



The International Year of Fruits and Vegetables

Tuesday, 2 October 2018, 12:30 hrs (Sheikh Zayed Centre)

Summary

Across the globe today, an estimated 821 million people suffer from chronic malnutrition and more than 2 billion people suffer from micronutrient deficiencies. At the same time, nearly 1.9 billion people are overweight, and 672 million adults are obese. This scenario leads us to double our efforts in the fight against malnutrition, a cross-cutting situation that affects a large majority of countries, regardless of their status of economic development or level of progress. Scientific information supports that adequate consumption of fruits and vegetables reduces the risk of obesity and cardiovascular diseases, while reducing the risk of diabetes and cancer, diseases that are increasingly the cause of illness and death globally. Notwithstanding their nutrition and health benefits, worldwide per capita consumption of fruits and vegetables is estimated to be 20-50 percent short of the minimum FAO and WHO recommended intake. This calls for greater attention to food systems.

Fruits and vegetables contribute significantly to human nutrition, food security, health and to the generation of income and employment for smallholders and family farmers. The primary role of the food and the agriculture sector is to adequately feed people by increasing the availability, affordability and consumption of varied, safe and nutritious foods that are in line with dietary recommendations and environmental sustainability. Smallholder farmers accordingly play a key role in the alleviation of hunger and poverty, food and nutritional security, improvement of livelihoods and the management of natural resources, among other issues, and consequently, must be supported.

The **International Year of Fruits and Vegetables** will raise awareness of the nutrition and health benefits of fruit and vegetable consumption; advocate for healthy diets through increased consumption of fruits and vegetables; promote international efforts to boost fruit and vegetable production in a sustainable way; bring in a focus on the need to reduce losses and waste in fruit and vegetable supply chains from production to consumption, with special attention to smallholder farmers, who represent the livelihoods of millions of rural families around the world. Special attention must be paid to the role of women, not only in production of food, but also in assuring the food security of their families and communities.

Tuesday, 2 October 2018, from 12:30 to 14:00

Time	Title	Speaker
	The International Year of Fruits and Vegetables	
12:30	Opening and Introduction Office for Corporate Communications - FAO	Ms Beatriz Beeckmans Communication Officer
12:35	Welcome message from FAO Director-General	Mr José Graziano Da Silva Director-General
12:40	Panellist from Ministry of Agriculture of Chile	Mr Antonio Walker Minister of Agriculture
12:50	Panellist from Nutrition and Food Systems Division, FAO	Ms Anna Lartey Director
13:00	Panellist from <i>Corporación Internacional 5 al Día</i>	Ms Isabel Zacarías Executive Secretary
13:10	Panellist from IFOAM Organics International	Ms Cristina Grandi Chief Food Security Campaigner
13:20	Questions and Answers	Ms Beatriz Beeckmans Communication Officer
13:30	Summary of discussions and conclusions Division of Partnerships and South-South Cooperation - FAO	Marcela Villarreal Director
13:40	Light lunch will be served at Sheikh Zayed Lounge	