

Engaging in Urban Food Safety

Presentation by:

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Engaging in Urban Food Safety

To involve oneself or become occupied/participate



Of, pertaining to, or comprising a city or town.



A substance that can be metabolized to give energy and build tissue



The condition of being safe; freedom from danger, risk, or injury



Toxic Yamuna veggies on your menu

Health fears over river bank vegetables contaminated with sewage water



© Vikram Sharma

<http://www.dailymail.co.uk/indiahome/indianews/article-2280168/Toxic-Yamuna-veggies-menu-Health-fears-river-bank-vegetables-contaminated-sewage-water.html>

Presentation: "Engaging in Urban Food Safety" at The Indian Habitat Centre **Date:** 14th July, 2015
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Yamuna water, which is no better than sewage water now, is also used to grow or wash vegetables and fruits at the *mandis*, from where they are sent to different parts of the city.



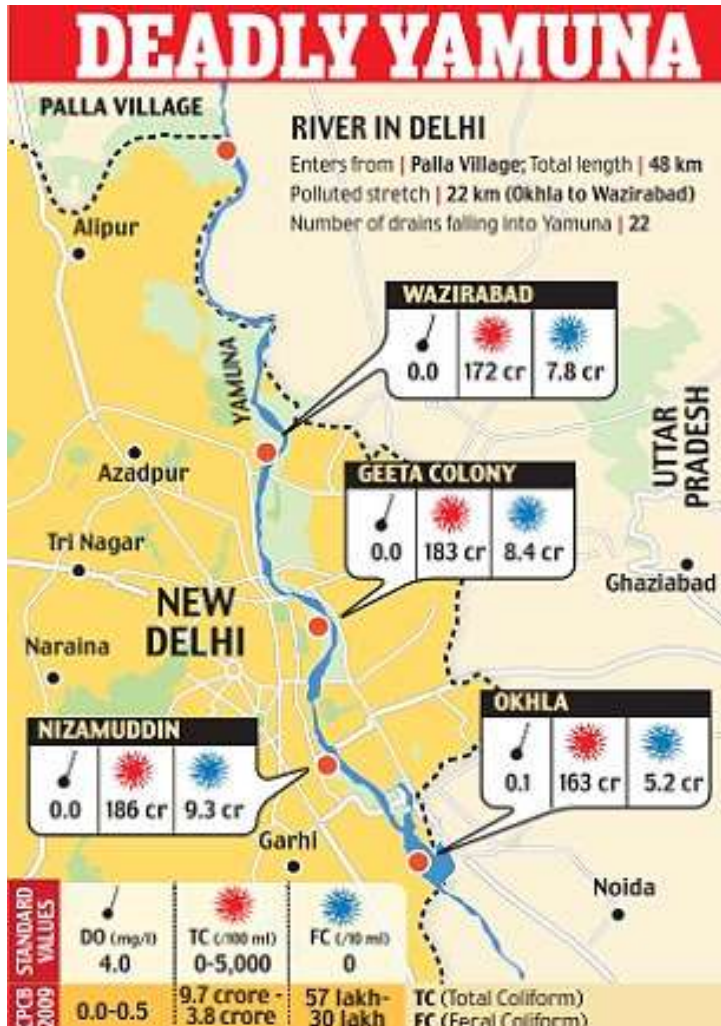
PARAMETER	OBSERVED VALUE				REPORTED VALUE (CPCB 2009)	STANDARD VALUE
	WAZIRABAD	GEETA COLONY	NIZAMUDDIN	OKHLA		
Measure of acidity of a liquid (pH)	7.63	7.99	8.01	8.21	7.5	6.11-9.39
Total hardness (mg/l)	206-282	208-281	282-284	280-293	217	46
Biochemical Oxygen Demand (mg/l)	29	62	56	47	21	1.0-3.0
Chemical Oxygen Demand (mg/l)	64	76	72	36	34	9.0-17.0

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"Ingestion of such contaminated food can cause vomiting, diarrhoea, gastroenteritis, blood infection, dehydration, urinary infection and kidney dysfunction.

"Leafy vegetables should be repeatedly washed and then cooked. Raw vegetables should be avoided,"

"In fact, the guavas and red radishes sold by the roadside in east Delhi are washed in the Yamuna water. "

<http://www.thestatesman.com/news/opinion/poisonous-food/73013.html>

Poisonous food

Jaydev Jana | 02 July, 2015 (AFP)

All substances are poisons; there is none which is not a poison.

The right dose differentiates a poison and a remedy

- *Paracelsus (1493-1541)*



“Freshwater fish contains mercury from industrial effluents; poultry chicken and eggs are contaminated with hormones that can lead to prostate cancer.

Every bite of food is contaminated with pesticides.

Indeed, we eat at our peril.”

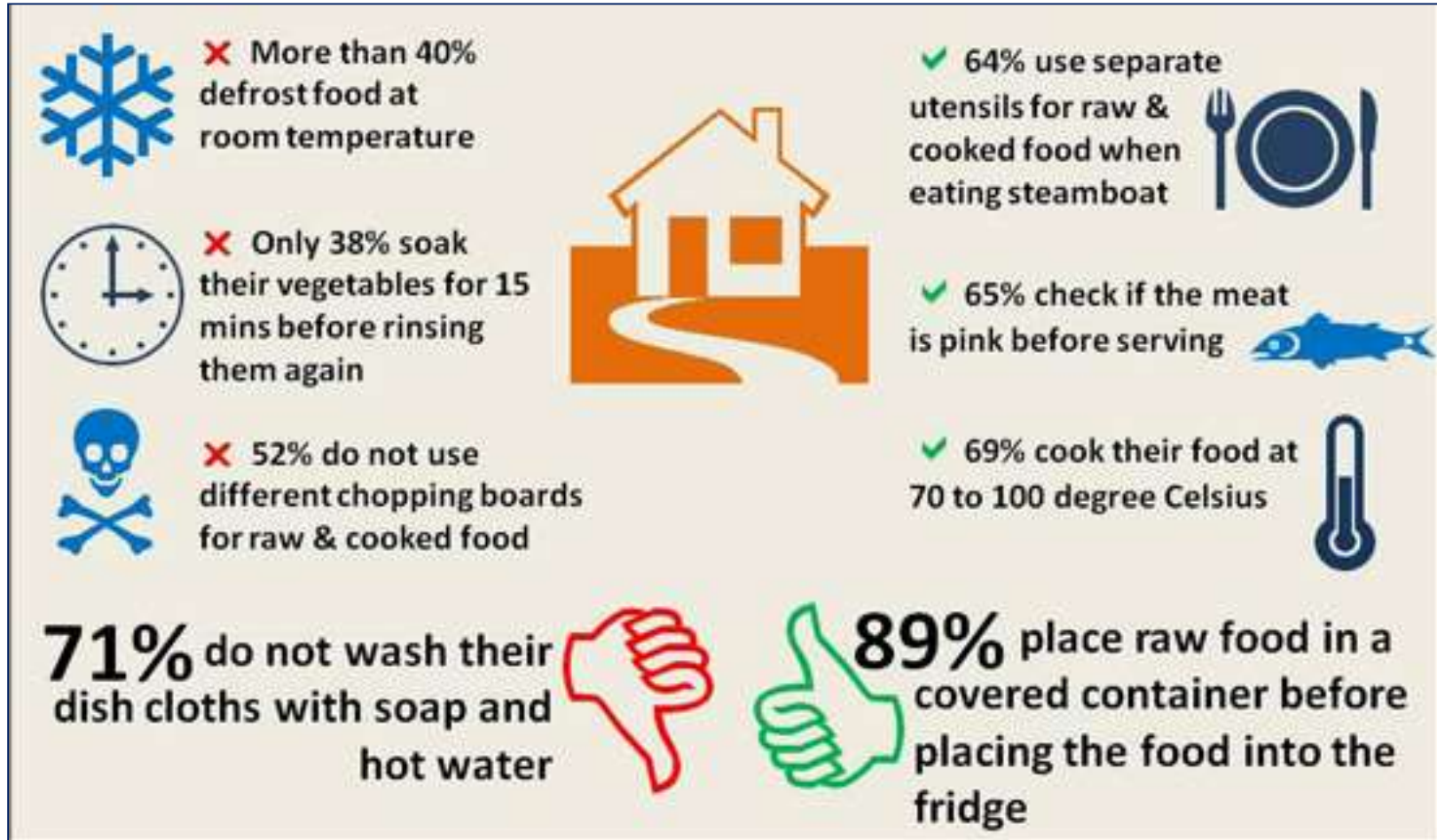
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Food Safety Habits in Western Households



We need to reduce the risk of food-borne illness in home food preparation.

This can best be done by producing as much of our own food in our own 'homestead'.

Please view the TED Talk presentation by **Pam Warhurst**, from Todmorgen in North England: '**How we can eat our landscapes**', at:

[http://www.ted.com/talks/pam_warhurst_how_we_can_eat_our_landscapes]



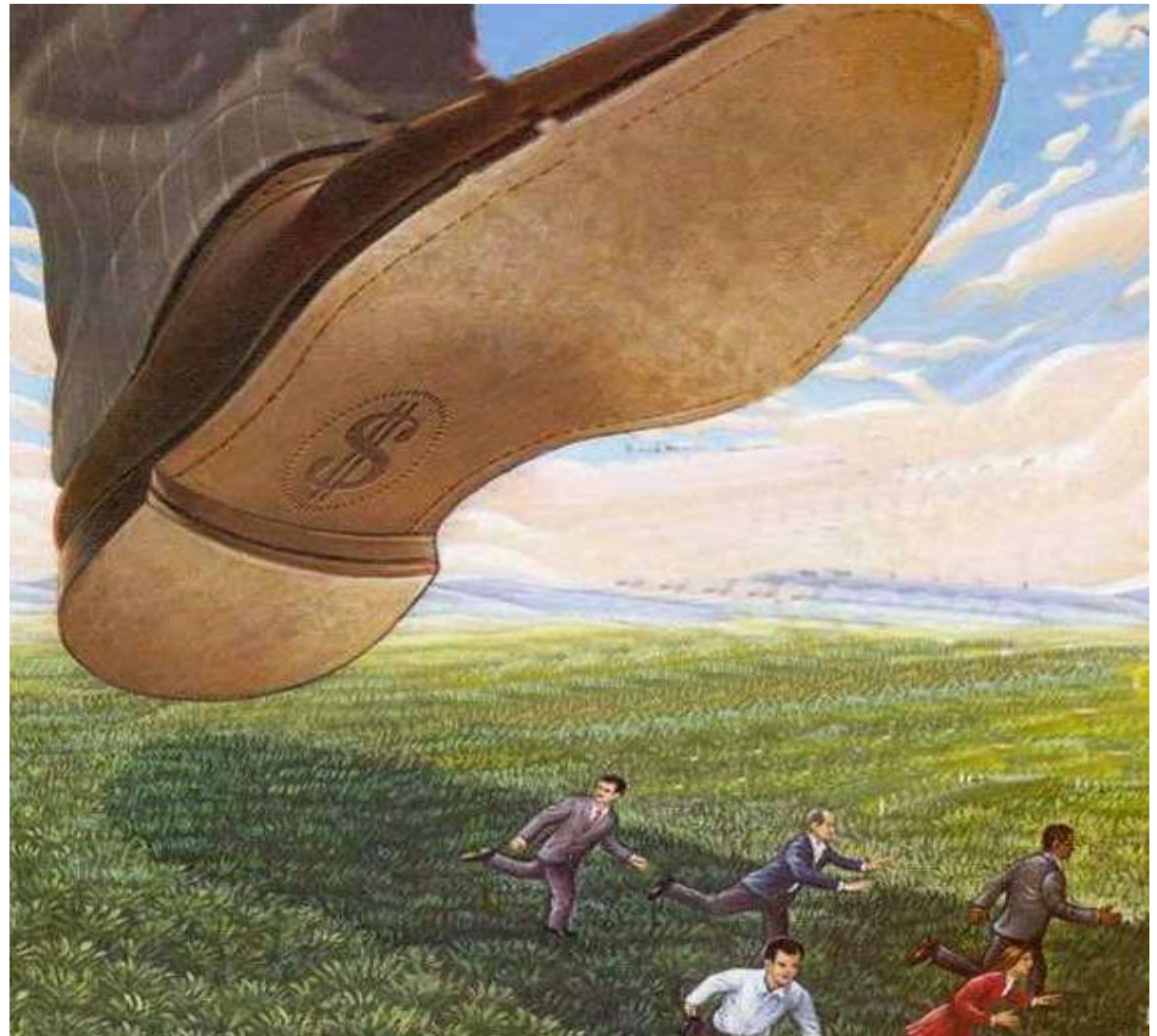
Ecological footprint: A measure of human demand on the earth's ecosystems.

It represents the amount of biologically productive land and sea needed to regenerate the resources human population uses and to absorb and render harmless the corresponding waste.



Large scale food production has become a money-driven business instead of a health-driven business.

Non-renewable resources are used to transport food over large distances causing a third of all man-made emissions, while losing quality, nutrients and freshness – *i.e. food safety* – in the process.



Benefits of Edible & Sustainable Landscapes

Where our food comes from is becoming more and more critical to our health and well-being. Growing food on our own land is a healthy, economical, therapeutic and satisfying endeavor.

Edible plants in our landscape give a return on investment that is both smart and delicious. When we grow our own food, we create a more sustainable world.



Dr. Nathaniel (Nate) Storey is our Aquaponics Mentor: View his '*The Bright Future of Food: Empowering Local Economies and Ensuring Food Security*'

<http://www.youtube.com/watch?v=pwquu0xoRbE&feature=youtu.be>

Guerrilla Gardening

Forget about the pretty shrubs and flower beds ... The new thing is *edible parks*.

'Guerrilla gardeners' are aesthetically planting in vacant, neglected public lands and everyone is welcome to help in the growth processes.



Please view TED Talk presentation by **Ron Finley**: *A guerrilla gardener in LA*
http://www.ted.com/talks/ron_finley_a_guerilla_gardener_in_south_central_la#
Hi definition version at:

http://video.ted.com/talk/podcast/2013/None/RonFinley_2013-480p.mp4

'HOW TO' (P-D-C-A CYCLE)

A Home Aquaponics Farm (see video at https://www.youtube.com/watch?v=fCL68ETB_nM) can produce **affordable, healthy, organic** and **pesticide-free** fish and vegetables.

Urban residents in apartments may use their unused balcony and roof-top spaces to grow food in **Vertical Farms**—or develop **Edible Landscapes** outside.

Large-scale development of community eco-parks can be made through **Guerrilla Gardening**, to produce food for the poor and distribution in local food bazaars.

These modern Urban Agriculture initiatives will be ground-breaking achievements in ensuring food safety.

4. ACT:
Build edible landscapes through Community Groups and Resources;
Community Capacity Building with KAIZEN

1. PLAN:
Select school or community for 'edible landscapes' program;
build community capacity & local networks

3. CHECK:
Develop hard technology outputs for building physical structures;
Implement & Develop Hard Technology systems

2. DO:
Develop Soft Technology inputs for design of 'edible landscapes' program;
participatory approach for Training & Education



THANK YOU



FOR YOUR ATTENTION