Why do food systems need a special focus on children?
The inadequacy of children’s diets from infancy and early childhood through school-age and adolescence

Only 1 in 4 toddlers are fed a minimum number of food groups per day (diet diversity).

- 50% of adolescent girls in low- and middle-income countries do not eat 3 meals per day; most skip breakfast.
- 40% of adolescent girls in Latin America and the Caribbean consume fast foods daily.
- 46% of adolescents in East Asia and the Pacific do not eat enough fruits and vegetables daily.

→ A common narrative around food systems and children’s diets
→ Healthy diets: nutritious, affordable, safe and sustainable.
→ Put children at the heart of a **systematic dialogue** on food systems.
→ Identify big **common levers** to encourage systems change for better diets.
Some next steps for UNICEF

- Finalize the Conceptual Framework so that it be useful for all Advocacy, Dialogue, Partnerships, Coordination.

- Identify contribution of country programmes to actionable levers for positive change for children in the food system:
  - Programmatic implications for UNICEF
  - Tailored to context through assessment and analysis.

- Selected country case studies.

- UNICEF Nutrition Strategy 2020-2030:
  - A systems approach to children’s nutrition.
  - Food systems for children and adolescents.

Children, Food and Nutrition in a Changing World
Some next steps to the meeting

- 4-page summary → 2 months.
- 20-page report → 4 months.
- Supplement Journal → 12 months.

→ Papers commissioned in preparation for the meeting.

→ Papers commissioned as a follow up to this meeting.
Gratitude!

- UNICEF Office of Research, Innocenti
- Global Alliance for Improved Nutrition (GAIN)
- Government of the Netherlands
- UN Partners, FAO, WFP, WHO
- Jane Badham
- Most important ➔ You!
Food Systems for Children and Adolescents

Working Together to Secure Nutritious Diets

UNICEF Office of Research
Innocenti
Florence, Italy
5 – 7 November 2018

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