## What are key messages and topics that could be covered in a "polymathic" workshop on global food and nutrition security?

Adding more outputs about gastro-diplomacy (people-to-people model) and nutrition as a human right

Fostering understanding of diversity in terms of responses to feeding and exposure

> Connections with the Social Determinant of Health

Usung a sociological perspective perhaps to look at how societies can stop using food as a control mechanism lessons from history e.g. Dutch winter

> addressing food insecurity vs nutrient insecurity (i.e food for survival vs food for health)

Fostering practical practices on the individual level

famine etc

addressing nutrient insecurity in the case of over consumption intake

How to

screen for

food

insecurity

What to do after

screening to know

what can be done.

Small actions are

generally not

sufficient

There is

substantial

opportunity to

connect farmers

with diverse

audiences

encouraging sustainability on a local level

> Food and nutritional security has to be discussed in relation to sustainability, how we can reduce emissions with diet and food production methods

> > Food Poverty and malnutrition looks different in G7 countries and different in the developing world.

Building individual and community food identity and sovreignity as a way to food security

> The challenge for EU is to reduce factory farming and change to plant based protein sources, regulations are being formed to become carbon neutral by 2050. Consumers are switching their diets to plant based protein sources but growing legumes in EU is a challenge currently

Interlinkages between nutrition, food systems, environment, etc.

food and

nutrition

literacy

In some countries, gov't policies /regulations restrict the agriculture of some crops that would potentially require subsidies to cover some expenses (water, etc.) and that potentially affects the sustainability of some

crops

Food security beyond poverty (sessions on poverty as a risk factor likely to be covered

elsewhere)

food to fork enablers and barriers within different and similar countries/populations

Traditional diets Accultrualisation Vs Adaptation

What are some ways we can clearly present these messages? (i.e., how to make the sessions interactive? A specific case example you use?)

suggest a few examples, eg the stereotypical famine / war torn example, then a couple of outliers eg. a vegan in a wealthy boarding school, etc or a patient in a hospital or RACF to make people realise it is a very diverse problem that needs contextualisation, or evenchildren who are not getting enough protein and calories because their parents are too health focussed ... then show how these can each be mapped to the definitions and tools

Food choices - should be choices - not controlled by others and individuals able to select the healthy foods that they prefer

Presentation of "best case" examples, paired with the opportunity to discuss which lessons can be drawn from these cases (hopefully from the field, with a good involvement of practitioners)

Presenting good examples of practice, primarily from community initiatives and how they impact/ have impacted community health