



CALL FOR ACTION

WORLD FOOD DAY 2019

OUR ACTIONS ARE OUR FUTURE

“.HEALTHY DIETS FOR A #ZERO HUNGER WORLD“

World Food Day is a day of action against hunger.

Founded in 1945 to unite all nations in the fight against hunger, FAO celebrates its birthday on the 16th of October, through a global celebration known as World Food Day. World Food Day promotes worldwide awareness and action for those who suffer from hunger and for the need to ensure food security and nutritious diets for all. The focus of the day is that food is a basic and fundamental human right. The World Food Day 2019 focus on the theme **“.OUR ACTIONS ARE OUR FUTURE HEALTHY DIETS FOR A #ZERO HUNGER WORLD“**.. On the occasion of this World Food Day, FIMARC is calling along with FAO on countries and other stakeholders to implement concrete initiatives to create a Zero Hunger World through healthy diets.

CONTEXT

This year, WFD calls for action across sectors to make healthy and sustainable diets accessible and affordable to everyone. At the same time, it calls on everyone to start thinking about what we eat

Achieving Zero Hunger is not only about addressing hunger, but also nourishing people, while nurturing the planet. In recent decades, we have dramatically changed our diets and eating habits as a result of globalization, urbanization and income growth. We have moved from seasonal, mainly plant-based and fibre-rich dishes to diets that are high in refined starches, sugar, fats, salt, processed foods, meat and other animal-source products. Less time is spent preparing meals at home, and consumers, especially in urban areas, increasingly rely on supermarkets, fast food outlets, street food vendors and take-away restaurants.

A combination of unhealthy diets and sedentary lifestyles has sent obesity rates soaring, not only in developed countries, but also low-income countries, where hunger and obesity often coexist. Now over 670 million adults and 120 million girls and boys (5–19 years) are obese, and over 40 million children under five are overweight, while over 800 million people suffer from hunger. Obesity and other forms of malnutrition affect nearly one in three people. Projections indicate that the number will be one in two by 2025

An unhealthy diet is the leading risk factor death across the globe from non-communicable diseases (NCDs) including cardiovascular diseases, diabetes and certain cancers. Linked with one fifth of deaths worldwide, unhealthy eating habits are also taking a toll on national health budgets costing up to USD 2 trillion per year.

In the way our food systems currently work, from agricultural production to processing and retailing, there is little space for fresh, locally produced foods. Intensified food production, combined with climate change, is causing a rapid loss of biodiversity. Today only nine plant species account for 66 percent of total crop production despite the fact that throughout history, more than 6 000 species have been cultivated for food. A diverse variety of crops is crucial for providing healthy diets and safeguarding the environment..

A healthy diet is essential for good health and nutrition. { World Health organization}

It protects you against many chronic non communicable diseases, such as heart disease, diabetes and cancer. A healthy diet comprises a combination of different foods. These include:

- Staples like cereals (wheat, barley, rye, maize or rice) or starchy tubers or roots (potato, yam, taro or cassava).
- Legumes (lentils and beans).
- Fruit and vegetables.
- Foods from animal sources (meat, fish, eggs and milk).

WHO recommendations, to follow a healthy diet,

- Breastfeed babies and young children:
- Eat plenty of vegetables and fruit:
- Eat less fat:
- Limit intake of sugars:
- Reduce salt intake:

QUICK FACTS

- Over 150 million children under five are stunted and over 50 million are affected by wasting.
- Unhealthy diets, combined with sedentary lifestyles, have overtaken smoking as the world's number one risk factor for disability and death worldwide.
- Most of the world's population lives in countries where overweight and obesity kill more people than hunger.
- Different forms of malnutrition can co-exist within the same household and even the same individual during their life and can be passed from one generation to the next.
- An estimated USD two trillion is spent each year to treat health problems caused by obesity.
- Billions of people lack the nutrients their bodies need to lead an active and healthy life.
- Environmental damage caused by the food system could increase 50 to 90 percent, due to the increased consumption of processed foods, meat and other animal-source products in low- and middle-income countries.
- Of some 6 000 plant species cultivated for food throughout human history, today only eight supply more than 50 percent of our daily calories.
- We need to eat a wide variety of nutritious foods.
- Climate change threatens to reduce both the quality and quantity of crops, lowering yields.
- Rising temperatures are also exacerbating water scarcity, changing the relationship between pests, plants and pathogens and altering the size of fish.

WHAT CAN BE DONE

The good news is that affordable solutions exist to reduce all forms of malnutrition, but they require greater global commitment and action, WE ALL need to limit our consumption of foods that are high in salt, sugar and trans and saturated fats and make healthy eating. You can change the way you eat, learn to understand nutrition labels, become a critical consumer, push for the availability of healthier food choices at work or in the community, be physically active and become more aware of your carbon food print.

GOVERNMENTS

Governments need to invest in nutrition and put the right policies in place to provide healthier and sustainable diets at an affordable price. These policies should help smallholders and farmers to diversify production and contribute to sustainable food systems, educate the public and nutrition professionals,

. Governments need to increase the availability and affordability of diverse and nutritious foods for healthy diets by setting, enforcing and regularly updating national food-based dietary guidelines and nutrition standards, and establishing cross-sectoral platforms to inform food and agricultural policies, and guide interventions such as school food and nutrition programmes, food assistance, public food procurement and regulations on food marketing, labelling and advertising. In order to achieve behavioral change, efforts need to be supported by mass-media, public awareness campaigns and nutrition education programmes, community interventions and point of sale information, including labeling.

Governments need to address malnutrition at its roots. Solutions rooted in food production (agriculture, livestock, fisheries, etc.) can make important contributions to reduce malnutrition, increase dietary diversity and improve nutrition for a healthier and sustainable future. Countries need to adopt nutrition sensitive food-production practices that focus less on high-yielding and economically profitable varieties and more on diversity and nutritional quality, by producing a range of affordable, nutritious, culturally appropriate and safe foods in adequate quantity to meet the dietary requirements of populations in a sustainable manner. This will have a positive effect on our health, biodiversity and environmental sustainability and reduce costs of public health care.

SMALLHOLDER FARMERS

Need to influence the variety of food available by diversifying production and adopting sustainable agricultural methods to preserve natural resources. Vulnerable rural populations need to empower themselves by uniting and forming local cooperatives to share knowledge and gain access to finance and sustainable technologies. Farmers can also increase their income and reduce prices for consumers by finding ways to maintain quality and freshness and reduce post-harvest losses. People need to be health conscious and informed to change their food choices and eating patterns and limit the consumption of industrially processed foods that are high in fat, sugar and/or salt. We need to rediscover the importance of fresh seasonal produce, cooking skills, traditional knowledge and local biodiversity.

PRIVATE FOOD BUSINESSES

Need to introduce more nutritious foods and adhere to nutrition-related laws and standards regarding the production and sale of foods, reformulation of food products, nutrition labels (informing consumers about high levels of total fat, saturated fat, sugar, or salt), and food marketing and advertising, especially when aimed at children.

YOUTH

Around the world can also become change makers and advocates for healthy diets and Zero Hunger.

FAO

Should provide countries with evidence on the multiple facets of malnutrition and to work with them to develop policy responses, providing technical support to global governance mechanisms for improving nutrition and promoting healthy and sustainable diets to a wide target audience, particularly through capacity development and awareness raising.

FIMARC CALLS TO ACTION

This World Food Day is an occasion to focus our attention for the realization of Zero Hunger World through healthy diets. Run up to the World Food day 2019, I would like to call upon all our member movements around the world to take up concrete actions in your movements in relation to the theme of the year. I thank all the movements that were involved in various actions last year.

Some proposals of actions in line with the theme of the World Food Day 2019 are mentioned below. But each movement can organise activities based on their own reality.

- ***Organise a campaign activity to raise awareness among the public on HEALTHY DIETS FOR A #ZERO HUNGER WORLD***
- ***Organise Festivals and fairs of food tastings and cooking demonstrations to food markets and exhibitions of local products***
- ***Organise Cultural performances such as Concerts, choirs, theatre and even dancing.***
- ***Organise Recreation and sports activities such as a run, a march, a walk or even a marathon against hunger and malnutrition.***
- ***Organize conferences, debates and public round tables with political leaders, educators, scientists and farmers***
- ***Organize food donations that would otherwise be wasted or lost in accordance with local regulations. Link to local shops, restaurants, etc***
- ***Plan a WFD exhibition to support your projects. multi-stakeholder partnerships or agricultural products in your region.***
- ***Distribution of Prizes and awards to Recognize farmers, breeders, fishermen, producers and farmers' associations who are contributing to Zero Hunger efforts in your country/locality by hosting an awards ceremony.***
- ***Plant a tree (fruit trees or vegetables) during your WFD event.***
- ***Organise Corner meetings ,press conference , press release or demonstrations on the topic to raise the awareness of the society***
- ***Organise one day volunteer work to save money and to support hunger eradication projects in your own places or send to the FIMARC World Food Day fund to support other people who are in need around the world***
- ***Make awareness raising activities on healthy diets***
- ***Organise Traditional Cooking competitions with local fresh food to raise awareness on healthy diets***
- ***Make your own diet balanced***
- ***Buy local : Shop from local farmers whenever you can***

During this world food day of 2019, FIMARC requests all its member movements to have deep reflections, actions for the progressive realisation of 'Zero Hunger World through healthy diets' and to Lobby the governments for the same. We urge all the members to organise a common action day to raise awareness on this topic and send us the news about your activities.

Wish you all the best for your world food day actions of 2019

George Dixon Fernandez
Secretary General
ASSESE, 6/09/2019
Reference –www.fao.org/ www.who.int
