



ADAPTIVE FARMS



CANADA-UNDP
Climate Change Adaptation Facility



*Empowered lives.
Resilient nations.*



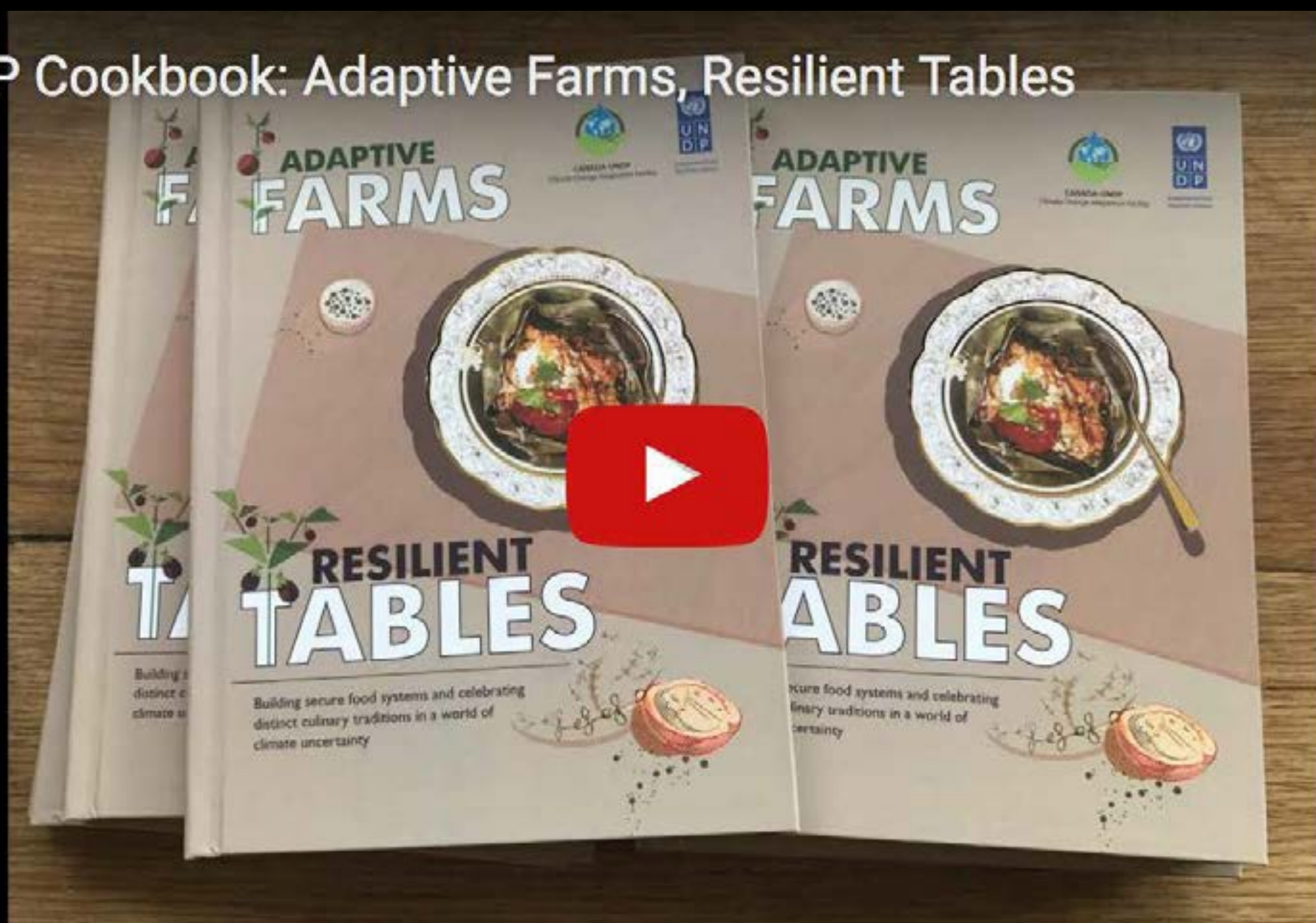
RESILIENT TABLES



Building secure food systems and celebrating distinct culinary traditions in a world of climate uncertainty

A good cookbook should change the way you view food. This cookbook celebrates the culinary traditions of six developing countries while shedding light on how they are adapting these traditions and enhancing food security in the face of climate change.

UNDP Cookbook: Adaptive Farms, Resilient Tables



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As the world gets hotter and rainfall more erratic, the types and availability of ingredients for daily meals are changing.

For some countries these changes are more dramatic as climate change has already cut into the global food supply and many communities are struggling to get enough food on their plates. However, there is another story to tell: one of resilience and adaptation.

With support from the Government of Canada and the Global Environment Facility's Least Developed Countries Fund, the [Canada-UNDP Climate Change Adaptation Facility \(CCAF\)](#) has been supporting six least developed countries and small island developing states (Cabo Verde, Cambodia, Haiti, Mali, Niger and Sudan) to strengthen climate resilience and enhance food security. The CCAF is working with rural farmers to improve water access and management, introduce new varieties of crops, and strengthen alternative livelihoods that are not dependent on climate-sensitive natural resources.

Additionally, these efforts contribute directly to the United Nations' efforts to enhance food security and support communities in achieving Sustainable Development Goal (SDG) 2: Zero Hunger. CCAF projects are also working in all six countries to build gender-responsive

resilience to climate change by supporting women to increase food production, diversify their livelihoods and transform gender-based social norms in food production.

To better understand and share the experiences from these six countries, and to celebrate some of the successes of the CCAAF projects, this cookbook examines and raises awareness on the links between food security and climate change. The CCAAF Cookbook showcases traditional recipes and compares culinary and agricultural traditions across the six countries. It also explores how climate change is impacting specific ingredients and recipes, and how each country's adaptation efforts are changing the ingredients and cooking methods traditionally used.



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Our hope is that the recipes and information provided in this publication will highlight the dynamic and delicious world we live in, and inform and inspire future adaptation.



FOOD SHOULD NOT BE A THREAT TO SUSTAINABILITY, BUT A SOURCE FOR ADVANCING SUSTAINABLE DEVELOPMENT.



The challenges of food security are complex, and intricately tied to the effects of our changing climate. Increasing temperatures and changing rainfall patterns are threatening the productivity of our agricultural land, while one in five people still lack access to electricity and more than 1.8 billion are without clean water. These conditions force us to rethink how we produce, prepare, store and transport food. Tackling climate change and achieving the Sustainable Development Goals should be a collective effort that involves governments, business, international organizations, as well as citizens who can make small but meaningful decisions in how they cook and what they eat every day.

The initiation of the Paris Agreement marks a new chapter for humanity and demonstrates that countries are serious about addressing climate change. More importantly, this global commitment can set in motion a greater awareness and understanding of how people's food choices can impact sustainability, health and the environment in our own communities and kitchens. This is critical for achieving the SDGs. Simple changes in cooking can contribute to the 2030 Agenda for Sustainable Development – food sourcing, waste reduction and preparation can all contribute to better food security and nutritional outcomes.

What we eat has a direct impact not only on our health, but also on the well-being and prosperity of our communities and our planet. This is a lesson we learnt at a young age at our parents' family restaurant, and one that we now try to spread from the kitchen at El Celler de Can Roca and in our new role as UNDP Goodwill Ambassadors for the Sustainable Development Goals with the SDG Fund.

One of these goals is fighting hunger and malnutrition, as well as improving the access of all people to a healthy diet. This is a significant challenge, considering, on the one hand, the terrible reality that nearly 800 million people are suffering from chronic malnutrition, and that there are nearly 100 million underweight children below 5 years of age in developing countries. On the other hand, we find a global food system that is unsustainable, that consumes too much land, too much water, generates too

many greenhouse gases and overexploits marine resources. At the same time climate change impacts threaten to undermine these food systems, particularly in the poorest communities dependent on the land to feed their families. As the final element of this equation, we cannot forget that the global population is growing, increasing the strain on our planet and its limited resources.

In this complex landscape, sustainable cooking can contribute to bringing about real and very positive changes. It is a type of cooking based on sustainable agriculture, small local producers and traditional production, and conservation techniques. It allows us to access more varied and nutritional food more resilient to changes, reclaim ingredients that have been all but forgotten and generate less waste. This support for local producers and family farms is particularly crucial in the rural areas of many developing countries, as they



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