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SSPICE IT!

Sustainability Skills Program for International Catering
operators and Entrepreneurs through Integrated Training

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CIPFP CAMINO DE SANTIAGO
ESCUOLA DE HOSTELERÍA & TURISMO DE LA RIQUA



Escola Profissional AMAR TERRA VERDE



Submodule n°3: Food Rights

THEMATIC AREA	Relationships between food, people, and environment	
SUB AREA OF REFERENCE	<i>Sustainable Food</i>	
HOURS	4	
LEARNING OBJECTIVES		
<ol style="list-style-type: none"> 1. Understand the correlation between health and sustainable food. 2. Apprehend the complexity of the food system and the societal issues associated with it. 		
LEARNING ACTIVITIES		
Theoretical	Practical	
<ul style="list-style-type: none"> ✓ Reading ✓ Web research ✓ Case study 	<ul style="list-style-type: none"> ✓ Researching the causes, mechanisms, and consequences of contemporary environmental issues 	

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SUBMODULE 3: Food Rights

1. Food and Nutrition insecurity: a European overview

For human beings to be healthy, they need to nourish themselves. And to nourish themselves, they require that food is available in sufficient quantity and quality, at an affordable price, and diverse enough to meet all their nutritional needs in order to lead an active and healthy life. Food security is how societies ensure that each of their citizens has the opportunity to meet these needs¹.

The opposite of food security is food insecurity, which is understood as an outcome of social and economic processes that result in a lack of food availability. This issue is a global concern, including in Western countries. According to the results of a global survey by the FAO (Food and Agriculture Organization of the United Nations), in 2020, one in three human beings did not have access to healthy and nutritious food. In its latest report, the GNAFC (Global Network Against Food Crises) observes that food insecurity has been on the rise worldwide since 2017. The COVID-19 pandemic has exacerbated this situation, including in countries that are typically less affected by malnutrition, such as EU member states, particularly in the regions of the Mediterranean, central, and eastern Europe. Between 2018 and 2020, a total of 59.7 million people suffered from moderate to severe food insecurity across the entire European continent. Furthermore, in 2019, within the EU itself, it was estimated that more than thirty million people could not afford a quality meal every other day, accounting for 6.7% of the population.

The factors that contribute to food poverty vary depending on the context. While in developing countries, problems are related to all four traditional conditions—availability, accessibility, usability, and stability of food—in developed countries, food-related issues are primarily linked to economic conditions and the transformation of poverty into a multidimensional phenomenon, as well as the proper utilization of food. In wealthy nations, food problems do not stem from a shortage of available resources but rather

¹ The 1996 World Food Summit established that Food Security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. This widely accepted definition emphasises the multidimensional nature of food security, encompassing the level and stability of food access and availability, as well as the adequacy of food use and nutritional status.

from their unequal distribution. This phenomenon is known as the "paradox of scarcity within abundance" (Campiglio and Rovati, 2009²), where certain segments of the population cannot access sufficient resources for sustenance despite the overabundance of food in their environment.

There are social situations of marginalization that have similar consequences in all countries, so food insecurity may vary in terms of quantity and the number of affected people but does not differ in terms of quality. There are households and age groups constantly at risk everywhere, such as isolated mothers, which can lead to issues like stunted growth and underweight children. Situations like the Ukrainian war, which drive inflation and food prices across all of Europe, affect people's ability to purchase food and particularly increase the pressure on low-income households. In essence, food insecurity is fundamentally a socioeconomic problem.

2. Right to food

In response to these inequality situations, the concept of the "**right to food**" has emerged. It is defined by the CESCR (Committee on Economic, Social, and Cultural Rights, a body of the UN) as follows: "*The right to adequate food is realized when every man, woman, and child, alone or in community with others, has physical and economic access at all times to adequate food or means for its procurement.*"³.

While the discussion about the Right to Food dates back quite far, in recent years, the right of every person to have access to healthy and nutritious food has been increasingly reaffirmed, in line with the right to proper nutrition and the fundamental right of every human being not to suffer from hunger. In 2015, the United Nations adopted **the 2030 Agenda**, where the second goal is "Sustainable Development - Zero Hunger by 2030," with the ambitious aim of ending world hunger by 2030.

² Campiglio L., Rovati G. (2009). *La povertà alimentare in Italia: prima indagine quantitativa e qualitativa*. Guerini e associati, Milano.

³ UN Committee on Economic, Social and Cultural Rights (CESCR), *General Comment No. 12: The Right to Adequate Food (Art. 11 of the Covenant)*, 12 May 1999, available at: <https://www.refworld.org/docid/4538838c11.html>.



Fig. 4 – UN SDG2 logo

The "right to food" is different from the "right to be fed." It is the right to be fed with dignity and **without creating dependency**. Individual needs should and can be met through individual efforts and individual and collective resources, meaning that everyone must have the conditions that allow them to produce food and/or purchase food, including access to land, seeds, water, money, markets, and more.

The right to food is **an inclusive right**, encompassing not only the right to a minimum calorie and nutrient ration but also all the nutritional elements a person needs for an active and healthy life, along with the means to obtain them fully. It is **a human right** that is interdependent, interrelated, and indivisible from other human rights such as health, education, life, water, housing, information, etc. Importantly, it is **a non-negotiable right**.

3. Beyond Europe: The Concept of Food Sovereignty

Around the same time as the FAO World Food Summit in 1996, the global movement of peasants and rural people, Via Campesina, declared that **Food Sovereignty** is the fundamental precondition for real Food Security and that the Right to Food can be the tool to achieve it (Document WFS 96/3, FAO, Rome, 1996). Today, Food sovereignty is recognized in national and international law, albeit with certain limitations (e.g., *land grabbing*).

According to the Nyeleni 2007 Declaration, "*Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through socially just, ecologically sound, and sustainable methods, and their collective right to define their own policies,*

strategies, and systems for food production, distribution, and consumption."⁴ It aims to shift control of the food system from corporations and market institutions (which currently have a strong hold on it) to local populations who produce and consume these food products. Food Sovereignty is generally seen as a concept that promotes an alternative model of agriculture and fisheries, trade, and market policies through practices that ensure **safe and sustainable food** in the long term, both from health and environmental perspectives.

While the concept of Food Sovereignty is not without criticism, it illustrates that other approaches to local and global food systems can exist, emphasizing principles other than the pursuit of profit. As we will see in the next chapter, the concept of sustainable food aligns with the goal of making food accessible to as many people as possible in a socially just and environmentally responsible manner.

Exercise: Campaign Creation – Raising Awareness of the Right to Food	
Pre-requisites	Basic understanding of the right to food and food insecurity issues. Little Knowledge of communication strategies and public awareness campaigns.
Time	2 hours
Tools	Computer with internet connection Paper, markers or digital tools for designing visuals
Objectives	<ol style="list-style-type: none"> 1. To develop creativity, communication skills, and societal engagement in addressing important social issues. 2. Encourage students to think about the right to food and food insecurity.
Instructions	
<p>1. Group or Personal Work: Campaign Creation</p> <p>You will work in group or alone (depending of the instruction of your teacher) to design an awareness campaign focusing on a specific aspect of the right to food. Examples of themes : Combating hunger, Access to healthy, quality food, Food waste reduction, Equal access to nutrition for all...</p>	

⁴ Nyéléni. (2007). *Declaration of Nyéléni*. Retrieved from <https://nyeleni.org/IMG/pdf/DeclNyeleni-en.pdf>

2. Guidelines for the Campaign: Each group (or student) is tasked with creating the following components for their campaign:

- **Slogan:** A short and impactful message that reflects the main theme of your campaign.
- **Visual:** A poster, video, or other forms of visual media that convey the message of the campaign in a clear and engaging way.

3. Classroom Presentations:

Each group (or student) will present their campaign to the class. The presentation should include the slogan, visual, explaining why we should get involved in this issue and why you have chosen this awareness-raising project.

4. Voting for the Most Impactful Campaign :

After all groups have presented their campaigns, you will vote for the campaign you find most impactful.

EXTRAS

1. Further readings

General documents:

- ✓ What is Climate change? By the United Nations – a nice introduction about the topic of climate change: <https://www.un.org/en/climatechange/what-is-climate-change>
- ✓ “The State of Food Security and Nutrition in the World 2023” by the Food and Agriculture organization of the United Nations – an update on global progress towards the targets of ending hunger and all forms of malnutrition: <https://www.fao.org/3/CC3017EN/online/CC3017EN.html>
- ✓ “Man, and the Environment: A General Perspective” by Nico Stehr – An history of the changing relations between human and nature, and man perception of it.
- ✓ “An inconvenient truth” by Davis Guggenheim - a documentary film exposing that sensibilize on pollution and climate change caused by man.
- ✓ “Les algues vertes (The Green Algae)” by Pierre Jolivet – a french film showing the repercussions of industrialized agriculture and pesticides/insecticides in Brittany.
- ✓ “What is Climate Change? | Start Here” by Al Jazeera English, a seven-minute YouTube video explaining the basics of climate change: <https://www.youtube.com/watch?v=dcBXmj1nMTQ>

Non-profit organizations:

- ✓ Greenpeace: Provide articles on climate change, human damages to the environment. Fight against ecosystems destruction, fossil energies across the world: <https://www.greenpeace.org/international/>
- ✓ Oxfam International: Produce resources on climate change and disasters and food inequalities. Promote social justice: <https://www.oxfam.org/en>
- ✓ Friends of the Earth Europe: fighting for social and environmental justice and an equal access to found while preventing ecological disasters: <https://friendsoftheearth.eu/>
- ✓ Food and Agriculture organization of the United Nations: A specialized agency of the United Nations that leads international efforts to defeat hunger: <https://www.fao.org/home/en>

Documentaries:

- ✓ Food Security - a Growing Dilemma (documentary): a 30 min documentary that address the future of an agriculture, food production along with sustainability and sovereignty concerns:
<https://www.youtube.com/watch?v=wu7PjKawjwI>
- ✓ Human Impact on the Environment : A playlist of short videos questioning the consequences of the human activity on our planet:
<https://www.youtube.com/playlist?list=PLL4ByIaW73wgSuZyfdxJUnhhOjDanFteu>
 - Other videos from National Geographic about climate change can be found there:
<https://education.nationalgeographic.org/resource/resource-library-climate-change/>

2. Glossary

FAO: The Food and Agriculture Organization of the United Nations (FAO) is a specialized agency of the United Nations that leads international efforts to defeat hunger and improve nutrition and food security.

Green Deal: The European Green Deal, approved in 2020, is a set of policy initiatives by the European Commission with the overarching aim of making the European Union (EU) climate neutral in 2050.

HLPE: HLPE stands for the High-Level Panel of Experts on Food Security and Nutrition, which is a scientific panel established by the United Nations to provide guidance and policy recommendations on food security and nutrition issues.

UN: The United Nations (UN) is an intergovernmental organization whose stated purposes are to maintain international peace and security, develop friendly relations among nations, achieve international cooperation, and serve as a center for harmonizing the actions of nations.

WWF: The Worldwide Fund for Nature (WWF) is a Swiss-based international non-governmental organization founded in 1961 that works in the field of wilderness preservation and the reduction of human impact on the environment.

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