



Co-funded by the
Erasmus+ Programme
of the European Union



2 – Food Security

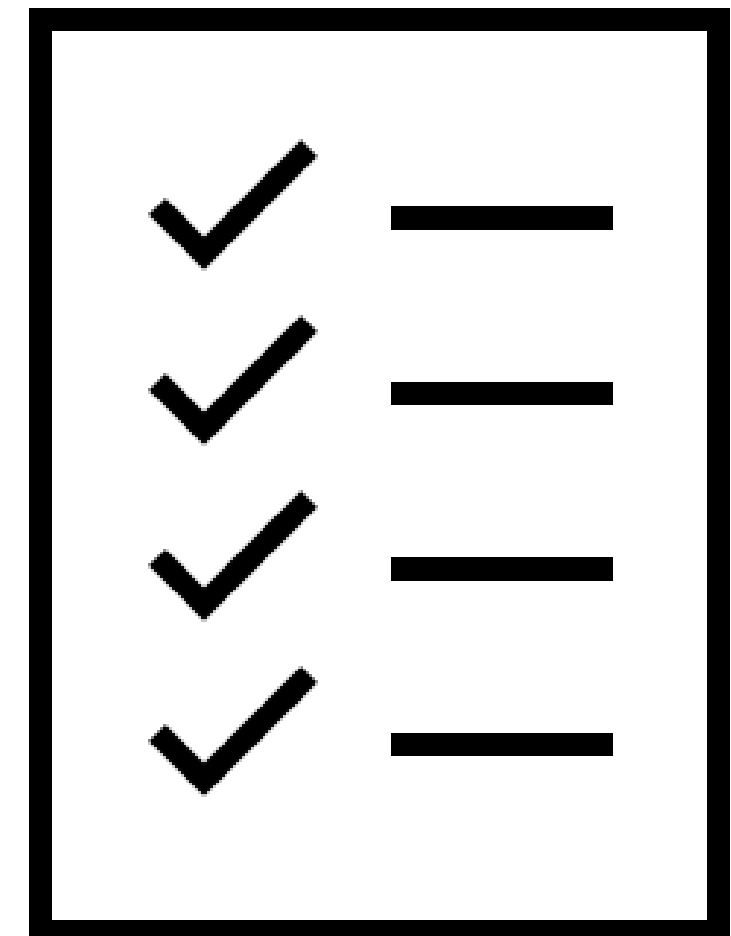
CONTENT 2 - EU FOOD LAW

Mário Frota

Former President of Portuguese Association of Consumer Law

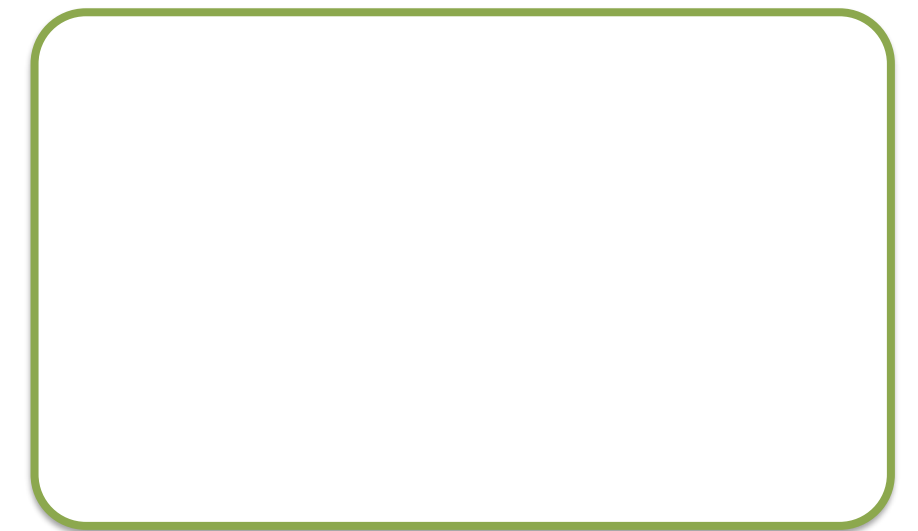
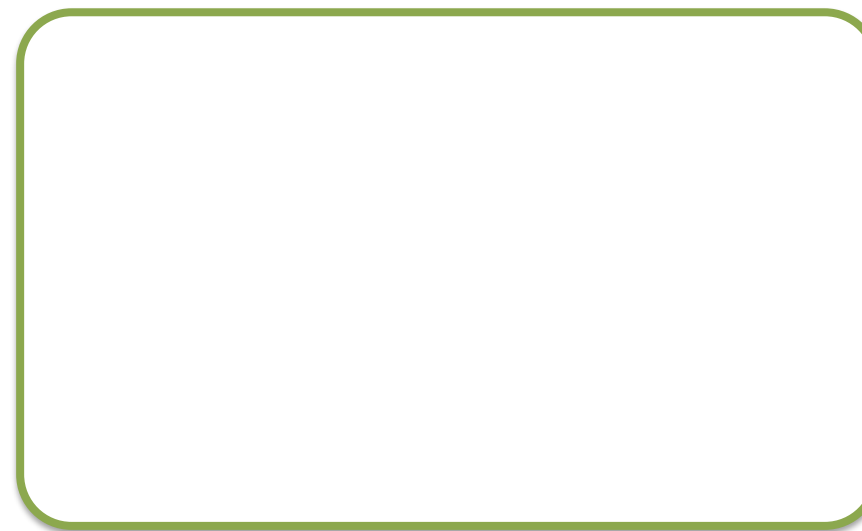
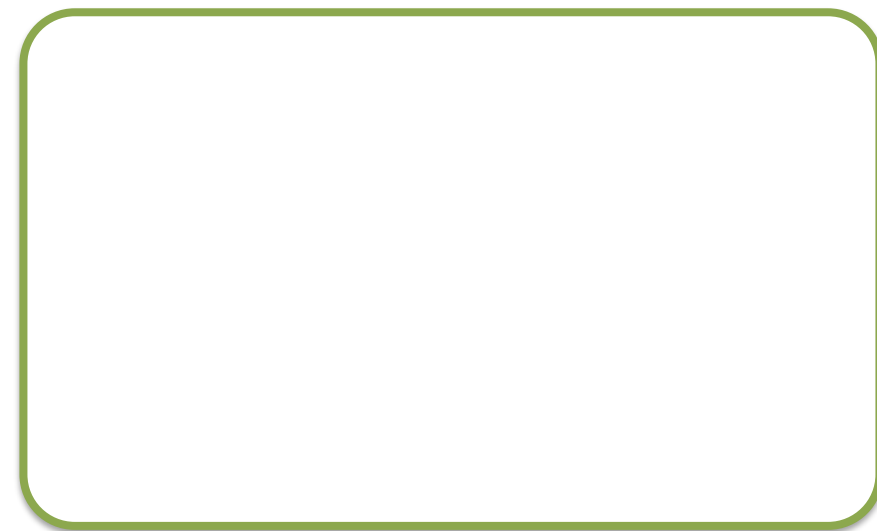
Program

1. General considerations
2. Four pillars of food security
3. Food security and nutrition security
4. Food security and climate change



1. General considerations

FOOD SECURITY: EVOLUTION



Hunger as bases for the lack of food worldwide and of international prices



It has shown that food availability is only one component of the larger picture on why hunger persist, indicating that there more are factors responsible for some people's inaccessibility to food.



This definition has incorporated nutritional aspects and cultural dimensions, making this term more complete and broader.

1. General considerations

FOOD SECURITY: Updated definition

« Exists when **all people, at all times**, have physical, social and economic access to sufficient, **safe and nutritious food** to meet their dietary needs and food preferences for an active and healthy life» (*Declaration of the World Summit on Food Security, 2009*).

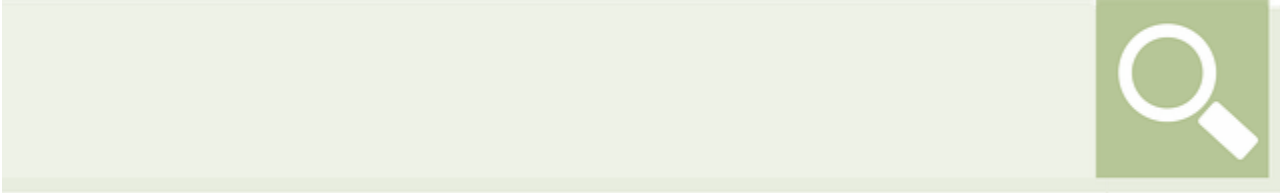
In other words, '**FOOD SECURITY**' implies the need for equity and stability in food distribution, indirectly highlighting sustainability in food production.

«Implies that **FOOD INSECURITY** can occur if the diet is not nutritious, including when there is consumption of an excess of calories, or if food is not safe, meaning free from harmful substances.» (*Mbow, C., C. Rosenzweig, L.G. Barioni, T.G. Benton, M. Herrero, M. Krishnapillai, E. Liwenga, P. Pradhan, M.G. Rivera-Ferre, T. Sapkota, F.N. Tubiello, Y. Xu, 2019: Food Security. In: Climate Change and Land: an IPCC special report on climate change, desertification, land degradation, sustainable land management, food security, and greenhouse gas fluxes in terrestrial ecosystems [P.R. Shukla, J. Skea, E. Calvo Buendia, V. Masson-Delmotte, H.-O. Pörtner, D.C. Roberts, P. Zhai, R. Slade, S. Connors, R. van Diemen, M. Ferrat, E. Haughey, S. Luz, S. Neogi, M. Pathak, J. Petzold, J. Portugal Pereira, P. Vyas, E. Huntley, K. Kissick, M. Belkacemi, J. Malley, (eds.)].*)

Is it possible to ensure food security for everyone?



NO



1



There is food insecurity in the world, especially in Asia, Africa, and Latin America (these are less developed countries where, for example, malnutrition is frequent).

2



There are advanced countries where some communities live in 'food deserts' and therefore they can not access or afford adequate and nutritious food.

3



Lack of resources to produce or access healthy food.

Which factors are affecting food security?

1



Low and unequal distribution income.

2



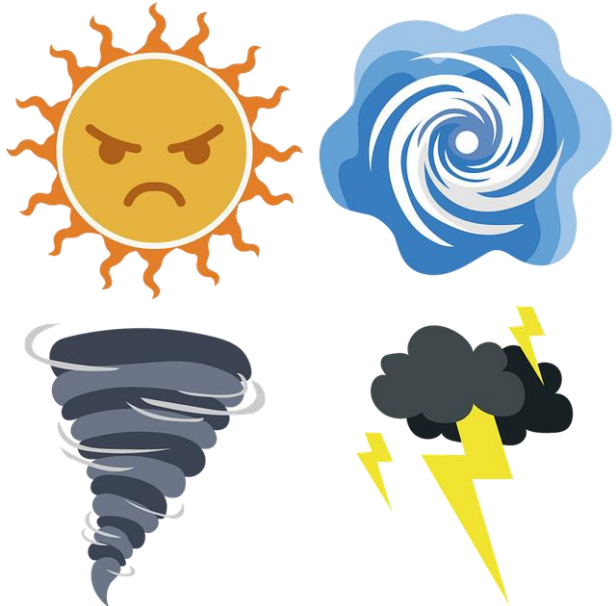
Poor and highly unstable growth performance, especially in agriculture.

3



Social discrimination and population growth.

4



Climate induced insecurity, like climate change, deforestation, landslide, declining soil fertility.

5



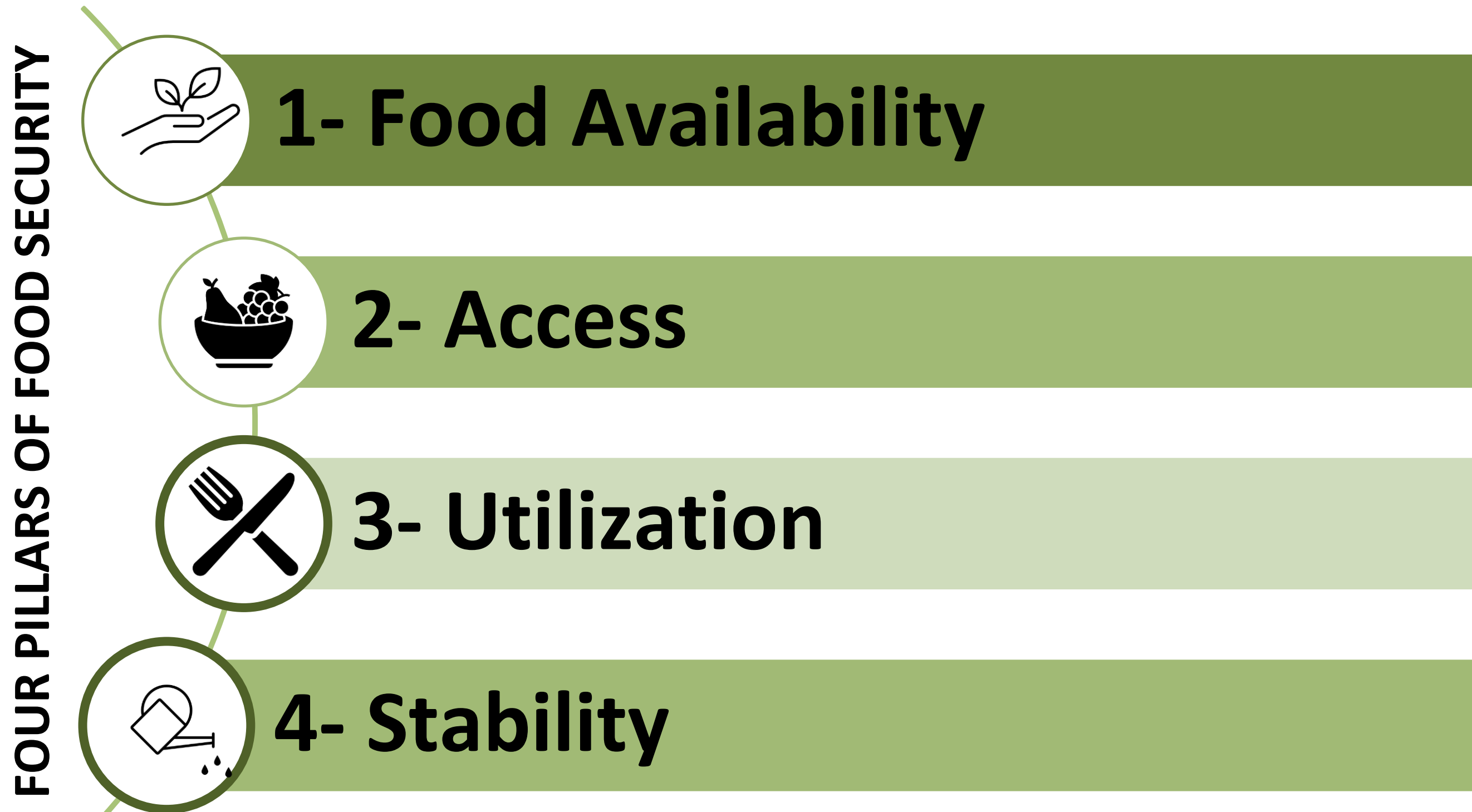
Access to market.

6



Food taboos: certain restrictions in the food consumption due to cultural and social norms.

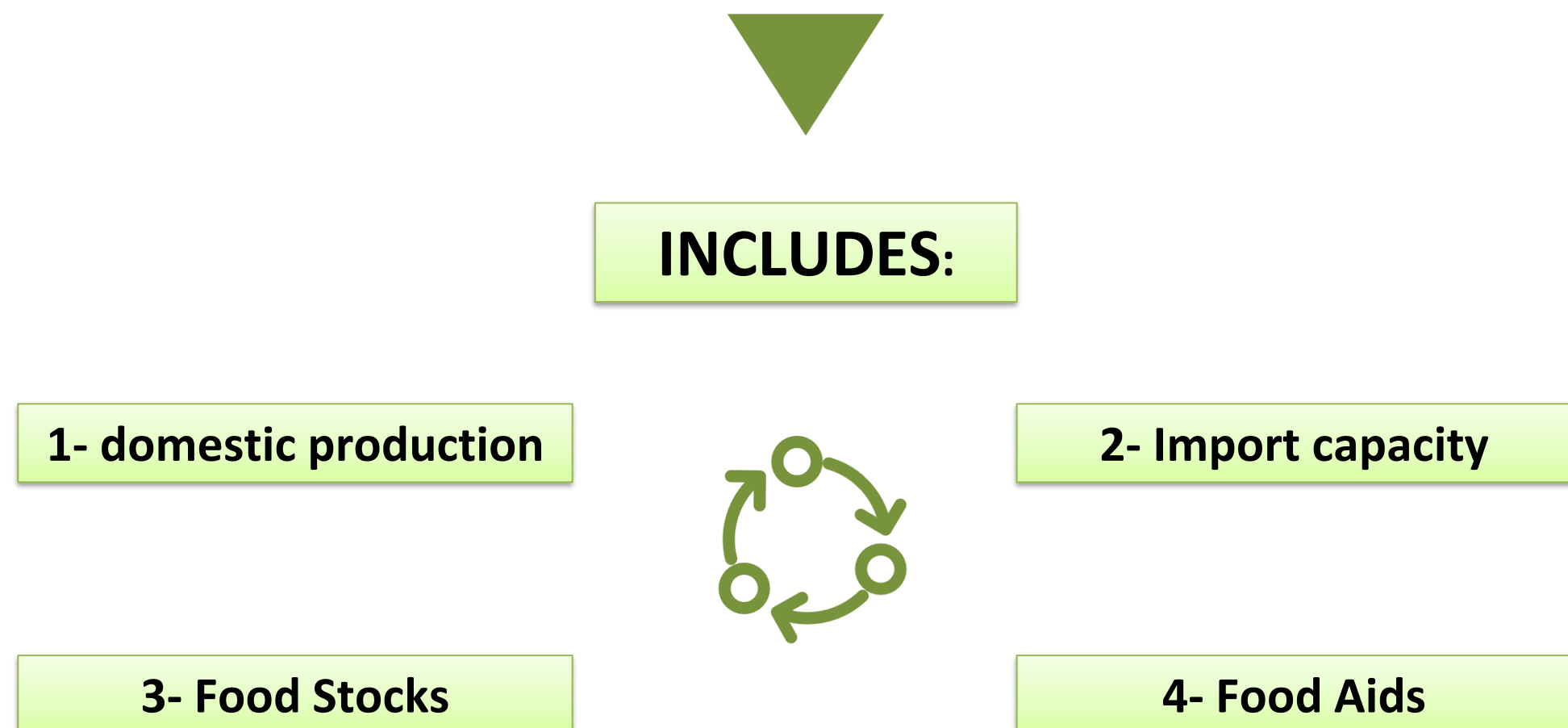
2. Four pillars of food security



These four pillars must be fulfilled simultaneously

First Pillar: Food Availability

- “**Food availability** addresses the “supply side” of food security and is determined by the level of food production, stock levels and net trade.” (*Food Security Information for Action Practical Guides, An Introduction to the Basic Concepts of Food Security, FAO, 2008*)
- In other words, for food security to exist, is important to have sufficient and appropriate food available.



Second Pillar: Access

- “ An adequate supply of food at the national or international level does not in itself guarantee household level food security. Concerns about insufficient food access have resulted in a greater policy focus on incomes, expenditure, markets and prices in achieving food security objectives.” (*Food Security Information for Action Practical Guides, An Introduction to the Basic Concepts of Food Security, FAO, 2008*)
- It implies physical and economic access to food
- Results when people have adequate income or other resources to access certain foods.

DEPENDENT ON:

1- Political, economical, social factors

2- Equitable distribution

3- Markets/Infrastructure

4- Affordability



Third Pillar: Utilization

- “ **Utilization** is commonly understood as the way the body makes the most of various nutrients in the food. Sufficient energy and nutrient intake by individuals is the result of good care and feeding practices, food preparation, diversity of the diet and intra-household distribution of food. Combined with good biological utilization of food consumed, this determines *the nutritional status* of individuals. (Food Security Information for Action Practical Guides, An Introduction to the Basic Concepts of Food Security, FAO, 2008)
- Basically, it is common knowledge that people can choose, prepare and distribute food.

DEPENDENT ON:

1- Food Safety

2- Food Quality

3- Nutritional Knowledge

4- Proper Preparations

5- Clean Water/ Sanitation/ Healthcare



Fourth Pillar: Stability

- Implies the stability of the other three pillars.
- “ Even if your food intake is adequate today, you are still considered to be food insecure if you have inadequate access to food on a periodic basis, risking a deterioration of your nutritional status. Adverse weather conditions, political instability, or economic factors (unemployment, rising food prices) may have an impact on your food security status.” (*Food Security Information for Action Practical Guides, An Introduction to the Basic Concepts of Food Security, FAO, 2008*)
- Basically, this pillar focuses more on the individual's ability to obtain food repeatedly over a period. In other words, there should be no fluctuations in the price of food, making it affordable (as much as possible).

DEPENDENT ON:

1- Weather variability, seasonality

2- Price Fluctuations

3- Political and Economic Factors

3. Food security and nutrition security

RIGHT TO FOOD



Rome Declaration on World Food Security adopted at the World Food Summit (1996)

UN Committee on Economic, Social and Cultural Rights, General Comment No. 12 The Right to Adequate Food (1999)

Years: 2002; 2004; 2018;2019

▶ Access to adequate food is a fundamental right that states have the duty, obligation and responsibility to respect, protect and fulfill

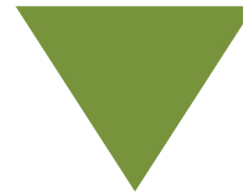
▶ Governments reaffirmed “the right of everyone to have access to safe and nutritious food, consistent with the right to adequate food and the fundamental right of everyone to be free from hunger. *(Food security and nutrition: building a global narrative towards 2030. (2020) A report by the High Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security, Rome.)*

▶ - It came to **detail the content and obligations contained in the law.**
- Olivier de Schutter as follows: “The right to food is the right of every individual, alone or in community with others, to have physical and economic access at all times to sufficient, adequate and culturally acceptable food that is produced and consumed sustainably, preserving access to food for future generations” (de Schutter, 2014).” *(Food security and nutrition: building a global narrative towards 2030. (2020) A report by the High Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security, Rome.)*

▶ In some years (**2002, 2004**) the equitable fulfillment of this right has been demanded, requesting support for the realization of the guidelines developed on the right to food. **In 2018 and 2019**, an increasing number of states adopted legislation to enshrine the right to food.

FOOD SECURITY AND NUTRITION SECURITY

BUILT BY FOOD SYSTEM = «A food system gathers all the elements (environment, people, inputs, processes, infrastructures, institutions, etc.) and activities that relate to the production, processing, distribution, preparation and consumption of food, and the output of these activities, including socio-economic and environmental outcomes.» *(Food security and nutrition: building a global narrative towards 2030. (2020) A report by the High Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security, Rome.)*



The definition of food system **recognizes** the **complexity** of **linking the systems** that support food production, such as food supply chains and food environments.

Major sectors that can **change the food system**
INVESTMENT IN:

1- Biophysical and environmental sectors

3- Economic and Market sectors

5- Socio-Cultural sectors

2- Technology, Innovation and Infrastructure

4- Political and Institutional sectors

6- Demographic sectors

FOOD SUPPLY CHAIN

VS

FOOD ENVIRONMENTS

- Important component of food system, including all phases and sectors.
- Complex and specialized **supply** chains in **production and distribution systems**.
- Relies on **support from other systems** to streamline production and distribution (e.g., ecological, human, economic systems).

- **Refers** to the **physical elements, economic, sociocultural and political conditions** that shape access, affordability and safety of food choices.
- It is the **relationship between** consumer behaviors and these food environments that **shape** people's **individual awareness** of **food consumption** and dietary choices.

Food environments overlap with food supply chains precisely because they shape individual actions and may or may not change all food systems.

Food Insecurity and Nutritional Insecurity

- Initially, global food security policy took a food production-focused approach, focusing on the issue related to food availability.

- Currently, there are measures in place to increase food production. However, it is necessary for states to adopt a **set of useful measures** that address other dimensions included in the definition of “food security” to **ensure the nutritional and food safety of the products made available.**



1- Food Systems Transformation

2- Complex interconnections between food systems and other sectors

3- Focus on hunger and all forms of malnutrition

4- Diversity of situations vs. Variable Solutions



Changes to transform Food Systems

1- Food Systems Transformation	2- Complex interconnections between food systems and other sector	3- Focus on hunger and all forms of malnutrition	4- Diversity of situations vs. Variable Solutions
<ul style="list-style-type: none"> This modification implies addressing multiple dimensions related to the “quality” of products, arguing that this concept corresponds to people’s ability to mold themselves to new sustainable food systems. 	<ul style="list-style-type: none"> Recognize that there are different and complex interconnections between systems and sectors that allow food systems to be modified. Such as the connections with certain sectors (e.g.: agriculture, health, environment, culture) and certain systems (e.g. economy, health, ...). 	<ul style="list-style-type: none"> It is necessary that the new policies encompass all forms of malnutrition, since they can coexist in the same place/location, in turn combating inequality and difficulty in accessing food. 	<ul style="list-style-type: none"> Each context is specific and requires policies that are designed or adaptable to each situation. Therefore, new measures are required that combine different interventions that can be applied to different situations.

MAIN OBJETIVE: Create more sustainable food systems that **support the fulfillment of the right to food**.



Encourage equitable, regenerative, productive and thriving food systems.

DIFFERENT FORMS OF MALNUTRITION

1- Increase in overweight problems

2- Increase in situations in which people suffer from one or more micronutrient deficiencies in the diets

Why do they exist?

1- INEQUALITIES IN FOOD SYSTEMS

- Food environments are unequal considering the locations in which they are located.
- Lack of nutrition education; lack of knowledge and healthy eating practices; and limited access to fresh, nutritious and affordable produce all **CONTRIBUTE TO POOR QUALITY OF FOOD ENVIRONMENTS.**
- The access to land is limited and small producers are affected by the adoption of innovative and sustainable agriculture.

2- HIGH COSTS ASSOCIATED WITH FOOD SYSTEMS

- Although states support and encourage the adoption of sustainable food production, there are still huge ecological impacts associated with global food production.
- Food systems have enormous impacts on climate, resources, soil fertility, biodiversity, and diverse food environments.

3- FOOD HAZARDS AND DISEASES

- There are dangers and diseases that affect food in a complex way, spreading through water or food intake.
- Related to this theme, there has been an increase in resistance to antibiotics, due to their excessive use as rules for the treatment or prevention of foodborne illnesses.

4- SOCIOCULTURAL DIFFERENCES

- Existence of inequality that does not contribute to poverty reduction.
- Inequalities that do not prioritize equality in the distribution of resources, especially affecting the poorest and most vulnerable populations.

5- DEMOGRAPHIC DIFFERENCES

- Demographic fluctuations are a factor that influences food production and consumption patterns.
- These are questions that motivate a greater demand for food, extinguishing equitable access to food.
- Urbanization patterns also have implications for food systems, negatively increasing the percentage of unhealthy and nutritious diets.



Food security and Nutritional security - The (future) change-

- The adoption of **new food policies** aims to build a **sustainable food system** that guarantees the quantity and quality of the food available.

NEW FOOD POLICIES

1- More Regenerative and Resource Efficient Food Practices

2- Diverse Food Production

3- Addressing hunger and forms of malnutrition

4- Adoption of initiatives that support healthy and nutritious choices

NEW FOOD POLICIES

1-More Regenerative and Resource Efficient Food Practices	2-Diverse Food Production	3- Addressing hunger and forms of malnutrition	4-Adoption of initiatives that support healthy and nutritious choices
<ul style="list-style-type: none"> • Adoption of policies and initiatives that encourage the practice of sustainable eating habits. • Fight for food system that preserves the quality of production methods in order to allow the sustainable regeneration of resources. • Application of agroecological practices that promote diversified and nutritious diets. 	<ul style="list-style-type: none"> • Policy initiatives that renew food production and distribution networks. • Growing support from small-scale producers. • Encouraging the production of local food and making fresh and healthy products available to the most vulnerable populations. 	<ul style="list-style-type: none"> • Adopt a set of legislative policies that address hunger and all other forms of malnutrition. • Aim to ensure equitable access to safe and nutritious food that is culturally appropriate and sustainably produced. • Measures to support sustainable and healthy food choices. • Investment in sanitary conditions and infrastructure. 	<ul style="list-style-type: none"> • Investment in food environments, adopting policies that encourage access and availability of fresh products. • Encouraging food diversification of healthy and nutritious products. • Raise public awareness of the interconnections between the environment and food systems.

Once these measures are developed, it will be possible in future to obtain policies that ensure equal access to nutritionally healthy foods.

3. Food security and climate change: Connections

CLIMATE CHANGE

It affects the 4 pillars of FOOD SECURITY (access, availability, utilization and stability)

- It affects food production and availability.
- It jeopardizes farmers' livelihoods and incomes by increasing food price volatility.

CHANGE CONTRIBUTE TO:

Intensifying food security risks for the most vulnerable countries and populations

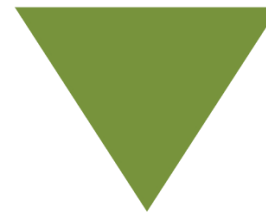
HOW ARE THE EFFECTS OF CLIMATE CHANGE VERIFIED?

ASSESSING THE VULNERABILITY OF FOOD SYSTEMS:

- The impact of climate change on food and nutrition security depends on the effects of climate change itself and the vulnerability of food systems.

EXAMPLE:

- Drought increases the vulnerability of there being a next one;
- The decreased strength of animals can intensify their vulnerability to disease.



IT IS necessary to understand this sector in order to apply strategies that increase the resilience of the food system.

Food security and Climate change

CLIMATE CHANGE RISK FACTORS

1- Increased ambient temperatures

2- Change in precipitation patterns and water scarcity

3- Increased occurrence of extreme weather events

4- Accelerated pace of environmental degradation

5- Emergence of new diseases and viruses

These changes affects various sectors related to the food sector, affecting their safety.

FOOD SECURITY AND CLIMATE CHANGE

- Response to reversed climate change-

MAIN GOALS:



- Safeguard the responsiveness of food systems.
- Fulfill the long-term goal of eradicating hunger.

What are the main changes?

1- APPLICATION OF THE SUSTAINABILITY PRINCIPLE

- Adoption of agro-ecological methods (which aim to improve resource efficiency) and smart agriculture that tries to reduce the emission of polluting gases.
- The intensification of sustainable, inducing producers to produce more food using the same resources and the same land and, on the other hand, stimulating the practice of eating habits from production to distribution.
- It is intended that the food system should have its own autonomy to regenerate the natural resource base.

2- IMPLEMENTATION OF SOCIAL PROTECTION MEASURES

- A set of tools and objectives that aims to help the most vulnerable populations, supporting them in income and access to new opportunities.
- It will provide access to enough food to meet their nutritional needs.

3- CHANGES IN THE FOOD SUPPLY CHAINS

- Encouraging the use of new crop species, bringing nutritional diversity to diets.
- Use of new agricultural techniques.

4- STRENGTHENING FOREST ECOSYSTEMS


- It is intended to make ecosystems more resilient.
- Encourage the practice of habits that are more autonomous and facilitate the containment and control of pests/ diseases, limit the human extraction of natural products.
- It is intended to restore ecosystems, restoring their functions.

5- ECONOMIC DEVELOPMENT

- Important development to support and encourage competitiveness and implementation of new techniques.
- Adoption of policy measures that reduce financial risks, especially when related to price volatility.

6- SOCIAL FACTORS

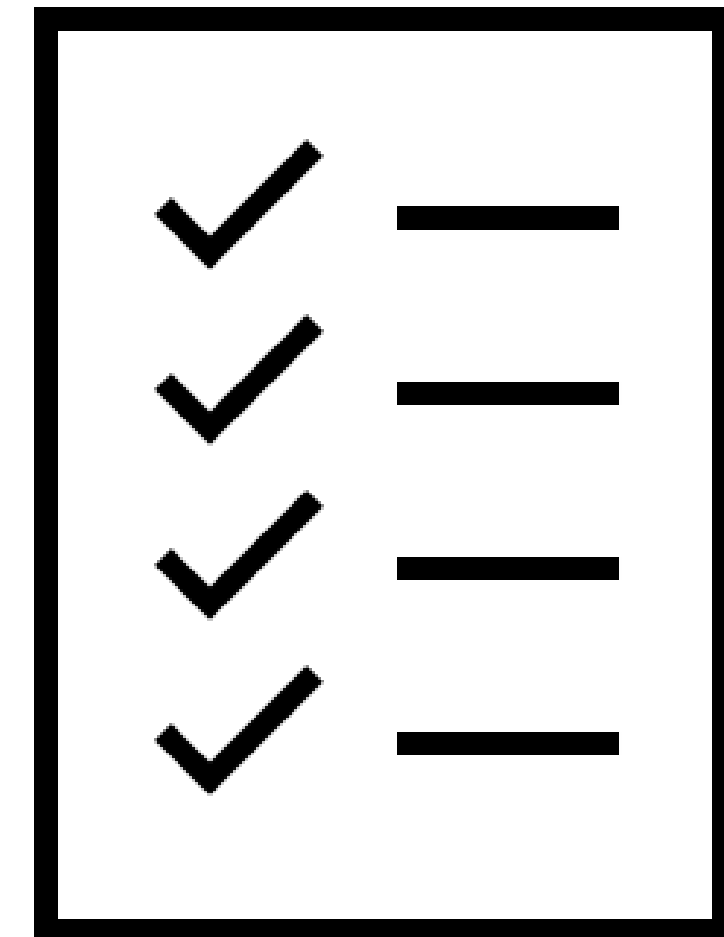
- Equitable access to nutritious and safe food.
- Implementation of all favorable conditions to bring about significant changes in the targeted sectors.



The adoption of these measures should be national and international in order to support the producers, standardizing the practice of more sustainable agricultural techniques.

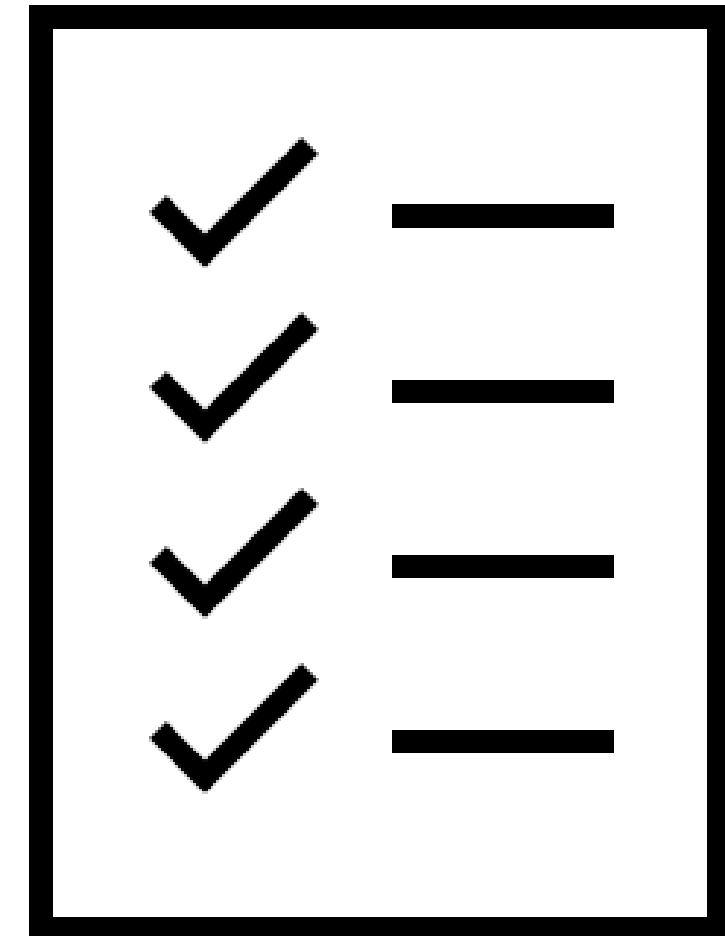
Short Summary of the lecture

1. The concept of food security encompasses the need for equity and stability in the distribution of food.
2. There are numerous reasons why there is food safety, and therefore it is necessary to combat such reasons.
3. The four pillars of the food safety sector must be simultaneously checked.
4. We all have the right to access adequate food.



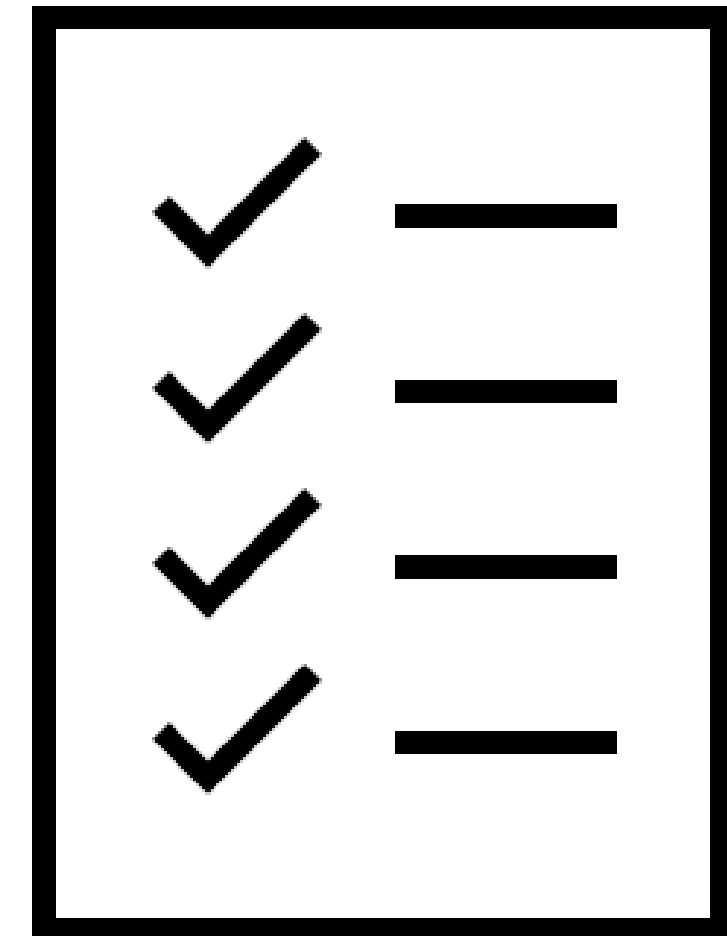
Short Summary of the lecture

5. The connection of food security and nutritional security is assessed according to the food systems and food environments that the products are subjected to.
6. Food and nutritional insecurity must be combated through the adoption of measures that allow the commercialized products to be evaluated.
7. There is a need to adopt measures that transform food systems and combat the different forms of malnutrition.
7. The main objective of linking food systems and nutrition security is to ensure that we built a system that is sustainable.



Short Summary of the lecture

9. Climate change affects the 4 pillars of food security and intensify the risk of food insecurity in more vulnerable areas.
10. To study climate change, the vulnerability of food systems needs to be analyzed in order to apply sustainable strategies in food systems.
11. Need to combat, through healthy and sustainable policies, are the factors that put the environment at risk.



Bibliography

1. FAO, IFAD, UNICEF, WFP, WHO, Collaboration among the United Nations Rome-based Agencies: Delivering on the 2030 Agenda, 2016.
2. FAO, IFAD, UNICEF, WFP, WHO, The State of Food Security and Nutrition in the World 2021. Transforming Food Systems for Food Security, Improved nutrition and affordable healthy diets for all, FAO, 2021 - <http://www.fao.org/3/cb4474en/online/cb4474en.html>
3. HLPE 2012 – Food Security and climate change - <http://www.fao.org/3/me421e/me421e.pdf>
4. HLPE 2020 – Food Security and nutrition: building a global narrative towards 2030 - <http://www.fao.org/3/ca9731en/ca9731en.pdf>
5. ALLEN P., Facing food security, in Journal of Rural Studies, 2013.
6. Hospes O., van Dijk H., van der Mulen B., Introduction, in Hospes O., Hadiprayitno I. (a cura di), Governing Food Security Law, Politics and the right to food, Wageningen Academic Publishers, 2010.
7. M. Alabrese, Food security: different systems, different notions, in Perspectives on Federalism, 2019, pp. 1-12.
8. M. Alabrese, The climate-related nutrient depletion phenomenon and its legal implications, in A. Di Lauro (a cura di), Les métamorphoses de l'aliment. Les frontières entre les aliments, les médicaments et les cosmétiques, ETS, 2019.
9. F. Snyder, 'Editorial: The Second WISH/RIJC: Food Security in Europe and in the World', *European Law Journal*, vol. 10, No 5, 2004, pp. 495-498.
10. F. Snyder, *International Food Security and Global Legal Pluralism*, Bruylant, 2004.
11. Global Food Security Index 2021 (GFSI) , <https://impact.economist.com/sustainability/project/food-security-index/>

The episode from BBC series “Follow the Food” provides background information on the topic of global food:

<https://www.bbc.com/future/ bespoke/ follow-the-food/ the-race-to-improve-food-security/>



Thank you for
your attention