

The 2025 EAT-Lancet Commission on Healthy, Sustainable, and Just Food Systems

Summary Report
for and with Policymakers



Introduction

Food systems influence nearly every major goal and challenge we face today, from human health and well-being, to environmental sustainability, social justice, and economics. Direct action by countries on food systems is urgently needed. Strong policies and investments can improve health, cut climate and nature impacts, reduce inequality, help end all forms of malnutrition, and bring us back within planetary boundaries.

To support this effort, a group of *EAT-Lancet* Commissioners, policymakers, and practitioners collaborated to co-produce this 2025 *EAT-Lancet* Commission Summary for and with Policymakers.

The Summary was developed through the Policymakers Community for Action (CfA), co-hosted by the Alliance of Bioversity & CIAT, and the Scaling Up Nutrition Movement (SUN). This Community is one of ten curated by EAT and Convene to foster collaborative engagement between science and front-line food system actors. A total of 84 participants contributed their insights and experiences through dialogues and written feedback. You can find the list of contributors at the end of this document.

Developed by leading scientists, policymakers, and practitioners from over 30 countries, this document turns the latest evidence into practical priorities to help governments build food systems that are healthy, sustainable, and fair for everyone.

This report presents key messages from the 2025 *EAT-Lancet* Commission, enriched with additional insights from policymakers and practitioners. It provides 35 policy actions effective in advancing healthy, nutritious, sustainable, and just food systems, illustrated with examples from various countries.

While many solutions exist, their success depends on adapting them to local contexts and bundling them into coordinated policy packages that address multiple goals simultaneously.

Achieving system-level change requires political leadership, parliamentary engagement, and legislative, policy, and regulatory mechanisms, as well as meaningful citizen participation, finance, and investment. Sustained collaboration across actors, sectors, and scales is essential to bridge evidence, policy, and action.

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Part 1

Ten Insights for Policymakers on Transforming Food Systems

**Ten Key Messages from the 2025
EAT-Lancet Commission on transitions to
healthy, sustainable, and just food systems.**

The 2025 EAT-Lancet Commission on Healthy, Sustainable, and Just Food Systems is a landmark update to the 2019 EAT-Lancet Commission report, presenting the most comprehensive global scientific evaluation of food systems to date. It sets out a healthy diet pattern, the safe boundaries for food within the Earth system, and the social foundations of a fair food system.

In this summary, the key messages from the 2025 EAT-Lancet Commission are accompanied by specific highlights for policymakers, indicated by the orange globe symbol. (🌐)

Part 1

Ten Insights for Policymakers on Transforming Food Systems

01

Food systems sit at the nexus of health, nutrition, environment, climate, and justice.

Changing how food is produced, sold, and consumed is essential to addressing today’s overlapping crises, from hunger and malnutrition, to climate change, biodiversity loss, rising health risks, and growing inequalities.

🌐 Countries can move from tackling these crises one by one to adopting integrated solutions seeking synergies and efficiencies across economic, governance and policy domains.

02

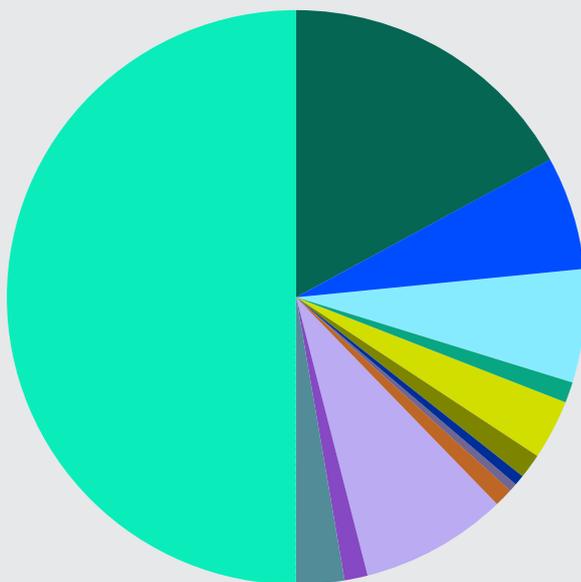
The Planetary Health Diet is flexible and compatible with a wide variety of foods, cultures, dietary patterns, traditions, and individual preferences.

The Planetary Health Diet (PHD) is a flexible dietary pattern designed to support optimal health across diverse populations and contexts. It is based on the latest scientific evidence on diet and health, not on environmental criteria, although the dietary pattern reduces both the environmental impacts and nutritional deficiencies of most current diets. The PHD (Figure 1) emphasizes a diet rich in plants—whole grains, fruits, vegetables, nuts, and legumes form the foundation—while allowing for modest amounts of animal-sourced foods, including dairy, fish, and meat, depending on cultural preferences. Red and processed meat and added sugar are limited due to strong evidence of health risks.

FIGURE 1

Planetary Health Diet A flexible diet for better human health

Dietary targets for a healthy reference diet for adults, with possible ranges, for a population level energy intake of approximately 2,400 kcal/day.



	Range g/day (mean)	Kcal/Day
Plant foods		
● Whole grains	20-50% OF ENERGY (210)	753
● Tubers, starchy roots	0-100 (50)	50
● Vegetables	200-600 (300)	95
● Fruits	100-300 (200)	145
● Tree nuts/peanuts	0-75 (50)	275
● Legumes	0-150 (75)	275
Animal foods		
● Milk or equivalents	0-500 (250)	145
● Chicken, other poultry	0-60 (30)	60
● Fish and shellfish	0-100 (30)	25
● Eggs	0-25 (15)	20
● Beef, Pork or Lamb	0-30 (15)	45
Fats, sugar, and salt		
● Unsaturated plant oils	20-80 (40)	355
● Palm, coconut oil	0-8 (6)	55
● Lard, tallow, butter	0-10 (5)	-
● Sugar (added or free)	0-30 (30)	115
● Sodium (mg)	< 2000	-

FIGURE 01. Most foods are assumed to be unprocessed or minimally processed. At the individual level, the optimal energy intake to maintain a healthy weight in adults and growth in children depends on body size, level of physical activity, and physiological status (including pregnancy or lactation in women). The targets, ranges, and options in this flexitarian version of the PHD are intended to provide flexibility and affordability. The general guidance is for at least 5 servings of vegetables and fruits per day, 1-2 servings of nuts per day, and 2-3 servings of legumes per day. For animal-sourced foods, it is about 2 servings of poultry per week, one serving of red meat per week, and 2 eggs per week.

The reference PHD provides nutritional adequacy and diminishes the risks of non-communicable diseases. A shift to this pattern could prevent approximately 15 million avoidable deaths each year, about 27% of deaths worldwide.¹

🌐 Current consumption across countries deviates substantially from the PHD and from most national food-based dietary guidelines. Countries are encouraged to revise and update their national food-based dietary guidelines according to the latest evidence, such as the PHD, while adapting recommendations to national contexts and cultural preferences. Comparisons between national food-based dietary guidelines, WHO recommendations, and the PHD found that the PHD is associated with greatest reductions in premature mortality.²

A web-based calculator to assess current national level consumption, projected changes to healthy consumption and the impacts of such change on environmental and health outcomes is available [here](#).

03

Food systems are the largest contributor to the transgressions of five planetary boundaries.

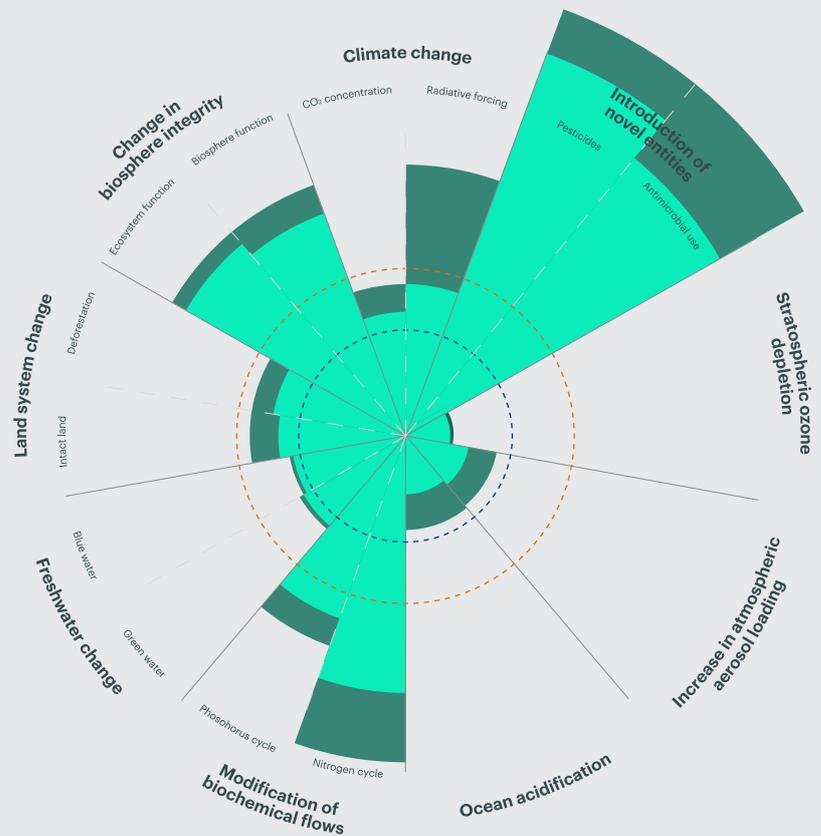
Planetary boundaries mark safe limits for the Earth system. Food is the primary driver of land system change, biosphere integrity, freshwater change, and biogeochemical flows. It is a major driver of novel entities including pesticides and antimicrobials and accounts for approximately 30% of greenhouse gas emissions driving climate change. How and where food is produced, which foods are produced, processed, transported, and consumed, and how much is lost and wasted, all contribute to planetary boundary transgressions. No safe solution to the climate and biodiversity crises is possible without a global food systems transformation. Even if a global energy transition away from fossil fuels occurs, food systems will cause the world to breach the Paris Climate agreement of limiting global mean surface temperature to 1.5°C.

🌐 Countries are encouraged to include food systems interventions, solutions, and their impacts into national and international commitments such as the Paris Climate Agreement and the Kunming Montreal Biodiversity Framework.

FIGURE 2

**Planetary Boundaries
Food System Share**

- 🔴 High-risk line
- 🔵 Planetary boundary
- 🟢 Food system contribution
- 🟠 Total contribution from all sectors



¹ Gu X, Bui LP, Wang F, Wang DD, Springmann M, Willett WC. Global adherence to a healthy and sustainable diet and potential reduction in premature death. Proc Natl Acad Sci USA 2024; 121: e2319008121.
² Springmann M, Spajic L, Clark M A, Poore J, Herforth A, Webb P et al. The healthiness and sustainability of national and global food-based dietary guidelines: modelling study BMJ 2020; 370 :m2322 doi:10.1136/bmj.m2322.

04

EAT-Lancet aligned food systems transformation can bring us substantially closer to most food system boundaries.

Food systems transformation in line with EAT-Lancet recommendations (i.e. dietary shifts, increased and more sustainable productivity, reduced food loss and waste) would substantially reduce environmental pressures on climate, biodiversity, water use, and pollution.

Dietary shifts have the largest potential impact, but no single action is sufficient to ensure a healthy, just, and sustainable food system. An EAT-Lancet transformation by 2050 would reduce land use for agriculture by 11-18%, greenhouse gas emission by 55-67%, water use by 9%, nitrogen and phosphorus use by 26%, compared to business-as-usual trajectories.

🌐 Countries can capture the impacts of food on the environment through the development of Food System Pathways prepared in collaboration with the UN Food Systems Coordination Hub which serves as an iterative exercise for implementing country specific solution options. For more on food system boundaries, please refer to Section 2 of the 2025 EAT-Lancet report.

FIGURE 3

Earth system processes, their control variables, and the proposed food system boundaries

Food system boundaries are defined in Te Wierik et al. (2025).³
 HANPP= human appropriation of net primary production.
 NPP= net primary production.
 PAS= pesticide active substances.
 PM_{2.5}= particulate matter with a diameter of <2.5 μm

Earth System Processes	Control Variable	Food System Boundary
Climate Change	Greenhouse gas emissions	5 Gt CO ₂ eq. yr ⁻¹
Land System Change	Agricultural land use	48 M km ² (34% of total land area)
Biodiversity	HANPP (biosphere functional integrity)**	5.5 GTC yr ⁻¹ (10% of Holocene NPP)
	Ecosystem functional integrity	20-25% natural habitat km ² in agricultural lands
Ozone Depletion	Emissions of ozone depleting substances	1.8 Tg N ₂ O-N yr ⁻¹
Ocean Acidification	CO ₂ emissions	Zero CO ₂ emissions
Biogeochemical Flows	Nitrogen surplus	57 Tg N yr ⁻¹
	Phosphorus loss to surface water	4.6 Tg P yr ⁻¹
Freshwater Change	Blue water consumption	2000 km ³ yr ⁻¹
	Occurrence of green water extreme dry or extreme wet events	11.1% of global land area per month**
Aerosol Loading	NH ₃ (northern hemisphere)	<20 Tg NH ₃
	PM _{2.5} (southern hemisphere)	Halt biomass burning emissions from agriculture
Novel Entities	Pesticide application	1 Tg of PAS yr ⁻¹
	Antimicrobial use	Halting prophylactic use & limit use to 36-75 kt yr ⁻¹

³ Te Wierik, S., DeClerck, F., Beusen, A. et al. Identifying the safe operating space for food systems. Nat Food 6, 1153-1163 (2025). <https://doi.org/10.1038/s43016-025-01252-6>

05

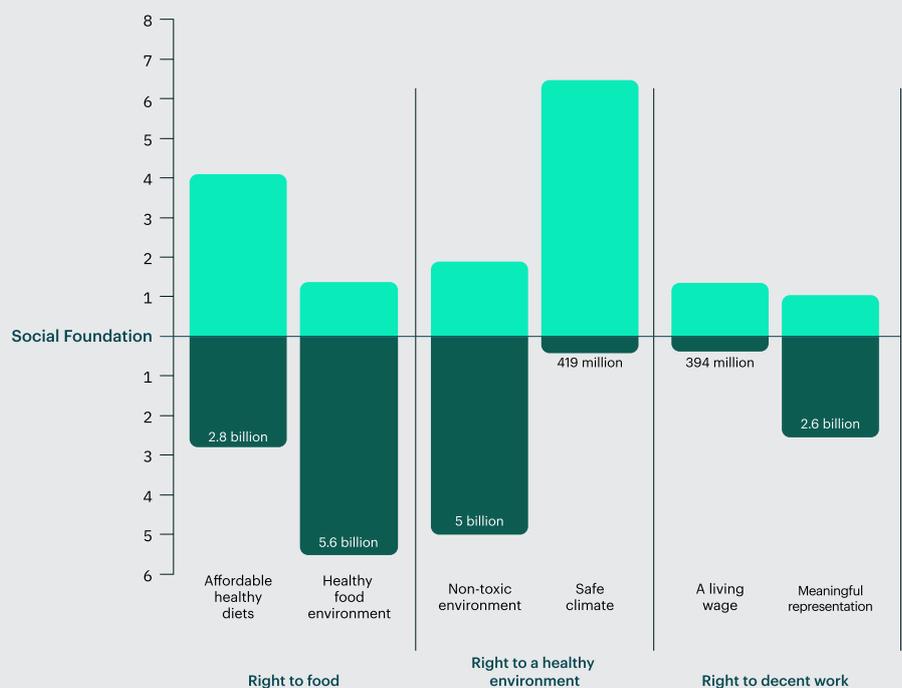
Human rights related to food systems are not being met for nearly half the world’s population, spanning all world regions.

Nearly half the world’s population does not meet the minimum standards in relation to their rights to adequate food, a healthy environment, and decent work. At the same time, the richest 30% of people drive more than 70% of food-related environmental impacts.

🌐 Policies that address inequities, by addressing who benefits and who bears the costs of current food systems, are essential for upholding human rights and meeting countries’ responsibilities to both people and the planet. All countries can contribute to make food systems more healthy, sustainable, and just. These contributions benefit countries individually through improvements in public health and social justice, while reducing environmental threats and insecurity that are shared across nations. Voluntary Guidelines to Support the Progressive Realization of the Right to Adequate Food⁴ are a resource designed to help implement the right to adequate food, offering practical recommendations for governments and stakeholders.

FIGURE 4

Social Foundations
Billions of people fall Short



⁴ FAO. 2024. Voluntary Guidelines to Support the Progressive Realization of the Right to Adequate Food in the Context of National Food Security - Adopted by the 127th session of the FAO Council, 22-27 November 2004. Revised version. Rome. <https://doi.org/10.4060/y7937e>

06

Making healthy and culturally appropriate diets the easy, affordable, and desirable choice is essential for shifting demand.

Transforming food environments, through public procurement, retail regulation, fiscal policies, and support to local farmers and value chains, can make nutritious foods more available and appealing. Increasing purchasing power among low-income groups is equally critical, including through subsidies and nutrition-sensitive social protection. Healthy diets of indigenous and local peoples must be protected and promoted by integrating them into school meals, dietary guidelines, public campaigns, and inclusive community-led decision-making.

🌐 National and local governments can collaborate with a diversity of actors to make sure that consumers have access to healthy options (aligned with the PHD or national food-based dietary guidelines) whether through taxes, subsidies, public procurement or other policy actions. Governments can align policies to healthy dietary recommendations through agricultural policies that promote production of healthy crops, food processing regulations that promote production of healthy foods, and trade policies anticipating and enabling changes in which commodities are exchanged.

07

A diversity of sustainable and ecological intensification practices accrues nature-positive benefits, potentially making food net carbon negative.

Unprecedented investments and effort in sustainable and ecological intensification practices could potentially result in a net-zero food system. Using diverse, context-specific practices can store carbon, create and connect habitats, reduce nutrient and fertilizer applications, and prevent water pollution. Achieving this requires more equitable access to land and water resources, strengthening public advisory services, reducing power asymmetries between producers and dominant agribusinesses, and coordinated public and private sector investments that support farmers transition to sustainable practices.

🌐 Countries can work with their food producing communities (farmers, fishers, ranchers, small- and large-scale), the agri-food industry, and agricultural and environmental research communities, to ensure that the environmental benefits produced by food producers are increased, captured, and valued.

08

Transforming food systems aligned with EAT-Lancet recommendations will reshape agriculture and have a profound impact on livelihoods worldwide.

Following the EAT-Lancet recommendations could help create a less resource- and labor-intensive system capable of feeding 9.6 billion people with healthy diets, while keeping food costs largely stable. However, such a transformation would have profound implications on what, how, and where food is produced, and for the people involved.

For example, fruit, vegetable, and nut production would need to rise by 63%, and fisheries and aquaculture by 46%, while ruminant meat production may need to fall by one-third, with regional differences in how this restructuring occurs.

 This transition needs to be accompanied by well-designed policies that safeguard the livelihoods and preferences of different actors, and ensure benefits and burdens are equitably distributed. Countries can work with all food system actors to identify, plan, and prepare for transitions in agriculture, including by supporting new and emerging employment opportunities in agriculture, fisheries, and aquaculture, while anticipating and managing for change with 5–20-year outlooks.

FIGURE 5

Social foundations, proxy variables, and number of people below foundations

Social Foundation	Proxy Variable	People below Foundation
Affordable healthy diets	Cost of a healthy diet (COHD) <52% average income	2.8 billion people globally cannot afford a healthy diet
Healthy food environment	National average intake of sugar from sugar sweetened beverages (SSBs) <10% of total energy intake	5.6 billion people globally live in countries with a national average intake of sugar >10% of total energy intake
Non-toxic environments	Nitrogen leaching <50 mg nitrate/L	5 billion people exposed to unclean above WHO limit
Safe climate	Mean average temperature (MAT) $\leq 29^{\circ}\text{C}$	419 million people will be exposed to MAT $\geq 29^{\circ}\text{C}$ by 2070
Food system worker wages greater than a living wage	Living wage is defined as >67% of median wage in low-income countries and >55% in high-income countries	394 million (32%) food system workers earn below a living wage
Meaningful representation	Collective bargaining coverage >72%	2.6 billion people cannot participate in collective bargaining processes
Freedom from corporate control	Market share held by the top four firms in the sector (CR4) <40%	Not determined
Civil and political freedoms	Freedom of expression index	Not determined
Non-discrimination	Social institutions and gender index	Not determined

09

Justice is essential to unlock and accelerate food systems transformation.

Fairness is the foundation: a just transition ensures everyone has equitable access to opportunities and resources that secure the rights to adequate food, a healthy environment, and decent work, alongside common but differentiated responsibilities for producing, distributing and consuming healthy diets within planetary boundaries.

Power asymmetries and discriminatory social and political structures hinder the realization of these rights, harming people's health and livelihoods and silencing community voices, particularly among historically marginalized groups. Actions that promote justice include ensuring livable incomes and collective bargaining, regulating market concentration and financial speculation, improving transparency, accountability, representation and access to information. Protecting the human right to adequate food in conflict zones is a fundamental foundation of justice.

🌐 Countries can adopt policies that guarantee fair wages, protect rights to adequate food and decent work, and regulate market concentration, while ensuring historically marginalized communities have voice and representation in decision-making. Prioritizing justice in this way strengthens accountability, protects human dignity, and enables sustainable and equitable food systems transformation.

10

Unprecedented action is needed to transform our global food system.

Shifting diets, improving production practices, ensuring adequate food, and advancing social justice all require coordinated efforts. A just transformation requires building coalitions across diverse actors, negotiating priorities, identifying bundles of actions, developing national and regional roadmaps for implementation, unlocking finance, and putting joint plans into action. These efforts can align with other sustainability and health frameworks, such as the Paris Agreement, Kunming-Montreal Global Biodiversity Framework, and nation-specific food-based dietary guidelines, which highlight food systems actions as powerful tools for achieving multiple goals. Mobilizing and redirecting finance is essential for enabling this transformation.

🌐 Countries can build broad coalitions, align food systems action with climate, biodiversity, and health commitments, and repurpose finance to support just and sustainable transformation. By developing clear roadmaps and rapidly implementing joint plans, governments can unlock synergies across sectors and accelerate progress toward equitable and resilient food systems.

Part 2

Policy Solutions and Actions

This chapter presents policy solutions and accompanying actions designed to support governments and policymakers in advancing food systems transformation in their own contexts.

Building on the 2025 EAT-*Lancet* Commission and refined through contributions from policymakers, these solutions combine scientific evidence with real-world policy experience, showing real potential to deliver meaningful impacts across health, environment, and justice goals.

No single policy can deliver food systems transformation on its own. Progress requires coordinated, bundled approaches that align multiple actions and actors. Effective and coordinated bundling helps manage short- and long-term administrative priorities, strengthen governance across political cycles, and navigate trade-offs between feasibility, effectiveness and public acceptability.

Policy bundles for food systems transformation must be tailored to regional and national contexts. In high- and upper middle-income countries, consumer-focused strategies to shift diets toward the Planetary Health Diet are essential, whereas priorities in low- and middle-income countries should include preserving existing healthy diets, reducing hunger and undernutrition, and preventing the rise of unhealthy dietary patterns.

All countries can reduce food-related emissions and environmental pressures by closing yield gaps, advancing sustainable farming practices, and adopting cleaner, more circular food processing systems.

The table below presents an overview of the solutions and actions, from the Commission's assessment, with additions proposed by policymakers and practitioners. Contributing countries also provided examples illustrating existing progress on specific policy actions.

Table of Proposed Policy Solutions and Actions

■ EAT-Lancet Commission
recommended Policy Actions

■ Additional recommended Policy
Actions from the Policymakers
Community for Action

POLICY SOLUTION	POLICY ACTION
A. <u>Develop food systems roadmaps</u>	1. Assess policy coherence.
	2. Establish context-specific bundles of actions and policies.
	3. Build coalitions of diverse actors.
	4. Strengthen political leadership and governance frameworks.
	5. Unlock financial resources for transformation.
B. <u>Shift to healthy diets</u>	6. Use taxes and subsidies to make unhealthier food and beverages more expensive and healthier foods more affordable
	7. Combine marketing restrictions with mandatory warning labels for unhealthy foods.
	8. Increase purchasing power for households, particularly in the lowest quintile through various social protection measures, employment creation, food safety nets, and living wage legislation.
	9. Invest in strategies and interventions that increase demand for healthier foods.
	10. Ensure universal access to safe water for human consumption and food production through simple, low-cost social technologies.
C. <u>Protect and promote healthy, traditional diets</u>	11. Recognize and include traditional healthy foods and diets in food-based dietary guidelines and public procurement programs.
	12. Support local markets and value chains to promote consumer demand of underutilized healthy and locally produced crops.
D. <u>Implement sustainable and ecological intensification</u>	13. Ensure producers have equitable access to enhanced governance over land, sea, production inputs, agricultural training and extension, peer-knowledge networks, and markets.
	14. Support producer coalitions and subsidies for sustainable practices, and regulate corporate influence.
	15. Increase investment for the transition to sustainable and ecological intensification.
	16. Empower youth-led campaigns and social enterprises to drive positive food norms.

■ EAT-Lancet Commission
recommended Policy Actions

■ Additional recommended Policy
Actions from the Policymakers
Community for Action

POLICY SOLUTION	POLICY ACTION
E. <u>Halt agricultural conversion of intact ecosystems</u>	17. Combine regulatory measures that protect ecosystems and reduce land expansion leakage
	18. Invest in community management of local ecosystems including indigenous communities and youth
	19. Increase multisector commitments to zero deforestation and zero conversion of intact ecosystems
	20. Incentivize landscape-level food systems planning that combines agricultural productivity, watershed protection, and community-led resource governance.
	21. Restore ecosystem biodiversity and function.
F. <u>Reduce food loss and waste</u>	22. Improve storage, logistics, and supply chain data and analytics, especially in low-income settings.
	23. Reduce retail and consumer waste through awareness raising, education, and skills training, especially in high-income settings.
	24. Recycle nutrients and energy, prioritizing animal feed and on-farm waste recovery.
G. <u>Secure decent work</u>	25. Guarantee payment of updated living wages for all and close the gender pay gap.
	26. Provide training to support redeployment in food systems transitions (especially for youth, women, and current labor force).
	27. Strengthen enforcement of legislation of workplace protections and social safety nets, against gender-based violence and sexual harassment, occupational health conditions, and child labor.
H. <u>Ensure meaningful voice and representation</u>	28. Ensure the existence of enabling mechanisms for collective bargaining by agri-food system workers and farmers to avoid imbalances and unfair trading practices.
	29. Develop legal and regulatory frameworks to limit market concentration and ensure transparency in lobbying.
	30. Improve transparency, accountability, and access to information.
	31. Improve representation of women and other underrepresented groups in positions of influence.
I. <u>Recognise and protect marginalised groups</u>	32. Support the development of decentralized or local food policy councils.
	33. Implement social protection policies to support marginalized and at-risk groups.
	34. Procure and implement healthy and sustainable meals in schools and other public institutions.
	35. Protect the right to adequate food for people in conflict areas.

Detailed Solutions and Actions with Examples

A

Develop food system roadmaps

1

Assess policy coherence.

Food systems sit at the intersection of public health, environmental, agricultural, economic and social development policies, making them a powerful lever for coordinated policy action. Greater policy coherence across sectors can significantly increase efficiency, effectiveness, and cost saving.

3

Build coalitions of diverse actors.

Cross-sector coalitions bringing together public institutions, private sector, and civil society, help actors with differing interests find common ground and co-create practical food systems pathways. One approach is to establish food systems science-policy hubs at national level that connect researchers, parliamentarians, food producers, youth innovators, and civil society to jointly interpret evidence and inform responsive policies. Ensure that these coalitions are supported by data accessible to civil society, local governments, and parliaments to allow for accountability, inclusive decision-making, and effective oversight of food system transformation efforts.

5

Unlock financial resources for transformation.

Implementing policy for food systems transformation requires willingness to reprioritize current resource spending. Governments can bundle existing activities, repurpose subsidies to agricultural sectors to align with health, social protection and environmental objectives, introduce health-focused food taxes, and align investments with climate, biodiversity, and economic priorities. Adjusting agricultural subsidies or value-added tax can reduce healthcare costs, improve health outcomes, and lower environmental impacts.

Transforming food systems requires coordinated action across sectors through bundled approaches that align multiple actions and actors. Effective bundling manages competing priorities, strengthens governance across political cycles, and balances feasibility, effectiveness, and public acceptability.

2

Establish context-specific bundles of actions and policies.

Transformative potential is realized when mutually reinforcing actions are implemented as context-appropriate bundles of actions. Governments can strengthen their capacity to integrate, bundle, sequence, and prioritize interventions by establishing institutional mechanisms that support cross-sectoral collaboration, such as coordination between ministries, and by partnering more closely with research organizations.

4

Strengthen political leadership and governance frameworks.

Transforming food systems requires strong political leadership and coordinated action across sectors. Governments can systematically integrate agriculture, environment, health and nutrition, infrastructure, energy, growth, and equity into policies, such as national food strategies. Strong governance also requires robust regulatory and legislative oversight and transparent budget tracking mechanisms. Parliaments play a critical role in holding ministries accountable, especially when monitoring frameworks are embedded in law and budgets are linked to clear performance indicators. Governments can also monitor how the food industry responds to policy changes, to avoid unintended consequences and ensure policies deliver their intended results.

Strategic alignment of investments allows governments to coordinate multiple agendas efficiently to deliver public benefits.

In addition, strengthening social accountability, through citizen monitoring, women's food rights collectives, and community scorecards, empowers marginalized communities, increases transparency, builds trust, and ensures fiscal measures support equitable, locally relevant food system outcomes.

A

Country examples

Brazil

Food Systems and Climate Framework was developed through participatory, cross-sectoral collaboration to align policies across sectors and government levels. It sets strategic pathways for transforming food systems, including agroecological transitions, sustainable land use, water security, biodiversity, resilient cities, healthy food environments, reduced food loss and waste, and investments in science, technology, and innovation, while recognizing food supply as a national sovereignty issue.

European Union

The European Union's Common Agricultural Policy aims to transform the EU food system, secure Europe's food future, achieve the objectives of the European Green Deal and set a global standard for food transformation. Its latest reform focuses on sustainability objectives, providing more targeted support to smaller farms and allowing greater flexibility for EU countries to adapt measures to local conditions. The Vision for Agriculture and Food, sets a roadmap to build a competitive, resilient, and attractive agri-food sector for current and future generations. It aims to improve farmers' income, reinforce the capacity to face global competition and shocks, and develop a future-proof sector that works within planetary boundaries and values food by re-establishing the link between farming, food, and territories.

Switzerland

Switzerland's National Pathway for Food Systems Transformation mobilizes government, cities, private sector, academia, and civil society to achieve sustainable food systems. Using a cross-sectoral, interdisciplinary approach, it integrates nutrition, health, climate, agriculture, and international aid. Key 2030 goals include 30% of the population consuming a healthy diet, halving food loss and waste, reducing food-based greenhouse gas emissions by 30%, and increasing farmers engaged in sustainability by 30%.

United Kingdom

The United Kingdom government's new food strategy, launched in July 2025, introduces the "Good Food Cycle" framework, aiming to transform the nation's food system. This strategy outlines ten priority outcomes to enhance food security, promote healthier diets, and foster sustainable supply chains. It emphasizes collaboration across sectors, including agriculture, health, and education, to create a resilient and equitable food environment for all citizens.

As of July 2025, 128 countries have developed national food systems transformation pathways in coordination with the UN Food Systems Coordination Hub, and 155 countries have appointed National Conveners to oversee these efforts. Notably, 39 countries have updated their pathways into actionable implementation plans, and 112 countries voluntarily submitted progress reports in 2025, reflecting a growing commitment to sustainable food systems transformation.

Ethiopia

Ethiopia's integrated food and nutrition strategy unites government, civil society, private sector, and international partners. Through inclusive policy dialogues and legal assessments, they are establishing a Food System and Nutrition Council to strengthen multi-sectoral coordination, amplify community voices, ensure accountability, and accelerate efforts to reduce undernutrition and achieve zero hunger by 2030.

Mexico

Mexico adopted a new General Law on Adequate and Sustainable Nutrition (Ley general de Alimentación Adecuada y Sostenible) to address non-communicable diseases and promote environmental sustainability. This law translates the Mexican constitutional right to nutritious, sufficient, and quality food in Article 4 into a practical legislative framework. It enshrines the human right to food, elevating it to include healthy and sustainable nutrition.

Nepal

Nepal's National Pathway for Food System Transformation, co-developed with diverse government and non-government actors, comprises six Action Tracks. Together, these actions aim to create a more inclusive, sustainable, and resilient food system for current and future generations.

Tanzania

Tanzania's National Pathway for Food Systems Transformation, developed through a multistakeholder and multisectoral process, has embedded accountability through a National Steering Committee chaired by the Prime Minister's Office. This model demonstrates the importance of anchoring food systems coordination in high-level political structures, with strong parliamentary engagement.

Vietnam

Vietnam's 2030 food system transformation aims to ensure food and nutrition security, raise rural incomes, reduce poverty, protect the environment, adapt to climate change, and advance the Sustainable Development Goals. Key goals include tripling rural incomes, cutting stunting under 15% and wasting under 3% in children, boosting exports above USD 30 billion, expanding organic farming, reducing postharvest losses, and cutting GHG emissions by 10%, while enhancing disaster resilience and public health.

B

Shift to healthy diets

6

Use taxes and subsidies to make unhealthy food and beverages more expensive and healthier options more affordable.

Parliaments and local authorities can play a key role in aligning fiscal tools with laws, budgets, and oversight across health, agriculture, and education. Policies can be adapted to support healthy food environments and equity priorities.

8

Increase purchasing power for households, particularly in the lowest quintile, through social protection, employment creation, food safety nets, and living wage legislation

Recognizing the importance of increasing purchasing power rather than reducing food prices improves food affordability. Measures to strengthen household purchasing power, particularly for the lowest income groups, include expanding social protection programs, creating employment opportunities, implementing living wage legislation, and ensuring access to food safety nets. Together, these actions reduce inequality, improve food affordability, make healthy and sustainable diets more attainable, and enhance resilience against economic shocks and vulnerabilities.

10

Ensure universal access to safe water for human consumption and food production through simple, low-cost social technologies.

Governments can guarantee universal access to safe water for drinking and food production, at no or low cost, using low-cost, community-based technologies. Making safe water universally available through public health and food policies reduces exposure to unsafe contaminated drinking water as well as reliance on sugary beverages, protects public health, and ensures water security, a foundation for just food systems.

Healthy diets should be more available, affordable, convenient, aspirational, appealing, and delicious than unhealthy alternatives. Contextually relevant food environment interventions can shift consumers to healthy diets.

7

Combine marketing restrictions with mandatory warning labels for unhealthy foods.

Governments can limit the marketing of unhealthy foods, especially to children, while also implementing mandatory front-of-pack labelling to highlight high-calorie, sugar, fat, and salt content. Regulations can also cover informal and unpackaged foods, supported by enforcement tools and context-specific consumer education campaigns, including materials for low-literacy populations.

9

Invest in strategies and interventions that increase demand for healthier foods.

Governments can boost demand for healthy options by supporting advertising and marketing incentives for nutritious foods (e.g. coupons or loyalty points attached to fruit and vegetables), running youth-focused nutrition campaigns, strengthening school-based food and nutrition education, and promoting culinary innovation through media and cooking shows. Governments can also provide incentives for food retailers, restaurants, and food service providers to serve healthier options as defaults or at lower cost. These efforts could be funded through taxes on unhealthy foods or on the advertising and marketing of those products.

B

Country examples

Brazil

In Brazil, basic food basket items are tax-exempt, while unhealthy ultra-processed products face higher taxes. The 2023 Constitutional amendment and Decree No. 11,936/2024 define eligible foods for zero or reduced rates, prioritizing fresh and minimally processed items like rice, milk, fruits, and vegetables. Sugar sweetened beverages incur higher taxes. These measures, effective 2026, promote healthier diets and uphold the right to adequate food. Brazil's Cisterns Program, established in 2003 and regulated by Law No. 12,873/2013, provides low-cost water access technologies for rural, low-income families and public facilities affected by drought. Prioritizing traditional communities, it requires registration in the Federal Government's Single Registry. To date, it has benefited 1.2 million families across 1,500 municipalities in 21 states, supporting consumption, farming, and resilience.

Switzerland

Switzerland's True Cost study revealed unhealthy diets cost CHF 17 billion in productivity losses, guiding targeted food system policies. The study suggests identifying entry points for action through the 'cost producers' (i.e. those responsible for people choosing unhealthy diets), identifying the underlying drivers, as well as the relevant interdependencies.

Mexico

In Mexico, Prospera (formerly Oportunidades), a large conditional cash transfer program, increased household purchasing power by providing cash to low-income families, conditional on school attendance and health checkups. Families also received food support and nutritional supplements, helping reduce poverty, improve diet diversity, and strengthen food security for the poorest households.

In Rwanda and South Africa, front-of-pack nutrition labelling and school food policy reform are being piloted to address childhood obesity and ultra-processed food exposure. These efforts include youth co-design and digital advocacy. Many countries in Latin America, notably Chile, Colombia, Ecuador, and Mexico have experience in applying food labels and restrictions.

Kenya

Kenya developed the Kenya Nutrient Profile Model that classifies foods according to their nutritional composition to support public health policies and interventions.

As of early 2025, over 130 jurisdictions across nearly 120 countries and territories have adopted taxes on sugar-sweetened beverages to curb sugar consumption and combat obesity and related diseases. The WHO launched a "3 by 35" initiative, targeting tobacco, alcohol and sugary drinks, to reduce deaths, while generating resources. The WHO also provides a sugar scorecard to track countries' progress in reducing sugar consumption and evaluate effectiveness of national policies. Recent adopters of sugar sweetened beverage taxes include South Africa and Vietnam.

South Africa

South Africa's National Food Poverty Line and Food Basket policy defines the minimum cost of a nutritious diet and informs social protection measures such as the Child Support Grant, Old Age Pension, and other cash transfers. By linking household income support to the real cost of food, the policy strengthens purchasing power, especially for low-income households.

United Kingdom

Launched in 2017, the United Kingdom's Peas Please initiative, led by The Food Foundation with government and civil society partners, encourages higher vegetable consumption, especially among children and low-income groups. Over 100 organizations have pledged support, distributing 1.1 billion extra vegetable portions. The program promotes taste, affordability, visibility, variety, and sustainability, while engaging schools, communities, and public institutions to make vegetables more accessible and appealing. The '5 A Day' initiative encourages eating at least five portions of fruit and vegetables daily by providing public guidance, educational campaigns, and resources to make healthy choices easier and more accessible.

Vietnam

Vietnam's 2030 food system transformation aims to ensure food and nutrition security, raise rural incomes, reduce poverty, protect the environment, adapt to climate change, and advance the SDGs. Key goals include tripling rural incomes, cutting stunting under 15% and wasting under 3% in children, boosting exports above USD 30 billion, expanding organic farming, reducing postharvest losses, and cutting GHG emissions by 10%, while enhancing disaster resilience and public health.

European Union

Eleven EU countries have put in place put sugar taxes. Finland has put in place educational campaigns to promote healthier consumption habits. Denmark has mobilized chefs to put New Nordic Diet in practice. To encourage healthy consumption, Spain put in place a temporary 0% VAT on fruit and vegetables, while France is experimenting with citizen-led food funds.

C

Protect and promote traditional healthy diets

Healthy eating aligns with many cultures and traditional cuisines, and while not all traditional diets are inherently healthy or sustainable in their current form, they frequently embody a deep connection to the local environment, biological diversity, agricultural practices, cultural beliefs, and long-standing adaptations to available resources. Healthy and traditional dietary patterns that are at risk of erosion should be identified, promoted, and protected amid the ongoing nutrition transitions and the rapid rise of ultra-processed foods.

11

Recognize and include traditional healthy foods and diets in food-based dietary guidelines and public procurement programs.

Governments can ensure that food-based dietary guidelines and public procurement programs promote traditional, healthy regional cuisines, indigenous crops, and heritage dishes. Prioritizing local procurement and expanding home-grown school feeding and similar initiatives across public institutions can improve nutrition, create stable markets for smallholders and family farmers, and reinforce culturally appropriate eating habits while aligning procurement, health, and rural development goals.

12

Support local markets and value chains to promote consumer demand of underutilized healthy and locally produced crops.

Governments can coordinate with local market committees to identify healthy, sustainably produced and culturally relevant foods grown locally. By developing value chains, improving logistics platforms, increasing visibility and promotion of these foods, countries can expand consumer access and stimulate demand for nutritious, underutilized crops.

C

Country examples

Brazil

Brazil's SocioBio Mais Program, under the Ministry of Agrarian Development and Family Agriculture, guarantees minimum prices for 17 non-timber forest products through the PGPMBio framework. It provides fixed bonuses or variable subsidies, depending on the product. By stabilizing income and reducing dependence on intermediaries, it supports extractivist communities and promotes sustainable resource use.

Solidarity kitchens in Brazil are a civil society initiative that emerged during the Covid-19 pandemic to provide food for people facing hunger. In 2023, the federal government formalized the initiative and began co-financing it while supplying fresh and minimally processed foods through the Food Acquisition Program, a public procurement scheme. Over 5,000 kitchens have been mapped, and more than 1,000 are eligible to receive funds or food to continue offering healthy meals to the hungry.

European Union

The EU School Scheme aims to support viable food production and promote healthy eating habits by encouraging the consumption of fruit and vegetables, milk and certain milk products in schools. It supports the distribution of products, educational measures and information measures.

The Commission is also working to improve public procurement legislation to incentivize consumption of local, seasonal products and food with high environmental and social standards, including organic products and food originating from shorter supply chains, ensuring fairer prices for farmers, fishers and improved access to fresh and seasonal products for consumers.

Switzerland

Plant-based protein sources have been included in the Swiss Dietary Recommendations and a related visual food pyramid.

D

Implement sustainable and ecological intensification

13

Ensure producers have equitable access to enhanced governance over land, sea, production inputs, agricultural training and extension, peer-knowledge networks, and markets.

Governments can provide producers with access to production inputs, training, peer networks, and markets, including informal vendors and market actors. Inclusive measures, such as microfinance, hygiene and storage infrastructure, and capacity-building programs, can strengthen informal food economies, improve food safety, enhance livelihoods, and build resilience.

15

Increase investment for the transition to sustainable and ecological intensification.

Governments can increase public and private investments to cover transition costs, including research and development of context-specific innovations. These investments should ensure access to machinery, equipment, and digital tools adapted for smallholder and family farmers, while reducing labor demands and avoiding debt burdens. Public procurement can also be used strategically to expand access to healthy, culturally appropriate foods, while creating stable markets that promote agroecological and other sustainable practices.

Sustainable and ecological intensification practices offer considerable potential to reduce the environmental impact of food production without negatively affecting yields by increasing resource-use efficiency.

14

Support producer coalitions and subsidies for sustainable practices and regulate corporate influence.

Governments can support producer coalitions, provide direct subsidies for sustainable practices, and regulate corporate concentration, international trade, and financialization to reduce power imbalances between small-scale producers, family farmers, and large corporations. Empowering districts and municipalities is key to addressing entrenched power asymmetries and delivering equitable and locally relevant outcomes.

16

Empower youth-led campaigns and social enterprises to drive positive food norms.

Governments can create enabling spaces for youth-led campaigns, social enterprises, and creative initiatives—via media, digital platforms, and school clubs—that promote healthy food norms and counter the influence of unhealthy food marketing. In addition, governments can implement policies that make farming a viable and attractive livelihood for young people, ensuring decent incomes and long-term opportunities in the food and agriculture sectors.

D

Country examples

Brazil

Brazil's agrarian reform and family farming programs help secure land rights and market access for family farmers. Policies like the National Program for Strengthening Family Agriculture (**PRONAF**) provide credit, training, and extension services, while the Food Acquisition Program (PAA) and the National School Feeding Program (**PNAE**) strengthen food security and stable markets by purchasing food directly from family farmers and indigenous communities small-scale producers. The PAA supplies different institutions such as public schools, solidarity kitchens, public hospitals, Armed Forces, and social programs, redistributing fresh, local food to vulnerable populations while promoting sustainable agriculture and local development. These measures strengthen producers' governance, improve livelihoods, and promote sustainable, inclusive rural development.

Brazil's **Productive Home Gardens** program promotes diversified, year-round food production, agroecological practices, and rural women's economic empowerment. It provides training, inputs, water infrastructure, and market access to female producers. Primarily supporting household consumption and local markets, the program aims to establish 90,000 gardens by 2026, enhancing food security, climate resilience, and inclusive rural development.

India

In Andhra Pradesh, India's Community-Managed Natural Farming (**APCNF**) program strengthens farmers' governance over land and production systems. It promotes chemical-free farming, provides access to training and peer-learning networks, and links producers to markets through farmer-led cooperatives. By enhancing skills, reducing input dependency, and improving market access, APCNF empowers smallholders while fostering sustainable, resilient livelihoods.

European Union

As part of its **Vision for Agriculture and Food**, the European Commission announced plans to establish an EU Observatory on Farmland. The Observatory will aim to improve transparency and cooperation in areas such as land transactions and transfers of land use rights, price trends and market behavior, changes in land use, and loss of agricultural and natural land. It will also help Member States make informed decisions on regulating their farmland markets.

EU **GAEC standards** link farm payments to sustainable practices, improving equitable access to training and resources, empowering local governance, and supporting smallholders' transitions through investment and innovation. They also prioritize young farmers, promoting fair livelihoods and sustainable food systems through accountability and environmental compliance. For instance, GAEC Standard 8 requires farmers to devote a minimum share of their arable land to non-productive areas and features, echoing the **EAT-Lancet Commission's Ecosystem Integrity Boundary**, which recommends retaining 20-25% semi-natural habitat per km².

Mexico

Mexico has institutionalized agroecology through national programs, university training, and farmer support initiatives. Programs like **SIVAP** provide extension services and peer-to-peer knowledge sharing, while universities such as **UAAAN** train future agricultural professionals in sustainable practices. Financial incentives, including programs like **PROCAMPO**, encourage farmers to adopt agroecological methods. Farmer organizations, such as **ANEC**, strengthen governance, reduce input dependency, and promote collective decision-making, supporting resilient, sustainable production systems and rural livelihoods nationwide.

Malawi and Uganda

In **Malawi** and **Uganda**, national nutrition coordination platforms have been formally established through presidential or prime ministerial directives. In **Tanzania**, parliamentary caucuses are working across sectors to track progress toward SDG2, strengthening cross-sector collaboration and oversight.

E

Halt agricultural conversion of intact ecosystems

Intact ecosystems encompass natural environments with its original structure, function, and species composition that remain largely undisturbed by human activity. Combine regulatory policies, community management, and multisectoral commitments and coordination to restrict conversion at the global level.

17

Combine regulatory measures that protect ecosystems and reduce land expansion leakage.

Governments can strengthen protections of natural ecosystems through tools such as suspending logging concessions, enforcing land-use zoning and coordinating across sectors to prevent agricultural expansion from shifting into vulnerable areas. These measures can be embedded within integrated landscape management approaches that address land, water and biodiversity, and designed with meaningful participation of interested communities.

19

Increase multisector commitments to zero deforestation and zero conversion of intact ecosystems.

Governments can mandate and enforce zero deforestation and zero conversion of intact ecosystems across all food supply chains, supported by clear accountability and monitoring. Aligning agricultural expansion with global commitments, such as the Paris Climate Agreement and the Kunming-Montreal Global Biodiversity framework, helps protect biodiversity, stabilize the climate, and secure long-term food production within planetary boundaries. Shifts toward healthy diets, improvements in production practices, and reductions in food loss and waste can further reduce land pressures and enable these commitments.

21

Restore ecosystem biodiversity and function.

Governments can prioritize the restoration of degraded lands, forests, and water to rebuild biodiversity and ecosystem functions. Restoration efforts contribute to environmental benefits such as carbon sequestration, regulation of water cycles, expanded habitat for biodiversity, recreational spaces, and restoration of indigenous lands and practices.

18

Invest in community management of local ecosystems including indigenous communities and youth.

Governments can invest in stewardship models of public ecosystems, such as national conservancies and parks, ensuring that indigenous peoples and youth are fully included in their planning and management. Such governance models can safeguard biodiversity, uphold rights and cultural knowledge, create sustainable livelihoods, and align conservation with long-term resilience and justice of food systems.

20

Incentivize landscape-level food systems planning that combines agricultural productivity, watershed protection and community-led resource governance.

Governments can advance integrated landscape approaches by creating frameworks that bring together agricultural planning, ecosystem restoration and local resource governance, actively involving local actors, community leaders, and Indigenous groups in planning and decision-making. This should include financing local adaptation plans that center women, Indigenous knowledge and community empowerment. Governments can strengthen these efforts by providing incentives and funding for collaborative initiatives and by supporting networks and partnerships that scale locally led solutions at regional and national levels.

E

Country examples

Ethiopia and Niger

In Ethiopia and Niger, farmer-managed natural regeneration and agroforestry initiatives have restored degraded land while improving food security and resilience.

South Africa

In South Africa, the Communal Areas Management Programme for Indigenous Resources (CAMPFIRE) is a notable example of community-based natural resource management (CBNRM). This program allows communities to sustainably utilize resources within national parks, such as harvesting grass for mats and brooms, thereby maintaining economic activity and cultural practices. CAMPFIRE emphasizes community governance, equitable benefit-sharing, and sustainable resource use, aligning with broader CBNRM objectives.

European Union

In the European Union, the [Nature Restoration Law](#) is a comprehensive regulation aimed at restoring degraded ecosystems across the EU. It sets binding targets to restore at least 20% of the EU's land and sea areas by 2030, and all ecosystems by 2050. The law is part of the EU's broader biodiversity strategy and climate change mitigation efforts.

F

Reduce food loss and waste

22

Improve storage, logistics, and supply chain data and analytics, especially in low-income settings.

Governments can strengthen food systems by investing in improved storage, transportation, and supply chain infrastructure, ensuring that perishable foods reach markets safely and efficiently. Improving the development and use of data systems and analytics across supply chains, such as tracking inventory, demand and distribution, helps reduce post-harvest losses and food waste. Prioritizing these investments in low-income settings enhances food security, market access, and the resilience of smallholder producers and family farmers.

24

Recycle nutrients and energy, prioritizing animal feed and on-farm waste recovery.

Policymakers can support nutrient and energy recycling by creating incentives for farmers and agribusinesses to convert food and farm waste into animal feed, bio-inputs, or bioenergy. They can fund research, infrastructure, and training programs that

About a third of food produced is not eaten. Interventions should seek to prevent waste, but where unavoidable, should consult the hierarchy of recycling management to optimize financial and environmental returns.

23

Reduce retail and consumer waste through awareness raising, education, and skills training, especially in high-income settings.

Policymakers can drive reductions in retail and consumer food waste by funding public awareness campaigns and integrating food literacy and waste-reduction skills into school and education programs. They can set standards and incentives for retailers to minimize surplus, improve labelling, and promote donation or redistribution of unsold food. In high-income settings, these policies encourage behavioral change and create systemic conditions needed for more sustainable consumption patterns.

facilitate on-farm waste recovery and safe recycling practices. Establishing clear regulatory frameworks that encourage circular resource use strengthen farm resilience, reduce environmental pollution, and enhance overall food system sustainability.

F

Country examples



European Union

The EU Waste Framework Directive promotes waste prevention, recycling, and recovery while ensuring environmental protection. The 2023 revision of the [Waste Framework Directive](#) requires Member States to reduce food waste by 2030: 10% in processing and manufacturing, and 30% per capita at retail and consumption (including restaurants, food services, and households). Formal review of progress will be made by Member States by the end of 2027, followed by a review by the European Commission.

The EU [Bioeconomy Strategy](#), expected in late 2025, aims to accelerate development of a sustainable European bioeconomy. It seeks to ensure food and nutrition security, manage natural resources sustainably, reduce dependence on non-renewable and unsustainable resources, limit and adapt to climate change, strengthen European competitiveness, and create jobs. Implementation will be guided by an action plan.



Brazil

Brazil adopts strict conservation standards in its Storage Units, focusing on reducing grain and by-product losses. Highlighted practices include drying and cleaning with parameters above market standards, periodic warehouse sanitation, proper disposal of residues, and continuous technical inspection. As a result, average losses remain around 0.3% per month, a rate lower than that of private storage.

In Brazil, the Direct Sale Program ([ProVB](#)) ensures small producers have access to public grain stocks under fair and differentiated conditions compared to the wholesale market. The program benefits thousands of family farmers and has been modernized to include agricultural residues and new inputs for animal feed, increasing resource efficiency and strengthening meat, milk, and egg value chains. In 2025, nearly 86,000 tons of corn had been marketed, benefiting more than 15,000 producers across 20 states.

G

Secure decent work

25

Guarantee payment of updated living wages for all and close the gender pay gap.

Governments can ensure payment of updated living wages for all workers and close the gender pay gap to explicitly address justice in food systems. Legal frameworks, such as national food charters, right-to-food legislation, and the formal recognition of customary land rights, can provide enforceable protections worker rights, address structural inequities, and embed accountability into the governance of food systems.

27

Strengthen enforcement of legislation of workplace protections and social safety nets, against gender-based violence and sexual harassment, occupational health conditions, and child labor.

Governments can enforce legislation against gender-based violence, sexual harassment, unsafe working conditions, and child labor in food systems. Ensure inclusive social protections, including

The right to decent work entails the right of everyone to live in dignity; to work in just and favourable conditions; to be free to choose their work, with a salary that allows them to live and support a family; and to receive equal pay. Update, strengthen, and enforce workplace and social protections to ensure safe, dignified, and equitable work, without discrimination.

26

Provide training to support redeployment in food systems transitions (especially for youth, women, and current labor force).

Governments can enhance employability by offering university programs and vocational training and mid-value chain skills development, in areas such as storage, handling, and food safety. Targeting youth, women, and current workers, these programs improve employability and support safer, more efficient, and less labor-intensive food systems.

maternity leave, childcare support, informal worker rights, and targeted support for women-led food microenterprises, to safeguard workers and promote equitable participation.

G

Country examples

Brazil

Brazil's Minimum Wage Valuation Policy ([Law No. 14,663, 2023](#)) guarantees annual minimum wage adjustments, combining inflation (INPC) and a real increment linked to GDP growth from two years prior. It reinstates real wage gains, provides legal certainty, and helps preserve purchasing power for food and essentials, supporting low-income households and economic stability.

Canada

Canada offers a [Diploma of Vocational Studies](#) in agriculture and farming, providing practical skills for the workforce. The program can include mid-value chain roles such as storage, handling, and food safety (HACCP). It aims to enhance employability, support food system efficiency, and create opportunities for youth, women, and existing workers to transition into sustainable and resilient agricultural and food sector careers.

Kenya and Tanzania

Youth-focused “agri-preneur” hubs in [Kenya](#) and [Tanzania](#) are fostering food innovation, such as smart storage solutions and nutrient-rich food processing, while linking young entrepreneurs to markets and business mentorship.

European Union

From 2023 to 2027, the EU has introduced [social conditionality](#) in its Common Agricultural Policy: CAP payments are linked to compliance with EU labor standards, incentivizing beneficiaries to improve working conditions on farms.

H

Ensure meaningful voice and representation

28

Ensure the existence of enabling mechanisms for collective bargaining by agri-food systems workers and farmers to avoid imbalances and unfair trading practices.

Countries can establish legal and institutional frameworks that protect the rights of farmers and agri-food system workers to organize, negotiate, and engage in collective bargaining. Supporting cooperatives, unions, and producer associations through technical assistance and capacity building strengthens their negotiating power. Policies that ensure fair labor standards and equitable market access help create a more inclusive, resilient, and just food system.

30

Improve transparency, accountability, and access to information.

Governments can ensure that civil society, policymakers, consumers, and the food industry have clear, understandable information on the health and environmental impacts of food. Countries can enact policies that strengthen civil society organizations and protect their ability to monitor and hold actors accountable.

Securing meaningful voice and representation is essential for ensuring that decision-making processes in food systems are more democratic and inclusive. Transparency and access to information may mitigate power imbalances.

29

Develop legal and regulatory frameworks to limit market concentration and ensure transparency in lobbying.

Governments can develop legal and regulatory frameworks to prevent excessive market concentration and safeguard policy implementation from industry interference. They can also promote the development of associations and cooperatives among family farmers and small-scale producers to help them cope with market imbalances, and encourage legislative reforms that protect land rights, ensure transparency in contract farming, and cap market concentration of dominant agrifood actors.

They can institutionalize mechanisms like social audits, public reporting, and participatory monitoring to ensure transparency. Invest in simple and accessible digital platforms that help citizens track policies and outcomes, reinforcing accountability in food systems.

31

Improve representation of women and other underrepresented groups in positions of influence.

To promote a just food system, mechanisms can ensure that women and other underrepresented groups hold recognized decision-making positions, including in government. Promoting gender equity by increasing women's representation in leadership and decision-making roles promotes more inclusive and representative governance.

32

Support the development of decentralized or local food policy councils.

Governments can implement local food policy councils to monitor food policy outcomes and engage in budget and parliamentary processes. Food Policy Councils can prioritize monitoring justice-related outcomes, such as wages, gender equity, land and water tenure, and resource allocation, alongside environmental and health impacts, such as pesticide exposure, soil erosion, and biodiversity loss. This ensures accountability, informs policy adjustments, and helps build healthy, sustainable and just food systems.

H

Country examples

Brazil

Brazil's Ecoforte Program strengthens cooperatives and associations of family farmers engaged in agroecology and socio-biodiversity value chains. Through funding, technical assistance, and capacity-building, it enhances organizational, commercial, and environmental performance, reinforces producer cooperation, and promotes sustainable practices, increased income, and expanded market access for family farmers and traditional communities.

Ecuador

Ecuador's Circuitos Alternativos de Comercialización (CIALCO) connects family farmers and peasants directly with consumers, bypassing intermediaries. This initiative improves farmers' income, strengthens local food systems, and increases access to fresh, diverse, and affordable produce for communities. By fostering short supply chains and promoting participatory market structures, CIALCO supports sustainable livelihoods, food security, and resilient rural economies.

European Union

In 2019, the EU adopted the Unfair Trading Practices Directive to improve the position of both farmers and small- and medium-sized businesses in the food supply chain. The legislation bans 16 unfair trading practices. Additional measures were adopted in 2024 to strengthen farmers' position in the agri-food supply chain and enhance cross-border enforcement against unfair trading practices. This includes actions to boost producer organizations and to provide definitions for "fair", "equitable" and "short supply chains".

Kenya, Senegal, Mexico

In Kenya and Senegal, community scorecards and participatory budgeting have been used to improve local food system governance, ensuring women's groups can influence decisions on markets, food safety and nutrition budgets.

The Right to Food has been built into national constitutions, as has been legislated in Kenya and Mexico.

I

Recognise and protect marginalised groups

33

Implement social protection policies to support marginalized and at-risk groups.

Governments can implement social protection policies, such as cash transfers, school feeding, subsidized health and childcare, public works, pensions, and integrated livelihood programs, to support mothers, the poor, elderly, and disabled. These programs provide immediate relief and access to services, income, and skills, which reduce vulnerability, improve nutrition and wellbeing, and enable longer-term transformative change in economic, social, and food system outcomes.

35

Protect the universal right to adequate food, particularly through humanitarian response for people in conflict areas.

Governments and partners can provide humanitarian food aid, cash transfers, and nutrition programs for vulnerable groups, and support local production with seeds and tools. Ensuring safe supply chains, market access, legal safeguards, and coordination with UN

Embedding justice into decision-making processes ensures that the responsibility for advocacy does not fall disproportionately on marginalised groups. Adopting co-creation principles may improve efficacy of the design and implementation of support interventions.

34

Procure and implement healthy and sustainable meals in schools and other public institutions.

Governments can set standards and guidelines that ensure meals in schools and public institutions are nutritious (for example, PHD aligned), locally sourced, and environmentally sustainable. They can provide funding, training and technical support to implement these standards effectively, and ensure procurement processes prioritize sustainable suppliers, and local, small-scale and family farmers. Such policies improve public health, strengthen local food systems, and promote sustainable agricultural practices.

agencies and NGOs is essential to secure immediate access and maintain or rebuild resilient food systems particularly in humanitarian crises amid conflict. Strategic food reserves can be a crucial mechanism to uphold the human right to adequate and regular access to adequate food.

I

Country examples



Ghana, Cote d'Ivoire, Tanzania

In Ghana, Cote d'Ivoire and Tanzania, school feeding programs integrate local foods, such as millet, beans, leafy greens, sourced through home-grown procurement. These initiatives have improved school attendance and dietary quality while supporting local producers and reinforcing community-based food systems.



European Union

The European Union program Fund for European Aid to the Most Deprived (FEAD) aims to provide food and basic material assistance to vulnerable individuals, helping them take initial steps out of poverty and social exclusion.



Brazil

In Brazil, the School Meals Law requires at least 30% of school meal funds to be spent on products from family farmers, prioritizing marginalized rural communities. This ensures fresher, locally sourced meals for students while strengthening short supply chains, boosting nutrition, and fostering sustainable rural development through a guaranteed institutional market for small-scale producers. This same law limits purchases of ultra-processed foods to 10%. Brazil's food stock policy stabilizes prices and supports farmers by purchasing surplus during harvests and releasing stocks during shortages. This reduces market volatility, secures supply for programs like the National School Feeding Program, promotes rural income stability, and strengthens broader food security and nutrition goals.



Vietnam

Vietnam is promoting a dedicated law on school nutrition to standardize meals, supporting children's physical and intellectual development during their formative years.

Contributors

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