Sustainable Food Systems and Mediterranean Diet in the Mediterranean Region

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FAO Webinar
"Agriculture, traditions and healthy diets in the Mediterranean and beyond. Exploring synergies between the Globally Important Agricultural Heritage Systems and the Alliance for the promotion of the principles of the Mediterranean Diet"
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WHO WE ARE

13 Member Countries
1 Secretariat General in Paris
4 Mediterranean Agronomic Institutes: Bari, Chania, Montpellier e Saragozza

OUR GOAL

promote the sustainable development of agriculture, fisheries and improve food and nutrition security in rural and coastal areas
PRESSURES ON FOOD SYSTEMS

**Demand**
- Population growth
- Increase in income
- Biofuel development

**Economic Drivers**
- Energy costs
- Transport costs
- Exchange rates

**Other factors**
- Agricultural policies
- Innovation
- Sustainability

**Supply**
- Agricultural yields
- Land availability
- Scarcity and pollution of water resources
- Climate change

COVID-19 impacts:
- Population growth
- Increase in income
- Biofuel development
- Agricultural yields
- Land availability
- Scarcity and pollution of water resources
- Climate change
A **Sustainable Food System** (SFS) is a food system that ensures food security and nutrition for all in such a way that the economic, social and environmental bases to generate food security and nutrition of future generations are not compromised.
1) In 2001 during the 2th informal meeting in Atene the Agriculture Ministers of our members countries asked to CIHEAM to promote this cultural and food pattern as a tool for the development of marginal areas in the Mediterranean countries.

2) Mediterranean vocation of CIHEAM

3) Expression of Mediterranean cultures and traditions

4) Authentic diet followed in Mediterranean rural areas for more than 60 years. It is therefore a "authentic" historic diet

5) Shared by Mediterranean people with specific local variations

6) Influence the current diets

7) Scientific publications recognized its positive impact on nutrition and health

8) ...and on the environment, economy and culture.

9) International interest even outside the Mediterranean area

10) In November 2010 in Nairobi, UNESCO recognized the Mediterranean Diet as Intangible Heritage of Humanity and the Italian Institute of CIHEAM played a strategic role contributing to writing the dossier for Italian Government

11) Sober food consumption pattern that contributes to reducing food waste...
The 4 sustainable benefits of the Mediterranean Diet

**Major health benefits:** A contemporary, balanced pattern with positive health effects.

**High socio-cultural value:** Expression of the cultural richness, traditions and knowledge of communities.

**Low environmental impact and high biodiversity:** Low environmental impact and richness of biodiversity, appreciation of the value of biodiversity, reduction of pressure on natural resources and mitigation of climate change.

**Support to local economy:** High local economic returns, sustainable territorial development, rural poverty reduction and high performance in reducing food waste and loss.