Fish, and other aquatic foods, are a crucial source of food security as well as a vital component of many dietary patterns and guidelines. Low intake of seafood-derived omega-3 fatty acids is now a recognized marker of poor quality diets which are a key risk factor for the growing burden of non-communicable diseases. Though there is growing recognition of their special role in nutrition and health, it is essential to consider the place of fish and aquatic foods in our diets through a sustainability lens in light of our finite marine resources. The CFS recommendations reinforce this by highlighting the need for a holistic view in work towards food security, nutrition and sustainable fisheries and aquaculture.

During the Decade of Action on Nutrition, the Global Action Network on Food from the Ocean and Inland Waters for Food Security and Nutrition (GAN) seeks to highlight the important role of aquatic foods in achieving food security and nutrition. By bringing together people working on all aspects of the food chain “from healthy waters to healthy people” it is hoped to help break down silos and nurture collaboration towards achieving the Sustainable Development Goal targets.

In addition to a short intro about Networking in the Decade of Action on Nutrition, the side event will discuss important issues such as sufficient, efficient and sustainable use of marine resources and their important role in nourishing nations.
PROGRAMME

17:40  Refreshments at the Abre de la vie

18:00  Opening
•  Introduction by Livar Frøyland, Norwegian Institute of Marine Research
•  Welcome by Dag-Inge Ulstein, Norwegian Minister of International Development

18:11  Thematic part by Moderator Stineke Oenema, UNSCN

Networking in the Decade of Action on Nutrition
•  The Global Action Network on Food From the Oceans and Inland Waters for Food Security and Nutrition by Anita Utheim Iversen, Norwegian Ministry of Trade, Industry and Fisheries
•  The Human Rights-based Approach in Practice for Small-scale Fisheries and Food Security by Manas Roshan, International Planning Committee on Food Sovereignty (IPC), OHCHR, FAO

Fish for whom? Sufficient and sustainable
•  Feed or food by Martin Scholten, Wageningen University & Research
•  Small scale fisheries and food security by Naseegh Jaffer, World Forum of Fisher People (WFFP)
•  FAO web guidance on reduction of Food Loss and Waste in Fish Value Chains by John Ryder, FAO

18:35  Q/A debate

18:45  Balanced harvest
•  Balanced Harvest: Opportunities and Challenges for Access to and Utilization of Mesopelagic Biomass by Paul Connolly, Institute of Marine Research, Ireland
•  Tasty sustainable healthy aquatic foods by Paul Newnham, SDG2 – Advocacy Hub

Nourishing nations
•  The importance of analytical values in food composition tables by Matilda Steiner-Asiedu, University of Ghana
•  Integration of fish in food systems – examples from Bangladesh by Shakuntala Haraksingh Thilsted, WorldFish (CGIAR)

19:10  Q/A debate

19:25  Conclusions by Moderator Stineke Oenema, UNSCN

Closing remarks by Livar Frøyland, Norwegian Institute of Marine Research