

# ASIA PACIFIC FOOD POLICY TRAINING

## #2 SUSTAINABLE DIETS AND NUTRITION

- Introduction to the MUFPP in Asia Pacific Asia Pacific food policy training
- MUFPP tools for actions
- Sustainable Diets and Nutrition Recommended actions
- Sustainable Diets and Nutrition indicators
- Sustainable Diets and Nutrition Milan Pact Awards practices

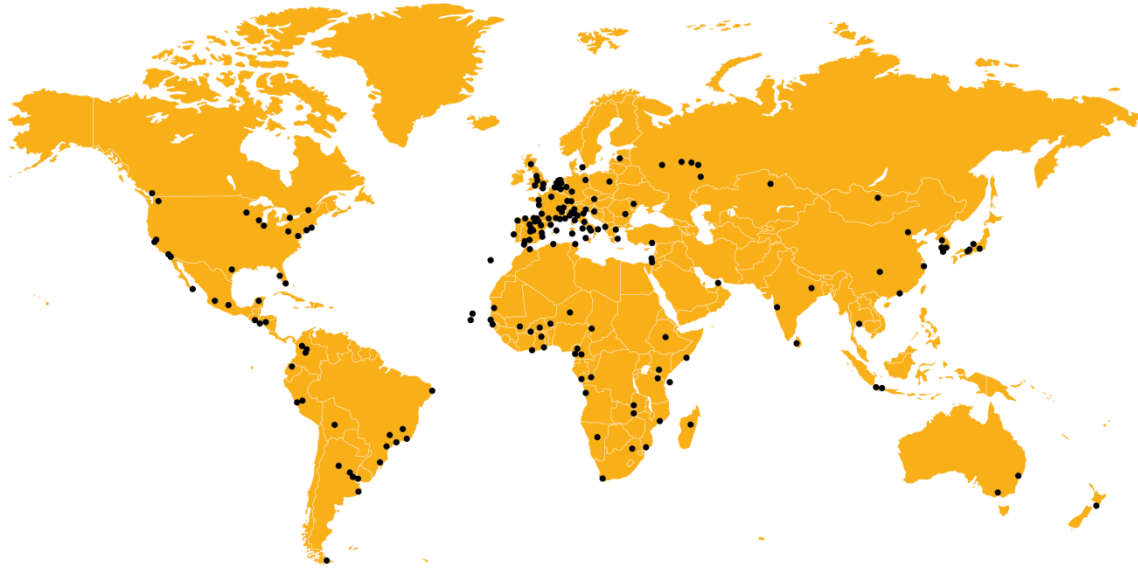
**Cécile Michel**

MUFPP Secretariat

[Cecile.michel@comune.milano.it](mailto:Cecile.michel@comune.milano.it)

[MUFPP.secretariat@comune.milano.it](mailto:MUFPP.secretariat@comune.milano.it)

# Community of 230 cities



Launched by the City of Milan in **2015**, the **Milan Urban Food Policy Pact** is an international agreement among cities from all over the world, committed "to develop **sustainable food systems** that are inclusive, resilient, safe and diverse, that provide healthy and affordable food to all people in a human rights-based framework, that minimize waste and conserve biodiversity while adapting to and mitigating impacts of climate change".

Its main aim is to support cities in fostering **city to city cooperation** and best food practices exchange, to develop more sustainable urban food systems.

[www.milanurbanfoodpolicypact.org](http://www.milanurbanfoodpolicypact.org)

<b>230</b>	<b>6</b>	<b>13</b>	<b>7</b>	<b>16</b>	<b>370</b>
<b>Signatory Cities</b>	<b>MUFPP Regions</b>	<b>Cities in Steering Committee</b>	<b>Global Fora</b>	<b>Regional Fora</b>	<b>Practices collected</b>



# Asia Pacific food policy training

The training, organized by **MUFPP** and **IURC**, aims to train the Asia Pacific city officers on food policies, based on the 6 categories of work proposed by MUFPP and by sharing European practices. Each of the 6 webinars will deepen a specific category of the MUFPP.



## Governance

5<sup>th</sup> April 2022



## Sustainable Diets & Nutrition

24<sup>th</sup> May 2022



## Social & Economic Equity

July 2022



## Food Production

September 2022



## Food Supply & Distribution

December 2022



## Food Waste

February 2023



# Milan Urban Food Policy Pact tools

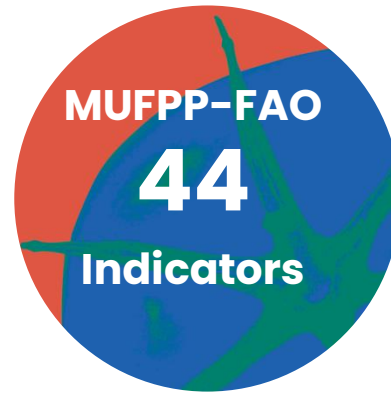


Three main tools to strengthen the development of food policies with recommended actions, indications, tools, good practices of the Awards.



The Milan Pact is composed by a preamble and a Framework for **37 recommended actions, clustered in 6 categories**.

The nature of this framework is to provide strategic options to those cities aiming to develop their food policy. The 37 recommended actions should be seen as entry points towards achieving the common goal of sustainable food systems.



For each recommended action there are **specific indicators to monitor progresses in implementing the Pact**. The **44 indicators** are also coupled by **Methodological Guidelines** that describes in detail how collect data. Cities can adapt the indicators to their own context and urban food policy.



The **Milan Pact Awards** offer **concrete examples** of the food policies that cities are implementing in each of the 6 Pact categories.

# Sustainable Diets and Nutrition recommended actions



The **7 recommended actions** falling into the “Sustainable Diets and Nutrition category” are all those actions aimed at ensuring, spurring, encouraging a better nutrition and sustainable diets among all citizens. There are many ways to do so:

1. **Promote sustainable diets** (healthy, safe, culturally appropriate, environmentally friendly and rights based) through relevant **education**, health **promotion** and **communication** programmes, with special attention to schools, care centres, markets and the media.
2. **Address non-communicable diseases associated with poor diets** and obesity, giving specific attention where appropriate to reducing intake of sugar, salt, trans fats, meat and dairy products and increasing consumption of fruits and vegetables and non-processed foods.
3. **Develop sustainable dietary guidelines to inform** consumers, city planners (in particular for public food procurement), food service providers, retailers, producers and processors, and promote communication and training campaigns.
4. **Adapt standards and regulations to make sustainable diets and safe drinking water accessible in public sector facilities** such as hospitals, health and childcare facilities, workplaces, universities, schools, food and catering services, municipal offices and prisons, and to the extent possible, in private sector retail and wholesale food distribution and markets.

<https://www.milanurbanfoodpolicypact.org/wp-content/uploads/2020/12/Milan-Urban-Food-Policy-Pact-EN.pdf>

Tool #1

37 recommended actions of which 7 actions on Sustainable Diets And Nutrition



# Sustainable Diets and Nutrition recommended actions



The **7 recommended actions** falling into the “Sustainable Diets and Nutrition category” are all those actions aimed at ensuring, spurring, encouraging a better nutrition and sustainable diets among all citizens. There are many ways to do so:

5. Explore **regulatory and voluntary instruments to promote sustainable diets** involving private and public companies as appropriate, using marketing, publicity and labelling policies; and economic incentives or disincentives; streamline regulations regarding the marketing of food and non-alcoholic beverages to children in accordance with **WHO recommendations**.
6. **Encourage joint action by health and food sectors** to implement integrated people-centred strategies for healthy lifestyles and social inclusion.
7. Invest in and commit to achieving **universal access to safe drinking water** and adequate sanitation with the participation of civil society and various partnerships, as appropriate.

Tool #1

**37** recommended actions of which **7 actions** on Sustainable Diets And Nutrition



# Sustainable Diets and Nutrition indicators



Despite the growing number of urban food initiatives in many cities, a key challenge expressed by MUFPP signatory cities is **measuring the impact** of these policy processes and initiatives. Since 2016, FAO and the MUFPP Secretariat, with the support of RUAF, developed an innovative and comprehensive **set of indicators and methodological guidelines to monitor the MUFPP recommended actions.**

1. Minimum dietary diversity for women of reproductive age
2. Number of households living in “food deserts”
3. Costs of a nutritious food basket at city/community level
4. Number of adults with type 2 diabetes
5. Prevalence of stunting for children under 5 years
6. Prevalence of overweight or obesity among adults, youth and children
7. Number of city-led or supported activities to promote sustainable diets
8. Presence of programmes/policies that promote the availability of nutritious and diversified foods in public facilities
9. Percentage of population with access to safe drinking water and adequate sanitation
10. Existence of policies/programmes that address sugar, salt and fat consumption in relation to specific target groups (e.g. general public, in hospitals & schools)
11. Existence of policies/programmes that address sugar, salt and fat consumption in relation to specific target groups (e.g. general public, in hospitals & schools)
12. Percentage of population with access to safe drinking water and adequate sanitation

## Tool #2

**44** indicators  
of which  
**12** indicators on  
Sustainable Diets  
and Nutrition





# Sustainable Diets and Nutrition indicators



## Indicators Methodological Guidelines

To facilitate the use of Indicators, a **set of Methodological Guidelines** has been developed for each indicator. Each guideline contains information on:

- the **rationale** for selecting this indicator
- how the indicator is constructed
- a **glossary** to clarify technical terms
- explanations on the **types of data** required
- **how data can be collected**
- the expertise and **resources needed**
- **examples** of how some cities have already collected and analyzed data and used this indicator.

Each guideline also highlights the connections with the **SDGs** and **targets**.

Cities can select, adapt and group options into guidelines as necessary to suit their situations.

**Download here the indicators and their methodological guidelines**



Tool #2

**44** indicators  
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# Sustainable Diets and Nutrition good practices



One of the most important goals of the Milan Urban Food Policy Pact (MUFPP), is to **stimulate the exchange of practices and learning between signatory cities.**

To foster this collaboration since 2016 the **City of Milan** and the **Cariplo Foundation** launched the **Milan Pact Awards (MPA)** with the aim of recognizing the most creative efforts and monitoring which cities were implementing the commitments they had made when they joined the Pact.

The awards are **a mean of encouraging action**, facilitating the emergence of the best practices of the MUFPP cities, making them evident to the community with a function of inspiring the action of other signatory cities.

Edition	Special Metions	Winning Cities
2016	Vancouver, Birmingham, Lusaka, Quito, Toronto, Riga	Baltimore (US) Mexico City
2017	Wanju, Parma, Torino, Belo Horizonte, Sao Paulo, Seoul	Toronto Antananarivo
2018	Ede, Copenhagen, Austin, Dakar, Ljubljana, Bruges	Ghent (Belgium) Lima (Perù)
2019	Tel Aviv, Kazan, Montpellier, Sao Paulo, Rio de Janeiro, Nairobi	Washington DC (US) Mezitli (Turkey)
2020	During the Covid-19 the awards were converted in the Milan Pact Talks, a non competitive edition, to collect video from MUFPP cities about their pandemic food responses.	



## Tool #3

**370** MPA practices  
of which  
**74 good practices**  
on Sustainable Diets  
and Nutrition

# Sustainable Diets and Nutrition good practices



MPA Edition	City	SDN practice
<b>2016</b> Special Mention	<b>Birmingham</b> UK	Birmingham began with challenges to public health from the increase in diet-related disease including obesity which grew into a <b>municipal commitment to expand school and community gardens, targeting unhealthy food and fast food advertising in low income neighbourhoods</b>
<b>2017</b> Special Mention	<b>Copenhagen</b> Denmark	In Denmark, <b>Copenhagen's Organic Conversion Project has succeeded in reaching 90% organic food procurement</b> target for all 900 municipal kitchens which succeeded with the inclusion of thousands of stakeholders from farmers to food service professionals, to school children and consumers
<b>2018</b> Special Mention	<b>Parma</b> Italy	In response to diet-related health problems in children, the city of Parma created a <b>broad coalition of organizations involved in food education connecting local food culture, food education, physical activity and environmental education</b>
<b>2019</b> Winner	<b>Washington DC</b> USA	Food as Medicine: <b>"Produce Plus" and "Produce Rx" programs</b> , aimed at <b>increasing access to healthy food</b> . In 2018 "Produce Plus" provided 9,000 residents with <b>bi-weekly \$10 coupons</b> to purchase fresh produce at local farmers markets, while "Produce Rx" provided access to more than 112 <b>food insecure people at-risk of diet-related chronic illnesses</b> with <b>weekly \$20 vouchers for fresh produce</b> to be used at farmers markets.
<b>2020</b>		During the Covid-19 the awards were converted in the <b>Milan Pact Talks</b> , a non competitive edition, to collect video from MUFPP cities about their pandemic food responses.



## Tool #3

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# Birmingham

- **one in four children is obese** by the time they leave primary school
- **Birmingham Childhood Obesity Partnership** was launched to impact childhood obesity at all levels
- schools and community centres have been supported to **grow food, raise awareness on healthy diets** and **adopt an active lifestyle**
- **first city to display nutritional information on all public advertisements**

**Indicator 13** Prevalence of overweight or obesity among adults, youth and children



# Grenoble

- **10,000 meals a day** served
- **two vegetarian and balanced meals a week** in all public catering services
- all aspects of the supply chain are carried out sustainably
- **50% of food** comes from **local organic farming**
- affordable prices in school canteens for families in need for **2,500 children**

**Indicator 16** Presence of programmes/ policies that promote the availability of nutritious and diversified foods in public facilities



# MILAN URBAN FOOD POLICY PACT:

## Towards more Sustainable Urban Food Systems



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Milan Urban Food Policy Pact  
[www.youtube.com/c/MilanUrbanFoodPolicyPact](http://www.youtube.com/c/MilanUrbanFoodPolicyPact)



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MUFPP Secretariat  
[MUFPP.Secretariat@comune.milano.it](mailto:MUFPP.Secretariat@comune.milano.it)

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