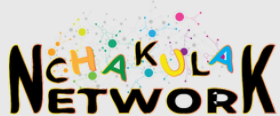


UNDERSTANDING FOOD SYSTEMS

In 5
Minutes

Mini-Booklet







Where Does Your Food Come From?

"You eat it. But do you know it?"



Imagine this: You open your fridge. There's rice, tomatoes, eggs, maybe even a slice of mango cake. But have you ever asked, "Where did this all begin?"



From the soil where seeds are planted, to the farmer who wakes up before sunrise, to the markets and shops where you buy it, your food goes on a journey. It's a **food system**. And you're part of it whether you know it or not.



Over one-third of all food produced globally is lost or wasted between the farm and the plate!

How Does It Reach Your Plate?



"Your meal took a village."

This is where it all starts. Farmers grow crops, rear animals, or harvest from nature like fish.



Production



Processing

Raw food is cleaned, sorted, or turned into products like flour, oil, or canned goods.

Food is transported via trucks, bikes, or boats to markets or your neighborhood vendor.



Distribution



Consumption

This is you and your community! Cooking, sharing, and eating meals at home, schools, or restaurants.

What happens after the meal? Peels, leftovers, and packaging need proper disposal—or better yet, composting and recycling.



Waste

Management



Understanding Food Systems

"It's not just farming. It's everything."

A food system includes everything and everyone involved in:



Growing



Harvesting



Packaging



Transporting



Marketing



Consuming



Disposing food

It is **AFFECTED** by:



Climate



Culture



Economy



Politics



Food systems affect your health, the planet, and your wallet. Understanding them helps us make better choices as eaters, creators, and change-makers.



Where Is It Broken?

"If it's broken, we all feel it."

Broken systems lead to:



Food insecurity
(People go hungry)



Unhealthy diets (Rise of
NCDs like diabetes,
obesity)



Environmental damage
(Pollution, deforestation,
overfishing)



Wasted resources (1/3
of all food goes to
waste!)



The 2022 Tanzania Demographic and Health Survey (TDHS) indicated that approximately one-third of children under 5 years of age were stunted



Where Do You Come In?

"You don't need to be a farmer to fix the food system."



Start a home or school garden

Learn about nutrition (Follow us!)



Join or create a food club

Reduce food waste (Finish your plate!)



Support local & sustainable food

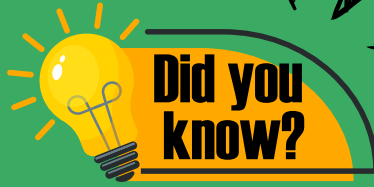
Advocate! Raise your voice for healthy meals in schools and homes



What is Tanzania Doing?

Through the National Food Systems Pathway, Tanzania is prioritizing:

1. **Production and Productivity:** Enhancing agricultural production across crop, livestock, and fisheries sectors.
2. **Financing and Private Sector:** Increasing investment in agriculture, including private sector involvement.
3. **Nutrition and Health:** Ensuring access to nutritious, healthy, and safe food, including school feeding programs.
4. **Climate and Biodiversity:** Addressing climate change through mitigation and adaptation, while protecting biodiversity.
5. **Resilient Livelihoods:** Fostering sustainable and diverse livelihoods within the food system.
6. **Enablers:** Addressing cross-cutting issues like gender, technology, research and development, and equity within the food system.



01

One-third of all food produced globally is wasted—that's enough to feed 2 billion people!

02

Your food might only pass through production stage and be served directly to your plate



03

Most Tanzanian homes rely on informal markets for their daily food, supporting them supports the system!

04

You can grow food even in a bucket or plastic bottle. Urban farming is the future!



05

Chips mayai = comfort, but not always nutrition. Balance is key.

FACTS



You're not alone in this. You're needed.
Let's Reimagine Food. Together.
#NFPYouthVoices #Vijana4Food #ChakulaNetwork



  @chakulanet

  @vijana4food