



Strengthening fruit and vegetable policies in 4 low- and middle-income countries

Elaine Q. Borazon, Samali Perera, Nestor Alokpaï, Mario Sibamenya Venance, Erica Reeve, Jody Harris, Takwa Tissaoui, Anne Marie Thow

International Graduate Program of Education and Human Development , College of Social Sciences, National Sun Yat-sen University, Taiwan;
Menzies Centre for Health Policy and Economics , School of Public Health, The University of Sydney, Australia
School of Rural Sociology and Agricultural Extension, University of Agriculture, Benin Republic
Buhigwe District Council, Division of Health, Social Welfare and Nutrition services, 47582 Buhigwe, Kigoma-Tanzania
Institute for Health Transformation, Global Centre for Preventive Health and Nutrition, School of Health and Social Development, Faculty of Health, Deakin University, Australia
World Vegetable Center, Thailand; jody.harris@worldveg.org



Overview

01

BACKGROUND

03

RESULTS

05

KEY MESSAGES

02

METHODS

04

OPPORTUNITIES

BACKGROUND

Role of Food Systems and Policy in Fruit and Vegetable Consumption

Food System Definition

Elements and activities related to production, processing, distribution, preparation, and consumption of food (HLPE, 2017)

Challenges in LMICs

Lack of comprehensive policies to address low F&V intake

Policy Influence

Impact on supply, prices, safety, nutritional composition, and consumer choices

Aims

01

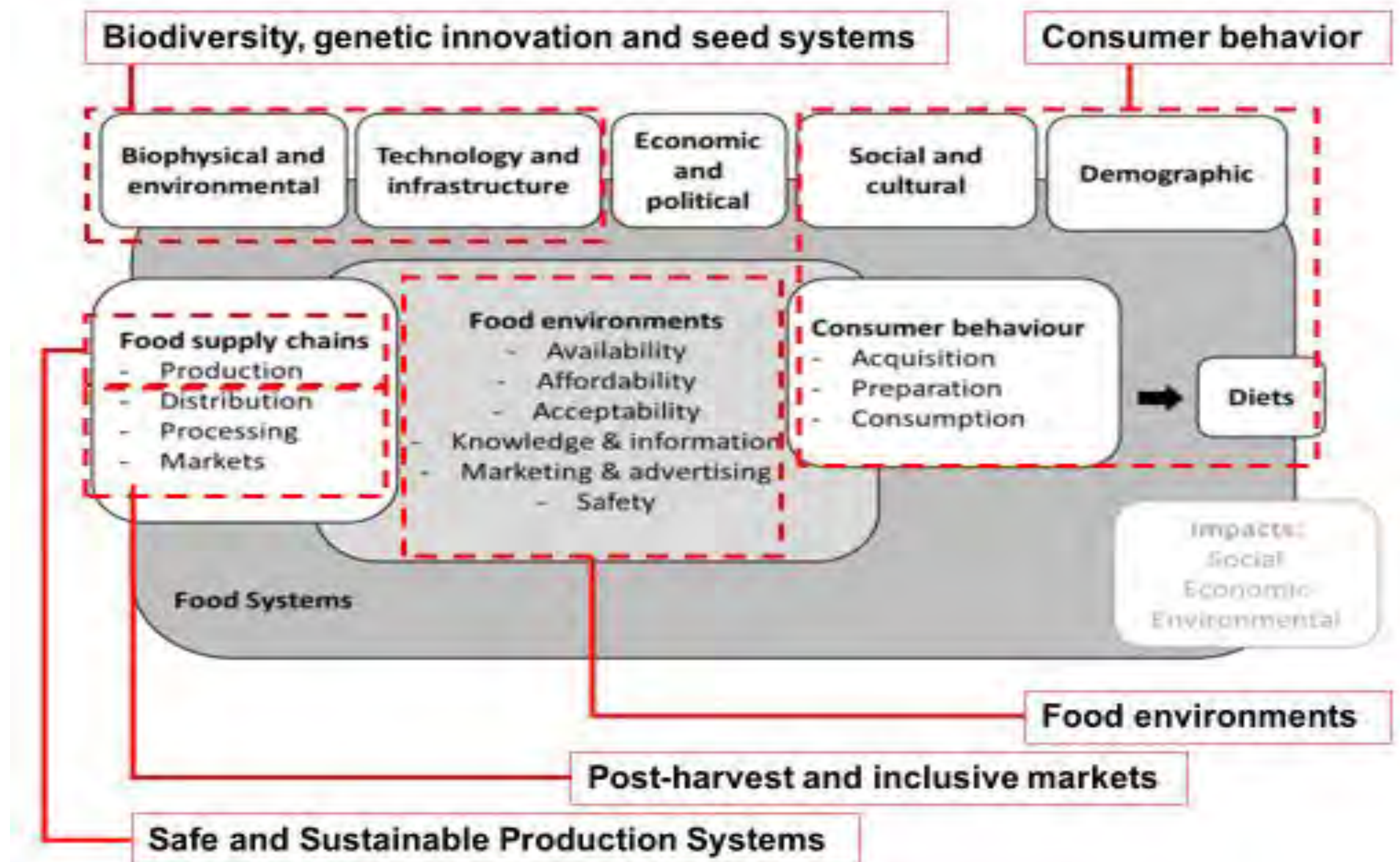
Review the policy landscape for fruits and vegetables across the food system in four LMICs

02

Identify opportunities to strengthen food system policies in ways that will promote increases in fruit and vegetable consumption

METHODS

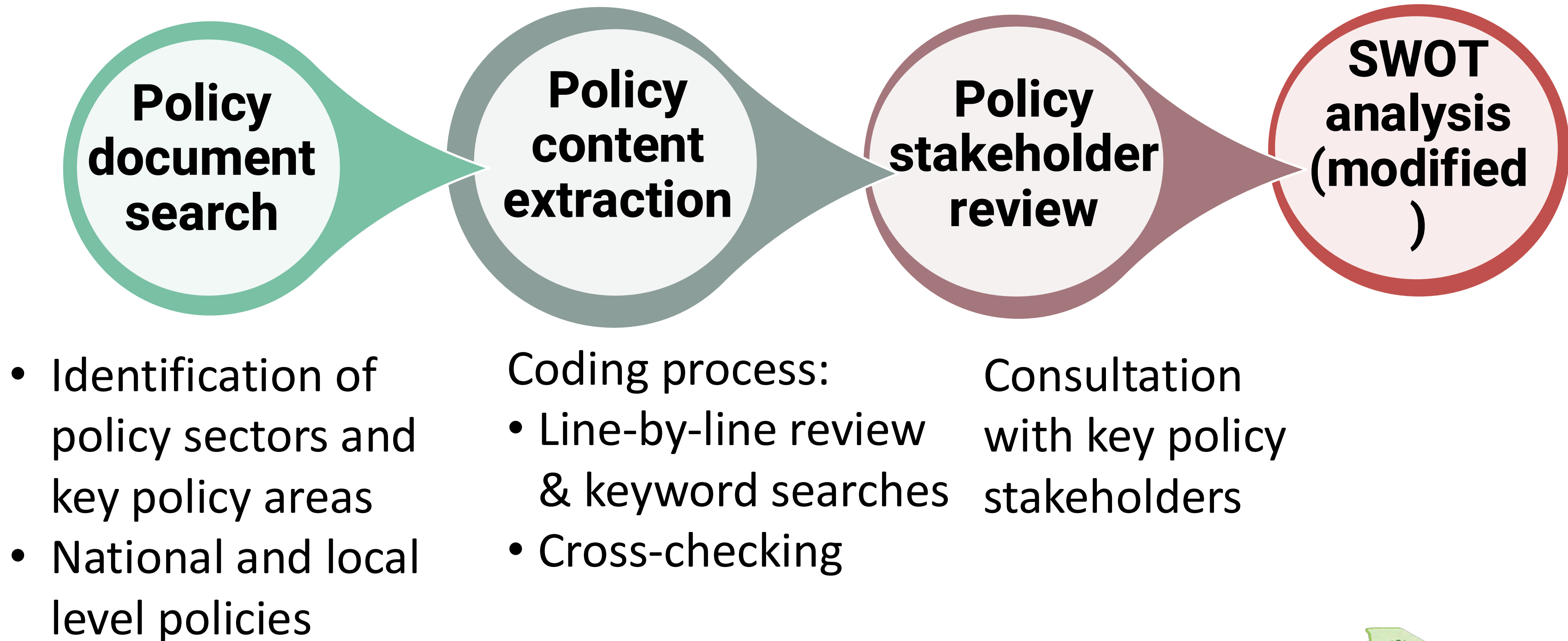
Conceptual Framework



Policy areas mapped to the HLPE framework

METHODS

Data collection





CONTEXT

- Four countries with diverse cultural, economic and ecological contexts: Benin, Tanzania, Sri Lanka, Philippines
- **Common Issues:**
 - Significant agricultural production but insufficient fruit and vegetable intake
 - Challenges with quality, safety, and postharvest losses
- **Our cross-country study led by researchers in each country enabled:**
 - Comparative analysis
 - Holistic understanding
 - Cross-learning opportunities

RESULTS: Biodiversity, genetic innovation and seed systems

STRENGTHS

- Policies governing biodiversity, genetic innovation, and seed system relevant to fruits (agricultural commodities)
- Inclusion of gender/ women considerations



For example: Benin

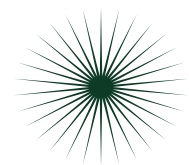
- National Fruit Tree Development Strategy (SNDAF-2020-2025)-continuous availability of fresh fruits through breeding, conservation, and protection

RESULTS: Biodiversity, genetic innovation and seed systems

WEAKNESSES



- **Lack of sectoral policies on seed systems, seed production, seed policy and trade specifically considering fruits and vegetables**



For example: Tanzania & Sri Lanka

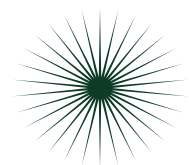
- **Lack of inclusion of specific priorities at the whole of government level**

RESULTS: Safe and sustainable production systems



STRENGTHS

- Sustainable land use and management considerations
- Sectoral policies supported by subnational policies



For example: Tanzania

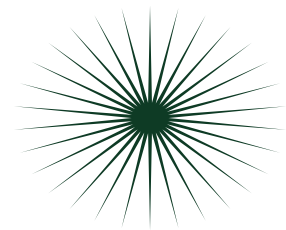
- Food and Nutrition Policy (1992) explicitly considered provision of soft loans and agricultural subsidies for F&V farmers

RESULTS: Safe and Sustainable Production Systems



WEAKNESSES

- **Lack of consideration for safe and sustainable F&V production systems in policies across sectors**



For example: All countries

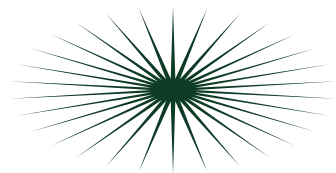
- **Limited policy actions on pesticide (mis)use**

RESULTS: Post-harvest and inclusive markets



STRENGTHS

- **National development plan priorities on food and nutrition security & food safety**
- **Sectoral policies on food safety and Good Agricultural Practices**



For example: Tanzania

- **Recognition of the need for inclusive market practices in its agricultural sector policy**

RESULTS: Post-harvest and inclusive markets

WEAKNESSES

W

- **Lack of consideration for postharvest and inclusive markets for F&V in sectoral and national policies**



For example: Sri Lanka

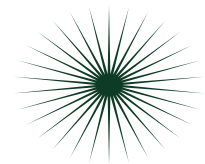
- **GAP programs prioritized for export crops**

RESULTS: Food environments



STRENGTHS

- **Sectoral policies on retail, labeling, school food and nutrition, and pricing**



For example: Benin

- **Green labeling for F&V in agricultural policies**
- **Market price information system for vegetable producers**

RESULTS: Food environments

WEAKNESSES

W

- **Lack of consideration for food environments, specifically focusing on fruits and vegetables, in national development plans**
- **Lack of sectoral policies on retail measures**

For example: The Philippines


- **Restricted Green labeling: only applies in school canteens**
- **Limited food marketing policy-only for organic products**

RESULTS: Consumer behavior

STRENGTHS

S

- **Existence of policies to meet nutrition objectives**
- **Awareness campaign/nutrition education specific to fruits and vegetables**

 **For example: Tanzania, Sri Lanka, The Philippines**

- **Awareness campaigns included promotion of healthy food intake that included fruits and vegetables through school curricula and media**

RESULTS: Consumer behavior

WEAKNESSES

W

- **Lack of inclusion in national development plan on key strategies for consumer behavior and preferences relevant to fruits and vegetables**
- **Limited reference to food-based dietary guidelines**



For example: Benin, Sri Lanka, The Philippines

- **Inconsistent reference to dietary guidelines**

OPPORTUNITIES TO STRENGTHEN F&V IN POLICIES



Policy prioritization for F&V



Shift from focusing solely on economic productivity (e.g., staple crops, cash crops) to also promoting a healthy diet that includes fruits and vegetables



Explicitly consider fruits and vegetables as critical to addressing poor diets and malnutrition

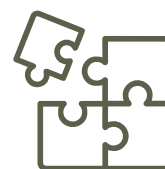
**OPPORTUNITIES TO
STRENGTHEN F&V
IN POLICIES**



Multisectoral collaboration



Need for stronger collaboration across multiple sectors, such as agriculture, health, education, trade, and transportation



Integrate various approaches in a cohesive manner, addressing multiple outcomes such as nutrition, health, and environmental sustainability

**OPPORTUNITIES TO
STRENGTHEN F&V
IN POLICIES**



Policy integration



Integration across different levels of government—national and subnational—to enable local adaptation and accountability.

OPPORTUNITIES TO STRENGTHEN F&V IN POLICIES



Sustainability and resilience

Most of the policies reviewed could further be enhanced to explicitly consider sustainability and resilience of fruit and vegetable food systems



- **strengthen seed quality assurance**
- **enhance human capacities of local farmers and experts on biodiversity and biotechnology,**
- **promote crop diversification to reduce risks of crop failure due to extreme weather events**

**OPPORTUNITIES TO
STRENGTHEN F&V
IN POLICIES**



Inclusion and equity



Consider the needs and challenges of marginalized communities, small-scale farmers, and women, with an explicit aim for equity and inclusivity

Key messages

- ✓ Each of the FRESH countries has policy strengths, which provide new learnings for policy
- ✓ There is limited explicit consideration of fruits and vegetables within most food system policies, and some notable gaps at the national level and subnational level.
- ✓ Strengthening multisectoral collaboration, policy integration, sustainability, and equity considerations are essential for promoting fruit and vegetable consumption in LMICs.

Thank You





Thank You



Email
[email address]



Website
[website link]

We would like to thank all funders who support this research through their contributions to the CGIAR Trust Fund: www.cgiar.org/funders.



INITIATIVE ON
Fruit and Vegetables
for Sustainable
Healthy Diets



INTERNATIONAL
FOOD POLICY
RESEARCH
INSTITUTE

