

Food from the forest

Scope and main objectives

Our studies of forest foods in India, Cambodia, the Philippines, Malaysia and Indonesia show that

- the availability, knowledge, procurement and use of forest foods has decreased,
- most of the youth are disconnected from such knowledge
- the destruction of forest habitats and the displacement of indigenous peoples have affected the availability of forest foods,
- acculturative pressures and the availability of processed foods have made wild foods appear as “backward”.

Non-timber forest products - exchange programme has embarked on a process to rediscover wild foods with indigenous people, with the aim of helping to restore the health and nutrition of indigenous peoples in the long term through forest foods.



Innovative approach/Results

Approaches include: cultural/food festivals, participatory research, policy reform through the engagement of the government sector, rehabilitation, cultivation, conservation of wild food habitat.



Conclusions/ Lessons learned

Future work will include linking with appropriate institutions and science-based organizations to determine the nutritional values of forest foods, restoring knowledge in forest areas where understanding of forest foods is dwindling, and influencing primary schools to promote forest foods. The documentation of local recipes, promotion of local culinary practices will also be supported and wild vegetable management plans will also be supported.