

## **CSM Vision Document on the CFS Guidelines for Food Systems and Nutrition – Advanced Draft**

### **Preamble**

It is unacceptable that in a world of plenty more than 821 million of our brothers and sisters go to bed hungry every night and over half a billion are obese. More than 150 million children suffer from stunting, over 50 million children are wasted, more than 40 million children are obese, and approximately 800,000 babies die every year because they are not optimally breastfed. It is time to act to tackle the injustice of malnutrition.

We reaffirm that food is the expression of values, cultures, social relations and peoples' self-determination, and that the act of feeding oneself and others embodies our sovereignty and autonomy. When nourishing ourselves and eating with our family, friends, and community, we reaffirm our cultural identities, interdependence with nature, control of our life course and human dignity. Nutrition is foundational for personal development as well as for a harmonic collective relationship with nature. This understanding of nutrition creates a space of convergence of many of our struggles for food sovereignty, human and nature's health and well-being. Understanding the challenge of malnutrition in all its forms therefore requires a holistic and multidisciplinary analysis, one that combines the political, cultural and technical perspectives. Above all, it requires recognizing the need for justice, the appreciation for diversity and the values of human dignity, equity, sustainability and sovereignty. In this sense, we will only be able to overcome malnutrition if we are able to mobilize our communities and build a large movement across different spaces and levels with that purpose.

We recognize that the current hegemonic food system and agro-industrial production model are not only unable to respond to the existing malnutrition problems but have contributed to the creation of different forms of malnutrition, the decrease of the diversity and quality of our diets; as well as to the environmental destruction and climate crisis that we are witnessing.

This document is the result of a collective process of discussion that builds on the work done in the context of the Second International Conference on Nutrition (ICN2), organized by the Food and Agricultural Organization (FAO) and the World Health Organization (WHO) in 2014 to address malnutrition in all its forms; the UN Decade of Action on Nutrition and the Agenda 2030 for Sustainable Development. With the CFS decision to start a process of developing, negotiating and adopting guidelines on food systems and nutrition, we have been further developing a common vision of CSO and Indigenous Peoples on how to transform food systems so that they become healthy, sustainable and just. We hope that these Guidelines will become an essential tool for collective transformation action in order to combat hunger and malnutrition.

Food systems serve and support multiple public objectives within all domains of sustainable development, from livelihoods to the health, socio-cultural and ecological ones. In this context, understanding the challenge of malnutrition in all its forms requires a holistic and multidisciplinary analysis, one recognizes the need for justice, the appreciation for diversity and the values of human dignity, equity, sustainability and sovereignty. Recent experiences have however exposed the urgent necessity to realign food systems with these multiple domains of life if we truly are to pursue a pathway towards the full realization of the right to adequate food and all its interconnected human rights and sustainable development domains. Thus, our vision document is structured as follows: It offers in the first place a definition what healthy and sustainable diets are, and a number of guiding principles that should be observed in order to reshape food systems in ways which are healthy, sustainable and just. Secondly, it offers a series of policy interventions in 5 key domains of food systems: governance, protection and regeneration of nature, health and wellbeing, modes of food production, exchange and employment; and culture, social relations and knowledge. Finally, it

indicates a series of connected systems and policy domains beyond food in which change and transformation is also necessary in order to ensure structural policy coherence such as health, water and sanitation, climate and environment, finances, trade and investment, social protection.

## **1. Definitions and Principles**

### **1.1 Definition of healthy and sustainable diets - Diets as commons and goods of public interest**

Healthy and sustainable diets are diets that are balanced and varied, and provide the nutrients required to live a healthy and active life for both present and future generations. They are composed of fresh and seasonal food, wherever possible, and contain a high proportion of foods that are not or only minimally processed. Healthy and sustainable diets are based on production modes that function in harmony with nature and its species, preserve and promote biodiversity, consciously use limited natural resources, respect peasants' and workers' rights and guarantee their livelihoods, while contributing to overall social justice. They are diets adjusted to the personal needs of individuals (personal characteristics and circumstances), the local context, and cultural and other preferences. Beyond the combination and nutritional content of food, the way food is prepared and consumed are key determinants for a diet to be healthy. A healthy diet also presumes the safety of food in a sense that such must be free from substances potentially harmful to those who produce and consume it. A healthy and sustainable diet starts with breastfeeding (exclusive for the first six months and complementary until two years and beyond).

### **1.2 Guiding Principles**

The transition of food systems (implementation of these guidelines) should be guided by the following principles:

- A. Centrality of people: Recognize the centrality of people, in particular small-scale food producers and women, and their agency in shaping food systems and nutritional outcomes. The primary focus should be on the people most affected by malnutrition in all its forms and overcoming the challenges they face;
- B. Realization of the right to adequate food: Reshaping food systems should be based on and contribute to the realization of the right to adequate food. This requires systemic rather than sectoral change, and overall policy coherence with the right to food. It also requires a focus on the root causes of malnutrition and on the groups most affected;
- C. Healthy diets require a healthy planet: Food production, preparation, distribution, and exchange should be kept within the Earth's ecosystems and their regeneration capacities. Biodiversity and traditional varieties are the foundation of dietary diversity and should be protected and enhanced. This is key for the rights of current and future generations;
- D. Interrelatedness of human rights - holistic transition: The health- food nexus should be addressed in close conjunction with the livelihoods and ecological foundations of healthy and sustainable food systems. Agro-ecological approaches to food systems are the best suited to achieve a holistic transition. Quality and safety of food (composition and origin) should be key pillars in the transition;
- E. Equality and non-discrimination: Existing inequalities and structures of oppression should be overcome in order to guarantee the full realization of the rights of discriminated, disadvantaged and marginalized groups. These are in particular: refugees and displaced people, disaster affected communities, elderly, children, groups marginalized on the basis of gender, caste, race or religion. The transition to healthy and sustainable food systems should

be guided by this principle and informed by the experiences, knowledge, and perspectives from these groups;

- F. Rights of Indigenous Peoples: Recognize and affirm the United Nations Declaration on the Rights of Indigenous Peoples as the lenses through which any guidelines developed must be implemented, emphasizing in particular the impacts of colonization, dispossession of lands, territories and resources, and the “urgent need to respect and promote the inherent rights of Indigenous Peoples which derive from their political, economic and social structures and from their cultures, spiritual traditions, histories and philosophies, especially their rights to their lands, territories and resources”;
- G. Women’s rights: healthy and sustainable food systems will never been achieved without ensuring the full respect, protection and fulfilment of women’s rights. Women play a central role in food systems. They are active political subjects, agents of their own change and development, and must be recognized as having the right to self-determine themselves and their bodies, and to live free from violence. In particular, women have the right to be free from exposure to hazardous chemicals, pesticides, herbicides, antibiotics and toxics related to food production to ensure reproductive health and the health and wellness of children;
- H. Recognize and support care work: Care work - such as cooking, feeding and breast-feeding - plays a central role in food systems but so far its value and importance for healthy and sustainable food systems is completely ignored. Having adequate time for care work related to food, as well as a more equal distribution of it so that it is not based on the exploitation of women and girls, are paramount to achieve truly healthy and sustainable food systems;
- I. Food traditions and cultural heritage: Protect and enhance traditions, knowledge, and cultural heritages associated with food production, exchange and consumption, with due regard to their dynamic nature. Ensure the cultural adequacy of available, accessible, and affordable dietary options;
- J. Participation, sovereignty and self-determination: Respect the plurality of world views, and Indigenous Peoples’, communities’, and individuals’ rights to self-determination, autonomy, and free and prior consent. Recognize and protect the intrinsic relationship between territory, food systems, and food as common good, as well as the existence of other non-commercial forms of production and exchange (indigenous, social, and solidarity economy). Acknowledge the power differences between different actors in food systems and consciously address these in the implementation of these principles, ensuring meaningful participation of groups most affected.

## 2. Governance of healthy and sustainable food systems

The transition to – and maintenance of – healthy and sustainable food systems and diets requires democratic governance firmly grounded in human rights and public interests, with an understanding of food as a common good and human right. Such governance is participatory while at the same time careful to recognize and counter existing power imbalances in society and ensure robust safeguards to protect public policy space from undue influences and resulting conflicts of interest.

2.1 States have the **primary responsibility** for implementation of the Guidelines and for leading the transition towards healthy and sustainable food systems. The right to adequate food is at the core of the governance of food systems in the context of the indivisibility of human rights, with special

reference to right to health, rights of peasants, rights of Indigenous Peoples, and other people working in rural areas, women's rights and children's rights, and workers' rights.<sup>1</sup>

2.2 The **meaningful participation** of groups most affected by malnutrition in all its forms ("rights holders") in the determination of public priorities and the development of strategies, policies, legislations and other measures aimed at transforming food systems is key. The analysis of the various barriers faced by these groups and consequent solutions should be based on their own subjective assessment rather than top-down/"expert" driven. States should adopt all the necessary measures to facilitate and ensure such meaningful participation at all levels (local, national, international), including legal frameworks, policies and public investments that facilitate and strengthen the autonomous organization of rights holders.

2.3 States should respect and enhance indigenous peoples' right to self-determination in food systems governance. This includes ensuring their right to free, prior and informed consent, through their own representative institutions, in the implementation of food systems and nutrition policies.

2.4 Recognizing the immense power imbalances within society and more specifically food systems (e.g., between groups affected by malnutrition and large agrifood corporations), it is crucial that States adopt policy frameworks that clearly distinguish between and ensure **appropriate roles** for different actors in public policy making and programme implementation. A key element in this is the adoption of robust safeguards to protect against conflicts of interest resulting from inappropriate relationships with and influence of the private sector and uphold the public interest and human rights orientation of public policy.<sup>2</sup> Beyond regulating the direct and indirect participation of the private sector in public policy and programme development and implementation, regulatory measures should guarantee:

- the trustworthiness of data collection and knowledge generation in research and monitoring processes;
- the financial independence of public spaces and programmes.

2.5 Food systems span across multiple sectors of public policy making. A systemic transition that recognizes the multiplicity of public objectives of food systems as envisioned by these Guidelines is only possible if adequate institutional and policy frameworks are put in place that foster **cross-sectoral collaboration and coherence among sectoral policies** (in line with the right to food). States should take the necessary steps for such (at national / sub-national level) and also ensure coherence between their positions and policies promoted at regional and international level. It is crucial that the primacy of human rights is maintained throughout and in particular in the context of trade and investment agreements and potentially conflicting economic objectives.

2.6 States should put into place effective **monitoring and evaluation** mechanisms that ensure policies, investments, and other public measures contribute to the systemic transition of food systems and overarching public policy objectives envisioned by these Guidelines and are coherent with the right to food. They should ensure a prominent role for civil society and in particular groups most affected by malnutrition / main beneficiaries of these Guidelines in such monitoring and

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<sup>1</sup> CFS Reform Document & GSF, Universal Declaration of Human Rights and relevant associated HR instruments , UNDRIP, UNDROP

<sup>2</sup> ICN2 Framework for Action, Recommendation 3 (2014); International Code of Marketing of Breastmilk Substitutes and relevant subsequent WHA resolutions; WHA 2016 Resolution: Guidance on ending the inappropriate promotion of foods for infants and young children

evaluation and prevent undue interference by corporate actors. An important part of monitoring and evaluation also relates to prior human rights impact assessments of proposed policies and interventions to identify and prevent potential risks to the right to food and other related rights.

**2.7 Accountability** is a key condition for democratic and human rights based governance. States should ensure transparency in their actions and put into place clear frameworks and mechanisms through which they can be held accountable by their people for decisions and actions taken in relation to food systems and nutrition. At the same time they should establish clear regulations and accountability frameworks for holding private actors, including companies, accountable for actions that interfere with the public policy objectives of these Guidelines in accordance with domestic and international law.

### **3. Protection and regeneration of nature in food systems**

All of nature is an interconnected living system; human beings and their communities are part of the family of living creatures. Being part of nature is expressed through different cosmovisions and the celebration of planetary convivia. Food systems are the vehicle for the continued reproduction of living cycles, making human health indivisible from the sound ecological foundations for a healthy planet. For these reasons, it is of utmost importance to secure the right of indigenous peoples and all communities to their territories as a core component of healthy and sustainable food systems.

3.1 Guaranteeing the rights of Indigenous Peoples to their lands and ancestral territories, as well as the rights of peasants and other people working in rural areas to land and the water bodies, coastal seas, fisheries, pastures and forests therein is a paramount step in ensuring the protection and regeneration of nature in food systems. States should respect and protect the natural commons and their related systems of collective use and management. States should protect small-scale food producers from natural resource grabbing and environmental destruction. Where necessary, States should carry out agrarian reforms in order to facilitate the broad and equitable access to land and other natural resources required to ensure equitable food systems. Women, landless peasants, young people, small-scale fishers and other rural workers should be given priority in the allocation of public lands, fisheries and forests.<sup>3</sup>

3.2 Food systems need to be shaped in a way that they observe the conditions for the regeneration of biological and other natural capacities and cycles.<sup>4</sup> Agroecology plays a major role in ensuring this.

Agroecology is both a way of producing food and a movement for change encompassing both socio-economic and socio-political dimensions, and is a socially and environmentally sustainable way to feed the world. Agroecology is based on principles that may be similar across the diversity of peoples' territories, but are practiced in many different ways, with each sector contributing their local reality and culture. The production practices of agroecology (such as intercropping; traditional fishing and mobile pastoralism; local seeds and animal breeds; etc.) are based on ecological principles which restore and preserve soils, recycle nutrients, manage biodiversity and energy conservation at all scales.<sup>5</sup>

3.3 As a model that transform established relations between human beings, and those with nature, incorporating respect, care and solidarity, agroecology relates also to female autonomy and the construction of egalitarian relationships from a gender perspective. Women make important

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<sup>3</sup> UNDRIP, UNDROP 17, VGGT 3A, 5.3, 7, 8, 9, 12, 15; CFS Water, CFS-Livestock, FAO SSF,

<sup>4</sup> UNDROP 17,

<sup>5</sup> HLPE #14 Agroecological approaches and other innovations for sustainable agriculture and food systems that enhance food security and nutrition. Summary

contributions to the protection and regeneration of nature in food systems by producing, keeping and increasing popular knowledge about domestication of plants and animals, nutrition, genetic improvement and conservation of ecosystems. Thus upholding women's rights to land, water, fisheries, forests, seeds, breeds and to equal decision making about every aspect of social, economic and political life, is fundamental for healthy, sustainable and just food systems.<sup>6</sup> Agroecology allows to overcome many of the dichotomies that today strengthen the sexual division of labour in the rural areas and that make women's work invisible. It shows that there is no incoherence between caring for nature, seeds or medicinal herbs and good productive results. On the contrary, the caring models allow women to reinforce, recover, improve and finally guarantee vigorous and sustainable productive processes.

3.4 States should recognize, respect and promote traditional agrarian, fishing, livestock keeping and pastoral systems of indigenous peoples and small-scale food producers that manage and use ecosystems sustainably. Likewise, States should respect and protect the associated traditional collective knowledge (often orally transmitted), innovation and practices of indigenous peoples and local communities relevant to the conservation and sustainable use of biological diversity and to food production. Because of their importance for protecting and regenerating nature in food systems, traditional agrarian, fishing, livestock keeping and pastoral systems of indigenous peoples and small-scale food producers must be specially protected by law and play a key role in economic, environmental and climate policy making.<sup>7</sup> State should also recognize and protect breast-feeding as an environmental friendly and sustainable infant feeding method and breastmilk as a natural, renewable, food for infants.<sup>8</sup>

3.5 States should promote sustainable management and conservation of ecosystems for the continued availability, quality and reliability of water for food security and nutrition; promote an ecosystem approach and participatory mechanisms for the conservation, restoration and sustainable management of ecosystems; prevent and significantly reduce overuse and pollution, restore, depollute and protect water bodies from contamination by harmful substances, in particular by industrial effluent and concentrated minerals and chemicals that result in slow and fast poisoning; and ensure water quality is preserved for domestic, agricultural and food-related uses, including through targeted incentives and disincentives.<sup>9</sup>

3.6 Biodiversity loss - especially loss of diversity within crops and some animal species - is in itself an important cause of malnutrition. Conserving and restoring agro-biodiversity and the development of new plant varieties is of utmost importance in the context of climate crisis and need to build on agro-ecological methods and approaches that protect native seeds rather than engaging in forms of genetic modification that may present grave consequences for biodiversity and health. Farmers have a right to save, use, exchange and sell their farm-saved seed or propagating material; to the protection of their traditional knowledge relevant to plant genetic resources for food and agriculture; and to participate in the making of decisions on matters relating to the conservation and sustainable use of plant genetic resources for food and agriculture.<sup>10</sup> States should ensure the legal recognition

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<sup>6</sup> CEDAW 14 and GR 34; CFS-Forests, III C; CFS-Livestock, IX C; CFS-Water 4; FAO-SSF 5.15, 5.18

<sup>7</sup> CFS-Forests, I B; CFS-Livestock, V D; IX A, B, C; CFS-Fisheries, A; FAO-SSF 5.15; UNDROP 20; CBD 8j

<sup>8</sup> Published article (WHO - <https://www.sciencedirect.com/science/article/pii/S0959652619307322> ) Lancet Series on Breastfeeding 2016. IBFAN reports – Formula for Disaster; Carbon Footprints due to Milk Formula; GreenFeeding report cards.

<sup>9</sup> CFS-Water, 1. UNDROP 21.

<sup>10</sup> ITPGRFA art. 9; UNDROP art. 19

and the support of autonomous peasant and indigenous seed systems as a key measure to conserve and restore agro-biodiversity and to overcome monotonous diets and related malnutrition.<sup>11</sup>

3.7 Livestock keepers and pastoralists play an important role in the conservation and sustainable use of livestock diversity, in the cyclical regeneration of soil fertility and in climate change mitigation and adaptation. Pastoral systems and their mobility strategies contribute significantly to conserve and use certain ecosystems sustainably as well as to ensure food and nutrition for their communities. Livestock keeping and pastoralists communities are the creators and custodians of the breeds that they maintain. They have therefore earned custodianship rights over these breeds, including the right to decide how others use the genetic resources embodied in their breeds.<sup>12</sup> States should recognize, protect and support pastoral systems for livelihoods and sustainable resource management. States should enable pastoralists' mobility, including transboundary passage as appropriate; securing access to land, water, markets and services, adaptive land management, and facilitate responsible governance of common resources.<sup>13</sup>

3.8 In the context of protecting and regenerating nature for food systems, it is also important to highlight the crucial role of healthy marine and aquatic ecosystems. Sustainable fisheries and sustainable aquaculture are key for enhancing food and access to adequate, safe and nutritious food and in providing for the livelihoods of the communities and peoples who depend on these ecosystems and for future generations. States should respect and protect the rights of small-scale fishing communities to secure tenure rights to the resources that form the basis for their social and cultural well-being, their livelihoods and their sustainable development. Where transboundary and other similar issues exist, e.g. shared waters and fishery resources, states should work together to ensure that the tenure rights of small-scale fishing communities that are granted are protected.<sup>14</sup>

3.9 Forests in their diversity of ecosystems and human perceptions and uses, contribute directly and indirectly to food security and nutrition in numerous ways and at different levels. Forest foods contribute to dietary quality and diversity and serve as safety nets in periods of food scarcity to those directly depending on forests for their livelihoods. They also play a role as coping mechanisms in terms of shock and crises. Wild foods from forests provide nutritious food and diversity to diets to millions of rural women, men and children. Woodfuel is a primary source of energy for cooking and sterilizing water for one in three households globally. Forests generate income for local people and provide essential ecosystem services that are essential for sustainable agriculture by regulating water flows, stabilizing soils, maintaining soil fertility, regulating the climate and providing habitat for wild pollinators and predators of agricultural pests.<sup>15</sup> States should adopt participatory policies for the use and management of forests that enhance access to nutritionally important forest food products for indigenous peoples and local communities, including maintaining and protecting traditional gathering and hunting systems; as well as an integrated approach to forestry, agriculture, water and food security and nutrition. States should also take appropriate measures for forest conservation, regeneration of native forests and restoration of degraded forests, as well as the development of agroforestry systems.<sup>16</sup>

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<sup>11</sup> CBD 8j; ITPGRFA 9; UNDROP 19

<sup>12</sup> Interlaken Declaration on Animal Genetic Resources, point 9,12; Part I Point 10 of the Global Plan of Action for Animal Genetic Resources

<sup>13</sup> CFS-Livestock, V D; IX;

<sup>14</sup> CFS-SSF

<sup>15</sup> CFS-Forests, introduction

<sup>16</sup> CFS-Forests, III A,D,E

3.10 States should adequately address the economic and political drivers of environmental destruction and climate disruption. In particular, States should take effective measures to stop contamination and destruction of aquifers and water sources, overfishing and depletion of seas, deforestation and animal suffering. The expansion of intensive mono-cropping, the use of agro-chemicals, antimicrobials in agriculture and of antibiotics for animal growth and aquaculture have to be significantly reduced and phased out.<sup>17</sup> The marine environment and wild fish stocks need to be properly protected from intensive aquaculture. GMO crops and new forms of genetic modification such as gene drives and gene editing and geo-engineering are not appropriate solutions to malnutrition and climate crisis and rather put at risk the traditional agrarian, fishing, livestock keeping and pastoral systems of indigenous peoples and small-scale food producers. States must also stop conflicts and war which are destroying the ecological foundations of food systems in many countries.

3.11 The protection and regeneration of nature for food systems and other environmental functions necessary for the survival of all living species is of particular importance for children, youth and the futures generations. States should take immediate action to start a series of transitions to healthy, sustainable and just food and energy systems. States must preserve/restore the ability of ecosystems to provide nutritious food, clean water and other functions necessary for health and wellbeing particularly in the context of climate crisis. Special efforts are needed in order to ensure for the youth a self-determined future in dignity in rural areas allowing the youth to re-root itself in nature.

3.12 States have committed to preserving and promoting the ecological and social function of land, including coastal areas that support cities and human settlements, and to fostering ecosystem-based solutions to ensure sustainable consumption and production patterns, so that the ecosystem's regenerative capacity is not exceeded. States have also committed to promoting sustainable land use, combining urban extensions with adequate densities and compactness to prevent and contain urban sprawl, as well as preventing unnecessary land use change and the loss of productive land and fragile and important ecosystems.<sup>18</sup>

3.13 Urban and peri-urban food production continue to increase as cities increase, and for various reasons including household food security, community development, climate-mitigation strategies, livelihood activities, or as an production-adaption as a response to urban encroachment (as in the case for some peri-urban communities). As the need and desire to produce in urban areas increases, it is important that this is matched with an enabling policy environment and policies which match the social function that food production plays within the community or urban space- ensuring the possibility for low-income and marginalized groups to produce food and create community projects around food production. Additionally, supporting such production in urban spaces is an important component to addressing the high environmental impact that cities have.

#### **4. Health and Wellbeing**

Health is a state of physical and mental, including spiritual, well-being. Food is one of the main determinants of human health, with human and planetary health being intimately linked. The conversion of food into nutrition and good health is complex and goes beyond biological processes. It is our everyday eating practices, including the social and cultural aspects of such, that determine our health and well-being. It is crucial to move beyond a medicalized understanding of health and nutrition

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<sup>17</sup> CFS-Livestock, VIII C

<sup>18</sup> UN Habitat III, New Urban Agenda: Quito Declaration on Sustainable Cities and Human Settlements for All (2017)

to a holistic and lifecycle approach that considers the varied and diverse connections between food, nutrition, health and wellbeing.

4.1 All human rights are interrelated and indivisible. Nutrition most clearly illustrates this interrelatedness, as it depends on both the realization of the right to food and the right to health (among other rights).<sup>19</sup> Public measures to protect and promote nutrition and health should be grounded in and contribute to the realization of all human rights, in recognition of their indivisibility and interrelatedness.

4.2 Food is a key determinant of health. Diversified diets based on fresh, minimally processed and home-prepared food are essential for addressing malnutrition in all its forms. They also provide incentives to support agroecological production systems that promote biodiversity. Public policies and investment should promote agricultural and food diversity and the production and consumption of local and indigenous crops.<sup>20</sup> That way ensuring both healthy ecosystems and environments as well as human health. *(See section 3 and 5)*

4.3 Diversified food production must be accompanied by policies and programmes that promote diversified healthy diets. Food-based dietary guidelines that promote dietary diversity should be established and utilized to inform food and nutrition policy, including school food policies. Policies, investment and subsidies must be developed to ensure access and availability to a diverse variety of healthy foods in the food environment. Coherence must be ensured between recommendations of dietary guidelines and other macro-policies that impact on food and nutrition such as trade and investment.

4.4 Policies should be developed to support the transformation of quality, unprocessed foods into meals/culinary preparations. These policies may include the promotion of traditional culinary cultures, as well as culinary education in schools and community centers. Educational campaigns, informed and with participation by those with traditional culinary knowledge, should be promoted to serve as a counterweight to the marketing and glamorization of ultra-processed foods. *(see section 6)*

4.5 Evidence shows exponential growth in production and consumption of ultra-processed edible products (UPEP) linked to the expansion of the corporate food system. Ultra-processed edible products are nutritionally unbalanced. They are rich in fat, sugar, and salt, and depleted in dietary fibre and various micronutrients and other bioactive compounds. They are often high in saturated fats or trans-fats. Further, the safety of various specific additives, and classes or combinations of additives used in their formulation, is unknown or disputed. Their ingredients and formulation make all of them hyper-palatable and some habit-forming and even quasi-addictive.

4.6 Ultra-processed edible products, including breast milk substitutes, are rapidly displacing breast feeding and unprocessed or minimally processed foods and freshly prepared dishes and meals made from these foods. They have a huge impact on the quality of diets and are a key factor in the rise in overweight and obesity and related non-communicable diseases such as diabetes, cardiovascular diseases and cancer, as well as premature death resulting from such.<sup>21</sup> Given the detrimental impacts of UPEP on people's health, States should adopt measures that discourage the production

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<sup>19</sup> CESCR General Comment No. 14 (2000). The right to the highest attainable standard of health.

<sup>20</sup> ICN2 2014 Framework for Action, Recommendation 10.

<sup>21</sup> WHO

and consumption of such products through policy, price, and other interventions.<sup>22</sup> These should be combined with measures to promote and guarantee access, availability and affordability of unprocessed and minimally processed foods (real food) and diets based on such through policy, investment and subsidies. More concretely, they should:

- Curb direct and indirect subsidies for sugar, salt, trans-fat rich foods and additives; redirect these subsidies to agro-biodiverse local food production (see section 5)
- Introduce tariffs on imported UPEP and beverages that contain high levels of sugar or other sweeteners;
- Guarantee the right to water in all spaces, including schools and public spaces.<sup>23</sup>
- Restrict food and beverage marketing targeted or attractive to children and adolescents (under the age of 18), including the prohibition of the use of all marketing tools (freebies, contests, use of celebrities and characters, etc) in all media channels, (including internet, social networks, in schools and marketing on the product package).<sup>24</sup>
- Mandate interpretive front package labelling that warns consumers of the levels of critical nutrients in their foods (added sugars, salts and saturated fats), utilizing an evidence-based nutrient profiling system.<sup>25,26</sup>
- Implement a 20% tax on sugar-sweetened beverages<sup>27</sup> and on HSSF foods and utilize tax revenue for programs to prevent all forms of malnutrition and/or to subsidize unprocessed and minimally processed foods.
- Restrict the offer of ultra-processed foods and beverages in and around daycare and schools and promote sourcing of daycare and school food from local agro-ecological small-scale producers.<sup>28</sup>
- Develop public procurement policies to promote that public institutions (daycares, schools, hospitals and prisons) receive local, healthy foods from small-scale food producers (this is also a measure to promote such production models and the rights of peasants).

*Sources: WHO Guidelines; NOVA/PAHO classification*

4.7 The safety of food is crucial for ensuring good nutrition and health. States should put in place policies and other measures to prevent harm throughout the food system, from production to consumption. Such measures should comprehensively protect human health, as well as planetary health, recognizing the interdependence between the two (*see section 3*). This requires moving beyond a narrow focus on microbes to also address food safety concerns related to chemical composition of food (i.e., artificial flavors, colors, preservatives, etc.), pesticides, antibiotics, and other contaminants (e.g., microplastic residuals) in food (*see section 5*). A key component of

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<sup>22</sup> Monteiro CA et al. 2019. Ultra-processed foods: what they are and how to identify them. *Public Health Nutrition* 22(5):936-941.

<sup>23</sup> UN Convention on the Rights of the Child, article 24. Committee on the Rights of the Child, general comment No. 7 (2006) on implementing child rights in early childhood, para. 27; Committee on the Elimination of Discrimination against Women, general recommendation No. 24 (1999) on article 12 of the Convention (women and health), para. 28; ICN2 FFA (2014): Recommendation 16.

<sup>24</sup> WHO. Set of recommendations on the marketing of foods and non-alcoholic beverages to children

<sup>25</sup> WHO. Report of the Commission on Ending Childhood Obesity 2016

<sup>26</sup> WHO. Recommendations from the Pan American Health Organization Expert Consultation on the Marketing of Food and Non-Alcoholic Beverages to Children in the Americas.

<sup>27</sup> WHO. Taxes on Sugary Drinks. Why do it? (2017)

<sup>28</sup> WHO. Report of the Commission on Ending Childhood Obesity and PAHO. Plan of Action for the Prevention of Obesity in Children and Adolescents.

protective measures should be effective risk assessment. The control systems put in place should take into account and be adjusted to different scales, contexts and modes of production.<sup>29</sup>

4.8 Planetary health is the precondition for human health. Environmental pollution and destruction of ecosystems have devastating effects on people's health and wellbeing. States should adopt measures to respect, protect and fulfil people's right to a healthy environment, and ensure access to safe water and sanitation (*see section 3*).

4.9 Technological food and agriculture-based interventions to address micronutrient deficiencies, such as biofortification and fortification, may interfere with strategies based on the promotion of diversified, small-scale food producers-based food systems and diets. They contribute to an overreliance on a few staple crops and processed foods (narrowing of diets) and, in promoting the industrial food system, may interfere with peasants' rights, in particular their rights to seeds (*see section 5*). Such interventions moreover carry potential negative consequences for human health, in particular where new technologies (e.g., genetic modification) are involved. States should hence avoid resorting to such measures, especially in light of viable alternatives based on the diversification of local food systems and diets.

4.10 States should ensure that international trade agreements and standards (i.e. Codex) are coherent with the rights to food and to health, and do not interfere with these in their own or other countries.<sup>30</sup> This includes ensuring that they do not create barriers for States in adopting policies and other measures to protect and enhance human rights, and acknowledge that trade restrictions are justifiable when they result from the pursuit of a legitimate human health objective.<sup>31</sup> Moreover, States should abstain from internationally promoting / commercializing food that includes substances that are prohibited in the country of origin.

4.11 States should recognize the healing qualities of food and plants. They should put in place measures to ensure the therapeutic value of food and medicinal plants in traditional medicine is respected, protected, and promoted. Such measures include investments in public research on medicinal plants, their inclusion in health plans, as well as their protection from privatization (patents). It also involves placing a stronger emphasis on food and diets in health facilities and treatment of patients.

4.12 Medicalized solutions to malnutrition, such as ready-to-use therapeutic food or micronutrient supplements, should be regulated and strictly limited to emergency situations where no more sustainable alternative exists. They should not replace or interfere with strategies based on *real food*, and States should take measures to prevent interference with local food cultures and other possible negative consequences. (*See also point on technical nutrition interventions above*)

*Sources: CFS Forestry Recommendations*

4.13 States should adopt a life-cycle approach to nutrition that recognizes and responds to the particularities and needs of different population groups at different phases of their life.<sup>32</sup> A life cycle approach is crucial for ensuring good nutrition and health for all in line with the right to health and

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<sup>29</sup> CFS Policy Recommendations on Connecting Smallholders to Markets (2016)

<sup>30</sup> Maastricht Principle (2011) 17. CESCR recommendations to State Parties, e.g., Concluding Observations to France and Canada (both in 2016).

<sup>31</sup> Technical Barriers to Trade Agreement.

<sup>32</sup> UNSCN, ICN2?, CEDAW

food. It highlights the linkages that exist between nutrition at different phases of life and the intergenerational nature of nutrition, and as such helps interrupt the vicious cycle of malnutrition across generations. Examples of critical phases and related policy measures include:

- *Reproduction*: Ensure access to adequate food and nutrition during this critical period. Ensure adequate work conditions including protection against contact with harmful substances in the food and agricultural sector (see *section 5*). Address harmful food cultures and taboos affecting women (e.g., that women eat last and least; beauty concepts). Address intergenerational transfer of malnutrition through measures targeting women of reproductive age and pregnant women. Ensure coherence with policies concerning sexual and reproductive health and rights of women (e.g., teenage pregnancy and malnutrition).
- *Infants and breastfeeding*: Protect, promote and support breastfeeding, through implementation of the Global Strategy for Infant and Young Child Feeding, for the first six months and continued breastfeeding until two years and beyond along with appropriate complementary food after six months of age. Integrate the International Code of Marketing of Breastmilk Substitutes and subsequent resolutions into national legislation and monitor the Code.<sup>33,34,35</sup> Ensure paid maternity and paternity leave as well as nursing rooms in public spaces and offices as well as time for nursing/pumping during work hours (see *section 5*).<sup>36</sup>
- *Children and adolescents*: Ensure healthy school and home environments and access to freely available potable water and unprocessed and/or minimally processed foods (see school recommendations made above). Protect children and adolescents from marketing of ultra-processed edible products (see previous points on UPEP).
- *Elderly people*: the number and the proportion of older persons are increasing worldwide. Yet the nutritional needs of older persons are still not properly understood and addressed. States should invest in research and develop policies that address the nutritional needs of elderly people in a holistic manner (e.g., income/social protection, care, health services).

4.14 In line with the human rights and people-centeredness principles of the Guidelines, measures to promote health and well-being need to be sensitive and adjusted not only to specific phases of life but also to the circumstances and needs of particular population groups. Participation of these groups in the analysis of the challenges they face and the identification of measures required for addressing these is crucial (see *section two*). Measures adopted to enhance the nutritional and health status should be respectful of identities and foster autonomy and self-determination. Examples are:

- **Indigenous Peoples.** The right to health of Indigenous Peoples is considered both an individual and a collective right, strongly determined by community, food, land, water and the natural environment. Beyond the well-being of an individual, it is about the social, cultural, emotional, spiritual and nutritional well-being of the whole community. The displacement from traditional lands due to “development”-related activities has resulted in a loss of access to traditional food and medicines with devastating effects on the health of indigenous peoples. Moreover, contaminants from sources such as mining, spraying of hazardous toxics, extraction, waste dumping as well as climate change have serious health consequences for Indigenous Peoples. States should put into place measures that address these underlying determinants of malnutrition and poor health among Indigenous Peoples in

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<sup>33</sup> WHO. International Code of Marketing of Breastmilk Substitutes

<sup>34</sup> Lancet Series on Breastfeeding 2016

<sup>35</sup> Global Strategy for Infant and Young Child Feeding

<sup>36</sup> International Labour Organization

a comprehensive manner with due regard to the historic discrimination and marginalization faced by these groups (*see section three*).<sup>37</sup> They should moreover ensure that health care is culturally appropriate and takes into account traditional medicines and protocols of treatment.

- **Women.** The health and well-being of women is strongly determined by past and present discrimination and violence against women. Measures to protect and promote women's nutrition, health and wellbeing in the context of food systems must recognize and address the structural violations of rights faced by women, with due regard to the intersectionality of discrimination (gender, age, socio-economic status, ethnicity, etc.). This includes addressing gender stereotypes related to food and nutrition, women's land rights and access to natural resources, discrimination in employment, wages, and work conditions, social protection, gender based violence, sexual and reproductive rights, gendered division of labour / unequal sharing of burden of reproductive and care work, etc. (*see all other sections*). Measures to promote women's nutrition and health should moreover be adjusted to the particular nutritional needs of women in different stages of their lives and circumstances (*see life-cycle approach above*).

Sources: Explore WHO normative instruments; Add WHO Nutrition Targets 2025

## 5. Mode of Production, Employment and Exchange in Food Systems

The different modes of food production, food exchange and distribution are key components of food systems. Among these various modes, agro-ecology embodies a new vision on how food production, exchange and distribution, and related employment, should be transformed in order to give a multidimensional response to the various factors responsible for increasing malnutrition and unsustainable food systems. Re-grounding food in nature in order to improve its nutritional qualities is of paramount importance for people's health and well-being (section 4) while at the same time ensuring a regenerative use of natural resources and ecosystems (section 3). Moreover, agro-ecological approaches explicitly address socio-economic dimensions in order to make decision making more democratic and just aiming at overcoming exploitative/oppressive social relationships in food systems.

5.1 Healthy and sustainable diets and the nutritional qualities of food are dependent on circular regeneration of soil fertility, on biodiversity, on pollution-free water bodies and overall healthy ecosystems. They are composed of fresh and seasonal food, wherever possible, and contain a high proportion of foods that are not or only minimally processed. States have an obligation to respect, protect and promote healthy and sustainable diets. States should provide incentives to protect availability and access to wild foods as well as to local agrobiodiversity in indigenous and peasant agrarian systems as well as in small-scale, artisanal fishing and livestock/pastoralists systems. States should support rural women's efforts to recover nutritious and medicinal local species and varieties.

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<sup>37</sup> The obligation of States to protect and respect the rights of Indigenous Peoples means not unlawfully polluting or contaminating water, soil and air with highly hazardous chemicals and toxics. Article 29 of the United Nations Declaration on the Rights of Indigenous Peoples cannot be violated, in regards to the storage of hazardous wastes on the lands, waters and territories of Indigenous Peoples, resulting in the harm or destruction of traditional food sources, ecosystems and habitats, and potentially introducing such toxics into the bodies of Indigenous Peoples, including vulnerable groups.

State should also recognize and protect breast-feeding as an environmental friendly and sustainable infant feeding method and breastmilk as a natural, renewable, food for infants.

5.2 States should adopt laws, policies and programs to strongly promote agro-ecology and the transition towards agro-ecological healthy and sustainable food systems. In particular, states should address the full spectrum from pre-production and production to processing, packaging, transport, distribution, marketing, preparation, consumption, and waste management. In particular, states should support farming, fishing and livestock keeping practices that:

- are adapted to the local and regional agro-climatic contexts;
- contribute to diversifying species, crop varieties and livestock breeds;
- integrate crops (protein, cereals, coarse grains, pulses, fruits, and vegetables), trees, livestock, fish, manure application, composting and preservation of local seeds and animal breeds;
- enhance biological interaction and productivity throughout the system, rather than focusing on individual species and single genetic varieties;
- minimize the use of non-renewable external resources and inputs (e.g. for nutrients and pest management) and dependency on energy from fossil fuel;
- are traditional, artisanal or small-scale fisheries and use community-based management to conserve fish populations, fishing grounds, coral reefs, mangrove swamps and other areas and fish habitats essential for the regeneration of fish populations;
- practice traditional migratory and cross-border pastoralism and conserve grazing territories and utilize them for meat, milk and other foods, as well as fiber, fuel and other goods;
- establish conditions which enable forest dwellers to live by the diversity of forest products, including the promotion of agroforestry;
- ensure indigenous peoples' access to natural resources in their territories, in particular for hunting and gathering;
- promote rainwater harvesting, community ecosystem monitoring, and solar food drying and storage;

5.4 The expansion of large-scale, long-distance food distribution channels and markets have contributed to the fast spreading of monotonous, unhealthy and unsustainable diets. Strengthening the diversity of local/territorial food markets is a fundamental requirement in order to ensure access to diverse and fresh foods. Globally more than 80% of smallholders operate in local/territorial food markets. These highly diverse markets, in which most of the food consumed in the world transits, can range from local to transboundary to regional and may be located in rural, peri-urban or urban contexts or span these contexts, and are directly linked to local, national, and/or regional food systems. This means that the food concerned is produced, processed, and traded within these systems. These value adding processes can help to create employment and contribute to local, social and economic development, when the benefits of value addition circulate within the local, national and regional systems. They can take place in structured arrangements or in more ad-hoc or informal ways which provide greater flexibility for smallholders and fewer barriers to entry. They perform multiple functions beyond commodity exchange, acting as a space for social interaction and exchange of knowledge. States should protect and promote local/territorial food markets, inter alia, by:

- Implementing institutional procurement programs for public institutions, food assistance and school feeding where smallholders are linked to structured demand for food and agricultural products and where consumers can access sufficient, safe, healthy, nutritious, and diverse smallholder produced food, including during all cases of protracted crises and conflicts;

- Investing in and improving processing and storage equipment and facilities and their availability and accessibility to smallholders across rural and urban areas to enhance availability, quality, nutritional value and food safety, and reduce seasonality of food insecurity and food losses and waste;
- Developing or improving smallholder-targeted infrastructure, such as irrigation, small-scale centers for processing and packaging; and infrastructure that links rural areas with urban areas and relevant markets, such as feeder roads, and market places for direct sales; and improve access to energy;
- Ensuring economic space for local/territorial food markets to function. Applying anti-trust laws in order to deconcentrate large distribution food channels and retailing;
- Limiting the expansion of the large supermarkets;
- Regulating online purchase of food discouraging the further strengthening of large-scale food distribution while promoting decentralized, small-scale food production, trading, retailing as well as decent work conditions.
- Introducing pricing policies which internalize the externalities of industrial, large-scale food production and trading and allow for true-cost accounting;

5.5 Maximizing yields was the main aim of the Green Revolution technologies that combined high-yielding cereal varieties with increased use of fertilizers, chemical inputs and irrigation. Such yield-driven agricultural systems tend to emphasize production of food energy while de-emphasizing diverse nutrients. Nutrient content has typically not been an objective of breeding programmes. Aware of the bias away from nutrient content inherent in most breeding programmes, recent years have seen a new push to increase the nutrients in staples through biofortification. Biofortification is the process of generating genetically improved food crops that are rich in bioavailable micronutrients, either through conventional breeding or genetic modification. Biofortification strategies appear to be counter to increasing dietary diversity. Biofortification as a strategy that aims to concentrate more nutrients in few staple foods may contribute to further simplifying diets already overly dependent on a few carbohydrate staples. Biofortification may undermine the fundamental goal to conserve and use biodiversity for addressing multiple human needs, as well as exacerbate the concentrated control of few corporate actors over food systems. Given these risks and the fact that agro-ecology represents a viable policy option for governments and the groups most marginalized to improve the nutritional content of food crops, biofortification should be discarded as desirable policy option for sustainable and healthy food systems.

5.6 Modes of food production, distribution and exchange that drive and/or contribute to environmental and biodiversity destruction, as well as to sanitary emergencies should be phased out. In particular, states need to take immediate actions inter alia in the fields of:

- Pesticides and synthetic fertilizers: States should ban the trade, distribution and use of highly hazardous pesticides; a comprehensive new multilateral treaty to regulate and phase out highly hazardous pesticides should be adopted; States should start transitions towards significant reduction of the use of chemicals harmful for human health and the environment in agriculture and food systems, supporting particularly workers and small-scale food producers in this transition to agro-ecological practices;
- Antimicrobial resistance: Antimicrobial resistance is one of the greatest and most urgent global health risks. Antimicrobial misuse and overuse in animal, food, agriculture and aquaculture sectors; and antimicrobial residues into soil, crops and water are contributing to the resistance of microorganisms to medicines that were previously effective for treatment of infections. For these reasons and in accordance with existing international commitments, States should effectively ensure the prudent and responsible use of antimicrobials in

agriculture, livestock and fisheries sectors and prevent their unnecessary use, including the banning of the use of antibiotics for animal growth promotion.

- Animal suffering: Industrial animal rearing, transport and slaughtering is highly unsustainable in ecological terms and inflicts tremendous suffering on living beings. States should ensure animal welfare delivering on the five freedoms and related OIE standards and principles;<sup>38</sup>
- Genetically modified organisms (GMOs): States are required to rigorously apply the precautionary principle in the context of genetic modifications of living organisms.<sup>39</sup> States should consider the phasing out and banning of GMOs for cultivation as well as human and animal consumption, and to put in place moratoria on new technologies that entail significant risks for the environment, biodiversity, as well as human and animal health (such as gene drives). They are required to put in place and implement regulatory frameworks to prevent, monitor and control the risks associated with the release and use of living modified organisms resulting from biotechnology (including those that have been imported), which may have adverse impacts on the environment, the conservation and sustainable use of biological diversity, and human rights.<sup>40</sup> This includes to protect and guarantee the rights of small-scale food producers, including their rights over natural resources and to choose their models of production, including by preventing contamination of their fields and products with GMOs.<sup>41</sup> Such frameworks need to put in place effective measures to independently assess risks, ensure accountability, ensure traceability and monitor genetically modified organisms and products, as well as products obtained therefrom. This includes clear and non-delusive labeling of all genetically modified products, as well as products obtained or derived therefrom. States should ensure that such frameworks apply to all kinds of GMOs, including organisms developed by non-transgenic genetic engineering techniques, such as cell fusion, mutagenesis, etc.<sup>42</sup>
- Metals resulting from industrial activities can be present in the environment and contaminate food. Their presence in soil, water and atmosphere and as residues in food because of their presence in the environment can lead to harmful effects on human health, as a result of human activities such as farming, industry or car exhausts or from contamination during food processing and storage. Heavy metals are the most persistent and complex kind of pollutants to remediate in nature. They not only degrade the quality of the atmosphere, water bodies, and food crops, but also threaten the health and well-being of animals and human beings. States should establish and implement regulations to limit the accumulation of contaminants to safeguard human health, and facilitate remediation of contaminated soils that exceed these levels.<sup>43</sup>
- Plastic and other residuals of production: Plastic waste and pollution have serious environmental, social and economic impacts. On the other hand, poor solid waste

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<sup>38</sup> CFS-Livestock, VIII D

<sup>39</sup> Rio Declaration on Environment and Development (1992), principle 15; Cartagena Protocol on Biosafety to the Convention on Biological Diversity (2000), art. 1. According to these standards, the precautionary principle applies also in the absence of scientific certainty that serious or irreversible damage will occur. Article 4 of Annex III of the Cartagena Protocol on risk assessment stipulates that “lack of scientific knowledge or scientific consensus should not necessarily be interpreted as indicating [...] an absence of risk, or an acceptable risk.”

<sup>40</sup> See CBD, art. 8 (g).

<sup>41</sup> UNDROP, arts. 20.2 and 20.3.

<sup>42</sup> See, for instance, the decision of the Court of Justice of the European Union declared, in September 2018, that gene-edited organisms including those modified using CRISPR techniques are subjected to the same regulation as other GMOs. See Court of Justice of the European Union press release, No. 111/18, Luxembourg, 25 July 2018: <https://curia.europa.eu/jcms/upload/docs/application/pdf/2018-07/cp180111en.pdf>.

<sup>43</sup> FAO Voluntary Guidelines for Sustainable Soil Management

management practices have impacts on human health. States should promote integrated approaches to solid waste management through sustainable consumption and production, including circular economy. States should prevent and reduce waste by minimizing packaging materials and discouraging planned obsolescence of products. States should strengthen legislation to prohibit the open burning of plastics in order to avoid air pollution and its associated negative impacts on health. States should promote the identification and development of environmentally friendly alternatives to single-use plastic products, taking into account the full life-cycle implications of those alternatives. States should address the problem of marine litter and microplastics, prioritizing a whole-life-cycle approach and resource efficiency, building on existing initiatives and instruments. Reduce the discharge of microplastics into the marine environment, including, where possible, through the phasing out of products that contain microplastics. Production wastes, including the hazardous ones, and their transboundary movements have risks in damaging human health and the environment. The most effective way of protecting them from the dangers posed by these wastes is the reduction of their generation to a minimum in terms of quantity and hazard potential. States should take necessary measures to ensure that the management of hazardous wastes and other wastes is consistent with the protection of human health and the environment whatever the place of disposal.<sup>44</sup>

5.7 Employment and working conditions in food systems are a fundamental component that needs to be taken into account when shaping food systems in healthy and sustainable ways. States should ensure that the working and living conditions of all food and agricultural workers, including all migrant workers regardless of their migration status, and seasonal workers, at all stages of production, transformation and distribution comply with ILO conventions, and are protected by domestic laws, and provide adequate living wages. In particular, states should uphold the right to work in safe and healthy working conditions; and the right not to use or be exposed to hazardous substances or toxic chemicals, including agrochemicals or agricultural or industrial pollutants. As integral part of the transition to agro-ecology, States need to pay particular attention to ensure that all workers employed in unsustainable sectors of food production, processing, trading and retailing find new adequate opportunities to make a dignified living. States should also ensure gender equality and equal pay to all female workers in food systems; as well as maternity protection and the right to breastfeed. Widespread sexual harassment and violence against women workers in different parts of food systems must stop.

## **6. Culture, Social Relations and Knowledge**

Food is the expression of our cultures, traditional and social relations and embodies the knowledge that we have built over millennium. This is being confronted with new hegemonic paradigms of modernity that promote homogenization and standardization of all forms and expressions of life and undermine the traditional knowledge systems. At the same time, unequal and asymmetric socio-cultural relations have constructed and maintained structures of power within societies, with the exploitation and discrimination of women under the aegis of patriarchal structures, and between societies, that have promoted unequal international division of labour and neo- and post-colonial regimes. These have also created unacceptable levels of inequalities and discrimination with some

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<sup>44</sup> UNEP/EA.4/Res.7, UNEP/EA.4/Res.9, UNEP/EA.4/Res.6, the recommendations of the Open-ended Working Group of the Basel Convention on the Control of Transboundary Movements of Hazardous Wastes and Their Disposal to the Conference of the Parties to the Convention at its fourteenth meeting to consider further options under the Convention, including establishing a partnership on plastic waste.

social, ethnic and race groups being confined in forms of neo-slavery conditions within agricultural production systems and promoted the socio-cultural superiority of urban citizens.

6.1 Promotion of communities' pride in their culture, values and knowledge systems is fundamental to preserve and revive nutritious traditional diets. Fostering traditional collective knowledge (often orally transmitted), innovation and practices of indigenous peoples, peasants, fishers, pastoralists and local communities relevant to food production, nutrition, the conservation and sustainable use of biological diversity and ecosystems must be a key component of food systems.<sup>45</sup> Agroecological approaches are of interest to rural communities at risk of food insecurity and malnutrition because these approaches are accessible and affordable; and at the same time empower women and marginalized social groups to challenge existing exploitative and oppressive structures in food systems. Further strengthening traditional "ways of knowing" and their ability to innovate through dialogue among them (diálogo de saberes) and with other research in scientific institutions or civil society organizations is key to preserve these knowledge systems as well as to understand how to upscale methodologies, which support transition towards healthy, sustainable and just food systems. For this to happen, societies need to democratize research and recognize the importance of co-construction of knowledge, instead of putting scientific knowledge on top of a hierarchy.<sup>46</sup>

6.2 Innovation in food systems must not be equated with new information and communication technologies applied to agriculture, biology, health, nutrition or climate. Innovation has social, environmental and organisational dimensions. States should take this holistic perspective when fostering innovation in food systems and ensure that public support will be provided to innovations that contribute to human rights realization and simultaneously seek to overcome food insecurity and malnutrition, social inequality and environmental and climate disruption. Technologies that further concentrate the control of corporate actors over food systems cannot be considered innovative. Agro-ecological innovations should be prioritized by states and international organizations.

6.3 Food and nutrition education, particularly of children and adolescents, should be one of the strategies used to promote healthy, diverse diets. Particular attention should be put in reconnecting children and youth with nature, farming, fishing, livestock keeping, culinary culture and a sense of belonging to their communities. States should ensure that in education systems food and nutrition education focus on the food system in its entirety and encourage critical thinking about how to make food and food systems healthy, sustainable and just. Food and nutrition education should not be restricted to a narrow approach of individual consumer choices in urban contexts. It should respect and celebrate the wealth and diversity of food cultures and identities present in a locale and take into account the realities and constraints shaping food practices.<sup>47</sup> Canteens in public institutions such as children day-care, schools, universities and hospitals can be critical places of food and nutrition education.

6.4 Local/territorial markets and direct engagement between food producers and consumers are critical means for developing consciousness / learning spaces about food and nutrition.<sup>48</sup> States should support local/territorial markets as formal and informal self-organized spaces for the transmission of knowledge on food and nutrition and to provide possibilities for communication and feedback between them. The diversified production of small-scale food producers is crucial for ensuring agro-biodiversity and the ability to hand-down traditional food preparation practices. As

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<sup>45</sup> FAO Globally Important Agricultural Heritage Systems

<sup>46</sup> CPLP Family Farming Guidelines

<sup>47</sup> A comprehensive approach to food and nutrition education: Brazil's contributions to the UN Decade of Action on Nutrition. UNSCN Nutrition. <https://www.unscn.org/uploads/web/news/UNSCN-News42-2017.pdf>

<sup>48</sup> CFS Recommendations on connecting smallholders to markets

food is the expression of values, cultures, social relations and people's self-determination, protecting and strengthening these markets plays a fundamental role in preserving the intergenerational transmission of food knowledge within communities and as an integral part of food and nutrition education.

6.5 States and societies should recognize and value care work related to food such as cooking, feeding and breast-feeding due to its central role in ensuring healthy, sustainable and just food systems. States and societies need to ensure adequate time for care work, including food related. Working sectors of the population should have sufficient time to cook properly and not be induced to resort to ultra-processed edible products due to time constraints. Likewise, women workers have a right to maternity leave and to breast-feeding times at workplace. Cooking for and looking after children, elderly and sick family members also requires adequate time and are essential to shape food systems in a way that they can respond to the particular health and nutritional needs of these groups of people. The burden of cooking, feeding and caring for family members is though unfairly put on women and girls only, many times to the detriment of their own autonomy. For this reason, States should support efforts of redistributing care work related to cooking, feeding and looking after children, elderly and sick family members so that men and boys take responsibility for their due share.

6.6 States have the duty to providing timely, safe, sufficient humanitarian food and livelihoods assistance in a flexible manner, conforming with the beliefs, culture, traditions, dietary habits and preferences of individuals. In no case, food provision in situations of emergency should be used to force the change of food habits.

6.7 The dominant urban-centered development paradigm positions natural resources as services for urban areas, or assessed in terms of climate impact or biodiversity offsets. As urbanization is more and more positioned as a development opportunity rather than an outcome of underdevelopment of rural areas, there is a huge risk of policies to further contribute to the marginalization and underdevelopment of the communities and people living in rural areas. It is fundamental that in the discourse of urban growth, the role healthy and sustainable food systems is put center-stage. Reexamining the relationship between urban and rural areas requires:

- to create an enabling policy environment which meets the needs of all persons impacted, including rural producers which are not always able to access policy spaces (as they are often in urban spaces);
- In order to re-localize food systems, and ensure a space and process for rural communities and meaningful rural development are part of the discussion, territorial planning of food systems can support the implementation of policies that align with the right to food, strengthen the ecological foundations of cities and support healthy and sustainable food systems as a whole.
- ensure policies and programs specifically targeted to rural communities and rural food system development, rather than a sole focus on food systems that only feed cities and urban areas which reinforces a linear relationship from rural to urban areas.<sup>49</sup>

## **7. Connected systems and policy domains**

7.1 Health systems: Swift and urgent action to strengthen health systems is needed in order to minimize and avoid the risk of death. In many developing countries, the majority of children who fall

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<sup>49</sup> New Urban Agenda: Quito Declaration on Sustainable Cities and Human Settlements for All (2017)

ill are never brought to health facilities. Strengthening and investing in health systems – from national to district and community levels – with the aim of achieving quality Universal Health Coverage (UHC) is essential and will help improve the identification, prevention and targeting of malnutrition in all its forms. A focus on identifying the most vulnerable groups is welcome and should stress that improved nutrition services are free at the point of delivery. In this context, we would like to highlight WHO's six building blocks for strong health systems, which are indispensable for adequate nutrition;

7.2 Water and sanitation are critical: Ensuring universal access to clean drinking water, basic sanitation and improved hygiene facilities and practices can promote healthy environments, improve absorption of nutrients, and reduce infectious diseases amongst infants and mothers. Repeated bouts of diarrhea, intestinal worms, environmental enteropathy, and faecal contamination – often contracted through open defecation or poor sanitation – can impede nutrient absorption, lead to chronic activation of the immune system, and diminish appetite, resulting in stunting and under-nutrition. Solutions must be prioritized in line with UNGA strategy to tackle inequalities in access to services, also reflecting the established principles of the human right to water and sanitation, as recognized in Resolution 64/292 of the UN General Assembly in July 2010;

7.3 Climate change: Food systems both contribute to greenhouse gas emissions (GHG) and are increasingly vulnerable to climate change and increases in extreme weather events, rising sea levels and changing precipitation levels in high burden countries. With rising environmental uncertainty, the resilience of food systems is becoming crucially important. Food systems and diets are likely to be affected through reduced crop productivity and changing water availability, plus increasing commodity price volatility. The negative impacts of climate change will be felt particularly by poor countries and marginalized farmers in these countries. Greenhouse gas emissions from agriculture can be significantly reduced by moving away from industrial production methods towards small-scale peasant farming based on agro-ecological principles. This shift towards more sustainable and climate resilient production methods needs to be accompanied by changes in other policy fields, such as trade and energy, as well as changes in dietary patterns (e.g., less meat consumption).

7.4 Social protection: Social protection initiatives have the potential to positively impact upon hunger and nutrition. Social protection systems can support poor and vulnerable people by countering deprivation and reducing vulnerability to global challenges such as economic shocks, instability in the price of food or other essential commodities, and climate change. Effective social protection can also build strong foundations and help break the intergenerational poverty cycle. Governments should therefore invest in developing social protection systems that address malnutrition.