Food security and nutrition in an urbanizing world: the growing need for resilient and sustainable food systems

In many urban areas, the cash-mediated nature of access to sufficient, safe, nutritious and adequate food creates specific food security and nutrition challenges. This is exacerbated by high levels of employment instability, irregular housing and poverty. In large cities, access to affordable and nutritious food such as fresh fruit and vegetables and fish is characterized by high spatial and socio-economic inequality, as evidenced by the expansion of food deserts, which compound deprivation and social exclusion. Access is often constrained by the physical distance between food production areas and consumers, the unavailability of transportation options, volatile food prices, the concentration of power in global food trade, climate shocks and, especially in case of crises, the malfunctioning of safety nets for low-income urban residents. Food security and nutrition are also affected by the safety of the food eaten and the related ability of the consumer to make use of the nutrients and energy.
contained in the food. In urban contexts, health concerns increase due to lack of adequate water, sanitation and hygiene facilities.

With unprecedented levels of urban population growth and with almost 80% of all food that is produced already consumed within urban areas, fostering resilient and economically prosperous food systems, integrated across landscapes and based on multi-stakeholder, multi-scalar and multi-sector collaboration, will be key to supporting more sustainable urbanization processes. The provision of a wide range of ecosystem services and goods including food, timber, freshwater and labour, that place social justice, ecological integrity, climate resilience and regional economic development at the centre of urban policies and planning will be essential. Investment in food system architecture and related soft infrastructure is also crucial to facilitate food flows and to strengthen rural-urban linkages.

The FAO Framework for the Urban Food Agenda aims to:

- Guide the implementation of an urban food policy agenda that leverages untapped potential to drive sustainable food consumption and production and addresses food insecurity and malnutrition in urban areas
- Define FAO’s guiding principles and engagement in relation to the changing food security and nutrition needs associated with urbanization and urban development, advocating for more inclusive place-based approaches that promote more equal access to sufficient, safe, nutritious and adequate food and create meaningful and secure jobs and business opportunities for small-scale food and non food-actors
- Delineate FAO’s value-added contributions to the New Urban Agenda and to the 2030 Agenda through the provision of more effective and coordinated support that connects urban food dynamics with territorial development approaches.
FAO mission for the Urban Food Agenda

FAO is committed to assisting in the implementation of people-centered, needs-based, inclusive and integrated policies, plans and actions that foster sustainable urban and territorial development through resilient and sustainable food systems that enhance livelihoods and job opportunities in both rural and urban areas and guarantee freedom from hunger and all forms of malnutrition.

FAO provides capacity-building and policy assistance to national and sub-national institutions for developing territorial food system approaches while also facilitating multi-scalar governance leading to sustainable food systems and improved nutrition.

Guiding principles

Four cross-cutting principles have been identified to inform FAO’s actions towards the development of resilient, inclusive and sustainable food systems for cities and human settlements.

- **Rural-urban synergies (Space matters)**
  means understanding the diversity of socio-geographical contexts and the role of food systems in breaking the rural-urban divide

- **Social inclusion and equity (Leave no one behind)** includes acknowledging the multiple challenges of food access, supporting the participation of all food system actors (particularly the most vulnerable), building consensus on action and fostering entrepreneurship and decent employment, especially for small-scale and informal food system actors

- **Resilience and sustainability (Safeguarding the future)** by supporting the principles of a circular bioeconomy, promoting conservation and a sustainable use and management of natural resources and ecosystem services, creating healthy and safe urban environments, and reshaping development pathways by taking into account climate risks and vulnerabilities in urban food system planning

- **Food systems (inter)connections (An integrated perspective matters)** means building an integrated vision for achieving country-specific sustainable development objectives, recognizing the value of strategic partnerships for integrated actions, setting sequences for key interventions, emphasizing the interrelations between different dimensions of urban food, addressing data and knowledge gaps about urban food systems and promoting multi-actor and multi-level food governance systems.
Targeted outcomes for the Urban Food Agenda

- **MAINSTREAMING AND POLICY SUPPORT**
  Food security and nutrition mainstreamed in all policies, strategies and planning, recognizing the need to create mutually reinforcing linkages between urban areas (including intermediate, small-sized cities and towns) and rural areas.

- **GOVERNANCE SUPPORT**
  Strengthened multi-level and multi-actor/sector food system and green space governance, recognizing the central role of local governments and the need to support them with data and analyses of urban food systems generated in a timely manner.

- **KNOWLEDGE GENERATION AND CAPACITY DEVELOPMENT**
  Empowered food system actors to actively participate in decision-making and local action to promote resilient, sustainable and inclusive food systems and healthy diets - especially for vulnerable groups in cities and family/smallholder producers in rural areas.

- **OUTREACH AND ADVOCACY**
  Awareness raised at all levels regarding the importance of resilient, inclusive and sustainable food systems for both rural and urban areas.

- **PARTNERSHIPS AND INVESTMENT**
  Strengthened partnerships to scale up the positive impacts of urban food policies and strategies and secure public and private investments to foster resilient, inclusive and sustainable food systems for both rural and urban areas.
Delivering the urban food action programme

FAO’s urban food action programme will be delivered through seven comprehensive areas of support (CAS):

**CAS 1** Effective national urban and territorial policies and transformative institutions to enhance sustainable food systems
FAO is supporting UN-Habitat and other stakeholders to foster good practices in the rural-urban continuum and to mainstream sustainable food systems and nutrition into National Urban Policies.

**CAS 2** Integrated food system planning and inclusive food governance mechanisms to support sustainable urbanization and territorial development
The Municipality of Lima, Peru has integrated food security and nutrition into its Sustainable Lima Programme with the support of FAO.

**CAS 3** Short supply chains and inclusive public food procurement to untap the potential of production in the city and surrounding region
FAO has been supporting the department of Nariño, Antioquia and Boyacá (Colombia) in reforming their public procurement frameworks to enhance collaboration with rural development agencies.

**CAS 4** Innovative and sustainable agro-food business for employment generation and the development of functional and prosperous territories across small towns
In southern Serbia a geographical indication (GI) label initiative supported by FAO and other stakeholders that started with the Municipality of Merosina has expanded in three years to cover five municipalities revitalizing a large rural-urban area.

**CAS 5** Improved access to food and green environments for healthy cities
Based on recently-issued FAO policy guidance on food systems for healthy diets and urban and peri-urban forestry FAO supports initiatives that target urban dweller’s health and wellbeing. Low and middle-income countries in most cases need to ensure equal access to green public spaces and to food outlets offering affordable, nutritious, safe and adequate food.

**CAS 6** Optimized supply chains and circular bioeconomy for reduction of food losses and waste in urban centers
FAO’s long standing support for reducing postharvest losses, and the recent emphasis for understanding food handling in retail outlets and consumption behaviour, along with the ongoing development of sustainable bioeconomy guidelines is providing a holistic path to assist local government in an urgent call for the sustainability of cities and ensuring planetary health.

**CAS 7** Evidence-based outreach initiatives to improve global urban food governance and to boost investment
FAO convenes global events for discussing improved approaches to food system development. This has included supporting the annual gatherings of the Milan Urban Food Policy Pact and active participation in the last two World Urban Forums. FAO’s city-to-city initiative has promoted technical exchanges among cities in West Africa.
The CAS together form a **3E approach** in which FAO, with partners, assists governments to: i) **Enable** improved policy environments through laws, regulation, governance and empowerment of institutions that result in increased and effective investment and open data and information (CAS 1 and 2); ii) **Execute** needed actions, according to context-specific realities, delivered through, inter alia, shorter supply chains, social protection schemes and inclusive public food procurement, innovative and sustainable agro-food business and employment that foster functional and prosperous territories, a healthy food environment, improved access to green spaces and optimized supply chains and a circular bioeconomy that targets reduction of food losses and waste (CAS 3, 4, 5 and 6); iii) **Expand** good practices through the exchange of information and cooperation with other local governments of the same metropolitan area, province, region, country or abroad to create a domino effect within countries and internationally, and form a basis for a neutral global forum that promotes participation of different government levels and diverse stakeholders to agree on standards and good practices on food governance (CAS 7).
FAO’S 3E APPROACH AND THE COMPREHENSIVE AREAS OF SUPPORT TO THE URBAN FOOD AGENDA

EXPANDING
EVIDENCE-BASED OUTREACH FOR IMPROVED GLOBAL URBAN FOOD GOVERNANCE
CAS 7

EXECUTING
SHORT FOOD SUPPLY & PUBLIC FOOD PROCUREMENT
CAS 3
AGRI-FOOD INNOVATION ACROSS SMALL TOWNS
CAS 4
FOOD AND GREEN ENVIRONMENTS FOR HEALTHY CITIES
CAS 5
OPTIMIZED SUPPLY CHAINS & CIRCULAR BIOECONOMY
CAS 6

ENABLING
NATIONAL URBAN AND TERRITORIAL POLICIES AND TRANSFORMATIVE INSTITUTIONS
CAS 1
INTEGRATED FOOD SYSTEM PLANNING AND INCLUSIVE LOCAL FOOD GOVERNANCE
CAS 2
Why FAO?

The Framework aims to provide a comprehensive and coherent strategy that addresses emerging calls from countries, responding to demands of central and particularly local governments, for a multi-sectorial, multi-stakeholder and multi-level approach to food insecurity and malnutrition across the rural-urban continuum. FAO is in a unique position to deliver such a strategy in support of the Urban Food Agenda, given its capacity to provide accessible information, policy expertise and technical assistance in support of sustainable food systems, longstanding experience in building and enhancing capacity of relevant stakeholders, as well as offering an independent forum where exchange of best practices between cities, regions and towns can be stimulated and relations between national and sub-national food actors can be facilitated.

By advocating for the development of resilient, inclusive and sustainable food systems that are based on mutually beneficial rural-urban linkages, the FAO Framework for the Urban Food Agenda will significantly contribute to ending hunger, increasing employment and enhancing the availability and accessibility of nutritious food and green environments, making cities and towns more inclusive, safe, resilient and sustainable.

For more information contact

Jamie Morrison, FAO Strategic Programme Leader, Food Systems Programme, Food and Agriculture Organization of the United Nations (FAO) – SPL4@fao.org

Visit the Urban food action platform:
http://www.fao.org/urban-food-actions/