

**INTERNATIONAL WORKSHOP
ON SUSTAINABLE LIFESTYLES**
PERL LATIN AMERICA REGIONAL NETWORK

Food and Healthy Living
An investigation of enabling and restraining factors

Lima, Peru
9-10 November 2017



Workshop Proceedings

(English version)



Proceedings prepared by Cecilia Mendiola Vargas, ASPEC

The workshop on *Food and Healthy Living: An Investigation of Enabling and Restraining Factors* was held in Lima, Peru on the 9th-10th November 2017.

The workshop was organised by the Asociación Peruana de Consumidores y Usuarios (ASPEC).

Collaborating partners: Asociación Peruana de Consumidores y Usuarios (ASPEC), the Good Hope Clinic, Universidad Nacional Agraria La Molina (UNALM), the Partnership for Education and Research about Responsible Living (PERL), and the Center for Collaborative Learning (CCL) for Sustainable Development at Inland Norway University of Applied Sciences.

This is the fourth International Workshop on Sustainable Lifestyles coordinated by members of the PERL Latin America Regional Network.

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This workshop has been made possible through the financial support of the Swedish Ministry of the Environment and Energy and the Swedish International Development Cooperation Agency (Sida) and through collaboration with the Center for Collaborative Learning (CCL) for Sustainable Development at Inland Norway University of Applied Sciences and the PERL network (the Partnership for Education and Research about Responsible Living). This workshop has been developed as a contribution to the international program on Sustainable Lifestyles and Education, part of the 10 Year Framework of Programmes (10YFP) on Sustainable Consumption and Production.



**Partnership for Education and
Research about Responsible Living**



Center for Collaborative Learning
for sustainable development
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UNESCO Chair on Education
for Sustainable Lifestyles
Elverum, Norway



**INLAND NORWAY
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OF APPLIED SCIENCES**



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EXECUTIVE SUMMARY

This International Workshop on Sustainable Lifestyles, “Food and Healthy Living: An Investigation of Enabling and Restraining Factors” was organized by ASPEC, and it represents the fourth workshop coordinated by members of the PERL Latin America Regional Network. Collaborating in the organization of this workshop was the secretary of the PERL network – the Center for Collaborative Learning for Sustainable Development at Inland Norway University of Applied Sciences, as well as the Universidad Nacional Agraria La Molina (UNALM) and the Good Hope Clinic who hosted the events of this workshop.

The workshop focused on food consumption patterns in Peru and in the region from a diversity of perspective as a critical, multi-dimensional issue that could serve as a starting point for wider discussion on achieving more sustainable lifestyles. The workshop also aimed to identify how education and learning may strengthen the pursuit of healthy and sustainable lifestyles within the region. The workshop reviewed and analyzed the factors that intervene in the patterns of food consumption in different perspectives (nutritional, historical, intercultural, gender and projective perspectives), in the search for paths towards more sustainable lifestyles.

The workshop was divided into two main events. First, a public seminar and keynote speech by a prominent Mexican doctor specializing in gastroenterologist and obesity, Dr. Gustavo Cruz, who served as a general framework for the workshop. This conference was open to the public and was held in the Good Hope Clinic Auditorium. Following the keynote speech, the expert panel discussed how the concerns Dr. Cruz raised about the increasing consumption of sugar, salt and fat in the region is have consequences on healthy and sustainable lifestyles. The panel also debated the types of measures and regulations that may be formulated to address these issues especially referring to the new food labelling scheme to identify products high in salt, sugar and fat that the Peruvian government is trying to introduce.

The workshop, held at the organic department of the National Agriculture University at La Molina featured the presentations of outstanding specialists in education, sustainable consumption, nutrition, gastronomy and culture who shared their successful experiences in sustainable lifestyles focused on nutrition that allowed a valuable exchange of knowledge, methods and actions that were very useful for the participants. Participants also had opportunities to explore the rich diversity in food varieties and crops that are part of the Peruvian culture.

The main findings and recommendations from the workshop are:

- 1) Establish an informal platform and network of diverse actors working on Sustainable Lifestyles and healthy eating in Peru.
- 2) Design a manual/toolkit aimed at students to implement future-oriented actions on Sustainable Lifestyles in Peru and in the region.
- 3) The Universidad Nacional Agraria La Molina (UNALM) suggested that the topics discussed in the workshop be disseminated as university work topics, forming groups of students who are trained in sustainable lifestyles and proposed actions and activities as part of their university activity.
- 4) Explore and identify opportunities for regional and international exchange in good practices on food, health living and sustainable lifestyles.

Workshop Concept Note (Spanish version)

"El consumo claramente contribuye al desarrollo humano cuando aumenta las capacidades y enriquece las vidas de las personas sin afectar negativamente el bienestar de los demás. Claramente contribuye cuando es tan justo para las generaciones futuras como lo es para las actuales. Y claramente contribuye cuando anima a personas y comunidades creativas y vivaces. Pero los vínculos a menudo se rompen, y cuando lo están, los patrones de consumo y las tendencias son hostiles al desarrollo humano... Los patrones de consumo de hoy deben cambiarse para avanzar en el desarrollo humano en el futuro".

La comida es esencial para la vida. También constituye una parte importante de nuestra identidad cultural y desempeña un papel fundamental en las dimensiones sociales y económicas de nuestras sociedades. La gente generalmente sabe que los alimentos que ingieren son parte de su estilo de vida y que es un factor importante que afecta su salud; Sin embargo, otros impactos negativos relacionados con la producción, distribución y consumo de alimentos son menos conocidos.

Existen muchos puntos de vista diferentes sobre lo que constituye un "alimento sostenible" y lo que está dentro del alcance de este concepto. En este contexto, se podría considerar que la "sostenibilidad" abarca una variedad de cuestiones, como la seguridad del suministro de alimentos, salud, seguridad, asequibilidad, calidad, empleo y crecimiento y, al mismo tiempo, impactos ambientales (en cuestiones como el cambio climático, la biodiversidad, el agua y la calidad del suelo).

Un número creciente de análisis cuestiona la sostenibilidad a largo plazo de nuestros sistemas alimentarios y de las tendencias actuales en la producción y el consumo de alimentos. El sistema alimentario es muy complejo y está impulsado por muchos factores económicos, culturales y ambientales. Una mejor comprensión de estos factores y su interacción podría ayudar a fortalecer las políticas públicas relacionadas y así mejorar la calidad de vida de las personas, hacia una vida más sostenible.

Objetivos del Taller: El taller tiene como objetivo identificar cómo el aumento de la conciencia y la educación sobre los diferentes impactos asociados con nuestras dietas pueden fortalecer la búsqueda de estilos de vida saludables y sostenibles en América Latina y particularmente en el Perú. El taller también tiene como objetivo revisar y analizar los diversos factores que intervienen en los patrones de consumo de alimentos en las diferentes perspectivas (perspectivas nutricionales, históricas, interculturales, de género y proyectivas), en la búsqueda de caminos hacia estilos de vida más sostenibles.

Escenario del Taller: la metodología del taller busca destacar y compartir buenas prácticas e historias de éxito, creando sinergias y espacios para una mayor colaboración entre los participantes. Los participantes intercambiarán conocimientos y experiencias en un entorno típico peruano a través de una experiencia vívida de la cocina peruana y su relación con la biodiversidad local: un plato tradicional de Pachamanca se preparará y servirá utilizando la ceremonia típica con la que se presenta generalmente en las comunidades locales de origen. Los refrigerios del evento también serán una oportunidad para experimentar y saborear la diversidad del café peruano y además los especialistas mostrarán el proceso de cómo hacer un chocolate verdadero.

Cooperantes: El taller se desarrolla gracias al apoyo de PERL (Asociación para la Educación y la Investigación sobre la Vida Responsable de Noruega), la Universidad Nacional Agraria La Molina y la Clínica Good Hope.

Organizing partners

Center for Collaborative Learning (CCL) for Sustainable Development at Inland Norway University of Applied Sciences

The Center for Collaborative Learning for Sustainable Development is led by the UNESCO Chair on Education for Sustainable Lifestyles and serves as the secretariat for the PERL/UNITWIN network, i.e. the Partnership of Education and Research about Responsible Living (PERL). The center focuses on education for sustainable development in its broadest sense, and it conducts activities in terms of research, policy and advocacy, teacher training, learning material development, capacity building, and partnership and network building. CCL is based at the Inland Norway University of Applied Sciences (on 1st January 2017, As of January 1st 2017 Hedmark University of Applied Sciences and Lillehammer University College merged to form Inland Norway University of Applied Sciences (INN University)).

Asociación Peruana de Consumidores y Usuarios - ASPEC

The *Peruvian Association for Consumers and Users*, ASPEC, is a non-profit civil institution, created by the consumers and users themselves in 1994 with the aim of defending their rights. Since its inception, ASPEC has exercised a permanent task of citizen vigilance, demanding compliance with the consumer protection regulations, defending them massively. ASPEC acts on various issues, such as food, health, public services, transportation, education, products and services in general, among others.

ASPEC is an active part of the Peruvian Agroecological Consortium that is made up of seven organizations that have regional correlates in most of the regions of the country. The themes that the Consortium leads are promotion of agroecology, healthy eating and care of biodiversity and natural resources.

Universidad Nacional Agraria La Molina - UNALM

The National Agriculture University at La Molina, UNALM, is a university specializing in training competent professionals for the agroforestry, fisheries, food and economic sectors, who become distinguished as leaders that are proactive, innovative, competitive, with management capacity and have social commitment. It generates and applies knowledge obtained from basic and applied research for the sustainable development of the country. It also has a department specializing in organic/ecological agriculture and coordinates programs to preserve the biological diversity of Peruvian crops.

Good Hope Clinic

The Good Hope Clinic is a private institution working in the health sector, providing services for integral well-being. It is linked to a Christian church, and its philosophy deals with supporting the healthy lifestyle given by God and promoting acceptance of the Gospel message that encompasses the physical, mental, social and spiritual nature of man.

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NARRATIVE REPORT

INTERNATIONAL WORKSHOP ON SUSTAINABLE LIFESTYLES

Food and Healthy Living

An investigation of enabling and restraining factors

Date:	9th and 10 th November, 2017
Place:	Lima, Peru
Venues:	Auditorium Good Hope Clinic: 9 th November 2017 Universidad Nacional Agraria La Molina – UNALM: 10th November 2017

1.0 BACKGROUND

ASPEC is a member of PERL since 2012 and works in sustainable education with focus on nutrition and environment.

ASPEC is a non-profit civil institution, created by the consumers and users themselves in 1994 with the aim of defending their rights. Since its inception, ASPEC has exercised a permanent task of citizen vigilance, demanding compliance with the consumer protection regulations, defending them massively. ASPEC acts on various issues, such as food, health, public services, environment, transportation, education, products and services in general, among others.

ASPEC seeks to enhance its work and its message through strategic alliances with other organizations so we have been part of the Agroecological Consortium of Peru since 2005, date of its creation. This is a network of networks, a plural civil society organization, an instance of dialogue, coordination, advocacy and capacity development of producers, consumers, NGO networks, chefs, academics and other sectors of the Peruvian agroecological movement.

Through this plural work recently, we, as member in charge of communication tools, developed the Nutriapp (<https://youtu.be/pvVETrygsI0>)



This application allows the consumer to choose healthy foods in the market. The application is designed to detect if the product is high in salt, sugar or trans fats, with or without the barcode. Currently has more than 6000 downloads. Besides that, gives to the consumers Tips on healthy consumption.

2.0 WORKSHOP CONCEPT

"Consumption clearly contributes to human development when it increases capabilities and enriches people's lives without adversely affecting the well-being of others. Clearly there is when it is just as fair for future generations as it is for today's people and creative communities and vivacious, but consumer ties and trends are hostile to human development ... Today's consumption patterns must be changed to advance human development in the future."

Food is essential for life. There is also an important part of our cultural identity and performance in the fundamental role in the social and economic dimensions of our societies. People generally know that the

foods they eat are part of their lifestyle and that it is an important factor that affects their health; however, other negative impacts related to the production, distribution and consumption of food are less known.

There are many different points of view about what a sustainable food is and what is within the scope of this concept. In this context, it could be considered that "sustainability" covers a variety of issues, such as the security of food provision, health, safety, quality, employment and growth, at the same time, environmental impacts, climate change, biodiversity, water and soil quality).

A growing number of analyzes question the long-term sustainability of our food systems and the current trends in food production and consumption. The food system is very complex and is driven by many economic, cultural and environmental factors. A better understanding of these factors and their security could help related public policies and thus improve the quality of life of people, towards a more sustainable life.

3.0 OBJECTIVES OF THE WORKSHOP

The workshop aims to identify the increase of awareness and education about the different impacts associated with our ideas to strengthen the search for healthy and sustainable lifestyles in Latin America and particularly in Peru. The workshop also aims to review and analyze the factors that intervene in the patterns of food consumption in different perspectives (nutritional, historical, intercultural, gender and projective perspectives), in the search for paths towards more sustainable lifestyles.

4.0 DONORS/COOPERANTS

The workshop is developed thanks to the support of PERL (Partnership for Education and Research about Responsible Living), the Center for Collaborative Learning for Sustainable Development at Inland Norway University of Applied Sciences, the National Agrarian University La Molina, and the Good Hope Clinic.

This workshop has been made possible through the financial support of the Swedish Ministry of the Environment and Energy and the Swedish International Development Cooperation Agency (Sida) and in collaboration with the PERL Latin America regional network.

5.0 TARGET AUDIENCE

Experts in food, nutrition, local authorities, NGOs that work sustainability lifestyles university teachers, trainers, and healthy food market promoters.

6.0 WORKSHOP SCENARIO

The methodology of the workshop seeks to highlight and share good practices and success stories, creating synergies and spaces for greater collaboration among the participants. Participants will exchange knowledge and experiences in a typical Peruvian environment through a vivid experience of Peruvian cuisine and its relationship with local biodiversity: a traditional *Pachamanca* dish will be prepared and served using the typical ceremony with which it is usually presented at the local communities of origin.

The workshop was chaired by Luis Flores who, at the end of the presentations, did a summary of the discussion, punctualizing the main conclusions and proposing future lines of action. Then a round table discussion was conducted and, finally, the workshop concluded with a summary of the main discussion themes, conclusions, outcomes and future actions between the establishment of a working group to outline joint actions in the theme of healthy lifestyles.

❖ First day: 9th November 2017 at the Good Hope Clinic

The first day was the conference of Dr. Cruz, who developed the contextual framework for the work of the following day. Dr. Cruz is a gastroenterologist and obesity surgeon at the Angeles del Pedregal Hospital and his research's in parenteral and enteral nutrition has led to important findings. Dr. Cruz described the new definition of obesity, as a metabolic syndrome. The human body is not designed to eat the amounts of sugar, salt and fat as we eat today. His proposal is to stop consuming sugar because they are empty calories and not necessary for the human being, there is not any other solution.

After his speech, Sofia Bustos (Chile); Saby Mauricio (Peru) and Jaime Delgado (Peru) integrated the panel. After the contributions of the panelists, the public participate with questions to the panel.

❖ Second day: 10th November 2017 at the Universidad Nacional Agraria La Molina

Morning Topic: Advertising, marketing, consumers and sustainable lifestyles.	
8.45 - 9.00	Reception of participants and registration
9.00 - 9.15	Welcome and presentation of the Workshop
9.15 - 9.40	Visit to the organic orchard and fair of <i>El Huerto</i>
9.15 - 9.45	JAIME DELGADO - Peru The role of advertising, marketing in the construction of lifestyles. Consumer Institute. University San Martín de Porres.
9.45 a 10.00	Questions and comments round
10.00 a 10.15	Healthy snack
10.15 – 10.50	Ceremony of burial of the pachamanca (a peruvian ancestral gastronomic style)
10.50- 11.20	ROSARIO OLIVA – Peru "Syncretism and sustainability of Peruvian Gastronomy". Rosario Oliva. Independent Food history Researcher - Peru.
11.20 -11.35	Questions and comments round
11.35 a 12.15	FATIMA PORTILHO – Brazil Food and social movements. Federal Rural University of Rio de Janeiro - Brazil. Federal Rural University of Rio de Janeiro - Brazil.
12.15 a 12.35	Questions and comments round
12.35 a 2.00	Unburial of the Pachamanca and lunch
Afternoon Topic: Food, education and social change	
3.00 – 3.25	SOFIA BUSTOS – Chile The Contribution of Civil Society to the development of policies, the case of the "Fundación Actuemos". Nutritionist and President of Actuemos.
3.25 – 3.40	Questions and comments round
3.40 – 4.15	ROBERT DIDHAM -- Norway Sustainable Lifestyles and Education. PERL – Norway
4.15 – 4.25	Questions and comments round
4.25 – 4.50	MACHTELIJN BRUMMEL – The Netherlands Project "Youth Food Learning" of the Netherlands Enterprise Agency.
4.50 – 5.10	Questions and comments round
5.10 – 5.20	Healthy snack – chocolate experience
5.20 – 5.40	Round table: . Civil society as the engine of change in lifestyles. . How to integrate sustainable lifestyles in school activities.
5.40 – 6.10	RELATOR presentation of the main conclusions

7.0 SUMMARY OF THE PRESENTATIONS

Morning Sessions

- ❖ **JAIME DELGADO – Peru. Consumer Institute & University San Martín de Porres.**

“The role of advertising, marketing in the construction of lifestyles”

He approached the issue of consumption from the perspective of advertising that spends millions of dollars to maintain the lifestyle of consumption of ultra-processed foods using all kinds of strategies to capture the attention of all children. This handling of advertising through the mass media is causing the increase of non-transmissible chronic diseases of pandemic nature, creating serious public health problems especially in the countries of the South.

- ❖ **ROSARIO OLIVA – Peru. Independent Food History author and researcher.**

“Syncretism and sustainability of Peruvian Gastronomy”

Gastronomy is a distinctive strategy to define the image and the mark of destiny. Peruvian gastronomy is a syncretic mixture of Chinese, Arab, Japanese, and black influences, among others.

It proposes the investigation, rescue and registration of local gastronomy that is very rich and that is being lost, as a way to preserve the Peruvian identity, without losing sight of the conservative of biodiversity, the product, the dish and the history that contains Education has a valuable tool in education for education.

- ❖ **FÁTIMA FERREIRA PORTILHO – Brazil. Universidade Federal Rural do Rio de Janeiro, Instituto de Ciências Humanas e Sociais.**

“Utopia on the plate: Food activism and social movements”

Food activism is linked to social and political activism around food and eating. Food activism is the most dynamic contemporary social activism of this era and social struggles now go through food and eating. This activism has two dimensions: ethic and esthetic. The new food activism seeks to associate the two dimensions.

Afternoon Sessions

❖ **SOFIA BUSTOS – Chile. Actuemos Foundation.**

“The Contribution of Civil Society to the development of policies, the case of the Fundación Actuemos”

Chile is the country with the highest childhood and adolescent obesity in Latin America and sixth in the countries belonging to the OECD. The greatest expenditure on family food is concentrated in beverages, bread, cereals, pasta and meats. *Actuemos* is an NGO that works on food health or nutrition issues and is an example to follow for the achievements in the Chilean public policies. The conference stated the principles, objectives, achievements of this organization and its contribution to food education in Chile.

❖ **ROBERT DIDHAM – Norway. Center for Collaborative Learning for Sustainable Development, Inland Norway University**

“Sustainable Lifestyles and Education”

What is education for sustainable consumption? What is sustainable consumption? What are sustainable lifestyles? What are the approaches to learn sustainable lifestyles. The orientations, the tools, the objectives. Principles of Solutions Oriented ESC were described and how to operationalize solutions oriented to sustainable lifestyles. Finally, examples of the initiatives developed in the topics discussed were presented.

❖ **MACHTELIJN BRUMMEL – The Netherlands. Netherlands Enterprise Agency**

“Project ‘Youth Food Learning’ of the Netherlands Enterprise Agency”

The scenario of the food consumption of Dutch population is dramatic. Only 25% of Dutch population eats the recommended ration of healthy food. One in seven Dutch children are overweight, mostly girls.

The project Youth Food Learning is based on four pillars:

- The campus
- The school policy
- Troubleshooting and care

It is a program designed for primary and secondary schools. Focus in theory and practical skills.

8.0 ROUND TABLE AND CONCLUSIONS

The round table opened, and the rapporteur made a summary of the main discussion themes during the day. Future actions, such as the establishment of a working group to define joint actions in the theme of sustainable lifestyles, were discussed.

After each point, the participation of the invited experts was sought and they were asked to share their opinions, comments and questions on the debate and the proposals. Luis Flores chaired the workshop and facilitated the round table. As facilitator, he made a summary of the major points of discussion, highlighted the main conclusions and clarified future lines of action.

The National University of La Molina, suggested that the topics discussed in the workshop be disseminated as university work topics, forming groups of students who are trained in sustainable lifestyles and proposed actions and activities as part of their university activity. ASPEC also disseminated the materials and booklets among the participants as the beginning of a collaborative work.

The first task could be the design of a manual aimed at students to start the future actions of the group formed. Little is known about this topic in Peru and a manual could serve as a basis for future workshops or activities at the university, school and other levels.

9.0 PARTICIPANTS

The participants that attend the workshop were:

Name	Position and Organisation
Gustavo Cruz Santiago (Mexico)	Physician, Angeles del Pedregal Hospital
Fátima Porthillo (Brasil)	University Universidade Federal Rural do Rio de Janeiro, Instituto de Ciências Humanas e Sociais. Brasil. Researcher
Sofía Bustos (Chile)	CEO Actuemos NGO. Nutritionists
Robert James Didham (Norway)	Deputy director of the Center for Collaborative Learning for Sustainable Development and an associate professor at Inland Norway University.
Luis Flores Mimica (Chile)	Specialist in Sustainability
Machtelijn Brummel (The Netherlands)	Senior policy advisor in the Dutch governmental program for Food & Education.
Laura Astete	Five a day campaign to promote consumption of fruits and vegetables
Eliana Lanacone	Healthy Life Style Platform
Saray Siura	UNALM – El Huerto (The Orchard) Organic Agriculture
José Tudela	“Cook with cause” Program Director.
Luis Hu Gutierrez	Healthy Life Style Clinic
Carmen Burbano de Lara	World Food Program
Victoriano Fernandez	President of the Native Potatoe Asociation
Saray Siura	National Agrarian University La Molina
Antonieta Manrique	Agroecologic Network
Fernando Alvarado	Peruvian Agroecologic Consortium
Jaime Delgado	ASPEC Lawyer specialist in nutrition normative
Cecilia Mendiola	ASPEC, specialist in sustainable consumption
Crisólogo Cáceres	ASPEC President
Yessenia Barrios	Nutritionist and teacher of nutrition
María Trinidad Rodríguez	Postgrad teacher and environmental teacher
Faviola Jimenez Ramos	Peruvian Network on Food and Nutrition ((RPAN). Teacher of the Scientific South University from Peru.
Cristian Rosenthal	Lima Municipality – Nutrition program
María Carolina Millan Zuzunaga	Lima Municipality – Nutrition program
Rosario Olivas W.	Especialist in Food history and sustainability
Ricardo Zavala Toya	President of the Ilo Consumers Asociation
Arisa Becerra Biaggioni	The Revolution. Where children are trained in nutrition through ludic activities. Taste education
Beatriz Rebeca Llerena Bermudez	The Revolution. Where children are trained in nutrition through ludic activities. Test education

PHOTOGRAPHIC REPORT

9th November, 2017

Dr. Cruz conference



Panel of the main conference



10th November, 2017

National Agrarian University La Molina Visiting the orchards and surroundings



Workshop in National Agrarian University La Molina (UNALM)



The ancestor food style experience



The chocolate experience



ANNEX 1: Speaker Profiles



Dr. Gustavo Cruz – México

Dr. Gustavo Cruz Santiago is a gastroenterologist and obesity surgeon at the Angeles del Pedregal Hospital. Postgraduate in parenteral and enteral nutrition from the University of Chicago.

Founder of the parenteral and enteral nutrition department of PEMEX high specialty hospital "Picacho". Graduated from the General Hospital of the National Medical Center of the INSS.

Co-author of the book "Temptations That Kill" and co-author of the book "Principle of Intravenous Nutrition" and has published in "The American College of nutrition"

He is the author of a well-known book called "The Future of Scrap" and its effects on the influence of industry on malnutrition, as well as all the strategies it uses to persuade consumers towards their products. It makes an excellent combination between satire and scientific argument.



Sofía Bustos – Chile

CEO and President Actuemos NGO.

Developed and implemented the school program "I want to be healthy", consisting in serving healthy and balanced meals using local products, and also teaching about nutrition and wellness to children, parents and teachers in public schools in Washington DC, USA. This program received the Gold Award with Distinction from the USDA (U.S. Department of Agriculture), the highest distinction for the "Healthier US School Challenge" and was chosen by the First Lady, Michelle Obama, to launch her campaign "Let's Move! Child Care".

Nutrition expert for the study, "Characterization of public food markets in Chile and recommendations to promote sustainable inclusion of Chilean family agriculture (AFC) in public procurement processes", University of Santiago, Chile.

Support Project Actions against Hunger and Poverty (AGCI / WFP) through the strengthening of actions of the initiative Purchase for Progress (P4P) World Food Programme (WFP) in rural communities in Central America.



Fátima Ferreira Portilho

Professor and researcher at the University Universidade Federal Rural do Rio de Janeiro, Instituto de Ciências Humanas e Sociais. Brasil.

PhD in Social Sciences by UNICAMP (2003), with Doctorate Sandwich at Oxford University (2002). Master in Psychosociology of Communities and Social Ecology by the EICOS / UFRJ Program (1997).

She has been a Visiting Professor at Santa Cruz State University (UESC - Ilhéus / BA) and Universidad Nacional del Sur (UNS - Bahia Blanca / Argentina) and Visiting Scholar at Wageningen University (The Netherlands).

His areas of interest are Environmental Sociology, Sociology of Consumption, Sociology of Food and Theory of Practice. As a lecturer, he has been teaching courses in Contemporary Social Theories and Sociology of Consumption.

As a researcher, she has been developing research in the areas of environmental sociology, sociology of consumption, risk sociology, environmentalization and politicization of consumption and daily life, political consumption, food consumption, social practices, political culture and social movements (environmentalism and the defense movement of consumers).

She is one of the leaders of the "Consumer Studies Group" and member of the "Research Center for Markets, Networks and Values", both registered at CNPq.

Author of the book "Environmental Sustainability, Consumption and Citizenship" (Cortez, 2010 - 2nd Edition) and organizer, along with Livia Barbosa and Letícia Veloso, of the book "Consumption: cosmologies and sociabilities" (Mauad / EDUR, 2009) in national and international journals.

25 years of Consumer Studies in the Brazilian Social Sciences: Building a new field of research



Rosario Olivas Weston

Independent Research of Peruvian Food and guest professor at various universities, such as Córdoba (Spain), Santiago Compostela (Spain), the Andes (Chile), the Catholic (Chile), the Chile (Chile) and the Casa de América (Spain).

President of the Peruvian Association of Sensory Analysis, President of the Peruvian Academy of History Gastronomy, General Secretary of the Peruvian Academy of Gastronomy, honorary member of the Peruvian Association of Chef.

Has won five Best Culinary History Book awarded by the Gourmand World Cookbook Awards. It is also the National Gastronomy Award of the Spain Academy of Gastronomy.



Machtelijnn Brummel

Machtelijnn Brummel is a senior policy advisor in the Netherlands Enterprise Agency overseeing the program for Food & Education. This program targets kids and youngsters aged 0-18, in their schools. Healthy and sustainable food choices contribute to a healthy and sustainable generation. The goal of the programme

Food & Education is to organise interventions that combine the school health programmes about food choices with excursions to food producers, vegetable gardening and cooking workshops. Learning and Doing!

She holds a degree in Biology from Utrecht University with a specialisation in Environmental Education. The last decade she worked on several programmes dealing with Education for Sustainable Development, both National and International.

Machtelijnn is a member of the International Advisory Board for the Partnership for Education and Research about Responsible Living (PERL) working for the Netherlands Enterprise Agency of the Dutch Government, and leading their "Youth Food Learning" project [<https://www.jonglereneten.nl/>] will participate in the Lima workshop.



Robert J. Didham

Dr. Robert J. Didham is the deputy director of the Center for Collaborative Learning for Sustainable Development and an associate professor at Inland Norway University. With a background in community-based sustainable development, public participation and social learning, Dr. Didham has extensive experience in interdisciplinary research and capacity building projects. He has coordinated multi-country research on Education for Sustainable Development, Sustainable Consumption, and Adaptation Planning, and he has led policy support projects for

several national governments. Previously, Dr. Didham was the senior coordinator for capacity development and education at the Institute for Global Environmental Strategies (IGES), based in Japan, where he worked extensively throughout the Asia-Pacific region. At the Center for Collaborative Learning, Dr. Didham is overseeing action research projects on participatory planning and local implementation of the Sustainable Development Goals (SDGs) and on integrating transformative learning approaches in both formal and non-formal education.



Jaime Delgado Z.

Lawyer and business administrator, with a Master's degree in Health Policy. Promoter and pioneer of Consumer Defense in Peru and Latin America for more than 30 years. Founder and former president of the Peruvian Association of Consumers and Users ASPEC. Former congressman of the Republic, elected with one of the highest votes in the country. Former president of the Commission for the Defense of Consumer and Public Services of the Latin American Parliament.

He was coordinator of the parliamentary group of the Pacific Alliance. Former President of the Latin American and Caribbean Council of Consumer Organizations OCLAC. Former president of the Andean Consumer Group. Author of several books such as "Consumo al desnudo", "Pension Funds, what future awaits us", "Competitors or Monopolists", "Advertising, Legal Regime and commercial practice", etc. He was Director of Consumo Respect Magazine and host of various Radio and Television programs. Professor at various universities in the country, currently Director of the Consumer Institute at USMP.



Luis Flores Mímica

Master in Economics and Consumer Law. Center for Consumer Studies University of Castilla-La Mancha.

Consultant on issues related to the Sustainable Development Goals. He has been in charge of Policies and Campaigns in the Regional Office for Latin America and the Caribbean of Consumers International, International Federation of Consumer Organizations with headquarters in London www.consumersinternational.org. (2008-2016).

He has coordinated the regional network for Latin America of The Partnership for Education and Research about Responsible Living. PERL. He has led various initiatives related to biosecurity, citizenship, climate change and access to genetic resources.

ANNEX 2: Presentation Slides
