



Food and Agriculture
Organization of the
United Nations



INTERNATIONAL YEAR OF **FRUITS AND VEGETABLES**

2021

**GLOBAL
ACTION PLAN**

Introduction

The United Nations General Assembly designated 2021 as the International Year of Fruits and Vegetables (IYFV) and called upon Food and Agriculture Organization of the United Nations (FAO) to lead the implementation of this year. The IYFV is a unique opportunity to raise awareness on the important role of fruit and vegetables in human nutrition, food security and health as well as in achieving the United Nations Sustainable Development Goals (SDGs).

The Global Action Plan (GAP) has been elaborated and agreed upon by the IYFV International Steering Committee. The activities included in this plan have been developed along the four main lines of action for the year:

1. Advocacy and awareness raising
2. Knowledge creation and dissemination
3. Policy making; and
4. Capacity development and education.

The Annex includes a list of additional activities developed and agreed by the IYFV International Steering Committee in line with the Lines of Action for the Year, but which were not included in the GAP for reasons including lack of funding and actions suggested for implementation at national and local level. However, this list could serve as a resource for potential partners who are interested in contributing to the Year.



Action pillars		Activities*
1. Advocacy and awareness raising	1.1 To raise awareness on how fruits and vegetables (F&V) contribute to improved nutrition, dietary diversity, and health; impact society, economy, and the environment; and contribute to sustainable development.	A. Design and implement a comprehensive communication strategy and activities involving relevant partners at all levels.
		B. Develop advocacy tools (e.g. brochures, website, D-group, etc.) in order to stimulate the global debate, and design and implement relevant policies and guidelines.
	1.2 To promote the objectives of the Year and encourage its integration in national, regional and global development agendas.	C. Design and implement national or thematic action plans coordinated with the global action plan for the IYFV.
		D. Develop political commitment through: <ul style="list-style-type: none"> a. developing a legally binding international framework convention a non-legally binding code of conduct for a healthy and sustainable food system including adequate F&V consumption, aiming to deliver a healthy diet for all, including adequate F&V consumption; b. including a target on F&V into SDG 2.
		E. Establish linkage to the internationally agreed Frameworks and Initiatives: <ul style="list-style-type: none"> a. Support the establishment an action network on fruits and vegetables (under the UN Decade of Action on Nutrition) that helps countries to achieve their global commitments made at the second International Conference on Nutrition (ICN2). b. Encourage countries to make specific, measurable, achievable, relevant and time-bound (SMART) commitments for increased availability, affordability and / or consumption of fruits and vegetables as important component of healthy diets (under the UN Decade of Action on Nutrition). c. Encourage countries to adopt the Global Nutrition Monitoring Framework (GNMF) on Maternal, Infant and Young Child Nutrition, especially to operationalise the Minimum Dietary Diversity (MDD) indicator to monitor the selected programmes for the increase the consumption of fruits and vegetables in early ages and beyond (UN Decade of Action on Nutrition). d. Disseminate IYFV information on Family Farming Knowledge Platform (UN Decade on Family Farming).
	1.3 To stimulate a global debate around different aspects of the F&V and their contribution to the SDGs and other relevant global conventions and guidelines.	F. Organize conferences, workshops, virtual/physical events and joint activities with technical experts, influencers and policy makers to reach a broad and diverse audience.
		G. Collaborate with relevant multi-stakeholder platforms for F&V to stimulate debates on the contribution of F&V industries to the achievement of the SDGs.

	<p>1.3 To stimulate a global debate around different aspects of the F&V and their contribution to the SDGs and other relevant global conventions and guidelines.</p>	<p>H. Capitalize in the events that are occurring to include discussions on F&V:</p> <ul style="list-style-type: none"> a. XV Global Alliance for the promotion of fruit and vegetable consumption "5 a day" (AIAM5) International Congress Madrid 4th Quarter 2021 b. side events at upcoming meetings around the post-2020 framework, and the upcoming Food System Summit c. side event at All African Horticultural Congress 2021 d. side event at the V. Asia Symposium on Quality Management in Postharvest Systems, 2021.
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Action pillars		Activities*
2. Knowledge creation and dissemination	2.1 To improve the understanding of how the various aspects of F&V food systems contribute to society, the economy and environmental sustainability in both developing and developed countries and create evidence based communicational messages.	I. Collect and share data on Fruit and Vegetable production, consumption and trade, seed diversity and biodiversity loss, food loss and waste status, nutritional contents, social determinants of health/malnutrition, policies and initiatives.
		J. Promote outreach campaigns through different media to disseminate the key messages of the IYFV.
		K. Produce and disseminate knowledge / good practices products on the IYFV, such as:
	2.2 To promote tools and mechanisms for the monitoring and measurement of positive and negative impacts of the different aspects of the IYFV.	a. technical white paper
		b. training manuals/workshops on sustainable production systems
		c. source book on urban and peri-urban agriculture
		d. Horticultural Chain Management for Asia and the Pacific-Second Edition.
		L. Develop monitoring mechanism and indicators and document the results of the IYFV action plans.
		M. Study on climate change impacts on global fruit and vegetable production and consumption.



Action pillars		Activities*
3. Policy making	3.1 To promote evidence-based policies, law and regulations, and exchange of good practices that advance and maximize the contribution of F&V to sustainable development, rural economic growth and livelihoods, food safety and the promotion of diversified, balanced and healthy diets.	N. Promote biodiversity and seed diversity as a way to increase resilience and maintain higher micronutrient content of foods.
		O. Encourage countries to make SMART Commitments to increase availability and affordability of fruits and vegetables as important component of healthy diets, and integrate in their national plans and policies or update these.
		P. Showcase and share positive country experience in increasing national or local F&V production and consumption towards achieving their SMART Commitments, using examples from a range of national contexts.
		Q. Support ways to promote short circuits in the F&V distribution circuits at local level through public interest markets - wholesale markets and retail local markets – that can articulate production and consumption: <ul style="list-style-type: none"> a. Markets can organize initiatives to link directly the production with consumers, which can build further support for markets, by enhancing their status within the local community and highlighting the importance of F&V markets as community assets. b. Digitalize the participatory guarantee systems (PGS) training we developed together with the International Federation of Organic Agriculture Movements (IFOAM) targeting master trainers.
	3.2 To encourage integrated and holistic approaches in addressing fruits and vegetable food systems through cross-cutting national policies that contribute to the achievement of SDGs and the targets of relevant global conventions and guidelines.	R. Promote F&V production and consumption and healthy diets, through city region food systems and the Milan Urban Food Policy Pact Summit (sub-national level).
		S. Support associations and entities whose main objectives are the promotion of fruit and vegetable consumption through sharing of knowledge products.
	3.3 To stimulate public/private sector cooperation and partnerships related to different aspects of the IYFV including in research.	T. Distribute to all partner communication handbook and other communication material to align messaging and promote cooperation across sectors.
		U. Support relevant multi-stakeholder platforms for collaboration and information sharing on sustainable production, promote the contribution to SDGs and trade of F&V. Develop programs in order to put private/public sector together, to develop research regarding F&V.
		V. Disseminate the experience of different countries in the promotion of F&V into the international programme 5 a day.
		W. Support collaboration in order to gather best practices with implications for the (re)search of more resilient and efficient production models; including how to enhance the use of water resource and in the resistance of crops to high temperatures; and improve energetic and environmentally effective and sustainable ways to concentrate, sell and distribute fresh fruits and vegetables.

	3.4 To promote responsible investment in innovation and infrastructure development to promote consumption and sustainable production and trade of F&V and reduce their losses and waste.	<p>X. Organize events:</p> <p>a. to bring together innovative solutions developers/ technologies and investors (in partnership with the International Society for Horticultural Science [ISHS] and/or private sector, development banks, etc.);</p> <p>b. observance of the International Day of Awareness of Food Loss and Waste in 2020 at regional and national levels to promote sustainable consumption of F&V and to reduce food losses and waste;</p> <p>c. XV AIAM5 International Congress Madrid - 4th Quarter 2021.</p>
		<p>Y. Identify and disseminate innovative technologies, strategies and approaches that enhance sustainability and which help to maintain the quality and safety of fruits and vegetables and prevent and reduce food loss and waste.</p>

Action pillars		Activities*
4. Capacity development and education	4.1 To support the formulation and implementation of educational policies and programs (such as school feeding programs, school gardens, urban and peri-urban gardens and roof tops gardens, healthy workplaces, food literacy, community food loss and waste [FLW] education programs) and related educational material to promote the benefits of F&V production and consumption, its implications on health and nutrition, and other related topics of IYFV.	Z. Integrate F&V into school food and nutrition policies, and interventions that influence the school food environment.
		AA. Facilitate basic academic training for health professionals so that health services, especially primary care (doctors, nurses, paediatricians, midwives, etc.), promote the consumption of fruits and vegetables within the framework of a healthier and more sustainable diet and healthy lifestyles.
		BB. Regional training workshops.
	4.2 To empower stakeholders, especially women and youth, through knowledge and skills development in the production and post-harvest handling, processing, preparation, marketing and consumption of fruits and vegetables.	CC. Conduct a series of webinars through the Year, to address different aspects, through the Technical Platform on Food Loss and Waste.
		DD. Conduct a series of webinars through the Year (Community of Practice on Sustainable Agricultural Mechanization) on women-friendly technologies and agricultural mechanization attractive for youth used on the production, post-harvest handling, processing, marketing, consumption of fruits and vegetables (no funds needed).
		EE. Living document compilation of small-scale agricultural mechanization (protected cultivation) used on the different operations along the vegetable and fruit value chain.
		FF. Develop programs at regional and national levels to empower stakeholders through knowledge promotion related to F&V with good practices in the production, post-harvest handling and processing, incentives for local markets and small farmers and small and medium-sized enterprises (SMEs), better affordability of F&V to all.



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Additional activities to support the IYFV 2021

The below table contains a list of additional activities discussed by the IYFV International Steering Committee that were not included in the final Global Action Plan for IYFV 2021. Partners who are interested in joining the campaign of the International Year of Fruits and Vegetables (IYFV 2021), and contribute to each pillar of the year, are invited to consider the below activities.

Pillars	Activities
<p>2. Knowledge creation and dissemination</p> <p>2.1 To improve the understanding of how the various aspects of F&V food systems contribute to society, the economy and environmental sustainability in both developing and developed countries and create evidence based communicational messages.</p>	<p>A. Produce and disseminate knowledge / good practices products on the IYFV, such as:</p> <ul style="list-style-type: none"> • a paper on projections on the health benefits of fruits and vegetables, using modelling - in the framework of the IYFV; • a user friendly website, possibility including online games, and information sheet; • a booklet of most recent data on fruits and vegetable production (production, consumption, biodiversity, trade on the world, nutritional content, etc.); • Horticultural Chain Management for East and Southern Africa – Second Edition; • Science Hub of information on how F&V are recommended within Food Based Dietary Guidelines (FBDG) around the world (i.e. https://ec.europa.eu/jrc/en/health-knowledge-gateway/promotion-prevention/nutrition/food-based-dietary-guidelines).
<p>3. Policy making</p> <p>3.1 To promote evidence-based policies, law and regulations, and exchange of good practices that advance and maximize the contribution of F&V to sustainable development, rural economic growth and livelihoods, food safety and the promotion of diversified, balanced and healthy diets.</p>	<p>B. Disseminate, using scientific evidence, the recommendations for adequate consumption of at least 400 grs/day/person in the benefits for the health and well being of people.</p> <p>C. Organize surveys, national and regional policy dialogues, meetings, consultations and exchange among farmers, producer organizations, decision makers and relevant stakeholders at different levels (global, regional and national).</p> <p>D. Support initiatives to assess the current consumption patterns at national level to inform evidence-based policymaking.</p> <p>E. Ensure a general indication so that in all FBDGs there is a clear recommendation on the consumption of F&V adapted to the culture and gastronomy of each country.</p> <p>F. Encourage policies that discourage wasteful practices (e.g. promoting the selling of “ugly” vegetables).</p> <p>G. Encourage policies and regulations that promote the gleaning, reduction, and the recovery and redistribution of fruits and vegetables to maximise their use, reduce the waste of unharvested fruits and vegetables, as well as retail and consumer level food waste.</p>

<p>3.4 To promote responsible investment in innovation and infrastructure development to promote consumption and sustainable production and trade of F&V and reduce their losses and waste.</p>	<p>H. Support initiatives that work towards stocktaking and identifying new preservation/processing techniques and technologies to increase the useful life of F&V and also reduce losses and waste in F&V sector.</p>
	<p>I. Promote strategies to support the entire value chain during times of crisis (e.g. environmental, health [COVID-19], etc.) when likelihood of FLW of highly perishable foods greatly increases.</p>
	<p>J. Promote and facilitate public-private collaboration toward building resilience in fruit and vegetable supply chains in developing countries.</p>
<p>4. Capacity development and education</p> <p>4.1 To support the formulation and implementation of educational policies and programs (such as school feeding programs, school gardens, urban and peri-urban gardens and roof tops gardens, healthy workplaces, food literacy, community FLW education programs) and related educational material to promote the benefits of F&V production and consumption, its implications on health and nutrition, and other related topics of IYFV.</p>	<p>K. Develop tools such as activity book, online resources, webinars Implement school fruit and vegetable scheme and other educational material, develop 'healthy' school training programs, brochure, materials in order to promote the benefits of F&V.</p>
	<p>L. Promote the implementation of home and community school gardens.</p>
	<p>M. Promote F&V consumption and education through outreach campaigns, capitalizing on the role of chefs and other potential influencers in providing practical information (e.g. recipes, etc.).</p>
	<p>N. Develop a framework for integrating F&V adequately in public food procurement policies.</p>
	<p>O. Regional dialogues: facilitated events bringing together a wide spectrum of stakeholders and representatives of different constituencies/sectors in each region (Africa, Asia and the Pacific, Near East, Europe, Latin America and the Caribbean).</p>
	<p>P. Global online forum on the outcomes of the regional dialogues.</p>
	<p>Q. FAO-AMARC (World Association of Community Broadcasters) regional campaigns: aims to raise awareness of the contribution of fruits and vegetables to food security and nutrition..</p>

<p>4.2 To empower stakeholders, especially women and youth, through knowledge and skills development in the production and post-harvest handling, processing, preparation, marketing and consumption of fruits and vegetables.</p>	<p>R Support initiatives that promote equity about gender roles in the field of the food processing and preparation.</p>
	<p>S Support initiatives that promote the key role of women in protecting and supporting seed diversity and quality.</p>
	<p>T Produce and disseminate materials and tools on food safety best practices for F&Vs along the supply chain.</p>
<p>4.3 To enhance integration of nutrition education, highlighting the importance of fruits and vegetables, in curricula development in line with the 2030 Agenda and the SDGs.</p>	<p>U Publish collection of good practices/curricula on nutrition education that highlights F&V.</p>
	<p>V To publish an almanac containing important species of F&V by region and seasonality (or two almanac, one for fruits and another for vegetables).</p>
	<p>W Produce a simple recipe book that will illustrate the main uses of the species of F&V in the different regions and recovering traditional healthy recipes based on seasonal/indigenous F&V.</p>
	<p>X Advocating for obligatory nutrition and food education from preschool to higher education in all regions.</p>





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2021 Secretariat

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#IYFV2021

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