

# GOOD FOOD FOR ALL.

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#GOODFOOD4ALL

GLOBAL SHARED MEAL TOOLKIT



UNITED NATIONS  
FOOD SYSTEMS  
SUMMIT 2021





# #GOODFOOD4ALL

Leading up to the first-ever UN Food Systems Summit, we are inviting folks like you to join us for a *virtual* shared meal with thousands of others around the world on Sunday, Sep 19th!

This will mark the first of many #Sustainable-Sundays! All you have to do is post a picture of a healthy, climate-friendly meal you're eating using #GoodFood4All. But what does "climate-friendly" even mean?

Climate-friendly or sustainable eating meets the needs of the present without compromising the ability of future generations to meet their own needs. It enables all people to be nourished and healthy while limiting negative environmental impacts and improving socio-economic welfare. It involves a global shift toward healthy and balanced plates that celebrate local and seasonal ingredients.

Why is it important to eat sustainable or climate-friendly meals? The future of the world depends on good food. It's that simple. Good food keeps us healthy. It helps us reach our potential. It strengthens our communities, powers our economies, and protects our planet.

But not everyone gets good food every day – and the way we produce and market food is harming our environment. This has to change.

Good Food For All recognizes the emotional and cultural connection we have to food as a source of love and livelihoods while reflecting food's impact on all areas of our lives.

# GOOD FOR YOU AND THE PLANET

## HEALTHY BENEFITS

Eating healthy and more balanced meals that elevate whole grains, legumes, and fresh produce can help lower total cholesterol levels, decrease risks of certain cancers, increase your colon function and increase your intake of important nutrients and minerals. Additionally, because sustainably grown produce and grains are picked at peak freshness and travel shorter distances, they taste better!

This can cut down on the amount of fuel needed for transport, as well as, the energy needed to properly store food products. This can help you eat more of the foods that are healthiest for you.



## ENVIRONMENTAL BENEFITS

A reduction in processing, transportation, food loss, and waste is part of Sustainable Development Goals. By choosing local, seasonal food products that are grown sustainably, you can help reduce ecological and environmental impact while sparking positive global change.

Many small-scale farmers, especially if they are women are currently at a disadvantage against large-scale producers. Large-scale producers currently earn two to three times the annual income of small farmers. Supporting local farmers not only allows them to be paid a fair wage for their products but supports the local economy allowing them to feed their families well too. Strengthening the resilience of these small farmers is critical to reversing the trend towards rising hunger and reducing the share of people living in extreme poverty. Harvesting local fruits and vegetables in season also helps farmers pick produce that is closer to peak ripeness since foods are being transported shorter distances.

# JOIN THE #GOODFOOD4ALL GLOBAL SHARED MEAL

On Sunday, Sept 19th, join the world's largest virtual shared meal by posting a picture of a healthy, climate-friendly meal you're having that day. We're trying to get as many people around the "virtual table" as possible leading up to the UN Food Systems Summit to inspire and encourage more sustainable ways of eating.

You can host a small gathering with friends and family in person or virtually. Send a meal to someone in need, or donate your time at a local food bank to spread good food around. Don't forget to tag them in the photo you post and encourage them to share their photos too!

## HERE'S AN EASY STEP-BY-STEP PROCESS TO HELP YOU GET STARTED:

- STEP 1** Find a place to host your meal or set your "virtual table" using any virtual platforms (e.g., Zoom, Google Hangouts, Microsoft Teams) you have access to.
- STEP 2** Let your friends know by sending an invite or sending them a quick email or text. Gather friends, family, neighbors, colleagues, or anyone you wish to share a meal with.
- STEP 3** Find a healthy, climate-friendly recipe or check out one of ours in the section below if you need some inspiration! Try to use ingredients you already have to cut down on waste or buy local ingredients.
- STEP 4** Post pictures, screenshots, and/or short video clips of the event, and be sure to use #GoodFood4All so we can see the delicious and healthy meals you're all having!
- STEP 5** Have a conversation around what good food is and ways to make small positive changes in your own eating habits. Here are some conversation starters to help you get going:
- Food, culture, and society
  - Food, climate, and biodiversity
  - How you plan to eat more sustainably
  - What does good food mean to you?
  - Why eat climate-friendly food?



# WHAT'S #SUSTAINABLESUNDAYS?

Sundays tend to be our lazy days where we don't cook and usually indulge. But weekends are also the

perfect opportunity to visit your local farmers market or try out a new healthy, climate-friendly recipe!

Here are some ways to eat more sustainably and make every Sunday #SustainableSundays!

## A) CHOOSE THE RIGHT FOODS

**BUY INGREDIENTS LOCALLY AT PLACES LIKE THE FARMERS MARKET, FARM STANDS, OR U-PICK STATION**

**USE INGREDIENTS THAT ARE IN SEASON IN YOUR REGION**

(check out this [easy-to-use guide](#))

**FIND FOODS THAT USE MINIMAL NATURAL RESOURCES (LIKE WATER)**

- Leafy greens, potatoes, peas, broccoli, legumes

**USE FOODS FROM YOUR OWN GARDEN**

**TRY DIVERSE AND WILD VARIETIES OF LOCAL VEGETABLES, FRUITS, AND WHOLE GRAINS**

**CHOOSE FISH AND SEAFOOD THAT ARE ABUNDANT AND SUSTAINABLY SOURCED**

- Fish: anchovies, sardines, herring, pollock, cod, and haddock
- Shellfish: mussels, scallops

**USE THE WHOLE INGREDIENT – FROM ROOT TO LEAF – AND GET CREATIVE WITH PICKLING, FREEZING, OR MAKING A GIANT STOCK TO REDUCE WASTE**

**A SIMPLE MEAL GUIDE TO FOLLOW CAN LOOK LIKE THIS:**

- Your favorite grain or legume - or both!
- Something orange and in season
- 2 leafy greens
- A toasted seed or nut
- A crunchy vegetable



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## B) CHECK OUT THESE CLIMATE-FRIENDLY RECIPES

Try one of these recipes including ingredients that are in season this fall.



**SPANISH CHICKPEA ALMOND STEW**



**BAKED COD WITH CRUNCHY MISO BREADCRUMBS**



**SUSTAINABLE SALAD**

# ADDITIONAL HELPFUL TIPS

Check out these additional tips to eat sustainably and help the planet.

## BUY FOODS IN BULK

- Requires less packaging, waste, energy, and water to produce
- Avoid excessive packaging
- Bring your reusable shopping bag

## EAT SEASONAL AND HEALTHY

- Foods that are available in a season where you live
- Aim for a balanced diet that provides energy and nutrients from several different food groups

## SHOP INGREDIENTS LOCALLY

- Support your community
- Keeping dollars in the community
- Cuts amount of fuel needed to ship the food to your local market or cafe.

**BUY ONLY FOOD THAT YOU NEED, REDUCE FOOD WASTE START A COMMUNITY GARDEN WITH YOUR NEIGHBORS**

**PURCHASE FROM SUSTAINABLE FOOD COMPANIES AND LOCAL GROWERS**

**CHOOSE PRODUCTS THAT ARE GROWN SUSTAINABLY AND PAY FARMERS A FAIR WAGE**



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