

ESF-U7

Food Diet and Sustainability

Module 7

FOOD AND SDGs



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The global Goals for Sustainable Development Agenda 2030 of the United Nation.



In 2015, 193 Member States of the United Nations signed 17 goals to be reached by 2030.

Food and food systems are linked to all the Sustainable Development Goals:

- directly (e.g. SDG2 and SDG3).
- indirectly (e.g. SDG10 and SDG13).

THE GLOBAL GOALS For Sustainable Development





The wheel model highlights how food and food systems are linked to all the SDGs (Barilla Foundation, 2021).



Food is far more than simple nutrition. Food affects every aspect of our life





The food system is a complex web of activities involving the production, processing, transport, and consumption.



By fixing the food system, we can make the Earth a fairer, better world, but also make the best use of our resources, including water, soil and air.





Natural resources are deteriorating, and biological diversity is decreasing around the world.



To preserve diversity in agricultural systems, more sustainable farming techniques are needed.

For example, agroecology improves the nutrient cycle in soils and regulates microclimates, which are essential for life on earth.

15 LIFE ON LAND





Connection between urban and rural areas is fundamental to improve people's food and nutritional security.



It improves the quality of the diet, as it facilitates the availability of fresh food at affordable prices to an increasing number of people.

It positively impacts also on the economic and environmental aspects of the area involved: improves farmers' income and markets development, increases the variety of local products, enhances rural tourism and maintenance of local areas.

11 SUSTAINABLE CITIES AND COMMUNITIES





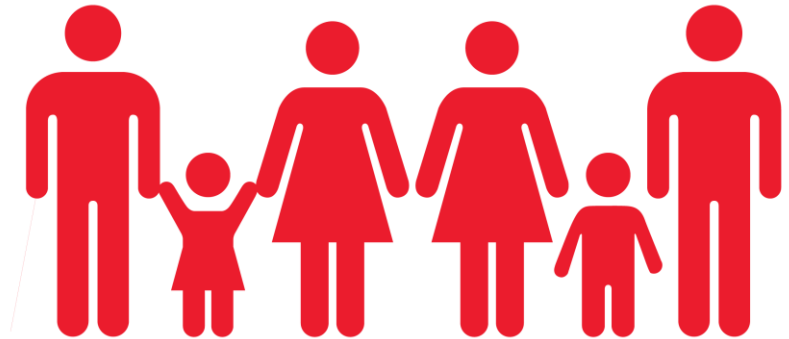
Food security: availability of food, economic and physical access to food, use of food and stability over time.



Access to healthy and adequate food gives people more energy to invest in personal growth and shifts their attention away from basic needs.

Poverty is not just a lack of income and resources to ensure sustainable living. **Hunger and malnutrition** are among its primary manifestations.

1 NO POVERTY





Health and environment: a strong link.



What is good for our health is also good for the Planet. That is why sustainable and healthy diets are very important.

Recent studies show that healthy and sustainable diets can reduce wildlife loss by up to 46%, premature deaths by at least 20%, and food related GHG emissions by at least 30% (WWF, 2020).





Teaching sustainability through food themes



Issues related to food, its consumption and production can be used to describe the critical issues of the current system and their effects on the environment and health.

They are also useful for highlighting cultural diversity and belonging, as well as for stimulating sharing and participation in local life and local communities.





Reference:

WWF. Planet-Based Diets | WWF. Planet-Based Diets - Sci.-Based Platf. Encourage Diets Are Good People Planet at <[https:// planetbaseddiets.panda.org/](https://planetbaseddiets.panda.org/)>

Image reference

SDGS: United Nations. <https://sdgs.un.org/>
SDGS wheel model: Barilla Foundation (2021)

Free image source:

www.pexels.com



Thank you