elimination of small farmers, all for providing food at low prices, but not always quality.

This economic sector includes a powerful manufacturers of products such as Nestlé , Danone , Lactalis , Pernod Ricard , Bel group , Kraft Foods , United Biscuits , Xinjiang Chalkis Co.Ltd (number two in the world of the tomato transformed), etc.

Agribusiness doesn't care of health problems... Quite recently, the European Union gave Monsanto permission to pursue commercialization of glyphosate, although it has been declared as probable carcinogen by the WHO (World Health Organization) and it has been proved that its use has impact on fauna and flora. The power of lobbies, different political interests in the Member States of the EU have allowed to pass this moratorium for another 5 years of selling this product despite its probable dangers and the petition over a million citizens opposing this measure.

In front of this, producers are facing more and more controls and demands for everything related to production, storage, processing, packaging... by different regulators. Without questioning the need for reasonable control over food production, there is like a paradox between the demands on local producers, who do not always have the possibility to adapt all of these 'quality' standards, hygiene... and what agribusiness permits itself, using his power of persuasion to continue using products found to be toxic.





And faced with this, what can we do?

We reported it as a quality criterion, the taste of the food. Would it be inappropriate to “find back” this taste of the simple things? In addition to the gustatory pleasure, cooking season, fresh, well behaved products turns out well better for health and for the portfolio. More and more consumers are demanding this type of product, and some communities are starting to move now toward agriculture of quality and proximity. We have often written in the pages of the VMR, we are in favor of peasant family farming, in a closeness of relations between producers and consumers. Without being organic fanatics, we support a food produced locally, with common sense, in respect of animals as well as the respect to the land and water resources. This relationship of short circuit of neighborly relationship ensures quite well the “control” of the qualities of what is produced and can dispense with 36 labels, certifications and others which cost a lot of money to the producers and lock them in sometimes untenable criteria. The challenge will be for small producers to be able to meet this demand in this relationship of short circuit.

Quality food would also respond to the problems of obesity, which are one of the important causes of mortality in the world or risk to become with the related



problems that this disease causes: diabetes, cardiovascular diseases... Education to food, cooking classes, nutrition should be back in our schools and colleges as well as mathematics.

A second track of reflection concerns food waste. We saw the numbers of huge waste of the products from the production, through the transformation to overconsumption. For consumers who have sufficient purchasing power,

a simple reduction in purchases or learning of kitchen of the “leftovers” would already reduce this waste. The big super markets seem to have understood... and already one or the other offers the purchase of products in bulk or still the possibility (this more in terms of packaging savings) to come with his bags or plastic boxes.



For producers, it would be interesting to reflect simple transformation systems for better conservation. Projects exist, such as the transformation of fruits in dried fruit or marmalade or other jam but still must market be applicant and licensee of those products.

From a global point of view, we believe that agricultural policies must evolve to meet the nutritional needs of the people and not to satisfy the liberalized market intending to make more and more money.

In the Southern countries, agricultural policies should allow small farmers to have access to training, credit and markets. Training in order to make the best use of the potential of traditional seeds, without chemical inputs (or very limited); credit to be able to equip themselves with tools of conservation, storage or processing of their products; market access, by the necessary equipment in infrastructure - roads, places of storage...

And all over the world it is our responsibility of citizen to advocate for greener policies on the environment, for preventive rather than only curative health policy and for the defense of small-scale agriculture farmer, guarantor of quality food, good nutritional value and ensuring a sufficient supply for all.

[1] according to figures on the site vitagate.ch

[2] source: World Organization of health (who) - "obesity and overweight" - aide-mémoire N ° 311



FIMARC NEWS

FIMARC WORLD FOOD DAY CAMPAIGN–“CLIMATE IS CHANGING. FOOD AND AGRICULTURE MUST TOO.” OCTOBER 2016

The global message for World Food Day 2016 was “Climate is changing. Food and agriculture must too”. During this world food day of 2016, FIMARC requests all its member movements to have deep reflections, actions to raise the debate on Climate change and its effect in Agriculture all

over the world and to lobby for the policies that support a family based peasant agriculture which effectively adapt and mitigate the effects of the Climate change and we urge all the members to organise a common action day to raise awareness on



Decese activities in Kenya for World Food Day

this topic .Different actions were developed by FIMARC movements in their respective countries :



Seed exhibition on the World Food Day

Bangladesh – BSDF Member Sonar Bangla-Observed World Food Day activities at grass root levels. RRF Bangladesh had a workshop on the theme. RRF, Sonar foundation and Sushamaj Foundation will organize the activities of WFD 2017 in rural areas.

Kenya - Government organise activities on WFD in villages, counties, regions, National levels and DESECE participated in it. Desece organised Field day activities which was even filmed by media.

Desece received award for traditional cooking

WFD materials are useful and normally discuss with people in local languages.



Preparation of Organic Manure

Organised the exhibition of organic food and the deputy governor visited the office of the movement

France – WFD is celebrating as International day of solidarity by CCFD/CMR and topics related to farming are discussed. Held evening conferences, films and manifestation on food production and food waste.

Some local solidarity Actions for Africa was organised

India - Circulated the material to all levels of the movements

Local /State level actions organised -Seed Exhibition, Traditional Food fest, Work with schools,

Participated in different Government agricultural office initiatives.

El salvadore - Human Rights organisations had a meeting in El Salvador demanding for the human right to food

Sitting Manifestation was organised at the Provisional HQ of Central America

Disseminated the materials to the groups

Organised seed events, Food fests

Organised awareness raising campaign to value the work of the Farmers

Paraguay - Useful to raise the awareness among the family on disappearing varieties and seeds and questioned cash crop priority

Local fairs has been organized

Participated in the meeting of Oxfam (Decidamos-Let us decide) –

Argentina - Disseminated the message in the media and linked with cultural centre and trained the people on the topic.

**LATIN AMERICAN
REGIONAL CONGRESS ON
“PEASANT AGRICULTURE
AND SOLIDARITY ECONOMY,
THE GREAT HOPE OF OUR
PEOPLE”. EL SALVADOR
NOVEMBER 20-23, 2016**

FIMARC Latin America organised a regional congress on “Peasant

Agriculture and Solidarity Economy, The Great Hope of our people” November 20-23, 2016 in El Salvadore. Delegates from Mexico, Guatemala, Honduras, Nicaragua and El Salvadore participated in the meeting.



Luis Enrique and Álvaro Antonio speak about their adventures with the production of honey, milk and that the work of the countryside is not valued by consumers

Visit to Contreras Family, example of Production in the approach of Solidarity Economy, onion and cucumber cultivation



UNITED NATIONS INTERGOVERNMENTAL WORKING GROUP FOR PEASANT RIGHTS DECLARATION

FIMARC Participated in the United Nations Intergovernmental Working Group for Peasant Rights Declaration in Geneva .Wolfgang Scharl (President of FIMARC), Gabriel Falchun, Elsabeth Pariat, Marcelle Favre and Gerard Bonoin (members of FIMARC Human Rights Group) represented the movement in this important negotiation process to prepare the articles of the declaration ;We have made a collective lobbying and advocacy together with CETIM, Via Campesina, FIAN etc.

MORE AND BETTER GENERAL MEETING-ROME

Rony Joseph (India) and George Fernandez (Secretary General of FIMARC) participated in the More and Better General Meeting held on 11 October 2016 in Green Room of FAO HQ in Rome. FIMARC is a member of the More and better Network and we work with this network regularly on SDG and its implementation and follow up as well as food and agricultural governance issues.



More and Better meeting. Rome 2016



VMR

*VOICE OF
THE RURAL WORLD*

PUBLISHED BY

Fédération internationale des Mouvements d'Adultes Ruraux Catholiques
Federación internacional de los Movimientos de Adultos Rurales Católicos
Federação Internacional dos Movimentos de Adultos Rurais Católicos
International Federation of Rural Adult Catholic Movements

Chief Editor

George Dixon FERNANDEZ, rue Jaumain 15 - 5330 ASSESSE (BELGIQUE)
