



FORUM ORIGIN, DIVERSITY AND TERRITORIES

Perspectives on territories in transition

Turin, September 19th-21st 2018

Workshop 6

Nutritional and Food Transitions

Coordinated by Florence Tartanac, FAO Italy, and Capucine Musard, Origin for Sustainability-Switzerland

Nutritional and food transitions are processes whose logic is linked to the globalization of trade and the change of lifestyles, in particular increasing urbanization. There is a tendency to increase the Westernized diet model, ie an increase in diets rich in fat, sugar, in the form of sugary drinks for example, and in salt. These different foods have negative effects on the health status of populations, including the poor.

On the other hand, lifestyle changes result in more limited time for meal preparation and higher frequency of meals consumed outside the home.

It is in the developing countries that the nutrition and food transition is the fastest, as it results from the demographic changes linked to the rural exodus and the rampant urbanization. At the same time, a renewed interest in indigenous foods, local products, and cooking are strong trends around the world. Highly nutritional and traditional food products, as well as organically grown foods, are attracting considerable interest from consumers in developed countries. However, their accessibility is not guaranteed, even for the middle classes, because of their higher price than standard products from conventional agriculture.

Questions arise about how to ensure a healthy food and nutrition environment for urban populations that are becoming denser and where there is limited time to take an interest around food and about the rural populations where young people are leaving and thus losing manpower available for healthy and local food production.

The expected contributions will address the following questions: What are the motivations for producers to produce a healthy and sustainable diet? What do public policies do in the areas of food environment and food education of the population to encourage a sustainable and healthy diet?

WEDNESDAY, SEPTEMBER 19

Time	Session	Speaker	Note
14h00 – 15h30	<p>Saberes Tradicionales: importancia de la formación en economía social y solidaria</p> <p>Saberes y sabores: prácticas alimentarias y patrimonio entre campesinos del sur de Brasil</p>	<p>Dra. Cristina Girardo El Colegio Mexiquense. México and Dr. Prudenzió Mochi Alemán. Universidad Autónoma de México- UNAM-CRIM MEXICO</p> <p>Dr. Renata Menasche</p>	<p>Moderator: Florence Tartanac</p>