



## CALL FOR ACTION

### WORLD FOOD DAY 2021

**Our actions are our future**

**“Better production, better nutrition, a better environment and a better life”**

The World Food Day 2021 focus on the theme **“Our actions are our future- “Better production, better nutrition, a better environment and a better life”**..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 world without hunger. The World Food Day is celebrated on October 16, which marks the creation of FAO in 1945.

Collective action across countries is what makes World Food Day one of the most celebrated days of the UN. The food we choose and the way we consume it affect our health and that of our planet. It has an impact on the way agri-food systems work. World Food Day 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.

#### **Importance of the theme**

The planet 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.

#### **Food wastage**

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( Food Wastage) 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 CO<sub>2</sub>. 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

#### **COVID 19 Impacts**

This World Food Day is the second to be marked during COVID-19, which has had devastating repercussions for food security and sovereignty 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.

#### **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.

## **Food System must be 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.

## **Small family farmers must be protected**

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

## **What can be done?**

### **By Governments**

- 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.
- , Makes Policies 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 **farmers**, 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.
- .• Invest in infrastructure, affordable technologies and training to minimize post-harvest food loss.

## **By farmers**

- Adopt sustainable agricultural practices that respect biodiversity, are more environment-friendly and use natural resources more efficiently.
- Minimize losses by harvesting at the right time, improving storage facilities, and learning about best practices and technologies.

## **By Private Sector**

- 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.

## **By Academia**

- Universities, schools, technical and vocational education and training centres should provide nutrition education for student

## **By civil society**

- 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.
- 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.
- 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.
- ✚ 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 USD1.90 a day.
- ✚ The world's food systems are currently responsible for more than 33 percent of global

anthropogenic green house 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.

## **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 2021, We 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 2021 are mentioned below. But each movement can organise activities based on their own reality.

### ❖ **Choose healthy diet**

*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.*

### ❖ **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**

*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*

### ❖ **Grow your food**

*Growing food at home is fun and a way to learn about plants and appreciate them, while improving your diet!*

### ❖ **Share Knowledge and Information**

*Speak up and share knowledge and information. Get more people to care about how our food is produced and how this affects our planet. Raise awareness about better nutrition*

### ❖ **Other actions**

- *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*
- *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 and campaigns on WFD theme*

During this world food day of 2021, FIMARC requests all its member movements to have deep reflections, actions on **“Our actions are our future. Better production, better nutrition, a better environment and a better life”** 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 2021

**The Bureau**

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Reference –[www.fao.org](http://www.fao.org)

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