



Food and Agriculture Organization
of the United Nations

Nutrition-sensitive agriculture and food systems: Options for intervention

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Food systems: what are we talking about?

A *food system* gathers all the elements (environment, people, inputs, processes, infrastructures, institutions, etc.) and activities that relate to the production, processing, distribution, preparation and consumption of food, and the outputs of these activities, including socio-economic and environmental outcomes.

(HLPE, 2014).





A sustainable food system...

is a food system that ensures food security and nutrition for all in such a way that the economic, social and environmental bases to generate food security and nutrition of future generations are not compromised.

(HLPE, 2014)



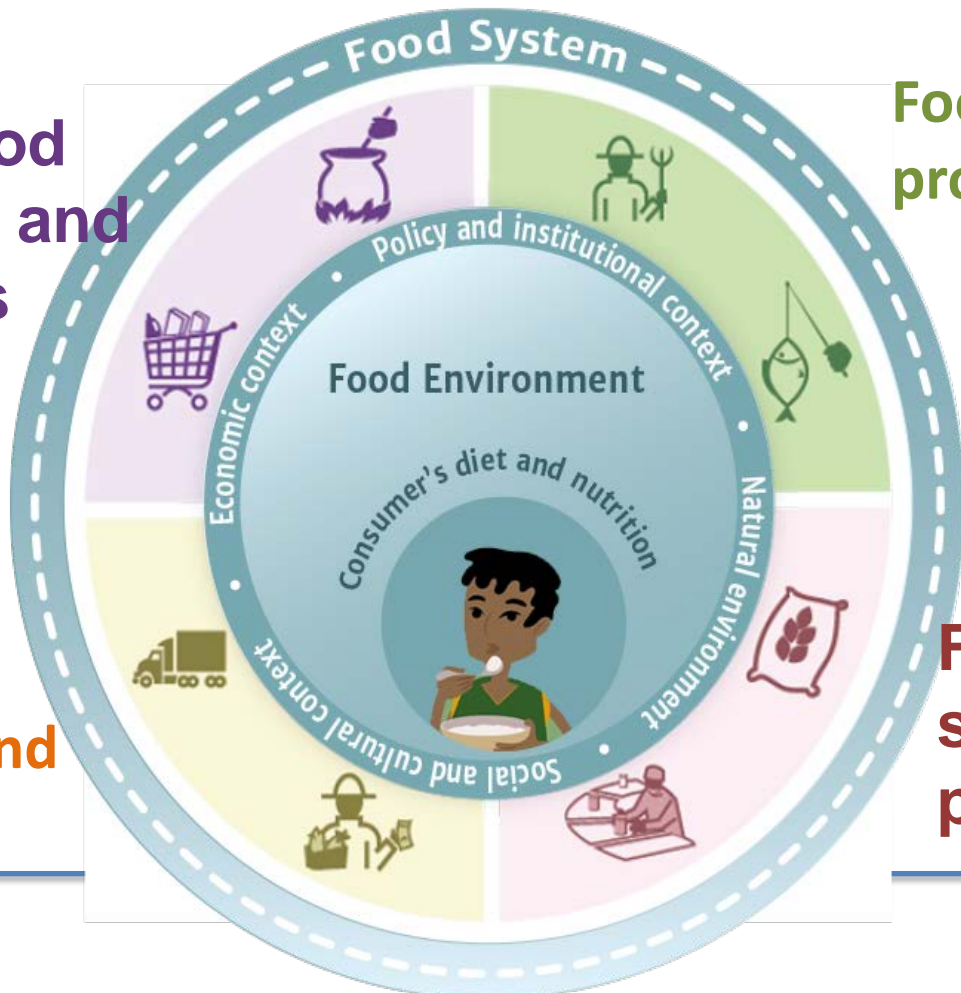
A nutrition-sensitive food system

···ensures access to, and promotes consumption of, a healthy diet while also taking into consideration other causes of malnutrition (health, access to safe water, adequate caring practices···).



Food system intervention entry points

Consumer
demand, food
preparation and
preferences



Food
production

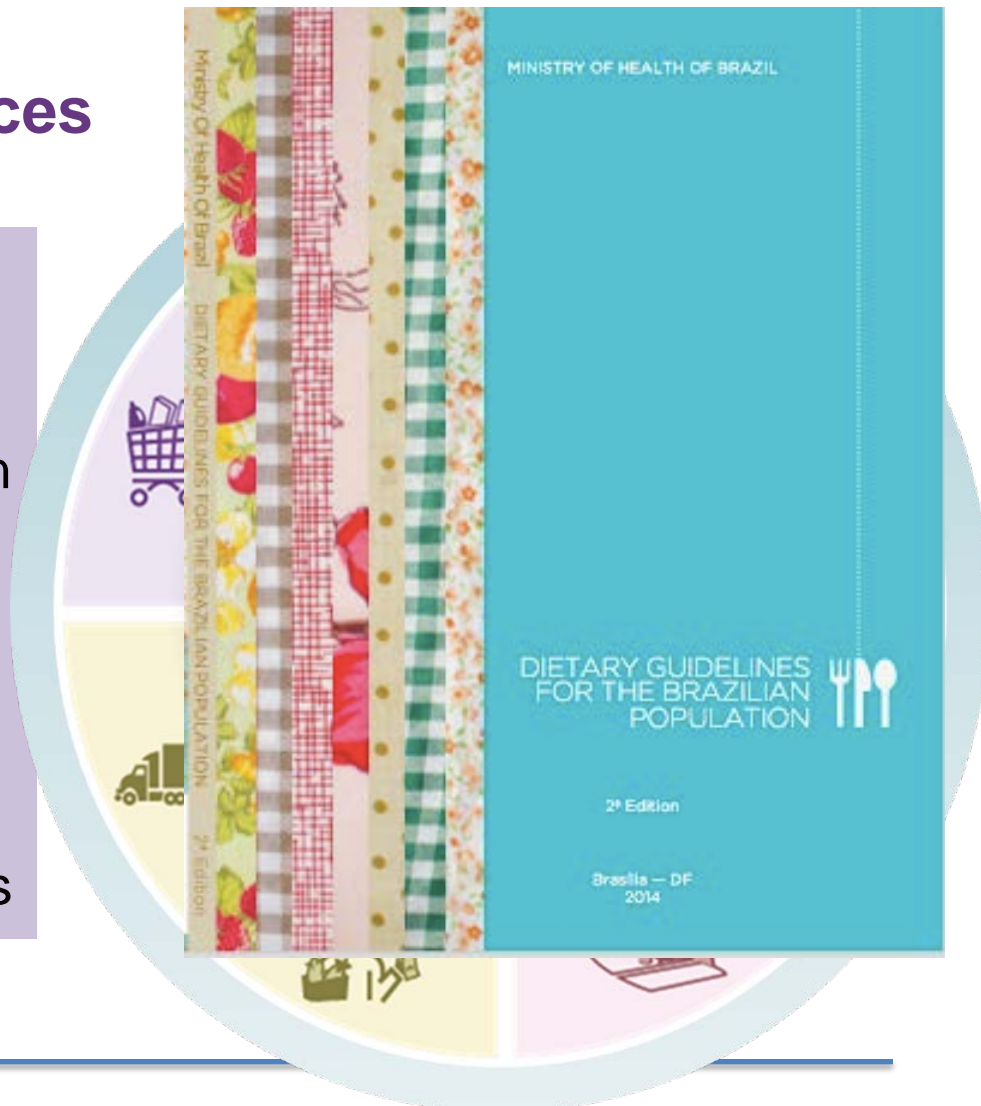
Food trade and
marketing

Food handling,
storage and
processing



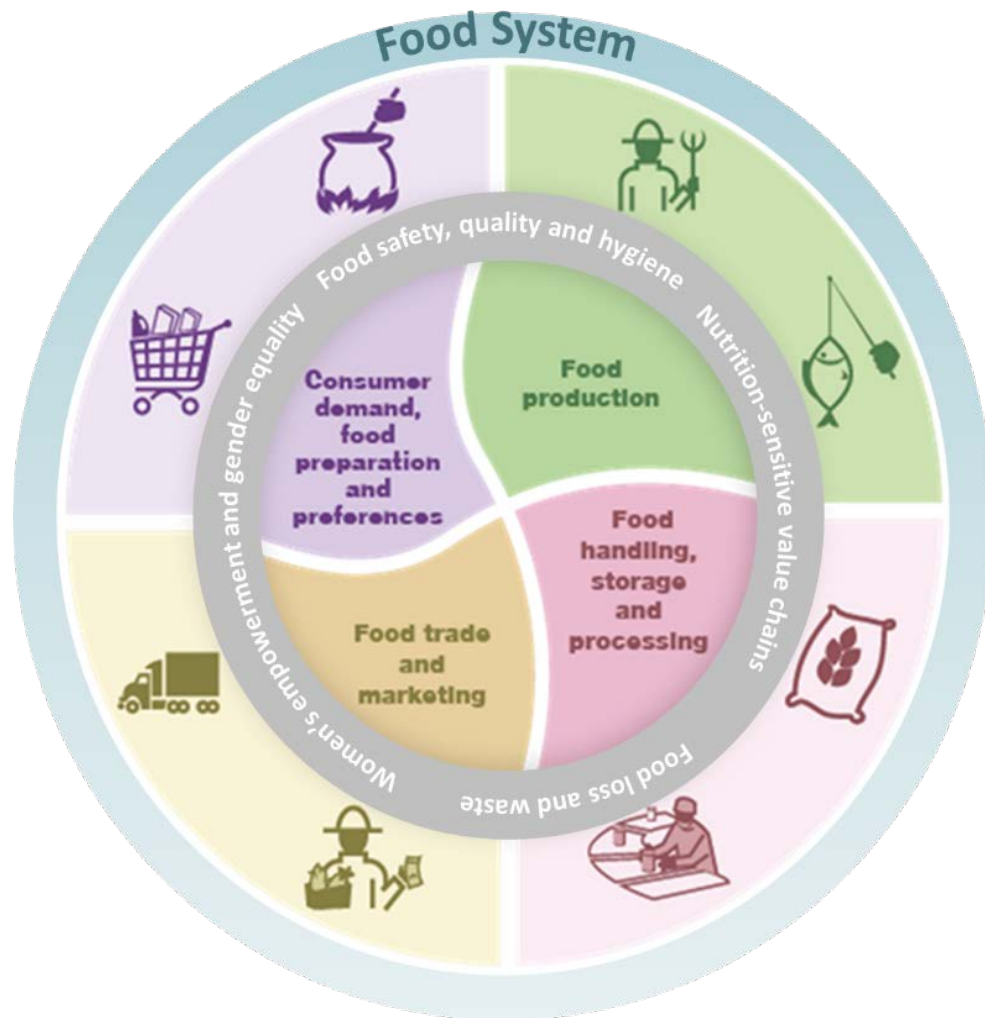
Consumer demand, food preparation and preferences

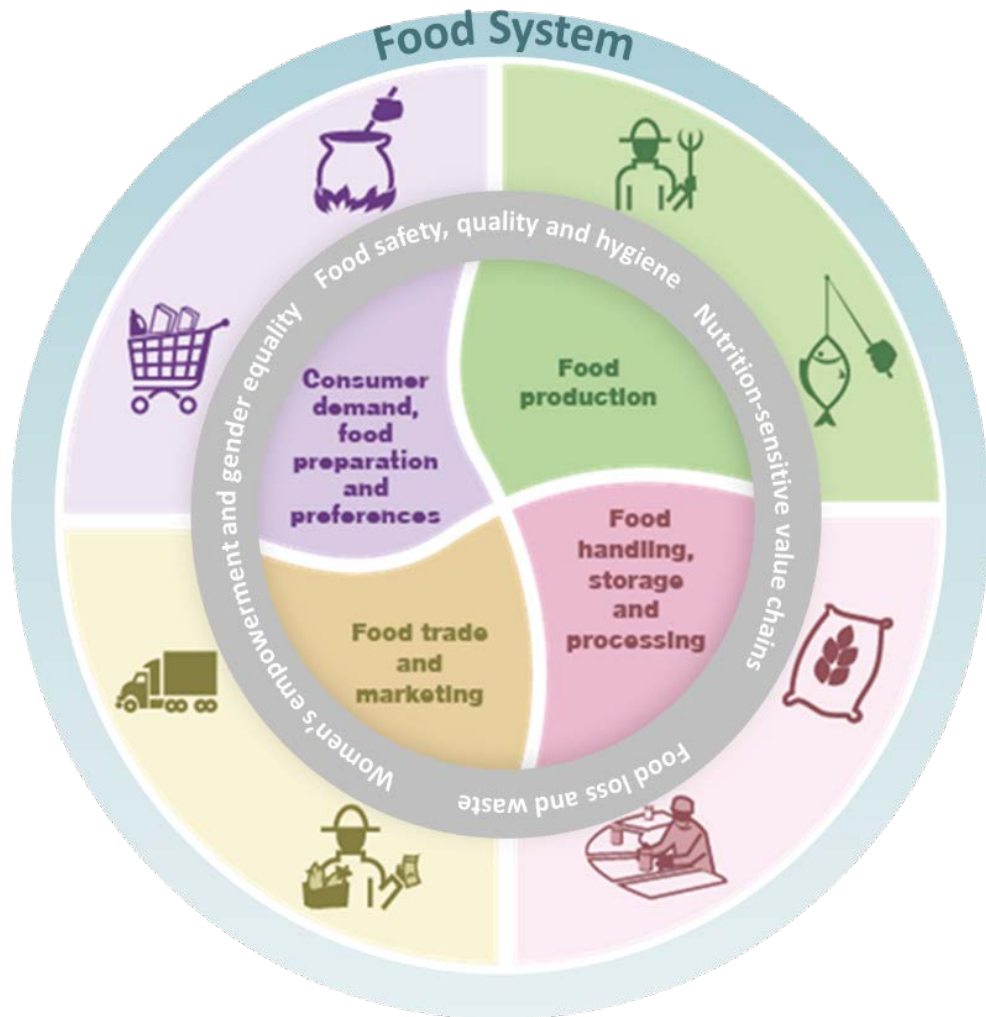
- Nutrition education and behaviour change communication
- Income generation for nutrition
- Nutrition-sensitive social protection
- School Food and Nutrition
- Nutrition-sensitive humanitarian food assistance
- Food-based Dietary guidelines



Food trade and marketing

- Trade for nutrition
- Food marketing and advertising practices
- Food price policies for promoting healthy diets
- Packaging
- Food labeling





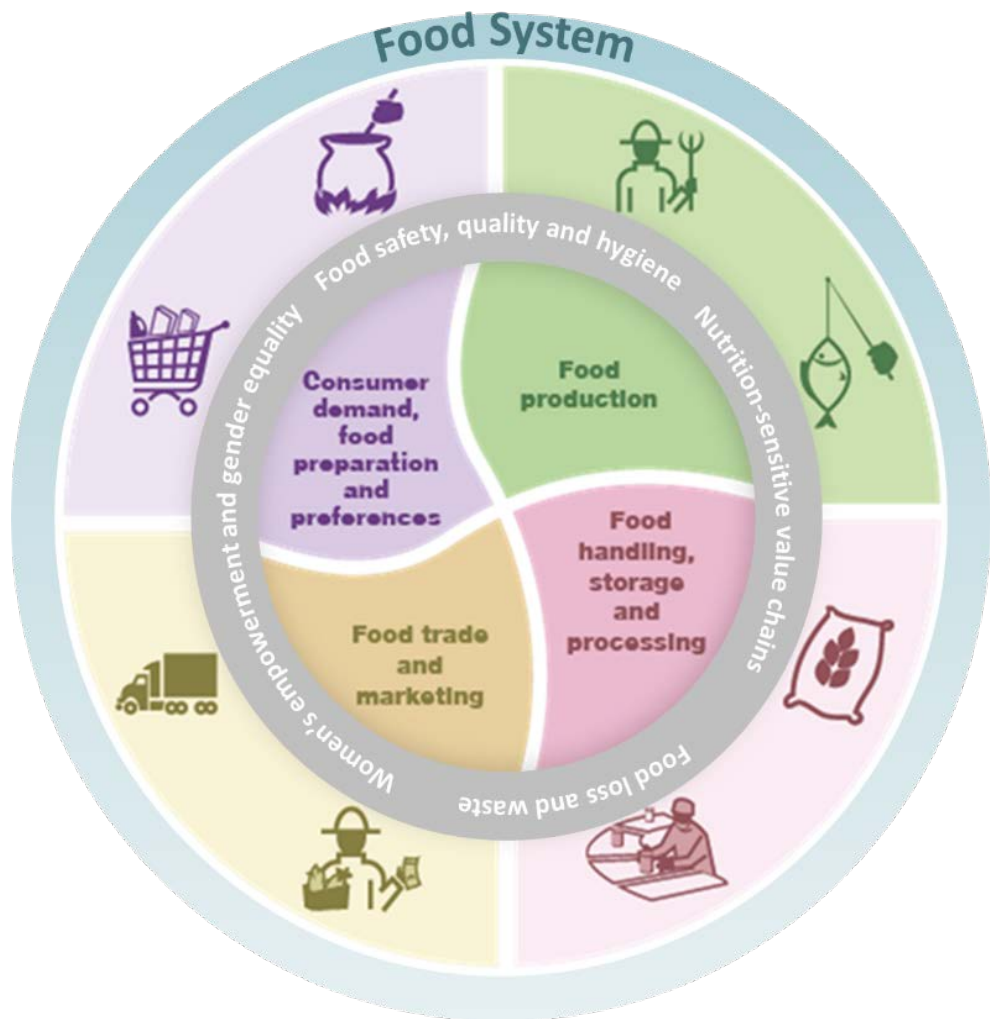
Food handling, storage and processing

- Nutrition sensitive post-harvest handling, storage and processing
- Food fortification



Food production

- Diversification and sustainable intensification of agricultural production
- Nutrition-sensitive livestock and fisheries
- Biodiversity for food and nutrition
- Biofortification
- Urban and periurban agriculture



Cross-cutting issues

- Nutrition-sensitive value chains
- Women's empowerment and gender equality
- Food loss and waste: prevention, reduction, and management
- Food quality, safety and hygiene



Win-wins between nutrition and environment

- What is good for the health of people is good for the health of the planet and vice versa
- Strong convergence between “nutrition-sensitive” and “climate-smart” / “environmentally friendly” approaches



A holistic approach

- Working with **entire system**
- **Multi-sectoral approach**, with links to health systems, social protection and environment
- **Policy coherence** between food, health, trade, education, environment...



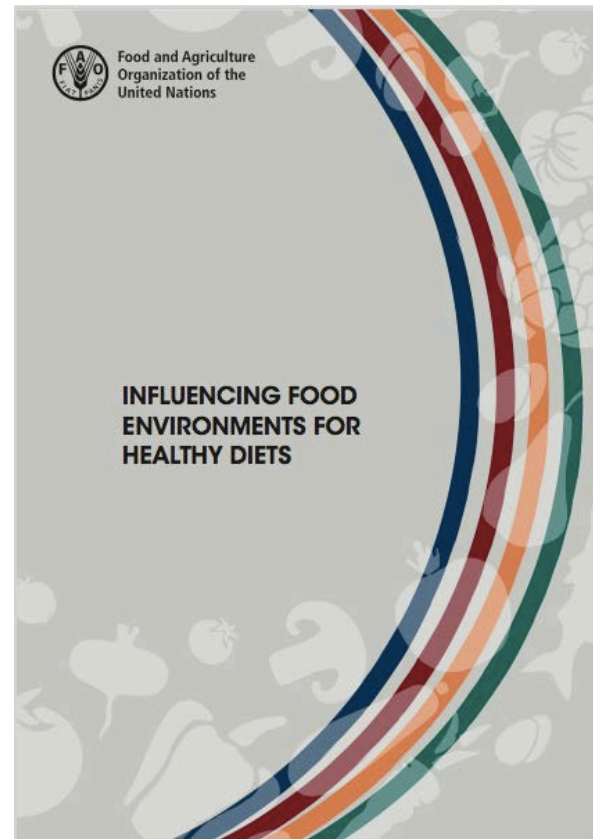
Private sector is the engine of food systems

- Sustainable change will come when private sector has economic interest in producing and selling nutritious foods
 - Public sector can create an enabling environment and generate incentives for supplying and consuming healthy diets
 - Informed consumers can drive demand for and supply of healthy diets
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Some resources

- Influencing food environments for healthy diets

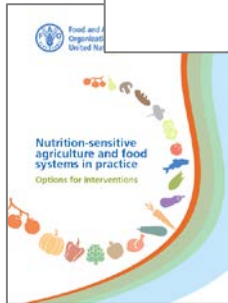




FAO Toolkit for Nutrition-sensitive Food Systems

www.fao.org/nutrition/policies-programmes/toolkit

- **Key recommendations for improving nutrition through agriculture and food systems**
- **Designing nutrition-sensitive agriculture investments. Checklist and guidance for programme formulation -**
- **Compendium of indicators for nutrition-sensitive agriculture**
- **Nutrition-sensitive agriculture and food systems in practice: options for interventions**
- **E-learning modules:**
www.fao.org/nutrition/policies-programmes/elearning





Thank you

