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7 June 2022 | **World Food Safety Day**

A guide to **World Food Safety Day** 2022



Safer food, better health

Let's start creating lasting change

Safety first. We are all food consumers, and we all want our food to be safe. Why? Foodborne diseases range from mild to very serious and can even lead to death. From a social perspective, they contribute to absenteeism from school and work and reduce productivity. If we come together collectively to incorporate good food safety practices in our day-to-day lives, we can prevent foodborne illness and promote productivity. Each person has a role to play – whether you grow, process, transport, store, sell, buy, prepare or serve food – food safety is in your hands.

The United Nations established World Food Safety Day in 2018 to raise awareness of food safety. Year after year we see a growing number of World Food Safety Day initiatives that help increase the public's awareness of food safety, which is a great achievement. We need to continue our work, together, to ensure that this trend continues and invite everyone to join us in the 2022 campaign.

Use this guide for ideas on how to take part in World Food Safety Day.

Theme

Safer food, better health

Safe food is essential to human health and well-being. Only when food is safe can we fully benefit from its nutritional value and from the mental and social benefits of sharing a safe meal. Safe food is one of the most critical guarantors for good health.

Unsafe foods are the cause of many diseases and contribute to other poor health conditions, such as impaired growth and development, micronutrient deficiencies, noncommunicable or communicable diseases and mental illness. Globally, one in ten people are affected by foodborne diseases annually. The good news is that most foodborne diseases are preventable.

Our behaviour, the way we build food systems and how we organize food supply chains can prevent infectious and toxic hazards, microbial pathogens (bacteria, viruses and

parasites), chemical residues, biotoxins and other noxious or dangerous substances from getting onto our plates.

We need to transform food systems to deliver better health, and we need to do so in a sustainable manner. Food systems policy-makers, practitioners and investors should reorient their activities to increase the sustainable production and consumption of safe foods in order to improve health outcomes. To make safe and healthy diets accessible for all, applicable agricultural, food, trade and industry development policies need to promote food safety. Systemic changes for better health will bring safer food, which is a critical enabler of long-term human development and a prerequisite for the achievement of the Sustainable Development Goals (SDGs).

Ways to celebrate

Here are some ideas to help you celebrate World Food Safety Day. It is important to ensure all physical events meet the local COVID-19 prevention measures. Gathering virtually is an alternative that allows for participation from afar.



HOST A WEBINAR

Bring together key players in the food system to talk about everyone's role in food safety. Follow the discussion with a question-and-answer session to provide tips and information to a virtual or in-person audience.

SHARE IDEAS!



ORGANIZE A PUBLIC EVENT

Organize an event for the general public – concerts, festivals or fairs, food tastings or cooking demonstrations with a food safety message. Music concerts and demonstrations can also attract virtual audiences.

BE CREATIVE!



LAUNCH A CAMPAIGN

Engage on social media. You can post our ready-to-use communication materials in six languages or prepare your own videos, brochures, posters and tag #WorldFoodSafetyDay.

LIKE, COMMENT, SHARE!



HOLD A SPORTS ACTIVITY

Organize a run, march, walk or dance to promote food safety. Fitness and exercise are a great way to encourage people to get involved in their communities for a cause.

READY, SET, GO!



REACH OUT TO MEDIA

Use radio, newspapers and magazines to generate awareness of food safety issues. Share World Food Safety Day information and materials with journalists, invite them to cover your events and activities to encourage more people to join.

MAKE HEADLINES!



ORGANIZE A TALK

Invite people who grow, process, sell or cook food to talk about or demonstrate what they do and why food safety is important. To make it virtual, share on a meeting or social media platform.

MOTIVATE!



COLLECT PERSONAL STORIES

Document stories about food workers, farmers, health professionals or someone who has suffered a foodborne illness. Sharing experiences can help people understand just how important food safety is. The stories can be written, drawn, photographed, sung, dramatized or recorded.

INSPIRE!



MAKE IT FUN

Turn to the arts or make it a game. There are numerous ways you can learn about food safety or share your knowledge either in person or online. Run a competition or a quiz. Develop and act out a drama with friends, write a song or poem.

INCENTIVIZE!



RECOGNIZE THE SUCCESS

If your country has certification programmes focused on food safety in different sectors (e.g. hospitality), recognize the achievements to date.

THIS IS THE DAY TO CELEBRATE!

Food safety is everyone's business

The slogan for World Food Safety Day is a reminder that we all play a role in keeping food safe. We need to prioritize food safety throughout the whole supply chain, from farm to table. We can all take action! Here are some examples:

GOVERNMENTS

Foster multisectoral collaboration. Encourage and engage in multisectoral collaboration at the local, national, regional and global levels. Effective and transparent joint action between public health, animal health, agriculture and other sectors can ensure the availability of safe food around the world.

Public support programmes must focus on healthy and safe food. Design all public procurement of food, such as food aid, school feeding and other publicly owned food outlets, so that consumers can access safe and healthy foods. Make safe food an easy choice. Shaping public support programmes can be one of the most effective and equitable ways to promote food safety.

Design strong policies and practice good governance. Support policy measures and legal frameworks to strengthen the national food safety system and ensure it complies with food safety standards. Evaluate national food control systems using the FAO/WHO Food Control System Assessment Tool and conduct regular controls to ensure food meets international food standards established by the Codex Alimentarius Commission.

FOOD BUSINESSES

Follow up on food safety commitments. There are a range of tools and approaches available to address food safety problems. Everyone involved in food production, processing, distribution and retail – must ensure compliance with standards to identify, evaluate and control food safety hazards.

Promote food safety culture. Engage employees, suppliers and other stakeholders to grow and develop a food safety culture. Organize regular informational sessions, trainings or workshops on food safety.

Comply with international food standards. Compliance with national and international food standards ensures food safety, thus expanding market access. Celebrate achievements by highlighting how standards have made a difference.

EDUCATIONAL INSTITUTIONS AND WORKPLACES

Support food safety education. Universities, schools and workplaces should include food safety education into wellness policies. Consider including food safety education training as part of professional development.

Promote safe food handling. Food halls and canteens should ensure that all food safety regulations are followed by, for example, applying Hazard Analysis and Critical Points (HACCP) processes and all relevant standard operating procedures, as well as by providing adequate training to anyone handling food.

Engage with families. Involve families in food safety activities, allowing them to learn and inform others that by changing simple day-to-day actions, they can reduce the risk of foodborne disease. WHO's Five Keys to Safer Food are a helpful tool to use to develop posters, brochures or educational videos.





CONSUMERS

Keep informed and promote food safety. Consumers have the power to drive change. By making safe and healthy dietary choices, you help reduce the global burden of disease and support sustainable food systems. Learn about food safety and join the #WorldFoodSafetyDay campaign.

Practise safe food handling at home. Follow **WHO's Five Keys to Safer Food**: keep clean, separate raw and cooked, cook thoroughly, keep food at safe temperatures and use safe water and raw materials.

COMMUNICATION MATERIALS

Advocacy and communication materials are available in Arabic, Chinese, French, English, Russian and Spanish for your use and distribution:

-  **World Food Safety Day website**
-  **World Food Safety Day Trello board**
-  **World Food Safety Day Asset Bank** has posters, gadgets, web banners and more in low and high resolution
-  See last year's report for ideas and inspiration: **World Food Safety Day 2021 report**

TELL US ABOUT YOUR EVENT

Let us know your plans, then share photos, video links and event news. Make sure to document your activities so we can include them in the World Food Safety Day website, on Flickr and in the World Food Safety Day 2022 report.

Contact us

World-Food-Safety-Day@fao.org
foodsafety@who.int

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Key messages

If it is not safe, it is not food

There is no food security without food safety. Only when food is safe will it meet nutritional needs and help adults to live an active and healthy life and children to grow and develop.

Food safety has a direct impact on health

Safe food allows for the uptake of nutrients, promotes long-term human development and achievement of SDGs. Most foodborne disease is preventable with proper food handling and education.

Everyone is a risk manager

Everyone evaluates food safety risks as part of their daily choices. These choices are made by individuals and collectively by families, communities, businesses and governments.

Food safety is based on science

Consumers usually cannot tell from sight or smell whether their food is safe, but scientists have developed tests and tools to detect unsafe food. Food scientists, microbiologists, veterinarians, medical doctors and toxicologists, to name a few, advise what food production, processing, handling and preparation practices are needed to make food safe. When safe practices are employed across the food chain, food becomes safe.

Strengthening collaboration improves food safety

Shared responsibility for food safety requires working together on issues that affect us all – globally, regionally, nationally and locally. Collaboration is essential across sectors within communities, businesses, governments and across borders, to ensure the availability of safe food around the world in a sustainable manner now and in the future.

Investing in food safety today will reap future rewards

Safe food production improves economic opportunities by enabling market access and productivity. However, unsafe or contaminated food leads to trade rejections, economic losses and food loss and waste. Therefore, good practices along the supply chain can improve sustainability by minimizing environmental damage and helping to retain more agricultural product.

Although COVID-19 is not transmitted by food, the impact of the pandemic has disrupted our agrifood system and shown us the importance of planning in advance. As part of preparation for the next pandemic, governments should prioritize minimizing disruptions in the food supply chains, as consumers must always have reliable access to safe food. To build back better, we need to collaborate - across disciplines, sectors and borders.

Only when we work together, can we achieve safer food for better health.



Facts and figures

One in ten people worldwide fall ill from contaminated food each year. It affects all countries.

The magnitude of the public health **burden due to foodborne diseases** is comparable to that of malaria or HIV AIDS.

Over 200 diseases are caused by eating food contaminated with bacteria, viruses, parasites or chemical substances such as heavy metals.

Antimicrobial resistant microbes can be transmitted through the food chain, via direct contact between animals and humans or through the environment. Each year, an estimated 700 000 people die around the globe because of antimicrobial resistant infections.

Foodborne parasitic diseases can cause both acute and chronic health problems. The estimated number of **illnesses from 11 main parasitic diseases** is **48.4 million per year**, 48 percent of which are transmitted through food.

Children under the age of five are at a higher risk of malnutrition and mortality due to unsafe food and carry 40 percent of the foodborne disease burden. **Unsafe food caused one in six deaths** from diarrhoea, a major killer in this age group.

Safe and nutritious foods benefit child growth and development by improving intellectual and physical potential, as well as increasing school performance and work productivity in adult life.

If there are no contraindications, **exclusive breastfeeding** is the safest way to feed infants during the first six months of life.

The production of safe food **reduces food loss and waste** and **benefits the planet**.

Safe food benefits the economy by **increasing productivity**, allowing prosperous national food markets and stable food exports and trade. It reduces the strain on health care systems.

The safety of food is affected by the health of animals, plants and the environment within which it is produced. Adopting a **holistic One Health approach** to food safety will deliver a better food safety system.

188 countries and one member organization (the European Union) have negotiated science-based recommendations in all areas related to food safety and quality, **Codex Alimentarius standards**, which ensure that food is safe and can be traded.

Food safety contributes to the achievement of the **SDGs** and is a truly cross-cutting area.



Let's celebrate together

World Food Safety Day is an annual celebration to draw attention and inspire action to help prevent, detect and manage foodborne risks. This guide presents information for the fourth World Food Safety Day which we invite you to celebrate on (or around) 7 June 2022.

World Food Safety Day 2022



Safer food, better health

To let us know about your event or ask a question, email us at
World-Food-Safety-Day@fao.org

www.fao.org/world-food-safety-day

www.who.int/world-food-safety-day

[#WorldFoodSafetyDay](https://twitter.com/WorldFoodSafetyDay)

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