

# OFFICIAL FEEDBACK FORM

<b>DIALOGUE DATE</b>	Thursday, 24 June 2021
<b>DIALOGUE TITLE</b>	Food Care - Shifting Awareness to energize food systems
<b>CONVENED BY</b>	Shantanu Mandal (Brahma Kumaris Environment Initiatives), David Goodman (Brahma Kumaris World Spiritual University)
<b>DIALOGUE EVENT PAGE</b>	<a href="https://summitdialogues.org/dialogue/27047/">https://summitdialogues.org/dialogue/27047/</a>
<b>DIALOGUE TYPE</b>	Independent
<b>GEOGRAPHICAL FOCUS</b>	No borders

The outcomes from a Food Systems Summit Dialogue will be of use in developing the pathway to sustainable food systems within the locality in which they take place. They will be a valuable contribution to the national pathways and also of interest to the different workstreams preparing for the Summit: the Action Tracks, Scientific Groups and Champions as well as for other Dialogues.

# 1. PARTICIPATION

## TOTAL NUMBER OF PARTICIPANTS

67

## PARTICIPATION BY AGE RANGE

6 0-18      20 19-30      20 31-50      11 51-65      6 66-80      4 80+

## PARTICIPATION BY GENDER

27 Male      40 Female      Prefer not to say or Other

## NUMBER OF PARTICIPANTS IN EACH SECTOR

3	Agriculture/crops	10	Education	3	Health care
	Fish and aquaculture	2	Communication	10	Nutrition
	Livestock	16	Food processing		National or local government
	Agro-forestry		Food retail, markets		Utilities
20	Environment and ecology		Food industry		Industrial
	Trade and commerce		Financial Services	10	Other

## NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

	Small/medium enterprise/artisan		Workers and trade union
	Large national business		Member of Parliament
	Multi-national corporation		Local authority
	Small-scale farmer		Government and national institution
	Medium-scale farmer		Regional economic community
	Large-scale farmer	4	United Nations
	Local Non-Governmental Organization		International financial institution
11	International Non-Governmental Organization		Private Foundation / Partnership / Alliance
2	Indigenous People	39	Consumer group
2	Science and academia	10	Other

## 2. PRINCIPLES OF ENGAGEMENT

### HOW DID YOU ORGANIZE THE DIALOGUE SO THAT THE PRINCIPLES WERE INCORPORATED, REINFORCED AND ENHANCED?

The Food Cares: shifting awareness to energize food systems program was organized in line with the UNFSS 7 principles for independent dialogues. The program was advertised broadly on social media and 67 people from 12 countries attended the event. The event was open to anyone to encourage a multi stakeholder discussion. The guest panel included a spiritual leader, an NGO Director, a scholar/activist and an official UN youth representative. Panelists included indigenous, cultural and spiritual aspects in their comments to supplement scientific understandings.

### HOW DID YOUR DIALOGUE REFLECT SPECIFIC ASPECTS OF THE PRINCIPLES?

Many connections were made between personal health and environmental well-being – and the complex, intricate food system that connects them. Panelists complemented each other in their suggested approaches to promote sustainable consumption policies and practices and support all workers along the food system chain, and the natural resources that lie as the source of all our nourishment. Participants participated in the dialogue through the chat box, a zoom poll, questions and answers. Everyone was challenged to become more aware of what they eat and where it comes from – and to shift the food system by first shifting their awareness. This initial dialogue was the launch of a three month ongoing dialogue process with Food Care Initiatives a dedicated series of events for supporting the UNFSS urban areas. We believe our first dialogue built trust with our constituency that may not usually consider the importance of food systems, and helped them see the role everyone has to play urgently in developing a greater awareness about how their food choices impact others and the wellbeing of the planet.

### DO YOU HAVE ADVICE FOR OTHER DIALOGUE CONVENORS ABOUT APPRECIATING THE PRINCIPLES OF ENGAGEMENT?

Adhering to the principles of the engagement not only brings more expertise on the table, it also allows more wide variety of reflections possible for audience who attends. it gives more opportunities of discussion and therefore enables more fruitful action.

# 3. METHOD

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The outcomes of a Dialogue are influenced by the method that is used.

**DID YOU ORGANIZE THE DIALOGUE SO THAT THE PRINCIPLES WERE INCORPORATED, REINFORCED AND ENHANCED?**

**Yes**

**No**

# 4. DIALOGUE FOCUS & OUTCOMES

## MAJOR FOCUS

The major focus of the dialogue was considering a shift in awareness as a significant lever of change for all five action tracks. That shift, to a Food Care system, is an innovative approach that encourages people to take a values-based and spiritual approach to all their interactions with food and the food system. This approach instills in everyone an understanding that a change in our inner consciousness is what will have a significant impact on the outer food system.

### ACTION TRACKS

- ✓ Action Track 1: Ensure access to safe and nutritious food for all
- ✓ Action Track 2: Shift to sustainable consumption patterns
- ✓ Action Track 3: Boost nature-positive production
- ✓ Action Track 4: Advance equitable livelihoods
- ✓ Action Track 5: Build resilience to vulnerabilities, shocks and stress

### KEYWORDS

- ✓ Finance
- ✓ Innovation
- ✓ Human rights
- ✓ Women & Youth Empowerment
- ✓ Policy
- ✓ Data & Evidence
- ✓ Governance
- ✓ Trade-offs
- ✓ Environment and Climate

## MAIN FINDINGS

The main findings of the dialogue were that all individuals have the opportunity to make choices that will have an impact on food systems. Globalized food systems, as they currently exist, are a vast interconnected economic system that do not have the well-being of people and the planet at their core. Tackling the transformation of such a system can seem overwhelming. However, every individual has some ability to choose how they interact with the system and millions and billions of these individual choices will eventually lead to a change in the system. This aspect made it possible for the organisers to deliver their message in a detailed yet lucid manner and hence for the individuals to incorporate this understanding of conscious food choices in their lifestyle with at most ease. The insight that emerged, and was endorsed from the dialogue, was that “we are what we eat” and individual conscious choices about the food we eat and knowing how it gets to our plate can reorient the food system in a positive, sustainable direction.

Some of the themes that came out of the dialogue were:

1. Food and consciousness
2. Food and choices – mindfulness, the power to recognize and change
3. Food and sacredness
4. Appreciating interconnectedness of our food systems
5. Honoring nature’s role in our food systems
6. Instilling values into our food systems
7. Creating sustainability in our food systems
8. Taking action to shift how we think about food and food systems

It became clear from the dialogue, the sharing between panelists and with participants, that efforts to bring issues such as conscious and sacredness into more discussions of the food system are important. Based on this the convenors are committed to the following actions:

- With BK Youth India
- With BK centres
- Other faith institutions
- BK network internationally
- With UN youth connections

The convenors are also committed to continue their work in exploring global and local food systems in more detail and understanding the actors at every step in the process, the interconnections and the environmental, socio-cultural, and political-economic dimensions of food systems. In doing this the team will develop workshop and teaching materials that will be translated in to multiple languages (eg. English, Hindi, ...) and shared to target groups and made generally available on the BK environmental websites.

Some of the specific materials that will be developed include:

- Video that captures themes
- Tool kit for workshops
- App for colorful plate of food
- Poster of themes
- Briefing note on themes

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## OUTCOMES FOR EACH DISCUSSION TOPIC

The Poll results conducted during the session: find in attachments

Key points that were shared during the discussion:-

Sister Jayanti

☒ "One sacred aspect of life is that all food ultimately comes from nature."

☒ "We are in the same boat, if one part of the boat has water coming into it, how long is it going to take to reach the rest of the boat."

☒ "It's only through a shift in our consciousness and coming back to the awareness of one family that we are able to say that we cannot continue, we have to make a change and we are the ones who can do it."

☒ "Personal change is what generates systemic change"

David Fletcher

☒ "To have a sustainable system we need to recognize we are a part of the system"

☒ "Revalorization for the producers who are close to the land and water and take the energy that's put into our food and an understanding that, that is where the system starts would be helpful to put the sacred energy back into people and will make a difference to the food systems."

Gopal Patel

☒ "Change begins from inside and it is the shift in inner consciousness that will reform the external food systems"

☒ "It is important to understand that whether we are from a particular faith or not we are all concerned with the social issues we face today and we need to connect these concerns with the food system and act responsibly"

Pramisha Thapalia

☒ "Unless we know our problems we can't move to solutions"

☒ "The youth can have a significant impact on the food systems through education, empowerment & advocacy"

☒ "Young people are not only the future leaders but the leaders of today"

☒ "Action is the most important step to bring a change in the food systems"

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## AREAS OF DIVERGENCE

Food like language exists as a medium for expressing culture. It has the power of being both a necessity for our body as well as a deeply symbolic artefact, one that expresses our identity. So naturally there will be some reluctance and difficulties in making a shift to conscious food choices for individuals from different cultural origins. This barrier was addressed by the organizers and different opinions were expressed. One of the organizers held the view that if we can understand that the food choices we make are for our own health, for the future of our planet, and realize that the food will notably affect our state of mind, then it's not going to be seen as a cultural or a border issue but as a need of the moment for the human survival. The other speaker expressed his view regarding the same by sharing one of his experiences with the young students from all over the world. He believes that the awareness of the origin of the food and the industrialized process it undergoes and the understanding of our connection with nature can bring a change in our awareness and we will be able to make more conscious food choices as individuals of one big family.

The dialogue emphasized on shifting one's consciousness and becoming aware of the interconnections in the food systems. With regard to this the speakers held different perspectives. One of the speakers expressed that they are in line with the idea that understanding the system, how it works and that we have an influence on that just as that has on us means that there are choices we have to make about how we interact with the food and food systems. The other speaker held that its only through a shift in our consciousness and coming back to the awareness of one family that we are able to say that we cannot continue, we have to make a change and we are the ones who can do it.

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# ATTACHMENTS AND RELEVANT LINKS

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## ATTACHMENTS

- **Poster**  
<https://summitdialogues.org/wp-content/uploads/2021/06/POSTER-2-FOOD-CARE-scaled.jpg>
- **Contact details**  
<https://summitdialogues.org/wp-content/uploads/2021/06/last.jpg>
- **Poll Results**  
<https://summitdialogues.org/wp-content/uploads/2021/06/Poll-results.xls>

## RELEVANT LINKS

- **LIVE recorded session**  
[https://www.youtube.com/watch?v=upMS\\_-JH6oc&t=1366s](https://www.youtube.com/watch?v=upMS_-JH6oc&t=1366s)