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FOOD SYSTEMS



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Food system and how it affects nutrition

IGNITE TRAINING



Image shows a smiling father sharing a green apple with his young daughter. Image source: AdobeStock

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 the consumer



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

Urbanization

Geography

Formality of markets

Industrialization

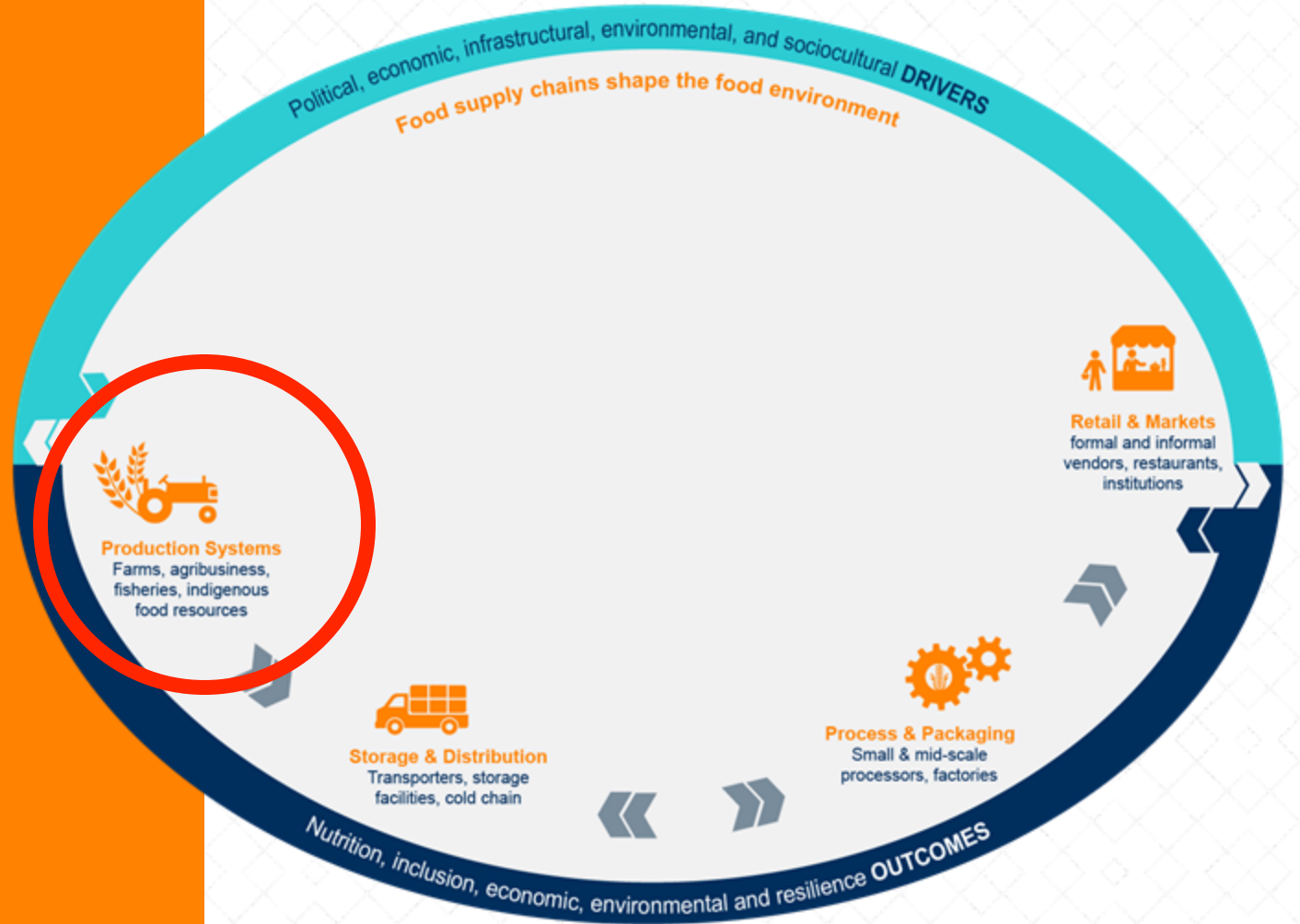
Culture

Distance to production

Economics



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.

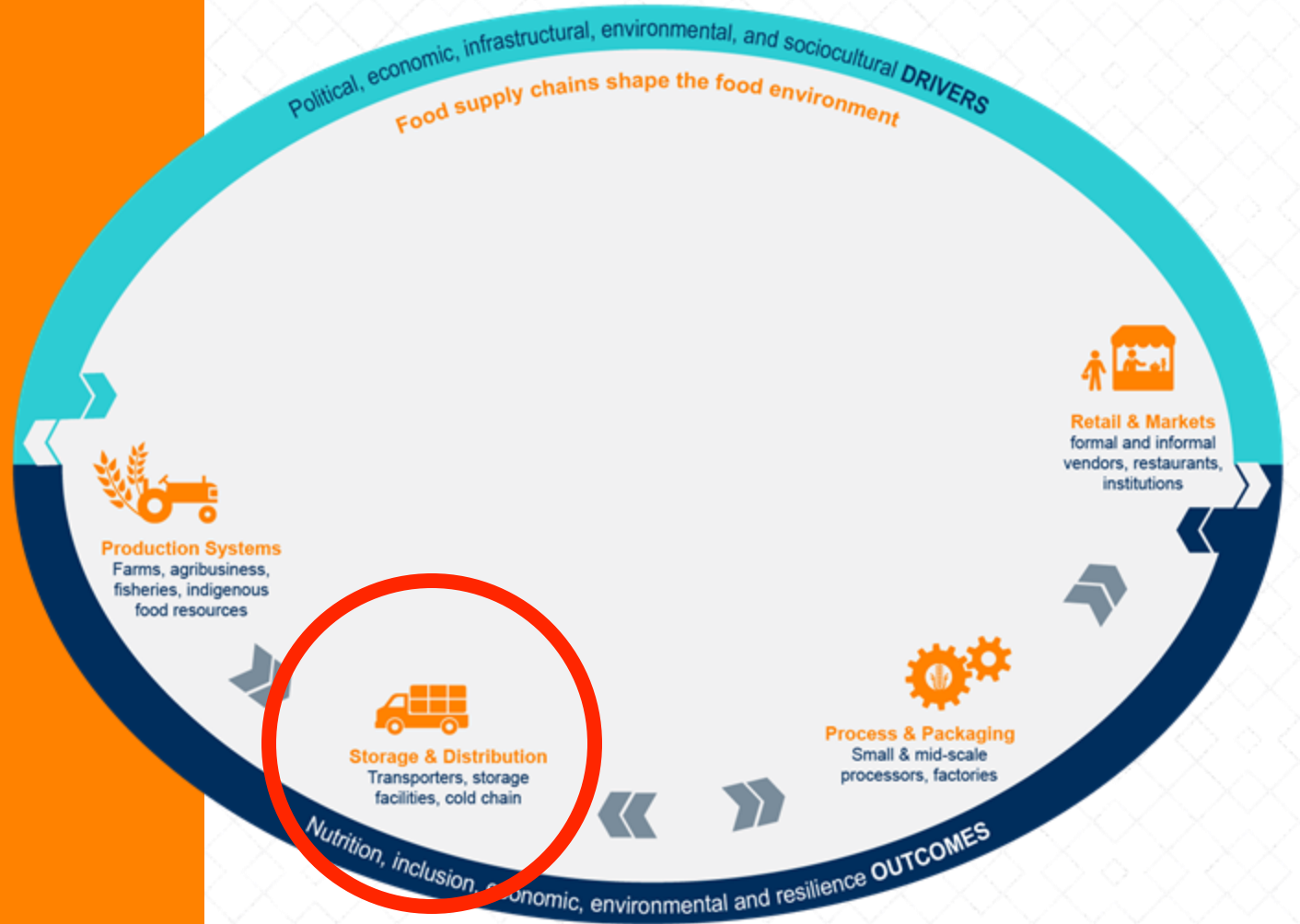
Diversifying production

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

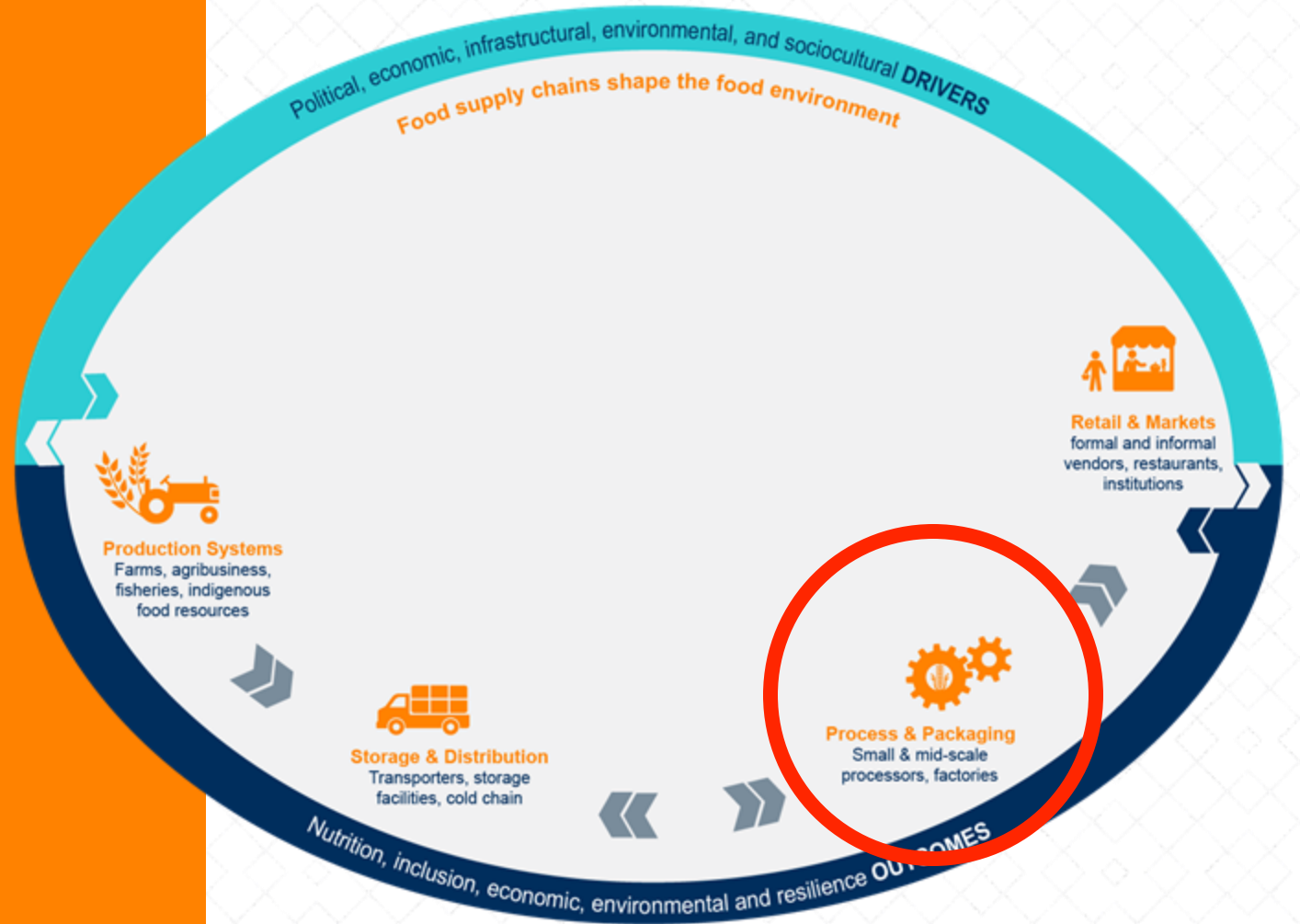
Developing linkages

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

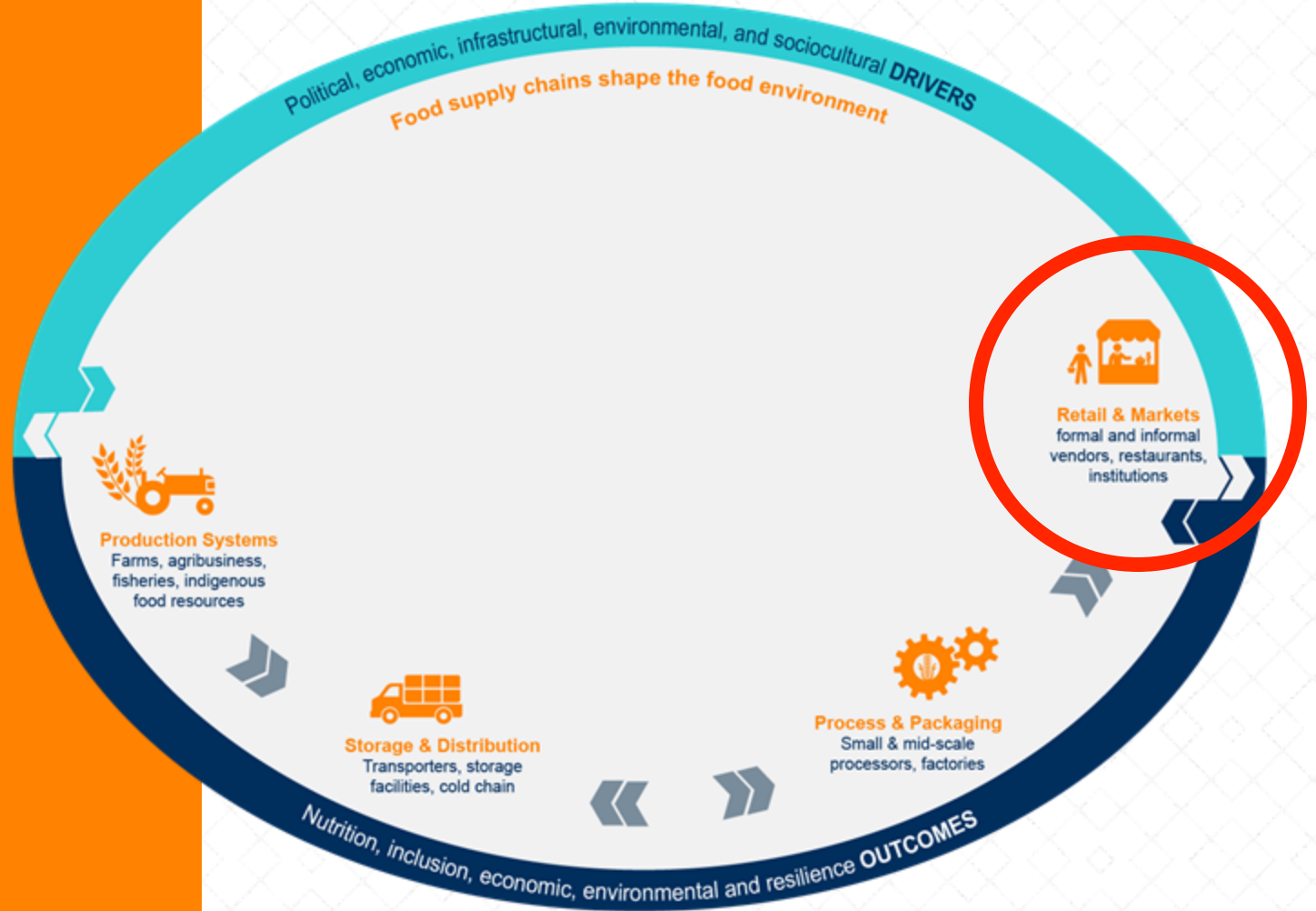
Training processors on food

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 nutrient-
rich commodities

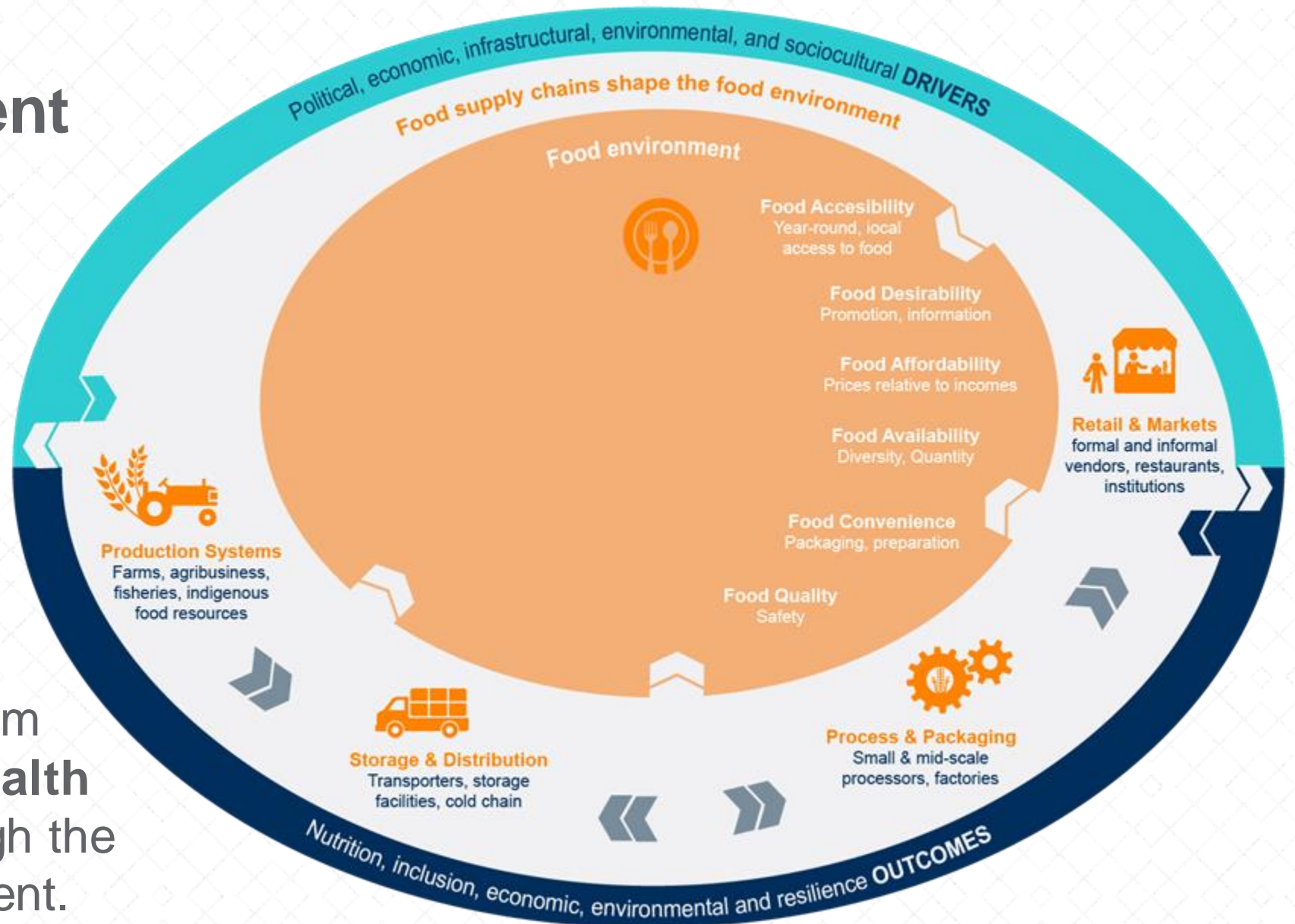
Integrate nutrition messaging

Train vendors and retailers

Support market governance actors

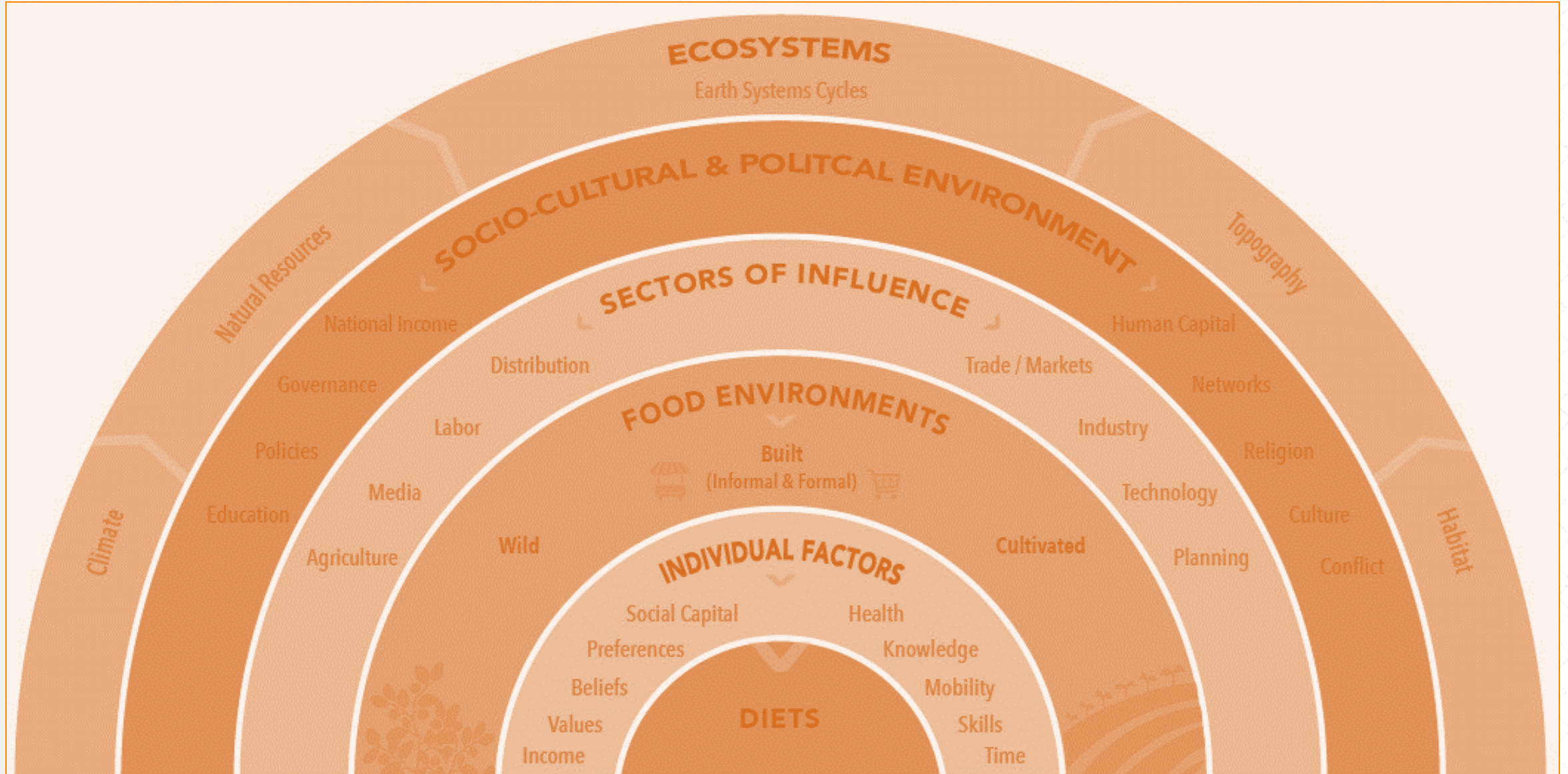
FOOD ENVIRONMENT

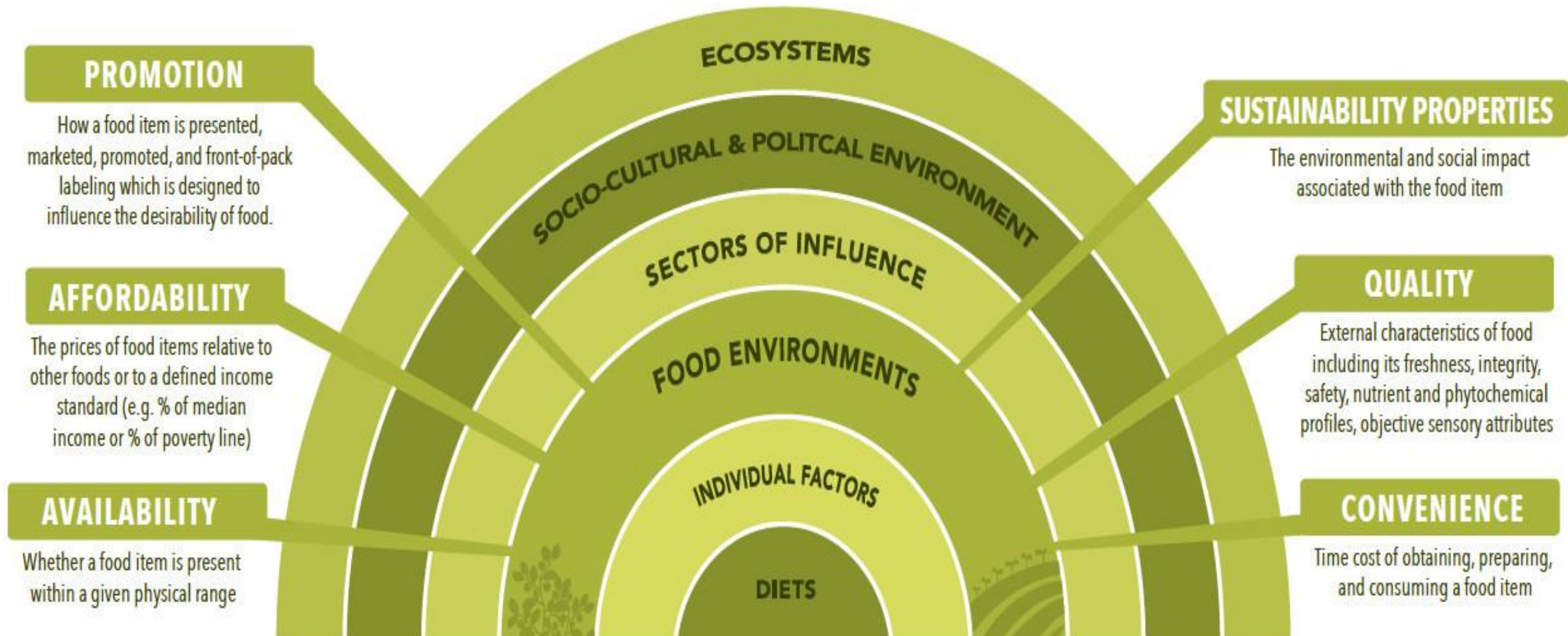
The food environment



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

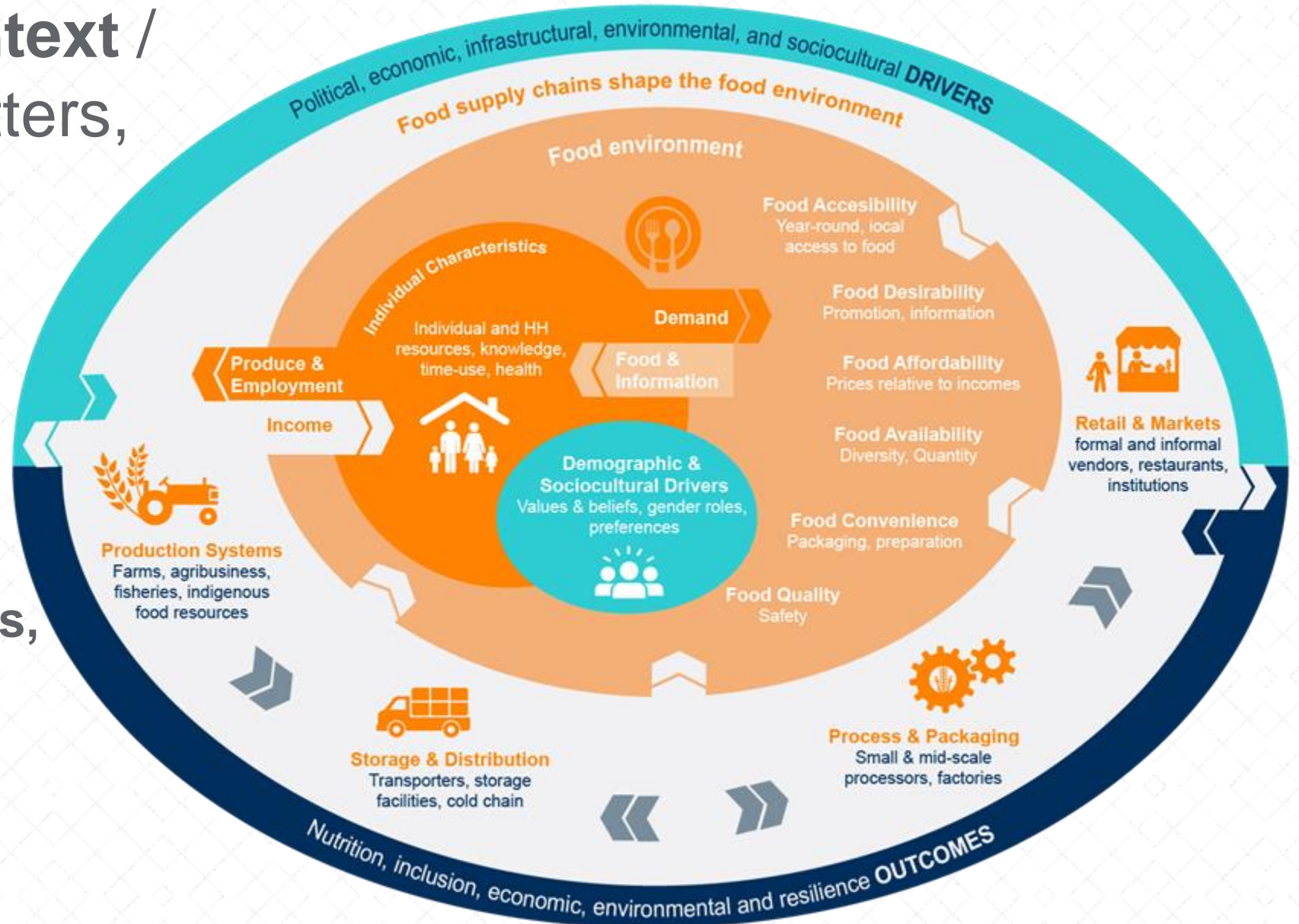
6 Components of food environment





**Social context /
culture matters,
too!**

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



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!