

# STEPS TOWARDS SUSTAINABLE DEVELOPMENT - FOCUSING ON FOOD AND AGRICULTURE

January 2024



## AGRO4SDGS

The EU-funded Agro4SDGs project aims to inspire and empower women to actively shape agriculture in their own region by initiating projects and developing business ideas to increase their positive impact. The transition towards sustainable agriculture needs comprehensive support from communities, consumers, society, businesses, and politics.



## CONTENT

This booklet presents thoughtful ideas and practical advice tailored for our daily lives, aiming to foster sustainable behaviors and practices, with a particular focus on food and agriculture. Embracing these suggestions empowers each individual to contribute to shaping a brighter future for our planet, our society, and, ultimately, for ourselves.

## STRUCTURE

This booklet aligns with the Sustainable Development Goals (SDGs) and dedicates one page to each of the SDGs addressed in the Agro4SDGs project:





## NO POVERTY SDG NO 1

SDG 1 aims to eliminate poverty in all its forms and promote economic well-being for all individuals. It targets extreme poverty, inequality reduction, and social protection to ensure a more equitable and prosperous world.



An estimated **7%** of the **global population** – around **575 million people** – could still find themselves trapped in **extreme poverty by 2030**, with a significant concentration in sub-Saharan Africa.

Source:  
<https://www.un.org/>

**Monetary poverty** was the most prevalent component of poverty or social exclusion in the EU in 2021, affecting **73.7 million people** or **16.8 %** of the population.

Source:  
<https://ec.europa.eu/>

## HOW EVERYONE CAN CONTRIBUTE

### Supporting Each Other:

In our daily lives, a small act of kindness, such as helping those with fewer opportunities, resources, or information, goes a long way – because sharing is caring. Let's unite against homelessness and actively engage in creating positive change.

### Learning About Poverty:

Gain insights into the reasons behind poverty to better comprehend the issue and facilitate informed discussions with others.

### Supporting Fair Work:

Make conscious purchases by choosing products from companies prioritizing fair wages for workers. This contributes to ensuring individuals have sufficient income to sustain their livelihoods.

### Supporting Small Businesses:

Consider buying from small, local shops or supporting entrepreneurs establishing their own businesses. Opt for businesses with a social purpose to contribute to a more supportive and diverse community.





## NO HUNGER SDG NO 2

SDG 2 aims to end hunger, achieve food security and improved nutrition, and promote sustainable agriculture worldwide by 2030.



**2 billion people**  
in the world do not have  
regular access to safe,  
nutritious and sufficient food.

Source:  
<https://www.un.org/>

The latest State of Food Security  
and Nutrition report shows the  
world is moving backwards in  
efforts to eliminate hunger and  
malnutrition:

In 2021 **global hunger numbers**  
rose to  
**828 million.**

Source:  
<https://www.who.int/>

### HOW EVERYONE CAN CONTRIBUTE

#### Reducing Food Waste:

Thoughtfully plan your meals and assess your existing supplies before purchasing to minimize food waste.

#### Say No To Food Speculation:

Food speculation entails trading food commodities in financial markets, influencing food prices and, consequently, consumer access to food. Opt for prudent investment decisions to steer clear of such impacts.

#### Supporting Local Farmers:

By supporting local farmers, we contribute to community resilience, foster sustainable agriculture, and guarantee fresher, healthier produce for all.

#### Adopting Sustainable Eating Habits:

Choosing locally sourced and seasonal foods reduces environmental impact and thus contributes to a healthier planet. Explore traditional food conservation methods to minimize food waste while preparing nutritious meals.





## GENDER EQUALITY SDG NO 5

SDG 5 seeks to end discrimination, violence, and harmful practices against women and girls, aiming to empower women and ensure their full and equal participation in all aspects of life, including leadership and decision-making.



Despite an overall increase in the employment rate of women in the EU since 2009, the **gender employment gap** persists at **10.7 %**, despite women's qualifications surpassing that of men.

Source:  
<https://ec.europa.eu/>

The gender pay gap in the EU stands at 12.7 % in 2021 and has only changed minimally over the last decade. It means that **women earn on average 13.0 % less per hour than men.**

Source:  
<https://commission.europa.eu/>

### HOW EVERYONE CAN CONTRIBUTE

#### Equal Sharing of Household Chores:

Encouraging equal sharing of household responsibilities fosters fairness, teamwork, and a harmonious living environment. Simultaneously, it supports pursuing paid work, enhancing each household's financial resilience.

#### Speaking Out Against Gender-Based Violence:

It's essential for cultivating a society where everyone experiences safety and respect, raising awareness and catalyzing positive change. Explore non-violent communication and reflect on your own behavior.

#### Supporting Gender-Inclusive Education:

Advocating for gender-inclusive education helps challenge stereotypes and guarantees equal opportunities for all genders, promoting a diverse and inclusive environment.

#### Financial Empowerment:

Empowering individuals with financial education allows them to manage their economic well-being, make informed financial decisions, and construct a secure and independent future — an aspiration for everyone dear to us.





## DECENT WORK AND ECONOMIC GROWTH SDG NO 8

SDG 8 focuses on promoting inclusive, and sustainable economic growth, full and productive employment, and decent work for all. It aims to address issues such as poverty, inequality, and unemployment by fostering policies that support job creation, entrepreneurship, and labor rights.

**8** DECENT WORK AND  
ECONOMIC GROWTH



Modern slavery is a persistent global practice, with an estimated **50 million people** trapped in one of its many forms today.

Source:  
<https://www.sciencedirect.com/>

**600 million new jobs** need to be created by 2030, just to keep pace with the growth of the working age population.

Source:  
<https://www.ilo.org/>

### HOW EVERYONE CAN CONTRIBUTE

#### Being a conscious consumer:

Choose sustainable and ethically produced products, including those aligned with fair trade. Support local businesses with sound practices and advocate for their values. Be cautious, as unusually low prices may signal potential harm to people or the planet.

#### Education, awareness & skills:

Research information about workers in other countries and business practices. Discuss these issues with colleagues and friends. Advocate for skill-building initiatives and raise awareness about decent work and labor rights.

#### Diversity and Inclusion:

Advocate for workplace diversity and inclusion by providing constructive suggestions for process improvements and understanding your work rights. If you are in a position of influence, leverage your capabilities to promote fairer working conditions.

#### In your community:

Engage in community development projects. Offer mentorship or guidance to individuals exploring employment or entrepreneurship opportunities, or actively seek assistance for yourself.





## RESPONSIBLE CONSUMPTION AND PRODUCTION SDG NO 12

SDG 12 aims to ensure sustainable consumption and production patterns. It seeks to promote efficient resource use, reduce waste, and encourage environmentally sound practices across industries and among individuals to foster a more sustainable and resilient global economy.

**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



Products' packaging contributes in large part to CO2 emissions and adding enormous amounts of waste to our landfills.

**3 billion trees**  
are pulped yearly to produce  
**241 million tons**  
of shipping cartons.

Source:  
<https://earth.org/>

In 2020, 2.2 billion tons of waste were generated in the EU by all economic activities and households, corresponding to **4 813 kg** of waste per inhabitant.

Source:  
<https://ec.europa.eu/>

### HOW EVERYONE CAN CONTRIBUTE

#### Responsible Consumption:

Choose sustainable and ethically produced items, including fair trade or second-hand options. Support local businesses with short delivery routes, champion good business practices, and advocate for these principles.

#### Educate and advocate:

Promote awareness of sustainable practices within your community, such as organizing give-away markets, and advocate for policies that encourage responsible consumption and production.

#### Responsible Supply Chains:

Check if the businesses you support prioritize their supply chain. Read sustainability reports or contact them directly to raise awareness about consumer concerns and encourage responsible practices.

#### Circular Economy:

Support businesses and initiatives that emphasize a circular economy, such as second-hand markets, where products are designed for reuse, refurbishment, remanufacturing, or recycling.





## CLIMATE ACTION SDG NO 13

SDG 13 addresses climate action and calls for urgent measures to combat climate change and its impacts. It focuses on promoting mitigation and adaptation strategies, as well as fostering international cooperation to strengthen resilience and respond to the challenges posed by climate-related issues.



Studies indicate that  
**3.6 billion**  
individuals currently  
reside in regions highly  
vulnerable to the impacts  
of climate change –  
which is half of the  
world's population.

Climate change is impacting  
health through more frequent  
extreme weather events,  
disruptions in food systems,  
risers in zoonotic diseases,  
and food-, water-, and  
vector-borne illnesses,  
and mental health issues.

Source:  
<https://www.who.int/>

### HOW EVERYONE CAN CONTRIBUTE

#### Individual ecological footprint:

Embrace sustainable lifestyle choices in various aspects, including transportation, consumer goods, general resource use, and waste recycling.

#### Educating and raising awareness:

Spread awareness about climate change, its impacts, and sustainable practices. Inspire your community to embrace environmentally friendly habits.

#### Indirect ecological footprint:

Contemplate the services you use and the businesses you support as a customer. For example, consider the bank you entrust with your money and inquire about the types of activities your funds may be financing.

#### Advocating for the climate:

Support and advocate for policies at local, national, and international levels that address climate change, promote clean energy, and reduce greenhouse gas emissions.





Avoiding a 2°C rise in global temperatures, the average global **carbon footprint** per year **per person** needs to drop to **under 2 tons by 2050.**

Calculate here your individual carbon footprint:



Source:  
<https://www.who.int/>

**IT IS TIME FOR EACH OF US TO REFLECT ON OUR OWN ROLE AND BEHAVIOUR AND CONTRIBUTE COLLECTIVELY TO SHAPE A FUTURE CHARACTERIZED BY SOCIAL, ECOLOGICAL, AND ECONOMIC JUSTICE.**

**BY EMBRACING THIS SHARED RESPONSIBILITY, WE CAN CREATE A WORLD WHERE EQUITY THRIVES, THE ENVIRONMENT FLOURISHES, AND PROSPERITY IS INCLUSIVE FOR ALL.**

The Sustainable Development Goals Report 2023 from the United Nations can be found here where the progress of each goal is explained:

[The Sustainable Development Goals Report 2023](#)



The Sustainable Development Goals Report 2022 from the United Nations can be found here:

[The Sustainability Development Goals Report 2022](#)

