

IMBeR West Pacific Symposium

CHANGING WEST PACIFIC
OCEAN: SCIENCE AND
SUSTAINABILITY

2021 Online
Event
11/22-25

Dried Small Fish

Ecology, Value Chains
and Nutrition



futurearth
research for global sustainability





IMBeR West Pacific Symposium

CHANGING WEST PACIFIC
OCEAN: SCIENCE AND
SUSTAINABILITY

Session 3:
Dried Small Fish: Ecology, Value Chains and Nutrition
(Co-moderators: Nireka Weeratunge and Derek Johnson)
Thursday, 25 November 2021 | UTC 11:00-14:00

Aquatic Foods for Nourishing the West Pacific



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Zoom ID
86806030943
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202111
Symposium Website
imber.info/event/wps2021

KEYNOTE SPEAKER



Aquatic Foods for Nourishing the West Pacific

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Presentation Outline

- Global Food and Nutrition Security
- UN Food Systems Summit 2021: Moving Forward
- What are Aquatic Foods?
- Aquatic Foods are Superfoods
- Aquatic Foods for Nourishing the West Pacific
 - UN Nutrition Discussion Paper on Aquatic Foods (2021)
- Nutrition-sensitive Aquatic Food Systems Approaches
 - Diversify Consumption of Aquatic Foods
 - Improve Diversity in Production and Supply Chains of Aquatic Foods
 - Include Aquatic Foods in National Policies
 - Engage Women and Youth in Aquatic Food Systems
- Conclusion



Global Food and Nutrition Security

- Up to 811 million people faced hunger in 2020
 - Asia (418 million)
 - Africa (282 million)
 - Latin America and the Caribbean (60 million)
- 2.4 billion people did not have access to adequate food
 - 320 million more people from 2019
 - 132 million more people were hungry due to COVID-19
- Gender gap in prevalence of food insecurity increased – 10% higher among women than men in 2020; 6% in 2019
- Malnutrition in children < 5 years of age
 - 22% stunted
 - 7% wasted
 - 6% overweight

The State of Food Security and Nutrition in the World, 2021

UN Food Systems Summit 2021: Moving Forward

- Global food systems transformation to achieve the Sustainable Development Goals by 2030
- Aquatic foods identified as one of seven priorities for action by the Scientific Group of the UNFSS 2021
 - Increase nutritional diversity in aquatic foods
 - Sequester carbon in marine and freshwater environments
- Transformation of food systems is incomplete without inclusion of aquatic foods
 - Aquatic foods to be incorporated across all five UNFSS 2021 Action Areas
 - Aquatic foods to be included in UNFSS Coalitions, e.g School Meals Coalition: Nutrition, Health and Education for Every Child; The Coalition for Aquatic / Blue Foods



UNITED NATIONS
FOOD SYSTEMS
SUMMIT 2021

What are Aquatic Foods?

- Animals, plants and microorganisms that are farmed in and harvested from water, as well as cell- and plant-based foods emerging from new technologies (WorldFish, 2020)
- Obtained from diverse aquatic environments: oceans and inland waters (rivers, lakes, floodplains, rice fields)
- 3.3 billion people consume aquatic foods worldwide
- 800 million people depend on aquatic food systems for livelihoods and income



Finfish

Fish as normally understood (e.g. tilapia), which are called finfish to distinguish them from shellfish, which technically are not classed as fish.



Shellfish

Any aquatic animal whose external covering consists of a shell, either crustacea (e.g. shrimps) or molluscs (e.g. oysters).



Aquatic Plants

Includes aquatic plants (e.g. watercress) as well as algae (e.g. seaweed) which are typically not classified as plants.



Aquatic Feeds

Any of the above categories and other single-celled organisms (e.g. yeasts) used as animal feed.



Other Aquatic Foods

Certain niche categories, notably echinoderms (e.g. sea cucumbers) or amphibians (e.g. frogs).

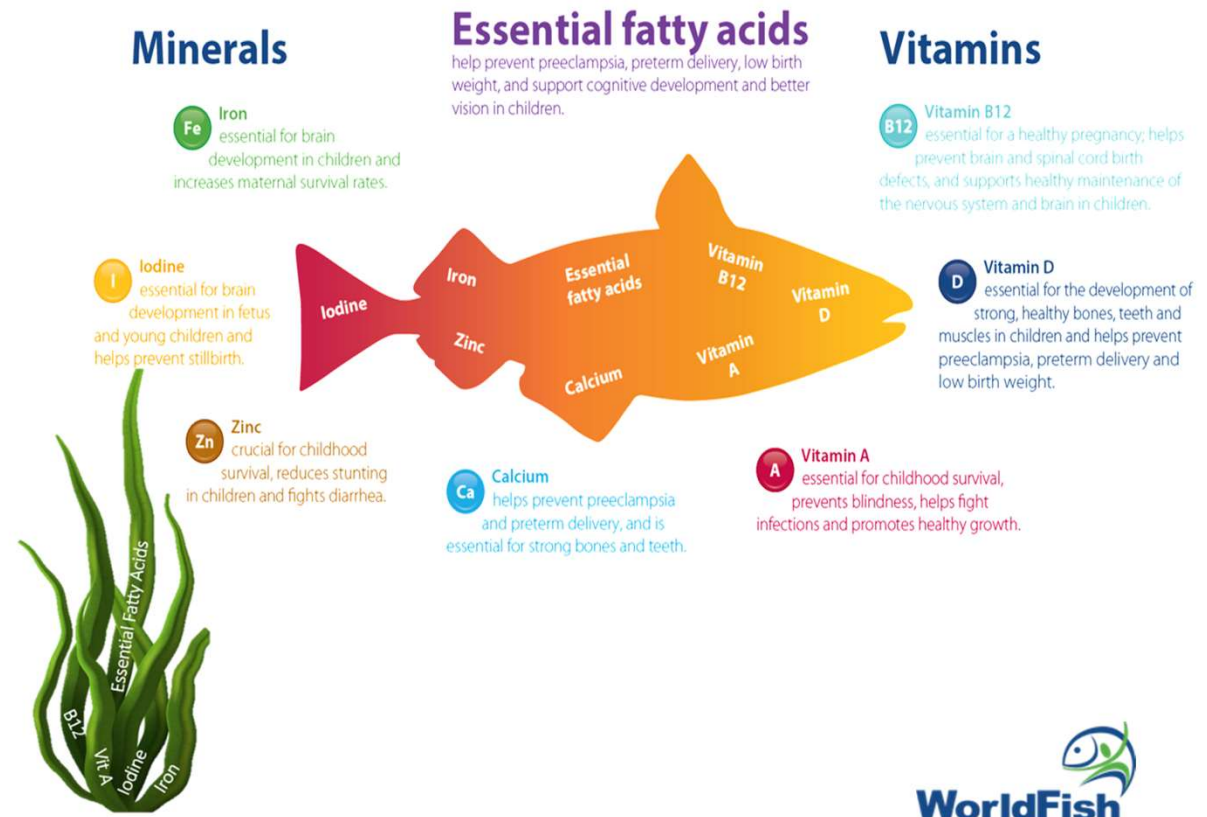


Synthetic Substitutes

Whole or component substitutes for any of the above, produced in environments outside their normal biological context (e.g. surimi or plant- or cell-based alternative aquatic food protein).

Aquatic Foods are Superfoods

- Recognize the diversity of aquatic foods as superfoods for:
 - Food and nutrition benefits
 - Multiple highly bioavailable micronutrients
 - Essential fatty acids
 - Socio-economic benefits
 - Livelihoods and income
 - Women and youth engagement
 - Capacity building
 - Environmental benefits
 - Ecology rehabilitation
 - Low environmental cost



Aquatic Foods for Nourishing the West Pacific

- Change the narrative from ‘feeding a growing population’ to ‘nourishing people and planet’
- Shift the focus on quantity of few staple foods to also include quality (nutritional value, food safety) of diverse foods
- Transform food systems by engaging all actors in the framework – beginning with consumers
- Acknowledge and recognize the important role of aquatic foods in nourishing nations:
 - UN Nutrition Discussion Paper on Aquatic Foods
 - Blue Food Assessment



UN Nutrition Discussion Paper on Aquatic Foods (2021)

- First UN Nutrition Discussion Paper, in collaboration with FAO and WorldFish
- Addresses the need for a Global Narrative on Nutrition to promote diets that are socially, economically and environmentally sustainable
- Recognizes the importance of aquatic foods in sustainable healthy diets
 - Presents the breadth of existing evidence on the importance of aquatic foods to inform and steer policies, investments and research
 - Provides recommendations to use aquatic foods in improving global food and nutrition security



UN
Nutrition

April 2021


WorldFish

Nutrition-sensitive Aquatic Food Systems Approaches

- Put people at the center – meeting nutritional needs of people, especially poor and vulnerable, women and young children – leaving no one behind
- Use multiple entry points in the food systems framework
- Improve diversity across aquatic food systems
- Approaches applied in aquatic food systems across Asia, Africa and the Pacific:
 - Diversify consumption with aquatic foods
 - Improve diversity in capture, production and supply chains of aquatic foods
 - Include aquatic foods in national policies
 - Engage women and youth in aquatic food systems

Diversify Consumption with Aquatic Foods

- Increase dietary diversity with fish and other aquatic foods – especially in women and young children
- Develop culturally acceptable, context-specific aquatic food-based products:
 - Dried small fish
 - Small fish powder
 - Small fish in oil
 - Fish chutney
 - Fish wafer
- Improve convenience, shelf life, accessibility and affordability



Improve Diversity in Capture, Production and Supply Chains of Aquatic Foods

- Diversified production systems
 - Polyculture of small and large fish
 - Homestead ponds Village water tanks Wetlands water bodies
 - Integrated aquatic – terrestrial production systems
 - Aquatic foods – rice
 - – vegetables
- Innovative solutions in supply chains
 - Solar drying tent
 - Solar-powered freezer



Include Aquatic Foods in National Policies

- Influence policymakers to include nutrition-sensitive aquatic food systems approaches in policies:
 - Timor-Leste Fisheries Sector Support Program Phase 2 (FSSP2)
 - Timor-Leste National Aquaculture Development Strategy 2012 - 2030



Engage Women and Youth in Aquatic Food Systems

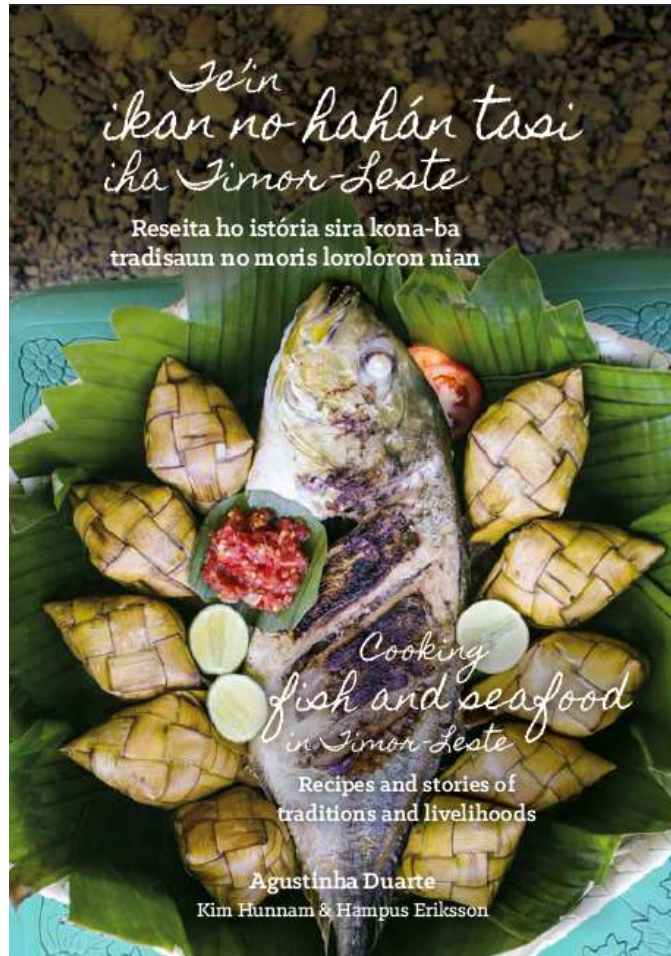
- One in every two workers in primary and secondary sectors of aquatic food systems is a woman
- Youth participation is low in aquatic food systems
- Create space for social inclusion through:
 - Policies
 - Investments
 - Data and technology opportunities
 - Capacity building



Conclusion

- We must **recognize** the crucial role of aquatic foods in food, land and water systems transformation for sustainable, nutritious and equitable food systems
- We must **amplify** investments in research, innovations and scaling of aquatic food solutions at household, national, regional and global levels
- We must **value** aquatic foods for nourishing nations beyond monetary units

**Holistic food, land and water systems transformation
is only possible with the inclusion of aquatic foods**



Thank You

