



Eating Good, Be Well

- Promoting Good Food in China in the 2020s

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The Good Food Fund, CBCGDF 良食基金

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2020 Good Food Festival Champion Chef

**China Biodiversity Conservation and Green
Development Foundation (CBCGDF)**



良食基金 **Good Food Fund**

Founded in 2017 under CBCGDF

Promoting good food for humans, animals and the planet.



- Feed a **growing population**
- with **healthy** foods
- produced in **sustainable** systems



**Incredible
traditions**



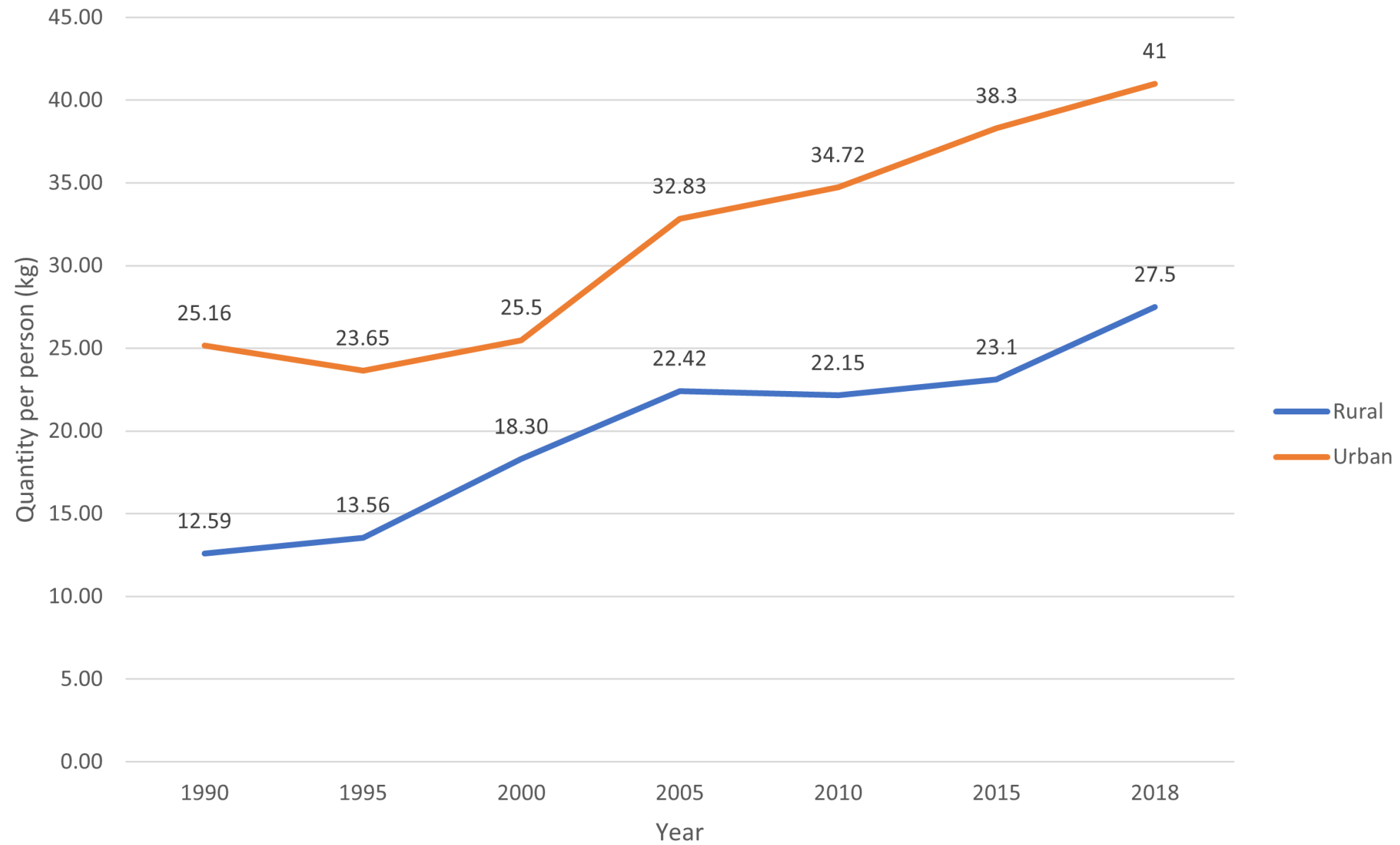
1,411,750,000

32.5 million tons

97 million tons
(pork, beef, mutton, birds)



Meat Consumption



In 2019, non-communicable accounted for 88.5% of all deaths in China.

Source: “中国居民营养与慢性病状况报告（2020 年）.” 营养学报, vol. 42, no. 6, 2020, p. 521.

1961-2013, animal-based protein from 8% to 40%

Vegetable consumption per capita dropped 15%

陈春明, et al. “中国慢性病控制中膳食关键因素的研究.” 中华流行病学杂志
, vol. 27, no. 9, Sept. 2006, pp. 739–743.

Antibiotics in the river, China twice as US, 15 times as Germany

(储学琴 《聚焦抗生素耐药性》 2022)

1992-2002, adult overweight and obesity increased by 40.7 % 和 97.2 %;

(陈春明, et al., 2006)

More than half of Chinese population are either overweight or obese,

6 ~ 17 aged 19% overweight or obese;

10.4% children under 6

2019, non-communicable diseases accounts for 88.5% deaths.

(营养学报, 2020)

2000 - 2021, the prevalence of diabetes among individuals aged 20-79 in China experienced a significant surge, escalating from 22,364,800 to 140,869,600.

By 2030, 164 million+ cases.

In 2011, the diabetes-related health expenditure per person in China is estimated to be \$194, in 2021, however, this number increased to \$1173.5.

Source: <https://diabetesatlas.org/data/en/country/42/cn.html>

To follow China dietary guidelines, we can avoid annually
1.15 million adult deaths (aged 20+)
425k+ premature deaths (aged 30 – 69)

To follow EAT-Lancet recommendations, can avoid annually
1.80 million adult deaths
665k+ premature deaths

According to the China Agriculture Sector Model, CASM

Diets unchanged, 2030 will see a 12% increase GHGs (85.44 million tons) from 2020

China Dietary Guidelines, can reduce 146 million tons

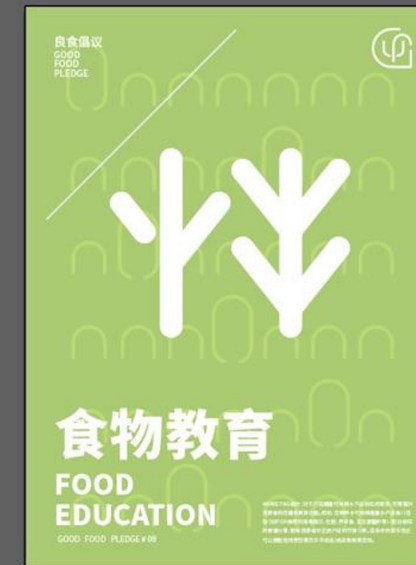
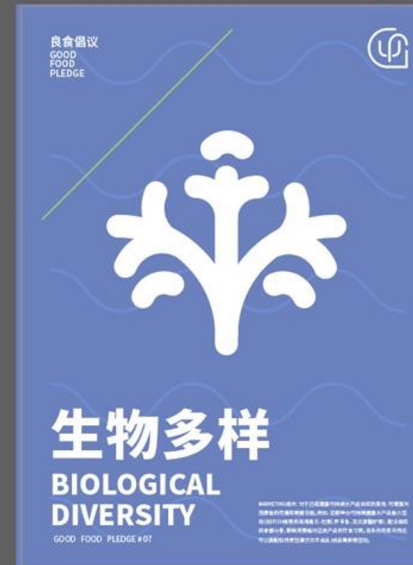
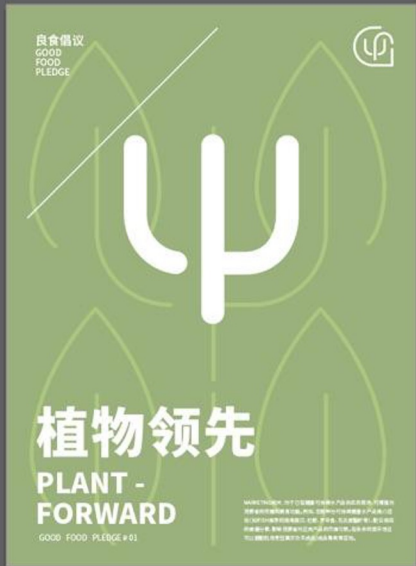
EAT-Lancet diet, reduces 168 million tons

Mediterranean diet: reduces 173 million tons

Minimum Meat diet: reduces 202 million tons

Source : 盛芳芳, et al. “改善中国居民膳食结构以实现健康与环境双赢.” *2021 中国与全球食物政策报告*, Apr. 2022, pp. 24–34.

<http://www.goodfoodpledge.net/> The Good Food Pledge, 2019





CHINA FOOD SYSTEMS ACTION HUB, SINCE 2021

United Nations Food Systems Summit 2021

BUILDING NATIONAL FOOD SYSTEM ACTION HUB IN CHINA TO ACHIEVE “HEALTHY DIETS FROM SUSTAINABLE FOOD SYSTEMS”

PANELISTS

MODERATOR



Olav Kjørven
Senior Director
for Strategy
EAT



Xu Haiquan
Research Associate
Institute of Food and
Nutrition Development,
Ministry of Agriculture



Fan Shenggen
Chair Professor
China Agricultural
University



Cui Ying
Technical Officer
WHO China Office



Cao Xi
Policy &
Partnerships
Specialist
IFAD



Jian Yi
President
Good Food Fund



Huiyu Ouyang
Food Policy Officer
Good Food Fund

1、良食峰会 The Good Food Summit



The Good Food Report

Best Practices of China

2、 Good Food Festival & Food Forward Forum



良食

妈妈厨房

· 真

梅真

lee



@大理绿社

2020.10.12 - 10.17

3. Mama's Kitchen,

**Envisioning
Regenerative
and Nourishing Food
Futures for 2050**

#foodvision2050



The
ROCKEFELLER
FOUNDATION

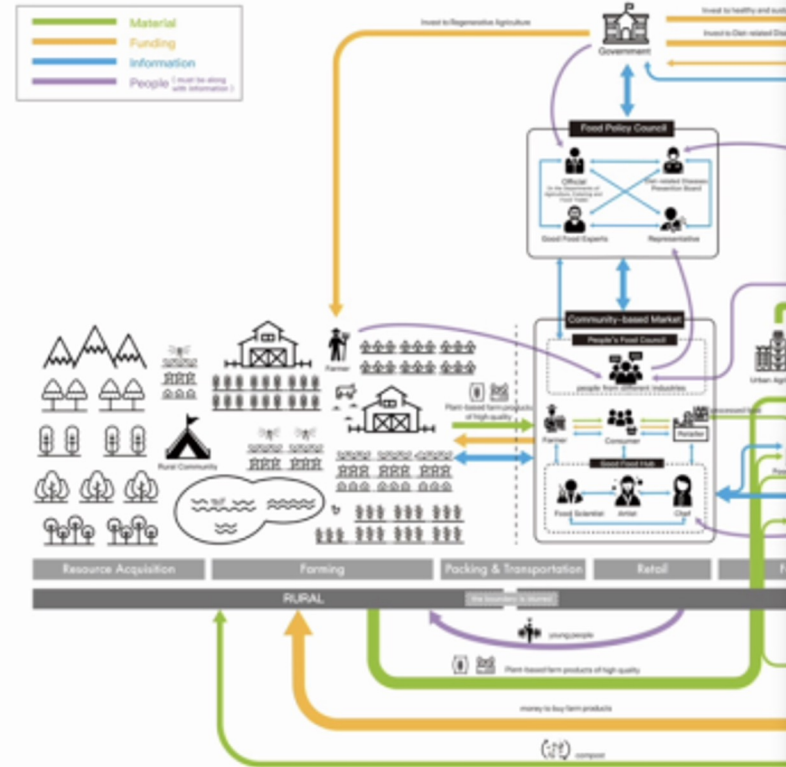
SECONDMUSE

openIDEO



Mama's Kitchen

- Mama's training courses: including understanding the truth behind food, healthy and sustainable eating concepts, how to cook good food
- Co-creation of operational manuals with different partner organizations. These manuals can be used as a guide and reference for new participants
- Gradually establish local ecological and organic farms and high animal welfare products sourcing information
- Create demonstration sites through Mama's Kitchen community sites to attract government support in the region.



UNFS

Yuhua Zong GFF/A4F A4C

Namukolo Covic A4NH/IFPRI

Koen Dekeyser

Helianti Hilman

Time remaining: 00:01:59

Event Organizer

Chavanne Hanson



•**2050 Food Systems Vision Prize**

•The Rockefeller Foundation, 2020

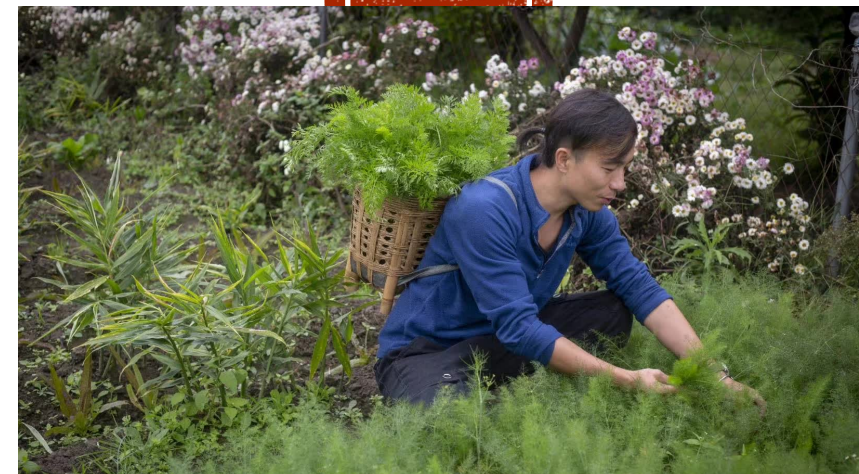
•10 Top Visionaries

•[Mama's Kitchen, the Good Food Fund](#)

•[Stone Barns](#)

•[Play video](#)









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