

Webinar

Tuesday November 29, 2016 | 1:00 – 2:00 PM



Sustainable Diets and Canada's Food Guide



FSC
Food Secure Canada



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WELCOME

Food Secure Canada is a national network of organizations and individuals working for zero hunger, healthy and safe food, and sustainable food systems.

We work with citizens, organizations, businesses and policy makers to create better food policies and foster food sovereignty.



WHY THIS WEBINAR

Underpinning “What to eat today” is Canada’s Food Guide – Individuals, Schools, Health Care facilities, healthy eating initiatives – but there are many ways in which it is not working

Consultation on Canada’s Food Guide, opportunity for civil society voice

Current food system – many social, health and environmental challenges including diet-related disease, food insecurity, failure to account for the true cost of food

Our health is intimately linked to the environment, we need to improve the sustainability of food systems and redefine healthy food as going beyond its nutritional qualities alone

- Consider the production and the consumption of food

KEY QUESTIONS

What does dietary guidance that integrates nutrition and sustainability look like?

- What are the different dimensions of sustainability – environmental, economic, social?
- What do we need to bring sustainable dietary guidance ‘to life’ such as changing behaviour, food environments, innovative partnerships?
- How will dietary guidance be part of a coherent national food policy?

WEBINAR AGENDA

Presentations by the panel (10 minutes each)

- Cecilia Rocha, *Brazil's Food Guide: A new approach*
- Barbara Seed, *Exploring concepts and evidence of sustainable diets*
- Fiona Yeudall, *What assets do we need to eat sustainably*
- Pat Vanderkooy, *Promoting healthy eating and sustainable food systems*

Questions

- Post using the Q&A icon

Next steps

- Webinar slides and recording will be shared

AUDIENCE

Poll:

What job roles are in the audience today?

Brazil's Food Guide: a new approach

Cecilia Rocha, PhD

Professor and Director,

School of Nutrition and Centre for Studies in Food Security

Ryerson University

Webinar: *Sustainable Diets and Canada's Food
Guide*

November 29, 2016

5 Principles in Brazi's Food Guide

- Healthy eating is more than just ingesting nutrients
- Recommendations on healthy eating must take into account time and place
- Healthy and adequate eating is derived from a food system that is socially and environmentally sustainable
- Food guides must take into account diverse and varied sources of knowledge
- Food guides contribute to a greater autonomy of individuals, families, and communities in their choices

Presentation/Introduction: what is mentioned

- Political, economic, social, and cultural changes in the past decades
- Rapid demographic, epidemiological, and nutritional transitions
- Prevalence of micronutrient deficiencies and chronic under-nutrition among some vulnerable groups, despite significant decline in the past 20 years
- Significant increase of overweight and obesity, and in related chronic illnesses
- Need for inter-sectoral action, as called for in the following documents: National Policy for Food and Nutrition Security (and the National Plan for Food and Nutrition Security); National Policy for Health Promotion; National Policy for Popular Education in Health; Strategic Action Plan for Combating Non-Transmissible Chronic Diseases in Brazil.
- Right to Adequate Food in the country's constitution (2010)

Goal

The Food Guide is to be an instrument to support and promote healthy food and eating practices by individuals and groups, as well as an instrument to support policies, programs, and actions which aim at encouraging, supporting, protecting, and promoting the health and the food and nutrition security of the population.

Choice of Foods

- Four categories of foods, defined according to the type of processing used:

1. Products *in natura* or minimally processed (fruits, vegetables, nuts, grains, milk, eggs, meats, tea, coffee, and water)

Recommendation: Make them the basis of your eating

2. Products used as condiments in culinary preparations (oils, fats, sugar and salt).

Recommendation: Use in low quantities for cooking

3. Processed foods (canned or frozen vegetables and fruit, dried meat, canned fish, cheeses, and breads)

Recommendation: Limit their consumption

4. Ultra-processed foods (cookies, ice-cream, sweets, breakfast cereals, cakes, cereal bars, instant soups, snacks, sodas, juices, frozen meals)

Recommendation: Avoid their consumption

The Golden Rule

Always give preference to foods *in natura* or minimally processed and to culinary preparations over ultra-processed foods.

10 steps to healthy and adequate eating

- Three top guidelines
 - 1) Make food *in natura* or minimally processed the basis of your diet
 - 2) Use oils, fats, sugar and salt in moderation
 - 3) Limit consumption of ready-to-consume food and drink products

- 4) Eat regular meals, paying attention, and in appropriate environments
- 5) Eat in company whenever possible
- 6) Buy food at places that offer varieties of fresh foods. Avoid places that mainly sell products ready for consumption
- 7) Develop, practice and share skills in food preparation and cooking
- 8) Plan time to give meals and eating the space they deserve
- 9) When eating out, choose restaurants that serve freshly made meals. Avoid fast food chains.
- 10) Be critical of the information, guidance and messages conveyed by commercial advertisement of food products

THANKS

crocha@ryerson.ca

Reference:

Brazil (2014), *Dietary Guidelines for the Brazilian Population*

Brasília: Ministério da Saúde.

Sustainable Diets & Canada's Food Guide

Food Secure Canada

November 28, 2016

Barbara Seed, PhD, MPH, RD
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Definition of Sustainable Diets

Diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations.

Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.

2010 FAO International Scientific Symposium on Biodiversity and Sustainable Diets



Sustainable Diets

Consumption

component of food supply
chain

(specifically, dietary
guidelines)



Who is on Board?

- Food and Agriculture Organization of United Nations (FAO)
- Academics (e.g. Gussow & Clancy, Food Climate Research Network)
- Industry (e.g. Barilla)
- International NGOs (e.g. WWF)
- Government advisory bodies (e.g. UK Sustainable Development Commission; Health Council of the Netherlands;)
- Countries (Brazil, Germany, Sweden, Qatar)



Measurement of Sustainable Diets

- i) Assessing the impact of individual foods on the environment.
 - Greenhouse gas emissions
 - Land use
 - Water use
 - Nitrogen release
 - Biodiversity
 - Waste
- ii) Assessing the impact of diets and dietary patterns on the environment.

Water Use

"The world is thirsty because it is hungry" FAQ

You use about 3800 litres of water, everyday.



FOOD

3496 litres: 92%

water for the production of the food you consume everyday



INDUSTRIAL PRODUCTS

167 litres: 4.4%

water for the production of the industrial products you use everyday




DOMESTIC USE

137 litres: 3.6%

water for your everyday domestic consumption such as showering





*While healthy diet patterns have been shown that they **can** be more sustainable, it does not mean that a healthy diet **is necessarily** a more sustainable diet.*



Evidence-Based Recommendations for Sustainable, Healthy Diets

- Consuming a primarily plant-based diet
- Reducing meat consumption (especially ruminant meat)
- Consuming seasonal, field grown fruit and vegetables
- Reducing waste
- Breastfeeding
- Choosing certified food (e.g. sustainably certified fish)

Qatar Dietary Guidelines: Eat Healthy While Protecting the Environment



- Emphasize a plant-based diet, including vegetables, fruit, whole grain cereal, legumes, nuts and seeds.
- Reduce leftovers and waste.
- When available, consume locally and regionally produced foods.
- Choose fresh, home-made foods over highly processed foods and fast foods.
- Conserve water in food preparation.
- Follow the recommendations of the Qatar Dietary Guidelines.



Concluding points

- Research is emerging and complex, but doesn't negate action
- Some evidence based recommendations
- A healthy diet *is not necessarily* a more sustainable diet
- Analyze potential policy consequences
- Sustainable & Healthy Diets can be integrated at many levels

Sustainable Diets and Canada's Food Guide

What assets do we
need to eat sustainably?

Fiona Yeudall PhD RD

Canada's Healthy Eating Strategy

Make the healthy choice the easy choice by:

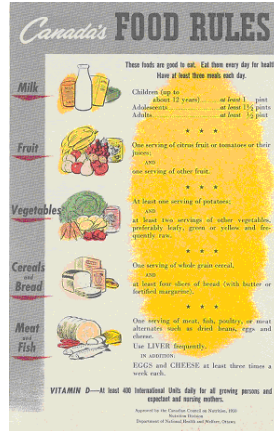
- Improving healthy eating
- Protecting vulnerable populations
- Strengthening labels & claims
- Improving nutrition quality standards
- Supporting increased access to & availability of nutritious foods



HEALTHY *eating*
Strategy

History of Canada's Food Guide

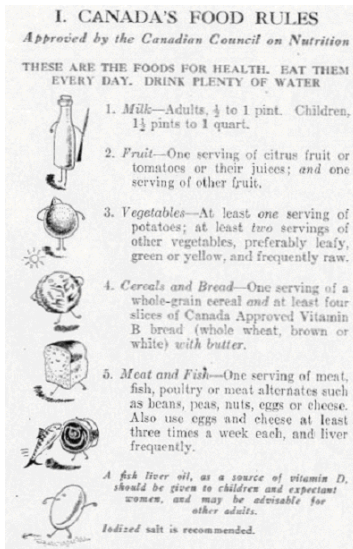
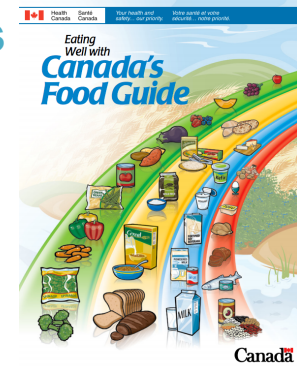
Canada's Food Rules 1942 & 1942



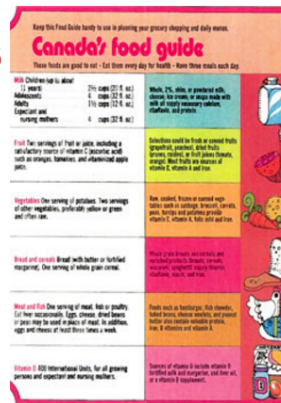
Canada's Food Guide 1961



Canada's Food Guide to Healthy Eating 1992



Canada's Food Rules 1949



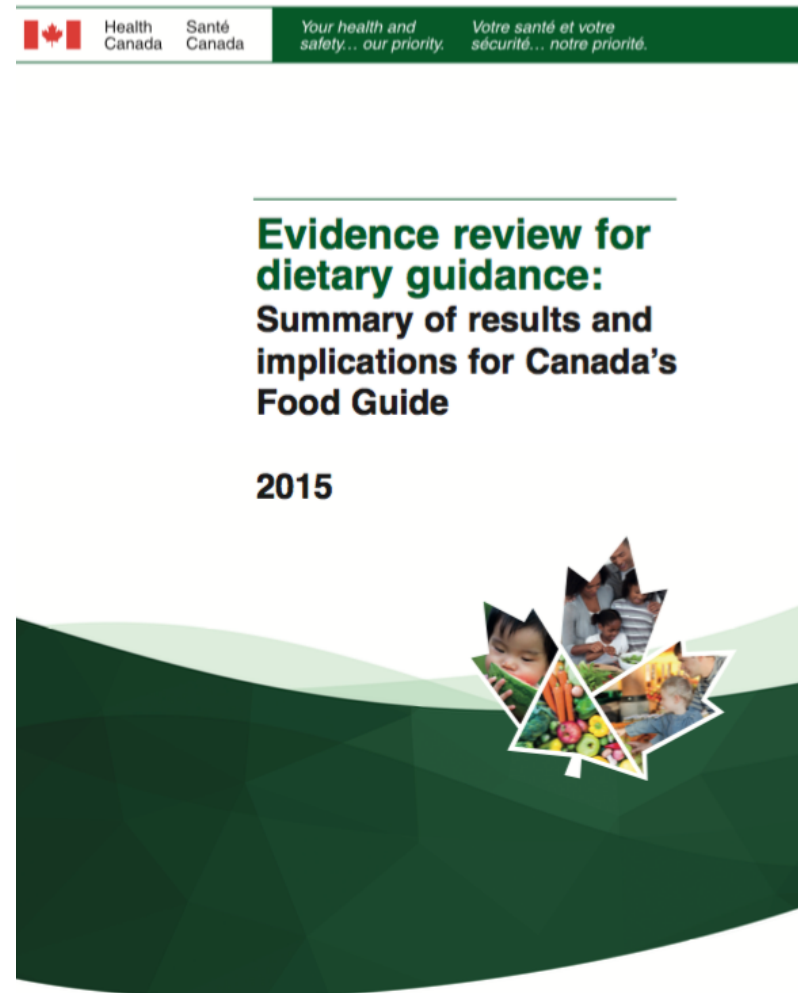
Canada's Food Guide 1977 & 1982



Eating Well with Canada's Food Guide 2007

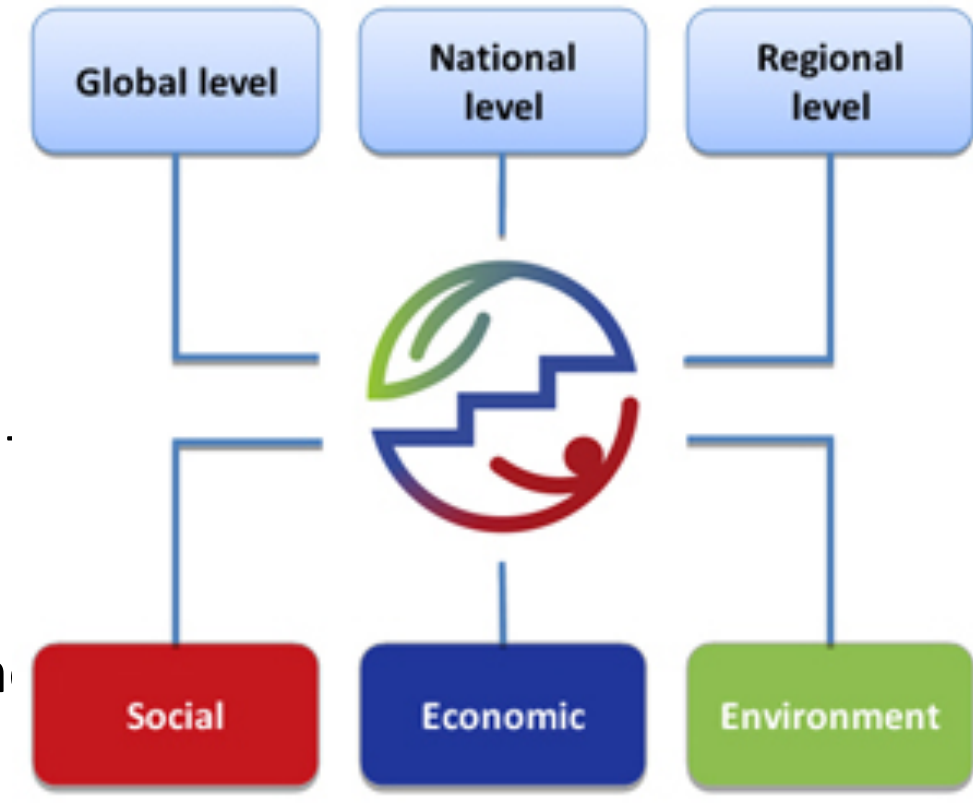
Dietary Guidance: Role of Canada's Food Guide

- Canada's food guide is both a policy & an educational tool.
- Interprets complex nutrition information in a practical way
- Evidence review of scientific basis, Canadian context & use of existing guidance
- Scope of future reviews could be broadened to include ... environmentally sustainable diets ...



What is Sustainability?

- Maintain, support, endure
- “sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”
UN 1987
- environmental, social & economic pillars UN 2005



uncsd2012.org

Operationalizing Sustainability: Sustainable Livelihoods Framework

- Considers vulnerability context, livelihood assets & transforming structures & processes that impact livelihood outcomes including food & nutrition security
- Originated in 1980s to bring together environmental and social considerations in development projects
- What influences consumption of a sustainable diet?



Pumpkins



Potatoes



Plums



Peppers



Peas



Pears



Peaches



Onions



Nectarines



Melons



Lettuce



Grapes



Garlic



Eggplant



Cucumber



Corn

Celery

Cauliflower

Vulnerability Context

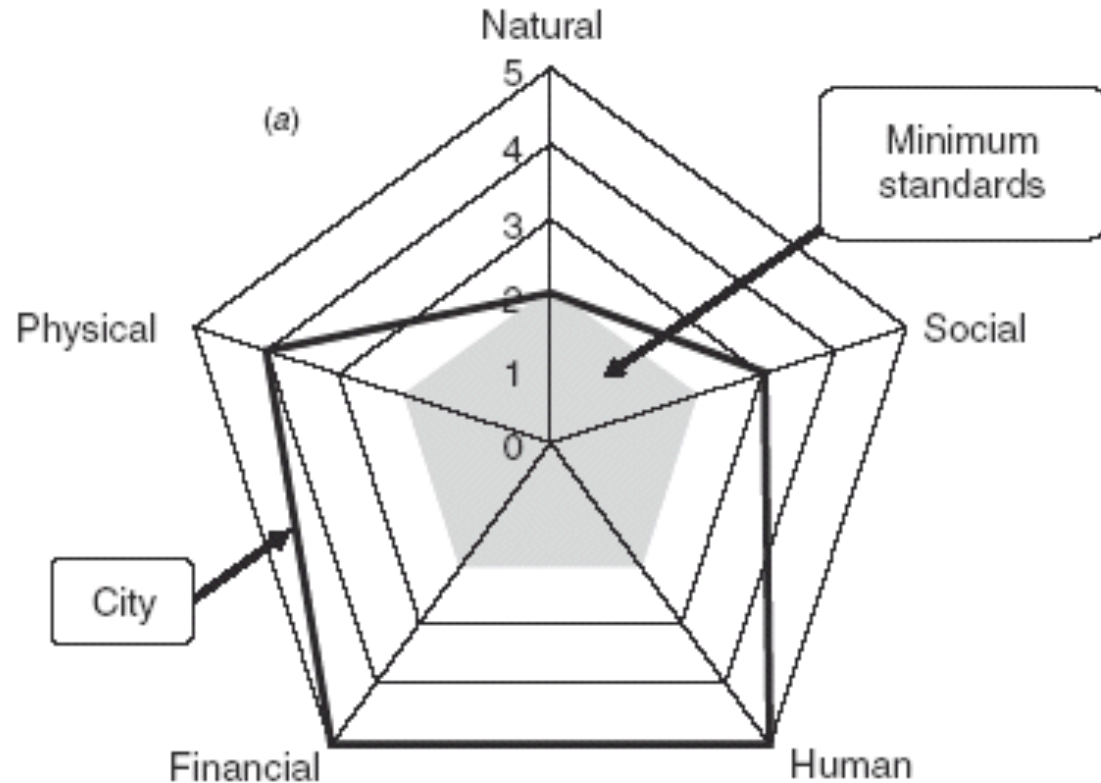
- Shocks related to rising rates of poverty & hunger
- Trend of seasonless food travelling long distances & farm crisis
- Trend of processed & ultraprocessed foods
- Seasonality - when resources constrained

Rotations: Moore Estates



Livelihood Assets

- Where are strengths
- Consider how convert to positive livelihood outcomes
- No one sufficient
- Consider interactions, trade offs & change over time



Human Capital

- Skills, knowledge, ability to labour & good health
- Necessary but not necessarily sufficient
- Preparation skills, confidence, health required to access food, household characteristics



“MAKING SOMETHING OUT OF NOTHING”

FOOD LITERACY AMONG YOUTH, YOUNG PREGNANT WOMEN AND YOUNG PARENTS WHO ARE AT RISK FOR POOR HEALTH

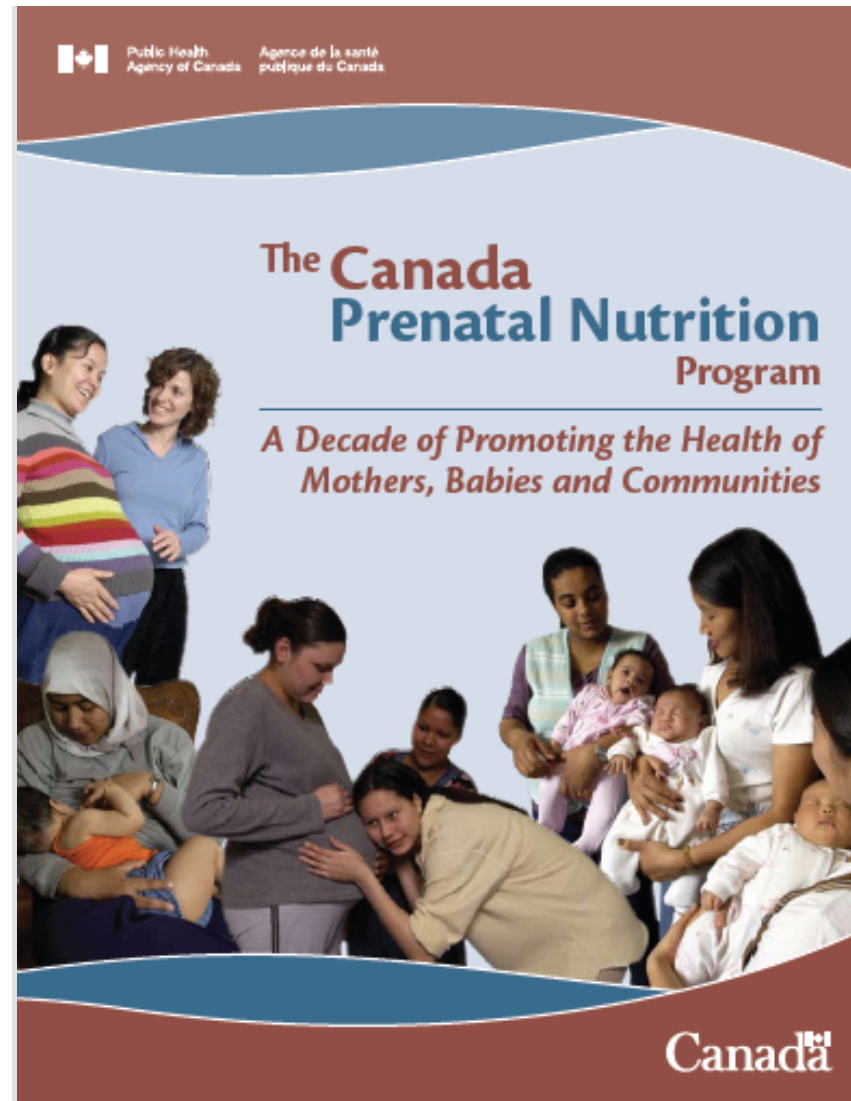
**A LOCALLY DRIVEN COLLABORATIVE PROJECT
FUNDED BY PUBLIC HEALTH ONTARIO, 2013
TECHNICAL REPORT**

LEAD INVESTIGATORS:
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CO-INVESTIGATORS:
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City of Hamilton Public Health Service: Ruby Samra, RD
Huron County Health Unit: Amy MacDonald, RD, MScFN; Janice Dunbar, Community Developer
Middlesex-London Health Unit: Heather Thomas, RD, PhD
Perth District Health Unit: Margaret Ann Munoz, RD, MPH
Sudbury & District Health Unit: Bridget King, RD, MHSc
Windsor-Essex County Health Unit: Thelma Maxwell, RN; Pearl Wong-McGraw, RN; Riddhi Shukla, RD
Individual Collaborator: Marie Traynor, RD, PHEc, MSc

Social Capital

- Social resources
- Networks & connectedness
- Group membership
- Trust, reciprocity & exchanges
- coping strategies, collective strategies, social norms



Natural Capital

- Natural resource stocks - intangible public goods & divisible assets
- Close relation to vulnerability context, structures & processes
- Land access, lifecycle CO2 emissions



fermequatremps.com

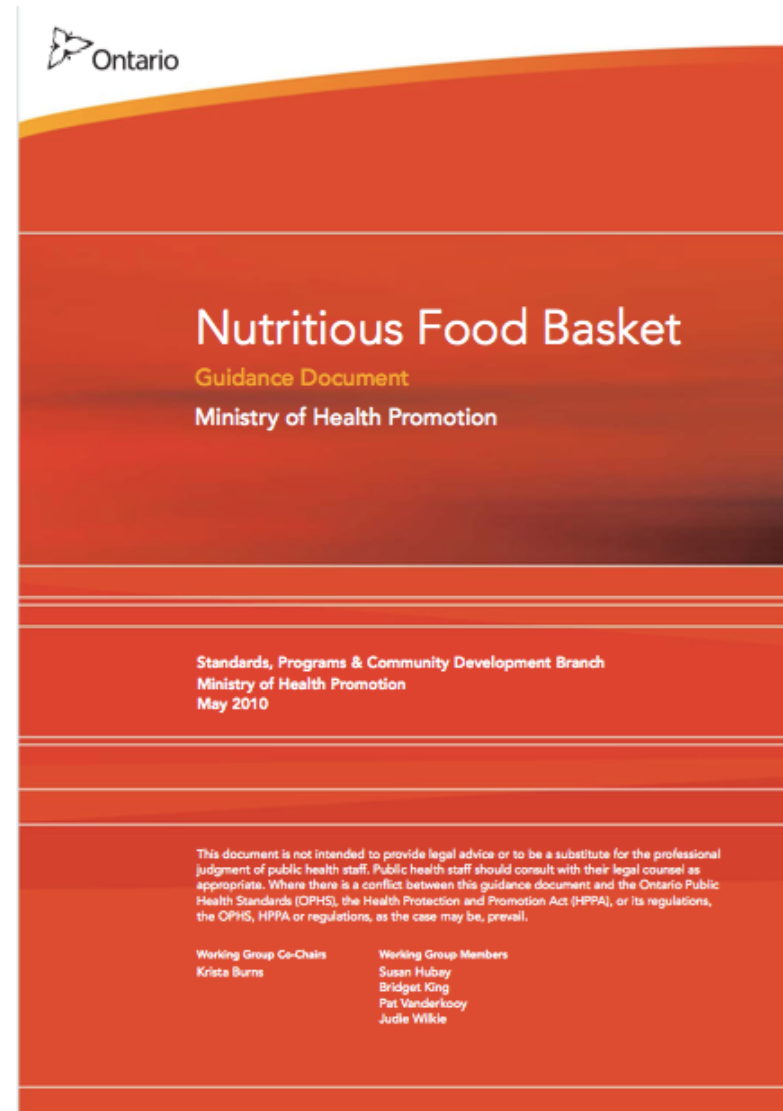
Physical Capital

- Basic infrastructure & producer goods
- Lack constrains productive capacity
- Affordable transport, shelter, water, energy, equipment (preparation, storage) food outlet typology, accessibility, quality



Financial Capital

- Financial resources including flows & stocks
- Most versatile
- depends on transforming structures & processes including state transfers & subsidies



Transforming Structures & Processes

- Institutions, organizations, policies & legislation
- Access, terms of exchange, returns
- Governance key to relation to assets
- Aim of transforming structures & processes – build resilience to withstand shocks & trends

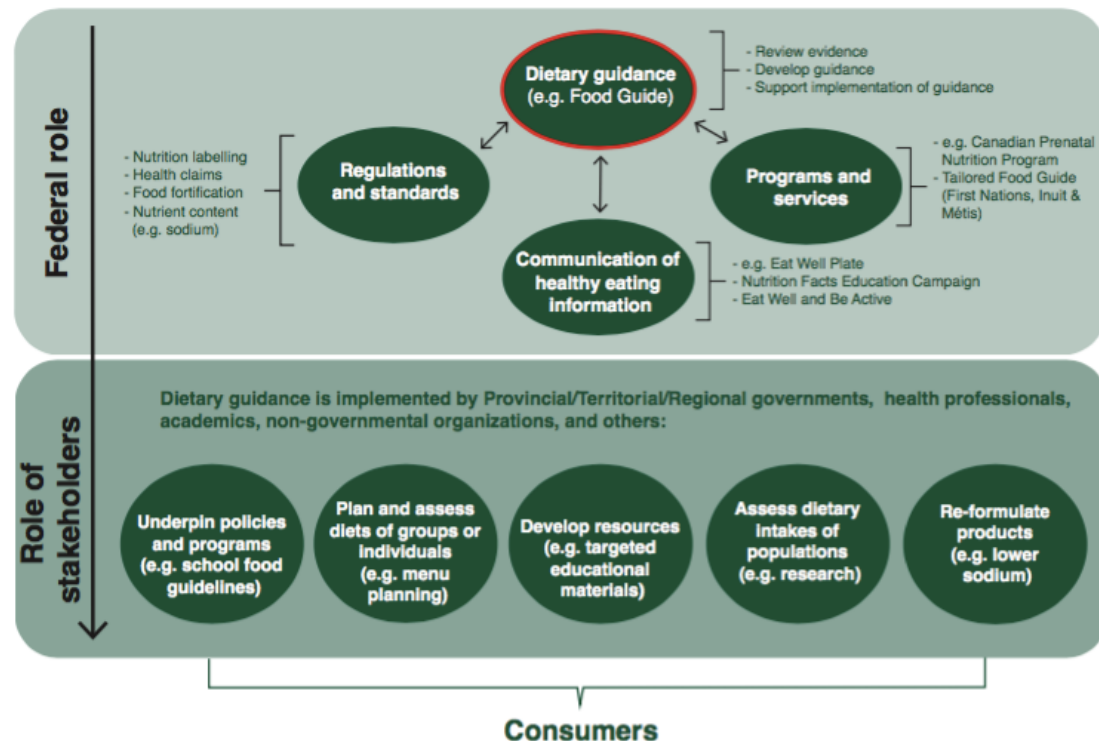


The screenshot displays the Health Canada website interface. At the top, there is a navigation bar with links for 'Français', 'Home', 'Contact Us', 'Help', and 'Search'. Below this, the main content area features a large graphic of a rainbow with various food items (vegetables, fruits, grains, dairy, and fish) at its base. The text 'Eating Well with Canada's Food Guide' is prominently displayed. To the right of the rainbow, there are several interactive buttons: 'Food Guide Basics', 'Choosing Foods', 'Using the Food Guide', 'Maintaining Healthy Habits', and 'Create My Food Guide'. Below the rainbow, there are links for 'Educators and Communicators' and 'Food Guide for First Nations, Inuit and Métis'. A 'Quick Links' section on the right side provides direct access to 'Background on the Food Guide', 'Frequently Asked Questions', and 'Send us your feedback'. At the bottom, a 'What's New' section lists recent updates, including 'Eat Well Plate', 'Eat Well and Be Active Educational Toolkit', 'Ready-to-Use Presentation on Nutrition Labelling', 'Canada's Food Guide Now Available in 10 Additional Languages', 'Use of Food Guide Content in Labelling and Advertising', 'Copyright Guidelines for Non-Commercial and Commercial Reproduction of Canada's Food Guide', 'Tips to Get Active', and 'Access our banner and icons'. The website footer includes the Health Canada logo and the URL 'www.hc-sc.gc.ca'.

Role of Canada's Food Guide in Sustainable Diets

- Underpins policies, programs & initiatives that promote healthy eating
- Few individual Canadians meet recommendations
- What work needs to be done to define & characterize sustainable diets?

Current federal and stakeholder roles in dietary guidance



Health Canada (2015). Evidence Review for Dietary Guidance: Summary of results and implications for Canada's Food Guide hc-sc.gc.ca

For more information

- Slater, J., & Yeudall, F. (2015). Sustainable Livelihoods for Food and Nutrition Security in Canada: A Conceptual Framework for Public Health Research, Policy, and Practice. *Journal of Hunger & Environmental Nutrition*, 10(1), 1-21.

Journal of Hunger & Environmental Nutrition, 10:1–21, 2015
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Sustainable Livelihoods for Food and Nutrition Security in Canada: A Conceptual Framework for Public Health Research, Policy, and Practice

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Current definitions of food insecurity center around the dominant themes of (1) individual and household food insecurity, stemming from a lack of access to resources needed to obtain adequate food; and (2) community food insecurity, which occurs when dominant food systems falls short in terms of social, economic, and environmental sustainability. These definitions do not sufficiently incorporate the concept of nutrition security or adequate nutritional status in terms of macro- and micronutrients, a state not achieved by most Canadians. We propose the Sustainable Livelihoods for Food and Nutrition Security Framework, which integrates food security and nutrition security to achieve public health nutrition goals.

KEYWORDS food security, nutrition security, sustainable livelihoods, public health

INTRODUCTION

Current definitions of food security center around 2 dominant themes—(1) individual and household food insecurity—stemming from a lack of access to resources (primarily financial) needed to obtain healthy, personally acceptable food^{1–3}—and (2) community food insecurity, which occurs when the dominant food systems falls short in terms of goals related

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Promoting healthy eating AND sustainable food systems

Pat Vanderkooy, Manager Public Affairs, Dietitians of Canada

November 2016

Sustainable Diets and Canada's Food Guide

- Presentation at the Food Secure Canada Assembly October 15, 2016 at Ryerson University
- Food Secure Canada webinar November 29, 2016: How could dietary guidance be part of the national food policy? How can we best engage/participate in the process?

How could dietary guidance be part of the national food policy?

More healthy diets?

Sustainable food systems?

Agriculture – land, water, resource inputs?

Environment – biodiversity, climate change?

Right to food? Food security?

Population health?

Dietary guidance?

Who profits, who pays?

Economics & Jobs

Global trade

Civil society

Health care system



Health Canada Ministerial Mandate (Nov 2015): includes

- **Promote public health by:**
 - increasing vaccination rates;
 - introducing new **restrictions on the commercial marketing of unhealthy food and beverages to children**, similar to those now in place in Quebec;
 - bringing in tougher regulations to **eliminate trans fats** and to **reduce salt in processed foods**, similar to those in the United States; and
 - improving food labels to give **more information on added sugars and artificial dyes in processed foods**.
- Work with the Minister of Indigenous and Northern Affairs to **update and expand the Nutrition North program**, in consultation with Northern communities.
- **Engage provinces and territories** in the development of a **new multi-year Health Accord**

- NO mandate requiring Dietary Guidance or the revision of Canada's Food Guide; no mandate to emphasize sustainable diets

- Canadian Food Inspection Agency (CFIA): "protection of environmental biodiversity;... economic prosperity of Canadian agriculture and forestry sectors relies on a healthy and sustainable animal and plant resource base"

Health Canada's Healthy Eating Strategy (October 24, 2016)

1. revise **Canada's Food Guide (CFG)** into targeted products to communicate relevant, consistent and credible **dietary guidance** to Canadians
2. restrict the commercial marketing of unhealthy foods and beverages to kids
3. reduce sodium in prepackaged foods; develop sodium reduction targets for the restaurants and foodservice sector
4. responsible regulation-making – Nutrition Facts table, list of ingredients, food dyes (information about added sugars?)
5. eliminate industrially-produced trans fat from the food supply; introduce front-of-package labelling
6. keep improving Nutrition North Canada and ensure it is sustainable

Health Canada's Healthy Eating Strategy....

- “many factors in our **food environment** influence our ability to **make healthy food choices** and to follow a **healthy eating pattern we owe it to the next generation** to reduce the influences that encourage them to consume unhealthy foods and beverages” (sustainability?)
- written submissions to the formal online consultation (closes December 8, 2016)
- monthly table of all correspondence from stakeholders
- during policy development, will seek expert advice from:
 - academics
 - health professional associations
 - federal, provincial and territorial officials
 - non-governmental organizations interested in health

Can we use Dietary Guidance & Canada's Food Guide to raise awareness, support education and drive policy development that fosters sustainable eating?

Dietary Guidance policy report in 2017:

- provide clear, concise and evidence-based recommendations
- for health professionals and policy makers
- how will this be helpful?

In 2018-2019, look for new food guide resources:

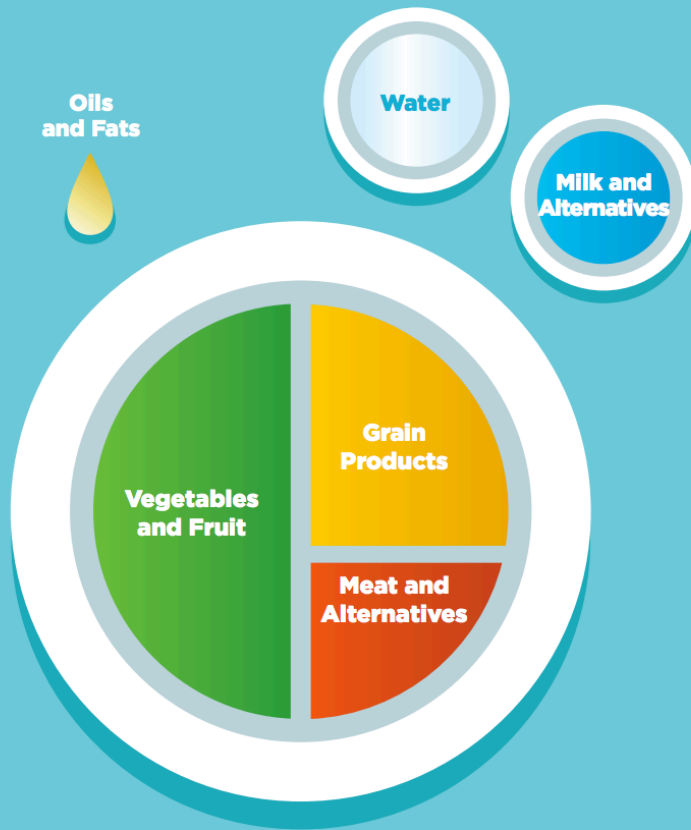
- is the current advice in CFG 'wrong'?
- how much updating does it need?
- what *is* the problem with it?

FSC article: Making Sense of the New Healthy Eating Strategy

<http://foodsecurecanada.org/resources-news/news-media/making-sense-new-healthy-eating-strategy>



Eat Well



What does Canada's Food Guide recommend?

**Adult woman
...total/day:**

3.5 cups grains
3 cups veg/fruit
2 cups milk or alt
2 svg meat or alt -
(5 oz total if meat)
2 Tbsp oil
Tap water

- *A more plant-based diet is possible*
- *Is this amount of food obesigenic?*

Canada's Food Guide online consultation

Q.: “To develop policies and guidelines, which of the following types of guidance are most useful to your organization? *(appear to be only about healthy eating)*

- Recommendations on the amount of food and beverages to consume
- Nutrients to limit like sugars, sodium, saturated and trans fats
- General recommendations on eating behaviours like cook at home more often
- Recommendations on the types of foods or beverages to consume and to limit
- General healthy eating tips like enjoy a variety of foods”

Canada's Food Guide online consultation....

Q.: “As part of the revision of Canada’s Food Guide, Health Canada will develop a **dietary guidance policy report** for health professionals and policy makers. The report will translate complex science about nutrition into clear and concise healthy eating recommendations.

Please rate the importance of including content on each of the following **topics to support your organization’s work related to healthy eating:**”

Canada's Food Guide online consultation....

- Impact of ultra-processed foods on healthy eating
- Traditional food, food access and other factors among Indigenous populations
- **Role of food skills** (e.g., cooking) in supporting healthy eating
- Dietary patterns – such as Mediterranean, **vegetarian**, Dietary Approaches to Stop Hypertension (DASH)
- Eating behaviours (e.g., eating together, mindful eating)
- Enjoyment of eating
- **Food security**
- Impact of eating habits on the environment
- **Impact of the food environment on food choices**

(implications for sustainable eating/ sustainable food systems? YES!!)

Germany, Brazil, Sweden, Qatar, Netherlands... healthy eating

- Cook foods on low heat, for short time, with little water and fat
- Use fresh ingredients (reduce packaging waste)
- Take your time and enjoy eating
- Eat in appropriate environments and in company
- Develop, exercise and share cooking skills
- Plan time to make food and eating important in your life
- Be wary of food advertising and marketing
- Try to maintain energy balance by eating just the right amount
- Build and model healthy patterns: regular hours for meals
- Eat at least one meal together daily with family
- Be a role model for children – healthy eating & physical activity

*** Health Canada has similar messaging in current resources*

Germany, Brazil, Sweden, Qatar, Netherlands...

*what do they say about **sustainable eating**?*

- *Eat greener, not too much and be active! (Sweden)*
- *Eat less red and processed meat, no more than 500 grams a week; Choose ecolabelled seafood (Sweden)*
- *Eat legumes at least twice a week, without mixing them with cold or cured meats (Chile)*
- *Care for your food; prepare and store it safely (Australia)*
- *Follow a dietary pattern that involves eating more plant-based and less animal-based food (Netherlands)*
- *Eat healthy while protecting the environment (Qatar)*

Will Health Canada explore this topic more? – there is evidence that diets could and should be more healthy & more sustainable

Defining a sustainable diet:

.....a diet with low environmental impacts, that contributes to food and nutrition security and to healthy life for present and future generations

Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.” (FAO, 2010)

Characteristics of low environmental impact diets consistent with good health

- **Diversity** (wide variety of foods)
- **Balanced energy** according to needs
- **Minimally processed** tubers and whole grains; legumes; fruits and vegetables; unsalted seeds and nuts (more plant-based diet)
- **In moderate quantities:** meat, all parts consumed; dairy prod.
- **Small quantities** of fish & aquatic prod. – certified
- **Oils and fats** with a beneficial omega 3:6 ratio
- **Tap water** in preference to other beverages
- **Reduce** intake of foods high in **fat, sugar, salt/** low in nutrients

Adapted from: Garnett, T. (2014). Changing What We Eat: A Call for Research and Action on Widespread Adoption of Sustainable Healthy Eating. Food Climate Research Network, FAO

Dietary guidelines need to:

- Be owned by the government – and supported by multiple departments within government
- Be aimed at the general public, health professionals, consumer organisations and those working in the food sector (different versions will be needed)
- Have clear links to food policies that are actually implemented – e.g. public procurement, advertising regulations, industry standards
- Be promoted – everybody should know about them

(from Plates, Pyramids, Planet - FAO, 2016)

How can health professionals contribute to intersectoral dialogue?

Our food policies and food environments should make the healthy & sustainable choices **the easy (& usual) choice.**

Tools like CFG are aimed at consumer/eater behaviour – **national dietary guidelines** should inform & drive policy.

Food consumption patterns are directly related to greater risk of non-communicable chronic diseases.

....."The debates and proposed policies for sustainable diets have not sufficiently questioned the proliferation of junk food products that use scarce resources to produce empty calories."

(<http://newsroom.unsw.edu.au/news/science-tech/how-cutting-down-junk-food-could-help-save-environment>)

Advocacy for national food policy: what next?

Agriculture and Agri-food Canada

Ministerial Mandate (Nov 2015): includes

- **Develop a food policy** that promotes healthy living and safe food by putting more healthy, high-quality food, produced by Canadian ranchers and farmers, on the tables of families across the country
- Work with provinces, territories, and other willing partners, to **help the sector adjust to climate change and better address water and soil conservation and development issues** (*sustainability principles?*)
- Invest in **transportation infrastructure**, including short-line rail spurs and inland and port loading terminals to improve efficiency, remove bottlenecks and increase system capacity (*local vs imported food?*)

***NEW! Established an inter-govt ministerial group – 10 ministries!
Plan for full public consultation in 2017 and national food policy in 2018***

SOME USEFUL REFERENCES:

LiveWell for LIFE played a key role in the European sustainable diets debate. The project looked at health, nutrition, carbon and affordability and demonstrated how low-carbon, healthy diets can help us achieve a reduction in greenhouse gas emissions from the EU food supply chain. <http://livewellforlife.eu/>

Sustainable diets and public health (Tim Lang)
<https://www.youtube.com/watch?v=ANKWQWwObH4>

Plates, pyramids, planet: Developments in national healthy and sustainable dietary guidelines: a state of play assessment (FAO, 2016)
<http://www.fao.org/3/a-i5640e.pdf>

Food-based dietary guidelines
<http://www.fao.org/nutrition/education/food-dietary-guidelines/home/en/>

Canadian Agri-Food Institute (CAPI): Many ask "how can we feed 9 billion people by 2050?" Instead, we ask "how can we sustainably feed such a growing population (and improve nutrition) and derive economic advantage from doing so?" <http://www.capi-icpa.ca/#sthash.h7v3VjMB.dpuf>

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NEXT STEPS

- FSC will share slides, recording and links to other resources
- Provide feedback on the webinar
- Participate in Canada's Food Guide consultation by December 8
- Follow us on Facebook, Twitter and share with your networks to continue the conversation
- Become a member of FSC!

Jennifer Reynolds, Food Secure Canada
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