

## FRESH: Beyond the food plate



Fruit and Vegetables  
for Sustainable  
Healthy Diets



**institute of  
development  
studies**



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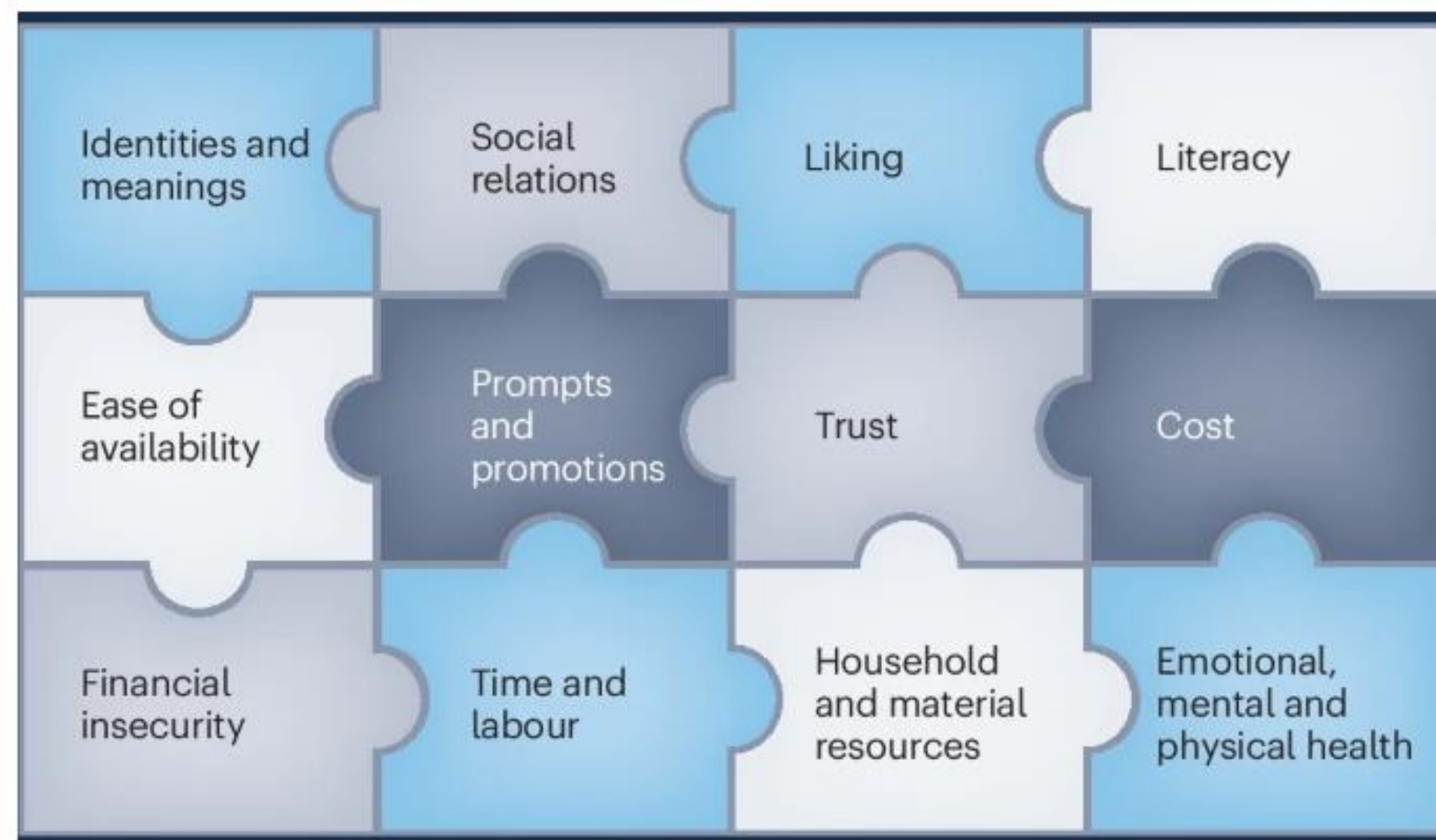


# Lived experiences of food environments

*The full picture of people's realities must be considered to deliver better diets for all*  
(Hawkes et al. 2024)

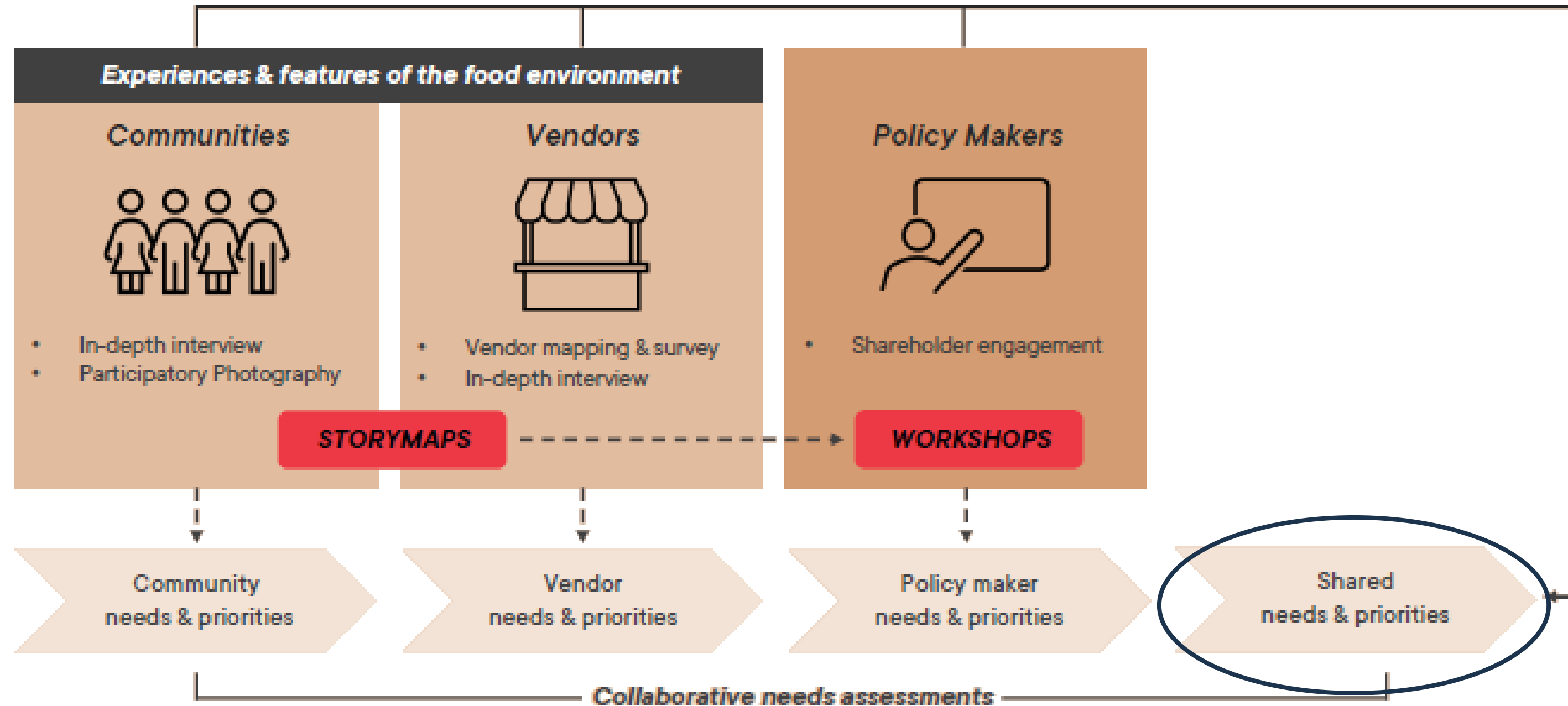
People's realities interact to shape the way people respond to and engage with policies and interventions, thereby influencing their impact, particularly, albeit not only, on dietary inequalities.

**Fig. 1: Twelve realities to consider as a full picture.**



A tool for policymakers, practitioners and researchers.

# FRESH: Our integrated approach



Sri Lanka



Tanzania



The Philippines

# Site locations

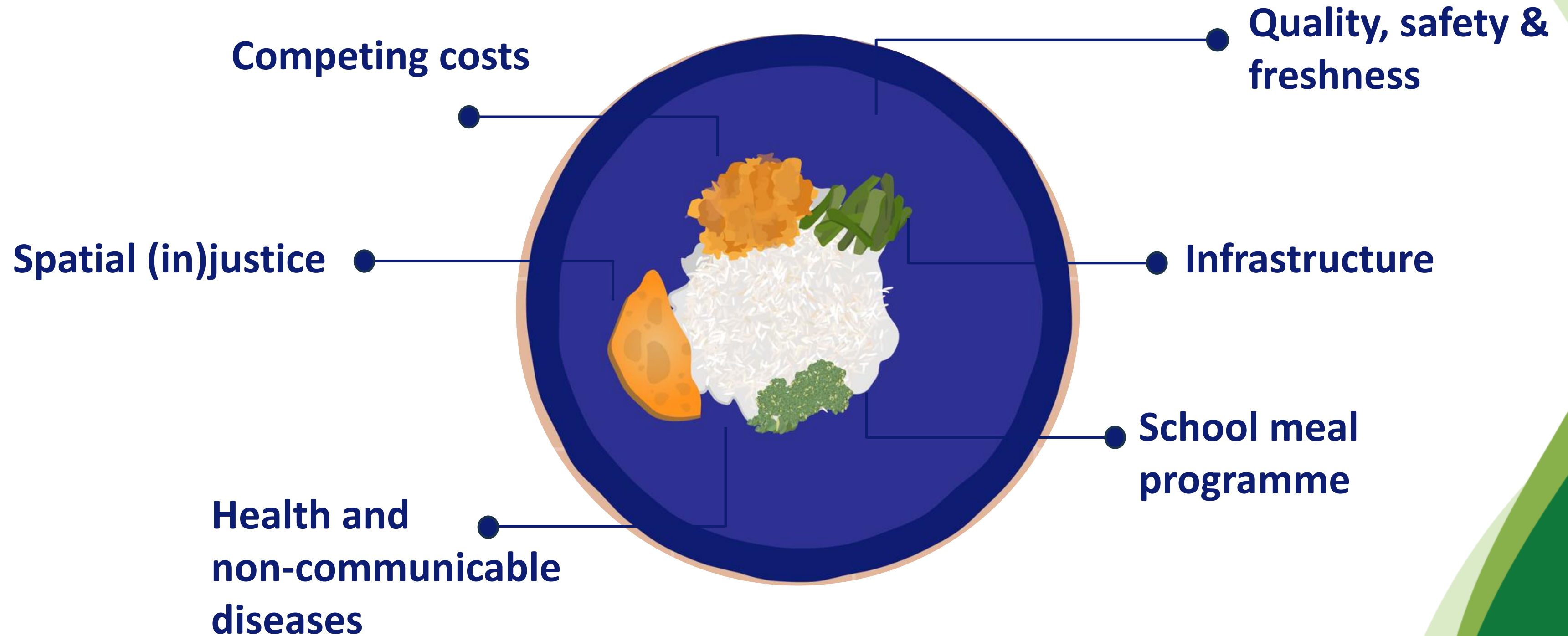




# Why the food plate looks the way it does



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# Policy priorities

Prioritising **social protection mechanisms** such as food related welfare programmes that can take the form of a basket of goods and services that can be collected from local vendors

Expansion of the **school meal programme** to include universal school meal programmes and school canteen programmes

Better support for informal vendors such as through the **increased provision of public infrastructure** and **affordable and accessible financial** solutions to help grow and sustain their business

**Adapting nutrition awareness literature** for communities to be reflective of the local context

Giving the **Malaiyaha community land rights** and rights to cultivation

Ensuring **equitable access to basic utilities** for households which could include a moratorium on electricity disconnections, writing off arrears and providing lower rates or economical alternatives to working class poor families





## Food Environments in Tea Estates

How the Malaiyaha Community in Deniyaya (Sri Lanka) interacts with their food environment.



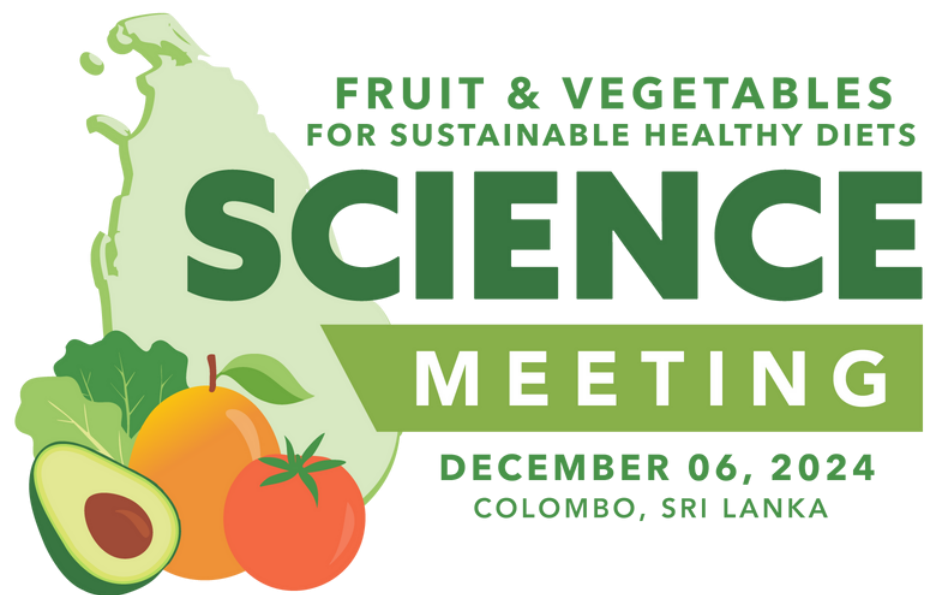
## Food Environments in Colombo

How Colombo's working class poor interact with their food environments.  
7 December 2023



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# Thank You

*We would like to thank all funders who support the FRESH Initiative through their contributions to the CGIAR Trust Fund: [www.cgiar.org/funders](http://www.cgiar.org/funders).*