

# Sustainable Food Systems and Food Consumption in Cambodia

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# Key Messages

- ❖ Protect and promote what is best in our food system
- ❖ Identify and address areas for improvement from a broad systems perspective, from farm/fish to fork
- ❖ Balance healthiness with sustainability
- ❖ Multi-sectoral and multi-stakeholder approaches required, recognising that consumers are the key in a market economy
- ❖ Work with children, youth and women especially, and most vulnerable



# Food Consumption Trends in Cambodia

- ▶ Food systems are changing: while rural households often produce food for self-consumption and follow more traditional consumption practices, convenience and fast foods increasingly consumed
- ▶ With increased income and urbanization, children and youth are rapidly changing consumption habits towards sugary, salty, fatty foods
- ▶ Strong potential to promote and celebrate Khmer culinary culture for healthy and sustainable diets
- ▶ Facing a Triple burden of Malnutrition. Increasing consumption of animal proteins, but access is limiting healthy diets for the poor and vulnerable
- ▶ Need more data and analysis on diets

# 2<sup>nd</sup> National Strategy for Food Security and Nutrition 2019-2023

- ▶ A new conceptual basis for FSN and a **twin-track approach**
  - ❖ Food systems included in the **Key Concepts** supporting the Strategy
  - ❖ Focus on food consumption in understanding the triple burden of malnutrition
- ▶ Consumption a key aspect of the **Sector-Led Activities** for Health, Commerce and Education
- ▶ All **6 Joint Priorities** reflect sustainable consumption, especially Healthy Diets and Food value chains, food safety and fortification.



# STRATEGIC FRAMEWORK FOR **Food Security** AND **Nutrition** IN CAMBODIA

## GOVERNANCE of FSN: Institutions and Partnerships

 (International, National and Sub-National Level)

### Cross Cutting Issues

 Gender and Youth    Environment    Equity

### Sector-Led Responsibilities

 Agriculture    Health  
 Education    Commerce  
 Industry    Water Supply  
and Sanitation

### Priorities for Multi-Sectoral Coordination

 Healthy Diets  
 Food Value Chains, Food Safety and Fortification  
 FSN in Disaster Management and Climate Change  
 Nutrition Sensitive WASH  
 Social Assistance & FSN  
 Community-Led Nutrition

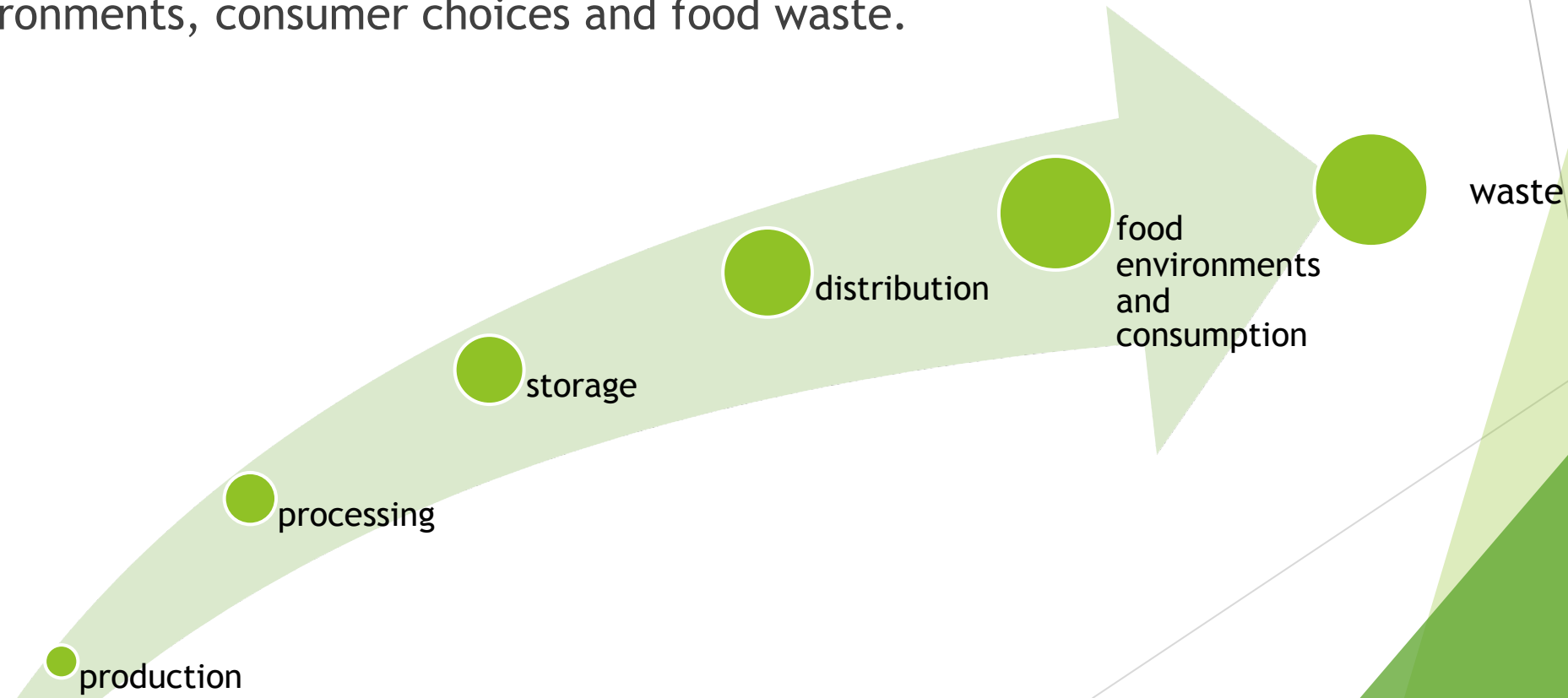
Social and Behavioural  
Change Communication

# Cambodia's National Roadmap seeks healthy planet, healthy diets and equitable economy

- ▶ The National Roadmap identified four key themes:
  - ❖ Healthy diets for all
  - ❖ Empowering youth, women and the vulnerable
  - ❖ Resilient livelihoods and resilient food systems
  - ❖ Improved governance and inclusiveness
- ▶ Sustainable food systems and sustainable consumption are relevant to all of these
- ▶ Vision for 2030 aligned with existing policy frameworks and takes us further into a new generation of policies based on systems thinking

# Many opportunities across food system to improve sustainability for healthier diets and a healthier planet

To achieve the 2030 vision for food systems, we need to adjust each stage of the systems including production, processing, storage, distribution, food environments, consumer choices and food waste.



# Youth are agents of change and major consumers!



- ▶ Cambodia has a youthful population
- ▶ Youth have stronger awareness of environmental impacts and health and can promote food systems change
- ▶ They are more prone to influence of marketing and consumer trends
- ▶ In Cambodia, we have been working with champions to support food systems for sustainable development and policy dialogue.
- ▶ *“We may be young, but we are leaders in the quest for the future we want: A FUTURE FREE FROM MALNUTRITION” (Chhun Bormey, YNC)*



# Recommendations for promotion of sustainable consumption practices

- ▶ Social behaviour change
- ▶ Provide social assistance
- ▶ Promote diversified agriculture systems
- ▶ Conduct analysis to identify low-carbon, affordable and healthy diets
- ▶ Promote green economy
- ▶ Support youth movements
- ▶ Reduce food waste
- ▶ Lift safety and quality standards

