



**SATT**  
**IST NICHT**  
**GENUG!**

# Sated Is Not Enough!

**Our Future Needs A Healthy Diet—  
An Introduction to annual campaigns 56 to 58**



## Foreword

“Sated is not enough!” is Bread for the World’s motto of the 56th, 57th and 58th annual campaigns respectively. Eating enough, eating healthily and having a balanced diet are God-given promises, great pleasures and essential prerequisites for human development. Nevertheless, more than 800 million people worldwide are still starving. Around two billion are somehow able to allay their hunger, yet stay malnourished as their food does not contain sufficient nutrients.

There are many reasons for this: whereas for people living in poverty and precarious conditions the priority is to fill their stomach, the quality of food seems less important. Since the 1960s, global food production has been focused on increased yields, not on food quality. Mass-produced convenience food with high fat and carbohydrate contents but containing few nutrients is on the rise and—as a result of price wars—often replaces healthier locally grown products. Knowledge about nutrition is a prerequisite for healthy eating, even more so when old eating habits and traditions have been destroyed or replaced. To know what is good for one’s body and what is not, requires at least a basic awareness of food quality and nutrient requirements.

Malnourished people are often less able-bodied and mentally productive and also more prone to illness. This particularly affects children: the lack of proper nutrition in early childhood causes long-lasting harm. Bread for the World, therefore, supports partner organisations in numerous countries in Africa, Asia and Latin America, which raise the population’s awareness of the importance of a balanced, healthy and affordable diet, of nutritional requirements and corresponding crop growing, resource-conservation and the use of natural fertilisers. As many people as possible should get a chance to learn how to grow their own healthy food—especially women as, within their families, traditionally they are mainly responsible for food and nutrition!

Still, malnutrition is on the increase, also in our part of the world. It causes illness, contributes to the waste of resources and sets a poor example in establishing unsustainable trends all over the world. Imitating western lifestyle, hugely promotes diseases of civilisation such as diabetes in the countries of the Global South. The corresponding treatments, however, are affordable only to the very few.

This brochure provides data on these issues as well as information on projects and suggestions for your own involvement. Let us join people all over the world on the road to healthy nutrition, and take better care of our wonderful world’s resources and the riches of Creation so that we can ensure there will be enough for everyone in the future.

REVEREND CORNELIA FÜLLKRUG-WEITZEL  
President Bread for the World

# Content



4

---

4 **Communion and nutrition** in the Bible



6

6 **The whole world** can eat healthily

8 **Healthy food is possible**—our partners show us how

8 **Brazil:** From the field to the school kitchen



9

9 **Rwanda:** Fruit and vegetables from the garden to the table

10 **India:** Navdanya—the seeds of resistance



11

11 **Food is a human right**

12 **Meat in moderation** not in excess



13

13 **Consciously consuming fish**

14 What has to be done?

15 Imprint



# Communion and nutrition in the Bible

For Bread for the World, as the relief agency of Protestant regional and free churches in Germany, taking a biblical-theological approach to the issue of malnutrition is crucial. While it's true that the bible is not a ready-made recipe book for today's style of cooking, it does provide important guidance for a theology of nutrition, health and justice. Some aspects are presented below.

**Text** DIETRICH WERNER, ECKHARD RÖHM, VERONIKA ULLMANN

## Food as a gift to everyone from the benevolent Creator

Communion and nutrition are key issues in the biblical tradition. The first book of the bible mentions that God intended particular foods for all living beings (Genesis 1:29): "Then God said, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

The essence of biblical belief embraces astonishment and gratitude for the kindness of God, which provides all creatures with food in abundance (Psalms 104:10-14). Far beyond the purpose of satisfying hunger, in biblical terms food also contributes to the joy and happiness of the human heart (Psalms 104:15; Joel 2:21-24).

## A varied diet as a symbol of the Creator's providence

Old Testament belief is full of praise for God at having led his people to a good land, a land of abundance that provides more than enough varied and diversified food: "wheat and barley, vines and fig trees, pomegranates" (Deuteronomy 8:7-10). In biblical times, legumes such as peas, lentils and beans were an indispensable part of the diet due to their high protein content (Ezekiel 4:9).

Eating meat, however, was a major exception. According to Genesis 9:3, God in principle allows mankind to eat meat. But this concession is linked to the story about the violence that came into the world with the fall of mankind and fratricide. Thus, it attests to the

knowledge that meat consumption is not possible without violence against beasts. The majority of people could simply not afford to eat meat and, if any at all, only specific animals could be eaten (Deuteronomy 14:4ff.), for instance, at sacrificial feasts.

It is remarkable to note that the health aspects linked to eating meat already feature in a story in the Book of Daniel (Daniel 1:8-17). Here, a clear distinction is made between the nutrition style of the rich at the Babylonian royal court, whose diets featured the opulent consumption of meat and probably alcoholic excesses, and the simpler, vegetable and fruit-based, qualitatively more valuable food of the Jewish tradition. It says that “at the end of the ten days” those who subsisted on vegetables and fruit “looked healthier and better nourished than any of the young men who ate the royal food.”

### Dietary rules as a symbol of respect for life and its Creator

At the royal court in ancient Israel, the eating habits of the rich minority stood in stark contrast to the simpler and low-meat lifestyle of the poor majority (1 Kings 4:23: ten head of stall-fed cattle, twenty of pasture-fed cattle ...) and were criticized by the prophets: “your feasting and lounging will end” (see Amos 6:4-7). What you eat also nourishes your relationship to God and to your neighbour. By and large, ending violence against Creation and against all living things and diminishing injustice to others is absolutely imperative for human nutrition.

Nutrition concerns humankind as part of God’s creation; it concerns the correct interpretation of God’s will and Commandments (Exodus 20, esp. 3-4) as well as the sanctity of everyday life (Leviticus 19:2).

In the New Testament, the basic orientation of Christian spirituality in eating is especially discernible in the Sermon of the Mount, the prayer for daily bread (Matthew 6:11), which is framed by prayers for God’s will to be done on earth, for forgiveness of debts and not to be led into temptation.

### Food and community

Bread and the juice of grapes were the most elementary foods in ancient times. They are symbolic for both the community of mankind and for the relationship between mankind and God. Breaking bread together and sharing a meal are key elements of many biblical traditions of hospitality and table fellowship which pervade the writings of both the Old and the New Testaments (Genesis 18:1-8; 2. Exodus 2:20; Luke 24:35). Praying for daily bread and breaking bread is the basic act of church: “They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favour of all the people.” (Acts 2:46; also 2:42; 27:35).



### Preciousness and quality of food and communion as symbols for the Kingdom of God

The bible emphasises the preciousness of food arising from the Maker’s holiness: the biblical commitment to God as the creator of food is the freedom of responsible consumption (1 Corinthians 10:31: “So whether you eat or drink or whatever you do, do it all for the glory of God.”). In the Parable of the Great Banquet in Luke 14:15-24, the traditional vision of a festive meal for everyone specifically issues an invitation to all people. For Bread for the World this means inviting and feeding the “poor, the crippled, the blind and the lame” out in the streets and alleys and “compelling them to come in so that my house will be full” (Luke 14:23).

This vision goes hand in hand with the work of Bread for the World. As Christians, we believe that the riches of Creation, fairly shared and equally accessible to all, mean being well fed in the broadest sense, being provided with all necessary nutrients and participating in global justice.

# The whole world can eat healthily

Worldwide, more than 800 million women, men and children are suffering from chronic hunger. In addition, two billion suffer from malnutrition and, although they consume enough calories so as not to go to bed hungry, they are still a long way away from a healthy, active and dignified life. To achieve this would require important micronutrients such as vitamins, iodine, iron, protein or zinc. Even overweight people may be affected by nutrient deficiency if they consumed too many empty calories in the form of white flour, saturated fats and sugar. Their number is increasing in all parts of the world. About 1.4 billion people are overweight, 500 million of them obese.

Thus, almost half of the seven billion people worldwide suffer from hunger and malnutrition. This is a man-made problem. In the past, politics and the economy have focussed too heavily on the increase in food production. The Green Revolution of the 1960s relied on technological solutions, monocultures, chemical fertilisers and pest management. Staple foods such as rice, corn, wheat or potatoes were cultivated so that they were rich in starch, but contained very few dietary elements.

## Uniformity over diversity

Contemporary plant breeding is going in the same direction. The priority is mainly to produce very large crops. The variety in the fields and on our plates, however, is decreasing. Our food is being turned into a uniform mash. Instead of varied and nutritious crops, people throughout the world consume primarily carbohydrates, fats and sugar. Pizza, fried food and soft drinks have conquered the world and, in particular, the cities.

Humankind is paying a high price for the industrialisation of its agricultural and food systems. The economic, social and ecological costs are tremendous: the population is becoming sicker, is less efficient and is straining the sustainability of health systems. Biodiversity is diminishing, the soil structure is being destroyed, greenhouse gas emissions are impacting on the environment and the climate is changing. Land grabbing has assumed gigantic proportions. A booming meat industry requires more and more land for the cultivation of fodder. Our oceans are overfished.

Food produced in this way does not reach the people who need it. The crop losses are too high, the distances too long and the prices too high for the poor.

In rich countries like Germany vast quantities of food end up in waste bins. To a large extent, this is caused by inappropriate subsidies, unfair trade structures, the lobby work of multinational corporations and the power of advertising.

## Strengthen rural structures

Rural development is the key to fighting hunger and malnutrition. 70 to 80 per cent of all people suffering from hunger live in rural areas. Smallholder farmers and fishermen would be able to feed their families adequately if they had the requisite knowledge, an intact infrastructure and fair trade conditions. They could even supply the urban population with healthy local products. Bread for the World thus demands that rural structures are strengthened. Ecological agriculture based on the conservation of soils, biodiversity, home grown seeds, traditionally cultivated plants and on social cohesion can provide the world with sustainable healthy food.

Bread for the World supports numerous projects of partner organisations in rural regions with one focal point being the advancement of women. Women usually assume the caretaker-role in families: they take care of supplies for the smallholding, manage the house and farm, take responsibility for the health, hygiene and diet of their children. Nevertheless, women are dramatically disadvantaged in most societies. If the goal of qualitatively adequate and sufficient food for everyone is to be achieved, then it is indispensable to take a stand for equal opportunities.

A world without hunger and shortages is possible but requires the enormous political willpower of everyone involved. This applies both to the rich as well as the poor countries worldwide. It applies to multinational corporations as well as consumers. Everyone can contribute. We must change our way of thinking—all of us.



A healthy diet for pregnant women and mothers is also beneficial to infants and children.



Women working in a pumpkin field in Bangladesh. Pumpkin is rich in vitamins and an ingredient in many vegetable curry dishes.

---

## Facts on hunger and malnutrition

- 2.5 million children die every year from the effects of malnutrition.
- 80 per cent of people living in extreme poverty—on less than 1.25 US-dollars a day—come from rural areas. 50 per cent of people suffering from hunger are from small farming families, 8 per cent are fishermen and shepherds, 22 per cent are rural or landless workers and 20 per cent are urban poor.
- 70 per cent of people suffering from hunger are women and girls.
- 2 billion people are deprived of at least one, if not several, nutrients necessary for healthy living.
- 26 per cent of all children younger than 5 years of age show growth retardation.
- 1.4 billion people are overweight, 500 million of whom are obese.
- Until 2050, the amount of urban poverty will increase, but more than 50 per cent of the poor will continue to live in rural areas.

---

## Why the first 1,000 days are so important

The problem of malnutrition begins in the womb. The first 1,000 days of life are decisive for the opportunities a person will have later in life. If a child does not receive adequate calories and nutrients from the beginning of pregnancy until its second birthday, its physical and mental development may be irretrievably damaged. Long-term (health) effects such as blindness, learning disabilities or anaemia as well as chronic diseases like diabetes could be the consequences.

### Chance for a healthy life

To seriously combat hunger and malnutrition, it is important to start with the nutrition of pregnant women and mothers. If mothers eat healthily, their children will benefit too: they will be born with a normal birth weight and be less prone to diseases and developmental delays. A mother who breastfeeds her infant will increase its chances for a healthy, active and self-determined life. Malnourished mothers, however, will pass on their deficits to the next generation, perpetuating the cycle of hunger, malnutrition and poverty.

# Healthy food is possible—our partners show us how

Bread for the World supports many food security projects all around the world. Paramount in doing so is to provide people with healthy, varied, affordable and environmentally friendly grown food. At the same time our project partners campaign for equal opportunities and ask their governments to implement the right to food. On the following pages we will present some selected examples from Brazil, India and Rwanda.



## Brazil: From the field to the school kitchen



**Left** Denise Peter farms her fields in the southwest of Brazil following ecological principles.

**Top** In Brazil the food in kindergartens and schools is free—as in this kindergarten near Pelotas.

**T**he greenhouse of the Pokojewski family is a real treasure chest. Lush tomato plants stretch toward the sun alongside cauliflower, parsley and beans. The sun burns so strongly in the southwest of Brazil that the eco-producers must protect their crop. “The glass of the greenhouse filters the ultraviolet rays so that they don’t kill the plants,” explains smallholder Denise Peter Pokojewski.

Together with her husband Gerónimo Pokojewski, a descendant of European immigrants, she tills about

two hectares of land following ecological principles. Unlike the pesticide polluting tobacco and soy plantations in the area, the organised smallholder farmers rely on organic manure and many different products to keep their soils fertile. The diversity in their fields and in the greenhouse is impressive: 70 different varieties are being grown: beetroots, carrots, herbs, oranges, figs and peaches as well as grapes and many other kinds of greens.

### A new perspective on food

“Thanks to our work, farmers not only improve their production but also eat more healthily,” says Daniele Schmidt Peter. Denise’s younger sister, who works as an expert for CAPA, serves as a consultant for the smallholder farm businesses in her native region. “Our programme allows them access to the markets. Their income is not high, but it’s secure. And it marks the beginning of a new era for the schools too, because all these children, who now eat healthier and know more about food, create a new generation of consumers who will have a new perspective on food later on.”



### Calling for a healthy life

The Brazilian example illustrates the possibility of merging food production, sustainable farming and the progression of local communities into a strategy for fighting hunger and poverty thereby promoting a healthy life.

**Daniele Schmidt Peter, co-worker at CAPA, a Bread for the World partner organisation in Brazil**



# Rwanda: Fruit and vegetables from the garden to the table

In Rwanda almost every second child suffers from malnutrition. The CSC organisation (Centre des Services aux Coopératives) helps poor families in the Muhanga region to lay out their plots of land.

Text MARTINA HAHN

**C**hristine Mukakamali is proud of her lush vegetable garden. Beans and bell peppers entwine and soar into the sky alongside yams and spinach. Ripe fruit gleam in the orange trees; fragrant bushes cover the herb beds. Since becoming a member of a self-help group for small-holder farmers at the periphery of the district capital Muhanga, the 50-year old woman has learned that her seven children must eat healthily if they are to get on in life. The experts of CSC, a Bread for the World partner organisation in the southwest of Rwanda, frequently school the farmers in nutritional issues, organic farming, hygiene and health. Christine Mukakamali became a member in 2007—something she has not regretted for one single day.

## Quality, not quantity

“I learned in the CSC courses how important a balanced diet is,” says Christine. She has laid out a garden behind her house, enriches the soil with compost and manure, protects the plants against pests and now knows more about food preparation: “I must cook spinach only very briefly if I want retain its vitamins.” But this has not always been the case. Today, her eldest son Sylvain is a strong young man who studies electrical engineering. As a baby he had often been sick. He suffered permanently from malaria, tapeworms or diarrhoea because he would not receive enough nutrients. The family left the oranges in the tree go to seed. The old people insisted that vegetables and fruit were only for sissies. Today Christine Mukakamali knows that these prejudices are completely absurd and that isogi (known as “spider-plant” in English), an indigenous green is not only rich in iron, but also loses its bitter taste when prepared in a specific way.

“A full stomach is not enough,” says the agronomist Innocent Simpunga, head of the food security and sustainable agriculture programme at CSC. “People need quality, not quantity in the field and on the table, otherwise they remain weak.” But for most people in Rwanda, a proper meal consists of yams and manioc, root tubers with a lot of starch and little protein. Both feature prominently in the diet of many families, if

only once a day. The effects are severe, says Innocent Simpunga: “When vitamins, protein, iron, zinc, iodine and other nutrients are missing, infants will be disturbed in their growth, and adolescents mortgage their future, because they cannot concentrate.” “Malnutrition,” says the expert, “slows down our development.”

## The future is here

Thanks to CSC, families like that of Christine Mukakamali and her husband Jean Bosco grow so much fruit and vegetables that they not only satisfy their own requirements, but even produce a surplus. This they sell in the market to pay the children’s school fees and expand their small family business. Christine and Jean have bought two cows and since the two animals have been living in the wooden shed of the patio, each family member gets a glass of milk every day at dinner.

Just like tonight. Though not yet 6 p.m., it is already dark outside. But this doesn’t matter because the family recently got electricity. The naked energy-saving bulb casts light on a table covered with defect hard disks, DVD parts and speakers. Sylvain, the EE student, has set up shop here, thus contributing to the family income. Without electricity, this would be impossible. “When I am not tinkering with old computers, I am out in the field,” he says. Unlike many others, he is not keen on a job in the capital Kigali, but would rather stay in Muhanga, start a family and show his children how to cultivate the land and make a future out of that. Just like his mother, who by now shares her knowledge with neighbours and relatives. “I don’t have to leave here,” says Sylvain. “I have got everything I need.”



Christine Mukakamali plants seeds in her kitchen garden.



## India: Navdanya—the seeds of resistance

The room looks like an old pharmacy: the boards are jammed with glassware and barrels of all sizes. “This is the seed bank of our biodiversity conversation farm,” says Vandana Shiva, environmental activist who received a PhD in the philosophy of science and the Right Livelihood Award. “More than 500 rice varieties, 60 wheat varieties, plus different varieties of beans, millets and mustard seeds.” The seeds provide the basis for over 50,000 small organic farms.

Life for smallholder and family farmers in India is an extremely hard struggle. Global market giants such as US-American multinational corporation Monsanto are spreading all across the country with their genetically engineered seeds. Many farmers are obliged to purchase the corporation’s expensive seed plus chemical fertiliser and pesticides, and subsequently run into debts. If the crop does not meet expectations, they are then incapable of repaying their debts. It is estimated that such debt overload in recent years has driven more than 200,000 women and men to commit suicide.

### Seeds secure the future

In 1991, with the support of Bread for the World, Vandana Shiva founded the *Navdanya* organisation to put a stop to multinational agro-corporations. *Navdanya* [which means “nine seeds”] sets up community seed banks where the seeds of wheat and vegetables are preserved, multiplied and distributed. Salt and climate resistant varieties are explored so that the subsistence of small farmers can be secured in the future. *Navdanya*

also empowers women since they are the ones who carry the main burden in smallholder and family farming and thus suffer in particular from environmental destruction and structural transformation. To date, *Navdanya* has set up more than 55 seed banks and persuaded over 50,000 peasant families to shift to organic farming. The organisation has also successfully taken a stand against the cultivation of genetically engineered eggplants.



**Top** Traditional rice varieties are prepared in a cooking class.

**Bottom** Wheat and vegetable seeds are drained in the seed bank.

# Food is a human right

With two billion people suffering from hunger or malnutrition, politics and the economy have obviously failed. The right to food is an inalienable human right. Every man, woman and child has the right to eat a healthy, varied and affordable diet. This concerns not just the quantity, but also the quality of food.

Bread for the World and its partner organisations thus demand that the right to food is the guideline for any government policy. The partner organisations use their project work in particular to support people who are affected by hunger and malnutrition. This is closely linked to the objective of advancing equal opportunities in general and women as a disadvantaged and vulnerable group in particular.

## Empowering women and girls

With 70 per cent, women and girls make up the largest part of the starving population and particularly suffer from malnutrition. In many societies women are neither allowed to own land nor to attend school. Women are not regarded as being creditworthy and feed in part on the leftovers of their men. But women are actors who actively stand up for their rights.

## Holding states accountable

The right to food obliges states and their governments to respect, protect and fulfil this human right. This applies at both national and international levels. A government should not obstruct the efforts of its citizens, it must protect them against third parties—for instance, against land grabbing by multinational corporations—and ensure that they have the means to access healthy and affordable food.



## Boost of Self Confidence

When people in the projects learn about their right to food, it often triggers the eureka effect. They realise that they are not merely dependent on the goodwill of others, but can now say: I am entitled to that, I'm not just a supplicant! This attitude changes something in people.

**Dr. Sonja Weinreich, head of the Basic Services and Food Security Department at Bread for the World**



Women benefit from projects, for instance, in Angola.

With project and advocacy work, Bread for the World campaigns globally for the promotion of fair access to food, and thus to land, fishing grounds, water, knowledge and funding, and demands that livelihoods are protected by social systems, especially for people without adequate incomes or access to land.

## Recommendations given by the former UN Special Rapporteur on the Right to Food, Olivier de Schutter:

- Governments should promote breastfeeding of infants with mother's milk and restrict the use of breast-milk substitutes.
- The marketing of foods high in saturated fats, salt and sugar should be regulated in a health-enhancing way.
- The purchase of predominantly locally grown fruit and vegetables should be promoted.
- Educational campaigns for healthy diets should support sustainable purchase and eating decisions.
- Healthy food in the lunch programmes of schools, day-care centres and other public institutions should be promoted and provided with local and sustainable agro-products.

# Meat in moderation ... not in excess

Meat contains vital nutrients such as protein, vitamins, zinc and iron. Excessive meat consumption, however, puts a strain on the body, the environment and the people, who are affected in many ways by the meat industry—especially small farmers and the employees of slaughterhouses.

## The current situation

Globalised agriculture degenerates local agriculture and animal husbandry, tipping the original natural balance. The extensive impacts that this open system has on mankind, the environment and nature are illustrated in the following three examples.



## Poultry exports destroy African markets

Undesired chicken parts from Germany, such as throats or wings, are exported to Africa at dumping prices where they destroy local markets. From 2011 to 2012, exports from Germany to Africa have more than doubled. The impacts are fatal, not only for the small farming families who make their living from raising chickens, but also for everyone else who depends on this, such as the producers of chicken feed or the market vendors. They all lose an important source of income.



## Liquid manure is polluting German soil

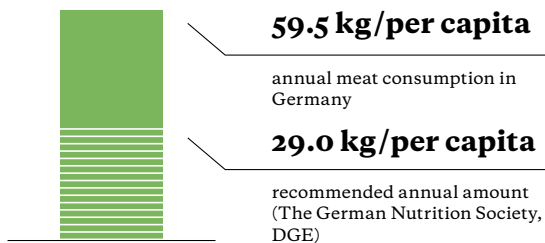
Animal husbandry practiced as excessively as in Germany produces more liquid manure than the natural nutrient cycle can take. Too much of this nitrogenous fertiliser ends up in the soil and ground water. Hence, for example, almost 60 per cent of the ground water in Lower Saxony is polluted with nitrates. Via the rivers, the nitric acids then reach the sea where they stimulate algae growth.



## Impacts on people and the environment in South America

The amount of livestock feed produced in Germany is not sufficient to satisfy home requirements. Thus, huge amounts of soy from Brazil and Argentina end up in the feeding troughs of German livestock. Growing these crops has had massive impacts both on local environments and on food security: soy cultures and extensive grasslands for cattle farming have already destroyed a fifth of the Amazon rainforest. Not only is biodiversity decreasing, but the deforestation is also causing an increase in greenhouse gas emission. Moreover, the progressive destruction of rainforests and savannah often also causes land conflicts between plantation managers and the rural and indigenous population. The latter are displaced and subsequently lose their livelihoods. The result is hunger.

## Half of the meat is enough



## Better—Different—Less

Less meat and fewer sausages can also induce a change toward more sustainability. Meat and sausage products from ecological animal breeding are produced without importing fodder. In contrast to conventional animal husbandry, ecological farming refrains from importing fodder from developing countries.

# Conscious consuming ... fish

The ocean is the biggest source of food in the world. More than a billion people depend on fish as the most important animal source of protein. In addition, fish contains large quantities of unsaturated fats, vitamins and important nutrients like iodine or selenium. Fish serves as a source of income for 54 million fishermen and three times as many people work in fish processing, especially women. Industrialised deep-sea fishing increasingly threatens their livelihoods. Moreover, it destroys the biodiversity and ecosystems of the seas and oceans.

## The current situation

Industrial fishing does not take the marine ecosystem into consideration. The ecological balance has been tipped. These three examples show the far-reaching impact of this system.



### Factory trawlers plunder the African coast

European fishing vessels have depleted EU stocks. Therefore heavily subsidised EU registered fleets are now fishing in the grounds off the West African coast—alongside factory trawlers from China, Korea and Russia. The major part of this commercial fishing takes place legally, but some also illegally. Local fishermen on their open pirogues are thus catching fewer and fewer fish.



### How the Common Fisheries Policy reform affects Africa

In the future, EU fishing vessels will only be allowed to cast their nets off the African coast if it can be scientifically proven that a surplus of fish exists there. Part of the EU financial compensation shall demonstrably benefit non-industrial fishing. "This is Europe's last chance to prove that it is taking active measures against over-fishing off the African coasts," explains Francisco Mari, fishery expert at Bread for the World.

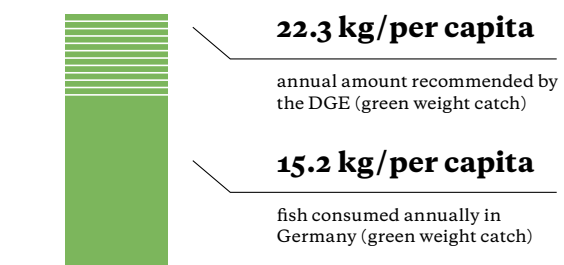


### Illegal fishing increases overfishing

Every day, the crews of large fishing trawlers throw thousands of tonnes of dead fish back into the sea: the by-catch. About 30 per cent of industrial fishing takes place illegally and does not appear in the statistics.

## For a diet that is healthy for others and for us

**The fish on our plates: not enough for healthy living—but more than enough from a global perspective**



It is fortunate that people in Germany eat less fish than is recommended by DGE because this recommendation does not take the current state of global fish populations into account.

### This fish can be consumed without compunction

Francisco Marí, fishery expert at Bread for the World, recommends the consumption of fish from sustainable fisheries or organic aquaculture as well as trout and carp from regional fish farming ponds.

# What has to be done?

To overcome global hunger and malnutrition, we need to turn towards sustainable and human rights-based development. This also includes sustainable agricultural and fishing policies contributing to the eradication of poverty that are first and foremost guided by the human right to food.

**For food that is healthy for others and for us, German and European policies must consider the following principles:**

- Assume **responsibility** for the international impacts of agricultural policy decisions
- Respect the **food sovereignty** of other countries and help them to become independent in their food supplies
- Enable **self-supply** of the population with healthy food
- Promote the **protection of resources**, protection of climate, protection and welfare of animals and protection of biodiversity.



Smallholder farmer families need support. They produce 80 per cent of all food produced in developing countries.

**This is what has to happen:**

- **Reduce export orientation:** In many countries, European food exports threaten food sovereignty. European over-production is based on the import of livestock feed and agricultural commodities from developing and newly industrialised countries where their cultivation causes land conflicts, human rights violations and the loss of biodiversity.
- **Promote small farmers and fishermen worldwide reliably and sustainably:** In the long-term, support through public funds must be adjusted to the desired aims of society: security of supply, climate protection and preservation of biodiversity, maintenance of cultural landscapes and preservation of sustainable, regional structures. The EU and its member states should make at least ten per cent of their development budgets available for this purpose. Agricultural research should focus much more on the promotion of smallholder farm production.
- **Demand ecological and appropriate animal husbandry:** Agriculture must implement human rights and animal welfare.
- **Privilege and strengthen small fisheries:** Small fisheries need protected coastal zones to save resources and implement sustainable catching techniques.
- **Strengthen consumer protection and responsibility:** Comprehensible information (food labelling) should prevent consumer fraud. Raising awareness can advance healthy and responsible nutrition.



## Food security—now!

We call on the political decision-makers in Germany, Europe and the entire world to see the sign of the times and do everything in their power to achieve food security for the world population, and to completely overcome hunger as soon as possible, but no later than 2030. This mission is no utopia. It is an ambitious, but realistic goal provided we take decisive action now—neither half-heartedly nor later.

**Manifestation of the 11<sup>th</sup> EKD synod: “There is enough for everyone”—world food and sustainable agriculture, November 2013**

## Imprint

---

### Editor

Bread for the World—Protestant Development Service  
Protestant Agency for Diakonie and Development

Postfach 40164, 10061 Berlin

Phone 030 65211 1189, [service@brot-fuer-die-welt.de](mailto:service@brot-fuer-die-welt.de),  
[www.brot-fuer-die-welt.de](http://www.brot-fuer-die-welt.de)

Berlin, November 2014

### Editorial Staff

Constanze Bandowski, Mareike Bethge, Maike Lukow,  
Karen Neumeyer, Thorsten Lichtblau, Thomas Sandner  
(Responsible)

### Translation

Birgit Kobolske

### Photography

C. Aslund/Greenpeace (p. 13 top), J. Böthling (pp. 7, 11,  
13, 14), H. Bredehorst (p. 3), Bread for the World (p. 11 left),  
Davison/Greenpeace (p. 13 right), Fotolia (p. 12 bottom),  
P. Hejl/Bread for the World (p. 5), F. Kopp (p. 12 top),  
T. Lohnes (p. 8), C. Nusch (p. 10), C. Pueschner (title).

### Layout

Atelier Sternstein, Maren Witthoeft, Stuttgart

### Lithography

Die Druckvorstufe Baun, Fellbach

**Brot für die Welt -  
Evangelischer Entwicklungsdienst**

---

Caroline-Michaelis-Straße 1  
10115 Berlin

---

Phone 030 65211 1189  
Mail [kontakt@brot-fuer-die-welt.de](mailto:kontakt@brot-fuer-die-welt.de)  
[www.brot-fuer-die-welt.de](http://www.brot-fuer-die-welt.de)