



CSM VISION ON FOOD SYSTEMS AND NUTRITION

AN ALTERNATIVE TO THE CFS
VOLUNTARY GUIDELINES ON FOOD
SYSTEMS AND NUTRITION (VGFSYN)

APRIL 2021

About this document

The present document was written through an autonomous, self-organized, and participatory process by the Working Group on Food Systems and Nutrition of the Civil Society and Indigenous Peoples' Mechanism (CSM) for relations with the UN Committee on World Food Security (CFS). When the CFS embarked on the process of elaborating the Voluntary Guidelines on Food Systems and Nutrition in 2018, the CSM Working Group started a parallel process of building its own vision document for the Guidelines to transform food systems. The document has since evolved and remains open as a living document. It continues to be built around the experiences and the struggles of our constituencies on the ground.

This vision document has guided CSM's engagement throughout the CFS policy convergence process for the Voluntary Guidelines on Food Systems and Nutrition, including during the negotiations phase. It is with deep disappointment and disheartenment that the CSM has collectively decided that the CFS Voluntary Guidelines for Food Systems and Nutrition, endorsed by Member States, are not sufficient to achieve the urgently needed transformation of food systems.

Therefore, it is our collective vision document that will continue to guide the CSM constituencies in the future. Unlike the CFS Voluntary Guidelines, the CSM Vision document does offer a path towards food systems that serve, in a fair and equitable manner, the good living of ourselves and Mother Earth.

csm4cfs.org

Published in April 2021

Cover photo: Heinrich Boell Foundation

Preamble

It is unacceptable that in a world of plenty, more than 690 million of our brothers and sisters go to bed hungry every night and more than half a billion (650 million) are obese.¹² Too often overweight and obesity reflect hidden hunger caused by consumption of over-processed food of dismal quality. 140 million children under 5 years suffer from stunting, 47 million children are wasted, more than 38 million children are overweight², and approximately 820,000 babies die every year because they are not optimally breastfed³. The prevalence of food insecurity is higher for women than for men, and more than 613 million women of reproductive age suffer from anemia. It is time to act to tackle the injustices of malnutrition. Moreover, COVID-19 has deeply exacerbated these food and health crises and estimations are that between 83 and 132 million additional people will experience food insecurity as direct consequence of the pandemic.⁴

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 precisely 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

1 WHO Key Facts on Obesity and Overweight (April 2020) <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

2 FAO, IFAD, UNICEF, WFP and WHO (2020); The State of Food Security and Nutrition in the World 2020 "Transforming food systems for affordable healthy diets"

3 UNICEF (2019); The State of the World's Children 2019 "Children, food and nutrition; Growing well in a changing world"

4 HLPE. 2020. Impacts of COVID-19 on food security and nutrition: developing effective policy responses to address the hunger and malnutrition pandemic. Rome. <https://doi.org/10.4060/cb1000en>

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 requires a holistic and multidisciplinary analysis, one that combines environmental, political, economic, cultural and technical perspectives. Above all, it requires recognition of the need for justice and 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.

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 also contributed to the creation of different forms of malnutrition and the decrease of the diversity and quality of our food and diets, as well as to the environmental destruction and climate crisis that we are witnessing.⁵

Food systems transformation was thus imperative even before the COVID-19 pandemic hit. Today, evidence collected on the ground around the world confirms that the pandemic brought existing inequalities and vulnerabilities into sharp focus which underscores the need for systemic change towards socially just food systems with agency, sustainability and stability at its heart, which CSM members interpret as pointing towards agroecology and food sovereignty.

The emergence and devastating impacts of COVID-19 are closely linked to the economic, social and environmental injustices brought about by neoliberal policies and a food system based on intensive, export-oriented agriculture production, with global supply chains and market-led food provision, all based on corporate profit.⁶ From a

feminist perspective, the COVID-19 crisis is indeed a global care crisis, where states and governments have failed to prioritize people's interests, while (transnational) corporations are increasingly capturing and dismantling the public commons to impose their own private interest. This pattern is also well reflected in the current production and consumption food systems.⁷ In this time of multiple crises, youth is facing several challenges. As markets fail, schools close, and jobs disappear, youth sees opportunities and their futures crumble away. Young people are often presented as beacons of hope for the future. The expectation is on them to imagine and enact solutions to the world's problems that they have inherited. They do have solutions, but to bring them forward, they need a seat at the table.⁸

The COVID-19 crisis cannot be fixed by emergency measures and stimulus packages that perpetuate the same injustices.⁶ The same applies for the food, health, societal and environmental crises people have been increasingly suffering over the years.

In this sense, a systemic transition of food systems towards more sustainable, healthy and just ones needs adequate institutional and policy frameworks that foster cross-sectoral collaboration and coherence among sectoral policies, while prioritizing the human right to adequate food and nutrition as a legal framework for ensuring food sovereignty and sustainable food systems (HLPE, 2020).

This document is the result of a collective process of discussion that builds on the work by civil society 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

5 Willet W, Rockström J, Loken B, et al. (2019); Food in Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems. Lancet. 2019; 383: 447-492

6 ["Voices from the ground – From COVID-19 to radical transformation of our food systems"](#) Working Group on Global Food Governance of the Civil Society and Indigenous Peoples' Mechanism (CSM) for relations with the UN Committee on World Food

Security (CFS).

7 ["Gender, COVID-19 and food systems: impacts, community responses and feminist policy demands"](#) Report of the CSM Women's Working Group. Jessica Duncan and Priscilla Claeys. October 2020

8 ["Youth Demands for a radical transformation of our food systems"](#) CSM Youth Working Group. October 2020

of Action on Nutrition and the Agenda 2030 for Sustainable Development. With the CFS decision to elaborate Guidelines on Food Systems and Nutrition, CSOs and Indigenous Peoples have developed this common vision on how to transform food systems so that they become healthy, sustainable and just.

Food systems combine, serve and support multiple public objectives within all domains of sustainable development, such as the protection and regeneration of nature, health and well-being, protection of labour and livelihoods, of culture, knowledge and governance. Repeated recent experiences have exposed the urgent necessity to realign food systems with these multiple domains of life if we are to truly pursue a pathway towards the full realization of the right to adequate food and other interconnected human rights, the protection of the planet and its biodiversity, and sustainable development. Our vision document is thus structured as follows: it offers in the first place definitions of food systems and healthy and sustainable diets and proposes a set of guiding principles that should be observed to reshape food systems in ways which are healthy, sustainable and just. Secondly, it offers a series of policy interventions in five 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, such as health, water and sanitation, climate and environment, finances, trade and investment, and social protection, in which structural changes and transformation are also necessary in order to ensure policy coherence.

1. Definitions and Principles

1.1. Definitions

A. Food Systems

Food systems can be understood as a dynamic, heterogeneous and complex assemblage of people, resources, places, interactions, relationships, practices and politics (adapted from Pettenati et al. 2019 and Murdoch et al., 2000). They are webs of actors, processes, and interactions involved in gathering, fishing, growing, processing, distributing, preparing (cooking, feeding, caring), consuming and disposing of foods (adapted from HLPE 2014 and IPES Food, 2015). A holistic food systems lens is concerned with how these processes interact with one another, and how the ecological, social, political and economic context constantly shape and re-shape food systems, whilst recognizing the particular role of power, gender and generational relationships. It also recognizes the complex interrelatedness of food systems with other sectors (health, agriculture, environment, culture) and systems (such as ecosystems, economic systems, social-cultural systems, energy systems and health systems) (HLPE, 2020).

B. Healthy, sustainable and just food systems

The strong nexus between food, ecology, health and culture is at the heart of the food systems approach, which links the well-being of the planet to the well-being of people through sustainable and healthy diets. Healthy, sustainable⁹ and just food

⁹ The HLPE 2020 defines sustainable food systems as the ones that: “embody qualities that support the six dimensions of food security [agency sustainability, availability, access, utilization and stability]. Sustainable food systems are: productive and prosperous (to ensure the availability of sufficient food); equitable and inclusive (to ensure access for all people to food and to livelihoods within that

systems are diverse and localized food systems that are resilient and foster sovereignty. They are based on the recognition and fulfilment of the human right to adequate food and nutrition and all other interrelated, indivisible and interdependent human rights, and are as such able to provide healthy and sustainable diets for all. They preserve the environment, protect and increase biodiversity, strengthen sustainable smallholder food production, preserve traditional knowledge and foster resilience of local and traditional food systems. Thus, the sustainability not only refers to the environmental dimension, but also to culturally appropriateness, equity and livelihood enhancement. Agroecology as a theory and practice is recognized as being capable to provide transition pathways towards more sustainable food systems, based on a holistic and systemic approach (IPES-Food, 2016 & Elzen et al., 2017; cited in HLPE, 2019).

C. Healthy and sustainable diets

Healthy and sustainable diets are diets that are affordable, balanced and varied, and provide *real food* and 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 that are only minimally processed. Healthy and sustainable diets are based on production modes that function in harmony with the flora and fauna, preserve and promote biodiversity, consciously use limited natural resources, contribute to the realization of 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

system); empowering and respectful (to ensure agency for all people and groups, including those who are most vulnerable and marginalized to make choices and exercise voice in shaping that system); resilient (to ensure stability in the face of shocks and crises); regenerative (to ensure sustainability in all its dimensions); and healthy and nutritious (to ensure nutrient uptake and utilization)."

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 and acceptable. 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, as well as contain adequate quantities of critical nutrients. Food safety does not only refer to the presence of pathogen microorganisms within food, but also to the presence of chemical and industrial substances, such as preservatives, colorants, flavours and sweeteners, which can harm people's health and lives. A healthy and sustainable diet starts with breastfeeding (exclusive for the first six months and with the complementary foods until two years and beyond).

1.2. Guiding Principles

The transition of food systems (implementation of these Guidelines) is to be guided by the following principles:

Centrality of people:

Recognize the centrality of people, in particular small-scale food producers¹⁰ and women, and their agency in shaping food systems and dietary outcomes. The primary focus should be on the people most affected by malnutrition in all its forms so as to overcome the challenges they face;

Realization of the right to adequate food:

Reshaping food systems is to be centrally based on and contribute to the realization of the right to adequate food. This requires systemic rather than sectoral changes, and overall policy coherence with the right to

¹⁰ This term encompasses smallholder farmers, fisherfolks, peasants, pastoralists, agricultural and food workers and indigenous people.

food. It also requires a focus on the basic and root causes of malnutrition, and on the groups most affected; as well as on new determinants such as the climate crisis and dematerialization of food;

Healthy diets require a healthy planet:

Food production, preparation, distribution, and exchange should be kept within the Earth's ecosystems and their regenerative capacity. Biodiversity and traditional varieties are the foundation of dietary diversity and should be protected and enhanced. This is indispensable for the rights of current and future generations;

Interrelatedness of human rights:

Transformation must contribute to the realization of human rights overall, given their indivisibility and interrelatedness. Healthy and sustainable food systems should address the health-food nexus in close conjunction with the livelihoods they support and their ecological foundations. The approach of agroecology to food systems is the best suited to achieve a such transition. This includes a transition away from heavily processed, fortified, and commercialized foods and toward more "raw state" food knowledge, preparation, practices and consumption. Quality and safety of food, in terms of its composition, origin and way of production, should be key pillars in the transition;

Equality and non-discrimination:

Existing inequalities and structures of oppression must be overcome 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, people living with disabilities, 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 around the world;

Rights of Indigenous Peoples:

The United Nations Declaration on the Rights of Indigenous Peoples is central in the implementation of the Guidelines, emphasizing in particular the impacts of colonialism, expropriation 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"¹¹;

Rights of Peasants and Other People Working in Rural Areas:

The recently adopted United Nations Declaration on the rights of peasants and other people working in rural areas (UNDROP) is essential in responding to the multiple forms of discrimination and historical disadvantage faced by peasants and other people working in rural areas. They are the first victims of extreme poverty and hunger, so these Guidelines should aim to protect and promote their rights and dignity, to support efforts re-balance power relations in rural areas, and to guarantee that States will respect, protect and fulfil the rights of peasants and other people working in rural areas¹²;

Women's rights:

The realization of women's rights is indispensable for healthy and sustainable food systems. 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 their lives

¹¹ UN (2017); [United Nations Declaration on the Rights of Indigenous Peoples](#)

¹² UN (2018); United Nations Declaration on the Rights of Peasants and Other People Working in Rural Areas

and bodies, and live free from violence;

Strengthen the Youth's social capital in communities and territories:

As food producers and contributors to the economy and communities, Youth entails a plurality of understanding, experiences, knowledge and expectations towards the future. The essential role of Youth as an economic, social and cultural actor in the inclusive development of local communities as well as the leadership, agency, autonomy and diversity need to be recognized and defended to co-create life-affirming worlds and futures, and achieve food sovereignty for all;

Food traditions and cultural heritage:

Protect and enhance traditional knowledge, and cultural heritage 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;

Participation, autonomy 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 well as the existence of other non-commercial forms of production and exchange (indigenous, social, and solidarity economy). Acknowledge the power differentials between different actors in food systems and consciously address these in the implementation of these Guidelines, ensuring meaningful participation and influence of groups most affected.

Agency and sovereignty:

Agency¹³ has been recognized as playing a vital role to ensure food security (HLPE, 2020). While social movements have defined food sovereignty as "peoples' right to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their own food and agriculture systems" (Via Campesina, 1996). Both the concepts of agency and food sovereignty relate in their centrality around the people's right to determine their own agricultural and food policies and in proposing not just the guaranteed access to food, but democratic control over the food system – from production and processing, to distribution, marketing, and consumption (Carney, 2012). Therefore, recognizing that food security begins and ends with food sovereignty (Patel, 2009), re-emphasizes the essentiality of agency.

Rights of Mother Earth:

We are all part of Mother Earth, an indivisible, living community of interrelated and interdependent beings with a common destiny, and all entitled to inherent rights without distinctions that may be made between organic and inorganic beings, species, origin, use to human beings, or any other status. Food production and consumption has the responsibility to respect, protect, and fulfill these interrelated rights, the realization of which, agroecology and adequate and responsible consumption are critical avenues.¹⁴

Food as commons:

Food should not be considered as a commodity that serves nutrition, but

¹³ In the context of ensuring food security, agency refers to the capacity of individuals or groups to make their own decisions about what foods they eat, what foods they produce, how that food is produced, processed and distributed within food systems, and their ability to engage in processes that shape food system policies and governance

¹⁴ Universal Declaration of the Rights of Mother Earth, 2010. World People's Conference on Climate Change and the Rights of Mother Earth. Cochabamba, Bolivia. Adapted from the Preamble and Article 1.

as a potential “vector” to fulfil multiple functions. A food systems approach that considers food as a commons instead of a commodity is based on an understanding of food as a human life enabler recognizing the multiple governing arrangements that have been set up across the world and in history to produce and consume food collectively, inside and outside market mechanisms (Vivero Pol 2017b). A political understanding of the commons consists in the consideration of it as a social construct that depends on the collectively-arranged forms of governance for any particular resource, material or immaterial, in a specific place and time (Vivero Pol 2017b). The food commons paradigm involves a transition to a collective, polycentric and reflexive governance that includes self-regulated, civic, collective actions for food (Vivero-Pol, 2017a & Vivero-Pol, 2017b). This affirmation highlights governance as a central pillar within food systems and emphasizes the need to address the fundamental elements of such governance. Transitioning from food systems with an understanding of food as a commodity towards a food commons regime for healthy, sustainable and just food systems should be based on sustainable agricultural practices (agro-ecology), and open-source knowledge (creative commons licenses) through the assumption of knowledge (cuisine recipes, agrarian practices, public research), material items (land, water, seeds, fish stocks) and abstract entities (transboundary food safety regulations, public nutrition) as global commons, governed in a polycentric and democratic manner, valuing the different dimensions of food (adapted from Vivero-Pol, 2017b).

2. Governance of healthy and sustainable food systems

The transition to – and maintenance of – healthy and sustainable food systems and diets requires that democratic governance be firmly grounded in human rights and public interest, with an understanding of food as a public interest and a human right. Such governance is should participatory while at the same time careful to recognize and counter existing power imbalances in society so as to ensure robustsafeguardsto protectthe publicpolicy space from undue influences, corporate capture 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 the 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.¹⁵

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 be top-down/

¹⁵ CFS Reform Document & GSF, Universal Declaration of Human Rights and relevant associated HR instruments, UNDRIP, UNDROP.

“expert” driven. States should adopt all the necessary measures to facilitate and ensure such meaningful participation at all levels (local, national, international) instituting legal frameworks, policies and public investments that facilitate and strengthen the autonomous organization of rights holders. In this sense, governments have an important role to play in providing the institutional context and in developing public policies that enable the exercise of agency, especially for the most affected by hunger and malnutrition, by supporting democratic, inclusive and participatory processes and institutions (HLPE, 2020).

2.3 States are to 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 in food systems (e.g., between groups affected by malnutrition and large agri-food 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.¹⁶ 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, programmes, and education. These should be free of conflicts of interest.

2.5 Food systems span across multiple sectors of public policy making. These Guidelines envision pathways for a systemic transition of food systems. Such systemic transition must recognize the multiplicity of objectives food systems serve and can only be possible if adequate institutional and policy frameworks that foster **cross-sectoral collaboration and coherence among sectoral policies** (in line with the right to food) are put in place. States should take the necessary steps for this at national and 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 the formulation, implementation and monitoring of public policies and norms related to food systems and nutrition. This includes trade and investment policies and agreements that have potentially conflicting economic objectives.

2.6 States should put into place effective **monitoring and evaluation** mechanisms that ensure policies, investments, and other public measures are indeed contributing to the systemic transition of food systems as envisioned in these Guidelines and the progressive realization of the right to food. They should further ensure a significant role for civil society, in particular groups most affected by malnutrition who are the main beneficiaries of these Guidelines, in monitoring and evaluation. Monitoring and evaluation must be free from interference by corporate actors. An important part of monitoring and evaluation also relates to prior and continuous human rights impact assessments of (proposed) policies and interventions to identify

¹⁶ 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.

and prevent potential risks to the right to food and other related rights. These monitoring and evaluation mechanisms should incorporate guidance from existing CFS outputs to ensure coherency.

2.7 **Accountability** is a key condition for democratic and human rights-based governance. States are to 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 sustaining of planetary *convivium*. 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 rights of Indigenous Peoples and all peasant communities to their territories as a core component of healthy and sustainable food systems.

3.1 Guaranteeing the rights of Indigenous Peoples and peasant communities to their lands and ancestral territories, water bodies, coastal seas, fisheries, communal pasture grounds 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 resources 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, fishing grounds and forests.¹⁷

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

3.2 Food systems should be shaped in a way that observes the conditions for the regeneration of biological and other natural capacities and cycles¹⁸. Agroecology plays a major role in ensuring this. It is both a way of producing food and a movement for change encompassing both socio-economic and socio-political dimensions. It 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 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, water and air, recycle nutrients, manage biodiversity and energy conservation.¹⁹

3.3 As a model that transforms 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 invaluable contributions to the protection and regeneration of nature in food systems by producing, preserving and increasing popular knowledge about domestication of plants and animals, nutrition, genetic improvement and conservation of ecosystems. Therefore, 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.²⁰ Agroecology allows to overcome many of the dichotomies that today strengthen the sexual division of labour in 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 are to respect and protect the associated traditional collective knowledge (often orally transmitted) regarding innovation and practices of Indigenous Peoples and local communities, all relevant to the conservation and sustainable use of biological diversity and to food production. Because of their importance in protecting and regenerating nature and 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 should play a key role in economic, food, environmental and climate policy making.²¹ States should to also recognize and protect breastfeeding, the most local of food systems, as a key means of infant feeding which is adequate, true, sustainable and respectful, and breastmilk as a natural, renewable food for infants.²²

3.5 States should further promote sustainable management and conservation of ecosystems for the continued availability, quality and reliability of water for food security and nutrition. They should promote

18 UNDROP 17,

19 HLPE #14 Agroecological approaches and other innovations for sustainable agriculture and food systems that enhance food security and nutrition. Summary

20 CEDAW 14 and GR 34; CFS-Forests, III C; CFS-Livestock, IX C; CFS-Water 4; FAO-SSF 5.15, 5.18

21 CFS-Forests, I B; CFS-Livestock, V D; IX A, B, C; CFS-Fisheries, A; FAO-SSF 5.15; UNDROP 20; CBD 8j

22 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.

an ecosystem approach and participatory mechanisms for the conservation, restoration and sustainable management of ecosystems. Moreover, they should prevent and significantly reduce overuse and pollution, and restore, decontaminate and protect water bodies from contamination by harmful substances, in particular industrial effluents and concentrated minerals and chemicals that result in slow and fast poisoning. They should ensure water quality is preserved for domestic, agricultural and food-related uses, including through targeted incentives and disincentives.²³

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 agrobiodiversity and the development of new plant varieties is of utmost importance in the context of the climate crisis and need to build on agroecological 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 the right to save, use, exchange and sell their farm-saved seeds 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 related to the conservation and sustainable use of plant genetic resources for food and agriculture.²⁴ States should ensure the legal recognition and the support of autonomous peasant and indigenous seed systems as a key measure to conserve and restore agrobiodiversity and to overcome monotonous diets and related malnutrition.²⁵

3.7 Small-scale 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 the mitigation and adaptation of

climate harm caused by humans. 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. Small-scale 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 of their breeds²⁶. States must recognize, protect and support pastoral systems good for livelihoods and sustainable resource management. States must enable pastoralists' mobility, including transboundary passage as appropriate; secure their access to land, water, markets and services, and adaptive land management; and facilitate responsible governance of common resources.²⁷ (See section 5.2)

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 aquaculture are key in enhancing access to adequate, safe and nutritious food and in providing for the livelihoods of the communities and peoples who depend on these ecosystems. States are to 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 must work together to ensure that the tenure rights of small-scale fishing communities are protected.²⁸

3.9 Forests in diverse ecosystems and

²³ CFS-Water, 1. UNDROP 21.

²⁴ ITPGRFA art. 9; UNDROP art. 19

²⁵ CBD 8j; ITPGRFA 9; UNDROP 19

²⁶ Interlaken Declaration on Animal Genetic Resources, point 9,12; Part I Point 10 of the Global Plan of Action for Animal Genetic Resources

²⁷ CFS-Livestock, V D; IX;

²⁸ CFS-SSF

the human perceptions and uses of them, 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 periods of shock and crises. Wild foods from forests provide nutritious food and contribute to the diversity of diets of millions of rural women, men and children. Wood fuel is a primary source of energy for cooking and sterilizing water for one in three households globally. Forests generate income for local communities and provide essential ecosystem services 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.²⁹ States should adopt participatory policies for the use and management of forests that enhance access to nutritionally important forest foods for indigenous peoples and local communities. This includes maintaining and protecting traditional gathering and hunting systems; as well as the adoption of integrated approaches to forestry, agriculture, water, and food security and nutrition. States must also take appropriate measures for forest conservation, regeneration of native forests and restoration of degraded forests, as well as the development of agroforestry systems.³⁰

3.10 States are also to adequately address the economic and political drivers of environmental destruction and climate disruption. In particular, States must take effective measures to stop contamination and destruction of aquifers and water sources, overfishing and depletion of seas, deforestation and animal suffering within food systems. The expansion of intensive mono-cropping, the use of agro-chemicals and antimicrobials in agriculture, and of antibiotics for animal growth and aquaculture

have to be significantly reduced and phased out.³¹ 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 to the 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 future generations. States are to 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 the youth can self-determine their future in dignity and allow them to re-root themselves in nature.

3.12 States should preserve and promote the ecological and social function of land, including coastal areas that support cities and human settlements. They should foster ecosystem-based solutions to ensure sustainable consumption and production patterns, so that the ecosystem's regenerative capacity is not exceeded. States are also to promote sustainable land use, combining urban extensions with adequate densities and compactness to prevent and contain urban sprawl, as well as prevent unnecessary changes in land use and the loss of productive land

29 CFS-Forests, introduction

30 CFS-Forests, III A, D,E

31 CFS-Livestock, VIII C

and of ecosystems considering their fragility and importance.³² Food systems should facilitate access of fresh, local and rural food to urban dwellers, so that they can satisfy their nutritional needs with suitability in quality and quantity. Measures to support peasant family economies should go hand in hand with improving urban nutrition.

3.13 Urban and peri-urban food production continue to grow as cities increase, and for various reasons, are becoming increasingly important for household food security, community development, climate-mitigation strategies, livelihood activities, and/or as a production-adaptation 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 in the community in urban spaces. That way 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 in 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 to a social, holistic and lifecycle approach that considers the varied and diverse connections between income distribution, 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).³³ Public measures to protect and promote nutrition and health must 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.³⁴ That way ensuring both healthy ecosystems and environments as

³² UN Habitat III, New Urban Agenda: Quito Declaration on Sustainable Cities and Human Settlements for All (2017)

³³ CESCR General Comment No. 14 (2000). The right to the highest attainable standard of health.

³⁴ ICN2 2014 Framework for Action, Recommendation 10.

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. Dietary guidelines should contemplate the elaboration and adoption of nutritional profiles which are truly adapted and adequate to the different territories, population groups, communities and necessities. 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, must be promoted to serve as a counterweight to the marketing, glamorization and homogenization of diets based on ultra-processed edible or drinkable products. (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 and facilitated by government subsidies and trade programs that directly contradict government programs to promote nutrition. 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 and/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 breastmilk 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.³⁵ Given the detrimental impacts of UPEP on people's health, States are to adopt measures that discourage the production, marketing and consumption of such products through policy, price, and other interventions.³⁶ These ought to 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 clean and safe water in all spaces, including schools and public spaces.³⁷

³⁵ WHO

³⁶ Monteiro CA et al. 2019. Ultra-processed foods: what they are and how to identify them. *Public Health Nutrition* 22(5):936-941.

³⁷ 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

- 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 cartoon characters, etc.) in all media channels, (including internet, social networks, in schools and marketing on the product package);³⁸
- 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;^{39,40}
- Implement a minimum 20% tax on sugar-sweetened beverages⁴¹ 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;
- 16 • Promote healthy food environments and restrict the offer of ultra-processed foods and beverages in and around daycare and schools, as well as in health and community centers, and promote sourcing of daycare and school food from local agroecological small-scale producers.⁴² In this sense, they ought also to

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.

38 WHO. Set of recommendations on the marketing of foods and non-alcoholic beverages to children

39 WHO. Report of the Commission on Ending Childhood Obesity 2016

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

41 WHO. Taxes on Sugary Drinks. Why do it? (2017)

42 WHO. Report of the Commission on Ending Childhood Obesity and PAHO. Plan of Action for the Prevention of Obesity in Children and Adolescents.

protect from the violation of the right to food in places of transport access such as airports, ports and terminals, as well as in the mediums of transport themselves, where people have to accept certain dietary modes determined by corporations without any alternative;

- 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 ought to 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 residues) in food (*see section 5*). A key component of 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.⁴³

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 ought to 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*).

43 CFS Policy Recommendations on Connecting Smallholders to Markets (2016)

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 (leading to narrowing of diets) and, in promoting the industrial food system. This will interfere with peasants' rights, in particular their right 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 thus avoid resorting to such measures, especially in light of viable alternatives based on the diversification of local food systems and diets.

4.10 States ought to 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.⁴⁴ 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.⁴⁵ Moreover, States should abstain from internationally promoting / commercializing food that includes substances that are prohibited in the country of origin.

4.11 States should further 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.⁴⁶ A life cycle approach is crucial for ensuring good nutrition and health for all in line with the right to health and 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 claims). Address intergenerational transfer of malnutrition through measures targeting adolescent girls, women of reproductive

⁴⁴ Maastricht Principle (2011) 17. CESCR recommendations to State Parties, e.g., Concluding Observations to France and Canada (both in 2016).

⁴⁵ Technical Barriers to Trade Agreement.

⁴⁶ UNSCN, ICN2?, CEDAW

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.^{47,48,49} 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*);⁵⁰
- *Children and adolescents:* Ensure healthy school and home environments and access to clean toilets, 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*);
- *Adults:* many adults eat outside their homes during working hours. Commercial restaurants should be encouraged to offer healthy food at fair prices. Workplaces should also present food environments which facilitate healthy options (e.g., cafeterias with access to storage and heating of home-made food, and with adequate infrastructure to eat);
- *Adults in marginalized communities:* Recognize that the capitalist system produces inequalities based on labor

control that affects the right to adequate food and nutrition for all adult groups (as well as children), including men, even as its intersectional hierarchies more severely oppress women, elderly, LGBTQI+ individuals and communities, the disabled, rural peoples, indigenous, and others. Recognize and address further that UN treaty and declaration language largely omits attention to the nutrition needs of all adult men and all adult women who are not pregnant or lactating.

- *Elderly people:* Ensure protection of the number and the proportion of older persons is increasing worldwide. Nutritional needs of older persons are still not properly understood and addressed. States ought to 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). While developing such policies, States should take into account that elderly people often need help to maintain healthy diets (shopping, preparing food, serving, etc.) Moreover, it is important to facilitate their access to healthy food when commercial networks are expanded, especially around places with high transit of automobiles.

4.14 In line with the human rights and people-centered 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 need to 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.

47 WHO. International Code of Marketing of Breastmilk Substitutes

48 Lancet Series on Breastfeeding 2016

49 Global Strategy for Infant and Young Child Feeding

50 International Labour Organization

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 need to put into place measures that address these underlying determinants of malnutrition and poor health among Indigenous Peoples in a comprehensive manner with due regard to the historic discrimination and marginalization faced by these groups (*see section three*).⁵¹ 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 multiple discriminations and their intersectionality (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 the burden of reproductive and care work, etc. (*see all other sections*). Women have the right to be free from exposure to hazardous chemicals, pesticides, herbicides, antibiotics any toxics related to food production to ensure their reproductive health and the health and wellness of their children. Measures to promote women’s nutrition and health need to, moreover, be adjusted to the particular nutritional needs of women in different stages of their lives and circumstances (*see life-cycle approach above*).

Sources: WHO normative instruments; WHO Nutrition Targets 2025

⁵¹ 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.

5. Modes 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, agroecology embodies a vision on how food production, exchange and distribution, and related employment, should be transformed in order to give a comprehensive response to the various factors responsible for increasing malnutrition and unsustainable food systems. Re-grounding food in nature – as opposed to in highly processed and artificially fortified food products – to improve its nutritional qualities is of paramount importance for people's health and well-being (*see section 4*) while at the same time ensuring a regenerative use of natural resources and ecosystems (*see section 3*). Moreover, agroecological 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 are thus to provide incentives to protect availability and access to wild foods as well as to local agrobiodiversity in indigenous and peasant agrarian systems including

small-scale, artisanal fishing and livestock/pastoralists systems. States need to support rural women's efforts to recover nutritious and medicinal local species and varieties.

5.2 States should adopt laws, policies and programs to strongly promote agroecology and the transition towards agroecological 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 by selectively promoting practices that:

- are adapted to the local and regional agro-climatic context;
- contribute to diversifying species, crop varieties and livestock and poultry 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;
- integrate the practice of 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.

5.3 The expansion of large-scale, long-distance food distribution channels and markets has contributed to the fast and widespread adoption of monotonous, unhealthy and unsustainable diets, as well as to rising food costs and waste. Strengthening the diversity of local/territorial food markets is a fundamental requirement for ensuring access to diverse and fresh foods. Globally more than 80% of smallholders operate in local/territorial food markets⁵². 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 originate from rural, peri-urban or urban contexts or span these contexts. They are directly linked to local, national, and/or regional food systems. This means that the food concerned is produced, processed, and traded within these local and territorial systems. Geographically circumscribed value adding processes help to create employment and contribute to local social and economic development, especially when the benefits of value addition circulate within the local, national and regional systems. Local/territorial markets can take place in structured arrangements or in more ad-hoc or informal ways that provide greater flexibility for small-scale food producers 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 public procurement programs for public institutions, food assistance and school feeding where small-scale food producers are linked to structured demand for food and agricultural products and where consumers can access sufficient, safe, healthy, nutritious, and diverse small-scale produced food, including during protracted crises and conflicts;
 - Support sustainable infant feeding methods and breastmilk as the most local of food systems, with particular attention to cases of protracted crises and conflicts. Breastmilk substitutes can quickly interfere stop mothers' ability to lactate. Highly processed first foods for young children interfere with learning and adopting cultural taste knowledges and food "ties".
 - Investing in and improving processing and storage equipment and facilities and their availability and accessibility to small-scale food producers across rural and urban areas to enhance availability, quality, nutritional value and safety of food, and reduce seasonality of food insecurity and food losses and waste;
 - Developing or improving small-scale food producer-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 marketplaces for direct sales; and improving 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 large supermarkets;
 - Regulating the online purchase of food and discouraging the further strengthening of large-scale food distribution, while promoting decentralized, small-scale food production, trading and retailing as

⁵² CFS Policy Recommendations on Connecting Smallholders to Markets (2016)

well as decent work conditions;

- Introducing pricing policies which internalize the externalities of industrial, large-scale food production and trading and thus allow for true-cost accounting.

5.4 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. Nutritional content has typically not been an objective of breeding programmes. Aware of the bias away from nutritional content inherent in most breeding programmes, recent years have seen a new push to increase the concentration of certain 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 as a strategy that aims to concentrate more nutrients in few staple foods contributes to further simplifying diets already overly dependent on a few carbohydrate staples, and thereby works against the objective of increasing dietary diversity. Biofortification undermines the fundamental goal to conserve and use biodiversity for addressing multiple human needs, as well as exacerbates the concentrated control of few corporate actors over food systems. Given these risks and the fact that agroecology represents a viable alternative and preferred policy option for governments and the groups most marginalized to improve the nutritional content of food crops, biofortification ought to be discarded as a desirable policy option for sustainable and healthy food systems.

5.5 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 of highly hazardous pesticides needs to be adopted. States should start transitions towards significant reductions in 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 agroecological practices. In addition, a general and updateable inventory on prohibited toxic pesticides and fertilizers in different countries should be promoted, where the reasons for their prohibition are clearly exposed in order for countries, which have not prohibited them yet, to start informed processes to ban these products' use;
- *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 as well as antimicrobial residues left behind in the 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 ought to 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 need to ensure animal welfare delivering on the five freedoms and related OIE standards and principles;⁵³

- *Hormones*: hormones are currently administered to livestock animals for growth promotion purposes. This not only goes hand in hand with the current extractive modes of production, which do not respect nature's cycles of development, but also implies a risk to health. Hormone residues in bovine meat and meat products have adverse effects on human health, such as developmental, immunological, neurobiological, immunotoxic, genotoxic and carcinogenic effects.⁵⁴ Therefore, States should prohibit the use of substances with hormonal or thyrostatic actions and of beta-agonists. Furthermore, they should ban imports of animals (and meat / other animal-derived products) from countries in which these substances have been administered;
- *Genetically modified organisms (GMOs)*: States are required to rigorously apply the precautionary principle in the context of genetic modifications of living organisms.⁵⁵ States should consider the phasing out and banning of GMOs for cultivation as well as for 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.⁵⁶ This encompasses the protection and guarantee of the rights of small-scale food producers, including their rights over natural resources and their right to choose their models of production, as well as preventing contamination of their fields and products with GMOs.⁵⁷ Such frameworks need to put in place effective measures to independently assess risks, ensure accountability and traceability, and monitor genetically modified organisms and products, as well as products obtained therefrom. This embraces clear and non-delusive labeling of all genetically modified products, as well as of 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;⁵⁸
- *Metals* resulting from industrial and transportation activities can be present in the environment and contaminate food. Their presence in soil, water and atmosphere and as residues in food 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 pollutants to eliminate 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 ought to establish

⁵⁴ Directive 2003/74/EC

⁵⁵ 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."

⁵⁶ See CBD, art. 8 (g).

⁵⁷ UNDROP, arts. 20.2 and 20.3.

⁵⁸ 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>.

and implement regulations to limit the accumulation of contaminants to safeguard human health and facilitate remediation of contaminated soils that exceed these levels;⁵⁹

- *Plastic and other residuals of production:* Plastic waste and pollution have serious environmental, social and economic impacts. Poor solid waste management practices have impacts on human health. States need to promote integrated approaches to solid waste management through sustainable consumption and production, including adopting a circular economy. States may shift the responsibility and burden of toxic waste disposal from richer communities and states to poorer ones. 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 further 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 need to address the problem of marine litter and microplastics, prioritizing a whole-life-cycle approach and resource efficiency, building on existing initiatives and instruments. Reducing the discharge of microplastics into the marine environment is a high priority, including, where possible, through the phasing out of products that contain and/or shed microplastics. Production waste, including the hazardous waste, 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 need to 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.⁶⁰

5.6 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 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 ought to 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 agroecology, 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 also should 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.

⁵⁹ FAO Voluntary Guidelines for Sustainable Soil Management

⁶⁰ 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.

6. Culture, Social Relations and Knowledge

Food is the expression of our cultures, traditions and social relations and embodies the knowledge that we have built over millennia. This is being confronted with new hegemonic paradigms of modernity that promote homogenization and standardization of all forms and expressions of life and undermine traditional knowledge systems. At the same time, unequal and asymmetric socio-cultural relations have created structures of power and exploitation both within and between societies. Women continue to be discriminated under the patriarchal system; neo- and post-colonial regimes sustain an unequal international division of labour; and certain social and ethnic groups are confined to neo-slavery conditions in agricultural production systems.

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.⁶¹ Agroecological approaches are of interest to rural communities at risk of food insecurity and malnutrition because these approaches are accessible and affordable. At the same time, they empower women and marginalized social groups to challenge existing exploitative and oppressive structures in food systems. Further strengthening of traditional "ways of knowing" and their ability to innovate through dialogue among them (*knowledge*

dialogue) 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 placing scientific knowledge above other forms of knowledge.⁶²

6.2 Innovation in food systems must not be equated with new information and communication technologies applied to agriculture, biology, health, nutrition and 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 the realization of human rights 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. Agroecological innovations should be the priority by states and international organizations.

6.3 Food and nutrition education, particularly of children and adolescents, needs to 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. Additionally, community elders generally hold the knowledge repository of food cultural heritage. It is critically important to develop strategies to transcribe these knowledges and link them to younger and future generations before they are lost. States should ensure that food and nutrition education focuses on the food system in its entirety and encourages critical thinking about how to

61 FAO Globally Important Agricultural Heritage Systems

62 CPLP Family Farming Guidelines

make food and food systems healthy, sustainable and fair. Food and nutrition education should not be restricted to a narrow approach centered on individual nutrients and individual consumer choices in urban contexts. It should respect and celebrate the wealth and diversity of food cultures and identities and take into account the realities and constraints shaping food practices.⁶³ Canteens in public institutions such as children day-care, schools, universities and hospitals can be critical places of food and nutrition education. Nutrition education should foster people's capacity to critically engage with and reflect on food systems and their diets. At the same time, education should be understood as a continuous process that generates autonomy and active and informed participation by people.

6.4 Local/territorial markets and direct engagement between food producers and consumers are critical means for developing consciousness; they are learning spaces about food and nutrition.⁶⁴ 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 pass on traditional food preparation practices. As 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 give recognition to and value work related to care functions such as cooking, feeding and breastfeeding and, in rural areas, care of non-human living forms (e.g. seeds, poultry, livestock, fish and flora). It plays a central role ensuring healthy, sustainable and just food systems and in the literal reproduction of communities and societies, but so far, its value and importance has been completely ignored. 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 breastfeeding 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. The burden of cooking, feeding and caring for family members is 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 provide 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 should food provision in situations of emergency should be used to force a change in food habits, to provide or enable marketing opportunities, especially in the cases of ongoing and chronic emergencies, for companies supplying relief products such as breastmilk formula or other highly processed foods, nor to pressure towards the adoption of technologies or non-traditional crops with a potential negative impact on food diversity and sustainability in and of communities. Food assistance should be

63 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>

64 CFS Recommendations on connecting smallholders to markets (2016)

banned as strategy of political, economic or military pressure against the population.

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 under-development of communities and people living in rural areas. It is fundamental that in the discourse of urban growth, the role of healthy and sustainable food systems is put center-stage. Reexamining the relationship between urban and rural areas requires:

Creation of 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);

Territorial planning that supports the implementation of policies that align with the right to food, strengthens the ecological foundations of cities and supports healthy and sustainable food systems as a whole, in order to re-localize food systems, and ensure a space and process for rural communities and meaningful rural development as part of the discussion;

Insurance of policies and programs that are specifically targeted to rural communities and rural food systems development, rather than a sole approach on food systems that only focuses on feeding cities since this reinforces a linear relationship from rural to urban areas.⁶⁵

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 various food related risks of death. In many developing countries, the majority of children who fall ill are never brought to health facilities. Strengthening and investing in primary health care 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 indispensable for adequate nutrition;

7.2 Water and sanitation: 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 parasitosis, environmental enteropathy, and fecal 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

⁶⁵ New Urban Agenda: Quito Declaration on Sustainable Cities and Human Settlements for All (2017)

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 agroecological 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.

28

7.4 Social protection: Whenever an individual or group is unable, for reasons beyond their control, to enjoy the right to adequate food by the means at their disposal, States have the obligation to fulfill (provide) that right directly.⁶⁶ 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 setting up social protection systems that address malnutrition.

⁶⁶ Committee on Economic, Social and Cultural Rights. 1999. General Comment 12, Right to Adequate Food (art 11). Paragraph 15.

8. Specific Contexts (protracted crises)

All elements mentioned in the previous sections must be considered if we are to achieve pathways for a true transition towards sustainable and resilient food systems which protect the environment, local communities and their culture, health and livelihoods, and local biodiversity. In some contexts, however, further elements must be taken into account due to geographical location or to fragile political and/or economic status.

8.1 Situations of conflicts and humanitarian crises: Protracted crises require sustained approaches and some combination of lasting political, economic, social, and environmental solutions. Policies and actions should contribute to resolving and preventing underlying causes of food insecurity and undernutrition in protracted crises. These causes include conflict, occupation, terrorism, man-made and natural disasters, natural resource pressures, climate change, inequalities, prevalence of poverty, and governance factors.⁶⁷

Conflicts and war ought to be stopped. However, while addressing food insecurity and malnutrition in the context of protracted crises, States ought to respect, protect, and fulfil human rights, including the right to adequate food, and ensure respect for International Humanitarian Law in accordance with Article 1 of the Geneva Conventions.⁶⁰

More in particular, the following items should be taken into account:

- Humanitarian and development policies and actions should be aligned. Resilience ought to be enhanced by encouraging local procurement and the use of local organizations in the implementation of humanitarian food assistance and livelihood programmes to support economic recovery and development.

⁶⁷ CFS Framework for Action for Food Security and Nutrition in Protracted Crises (2015)

Policies and actions should be taken to strengthen sustainable food systems and foster access to productive resources and to markets that are remunerative and beneficial to small-scale food producers. The establishment and/or scale-up of food reserves should be considered;

- Country ownership, people's participation, and accountability are to be strengthened. International cooperation needs to be coordinated and aligned with national policies and actions as developed through country owned multi-sectoral platforms and processes;
- Policies and actions to address food insecurity and malnutrition in protracted crises can fail when local capacities and priorities are undermined by externally driven interventions; lack of commitment to support small-scale food producers; and inadequate attention to corruption and vested commercial, political and institutional interests;
- Existing rights under international law of affected and at-risk populations, including their access and use natural resources, must be respected;
- The provision of food and nutrition assistance and livelihood support should refrain from unilateral measures not in accordance with international law. Food is not to be used as an instrument for political and/or economic pressure⁶⁰ (*See section 6.6*).