Sustainable Food Consumption: The role of the academe

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Hybrid Symposium on "Resilient and Sustainable Future for All: Promoting Circular Economy through Responsible Consumption and Production"
May 17, 2022, 9:00 AM-12:00 NN, Asian Institute of Management

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Human ecology and sustainable consumption

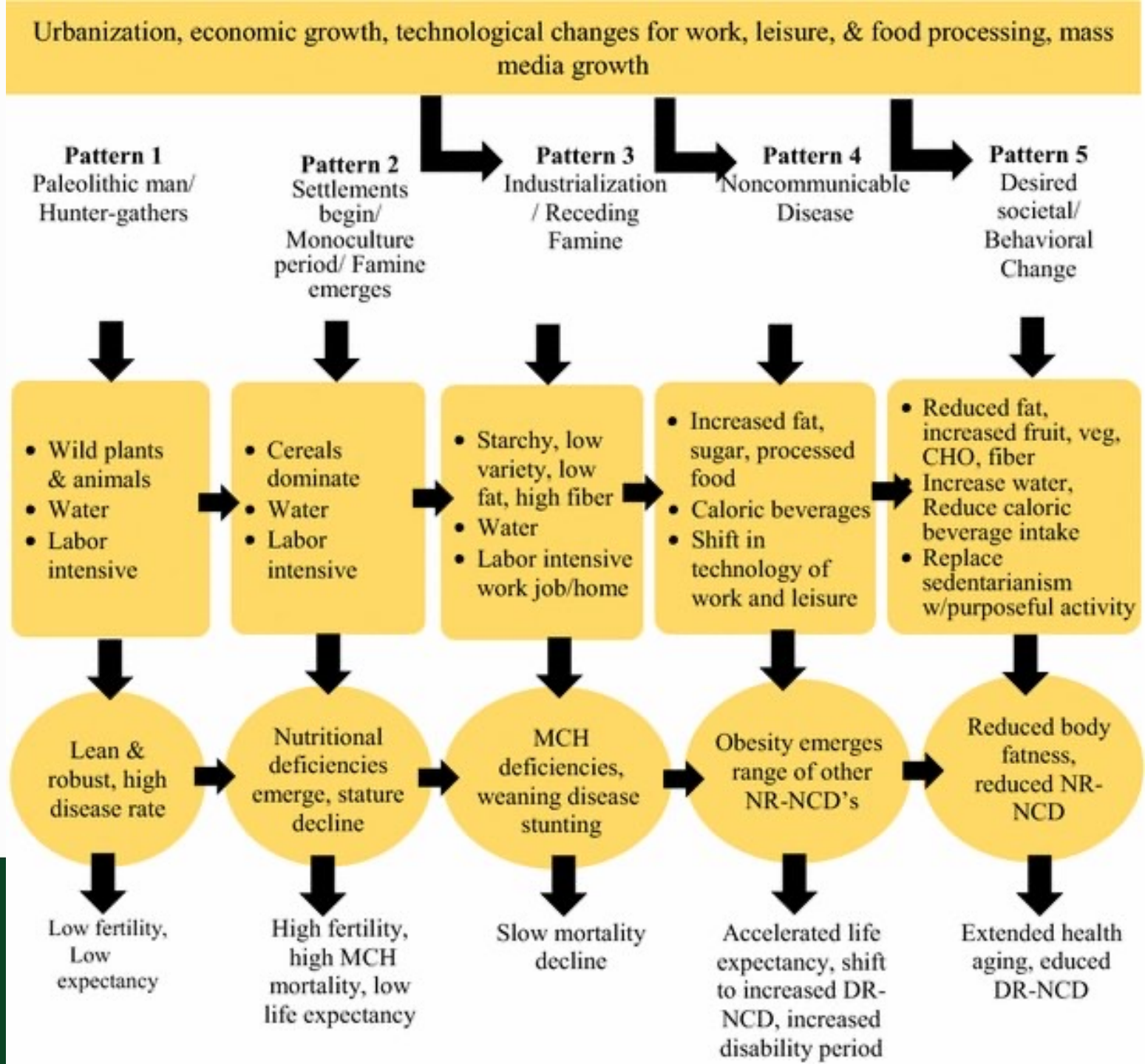
- Human ecology involves the **interrelationships** among people, other organisms, and their environments.
- Human ecology is also viewed as a **methodology or framework** for studying human activities and social institutions, often in conjunction with the health and functioning of the natural environment.
- Centers on the **question** of how humans do and could continue to survive
- **Sustainable consumption (i.e., food, apparel) have many ecological impacts**

Our food system is broken, we need transformation; it is possible but without challenges

- **Food is the basic resource for life**
  - as such highlights the need for a comprehensive goal that can be achieved by reducing food waste, promoting healthy and balanced nutrition, raising awareness of the society on responsible food consumption and developing policies on food consumption by regulatory authorities in connection with ensuring the sustainability of food consumption.
- A **sustainable food system** is a food system that delivers food and nutrition security for all in such a way that the economic, social and environmental bases to generate food security and nutrition for future generations are not compromised.
  - **Achieving food and nutrition security today should also contribute to food and nutrition security for future generations.**

Nutrition Transition: Food Systems and People are transitioning (3/5 pattern)

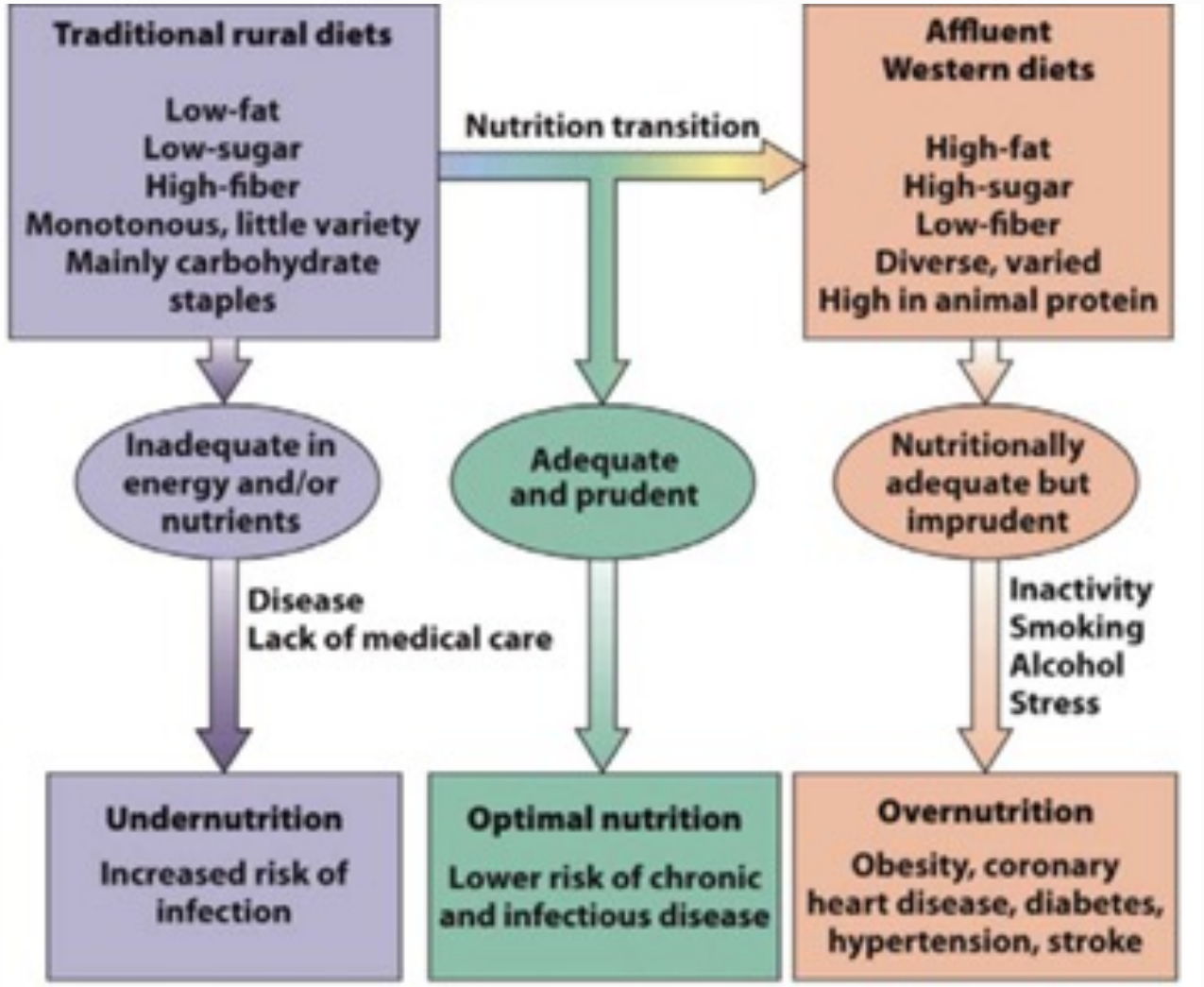
Even without projected global population growth — predicting a global population of 9.7 billion by 2050 — it is likely that food systems are already operating beyond some planetary boundaries



Stages of the nutrition transition. Source Popkin (n.d.)

Diets are transforming but in inequitable ways

Diets can be costly – many countries spend more than 30% of income on food expenditure



Fanzo, J. Food Systems: Their role in improving the sustainability of diets and addressing the double burden; chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://humanhealth.iaea.org/HHW/Nutrition/Symposium2018/presentations/11.2.Fanzo.pdf

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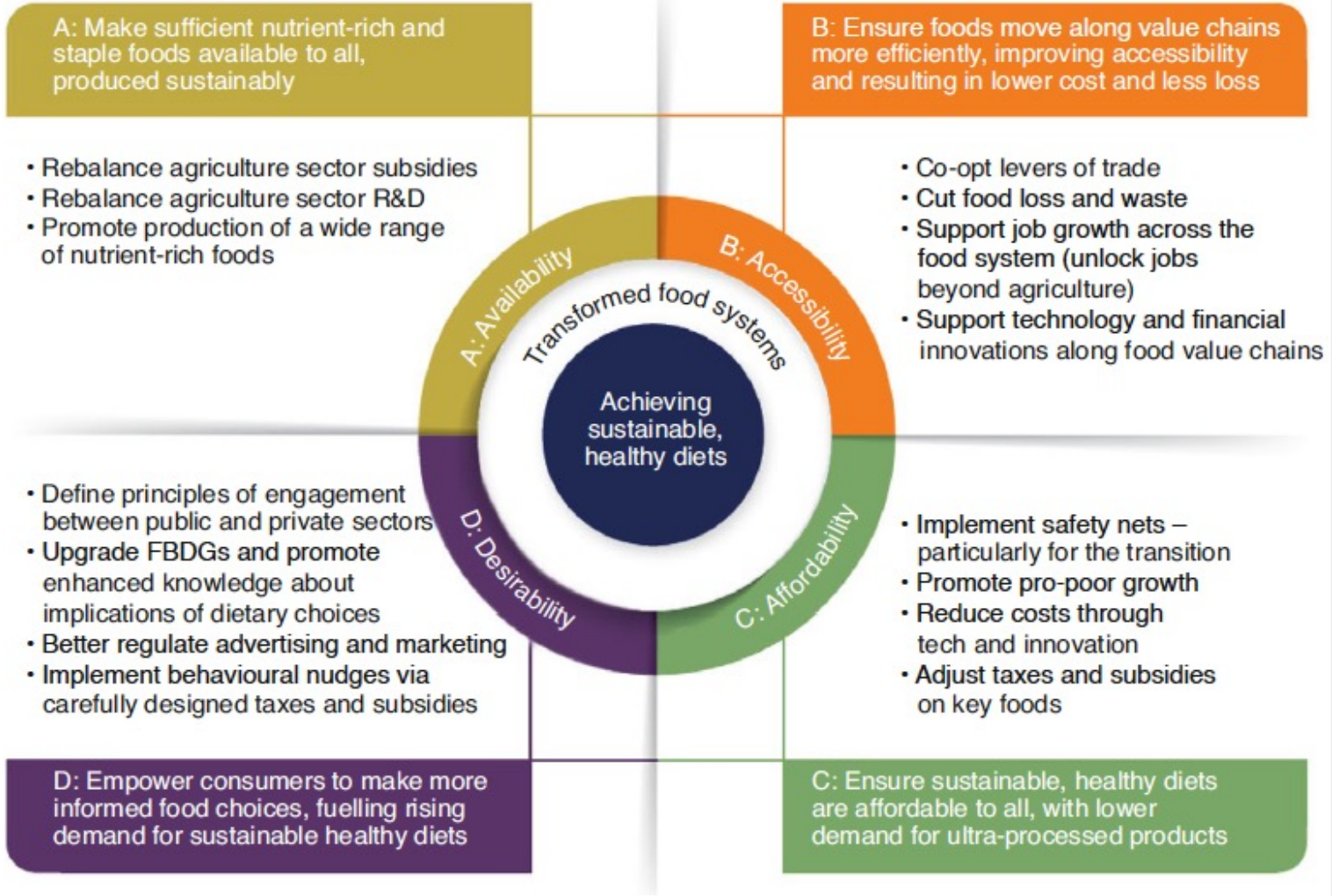
Food system transformation involves 4 distinct policy objectives

1. Sufficient nutrient-rich and staple food are available to all, sustainably produced
2. Those foods readily accessible to everyone;
3. Foods affordable to everyone;
4. Ensuring those foods are desirable to all consumers



Webb, P., Benton, T.G., Beddington, J. et al. The urgency of food system transformation is now irrefutable. Nat Food 1, 584–585 (2020). https://doi.org/10.1038/s43016-020-00161-0

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Approaches to shifting food consumption/diets

1. Fiscal measures – e.g., taxation of SSBs
2. Regulatory and trade interventions - e.g., food labeling
3. Voluntary and industry approaches - e.g., reformulation of food products such as reduce salt, sugar, unhealthy fats
4. Interventions focusing on the context, defaults and norms of consumption - e.g., improved varieties, fortification, food preparation, time management, food preservation
5. Information and education raising approaches

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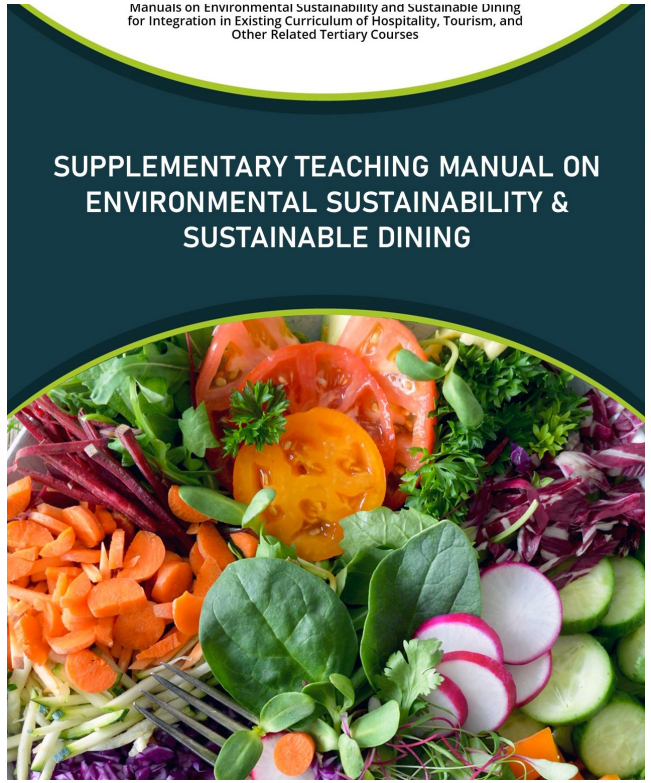
Higher education institutions (HEIs)

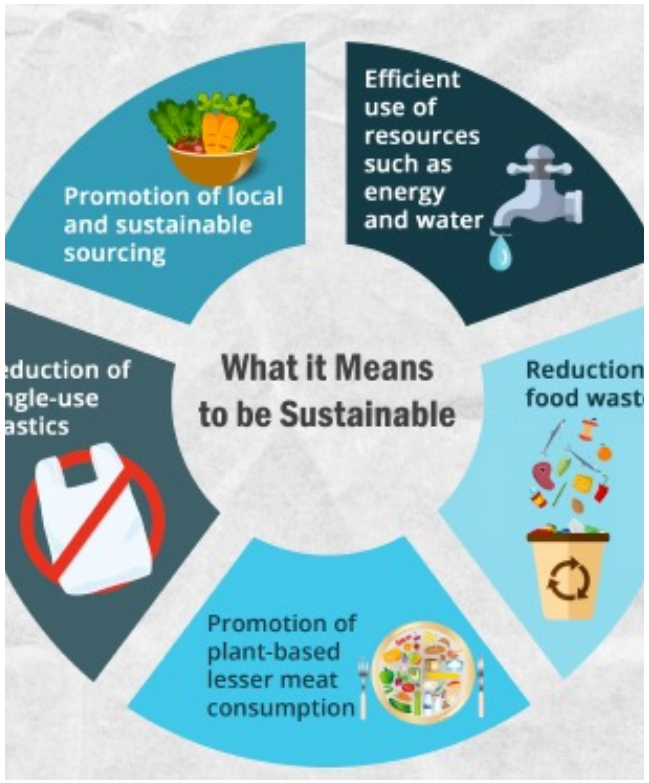
- Academe is one of the **multiple key actors** necessary for achieving circular economy and sustainable consumption
- Have essential **roles** for instruction, research, and public service or extension
- **Intellectual capital** is an asset of HEIs such as the faculty/researchers' knowledge and expertise, and quite relevant for any efforts towards circular economy and sustainable consumption
- HEIs **contribute** by collaborating with industry, assisting policy makers, building human and intellectual capital, creating or supporting community engagement projects, linking with international networks, and promoting CE and sustainable consumption

At UP Los Banos

- In instructions, we will not completely go back to purely face to face classes
- In research and extension, AGORA – Accelerating Growth Through One Research and Extension in Action – 4 focus areas
  1. Food security and sovereignty – ensuring people's access to sufficient, safe, and nutritious food that is produced and traded through sustainable, just and collaboratively defined agricultural systems
  2. One Health – improving the physical, emotional, social and mental wellness of the community
  3. Resilience and Sustainability – leading in and facilitate the enhancement of stakeholder capacities
  4. Future Communities and Institutions – promoting a culturally vibrant, safe, and economically thriving society

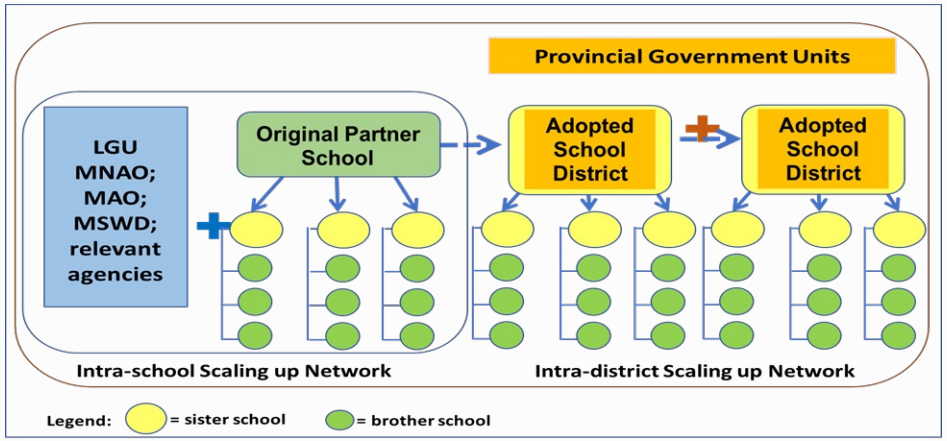
Develop teaching materials on Environmental Sustainability and Sustainable Dining





- Development, Pilot Test and Review of Supplementary Teaching Manuals on Environmental Sustainability and Sustainable Dining for Integration in Existing Curriculum of Hospitality, Tourism and other Related Tertiary Courses
- Objective is to fill in the gap in knowledge and skills on environmental sustainability and food in the existing curricula for aspiring food service and other food related professionals.
- Funded by World Wide Fund for Nature Philippines

School-Plus-Home Gardens Project in the Philippines: A Participatory and Inclusive Model for Sustainable Development

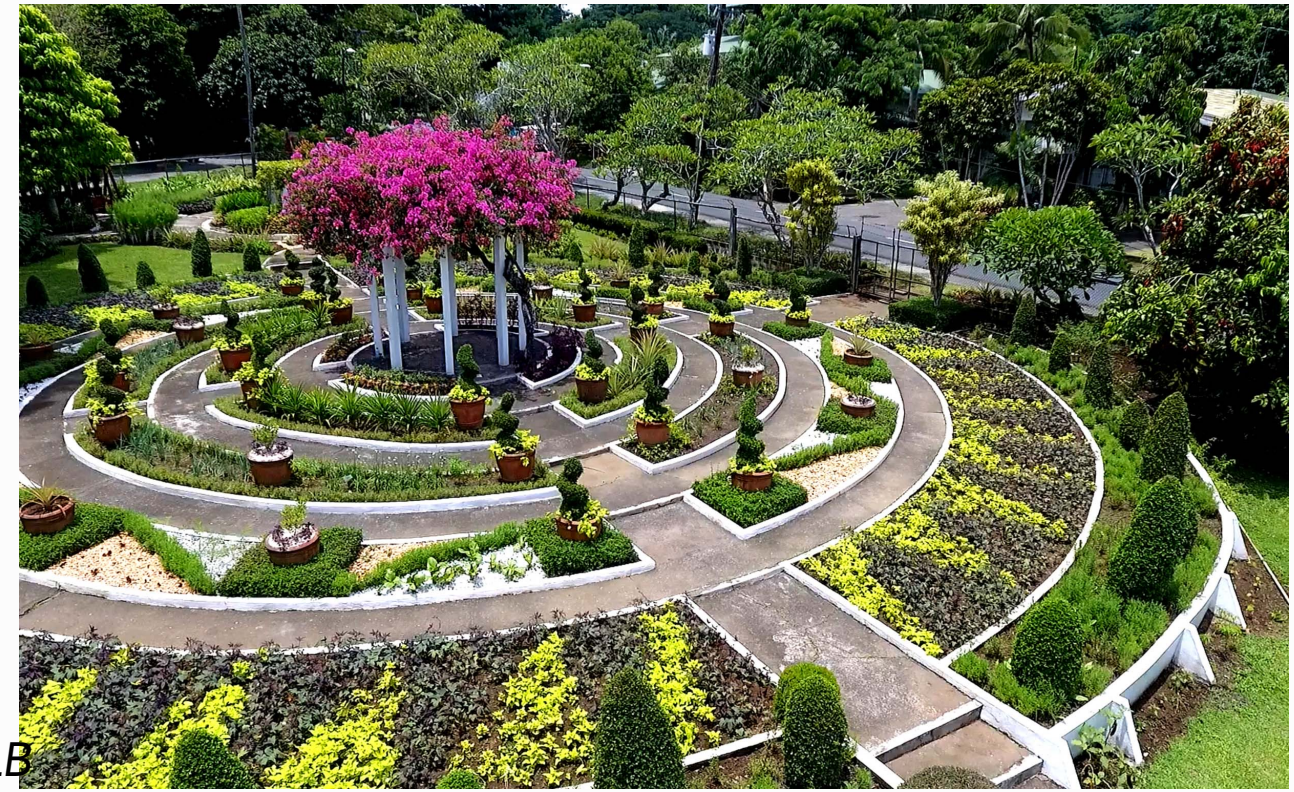


Southeast Asian Regional Center for Graduate Study and Research in Agriculture (SEARCA), the University of the Philippines Los Baños (UPLB), and the Department of Education (DepEd) of the Philippines, district of Laguna

“Foodscaping” landscapes

UPLB Edible Landscaping team slogan “No Filipino should be hungry”

Training conducted, distribution of starter kits including organic seeds, brochures, and different landscape designs



Demo-garden in UPLB

https://uplb.edu.ph/public-service/foodscaping-landscapes/

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Circular Economy Coffeeshop

Small coffee shop with the aim of using UPLB products such as milk, coffee, fruits

Zero waste; used coffee grounds to be recycled as fertilizer

Use of solar panels

Dairy Training and Research Institute

Calamansi Juice

Fruit Wines

Dairy Products

Bio-N™

Biofertilizers

Biogroe™

Ethylene Absorbent

Hot Water Tank

Develop technologies

In summary

- Hunger and malnutrition continues to be a problem globally and locally
- Food consumption is part and parcel of the whole food system; as food moves from production to consumption or from ”farm to table”, the physical and biological environments must be considered as it will affect the quality and distribution of food and subsequently food safety and nutrition
- Policy actions and interventions can be taken globally and locally; no single approach can fix the broken food system

Thank you!