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OUR  
DYSFUNCTIONAL  
FOOD SYSTEM

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MEMBER, NAST





## NO RICE!!! 2008 CRISIS



*Only 5% of global rice supply is internationally traded!*

*Lesson: Not a good idea to bet food security on one crop!!*

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OUR FOOD  
SYSTEM IS NOT  
WORKING!

*Poverty in the farms*

*Triple burden of malnutrition*

*Resource depletion and pollution*

*Ill prepared for Climate Change*

# 2019 Report: Triple burden of Malnutrition

1. Underfed,  
undernourished

2. Overfed,  
undernourished

3. Hidden hunger

unicef   
for every child



**Stunted** (short for age)  
33.4% of children under 5



**Overweight and obese**  
13% among children  
and adolescents  
5-19 y/o

*High rates of  
malnutrition  
among Filipino  
children*



**Wasted**  
(thin for height)  
7.1% of children  
under 5

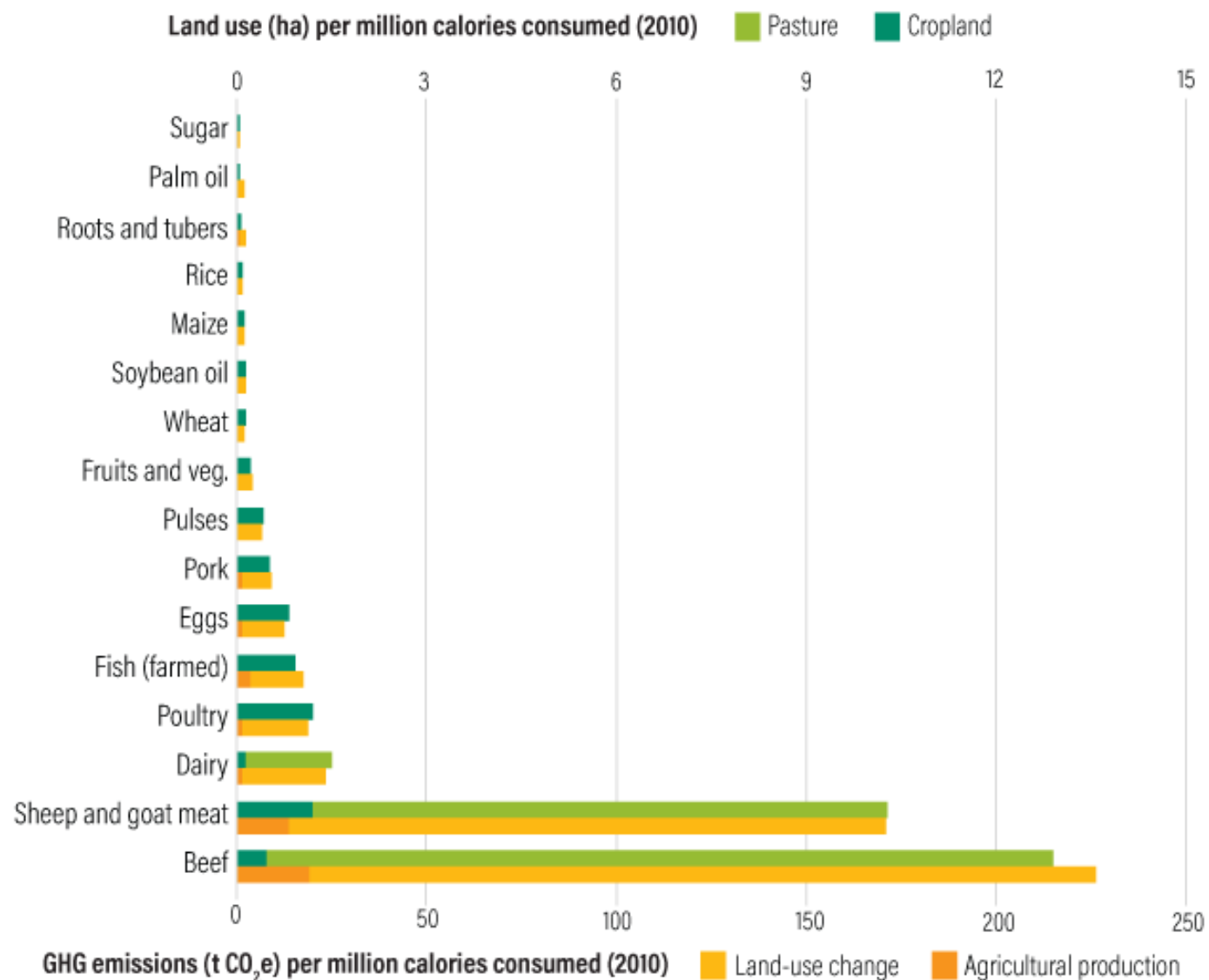


**Overweight**  
4% of children under 5



**Underweight**  
10% of children and  
adolescents 5-19 y/o

# Animal-based foods are more resource-intensive than plant-based foods



Source: GlobAgri-WRR model.

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*EAT-LANCET COMMISSION REPORT  
JANUARY 17, 2019*

*SETS SCIENTIFIC TARGETS FOR  
HEALTHY DIETS  
SUSTAINABLE FOOD PRODUCTION*



Summary Report of the EAT-Lancet Commission

Healthy Diets From  
Sustainable Food Systems

**Food  
Planet  
Health**



<i>Foodstuff</i>	<i>% increase needed</i>	<i>% reduction needed</i>
<i>Grains (rice, bread, corn, noodles)</i>	-	36
<i>Tubers or starchy vegetables</i>	77	
<i>Vegetables</i>	1440	
<i>Fruits</i>	31	
<i>Dairy foods</i>		

*RECOMMENDED INCREASE/DECREASE IN DAILY FOOD INTAKE TO ATTAIN THE PLANETARY HEALTH DIET (PHD)*

<i>Foodstuff</i>	<i>% increase needed</i>	<i>% reduction needed</i>
<u><i>Protein sources</i></u>		
<i>Beef, lamb, pork</i>		86
<i>Chicken and other poultry</i>		39
<i>Eggs</i>		72
<i>Fish</i>	100	
<i>Legumes and nuts</i>	3493	

*RECOMMENDED INCREASE/DECREASE IN DAILY FOOD INTAKE TO ATTAIN THE PLANETARY HEALTH DIET (PHD)*



# WHAT WE EAT KANIN AT ULAM

# WHAT WE SHOULD EAT ULAM LAHAT?

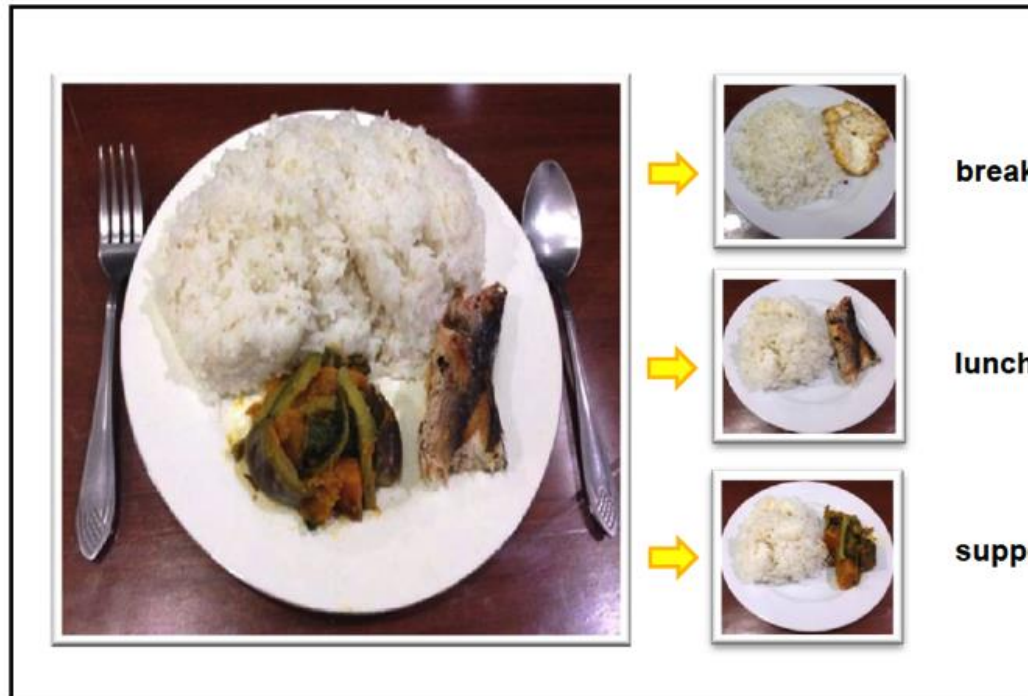


Figure 7. Typical food of Filipino households in a day: Philippines, 2013.



- [BBC Food: Health recipes and diet information](#)

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## *STAGES IN THE MODERN FOOD SYSTEM*



*PRODUCTION*



*MARKETING*



*CONSUMPTION*

# THE LONG JOURNEY FROM "KANIN AT ULAM" TO PHD

<i>First steps</i>	<i>Next steps</i>
<i>DepEd Circular against junk food in schools</i>	<i>IMAGINATION: PHD based feeding programs?</i>
<i>Healthy rice campaign</i>	<i>SCOPE, SCALE</i>
<i>Laws: tax on sugar, salty stuff</i>	<i>IMAGINATION: Incentives for PHD oriented restaurants?</i>
<i>Culinary Agriculture</i>	<i>IMPLEMENTATION</i>
<i>Emerging Samgyupsal type fast food, Pho restaurants</i>	<i>SCOPE, SCALE</i>

# MARKETING SUPPORT FOR PHD

<i>First steps</i>	<i>Next steps</i>
<i>Revival of FTI</i>	<i>IMPLEMENTATION (Just do it!)</i>
<i>EMB Refill Revolution</i>	<i>IMPLEMENTATION (Just do it!)</i>
<i>Eat local, buy local campaign of DA</i>	<i>Clarity, what does it mean?</i>
<i>Farmers' market, UPLB and UPD</i>	<i>SCALE</i>
<i>Dairy Box of PCC</i>	<i>SCALE (More dairy carabaos)</i>
<i>LGU investments in modern wet markets</i>	<i>SCALE, a viable cold chain</i>
<i>Session Groceries, BigasPh (online)</i>	<i>SCALE, SCOPE</i>
<i>Community Supported Agriculture</i>	<i>SCALE, SCOPE</i>
<i>HML Foods Corp., Albay</i>	<i>SCALE (More of the same)</i>
<i>Green Harvest Corp., Gensan</i>	<i>SCALE (More of the same)</i>



## PRODUCTION SUPPORT FOR PHD FROM MAINSTREAM TECH

### First steps

R and D on orphan food plants, fish, mushroom, algae (including seaweeds), animals, insects

Native breeds, BAI

Palayamanan Plus and Future Rice of PhilRice

Mariculture Parks, LGU-BFAR-Private

DepEd-SEARCA reviving teaching of farming

Shalom Science Institute "Rice and Vegetable Garden"

AGREA in Marinduque

### Next steps

IMAGINATION: public sector investment in food diversity

SCALE (Chicks and piglets)

SCALE

SCALE (fingerlings, feeds, investments)

IMPLEMENTATION (Do they have land and water?)

SCALE

SCALE

## THE FUTURE: PRODUCTION SUPPORT FOR PHD FROM HIGH TECH

<i>Now</i>	<i>Next steps</i>
<i>Open ocean mariculture and integrated multitrophic aquaculture</i>	<i>IMAGINATION; support for R and D</i>
<i>SPICE project of UP</i>	<i>SCALE, SCOPE</i>
<i>Meat substitutes (e.g. mushroom burger); milk and egg substitutes</i>	<i>IMAGINATION (New tech make these look and taste like real meat, milk or eggs); support for R and D; nyogurt!, soymilk!</i>
<i>Clean meat and fish (cellular agriculture)</i>	<i>IMAGINATION (Proof of concept done); support for R and D</i>

## SUMMARY

*We have a dysfunctional food system that impacts on economy, health, environment and climate change preparedness*

*To fix it requires an all of society approach targeting consumption, marketing and production*

*We have made the first steps*

*To succeed, we need more of ISIS (IMAGINATION, SCOPE, IMPLEMENTATION, SCALE)*



# *TAKE HOME MESSAGE*

*TRANSFORMATION  
OF OUR  
DYSFUNCTIONAL  
FOOD SYSTEM  
STARTS IN YOUR  
MOUTH !*

