

The Barilla Center for Food & Nutrition Presents Eating Planet 2012

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New Book Points to Food, Farming as Key to Improving Health, Environment, and Equality Worldwide

Worldwide, 30% of food is wasted, 1 billion people go to bed hungry each night while another 1 billion suffer from health problems related to obesity, and agriculture contributes one third of global greenhouse gas emissions. Meanwhile, young people are increasingly disconnected from how their food is grown, making solutions to the global agricultural system seem even further out of reach. In response to these problems, the Barilla Center for Food & Nutrition is releasing a report, *Eating Planet*, highlighting the challenges facing today's food and agricultural system, as well as the myriad benefits that reform could bring. "Access to food is one of the first and most fundamental of all human rights," says Guido Barilla, Chairman of the Barilla Group.

"Where food is lacking, it becomes impossible to live with dignity, and the rights to a healthy life and peaceful coexistence are undermined."

The Worldwatch Institute's *Nourishing the Planet* project, an evaluation of environmentally sustainable solutions to alleviate hunger and poverty, collaborated with the Barilla Center for Food & Nutrition to produce the report. "The study's conclusions represent a major step toward ensuring that agriculture contributes to health, environmental sustainability, income generation, and food security," said *Nourishing the Planet* project director Danielle Nierenberg. "The ingredients will vary by country and region, but there are some key components that will lead to healthier food systems everywhere."

The report is divided into four sections: Food for All, Food for Sustainable Growth, Food for Health, and Food for Culture. Each of these sections ends with concrete recommendations, proposals, and actions that need to be taken to solve the global food crisis. The book features contributions from leading international experts, including Nobel Peace Prize winner Shimon Peres, world renowned economist and Italian Prime Minister Mario Monti, philosopher and environmental activist Vandana Shiva and Carlo Petrini, founder of the International "Slow Food" Movement. It suggests specific reforms to the food and agricultural systems. These include: Healthy eating and lifestyles; Fair food prices; Transparent and responsible food trade.

Eating Planet is a collaboration between BCFN and the Worldwatch Institute's *Nourishing the Planet* project, an evaluation of environmentally sustainable solutions to alleviate hunger and poverty. Worldwatch commends initiatives like these that are working to improve nutrition and draw awareness to the importance of food in everyday life. These and other efforts need more attention, more research, and more investment to help build a more just and sustainable food system. *Eating Planet* will be available for purchase on Amazon and iTunes starting April 26th.

Barilla Center for Food & Nutrition