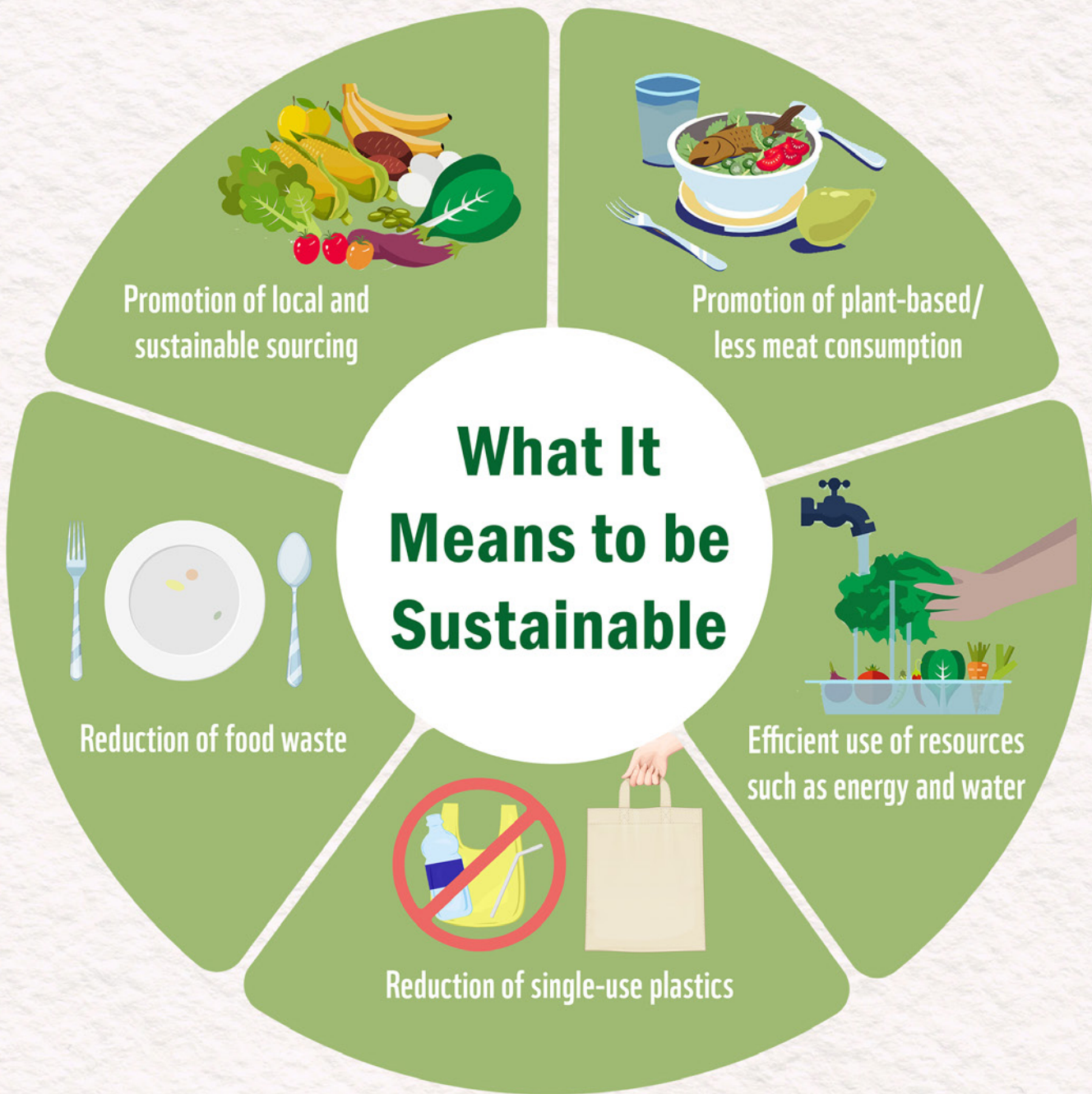


Policy Recommendations

for promoting sustainable food production
and consumption in the Philippines





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Policy Recommendations

for promoting sustainable food production and consumption in the Philippines



This briefing outlines the policy recommendations of The Sustainable Diner Project for national government agencies and local government units. This is a result of a series of consultations, dialogues, and workshops with our partners and stakeholders from the government, private sector, and civil society.

The Sustainable Diner Project is calling for action by government to integrate sustainable food consumption and production principles in the national and local policies. Food waste management, promotion of local sourcing, efficient use of resources, adoption of planet-based diets, and refusal of single-use plastics are major action nodes by which sustainable consumption and production (SCP) can be advanced in the country.

Policy Approach

- 1** Creation and implementation of research-based policies that advance SCP and strengthen link between social, economic, and environmental benefits of the same
- 2** Optimization of the use of influence, levers, and incentives that will result in a more efficient and less damaging national economy
- 3** Collaboration among stakeholders on identifying agenda and priorities through inclusive and participatory processes
- 4** Influencing consumer information and decision-making
- 5** Amplifying knowledge on and scientific base for SCP

LOCAL SOURCING:

Why It Matters

Key Factors



Environmental

Local sourcing means less food miles, reduced fuel consumption, and less packaging. It means less greenhouse gas emissions (GHG) and other pollutants that are harmful to the environment and human health. It also minimizes the need for infrastructure that is associated with long-distance trade. It is an effective option for supporting local agriculture and production which, if managed sustainably, can increase the resilience of ecosystems. More resilient ecosystems are well-placed to mitigate the impacts of extreme weather events, such as droughts and floods.



Social

Local sourcing strengthens communities by increasing the accountability and transparency between consumers and producers.¹ It also promotes domestic food, self-sufficiency, and consumption of whole food products which are fresher, tastier, and healthier because of their seasonality. Moreover, local sourcing is a way of protecting traditional food cultures and heritage crops, both of which are essential resources for sustainability.



Economic

The economic benefits of local sourcing include “farmer retention on farmlands, greater income generation at the community level, employment growth and import substitution.² Additionally, local food channels, like farmers’ markets, encourage economic activity by providing small producers with greater access to consumers. The growing popularity of farmers’ markets and other community-supported agri-trade illustrates the value being found in local procurement and its potential contribution to the achievement of sustainable local economies.

1. “Sustainable Local Procurement,” accessed June 27, 2021 http://www.fao.org/fileadmin/user_upload/nr/sustainability_pathways/docs/SustainableLocalProcurement_Factsheet_ENGLISH.pdf
2. Ibid.



WHAT CAN BE DONE

- 1 Organizing trade fair and exhibitions where local producers can network with other industry members and grow their consumer base
- 2 Building database of local producers containing their business information for them to benefit from opportunities in both direct-to-consumer and wholesale markets
- 3 Identification/ development of farm-to-market roads



EFFICIENT USE OF RESOURCES:

Why It Matters

Key Factors



Environmental

Food systems have significant resource use implications. Production, processing, distribution and consumption of food involve excessive greenhouse gas emissions and ultimately cause ecosystem damage and/or biodiversity loss.¹ To help ensure people's access to safe and nutritious food in appropriate amounts, natural resources must be managed sustainably and efficiently.²



Social

Efficient use of resources helps the food sector reduce its environmental impacts, which, in turn, contributes to human well-being that comes from living in a healthy environment. It also means more available resources for all.³



Economic

Natural resources are considered a form of capital. For natural capital to continue to provide renewable resources and ecosystem services, people cannot keep expending resources from the environment and generating waste. Arguably, the maximum sustainable limit to the use of resources has already been reached and that the best and only way to sustain economic growth is to become more resource efficient. This means generating more returns than before from the same amount of resources.⁴



WHAT CAN BE DONE

- 1** Incentivization of industries that have recorded decrease in energy consumption consumer base
- 2** Practice of community-level GHG inventory and reporting including emissions from sources and/or activities in the different sectors within the community, such as energy, transportation, agriculture, industry, and waste
- 3** Funding support for businesses that want to adopt wastewater treatment facility and renewable energy
- 4** Improving water conservation and maintenance of safe and clean water
- 5** Conduct of life cycle assessment and cost-benefit analysis

1. "Resource Use and Its Consequences," accessed June 27, 2021 <https://www.umweltbundesamt.de/en/topics/waste-resources/resource-use-its-consequences>

2. "Natural Resources for Food System Activities," accessed June 27, 2021 <https://www.futurelearn.com/info/courses/food-systems-southeast-asia/0/steps/83755https://>

3. Ibid.

4. "Why is Resource Efficiency Important," accessed June 27, 2021 www.eea.europa.eu/themes/waste/resource-efficiency/why-is-resource-efficiency-important



ADOPTION OF PLANET-BASED DIETS:

Why It Matters

Key Factors



Environmental

Contemporary dietary choices are driving food production methods that are harmful to the planet. Various food regimes have made it possible to feed more people but at the expense of “forests, grasslands, wildlife, water and a stable climate.”¹ This abuse of the environment contributes to various converging global issues including climate and biodiversity crises.



Social

Poor dietary choices are not only damaging the environment but also human health. These choices are characterized by either overconsumption or deficiency. This explains why in some countries people develop obesity; while in others, people suffer from hunger and under- and/or malnutrition. However, in far too many places, both phenomena are being experienced. “Unhealthy diets now pose a greater risk of morbidity and mortality than unsafe sex and alcohol, drug and tobacco use combined.”²



Economic

Planet-based diets are good for both the environment and human health. Individuals who are healthy and fit benefit from medical savings, increased productivity, and the value of long life expectancy.³ Healthy populations support strong economies.



WHAT CAN BE DONE

- 1 Consideration of diets in the nationally determined contributions members and grow their consumer base
- 2 Review and updating of the nutritional guidelines for Filipinos by independent scientific body
- 3 Integration of updated nutritional guidelines into the country's environmental policy frameworks

1. Brent Loken et al, *Bending the Curve: The Restorative Power of Planet-Based Diets* (Gland, Switzerland: WWF, 2020)

2. Ibid.

3. Tobenna Anekwe and Ilya Rahkovsk, *Economic Costs and Benefits of Healthy Eating in Current Obesity Reports 2 no. 3* (2013)



FOOD WASTE MANAGEMENT:

Why It Matters

Key Factors



Environmental

The UN Food and Agriculture Organisation (FAO) calculates that 1.3 billion tonnes of food, or a quarter of total food produced globally, is wasted each year.¹ Food rotting in landfills releases as much as 25 percent of total methane emissions of most countries.² Methane is a major contributor to global warming. Food waste therefore directly contributes to biodiversity loss and increased greenhouse gas (GHG) emissions.



Social

According to the latest edition of the State of Food Security and Nutrition in the World (2020), almost 690 million people went hungry in 2019 – “up by 10 million more from 2018, and by nearly 60 million in five years.”³ In the country, there are about 14.2 million undernourished and 13.3 million food-insecure Filipinos⁴ or nearly a third of the country’s population in total. The high social price is that food waste is tantamount to depleting a host of resources which the poorest are most dependent on and have least access to. In many places, it is not the inadequacy of food supply but the systemic inefficiencies that impede people’s access to nutritional food.⁵



Economic

A substantial amount of money is wasted producing food that is never used. The FAO recently estimated annual losses of \$1 trillion from resource costs.⁶ Resources that also go to waste when food is wasted include the land, seeds, water, energy, labor, and time, which were utilized from food’s production up to its disposal.

1. “The Environmental Impacts of Food Waste,” accessed June 27, 2021, <https://stopfoodwaste.ie/resource/the-environmental-impact-of-food-waste>
2. Food and Agriculture Organization, *Toolkit Reducing the Food Wastage Footprint* (2013).
3. “As More Go Hungry and Malnutrition Persists, Achieving Zero Hunger by 2030 in Doubt, UN Report Warns,” accessed June 27, 2021 <https://www.who.int/news/item/13-07-2020-as-more-go-hungry-and-malnutrition-persists-achieving-zero-hunger-by-2030-in-doubt-un-report-warns>
4. Jasper Arcalas and Cai Ordinario, “Food Waste, Postharvest Losses Where Millions Remain Hungry,” *Business Mirror*, October 18, 2018.
5. Alexandra Evan and Robin Nagele, *A Lot to Digest: Advancing Food Waste Policy in the United States in Natural Resources Journal* 58 no.1 (2018): 181
6. Christina Gayton, *Food Waste Economics, The Economic Review*, January 29, 2019



WHAT CAN BE DONE

- 1 Pilot-testing of food waste management within the community
- 2 Estimating a local food waste baseline
- 3 Developing and implementing food redistribution guidelines
- 4 Addition of food waste management training in the requirements for the issuance of sanitary permit
- 5 Mainstreaming of SCP through the development of an SCP Council
- 6 Integration of SCP principles in the city environment code and city development plan



7 Strict monitoring of establishments on food safety as mandated by law

8 Conduct of Hazard Analysis and Critical Control Points (HACCP) training for food service establishments

9 Conduct of market surveys on consumer awareness, preference, among others

10 Conduct of information, education, communication (IEC) campaigns on household-level food waste reduction

11 Enhanced practice of barangay-level or household-level composting where applicable

12 Strict implementation of the RA 9003 or the Ecological Solid Waste Management Act

REFUSAL OF SINGLE-USE PLASTICS:

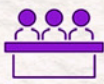
Why It Matters

Key Factors



Environmental

Use of single-use plastics poses multiple risks to the environment. Plastic pollution, coupled with poor drainage, often causes urban flooding.¹ Plastics also entangle, drown, choke or inflict physical trauma to wildlife.² When they “break up” into microplastics, they may also impair animals³ or leach into soil and water underneath and surrounding the landfills.⁴



Social

Calamities that are aggravated by plastics-related issues diminish quality of life. Exposure to microplastics and substances that are added to plastics during processing compromise human health. Particles of plastics may end up in human bodies as they contaminate water and sources of food. Various chemicals in plastics cause hormonal imbalances, reproductive problems like infertility, and even cancer.⁵



Economic

Plastic pollution costs about \$13 billion in economic damage to marine ecosystems annually. This includes losses to the fishing industry and tourism, as well as the cost to clean up beaches.⁶

1. “The Environmental Impacts of Food Waste,” accessed June 27, 2021, <https://stopfoodwaste.ie/resource/the-environmental-impact-of-food-waste>

2. Food and Agriculture Organization, *Toolkit Reducing the Food Wastage Footprint* (2013).

3. “As More Go Hungry and Malnutrition Persists, Achieving Zero Hunger by 2030 in Doubt, UN Report Warns,” accessed June 27, 2021

<https://www.who.int/news/item/13-07-2020-as-more-go-hungry-and-malnutrition-persists-achieving-zero-hunger-by-2030-in-doubt-un-report-warns>

4. Jasper Arcalas and Cai Ordinario, “Food Waste, Postharvest Losses Where Millions Remain Hungry,” *Business Mirror*, October 18, 2018.

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6. Christina Gayton, *Food Waste Economics*, *The Economic Review*, January 29, 2019



WHAT CAN BE DONE

- 1 Promotion of the use of sustainable alternatives to single-use plastics
- 2 Support for schools and communities in their efforts to make their vicinities plastic-free zones
- 3 Integration of extended producer responsibility into the legal framework







Take only what you can eat
It took a lot of effort and resources to get your food here. Reduce food waste.

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A Key Ingredient For Sustainable Tourism



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Supported by:



based on a decision of the German Bundestag

*"This project is part of the International Climate Initiative (IKI).
The Federal Ministry for the Environment, Nature Conservation,
and Nuclear Safety (BMU) supports this initiative on the basis
of a decision adopted by the German Bundestag."*

