



#### 60 \_\_ decibels

## FOOD SYSTEMS



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Food system and how it affects nutrition

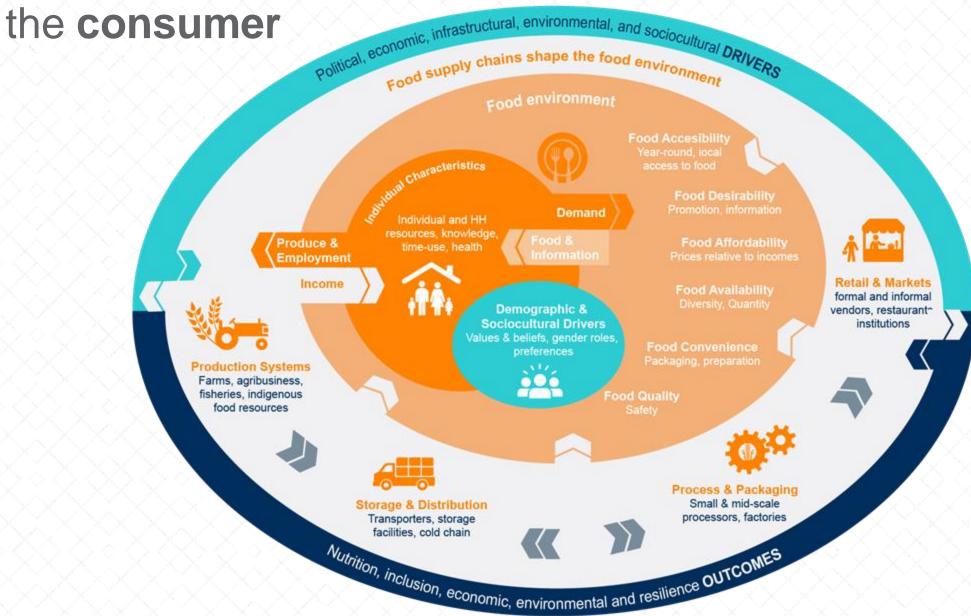




## Food systems (FS)

## 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

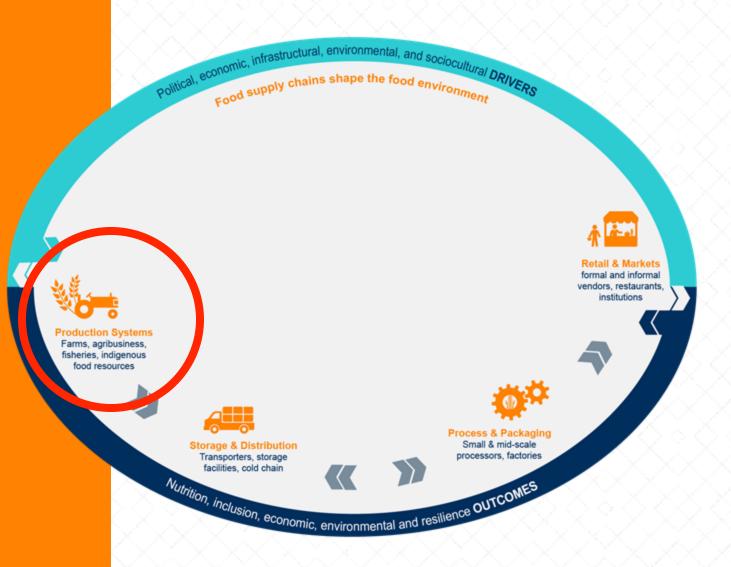
Distance to production







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.

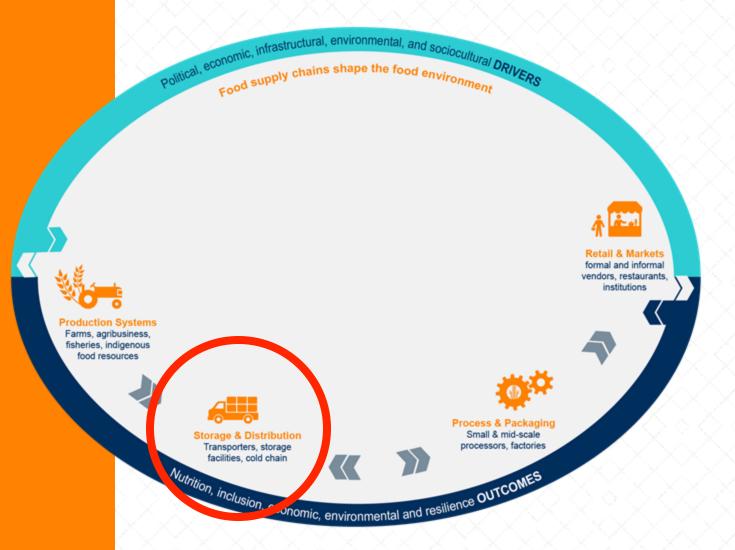
#### Diversifying production

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

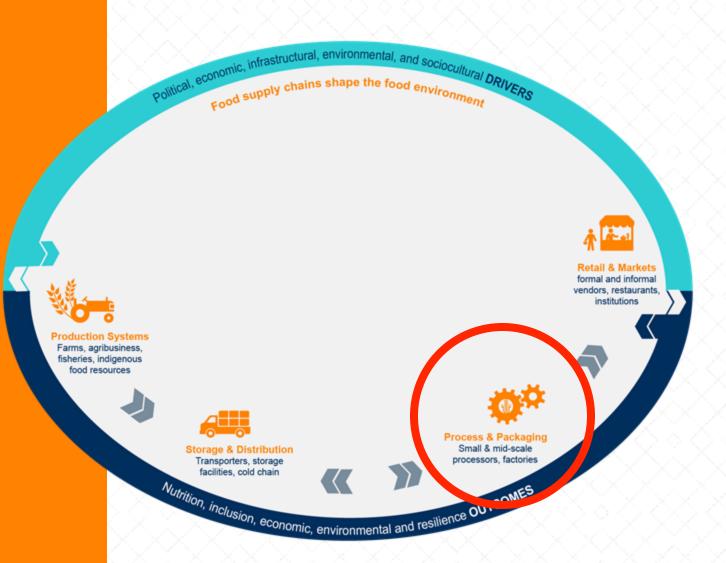
Developing linkages

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

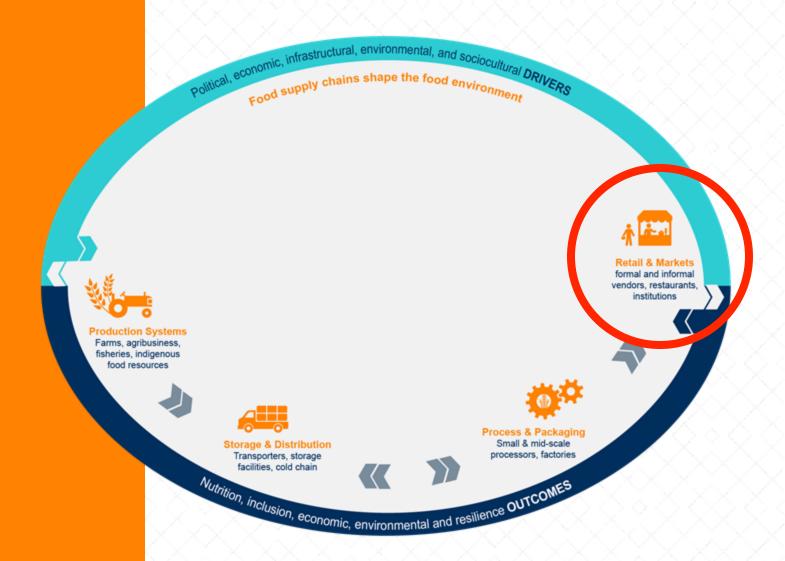
Training processors on food

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

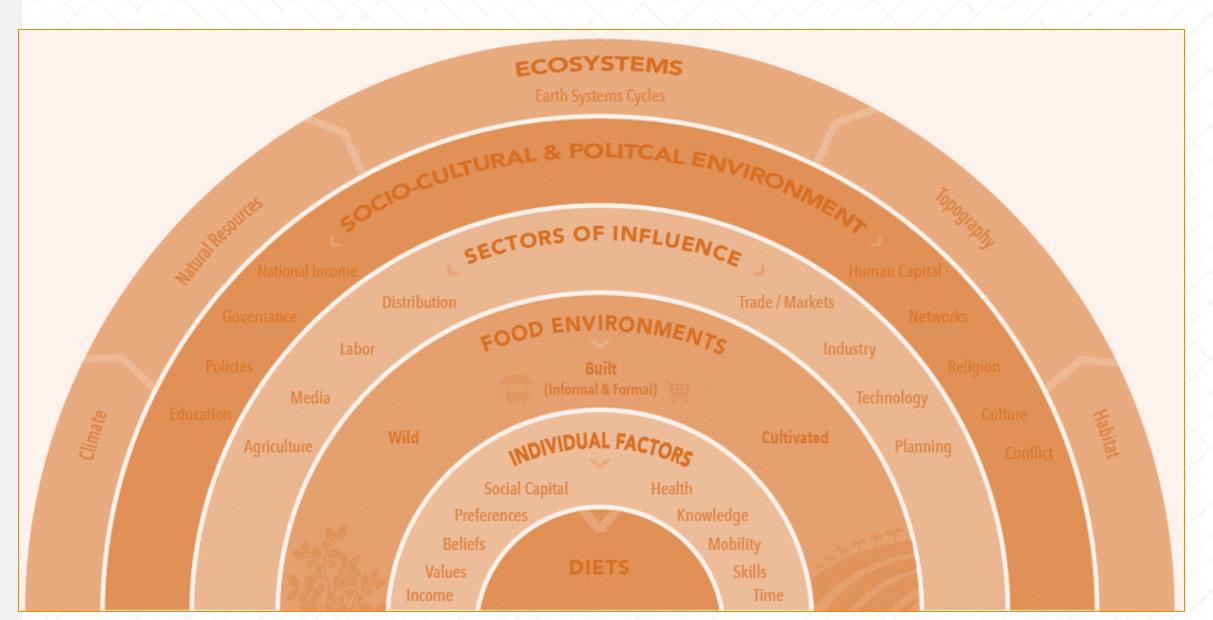
## The food environment

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





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#### 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

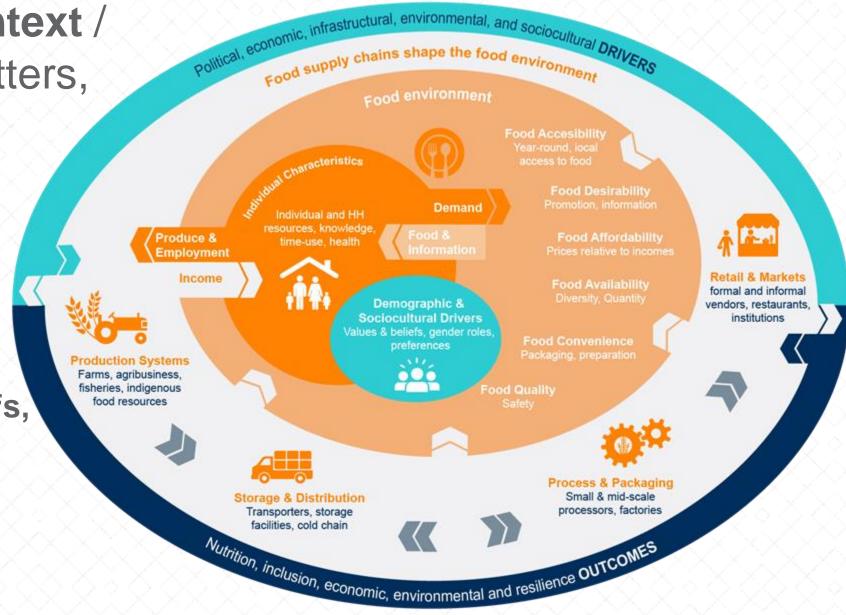
External characteristics of food including its freshness, integrity, safety, nutrient and phytochemical profiles, objective sensory attributes

#### 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!



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## 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



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## Thank you!