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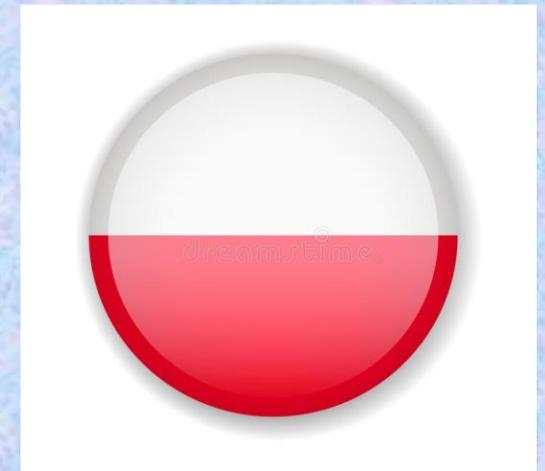


**PEER EDUCATION:**  
**FOOD SUSTAINABILITY**

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# ***GLOBAL FOOD SYSTEM***

***WHAT DO YOU KNOW ABOUT IT?***

# ***GLOBAL FOOD SYSTEM***

**“production, processing,  
and distribution of food  
throughout the world.”**

The diagram consists of two blue rounded rectangular boxes with white text. The left box contains a quote about food production, processing, and distribution. The right box contains the FAO definition of food security. Two curved blue arrows connect the boxes: one at the top pointing from left to right, and one at the bottom pointing from right to left, indicating a reciprocal relationship between the two concepts.

**Food and Agriculture  
Organization of the United  
Nations (FAO) :** availability of  
food, economic and physical access  
to food, food utilization to reach a  
state of nutritional well-being, and  
the stability of the previous three  
dimensions over time.

# ***FOOD FUNCTIONS***

## ***WHICH ONES DO YOU KNOW?***

# Food has 3 staple functions in the body:



## Growth and Development

Babies, young children and adolescents grow at a rapid rate, while in adults and the elderly most growth has stopped and nutrients are mostly used for maintaining their bodies.

Your body cells must be able to grow and develop as you do, and food plays a major part in this. Protein, for example, is the building block for every body tissue cell.



## Energy

Food supplies the fuel or energy needed to perform the many tasks of everyday living. We need energy to think, breathe, walk, sit, speak and even sleep. We get energy from carbohydrates, proteins and fats.



## Repair and Maintain Cells

must be well enough to fight infection and disease. Vitamins, minerals and protein keep the body's tissues and organs healthy.



***PROBLEMS OF THE  
GLOBAL FOOD SYSTEM  
WHAT DO YOU KNOW ABOUT THEM?***



**Increased Biofuel Production:** biofuels are fuels derived from organic matter, such as plant and animal materials, as opposed to fossil fuels. Incentives to produce biofuels have raised the global competition for land, and have made it harder for smaller farmers to compete or maintain control of their property.



**Limited Food Access:** Worldwide, about 795 million people suffer from chronic undernourishment. On top of the absence of these markets, limited mobility, economic barriers, and a lack of fresh food options prevent certain low-income communities from obtaining healthy and affordable food.



**Unsustainable Agricultural Practices:** Intensive farming methods use fertilizers and pesticides that contaminate streams and rivers, so 5-10 million hectares of arable farmland become unusable every year.



**Lack of Farmer and Workers' Rights:** Smaller farmers are increasingly unable to compete in an agricultural market dominated by big agribusinesses. Smallholders have a lack of access to the proper assets due to the immense surpluses produced by industrial agricultural companies or are subject to these companies' control.



**Food Waste:** Over one-third of food produced around the world is lost or wasted, equating to about 1.3 billion tons per year. Furthermore, food waste is a climate change concern, as methane (a greenhouse gas) emitted by rotting food is 23 times more potent than carbon dioxide.

# ***RESOLUTIONS***

***WHICH ONES DO YOU KNOW?***

# APPS

## FoodCloud

- is an app that connects businesses with charities. How it works is if a local shop has food that they cannot sell, they upload a description of the food using their in-store scanner or their smartphone app, and a local charity, linked to the store through FoodCloud's platform, receives a notification letting them know which food is available for collection. The charity responds by accepting the food and the charity collects it. This allows charities to access fresh food and businesses contributing to their community.

## Olio

- allows people to share their unwanted food with their neighbours so surplus food can be shared and not thrown away. In addition, you can purchase surplus food from restaurants too. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from local bakeries, or the food in your fridge when you go away on holiday.
- How it works is you make the item available on the app, add a photo, description and when and where the item is available for pick-up. To access items, simply browse the listings available near you, request what you would like to choose and arrange a pick-up via private messaging.

## Karma

- helps restaurants and cafés reduce their food waste. Instead of throwing surplus food they can sell it through Karma. Consumers buy food from the app as a takeaway and get high quality food for a reduced price. The app allows you to browse unsold food from restaurants, cafes and supermarkets. How it works is you download the app and browse through the unsold food from restaurants, cafes and supermarkets. Then select and purchase food for half the price, all within the app. Then you purchase it as a takeaway item.

## UGO Fresh

- connects shops and restaurants with local customers. Their aim is reduce food waste whilst increasing revenue for sellers by giving them a platform to push last minute deals. How it works is you download the app, install notifications or search for best deals, buy and pay for your shopping using the UGO Fresh app and can pick it up from the shop or restaurant.

## YumNow

- is a flexible online marketplace for food. It's a place where you shop for the meal you want, whether you pick it up or get it delivered. As a seller, it's a place where you reach a huge audience and where you can sell your meals at flexible times and prices. How it works is order your favourite meal on the app, choose to get your food delivered or to pick it up.

## Too Good To Go

- fights food waste by giving stores a platform to sell their surplus food. Their mission is to reduce food waste worldwide and their vision is to create a world where 'food produced' means 'food consumed'. It works by downloading the app and signing up. Search for the food you want and order your meal through the app and collect it.