



60 __ decibels

FOOD SYSTEMS



laterite

60__decibels

Food system and how it affects nutrition

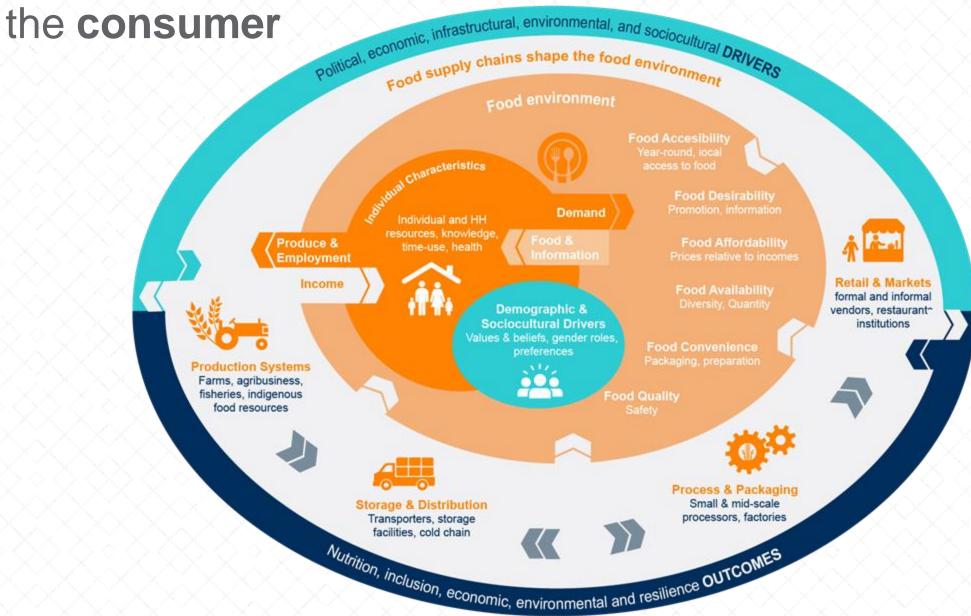




Food systems (FS)

Briefly means all of the people and activities that play a part in growing, transporting, supplying, and, ultimately, eating food

The food system stretches from the production of food to



There are different types of food systems. Factors affecting the type of system include:

Urbanization

Formality of markets



Industrialization

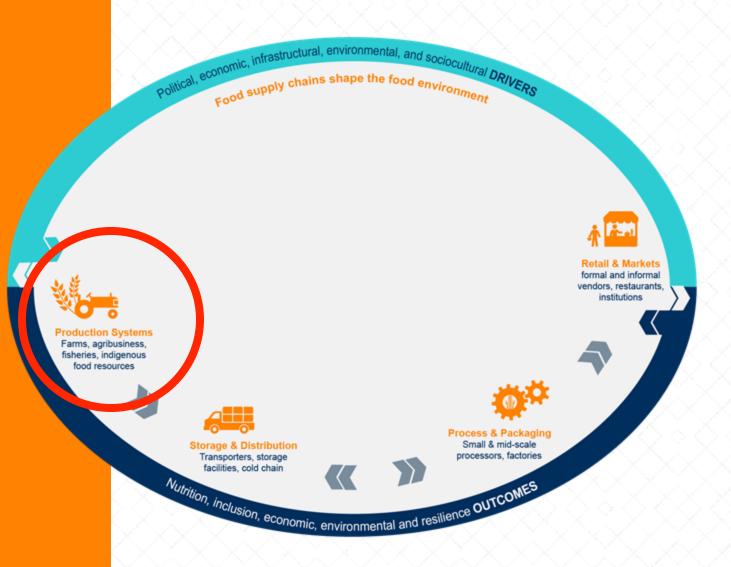
Distance to production







How does food production and post-harvest management affect nutrition?





There are many ways to impact nutrition through the production and post-harvest management of food.

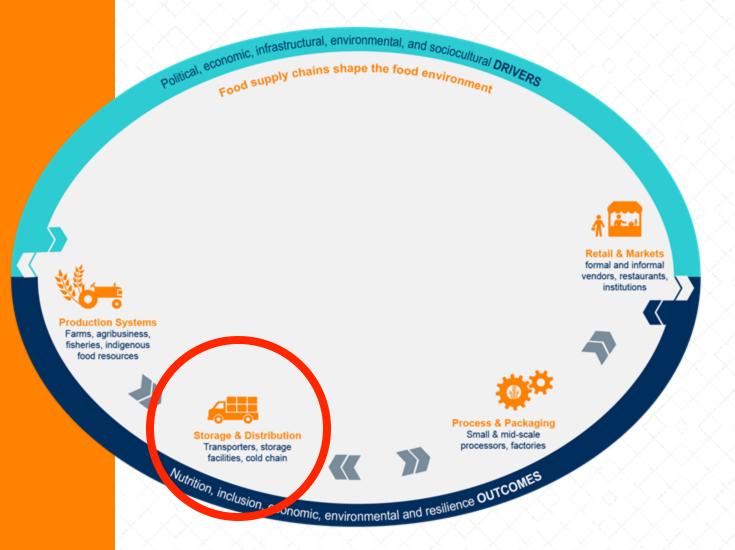
Diversifying production

Building knowledge and capacity

Increasing access to nutrient-rich seeds



How does food storage and distribution affect nutrition?





The food supply chain can be strengthened by focusing on **food storage**, **transportation and distribution** Produce packaged appropriately

Promoting safe storage facilities

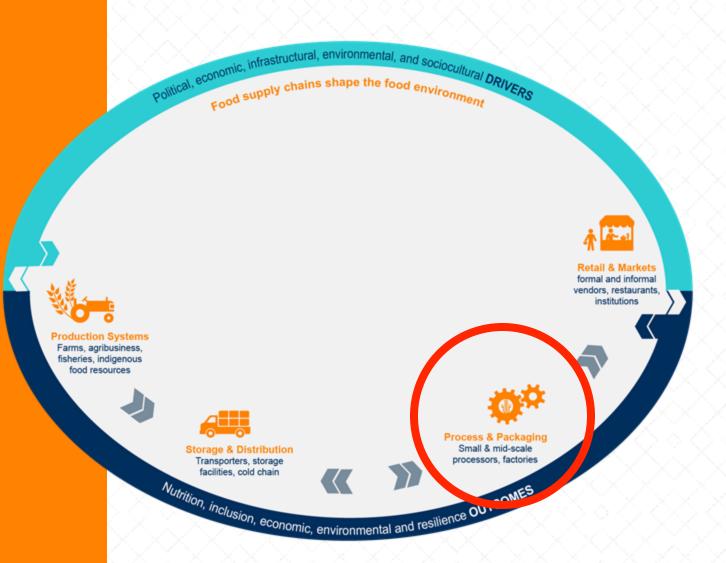
Developing linkages

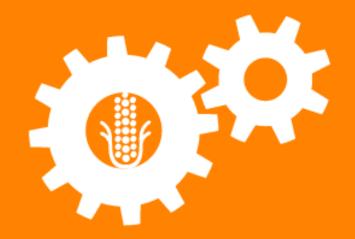
Improving food safety

Training food distributors



How does **food processing** affect nutrition?





We can optimize food processing to support nutrition

Improve process of commodities

Integrating food safety

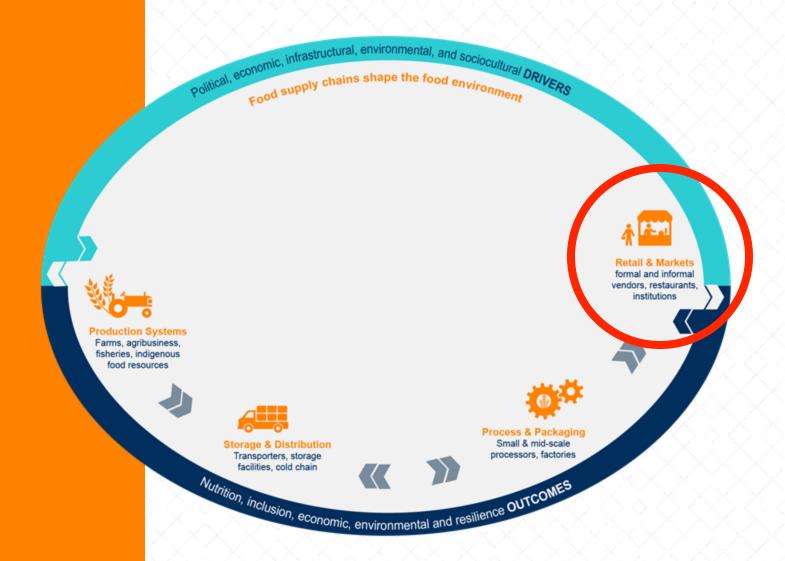
Training processors on food

Food processing at household level

reduce salt, sugar, and fat/oils in processing.



How does **food retailing and markets** affect nutrition?



THINK

What are ways we can integrate nutrition into marketing and retailing foods?





Integrating nutrition into marketing and retailing

Sell targeted nutrientrich commodities

Integrate nutrition messaging

Train vendors and retailers

Support market governance actors

FOOD ENVIRONMENT

IGNITE

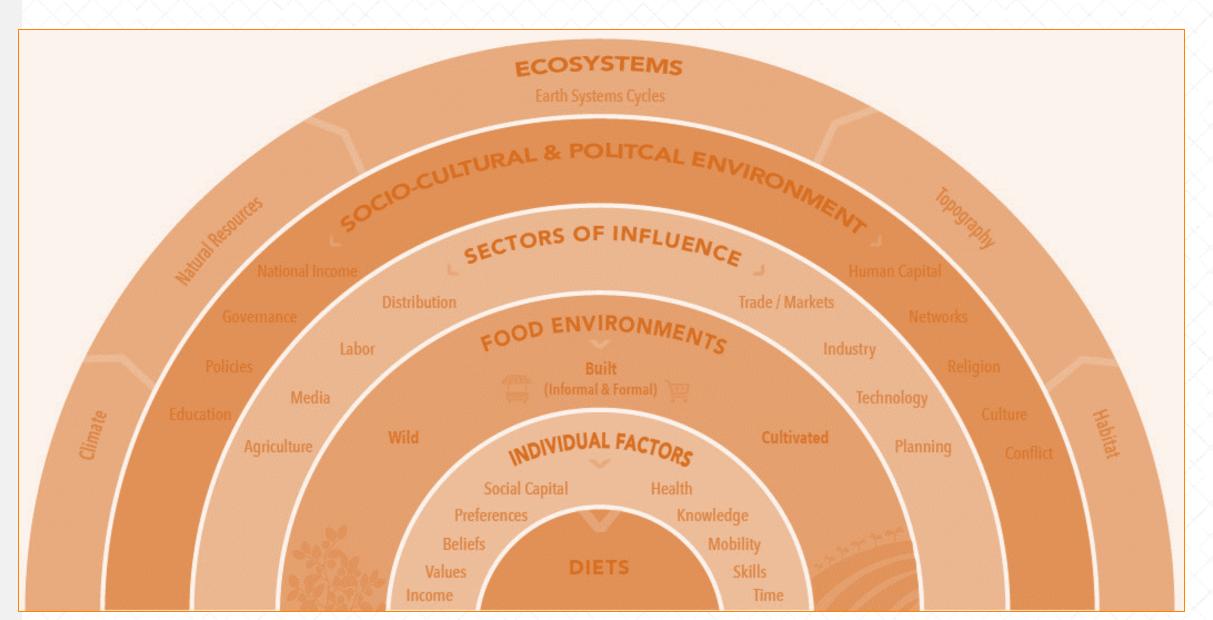
The food environment

Political, economic, infrastructural, environmental, and sociocultural DRIVERS Food supply chains shape the food environment Food Desirability **Retail & Markets** formal and informal vendors, restaurants, institutions Production Systems Farms, agribusiness, fisheries, indigenous Food Quality food resources **Process & Packaging** Small & mid-scale Storage & Distribution Transporters, storage processors, factories facilities, cold chain Nutrition, inclusion, economic, environmental and resilience outcomes

The food system *impacts* the **health of diets** through the food environment.

6 Components of food environment





CONFIDENTIAL

PROMOTION

How a food item is presented, marketed, promoted, and front-of-pack labeling which is designed to influence the desirability of food.

AFFORDABILITY

The prices of food items relative to other foods or to a defined income standard (e.g. % of median income or % of poverty line)

AVAILABILITY

Whether a food item is present within a given physical range



50CIO-CULTURAL & POLITCAL ENVIRONMENT SECTORS OF INFLUENCE

FOOD ENVIRONMENTS

INDIVIDUAL FACTORS

DIETS

SUSTAINABILITY PROPERTIES

The environmental and social impact associated with the food item

QUALITY

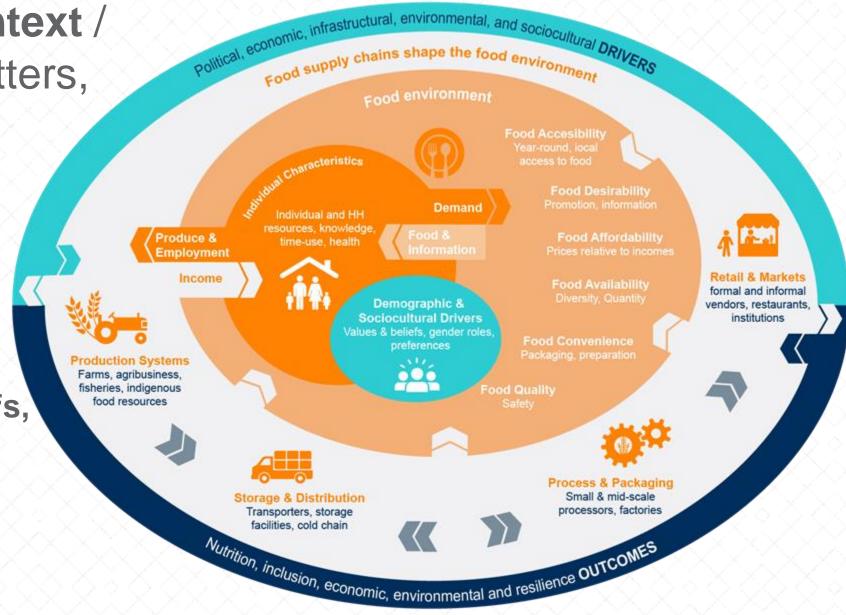
External characteristics of food including its freshness, integrity, safety, nutrient and phytochemical profiles, objective sensory attributes

CONVENIENCE

Time cost of obtaining, preparing, and consuming a food item

Social context / culture matters, too!

Values, beliefs, gender roles, norms and preferences are *part* of the food system!



19

THINK What are ways you can increase the demand for nutritious foods?





Integrating nutrition to *increase* consumer demand.

Exposing households to nutritious foods

Empowering community health workers

Engaging private sector

Finding the appropriate **entry points** for *integrating* nutrition into the food system.

What are the strategic interventions?

Where are the leverage points?

Who can make these changes?

LET'S REVIEW

- Food system
- Food environment



laterite

60 __ decibels

Thank you!