

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE DATE</b>	Saturday, 19 December 2020 15:30 GMT +07:00
<b>DIALOGUE TITLE</b>	Preserving Indonesian Traditional Foods for Sustainable Consumption
<b>CONVENED BY</b>	Amanda Katili Niode, PhD - Chair, Omar Niode Foundation and Manager, Climate Reality Indonesia
<b>DIALOGUE EVENT PAGE</b>	<a href="https://summitdialogues.org/dialogue/1696/">https://summitdialogues.org/dialogue/1696/</a>
<b>DIALOGUE TYPE</b>	Independent
<b>GEOGRAPHICAL FOCUS</b>	Indonesia

The outcomes from a Food Systems Summit Dialogue will be of use in developing the pathway to sustainable food systems within the locality in which they take place. They will be a valuable contribution to the national pathways and also of interest to the different workstreams preparing for the Summit: the Action Tracks, Scientific Groups and Champions as well as for other Dialogues.

# 1. PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

125

## PARTICIPATION BY AGE RANGE

7 0-18      105 19-30      12 31-50      1 51-65      66-80      80+

## PARTICIPATION BY GENDER

55 Male      70 Female      Prefer not to say or Other

## NUMBER OF PARTICIPANTS IN EACH SECTOR

2	Agriculture/crops	5	Education	4	Health care
3	Fish and aquaculture	15	Communication		Nutrition
1	Livestock	1	Food processing	8	National or local government
2	Agro-forestry		Food retail, markets		Utilities
10	Environment and ecology	6	Food industry	5	Industrial
2	Trade and commerce	4	Financial Services	57	Other

## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

	Small/medium enterprise/artisan		Workers and trade union
	Large national business		Member of Parliament
	Multi-national corporation		Local authority
3	Small-scale farmer	3	Government and national institution
	Medium-scale farmer		Regional economic community
	Large-scale farmer		United Nations
4	Local Non-Governmental Organization		International financial institution
6	International Non-Governmental Organization		Private Foundation / Partnership / Alliance
1	Indigenous People		Consumer group
	Science and academia	108	Other

## 2. PRINCIPLES OF ENGAGEMENT

### HOW DID YOU ORGANIZE THE DIALOGUE SO THAT THE PRINCIPLES WERE INCORPORATED, REINFORCED AND ENHANCED?

Indonesia is an archipelago with 17,000 islands, over 600 ethnic groups and 269 million people. The Independent Dialogue is one session in a 3-day Youth Leadership Camp for Climate Crisis (YLCCC) focusing on Food Systems. Participants came from all over Indonesia where we have 3 time zones. Topics covered at YLCCC provided information as the basis for the Independent Dialogue, including the climate crisis and its solutions, the tragedy of the commons, carbon foot print in food and agriculture sector, international agreements (UNFCCC, UNCBD, SDGs), farming and agricultural practices for selected commodities, climate smart eating, leadership and communications and youth activities. At the Dialogue Session we presented the Summit principles and objectives, followed by adducers explaining about computerized data of Indonesian traditional foods and drinks, and practices of healthy traditional food catering. Participants then continued with breakout rooms for discussions of several topics.

### HOW DID YOUR DIALOGUE REFLECT SPECIFIC ASPECTS OF THE PRINCIPLES?

**ACT WITH URGENCY:** We informed participants that the Dialogue provides input to Summit. Also that Mr. Guterres, the UNSG stated that food is a common thread that connects all 17 SDGs (to be achieved in 2030). **COMMIT TO THE SUMMIT:** We discussed the process of the Summit, including Action Tracks, and the three dialogues (global, member states, independent). **BE RESPECTFUL:** We appreciate traditional foods, and identified aspects of health, environment, livelihood, and cultures. **RECOGNIZE COMPLEXITY:** We provided sessions prior to the independent dialogue, that will help participants understand the complexity **EMBRACE MULTI-STAKEHOLDER:** Our participants are those showing interests in the food systems representing the variety of professions and locations **COMPLEMENT THE WORK OF OTHERS:** In addition to the sessions prior to the dialogue, participants refer to previous works supporting their opinions **BUILD TRUST:** We discussed the transparency of the summit process and information platforms

### DO YOU HAVE ADVICE FOR OTHER DIALOGUE CONVENORS ABOUT APPRECIATING THE PRINCIPLES OF ENGAGEMENT?

Dialogues have to be prepared beforehand, preferably through PRE-SESSIONS of related topics with potential participants, as the process is quite complex for those who are not used to the system. This is important as the Food Systems Summit is a People's Summit. We expect people from all walks of life will participate. Through pre-sessions participants will understand the administrative process as well as technical information related to the Summit and they then can make informed opinions. It is also important to map the food ecosystems related to the topic of the dialogue, so that convenors can invite resource persons to support the dialogue. We would also suggest to open communication with participants even after the dialogue is over so as to have more insights from participants.

# 3. METHOD

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The outcomes of a Dialogue are influenced by the method that is used.

**DID YOU USE THE SAME METHOD AS RECOMMENDED BY THE CONVENORS REFERENCE MANUAL?**

**Yes**

**No**

# 4. DIALOGUE FOCUS & OUTCOMES

## MAJOR FOCUS

OUR DIALOGUE IS FOR ACTION TRACK 2, AND WE DISCUSSED THE FOLLOWING:

1. Food production activities / practices in dialogue participants' areas (urban or rural), both traditional and modern  
Traditional practices.wisdoms are sometimes more environmental friendly compared to modern practices.
2. Varieties of vegetables are in participants area, and what kinds of traditional dishes are best known for these vegetables. Identifying this will help promote plant-based meals which are lower in carbon emission compared to animal-based meals.
3. Non-rice carbohydrates in participants area, as well as the types of dishes available, and the ingredients used. As in most Asian countries Indonesia is too dependent on rice, where in many cases people eat rice 3 times a day. Shortage of rice can create social unrest. Whereas there are a number of non-rice carbohydrates available in the country.
4. Eating patterns that pay attention to health and are also environmentally friendly
5. Empowering consumers to make informed, healthy, safe and sustainable food choices

### ACTION TRACKS

- Action Track 1: Ensure access to safe and nutritious food for all
- Action Track 2: Shift to sustainable consumption patterns
- Action Track 3: Boost nature-positive production
- Action Track 4: Advance equitable livelihoods
- Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

- Finance
- Innovation
- Human rights
- Women & Youth Empowerment
- Policy
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- Trade-offs
- Environment and Climate

## MAIN FINDINGS

We have to preserve local traditional foods and drinks and encourage sustainable consumption of such foods. They are healthier, local, and more environmental friendly, have low carbon foot prints, and provide livelihood for producers and distributors. Also we have to encourage non-rice for carbohydrate consumption.

It is important to identify and map the ingredients, cooking method, culture, recipes, traditions, and health benefits of certain foods. Indonesia has at least 100 types of carbohydrate sources, 100 kinds of nuts, 250 kinds of vegetables and 450 kinds of fruits. A mapping of Indonesian traditional foods and drinks showed that there are at least 35,000 types identified, and the number is still counting.

We propose two solutions to facilitate consumer access to healthy and sustainable traditional foods, a macro and micro approach.

In a macro approach, the state/government is important in increasing consumer access to healthy and sustainable traditional foods. The state can promote healthy and sustainable traditional foods through policies, programs, promotion, building relevant infrastructure, and to reduce the distance traveled during the distribution of traditional foods to minimize carbon footprint

In a micro approach, the community as an agent of information dissemination can disseminate the positive impact of healthy and sustainable traditional food. After that, people can also provide places that provide the food to be distributed to those in the surrounding environment .

It is important to provide education and information to consumers regarding local food products, the health benefits, the processing methods and food safety of local food products, through an attractive and easy-to-understand physical and digital display (social media).

Food gardens should be encouraged in communities, government offices, schools and university campuses along with education about local food through planting, harvesting, and cooking together.

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## OUTCOMES FOR EACH DISCUSSION TOPIC - 1/4

### VEGETABLES

We have to identify edible vegetables and dishes that can be created from those vegetables, and promote them through education, policies and programs, to encourage healthy plant-based food consumption.

In Indonesia the combined consumption of fruits and vegetables is 209.89 grams/capita/day. WHO generally recommends the consumption of vegetables and fruits for a healthy life of 400 grams/person/day, consisting of 250 grams of vegetables and 150 grams of fruit (equivalent to 3 fruits).

When compared with food expenditure, the total expenditure on fruit and vegetables in Indonesia is only 11.41 percent. Kangkong (water cress/morning glory) is the most consumed vegetable commodity at the national level, which is 10.46 grams per capita a day. Then, spinach and eggplant were the second and third most consumed vegetable commodities, namely 9.26 grams and 7.76 grams per capita a day, respectively.

Participants identified all kinds of vegetables and dishes to be promoted.

As an example Pohpohan (*Pilea trinervia*) is a commercial vegetable crop and is indigenous with great potential to be developed.

This plant also contains antioxidant compounds, fiber, and vitamins can provide benefits for human health. Indigenous / traditional vegetables need to be introduced so that they can be accepted by many.

In addition, it is necessary to carry out pohpohan plant conservation activities so that the utilization can be maintained in a sustainable manner.

A healthy vegetable dish called Trancam contains cucumber, bean sprouts, basil, and spiced shredded coconut which are the key to the specialty of this food.

Kesum (*Polygonum minus* Huds) is a plant endemic to West Kalimantan. Kesum plants are known as a substitute for MSGs and used in soups and other dishes, giving umami taste.

Bamboo shoots can be processed into vegetables and ingredients for chips/crackers. Adding bamboo shoots to crackers making can improve organoleptic characteristics (color, aroma, texture, and taste)

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## OUTCOMES FOR EACH DISCUSSION TOPIC - 2/4

### NON-RICE CARBOHYDRATES

Indonesia has at least 100 types of carbohydrates sources.

With high biodiversity, Indonesia also has high food diversity. The sources of carbohydrates that the body needs should not only be fulfilled with rice.

Several regions in Indonesia consume non-rice carbohydrates such as corn, sago, cassava, taro, potatoes and various tubers beat the popularity of rice in daily meals.

Non-rice carbohydrates can be found in almost all corners of Indonesia. Because of this, each region has various ways and cultures to process these food sources.

These foods are also plant-based complex carbohydrates that can go a long way in reducing the carbon footprint. This is appropriate if measured from biological reasons. In the economic structure, what we need to pay attention to is the contribution of carbon emissions from the supply chain. As distribution and production will obviously produce a lot of carbon, what we can do is try to grow food in our areas.

The government and communities need to diversify food sources in an effort to fulfill diversify carbohydrates sources. Some of these alternative are barley, processed sago and palm sugar, elephant foot yam/stink lily, various processed cassava products, and tapioca cakes. Furthermore, these alternative sources of carbohydrates must be promoted and intensified strategically through several effective steps, from providing training and knowledge for local food producers to providing a special place for the sale of local processed food as a substitute for rice.

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## OUTCOMES FOR EACH DISCUSSION TOPIC - 3/4

### HEALTHY EATING

1. A diet that takes health into account is what ensures nutrition. It is better to take foods from nature and reduce processed food. In addition, education is also needed for food producers to maintain food hygiene and sanitation during food processing to ensure health.
2. An environmentally friendly diet is one that does not have a large carbon footprint. This diet can be achieved by:
  - a. Paying attention to locality, naturalness, and type of product (reduce consumption of animal products, prioritize more carbon-friendly vegetable products).
  - b. Reducing food waste and plastic packaging that is not environmentally friendly
  - c. Guarantee the totality of the full use of food ingredients so that food loss does not occur.
  - d. Processing of kitchen waste in the form of compost and replanting.
  - e. To maintain food sustainability, it is necessary to pay attention to locality. We need to explore food ingredients that are widely developed in our area and diversify food sources.
3. In order for all levels of society to be involved for a diet that takes into account health and is environmentally friendly, education is needed starting from the pre-production, processing, to marketing stages. Education is carried out to producers, distributors, and consumers.

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## OUTCOMES FOR EACH DISCUSSION TOPIC - 4/4

### EMPOWER CONSUMERS TO MAKE INFORMED, HEALTHY, SAFE AND SUSTAINABLE FOOD CHOICES

An empowered society is a society that knows, is willing and able to make a change. There is a change of habit to make a society empowered.

Lack of education regarding food is also the main cause because the average person who gets sufficient education tends to be more aware of this problem. The government is also aware of this by launching the Healthy Community Movement.

Empowering consumers to make informed, healthy, safe and sustainable food choices can start with product branding, to create healthy food, especially sustainable local production, it is necessary to educate producers who are adapted to the local socio-culture about the importance of transparency and low emission food production. Starting from raw materials with low emissions, the production process from upstream to downstream also needs attention to implement an environmentally friendly process.

Transparent production processes are used as one approach towards consumers so that consumers can choose healthy, safe, halal, and sustainable food.

Manufacturers also need to increase honesty and responsibility in the production, sales and promotion processes.

It is also important to have Informative and interactive smart food packaging that is easy to understand, to provide information on nutritional value, product processing flow, and the quality of food ingredients contained in packages such as level of maturity, and product freshness.

Providers of facilities / platforms are needed to enable local communities to access healthy and sustainable food items, such as bulk stores, recycling stores, and uglyfood.

Also important to provide facilities for communities to purchase as well as self educate about environmentally friendly products.

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## AREAS OF DIVERGENCE

Indonesia is such a large country, there are so many options to choose from in terms of processes and products, and potential resources to support the Summit's Objectives. Different regions prefer different processes to be pursued.

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# ATTACHMENTS AND RELEVANT LINKS

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## RELEVANT LINKS

- **Towards the 2021 Food Systems Summit (In Indonesian)**  
<https://www.watyutink.com/topik/berpikir-merdeka/Menuju-KTT-Sistem-Pangan-2021>