

### 5 Lessons to take Home

**Provide affordable, safe, healthy, nutritious and culturally enjoyable food choices for all.**

This can be done equitably -- enabling viable livelihoods, guided by principles of equity, inclusion, stewardship, and diversity.

**The plate is the target.**

Achieving healthy diets will require multiple foods and collaborations from production to consumption; this includes recognizing environmental sustainability as an intervention target by the public health community.

**Ensure no one is left behind.**

High impact and underrepresented foods and the often forgotten food systems that produce them may hold promise to nourish nations, which is critical to achieving key SDGs and targets set for South Asian nations in food and nutritional security.

**Disrupt the food system.**

With robust scientific evidence, we can leverage systematic marketing, policy interventions, and technology to make our food systems more environmentally sustainable and nutrition-sensitive.

**Work together.**

*Nutrition a no-regret investment.* It is the responsibility of governments, with civil society, business, academia, donors and the United Nations to lead change towards a nutrition-sensitive, climate-smart global food system.

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