



International Egg Commission

# UN FOOD SYSTEMS SUMMIT 2021



UNITED NATIONS  
FOOD SYSTEMS  
SUMMIT 2021



## IEC Member Engagement Toolkit

### What is the UN Food Systems Summit?

In 2021, the UN Secretary General will convene a Food Systems Summit to launch 'bold new actions' to transform the way the world produces and consumes food, delivering progress on the UN Sustainable Development Goals.

The summit has established five key action tracks in which participants will explore 'game changing activities':

1. Ensuring Access To Safe And Nutritious Food For All
2. Shifting To Sustainable Consumption Patterns
3. Boosting Nature-positive Production At Sufficient Scale
4. Advancing Equitable Livelihoods And Value Distribution
5. Building Resilience To Vulnerabilities, Shocks And Stresses

### Why is the UN Food Systems Summit important for the egg industry?

Billed as a 'People's Summit', the summit organisers intend to dramatically elevate public awareness about the importance of food systems in delivering the UN Sustainable Development Goals.

However, the motive behind the summit is being questioned by many academics and scientific experts. Professor Frederic Leroy of Vrije Universiteit Brussel notes, **"The UN Food System Summit is being targeted by those in favour of a 'Reset' and the use of synthetic foods."**

**We must take action now, to ensure animal proteins, specifically eggs, continue to play a vital role in healthy and sustainable diets of the future!**

### Why should egg businesses join in the global conversation?

This summit provides a significant opportunity to position eggs as a vital part of the global food system and to strengthen recognition of egg's role in providing healthy, nutritious, affordable and low impact protein all over the world.

We cannot do this alone, by uniting as a global industry, we can amplify our voice, and advocate for international recognition of the important role eggs play.

## How to engage?

There are a number of ways you can engage in the UN Food Systems Summit, from joining the online conversation, to engaging in organised national discussions. Within this document you will find a number of key messages which focus on the many reasons eggs can support each action track to support your engagement.

We encourage all members to join in the online dialogue to ensure the egg industry's voice is heard. We have developed a range of social media posts which can be used by organisations and individuals to start the conversation.

**By joining together as a global industry we can amplify our voice.**

When engaging on social media, always tag **@foodsystems** and use **#FoodSystems** and **#UNFSS2021** to ensure your content reaches the largest audience.

## Supporting Hashtags

#FoodSystems  
#UNFSS2021  
#FoodHeroes  
#SystemsThinking  
#SystemsChange  
#SDGs  
#2030Agenda  
#ZeroHunger  
#FoodSystemsHero  
#FoodSystemsChampion

## Questions?

If you have any questions about the Food Systems Summit, or would like to discuss other ways to engage, please contact Hannah Rose at [hannah@internationalegg.com](mailto:hannah@internationalegg.com)

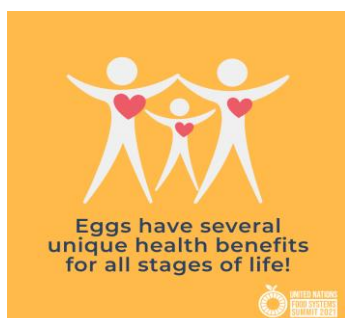
The IEC has developed a range of graphics you can share on social media to raise awareness of the important role eggs play in sustainable diets.

**[Download from the IEC website here](#)**

## Action Track 1: Ensuring Access to Safe and Nutritious Food for all

### Key Messages

- Eggs play a key role in healthy nutrition and development throughout life. As a complete protein, the amino acids within eggs are an almost perfect match for the human body.
- Eggs are one of the most nutrient dense natural food sources available to humankind and are actively helping to feed the growing world population.
- Eggs are one of the most widely available and affordable natural sources of 14 essential nutrients including Choline, vitamin D and vitamin B12.
- In rural and low-income settings, where high-quality protein may be scarce, eggs have been scientifically proven to reduce stunting and other nutritional challenges.
- Animal-sourced foods, including eggs, are associated with better growth, cognitive performance, and motor development among children, particularly in low-income countries.



Eggs should be part of your diet through all stages of life! Eggs are one of the most widely available and affordable sources of 14 essential nutrients, and can provide safe and nutritious food for all @FoodSystems @FAO #FoodSystems #UNFSS2021



In rural and low-income settings, where high-quality protein may be scarce, eggs have been proven to reduce stunting and other nutritional challenges.

Eggs can play an important role in ensuring access to safe and nutritious food for all @FoodSystems @FAO #FoodSystems #UNFSS2021

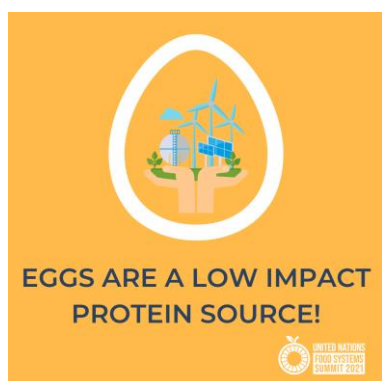


Eggs are one of the most nutrient dense natural food sources available to humankind and are actively helping to feed the growing world population @FoodSystems @FAO #FoodSystems #UNFSS2021

## Action Track 2: Shifting to Sustainable Consumption Patterns

### Key Messages

- Plants alone may not be the answer. An overly simplistic view of plant-versus animal-sourced foods may have unintended consequences for human health. In fact, nutrient deficiencies exist in low and middle-income populations that consume mostly plant-based diets. Eggs can help make plant-based diets even stronger by adding vital nutrients
- Eggs contain high-quality protein and are recommended as part of meal plans because they contribute key essential and under-consumed nutrients, such as choline, vitamin D and vitamin B12
- Eggs are one of the most nutrient dense natural food sources available to humankind and are actively helping to feed the growing world population
- Animal-sourced foods, including eggs, are associated with better growth, cognitive performance, and motor development among children in low-income countries
- Eggs are a low impact protein source according to the World Resources Institute Protein Scorecard. When combined with the significant nutritional qualities eggs hold, consumption of eggs should be considered both good for human health and planetary health.



#DYK Eggs have been classified as a low impact protein source by the World Resource Institute, making them a healthy and sustainable food choice!

When combined with the significant nutritional qualities eggs hold, consumption of eggs should be considered both good for human health and planetary health #Sustainable #FoodSystems @FoodSystems @FAO @WHO #UNFSS2021



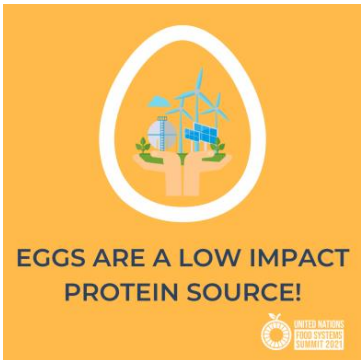

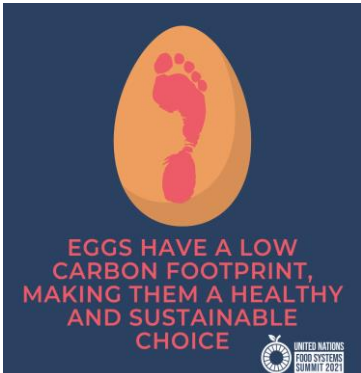
Eggs are one of the most nutrient dense food sources available to humankind and also have a low environmental impact.

Pairing eggs and plant-based foods creates #sustainable consumption and production patterns, leading to more sustainable #FoodSystems @FoodSystems #UNFSS2021

## Action Track 3: Boosting Nature-Positive Production at Sufficient Scale

### Key Messages

- The egg industry is committed to producing nutritious foods in environmentally sound and responsible ways.
- Eggs are a low impact protein source according to the World Resources Institute Protein Scorecard. When combined with the significant nutritional qualities eggs hold, consumption of eggs should be considered both good for human health and planetary health.
- Thanks to new efficiencies and significant productivity gains, eggs have a low carbon footprint. In 2010, the environmental footprint of a kilogram of eggs produced in the US had reduced by 65% compared to 1960, with greenhouse gas emissions reducing by 71%.

	<p>Eggs are a low impact protein source according to @WorldResources Protein Scorecard.</p> <p>When combined with the significant nutritional qualities eggs hold, consumption of eggs should be considered both good for human health and planetary health @FoodSystems #FoodSystems #UNFSS2021</p>
	<p>The egg industry is committed to producing nutritious foods in environmentally responsible ways, having made significant improvements over the last 50 years.</p> <p>Boosting #naturepositive production is key to #sustainable @FoodSystems #FoodSystems #UNFSS2021</p>
	<p>#DYK eggs have a low carbon footprint?</p> <p>The egg industry is committed to producing nutritious foods in responsible ways, maintaining its position as a low impact food! #FoodSystems @FAO #FoodSystems #UNFSS2021</p>



## Action Track 4: Advancing Equitable Livelihoods and Value Distribution

### Key Messages



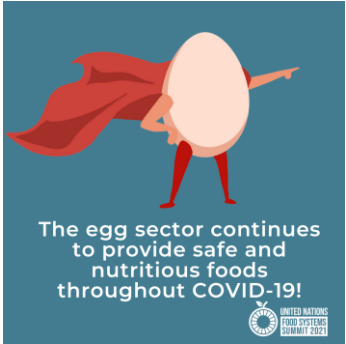
- Egg production transforms the lives of individuals, families, communities and entire populations.
- Egg production provides a regular source of food and income and puts farmers in a better position to feed their families and send their children to school.
- In developing countries, egg production offers rural women a lifeline to feed their children. Selling eggs to their local community enables them to send their children to school.
- The egg sector makes a significant contribution to numerous economic and social factors associated with reducing poverty and hunger, both at the household and community level.
- Egg production results in substantial employment generation and value beyond the farm gate, which in turn spurs development and poverty reduction in the local community.
- Eggs are an exceptional tool for social and sustainable development, as seen through the work of many charities. They have unique characteristics that makes implementing egg production a practical, cost-effective solution in developing countries.

	<p>The egg sector makes a significant contribution to numerous economic and social factors associated with reducing poverty and hunger, both at the household and community level @FoodSystems #FoodSystems #UNFSS2021</p>
	<p>Egg production transforms the lives of individuals, families, communities and entire populations around the world.</p> <p>Egg production reduces poverty and promotes equitable livelihoods! @FoodSystems #FoodSystems #UNFSS2021</p>
	<p>Egg production supports farming families around the world.</p> <p>Eggs provide an invaluable lifeline to millions of rural women in developing countries, putting them in a better position to feed their families and send their children to school @FoodSystems #FoodSystems #UNFSS2021</p>

## Action Track 5: Building Resilience to Vulnerabilities, Shocks and Stress

### Key Messages

- Agricultural and the rural economy are key sectors for supporting livelihoods in protracted crises.
- The global egg sector helps create resilient and sustainable food systems that are equitable, secure, and ensure high-quality nutrition for all.
- Throughout COVID-19, the global egg sector, an essential service, continued to provide safe, affordable, accessible, and nutritious foods that boost our immune system.

	<p>Agricultural and the rural economy are key sectors for supporting livelihoods in protracted crises.</p> <p>The global egg sector helps create resilient and sustainable food systems, providing high-quality nutrition for all #FoodSystems @FoodSystems #UNFSS2021</p>
	<p>The global egg sector helps create resilient and sustainable food systems that are equitable, secure, and ensure high-quality nutrition for all #FoodSystems @FoodSystems #UNFSS2021</p>
	<p>The egg sector continues to provide safe and nutritious foods throughout #COVID19.</p> <p>Resilience to vulnerabilities, shocks and stress for our #foodsystems has always been a top priority for the egg industry #FoodSystems @FoodSystems #UNFSS2021</p>

[Click here to download the supporting graphics for Twitter](#)

[Click here to download the supporting graphics for Facebook and Instagram](#)