

ANNEX 1

FOOD, AGRICULTURE AND HEALTH DIETS: SUMMARY LIST OF ACTIONS AND SUB-ACTIONS



Livestock and Fisheries

Actions	Sub-actions	Evidence Category *
1. Animal husbandry, fisheries and insect farming	1a. Extensive animal rearing for the production of animal-source foods in support of healthy diets	Primary studies
	1b. Homestead animal rearing for the production of animal-source foods in support of healthy diets	Synthesized evidence
	1c. Aquaculture and capture fisheries for the production of animal-source foods in support of healthy diets	Synthesized evidence
	1d. Insect farming for the production of animal-source foods in support of healthy diets	Practice-based studies
	1e. Processing, handling and market access to support healthy consumption of animal-source foods for dietary diversity	Primary studies



Enabling Environment

Actions	Sub-actions
1. Assessment and information	1a. Food composition data for locally available animal-source foods
	1b. Vulnerability assessment and early warning analysis
	1c. Promotion of operational research about nutrition impacts of sub-actions covered by this thematic area
	1d. M&E of sub-actions covered by this thematic area
2. Policy coherence	2a. Policy coherence of Livestock and Fisheries issues in policies/strategies on agriculture, and related to animal resources, trade, health, social protection, nutrition and food security
3. Legislation, regulations/ standards, protocols and guidelines	3a. Land tenure/land rights, in accordance with Voluntary Guidelines on the Responsible Governance of Tenure, to support healthy diets
	3b. Legislation and regulations on animal breeding, animal fodder, and fish harvesting/farming taking into account nutrition considerations and food safety and hygiene
	3c. Legislation and regulations on consumption of wild meat
	3d. Food safety and quality control system, including legislation and regulations, inspection systems, and capacity development for food producers, processors and retailers

(Enabling Environment continued ...)

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Actions	Sub-actions
4. Fiscal policy	4a. Taxes and subsidies to support healthier diets
5. Planning, budgeting and management	5a. Capacity development/strengthening to enable nutrition to be reflected in related agriculture, animal resources, trade, health, and social protection planning and implementation
6. Trade	6a. Leverage analytical tools, capacity development efforts and governance mechanisms to enable nutrition considerations to be raised in international and national trade fora
	6b. Market linkages to help facilitate/promote the consumption of animal-source foods in support of healthy diets
7. Social norms: Education/sensitization, behaviour change communication (BCC) and social marketing	7a. Promotion of wild meat for consumption for healthy diets in accordance with national legislation and regulations and food safety measures
	7b. Nutrition education to support dietary diversity and food hygiene education to safeguard nutrition
	7c. Basic hygiene education to agriculture extension workers, livestock-keepers, and fishers, with a focus on hygiene after handling animals, carcasses or meat, animal faeces, etc. and links to nutrition
8. Infrastructure and technology	8a. Food hygiene/safety infrastructure, technology and quality assurance (HACCP) to safeguard nutrition
9. Coordination	9a. Capacity development/strengthening of governance mechanisms to enable nutrition considerations regarding Livestock/Fisheries to be raised in political fora and the coordination of coherent, multi-sectoral nutrition action at the country level
10. Other enabling environment actions	10a. Animal health services to support safe animal-source foods for human consumption
	10b. Support with inputs related to animal production
	10c. Availability of credit/microcredit and microfinance to livestock-keepers, agropastoralists and fishers, targeting both men and women, to help make healthy foods available
	10d. Establishment of procedures for preventing and managing conflicts of interest to safeguard public health and nutrition in the engagement with stakeholders



Crops/Horticulture

Actions	Sub-actions	Evidence Category *
1. Diversification and locally adapted varieties	1a. Promotion of fruit and vegetable gardens for healthy diets	Synthesized evidence
	1b. Sustainable intensification of staple crop production for dietary diversification	Practice-based studies
	1c. Biodiversity and underutilized crops	Primary studies
	1d. Inputs and irrigation for fruit and vegetable gardens and crops	Primary studies
2. Biofortification	2a. Introduction of biofortified varieties to support healthy diets	Synthesized evidence
	2b. Social marketing campaigns on biofortified foods to support healthy diets	Practice-based studies



Enabling Environment

Actions	Sub-actions
1. Assessment and information	1a. Food composition data for locally available plant foods
	1b. Vulnerability assessment and early warning analysis
	1c. Promotion of operational research about nutrition impacts of sub-actions covered by this thematic area
	1d. M&E of sub-actions covered by this thematic area
2. Policy coherence	2a. Policy coherence between Crops/Horticulture issues defined by policies/strategies on agriculture, natural resource management, trade, health, social equity, nutrition and food security
3. Legislation, regulations/ standards, protocols and guidelines	3a. Land tenure/land rights, in accordance with Voluntary Guidelines on the Responsible Governance of Tenure, to support healthy diets
	3b. Legislation and regulations which provide harmonized standards for biofortified crops and food products in support of healthy diets
	3c. Food safety and quality control system, including legislation and regulations, inspection systems, and capacity development for food producers, processors and retailers
	3d. Legislation and regulations on crop breeding take into account nutrition considerations
4. Fiscal policy	4a. Taxes and subsidies to support healthier diets
5. Planning, budgeting and management	5a. Capacity development/strengthening to enable nutrition to be reflected in related agriculture, natural resource management, trade, health, education, and social protection planning and implementation

(Enabling Environment continued ...)

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Actions	Sub-actions
6. Trade	6a. Leverage analytical tools, capacity development efforts and governance mechanisms to enable nutrition considerations to be raised in international and national trade fora
	6b. Market linkages to help facilitate/promote consumption of fruits, vegetables, legumes, and other nutritious plant foods in support of healthy diets
7. Social norms: Education/sensitization, BCC and social marketing	7a. Nutrition education to support dietary diversity and food hygiene education to safeguard nutrition
8. Infrastructure and technology	8a. Food hygiene/safety infrastructure, technology and quality assurance (HACCP) to safeguard nutrition
9. Coordination	9a. Capacity development/strengthening of governance mechanisms to enable nutrition considerations regarding Crops/Horticulture to be raised in political fora and the coordination of coherent, multi-sectoral nutrition action at the country level
10. Other enabling environment actions	10a. Availability of credit/microcredit and microfinance to farmers, targeting both men and women, so as to help make healthy foods available
	10b. Establishment of procedures for preventing and managing conflicts of interest to safeguard public health and nutrition in the engagement with stakeholders



Food Processing, Fortification and Storage

Actions	Sub-actions	Evidence Category *
1. Food processing (excluding fortification)	1a. Malting, drying, pickling and curing at the household level	Primary studies
	1b. Reformulation of food/beverages for healthier diets	Synthesized evidence
	1c. Other nutrition-oriented food processing	Primary studies
	1d. Training and sensitization on malting, drying, pickling and curing at the household level	Primary studies
2. Fortification (including salt iodization and fortification of complementary foods)	2a. Mass fortification to support good nutrition, particularly adequate micronutrient intake	Synthesized evidence (for salt iodization and flour fortification) Primary studies (for flour fortification with iron, vitamin A sugar fortification, folic acid flour fortification)
	2b. Community fortification to support good nutrition	Practice-based studies
	2c. Point-of-use fortification for children	Synthesized evidence
	2d. Production of fortified complementary foods to meet documented nutrient gaps in children 6–23 months	Synthesized evidence
3. Food storage	3a. Household food storage/silos support for increased food stability to support healthy diets	Primary studies



Enabling Environment

Actions	Sub-actions
1. Assessment and information	1a. Food composition data for locally available processed foods
	1b. Vulnerability assessment and early warning analysis
	1c. Promotion of operational research about nutrition impacts of sub-actions covered by this thematic area
	1d. M&E of sub-actions covered by this thematic area
2. Policy coherence	2a. Food fortification, other nutrition-oriented food processing and food storage are included in nutrition and food security policy(ies) and linked to agriculture, industry and trade policies
	2b. Fortified complementary foods, as required to cover documented nutrient gaps, are integrated into the national nutrition policy/strategy, sectoral policies/strategies, and any cross-cutting infant and young child feeding (IYCF) policies/strategies so as to protect optimal complementary feeding

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Actions	Sub-actions
3. Legislation, regulations/standards, protocols and guidelines	3a. Legislation and regulations on food labelling of processed foods in accordance with the Codex Alimentarius Guidelines and Standards, as appropriate, to protect healthy diets
	3b. Legislation and regulations on the commercial advertising and marketing of food and non-alcoholic beverages to protect healthy diets
	3c. Food safety and quality control system, including legislation and regulations, inspection systems, and capacity development for food producers, processors and retailers
4. Fiscal policy	4a. Taxes and subsidies to support healthier diets
5. Trade	5a. Leverage analytical tools, capacity development efforts and governance mechanisms to enable nutrition considerations to be raised in international and national trade fora
	5b. Market linkages to facilitate/promote healthy consumption patterns of processed foods, including fortified foods, in support of healthy diets
6. Planning, budgeting and management	6a. Capacity development/strengthening to enable nutrition to be reflected in related agriculture, industry, trade, health, and social protection planning and implementation
7. Social norms: Education/sensitization, BCC and social marketing	7a. Social marketing campaigns/nutrition education to promote healthy diets
8. Infrastructure and technology	8a. Large-scale food storage support for increased food stability to support healthy diets
	8b. Food hygiene/safety infrastructure, technology and quality assurance (HACCP) to safeguard nutrition
9. Coordination	9a. Capacity development/strengthening of governance mechanisms to enable nutrition considerations regarding Food Processing, Fortification and Storage to be raised in political fora and the coordination of coherent, multi-sectoral nutrition action at the country level
10. Other enabling environment actions	10a. Availability of credit/microcredit and microfinance to farmers, livestock-keepers, agribusiness and food processors, targeting both men and women, to help make healthy foods available including fortified foods
	10b. Establishment of procedures for preventing and managing conflicts of interest to safeguard public health and nutrition in the engagement with stakeholders



Food Consumption Practices for Healthy Diets

Actions	Sub-actions	Evidence Category *
1. Food-based nutrition education	1a. Nutrition education, skills training, participatory cooking sessions/sensitization/counselling for mothers and other caregivers	Synthesized evidence
	1b. Nutrition education in schools	Synthesized evidence
	1c. School-garden based food and nutrition education	Primary studies
2. Consumer protection to ensure healthy diets	2a. Protection from marketing of unhealthy food and beverages	Synthesized evidence
	2b. Protection from misleading health and nutrition claims	Practice-based studies
	2c. Nutrition labelling, including front-of-pack labelling, on pre-packaged foods and beverages	Synthesized evidence
	2d. Portion size control	Synthesized evidence
	2e. Food safety measures	Synthesized evidence and practice-based studies
3. Complementary feeding	3a. Promotion of dietary diversification as part of optimal complementary feeding	Synthesized evidence
	3b. Promotion of fortified foods for complementary feeding, where appropriate	Synthesized evidence
	3c. Public information campaigns for optimal complementary feeding practices	Primary studies
4. Creating supportive environments to promote healthy diets in different settings	4a. School programmes promoting healthy diets and good nutrition	Synthesized evidence
	4b. Work place programmes promoting healthy diets and good nutrition	Synthesized evidence



Enabling Environment

Actions	Sub-actions
1. Assessment and information	1a. Food composition data for locally available foods
	1b. Vulnerability assessment and early warning analysis
	1c. Promotion of operational research about nutrition impacts of sub-actions covered by this thematic area
	1d. M&E of sub-actions covered by this thematic area
2. Policy coherence	2a. Elements of promoting healthy diets are included in the agriculture, natural resource management, trade, health, education and social protection policies, and linked to the nutrition and food security policy(ies)

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Actions	Sub-actions
3. Legislation, regulations/standards, protocols and guidelines	3a. Progressive realization of the right to adequate food
	3b. Formulation and implementation of national, food-based dietary guidelines
	3c. Food labelling in accordance with the Codex Alimentarius Guidelines and Standards, as appropriate
	3d. Food safety and quality control system, including legislation and regulations, inspection systems, and capacity development for food producers, processors and retailers
	3e. Legislation and regulation on marketing of food and non-alcoholic beverages and food safety to protect healthy diets
	3f. Other legislation and regulation to support healthy diets
4. Fiscal policy	4a. Taxes and subsidies to support healthier diets
5. Planning, budgeting and management	5a. Capacity development/strengthening to enable nutrition to be reflected in related agriculture, natural resource management, trade, health, education, and social protection planning and implementation
6. Trade	6a. Leverage analytical tools, capacity development efforts and governance mechanisms to enable nutrition considerations to be raised in international and national trade fora
	6b. Market linkages to help facilitate/promote consumption of nutritious foods in support of healthy diets
7. Social norms: Education/sensitization, BCC and social marketing	7a. Food hygiene education to safeguard nutrition
	7b. Promote the sensitization and mobilization of consumer organizations/interest groups about healthy diets
	7c. Public information campaigns for promotion of nutritious foods for consumption
8. Infrastructure and technology	8a. Food hygiene/safety infrastructure, technology and quality assurance (HACCP) to safeguard nutrition
9. Coordination	9a. Capacity development/strengthening of governance mechanisms to enable nutrition considerations regarding Food Consumption Practices for Healthy Diets to be raised in political fora and the coordination of coherent, multi-sectoral nutrition action at the country level
10. Other enabling environment actions	10a. Establishment of procedures for preventing and managing conflicts of interest to safeguard public health and nutrition in the engagement with stakeholders
	10b. Provision of safe fuel and fuel-efficient stoves to facilitate cooking