



World Cancer
Research Fund
International

Defining and building healthy food systems on a global basis

10 key points

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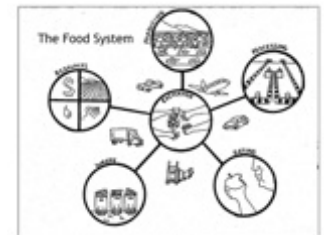
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1. Food systems are complex

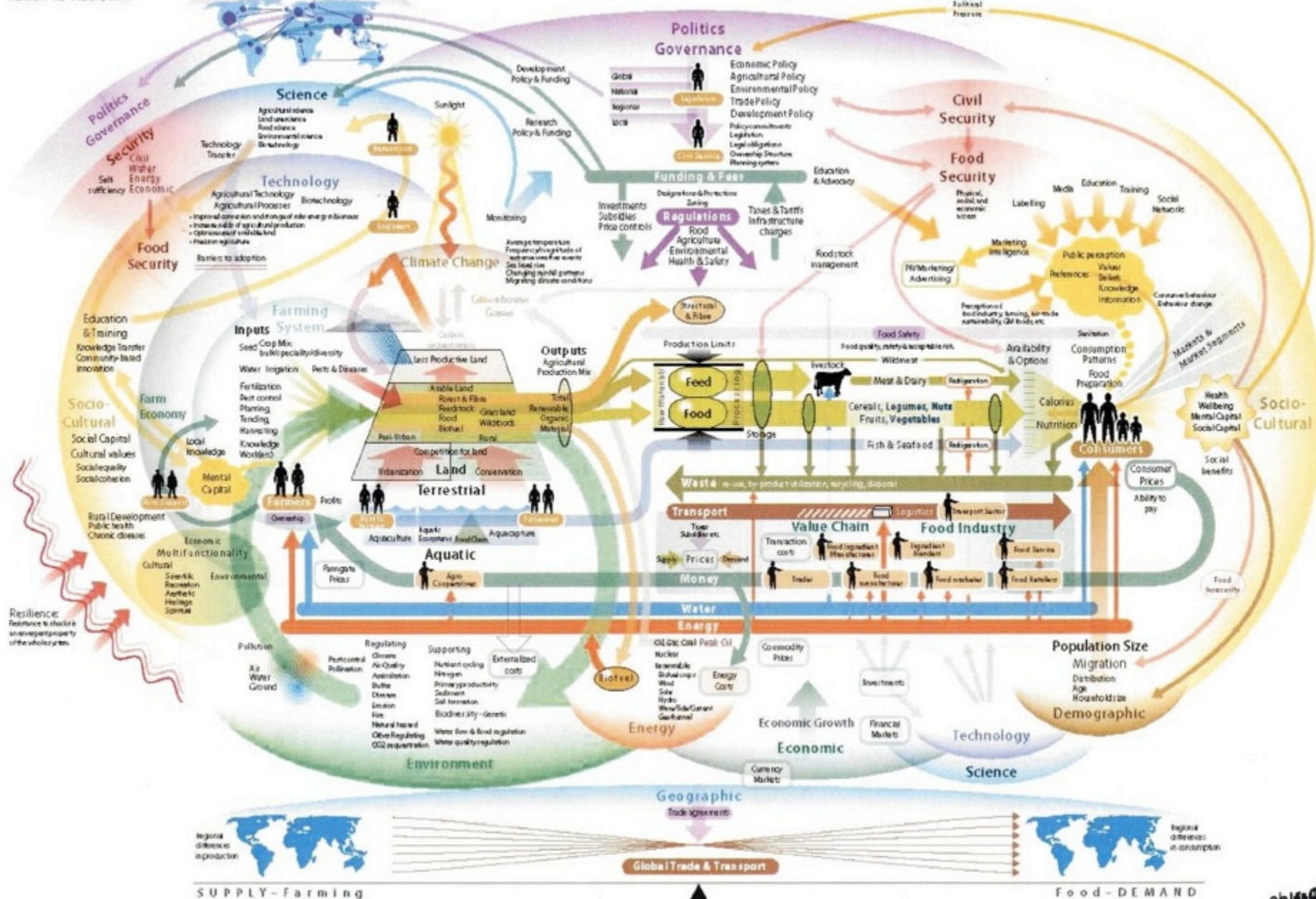
- The web of **institutions, infrastructure & people** involved in feeding our global population e.g., in the growing, processing, distribution, consumption & disposal of foods
- The **processes** by which institutions, infrastructure & people transform inputs (e.g. seed) into foods & ingredients (e.g. poultry) & the food we consume (e.g. chicken nuggets)
- The **interactions** between activities involved in supplying food and biogeophysical and human environments



The Global Food System

Food System Map

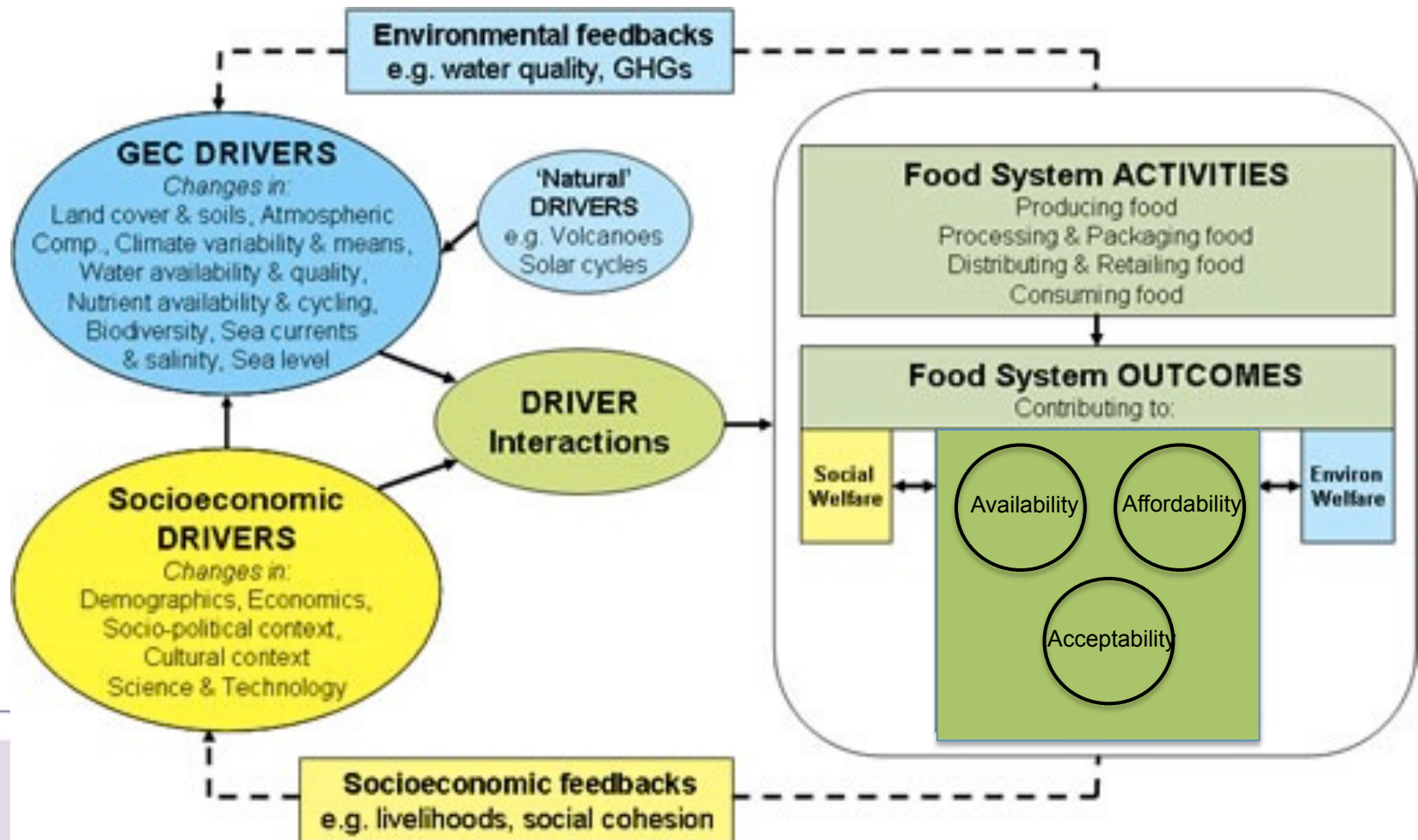
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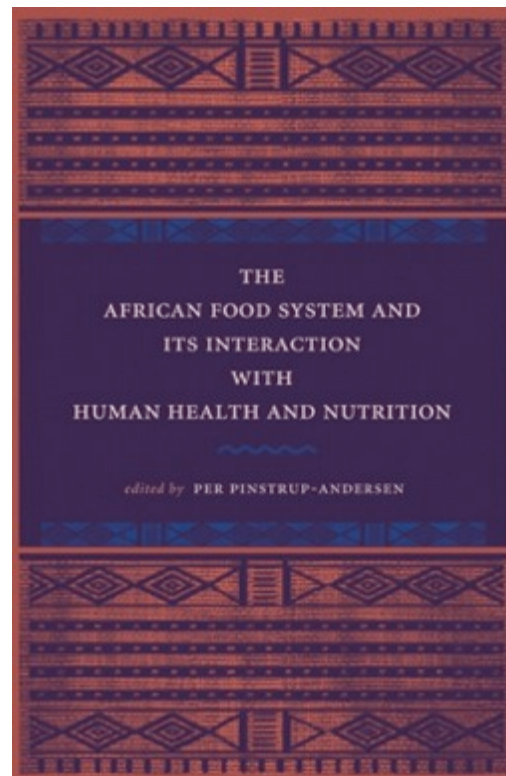
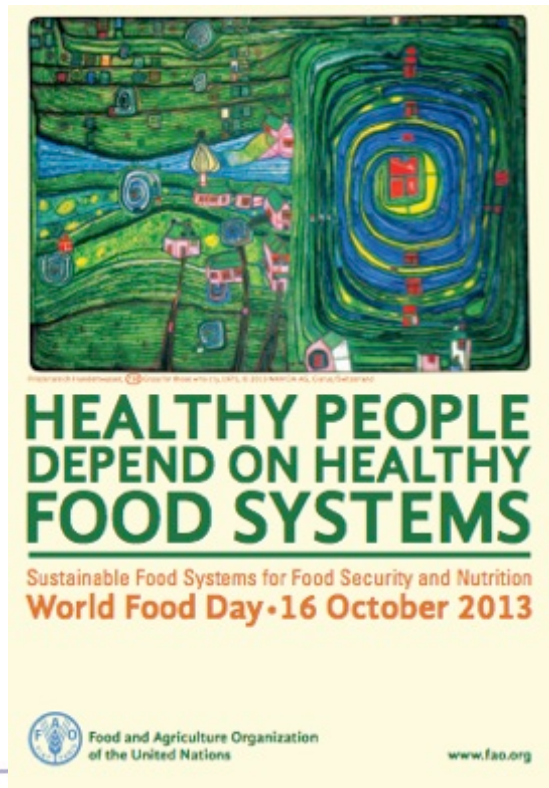
2. Food systems are all around us in our everyday lives



3. Food systems underpin our nutrition & health (& that of the natural environment)



4. A healthy food system is one that supports optimal nutrition & health



5. There are competing visions of what a healthy food system looks like

WATERLAND
organics

Soil Association No. G1709

Good



Bad



5. There are competing visions of what a healthy food system looks like

WATERLAND
organics

Soil Association No. G1709

Inadequate



Good







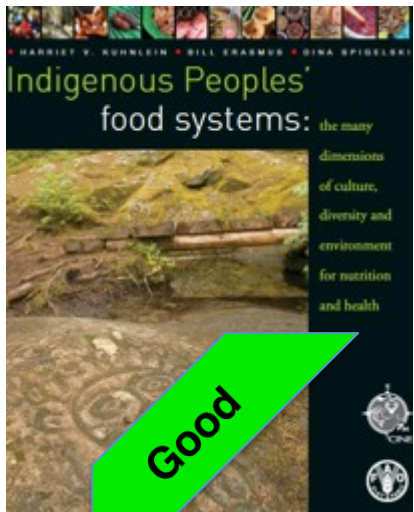


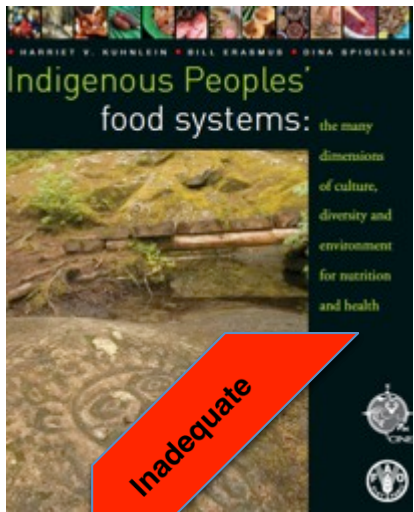












Inadequate



Good



YOU'LL NEVER LOOK AT DINNER THE SAME WAY

FOOD, INC.

10 THINGS YOU CAN DO TO CHANGE OUR FOOD SYSTEM

1. Drink fewer sodas and other sweetened beverages.
Fact: If you replace one 20 oz can of soda a day with a no calorie beverage (generally water), you could save 25 lbs in a year.
2. Eat at home instead of eating out.
Fact: Children consume about twice (7-8 times) as many calories when eating food made outside the home.
3. Support the passage of state and local laws to require chain restaurants to post calorie information on menus and menu boards.
Fact: Half of the large chain restaurants do not provide any nutrition information to their customers.
4. Tell schools to stop selling sodas, junk food, and sports drinks.
Fact: Over the last two decades, rates of obesity have tripled in children and adolescents aged 5 to 19 years.
5. Watchers Wednesday... See without meat one day a week.
Fact: An estimated 70% of all antibiotics used in the United States are given to farm animals.
6. Buy organic or sustainable foods with little to no pesticide use.
Fact: According to the EPA, over 1 billion pounds of pesticides are used each year in the U.S.
7. Protect family farms, visit your local farmer's market.
Fact: Farmers markets enable farmers to keep 85 to 90 cents of each dollar spent for the consumer.
8. Walk a good to know where your food comes from. - READ LABELS.
Fact: The average family travels 1500 miles from the farm to your dinner plate.
9. Tell Congress that food safety is important to you.
Fact: Each year, contaminated food causes millions of illnesses and thousands of deaths in the United States.
10. Demand job protections for farm workers and food processors, including fair wages and other protections.
Fact: Twenty seven Northshores in more than 30 states that at all ages and both genders.

www.forkpart.com/foodinc

6. Reification/thingification of specific, single food system is a distraction from the solutions

1. A particular “food system” is rarely “healthy” or “unhealthy” but has different elements with up/downsides
2. Reliance on any “single” food system = **over-dependency** = reduced **resilience**

For example, in the modern, global system, we have:

- **Farmers/labourers** overdependent on specialised products

But we should also avoid overdependence on idea of traditional, local, organic etc



		% Pollinated by honeybees
Erythraea	\$19.7	98%
Kiwi	7.5	99
Cotton	5.2	99
Almonds	2.2	100
Apples	2.1	99
Oranges	1.8	99
Peaches	0.5	99
Cherries, sweet	0.5	99
Grapefruit	0.4	99
Tangerines	0.1	99

SOURCE: U.S. Dept of Agriculture; AP
Roger A. Morse and Nicholas W. Calderone,
Cornell University



[illegible]

8. “Food systems solutions” are diverse – they will come step-by-step, one-by-one, by a multitude of actors



We will find them if we look

9. The question is: who will govern this diversity of food system solutions?



We need a global architecture which is fit for purpose – and above all, strong leadership



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Supporting more effective policy to
prevent cancer and other NCDs



**10. We are all part of the
food system. We can all
work to change it.**

THANK YOU



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