

Are you 18-35 years old?

Are you struggling with a healthy-diet life-style?

Are you wondering how we can sustain our planet?

If your answer is “YES” to any of the above mentioned questions, then participate in the

# WORLD FOOD DAY 2020 YOUTH COMPETITION

Most Effective Awareness Message – by, from and to Youth!

## ABOUT THE COMPETITION

**World Food Day 2020** marks its 40th anniversary in an exceptional moment as countries around the world deal with the widespread effects of the COVID-19 pandemic. It's a time to look into the future we need to build together. This year's theme is: **Grow, Nourish, Sustain. Together. Our Actions are our Future!**

Collective action across 150 countries is what makes World Food Day (WFD) one of the most celebrated days of the United Nations' (UN) calendar. It promotes worldwide awareness and action for those who suffer from hunger and for the need to ensure healthy diets for all. Hence, we need to make sure that our food systems **grow** a variety of food to **nourish** a growing population and **sustain** the planet, **together**.



## The main purpose of the competition is for youth to spread awareness about the importance of:

- Appreciating food in our life – food that is usually taken for granted.
- Having a healthy diet that contributes to a healthy life. When we choose to eat diverse foods, we encourage a variety of foods to be produced. Remember, a diverse diet favours biodiversity which helps in sustaining our planet.
- Looking for volunteer opportunities at local food banks or community kitchens. It's a great way to be involved in collective action and support those who struggle to access food.
- Growing food at home. If you have a green space at home, access to a garden, or a balcony with space for plant pots, you can learn how to grow your own fruits, vegetables and herbs. This will teach you a lot about how food is produced and grow your appreciation for all the work that goes into cultivating produce that we buy at markets.
- Respecting food and food heroes. Food loss and waste can occur throughout the food system, once it arrives at your table – you can play your part! Learning how to store uneaten food properly for another day's meal is one way to avoid wasting perfectly good food. Respecting food means respecting food sector workers.

So, you are expected to develop awareness messages via different formats be it a song, a short video (1.5 minutes maximum), a poem, a drawing, etc. around the topics mentioned above. Be as creative as you can! Come up with innovative formats could be different from what is mentioned here.

## REGISTRATION AND SUBMISSION

### Eligibility

Youth, ages 18-35 are invited to submit their awareness messages in different formats.

### Submission

Formats need to be submitted on **18 October 2020 at 11.00 pm** maximum. Any submissions after that will be disregarded.

All those who are interested in joining the competition are to register by sending an e-mail message to: [Nourhan.MohamedRagaihAhmed@fao.org](mailto:Nourhan.MohamedRagaihAhmed@fao.org) by **4 October 2020 at 11.00 pm** and mention **WFD 2020 Youth Competition** in the subject line. In this e-mail, you need to include:

- your name, age, education;
- affiliation (university, employee, freelancer, entrepreneur, etc.);
- one or more topics covered from the list mentioned above, and
- the suggested format you wish to work on (song, video, etc.) – use your creativity.

**How to submit?** A Drop-box link will be sent to all youth who registered for the competition. In this Drop-box, you can submit the message you develop in whichever format you choose.

## TIMELINE

- Deadline for registration: 4 October 2020.
- Deadline for submission: 18 October 2020.
- Announcement of short-listed submissions: 20 October 2020.
- Announcement of winning submissions: 22 October 2020.

**Surprises are awaiting you!**



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