OFFICIAL FEEDBACK FORM



DIALOGUE DATE	Thursday, 27 January 2022 11:30 GMT +08:00
DIALOGUE TITLE	Regional Dialogue: Promoting Sustainable Food Consumption and the Shift to Healthy Diets in Asia through Farm-to-Fork Concept
CONVENED BY	Dr. Mushtaq Memon, Resource Efficiency Sub-programme Regional Coordinator, UNEP Regional Office for Asia and the Pacific. Project Manager, EU SWITCH-Asia Regional Policy Advocacy Component (RPAC)
DIALOGUE EVENT PAGE	https://summitdialogues.org/dialogue/48585/
DIALOGUE TYPE	Independent
GEOGRAPHICAL FOCUS	Afghanistan, Bangladesh, Bhutan, Cambodia, China, India, Indonesia, Lao People's Democratic Republic, Malaysia, Maldives, Mongolia, Myanmar, Nepal, Pakistan, Philippines, Sri Lanka, Thailand, Viet Nam

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

 PARTICIPATION BY AGE RANGE

 2
 0-18
 193
 19-30
 133
 31-50
 38
 51-65

 PARTICIPATION BY GENDER

12

4

7

4

136	Male	236	Female		Prefer not to say	or Oth	er
NUME	NUMBER OF PARTICIPANTS IN EACH SECTOR						
35	Agriculture/crops		74	Education		15	Health care
18	Fish and aquaculture		10	Communication		76	Nutrition

Food processing

Food industry

Food retail, markets

Financial Services

3	National or	local	government
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80+

2 Utilities

6

66-80

- 2 Industrial
- 10 Other

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

7

11

72

4

Livestock

Agro-forestry

Environment and ecology

Trade and commerce

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

2. PRINCIPLES OF ENGAGEMENT

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

The Dialogue empowered stakeholders in Asia to participate in the discussion on practical enablers and existing cases on improving the shift to sustainble food consumption and healthy diets in Asia, as a follow up to respond the key area of UNFSS Action Track 2 on shifting to healthy and sustainable consumption patterns. The Dialogue aimed to enrich existing knowledge and identify opportunities to promote sustainable and healthy diets in Asia through engaging wider stakeholders from government, business community, civil society and academia working across the sustainable food consumption and healthy diets in Asia, into the discussion on: - Practical enablers that enhance healthy and sustainable diets in Asia - Challenges and solutions that will encourage transformation towards more sustainable food systems and promote sustainable and healthy diets - Existing best practices that showcase impactful yet easily implementable solutions/actions that can bring about radical changes in the way we consume as a society.

HOW DID YOUR DIALOGUE REFLECT SPECIFIC ASPECTS OF THE PRINCIPLES?

The dialogue was organized by EU SWITCH-Asia RPAC in partnership with UNEP, TERI School of Advanced Studies (SAS) and AIT based on the concept of Farm-to-Fork and focusing on ensuring healthy and sustainable diets for the low-income households in Asia. A baseline survey report on status of sustainable food consumption and healthy diets in Asia had been finished before the dialogue. Based on that, the agenda was disigned and speakers were identified. In order to get a productive discussion, a detailed question list for panel discussion and break-out groups were disigned in advance and open with the participants with a summary paper of sustainable food consumption in Asia as a discuss background paper. The dialogue brought both nominated regional experts in policy, technology, business and education and the variety of stakeholder from public in order to diversify and expand perspectives that lead the collaboration and innovation. - Regional experts from government, academia and CSOs (invitation based registration) - Any stakeholder who have motivated to constribute and to learn towards sustainable food consumption and healthy diets (open registration)

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

It is key to collabrate with professional teams both in the technical fields and in the IT supporting fields to prepare and organize the dialogue, and have regular weekly working meetings before the dialogue. The professionality of TERI School of Advanced Studies (SAS) and the experience of IT supporting from AIT made the regional dialogue happen successfully.

3. METHOD

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

The EU-funded SWITCH-Asia programme aims at supporting the development of green economy and the transition towards a low-carbon, resource-efficient and a more circular economy in Asia promoting economic growth while decoupling it from environmental degradation. The SWITCH-Asia Regional Policy Advocacy Component (RPAC), implemented by United Nations Environment Programme, is designed to strengthen the dialogue at regional, sub-regional and national policies on Sustainable Consumption and Production (SCP) and thereby contributing to green growth and reduction of poverty in Asia.

In spite of the fact that Asia is the largest contributor of global food production, yet it is home to a large portion of the world's poor, hungry and food insecure people. Food accessibility remains one of key challenges in the region especially among the low income households. There is rapid urbanization over large parts of Asia and currently about 50% of the population lives in urban area. Studies have shown that urbanization influences both quantity and diversity of food consumption (Bhartendu et al., 2020) while risks such as climate change, natural disasters, price volatility, etc., impacts the food accessibility of the lower income households.

In Asia, increasing food consumption by a growing population, together with changing dietary habits, poses an immense challenge for the global food system and is associated with health and environmental impacts, such as diseases due to unhealthy diets, increasing use of harmful chemicals to increase production, and increasing food wastage. Shifting to more sustainable food consumption patterns would greatly contribute to food systems transition in the context of Asia towards a sustainable, equitable, resilient and nutritious food system. Improving access to food and facilitating a transition towards healthier and sustainable diet is an essential aspect of green growth and sustainable development in the region. Policy and evidence-based, regenerative, innovative and technological solutions is urgently needed across Asia to overcome the diversity of problems that exist in meeting the challenges of food systems transformation.

A Sub-Regional Dialogue: Promoting Sustainable Food Consumption in Southeast and Northeast Asia through Farm-to-Fork Concept, held by RPAC in partnership with Asian Institute of Technology on 14 September 2021, shared insights on food consumption patterns, policies and ways towards sustainable food consumption in Asia. Among which, healthy and nutritious diets for the vulnerable population were highlighted as one of priority areas in Asia to transform food consumption patterns, while technology, innovation, and policy were addressed as important tools.

In this context, RPAC in partnership with the TERI School of Advanced Studies and AIT organized the Regional Dialogue -Promoting Sustainable Food Consumption and Shift to Healthy Diets in Asia through Farm to Fork Concept, held on 27 Jan. 2020 virtually via Zoom. The dialogue was based on the concept of Farm-to-Fork and further discussed sustainable food consumption with focuses on ensuring healthy and sustainable diets for the low-income households, with key stakeholders and experts in the region to gather first hand insights.

Practical enablers, challenges and sollutions towards sustainable food consumption and healthy diets in Asia were shared through panel discussion and case studies, followed by detailed break-out group discussions. The dialogue documented the farm to folk strategy, addressed the challenges of sustainable food systems, and recognized the inextricable links between healthy people, healthy societies and healthy planet.

It was highlighted that the regional dialogue on promoting sustainable food consumption and the shift to healthy diets in Asia is timely and will help in better understanding and identifying various mechanisms to which the shift to healthy diets can take place.

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	1	Policy
1	Innovation		Data & Evidence
	Human rights	1	Governance
	Women & Youth Empowerment		Trade-offs
		1	Environment and Climate

MAIN FINDINGS

Practical enablers, challenges and solutions towards sustainable food consumption and healthy diets were shared through panel discussion and case studies, followed by 4 detailed break-out discussion groups in the aspects of business, technology, policy, and capacity building and awareness. It is highlighted that all these aspects are equally important and they have to be looked at together and supports are needed from all stakeholders. Improvement of sustainable and healthy diets and access to healthy diets especially for vulnerable in Asia are equally significant to address the challenges of sustainable food systems.

The following key insights and information were shared in the opening remarks and keynote speeches:

1. Sustainable consumption and production and circularity of food systems are key to achieve the global goals.

2. The food systems contribute almost a guarter of GHG emissions.

3. The EU's Farm to Fork strategy is a comprehensive principle and systemic approach that seeks harmony between the local and the global supply and demand in the long term trends and unpredictable crisis, aiming at coherence across the many pillars of the EU Green Deal. The ambition is to transform the whole food system from seeds and farms down to food waste, on both the supply and demand sides.

5. All systems including ecosystems, human population, farming, agro-industries and food distribution are interconnected. Hence solutions need to be holistic and integrated.

6. Industrialization and global supply chains have allowed for food production to be revolutionized into a global business opportunity. The industrial agriculture has corroded the planet because of its injudicious ecological practices like mono cropping, systematic erosion of soil and biodiversity and the local food systems.

7. The world's disproportionate dependence on just three crops: maize, rice, and wheat, and that the deepening climate change crisis is changing the nutritious values of all crops just with a nutritious profile of rice going down.

Dr. Chubamenla Jamir, TERI School of Advanced Studies, shared initial findings of a baseline study on the food consumption pattern of low income households in Asia, specifically focusing on South, Southeast and East Asia, conducted in collaboration with SWITCH-Asia RPAC. The key findings are summairzed below:

1. From 2000 to 2018, there has been an increase in the calorie consumption in all the three sub-regions of South, Southeast and East Asia, and there's also been an increase in the fat and protein consumption. However, the protein consumption is quite low, much less than recommended although Asian countries are the largest producers of different food items in the world.

2. More than half of all the undernourished people in the world live in Asia. It is noted that both undernourishment and over-

nourishment such as fat remain challenging to Asia, like in most parts of the world. 3. There is also an intrinsic linkage between dietary factors and culture in Asia. However, there is a shift from traditional and local food towards more of processed foods, especially in the urban areas leading to increased consumption of macronutrients, especially fats and sugars, which lead to higher health risks.

4. The complexities and differences between the lower income households and the urban middle class or higher class were highlighted. Hence, there cannot be a one- size-fits-all solution for addressing these issues.

5. The fruits and vegetable present opportunities for transitioning towards healthier diets, which are still consumed in very low quantities much lower than the required the recommended quantities. The principles of organic and natural farming should be promoted in Asia as they can improve accessibility to healthier food.

6. It is also very important to promote traditional and local food which is sustainable and nutritional.

Key findings from the Panel Discussion – Practical enablers towards sustainable food consumption and healthy diets in Asia 1. In terms of business, the challenges are that fruits, vegetables and animal source foods are high value crops and are also high risk, so farmers are hesitant to invest and produce them. The low tech, sustainable and locally appropriate technologies, which can be used quite widely, will cut food loss and help nutrition sensitive processing, so that the nutrients don't leak out when you process it and make it available across seasons.

2. In terms of policy, the transition pushing back towards healthy food environment requires stakeholder participation and requires systemic changes. The government in any country is the biggest initiator of change and thus it is key to analyse what factors influence the government to lead food environment policy (FEP) processes. Funding or financial support through government grants and subsidies is important. 3. In terms of technology, for the low HDI countries and in many Asian countries, industry engagement or support with

innovative technology support, e.g. data technology, as well as monitoring and accountability system aspects need to be factored into ensuring success.

4. In terms of capacity building and educcation, enhancement must focus on all value chain actors. The competencies and capacities for sustainable food system have to be both systemic and disciplinary.

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Group 1: Business.

The group discussed various business stakeholders such as large farms, social entrepreneurship and how they face challenges related to technology, financing and capacity. The main feedback and insight include:

- The group discussed how big sustainability standards can bridge the gap between farmers and consumers by giving certificate of trust.

[–] The role of Multi-National Corporations (MNCs) was discussed focusing on social local enterprises. The group highlighted that policy support is important for such enterprises.

- Changing consumer behavior is important for creating the pull for businesses.

- The group also discussed willingness to pay and affordability as important factors.

The break-out group discussion was moderated by the facilitator through inviting participants to provide ideas or share information to the specific questions designed. Below we summarized the key feedback received from the participants during the group discussions.

Q1: What type of best business case studies are there in Asia (that help in improving diets of low-income households)

1. Community based platform to sell local seasonal food direct from farmers

2. E-commerce delivery platform for organic food or eco-labeled food

3. Service on renting land for household in country side

4. Companies that are utilising agri waste and fermentation based technologies to produce fungi based and plant based products at a fraction of cost of their animal-derived counterparts

5. Government funded projects to assist the low income groups at a much individual level as to assist with local business establishments

6. Investing in compiling disaggregated information and learning focused training programs for farmers

Q2: Who are the key stakeholders?

1. Communications for consumers (the willingness and choices of consumers will affect what kind of food product will be offered in the market)

2. Local community (especially the country-side) to empower and involve them (either as a business partner or labour

source)

3. Financing agencies

4. Public funding for open access research in sustainable food innovation such as alternative protein that can diversify our protein sources

5. Policy makers providing policy support and incentives to businesses to adapt products into formats for the bottom of the pyramid

6. Agencies working in communities' changing and near to farmers.

ACTION TRACKS

KEYWORDS

	Action Track 1: Ensure access to safe and nutritious food for all		Finance	Policy
1	Action Track 2: Shift to sustainable consumption patterns	1	Innovation	Data & Evidence
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	Action Track 4: Advance equitable livelihoods		Women & Youth Empowerment	Trade-offs
	Action Track 5: Build resilience to vulnerabilities, shocks and stress			Environment and Climate

Group 2: Technology

The group discussion started with a case study based on Gravity Goods Ropeways (GGR) in Nepal and explained about how route based technology was used to transport goods and how it really helped all the stakeholders in that particular ecosystem. The group discussed how and what technologies can help in improving diets of low-income households in Asia, with communities' engagement.

The main feedback and insight include:

The group discussed that there is no one-size-fits-all model and it depends on each case.

- The group participants shared various technologies, for example, a lot of digitization models are there to enable access of nutritious food to people.

It was also mentioned that the right technology is very important and that has to be supported by government. Hence, the role of government and policy is equally important for application of technology. All aspects are equally important and they have to be looked at together and support is needed from all stakeholders.

- Further, a lot of participants also shared innovative ideas. They discussed about AI based technologies which have been used today to access to sufficient and nutritious food.

In terms of social media, one of the participants shared how social media like Instagram can be used to deliver specific nutritious food.

The importance of crop insurance was discussed. It was also highlighted to provide good networks to farmers at the ground level, so that they can also reach out to technologies predicting crop weather.

Grid systems were also discussed which has a lot of bearing on the utilization.

The break-out group discussion was moderated by the facilitator through inviting participants to provide ideas or share information to the specific questions designed. Below we summarized the key feedback received from the participants during the group discussions.

Q1: What type of technologies can help in improving diets of low-income households in Asia?

1. Clean Energy can enable access power and also can lead to other development outcomes.

2. A great Equalizer, e.g. Micro-hydropower in Nepal.

Q2: What techs used so that farmers can sell their produce online?

1. In the context of Nepal, at the moment, there are not many ways to do so for the farmers. It is hard to have access to electricity and mobile networks, in the case of high hills. Farmers can be indirectly helped by market actors and the government agencies.

Q3: Are there any specific technologies that can be upscaled to a larger context in Asia? 1. Clean electricity can be upscaled to a larger context in South East Asia via Hydroelectricity.

2. Meteorological technologies such as Agri Drones can be upscaled for the benefit of the farmers. It would result in optimum usage of inputs in farms not only helping the farmers but the soil as well.

3. While digitization provides some benefit to farmers, but they have least power in the supply chain. Most of the income in the sector is directed towards market intermediaries and other players in the supply chain rather than the farmers.

4. Usage of social media.

5. Crop Insurance assisted by satellite monitoring.
6. AI and IOTs can be upscaled for the benefit of food consumption. Decentralized approach can be adopted in order to scale

up. 7. Digitization models: Access to safe and nutritious foods must be emphasized in South Asia.

Q4: How can communities better participate in benefit from technologies and improve their nutritional security?

1. Help of cooperatives and other local community groups to reach grassroots.

2. Focus should go towards marketing that encourage healthy eating practices. For example, in Kyrgyzstan, app to develop Nutritious meal planning for families.

3. Business analytics can be used to understand the market. Manipulation, monitoring of relevant parameters can be used to improve demand.

4. Data collected showed that consumers tend to choose healthier local alternatives when informed about the available foods, through a promotion of Local foods via android apps in Canada. Such strategies can be adopted in order to promote traditional or neglected foods to improve food security.

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5		Women & Youth Empowerment	Trade-offs
			Environment and Climate

Group 3: Policy

The group discussion started with a case study presentation from Bhutan. Bhutan is facing challenges and barriers of climatic change and terrain. The country is working on a five-year plan focusing on water, food and nutrition security. Government is one of the major stakeholders. Still the country has some very great policies of the school feeding programs running in the country. The importance of bringing the safe food for the children were highlighted.

The group discussed what and how policy initiatives drive sustainable food consumption. The main feedback and insight include:

 $^-$ It was noted that farmers should be incentivized to produce nutritious crops such as fruits and vegetables and animal based foods. For these crops, pricing policy is very important and this is especially in case of highly perishable foods.
 The group discussed that governments should help farmers to get adequate price for the high risk crops.
 Up skilling the capacity of the extension workers and knowledge dissemination about healthy foods were mentioned by

most participants.

Digital literacy of farmers and consumers is equally important. The good infrastructure to support the farmers were also highlighted in the discussion.

The two components to be taken care of by the policymakers for healthy diets emphasized by the group were: 1) accessibility to all and; 2) supporting farmers in crop diversification.

The break-out group discussion was moderated by the facilitator through inviting participants to provide ideas or share information to the specific questions designed. Below we summarized the key feedback received from the participants during the group discussions.

Q1. What policy initiatives that drive the transition towards improved food consumption in Asia?

1. Incentivizing farmers for switching to healthy food production

2. Pricing policy. Fruit and vegetable consumption has not increased to an optimum level which is the direct result of lack of availability and affordability along with production, shared by one participant. One participant laid focused upon lack of economic access in India of fruits and vegetables.

3. Adequate Storage

4. Road Infrastructure for connecting the farmers with the market

5. Taking both 'farm to fork' and 'fork to farm' approach - working with farmers and consumers

6. Food labelling

7. One participant shared a policy case in China. China issued a new food safety law in 2015 to ensure improved better food production, distribution and inspection and reduce food waste.

8. Regional diversity must be acknowledged in implementing local food policies.

Q2: Do feeding programmes for children an effective measure for improved nutrition and better development of children? 1. It is a good initiative but not sure how much reaches to the children and how much somewhere else. How to make that effective is the question.

ACTION TRACKS

Action Track 1: Ensure access to safe and nutritious food for all

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Finance Innovation Human rights Women & Youth Empowerment

Policy

Data & Evidence

Governance

Trade-offs

Environment and Climate

Group 4: Capacity building and awareness

The session started with a case study on the Anganwadi work that is being done in Rajasthan. It is an excellent insight about how it is done at the localized level, and capacity building at the grass-root level is so important to ensure the malnutrition levels come down and create much more awareness. It also shows that women empowerment is an overarching intervention across and how it has helped.

The group discussion encapsulated the whole umbrella of the different kinds of stakeholders at different levels, and the kind of capacity building programs and the awareness at each level at a systemic and a personal level. The main feedback and insight include:

[–] At the consumption level, the group discussed how it is important for the learnings from the research community to come to the community level and how it can be practiced further, so that it can enhance the nutritional levels and also revive some of the traditional knowledge that already exists.

There were also some very interesting studies on reducing food waste shared, for example a study done in China which use data to create awareness on reducing food waste among restaurants and consumers. Throughout, it was discussed how it is extremely important not just for the government to take up initiative, but also for different stakeholders from bottom to up to start these kinds of dialogues and initiatives.
 Further, participants shared how social media is used to reach out to more people like minded people who would want to

- Further, participants shared how social media is used to reach out to more people like minded people who would want to come and volunteer. Although those are not formal structures, the kinds of informal structures also play very important roles in creating awareness, and eventually help one realize that there's a need for capacity building of these kinds of people who want to contribute at their own personal levels.

The break-out group discussion was moderated by the facilitator through inviting participants to provide ideas or share information to the specific questions designed. Below we summarized the key feedback received from the participants during the group discussions.

Q1: Who are the key stakeholders?

- 1. Local government sectors,
- 2. Researchers,

3. Tourism Sectors (Homestays)

4. Youth Organizations

5. Mid-day meal relevant stakeholders

Q2: Briefly, what are the key areas of a capacity building required to shift wards healthy and sustainable diets in your geographical region and hence your country? And what type of capacity building programmes can facilitate this shift? 1. Sensitize the local communities about the nutritional value about the local landraces which are actually said to be Nutridensed food.

2. Capacity building especially for the younger generation.

3. Women's agency and training on nutrition.

Training incentivizing farmers for switching to healthy food production.

5. Digital literacy for the farmers is very important.

Q3: What are the areas in which awareness programmes are needed to shift towards healthy and sustainable diets in Asia? And what type of awareness programmes can facilitate this shift?

1. Benefiting from the local resources which are easily available around the region.

2. Promote local food which can help the local communities in improving economy as well as improve the nutrition in their daily diet.

3. Media especially social media influences food choices. Leveraging media for bringing about behavioral change.

4. Awareness must be spread among Low Income and Marginalized groups.

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		Environment and Climate

AREAS OF DIVERGENCE

ACTION TRACKS

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KEYWORDS	EYWORD	S
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ustainable	Innovation	Data & Evidence
ture-positive	Human rights	Governance
equitable livelihoods	Women & Youth Empowerment	Trade-offs
ilience to nd stress		Environment and Climate

ATTACHMENTS AND RELEVANT LINKS

ATTACHMENTS

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The flash report of the dialogue
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  https://summitdialogues.org/wp-content/uploads/2022/02/FlashReport-FarmtoFork-dialogue-final-updated.pdf
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RELEVANT LINKS

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The website of SWITCH-Asia <u>http://switch-asia.eu/event/promoting-sustainable-food-consumption-and-the-shift-to-healthy-diets-in-asia-through-farm-to-</u> fork/