Sustainable and healthy gastronomy as a key driver for sustainable food systems

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The Challenge
Changing the ongoing process of:
Increasing unsustainable and unhealthy diets;
Loss of agri-food diversity;
Loss of diversity in local cuisine.

• Urban population increase
• Lack of information and knowledge on nutrition
• Absence of innovation in gastronomy sector
• Monoculture agriculture / agrochemicals
Objective

A more sustainable gastronomy sector in Central American countries;

How?

• Creating a healthier & more sustainable food environment $\rightarrow$ the new, healthy and sustainable country’s cuisine
• Educating the gastronomy sector $\rightarrow$ awareness + enthusiasm + knowledge and skills
• Enhancing sustainable production (and consumption) of native products
Overview of main activities

• Additional funding

• Ongoing related activities of project partners
  • ‘National plan on sustainable and healthy gastronomy’ (Costa Rica)
  • ‘Sustainable diets for all – food labs’ (Indonesia)
  • ‘Roadmap towards sustainable gastronomy’ &
    ‘8 guiding principles towards sustainable offering’ (The Netherlands)

Deliverables

1. Training program on sustainable diets (24 months)
2. Sustainability Dialogues (18 months)
3. Communication campaign (12 months)
4. Inventory of endemic species (24 months)
5. Gastronomy laboratories (24 months)
Why the Gastronomy sector?
• Covers the whole value chain
• Important link production $\leftrightarrow$ consumption
• Determinant of food culture
• Paragon country’s cuisine

Contribution to the SFS Programme and SDG’s
• SDG 2 (hunger), SDG 12 (SCP), SDG 8 (economic growth), SDG 17
• Biodiversity loss solutions
• Stimulating sustainable diets: local & more plant based
• New norm for countries diet
• Sustainable farming, producing, distributing, serving/working.
Scalability
• Bandwagon effect (layered approach)

Replicability
• Combined experience
• Building upon existing contributing initiatives

Next steps
• Combining existing activities
• Translate to Costa Rican context.
• Translate to similar contexts (Central American countries)
• Translate to different contexts (like African)

What is needed
• Pilot: build a best practice (basis of the rollout)
• Additional funding
African context
Yes....

- Production systems diversification
- Agrobiodiversity
- Sustainable diets
- Culture/food
- Local market/local value chains
Connecting the dots and new opportunities

Joining:
• Opportunity to start simultaneously in other emerging markets and Western countries

Partenering:
• Subject for research (of effectiveness of this methodology)
• Opportunity to promote / further implement sustainable diets (Nordic diet, Mediterranean diet)
• Complementing projects (e.g. food waste/loss; biodiversity)

Changes for upscaling:
• a local governmental approach
Buen provecho!