



WELTHUNGERHILFE'S FOOD SYSTEM FRAMEWORK

A COMPASS FOR STAFF AND PARTNERS

ABOUT THE DOCUMENT

WHH's food system framework is an operational guidance for practitioners. This document is intended to orient Welthungerhilfe (WHH) staff and partners to:

- (a) the food system transformation we strive for (our ambition),
- (b) our guiding principles, and
- (c) how we contribute to local food system transformation (our approach).

It is accompanied by a toolbox of hands-on guidance for use by WHH programs and projects. The framework will further evolve with on the ground experiences and global trends. For more information, please contact WHH's Sector Strategy and Knowledge Unit.



SCAN QR CODE TO ACCESS THE
WHH FOOD SYSTEM TOOLKIT

Contact:

jasmin.koottummel@welthungerhilfe.de

hendrik.haenke@welthungerhilfe.de

CONTENT

| | |
|-----------------------|----|
| <u>Our Ambition</u> | 1 |
| <u>Our Role</u> | 3 |
| <u>Our Approach</u> | 4 |
| <u>Six Phases</u> | 8 |
| <u>Systems Marker</u> | 18 |
| <u>Annex</u> | 20 |

FOOD SYSTEMS CAN BE TRANSFORMED – TOGETHER.

In many countries, food and nutrition security (FNS) has deteriorated in recent years. Around 673 million people are undernourished and around 2.6 billion people cannot afford a healthy diet. The vicious combination of violent conflicts, the economic fallout associated with Covid-19, global food price hikes, and climate variability and extremes produce a grim prospect for FNS worldwide. Achieving sustainable and resilient food systems that provide safe and healthy diets for all at all times requires transformational changes on the global level as well as on regional and local levels. This involves reconsidering how food is produced, processed, distributed, and used; how food supply chains as a whole are controlled and regulated; what type of food is demanded and what influences food choices and preferences; how all stakeholders, including women and other marginalized groups, participate in the system; and how we consider and balance sustainability trade-offs.¹

Welthungerhilfe believes that a systemic transformation toward sustainable and resilient food systems is both possible and necessary to achieve zero hunger. A sustainable and resilient food system supports sustainable food and nutrition security for all at all times by offering multiple pathways for accessing the right to adequate food in ways that improve livelihoods, mitigate against and adapt to climate change, and reverse biodiversity loss and environmental degradation.

Welthungerhilfe's vision is a world in which all people have the right and the opportunity to live a self-determined life in dignity and justice, free from hunger and poverty.

OUR AMBITION

SUSTAINABLE AND RESILIENT FOOD SYSTEMS THAT ACHIEVE SAFE AND HEALTHY DIETS FOR ALL AT ALL TIMES

Food systems comprise the various activities, people, and places involved in the production, processing, distribution, preparation and consumption of food, as well as the food and nutrition, socioeconomic, and environmental outcomes of these interactions.² Sustainable and resilient food systems provide food and nutrition security for all in ways that do not compromise the economic, social, and environmental basis of future generations' food and nutrition security and that can adapt and transform themselves in the face of shocks and stresses.^{2, 3}

"Food and nutrition security exists when all people, at all times, have physical, social and economic access to food, which is safe and consumed in sufficient quantity and quality to meet their dietary needs and food preferences, and is supported by an environment of adequate sanitation, health services and care, allowing for a healthy and active life."⁴



OUR COMPASS FOR ACTION TOWARD FOOD SYSTEMS TRANSFORMATION



The core ambition of our food system framework is to nourish sustainable and resilient food systems that provide safe and healthy diets for all at all times. We affirm the agency of all people and support them in exerting their right to food. In doing so, we work on systemic transformation pathways toward (a) sustainable and resilient agriculture, (b) sustainable livelihoods, (c) connectivity, and (d) responsible governance that achieves improvements in nutrition, livelihoods, and adaptive capacities of the people, communities and systems we work with. We form local partnerships with system actors to foster collective leadership for systemic transformation.

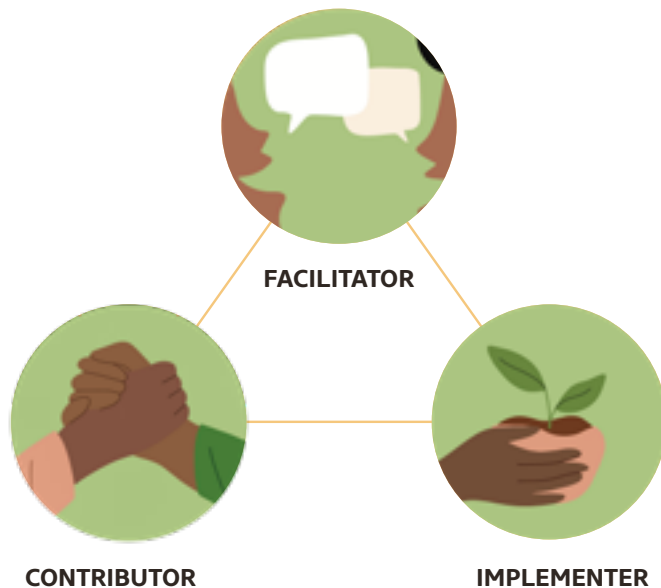
FIG. 1: OUR COMPASS FOR ACTION TOWARD FOOD SYSTEMS TRANSFORMATION

Source: WHH (JK/HH), 2023, adapted from WHH rubber map charter

OUR ROLE IN LOCAL TRANSFORMATION PROCESSES

Food system transformation is a multi-stakeholder endeavor on global, national and sub-national (local) level.

At the local level WHH and our partners assume three roles in systemic change processes toward sustainable and resilient food systems:



Depending on country-specific needs, we collaborate with local and international partners and may assume all three roles simultaneously under the umbrella of a country strategy by WHH.

1 AS A FACILITATOR

We facilitate multi-stakeholder processes toward systemic transformation of local food systems through, for example, facilitating in-depth assessment, analysis and transformation processes on sub-national levels in accordance with national commitments.

2 AS A CONTRIBUTOR

We collaborate on joint transformation processes that are not primarily facilitated by WHH. Thereby, we concentrate on a systemic change process of a specific key variable within the identified local food system, for example, zooming into the system to work on systemic solutions toward sustainable and resilient food production, like focusing on farm diversity or seed sector development.

3 AS AN IMPLEMENTER

We address immediate food system dysfunctionalities through direct input support. This may be necessary, for instance, within a conflict-sensitive context where an immediate humanitarian response through cash and voucher assistance is one modality to provide live saving access to food from local markets and to support local market systems that are at the brink of partial or complete collapse.

OUR APPROACH

TO FOSTER SUSTAINABLE AND RESILIENT FOOD SYSTEMS TOWARD SAFE AND HEALTHY DIETS FOR ALL

Welthungerhilfe's decades of regional and technical experience in Africa, Asia, and Latin America have yielded concrete approaches to the progression toward sustainable food and nutrition security.

Hence, we pursue systemic change processes through multi-sectoral and integrated programs. Especially in volatile contexts, we acknowledge that systemic transformation processes take local system actors through phases of immediate support needs and various transition loops along the path toward transformation.

How? Through cross-sectoral assessments and iterative analysis processes, we observe behavior patterns within and key characteristics and dynamics of local food systems to address underlying system dysfunctionalities. Through facilitation and collaborative action, our food system approach aims at context-specific transformation processes – be it on the household, community, village, district, provincial, or national level.

Being a professional, multi-mandated, and locally trusted organization that works primarily in fragile contexts, WHH collaborates with those affected by economic shocks and forced displacement, including internally displaced persons, refugees, and host communities as well as the broader spectrum of system actors. In partnership, we work from a starting point of short-term assistance to long-term transformation pathways of resilient and sustainable key variables within a food system.

We value the central role of civil society organizations in advocating for people's right to food. Whenever possible, we support our civil society partners and governance and market actors in raising awareness of vulnerable population groups' rights and entitlements; sensitizing local governments on the right to food and the needs of food- and nutrition-insecure populations; strengthening civil society groups at community level and beyond to participate in decision-making, claim their rights, and hold their government to account; and building the capacities of service providers to improve service delivery to ensure sustainable food and nutrition security.

OUR GUIDING PRINCIPLES

TO FOSTER SUSTAINABLE AND RESILIENT FOOD SYSTEMS TOWARD SAFE AND HEALTHY DIETS FOR ALL



The right to food (Article 11)

We act in solidarity with all rights holders, based on our unconditional commitment to the human right to food, defined as the availability of food in a quantity and quality sufficient to satisfy the dietary needs of individuals, free from adverse substances, and acceptable within a given culture; and the accessibility of such food in ways that are sustainable and that do not interfere with the enjoyment of other human rights (Covenant on Economic, Social and Cultural Rights [CESCR] General Comment No.12 referring to Article 11 of the International CESCR). We aim to empower rights holders and to strengthen the delivery of services and accountability of governmental, market, and civil society actors.



Systems thinking

We aim to achieve positive food and nutrition outcomes and to transform the food systems that produce those outcomes. We think and work systemically by facilitating structural change and locally led innovations to improve food system trajectories. We comprehensively identify and address necessary levers for change and work with the local population, civil society, governments, and markets as necessary to facilitate change via a multisectoral approach.



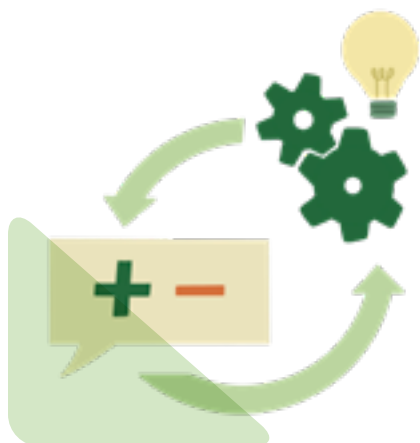
Inclusive participation and partnerships

We enable the inclusive participation of all affected stakeholders in the design and definition of food system transformation goals and processes. The food system stakeholders' needs and perspectives form the basis for jointly defined challenges, opportunities, and assessments, which result in a common vision for food system transformation. Stakeholders actively engage in the design, implementation, and measurement of food system transformation projects and programs. We build strong and long-lasting partnerships to advance transformation toward sustainable and resilient food systems to achieve zero hunger for all.



Evidence-based programming

We base system transformation projects and programs on sound assessments of how the targeted food system functions or malfunctions and the leverage points that improve its outcomes. We routinely assess the food system trajectory and adapt our projects and programs to emerging system characteristics and surprises. We contribute locally and globally to a right-fit, rigorous evidence base on successful practice in food system transformation. We scale effective approaches within and across projects, programs, and contexts in collaboration with partners and system stakeholders.



Feedback loops and adaptive management

We review and adapt the design, implementation, and impact of food system transformation projects and programs based on the evidence and learning that emerges from food system assessments, change measurement, and stakeholder feedback. We accept that working in complex systems (such as food systems) often requires iterating and following non-linear transformation pathways. Identifying and correcting mistakes and ensuring collaboration and transparency are central to our adaptive management strategy.

Guiding Principles

- 1 The right to food
- 2 Systems thinking
- 3 Inclusive participation and partnerships
- 4 Evidence-based programming
- 5 Feedback loops and adaptive management

THE SIX PHASES FOR SYSTEMIC CHANGE

In acknowledgement of the complexity of food systems and the interconnections within them, we have defined a set of discrete steps for use in WHH programs and projects working toward systemic change.

We apply an operational framework consisting of six phases: scoping, diagnosing, visioning, designing, transforming, and measuring and adapting. Depending on the implementation context, the phases can be treated nonlinearly and adapted according to local needs and local stakeholder engagement.



PHASE 01: SCOPING

► KEY STEPS:

- 1 Explore **to what end** a food system transformation is needed to achieve zero hunger and map out the current status.
We recommend an analysis of the country rating in the Global Hunger Index (WHI) in combination with a review of country-specific food system profiles at the Food System Dashboard by Global Alliance for Improved Nutrition (GAIN) and Johns Hopkins University, 2020: <https://www.foodsystemsdashboard.org/countries> and if available the recently conducted Contextual Analysis of Nutrition (CAN) by WHH of your respective country context.
- 2 Explore **for whom** a food system transformation is needed: During scoping, disaggregate food system outcomes for each stakeholder group in the food system, giving special attention to marginalized and nutritionally vulnerable groups.
Identify which groups “lose out” in the current system and would most benefit from food system transformation. Ensure full and influential participation of all stakeholder groups, including women and marginalized groups, in defining for whom and to what end a transformation needs to happen.
- 3 Explore **with whom** the food system needs to be transformed: Roughly define the food system and its boundaries, including the geographical scope and stakeholders.

Zooming out: Transformation to what end, for whom and with whom?

During the scoping phase, we map out to which extent the regional or local food system achieves its outcomes with respect to food and nutrition security, resilience, and sustainability. This first mapping exercise is crucial to define the scope (incl. system boundaries) for the upcoming phases. Based on the food system outcomes that need to be improved, we map out the system boundaries, actors, and behaviors.

Key questions in phase 1 can be answered based on observations as well as secondary data, e.g., existing statistics, assessment and analysis reports or rapid needs assessments. It is also sensible to collect primary data using methods such as nutrition and baseline surveys, context analyses, or expert interviews. In many contexts, we have already conducted food and nutrition related baseline surveys, deep dive assessments and context analysis. These can be accessed through WHH’s Sector Strategy and Learning Unit.

TOOL TIP

We recommend holding an inclusive stakeholder workshop to review compiled answers to the key questions and define system boundaries, including the geographic scope and stakeholders, in as much detail as possible. The stakeholder registry typically needs to be updated regularly. This helps to develop a common understanding of knowledge gaps about how the system works and to start developing a common vision for change.

For more inspiration, we recommend the following toolboxes: The WHH CAN toolbox provides you a step by step guideline to conduct a contextual analysis on nutrition, incl. a stakeholder analysis and the food systems decision support tool – a toolbox for food system analysis. Wageningen University & Research and KIT Royal Tropical Institute.

FOOD SYSTEM TRANSFORMATION FOR WHOM

We recommend ensuring full and influential participation of all stakeholders, including women, youth, and other marginalized groups, in defining who is the most affected by the current dysfunctionalities in the food system. Pregnant and lactating women and children under five, smallholder farmers, market actors, rural youth, and marginalized community members (like IDPs, refugees, returnees) remain at the center of our attention when answering the question “transformation for whom?”.



FOOD SYSTEM TRANSFORMATION WITH WHOM



PHASE 02: DIAGNOSING

► KEY STEPS:

1 **Assess: How does the system (mal)function?**

Appraise which activities occur in the food system, which actors perform these activities, and how actors interrelate and depend on each other. Which services occur in the food system and who provides, pays for, uses, and regulates them? Which inputs are used to produce the food system outcomes? Who does and does not have access to productive resources, markets, and financial services? Who makes decisions over participation in food system activities?

2 **Assess: Why does the system (mal)function?**

Investigate which factors help and hamper the system activities. What motivates or demotivates actors to behave and interact in a way that produces desired food system outcomes? Which barriers exist to the full inclusion of stakeholders in crucial activities? Which structural barriers and norms help and hamper efforts to reduce actors' vulnerability and exposure to shocks?

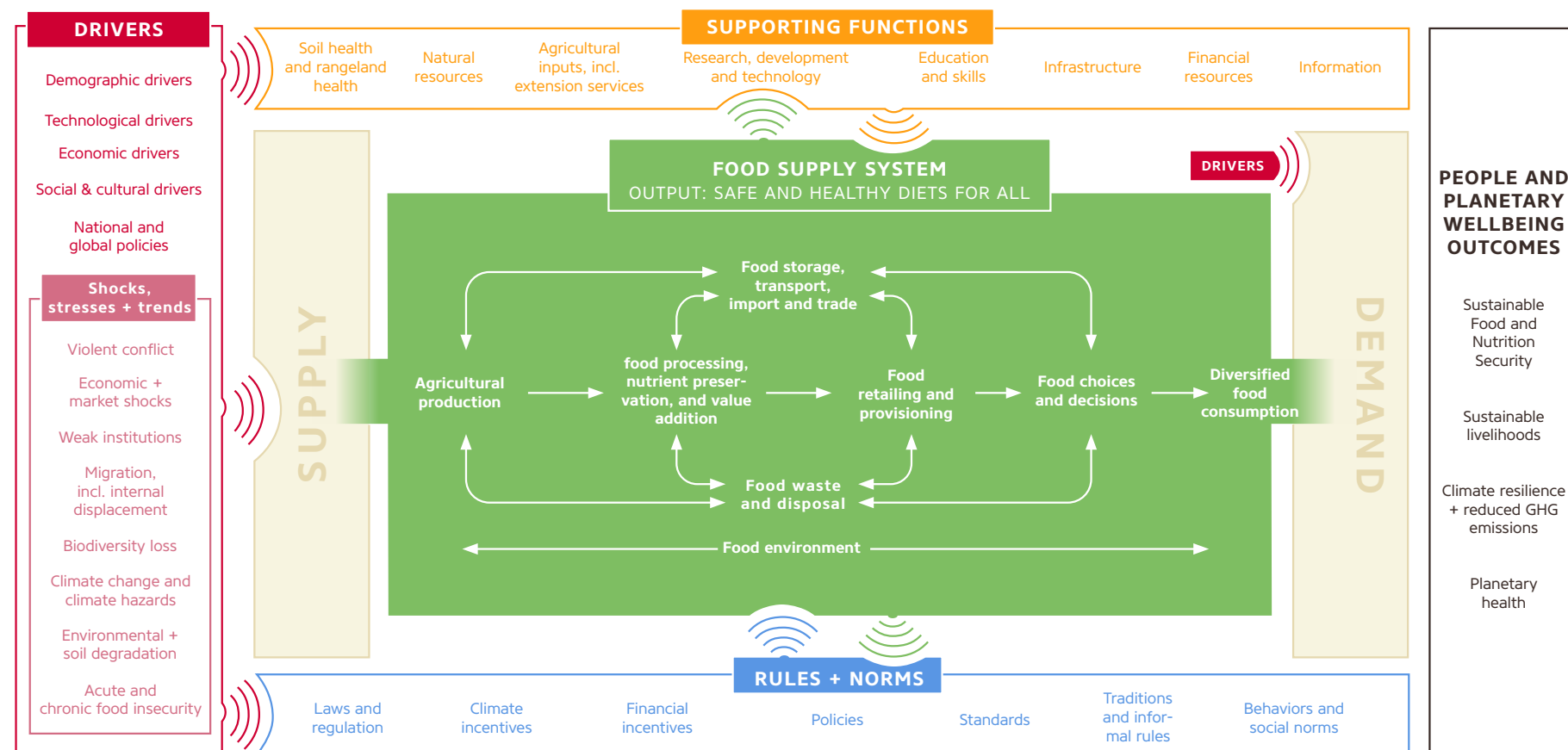
Zooming in

Our food system ambition is to reach safe and healthy diets for all at all times. In the diagnosis phase, we map the current status and desired status of key levers to reach transformation toward sustainable and resilient food systems and its respective FNS outcomes. The diagnosis phase will help to identify key levers for action:

What malfunctions in the food system, what functions well but does not achieve its full potential, and why? To understand the levers (sometimes also referred to as key variables), specific assessments are needed. Depending on the defined ambition to what end transformation should happen, we select or combine general, governance, nutrition, market-oriented, socio-cultural, ecological, or sustainability assessments tools. When choosing assessment tools, we are mindful of budget, time, and capacity constraints that we might face in each context **SEE FIGURE 3**. Deep-dive assessments are needed. To save resources, first choice shall be to analyse existing data from previous assessments. The diagnosis phase should be seen as an iterative process during an adaptive program management.

Phase 2 key questions require primary data collection through focus groups, key informant interviews, expert interviews, field observations or experiments, or scorecards. The exact data collection methods depend on the type(s) of assessment planned.

CONCEPTUAL FRAMEWORK FOR FOOD SYSTEM ASSESSMENTS



FOOD SUPPLY SYSTEM

The core system within a food system is the **food supply system** which ensures the flow of food commodities from farm to fork. The **food environment** refers to the physical, economic, political, and socio-cultural surroundings that influence people's food choices and nutritional status through the availability, affordability, convenience, promotion, and sustainability of foods.

DRIVERS

Drivers, shocks, stresses and trends can affect the core system, supporting functions, and/or related rules and norms at any time and at any intensity.

SUPPORTING FUNCTIONS

Supporting functions refer to the services, infrastructure, information, and resources that enable the food supply chain and/or core market to develop, transition and function effectively and sustainably.

RULES + NORMS

Food supply chains and supporting functions do not happen in isolation. They are always subject to an institutional context or business environment.

Rules and norms refer to the formal and informal institutions that shape how food is produced, distributed, accessed, and

consumed. **Rules** include policies, laws, regulations, and standards set by governments or institutions, while **norms** are socially shared beliefs, cultural practices, and unwritten expectations influencing behavior. Together, they determine who has power and access within the food system, affecting equity, sustainability, and resilience.

FIG. 2: CONCEPTUAL FRAMEWORK FOR FOOD SYSTEM ASSESSMENTS

Source: WHH (JK/HK), 2023. Adapted from the common Market Systems Development Approach in combination with van Berkum et al., 2018.

PHASE 03: VISIONING

► KEY STEPS:

- 1 **Refine the scope of the transformation:** Jointly validate and refine the scope of the transformation that emerged from the scoping and diagnosis phases. Which system outcomes should be improved? Who should primarily benefit from the improvements? Within which functional and geographic system boundaries should the transformation take place? Which stakeholders need to be included in the process?
- 2 **Envision the future system:** Use a birds' eye perspective to define the main features of the food system in its current state and in its envisioned transformed state in an inclusive and collaborative setting with the affected stakeholders. Refrain from active agenda setting and focus efforts on creating an inclusive space for the affected stakeholders.
- 3 **Identify key levers for transformation:** In comparing the current state and the envisioned transformed state of the food system, identify which key levers could be used to catalyze the desired transformation.

A journey of co-creation

During the visioning phase, we reflect on the findings of assessments with the affected system stakeholders then co-create the goal and scope of the desired food system transformation. The local engagement of multiple stakeholders is key to creating a common vision, defining solution pathways, and coordinating action for common goals.

TOOL TIP

The following tools have been proven to help create a vision for change:

General tools

3D Mapping, causal loop diagrams (e.g., using Visual Paradigm), Rich Picture, Soft Systems Methodology

Market system tools

Actors and Factors Map, Who-Does-Who-Pays Matrix, Will-Skill Framework

PHASE 04: DESIGNING

► KEY STEPS:

- 1 Identify approaches to transform the key levers:** Based on existing knowledge and evidence of interventions that may work, select or develop multi-level systems change approaches to advance the transformation vision. Working from existing approaches may allow access to existing evidence and quality standards for transformation process success, but should always be done with care.
- 2 Formulate a theory of change:** Design a theory of change, results chain(s), and/or logframe(s). Results chains and logframes are often necessary to monitor change against transformation process targets and whether a transformation results in changes at the outcome level. However, they also tend to linearize non-linear causal relationships and thus need to be implemented alongside additional measurement methods (see step 6).
- 3 Broker a commitment to act:** Facilitate and agree on clear mutual commitments in transformation activities from system stakeholders. Formalize relationships with partners by setting up partnership agreements, if necessary. Exchange information and coordinate activities with other actors who contribute to food system transformation and zero hunger through other activities, projects, or programs.

Designing local action

In the design phase, we collaboratively develop a local action plan of how a transformation should happen in a systematic way and what our role and our partners' role will be on the program and project levels. It is a phase where informed decision making is taking place:

We focus on the identified solutions, assess their effects on the system and related sub-systems, and prioritize areas of action within the system.

TOOL TIP

Literature research, evidence gap maps, systematic reviews of impact evaluations, expert advice and stakeholder workshops can support phase 4.

In addition, Market System Development (MSD) tools and Multi-Actor Partnerships (MAPs) have been proven useful tools in Phase 4, as well as Sustainable Integrated Farming Systems (SIFS) and Area Protection as ecological levers.

PHASE 05: TRANSFORMING

► KEY STEPS:

- 1 Break down the project design and theory of change into interventions or activity packages.
- 2 Develop implementation plans, budgets, and procurement plans for each package. Keep these concise and minimize interdependencies to ensure adaptability.
- 3 Consider prototyping and iterating interventions on a small scale before implementing them on a large scale. This may involve refining the theory of change, results chain, and/or logframe.
- 4 Implement interventions or activity packages and coordinate these between teams as well as with external stakeholders.

A systemic change process

Food system transformation is a continuous process. As opposed to a transition, which is the process of changing from one status to another (e.g., changing from diesel to solar energy sources), we use the term “transforming” in acknowledgement that change is already on the way and is an iterative process in any given system.

During the transforming phase, we implement activities and interventions to transform food system components or food systems through projects and programs as delineated in Steps 1 to 4. Good coordination of activities with other actors is key in step 5.

PHASE 06: MEASURING, CHANGING & ADAPTING

To what extent have we contributed to systemic change?

► KEY STEPS:

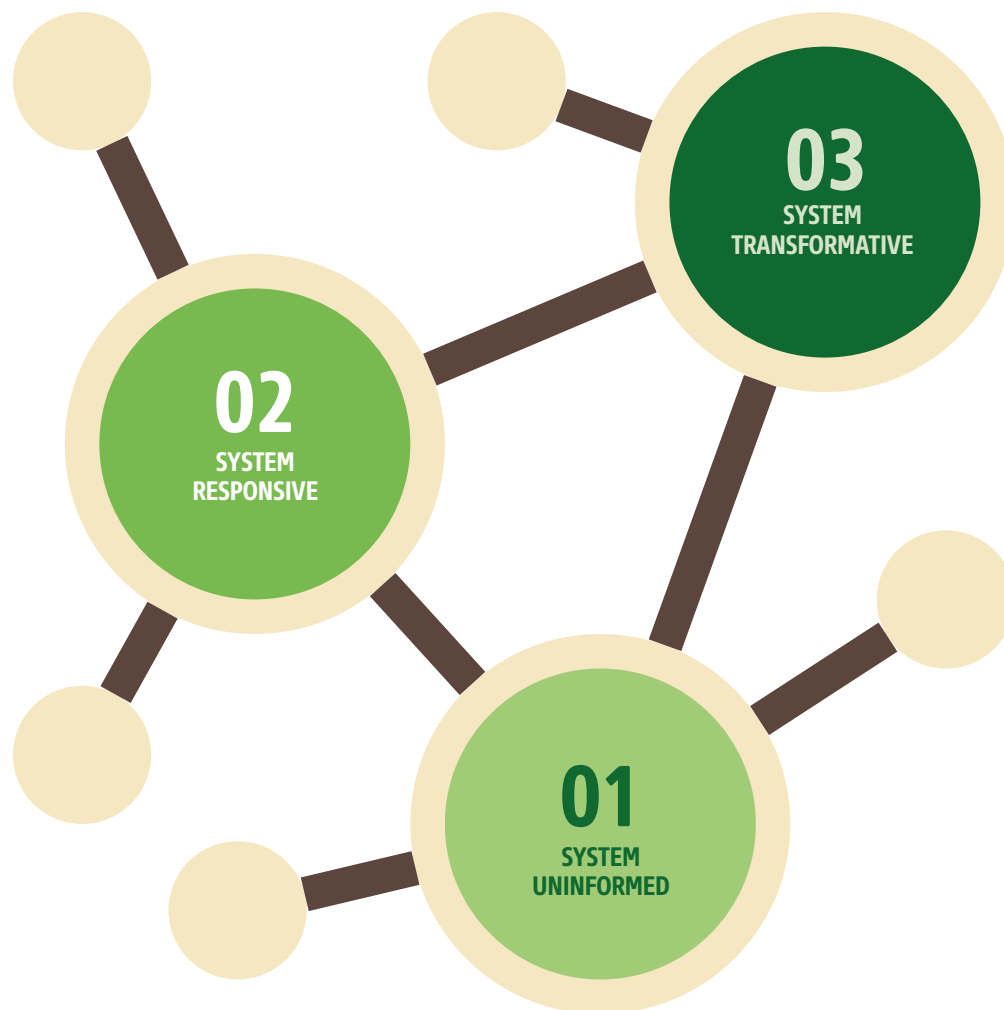
- 1 Monitor system status change:** Monitor intended and unintended changes of system outcomes. This can be done through baselines, endlines, annual participant-based surveys, community feedback and complaints, and qualitative data collection methods. Qualitative context monitoring may also be useful, particularly in fragile and volatile environments.
- 2 Monitor and evaluate system trajectory change:** Monitor and evaluate intended and unintended, internally and externally caused structural changes, i.e., changes in interrelations, dynamics, or perspectives. Exemplary methods include Sentinel Indicators, Causal Link Monitoring, Social Network Analysis, and Adopt-Adapt-Expand-Respond Framework.
- 3 Evaluate system change contributions:** Evaluate whether and how a project or program contributes to system trajectory changes. Exemplary methods include Outcome Harvesting, Contribution Analysis, and Process Tracing.
- 4 Collaborate, learn, and adapt:** Foster a learning culture, develop and implement learning plans where appropriate, reflect on results and learnings, and adapt the design and implementation of the transformation process. Key activities and methods that can be useful include designing and implementing stakeholder communication plans, Pause & Reflect sessions, after action reviews, feedback reviews, theory of change reviews, causal loop diagrams, and scenario planning.

WHH SYSTEMS MARKER – A TOOL TO CATEGORIZE OUR CONTRIBUTIONS TO SYSTEMIC SYSTEM TRANSFORMATION

Across sectors, WHH aims to contribute to systemic transformation.

The objective of the Systems Marker is to provide clear criteria and guidance to help teams align their project or program design with WHH's strategic systems transformation objectives. It guides teams to cluster projects, to outline to what extent and how an intervention contributes to systemic change. While most programs and projects should ideally be based on a system assessment, action for change can cover both systemic approaches as well as conventional input output approaches.

The WHH Systems Marker classifies projects and programs into three categories: **system-uninformed**, **system-responsive**, and **system-transformative**.



CRITERIA / CATEGORIES

A SYSTEM UNINFORMED



Programming that provides goods and/or services directly to participants but without accounting for effects on the system itself.

B SYSTEM RESPONSIVE



Programming that mobilizes goods or services - either directly or through system actors to people who experience negative outcomes by the system - in a way that responds to gaps or negative outcomes of the system and that mitigates against negative effects on the system.

C SYSTEM TRANSFORMATIVE



Programming that facilitates deep-seated changes in system behavior, structure and/or paradigms that enable self-reinforcing trajectory change.

1 | ToC based on Systems Assessment

1A The project/program Theory of Change (TOC) is not based on a system assessment.

1B/C The project/program Theory of Change (ToC) is based on a system assessment conducted either before or as part of the project. The ToC addresses opportunities for impact identified during the system assessment.

2 | Intervention Design

2A The project/program provides goods and services directly to participants but without accounting for effects on the system itself.

2B The project/program is responding to dysfunctions and/or gaps within a system to enable pathways toward system trajectory change.

2C The project/program facilitates deep-seated changes in system behavior, structure and/or paradigms that enable self-reinforcing trajectory change.

3 | MEAL

3A The project/program does not capture outcomes on system actors and places that participants interact with, or the behavior, structure and paradigms of the system itself.

3B The project/program captures unintended outcomes on system actors and places (e.g. non-participants, governments, farms, markets) and uses these for adaptive management.

3C On top of capturing unintended outcomes on system actors and places, the project/program measures systemic outcomes (i.e. changes in system behavior, structures, and/or paradigms) and their ripple effects and uses these for adaptive management.

ANNEX



FOOD SYSTEMS DEFINITION

There are local, regional, national and global food systems (Fsys).

Fsys represent all activities, actors, and their interlinkages including production, processing, transporting, and consuming food. Fsys also address food waste, food preferences by consumers, research and development into farming technologies, farm investments, and food security and nutrition, which lies at the heart of our work. Internal and external drivers shape and modify Fsys. External drivers can include climate, conflict, or economic Shocks; whereas, internal drivers can include farm production and local food demand. There is increasing interest in facilitating Fsys approaches, i.e., bringing production and consumption together to achieve the SDGs.⁶



GLOSSARY OF TERMS

| TERM | DEFINITION |
|------------------------------------|--|
| Complex adaptive system | A complex adaptive system is a dynamic network of interactions, but the behavior of the ensemble may not be predictable according to the behavior of the components. It is adaptive in that the individual and collective behavior mutate and self-organize in accordance to the change-initiating micro-event or collection of events. |
| Food system actors | System actors include every individual, group, and organization that is involved in or affected by the food system. Through their actions and interactions they shape, reshape, or negatively affect the food system. Identifying the interests and influences of each actor and their underlying power dynamics and structures helps inform engagement strategies. <i>(Source: https://edepot.wur.nl/541410)</i> |
| Food system behavior | The elements within food systems do not act independently. As elements interact, systems reveal patterns of behavior that determine outcomes. Examining causal relationships make it easier to understand system behaviour and to identify leverage points for system change. <i>(Source: https://edepot.wur.nl/541410)</i> |
| Food system characteristics | A food system has many elements, including drivers, activities, and outcomes. One needs to understand the trends in these elements (as measured by key indicators) as well as synergies and trade-offs between them. <i>(Source: https://edepot.wur.nl/541410)</i> . |
| Key variable | A key variable is a factor, sector or market in a food system. Within our food systems approach, we zoom in and address specific key variables for system transformation. In comparison, leverage points are those which we identify with the highest impact for transformation. |
| Leverage points | Building on the notion that a small shift in one thing can produce big changes in everything, leverage points are areas of a system where interventions have the highest potential for impact, considering one's resources. |
| Structural change | A change in a system's structure, i.e., a change of who participates in a system, what services or service quality is offered by system actors, how system actors communicate with each other, how power is distributed in the system, or which rules regulate the system. |

GLOSSARY OF TERMS

| TERM | DEFINITION |
|----------------------------------|--|
| System | A system is a holistic unit that is greater than the sum of its parts. “A system is a group of interacting or interrelated elements that act according to a set of rules to form a unified whole. A system has structure, function, behaviour, characteristics and interconnectivity.” (Wikipedia). |
| Systematic project design | The project/program is based on a comprehensive assessment of how a system does and does not work. It addresses all key levers for transformation comprehensively, rather than selecting a few focal levers and leaving others unexplored. |
| Systemic project design | The project/program works to change the system status as well as the system trajectory. It does so by working with local system actors to achieve structural change, e.g., by improving the accountability of government and private-sector service providers, improving power relationships and feedback loops between actors in the system, or improving the profitability, affordability, and accessibility of private-sector services. |
| Systemic approach | The systemic approach works with facilitation measures (such as applied or market research, networking and dialogue forums, business development, organizational capacity building, carefully designed subsidies) as opposed to direct delivery measures (such as individual training or food distributions), although a systems approach may also involve the latter on a temporary basis. |
| Systems thinking | Looking at systems from the perspective of the whole system, various subsystems and the recurring patterns or relationships between subsystems. A key part of systems thinking is feedback loops and complex adaptive systems. |
| Transformation | Structural trajectories change of a status quo, a continuous process. |

RECOMMENDED READING

| | | |
|----------------|------------------------------------|--|
| OUR AMBITION | Global Hunger Index: | Global Hunger Index (GHI) - peer-reviewed annual publication designed to comprehensively measure and track hunger at the global, regional, and country levels. https://www.globalhungerindex.org/ |
| OUR ROLE | Defining Systemic Impact: | WHH Defining Impact Paper https://www.welthungerhilfe.org/news/publications/detail/defining-impact-paper |
| OUR APPROACH | Food System Analysis: | WHH Foodsystem Toolbox (request access) Food Systems Decision Support tool – Wageningen University & KIT Royal Institute https://www.wur.nl/en/Research-Results/Research-Institutes/Economic-Research/Research-topics-WEcR/Nourishing-the-world/Food-Systems-Decision-Support-tool.html FS-TIP Food Systems Analysis Toolkit - The Rockefeller Foundation https://www.rockefellerfoundation.org/fs-tip-food-systems-analysis-toolkit/ |
| SIX PHASES | Opportunity Crops: | WHH Opportunity Crops – A growing opportunity for nutrition https://www.welthungerhilfe.org/opportunity-crops |
| SYSTEMS MARKER | Further Relevant Toolboxes: | FAO. Enabling sustainable food systems. Innovator’s handbook (with WHHs Bhoomika example, India) https://www.fao.org/policy-support/tools-and-publications/resources-details/en/c/1308923/ WHH’s Market System Development Toolbox (internal access only) https://welthungerhilfe.sharepoint.com/Organisation/org_ou10/ed/SitePages/NEW_Economic%20Development.aspx |
| ANNEX | WHH Orientation Paper: | Sustainable Food and Nutrition Security https://www.welthungerhilfe.org/news/publications/detail/orientation-framework-sustainable-food-and-nutrition-security/ |

LIST OF LITERATURE

¹Hänke H, Bratz A, Griebel S, Koottummel J and Verkuijl H (2023): Food systems transformation in fragile contexts, a practitioner's perspective. In: *Frontiers. Sustainable Food Systems*. https://www.researchgate.net/publication/370299596_Food_systems_transformation_in_fragile_contexts_a_practitioner%27s_perspective

²Losses, F. F. (2014): Waste in the Context of Sustainable Food Systems. A Report by the High Level Panel of Experts on Food Security and Nutrition. Rome: High Level Panel of Experts on Food Security and Nutrition (HLPE). <https://www.fao.org/3/i3901e/i3901e.pdf>

³Welthungerhilfe (2022): Section of the WHH Position Paper Rural Development. Food Systems. Deutsche Welthungerhilfe e.V., Bonn. https://www.welthungerhilfe.org/fileadmin/pictures/publications/en/position_papers/2022-position-paper-rural-development-food-systems.pdf

⁴CFS (2012): Coming to Terms with Terminology. HLPE paper. A zero-draft consultation. https://www.ipcinfo.org/fileadmin/user_upload/cfs/doclibrary/CFS%20Terminology%2016%20July%202012_rev2.pdf

⁵Rockefeller (2021): Food Systems Analysis Toolkit. A Tool to Accelerate Food Systems Transformation, By the Food System Transformative Integrated Policy (FS-TIP) initiative. <https://www.rockefellerfoundation.org/wp-content/uploads/2022/02/Food-Systems-Analysis-Toolkit.pdf>

⁶von Braun, J., Afsana, K., Fresco, L.O. et al. (2021): Food system concepts and definitions for science and political action. *Nat Food* 2, 748–750. <https://www.nature.com/articles/s43016-021-00361-2#:~:text=Change%20in%20food%20systems%20comes%20about%20through%20>

external,of%20innovations%20or%20from%20changes%20in%20consumer%20behaviour.

Posthumus, H., de Steenhuijsen-Piters, B., Dengerink, J., & Vellema, S. (2018): Food systems: From concept to practice and vice versa. Wageningen: Wageningen University & Research and KIT Royal Tropical Institute.

Posthumus, H., De Steenhuijsen-Piters, B., Dengerink, J., & Vellema, S. (2019): The Food Systems Decision-Support Tool Application in the case of Ethiopia. Wageningen: Wageningen University & Research and KIT Royal Tropical Institute.

Posthumus, H., J.M. Bosselaar, H. Brouwer (2021): The food system decision support tool – a toolbox for food system analysis. Wageningen University & Research and KIT Royal Tropical Institute.

The Springfield Centre (2015): The Operational Guide for the Making Markets Work for the Poor (M4P) Approach, 2nd edition funded by SDC & DFID. https://beamexchange.org/uploads/filer_public/6f/94/6f9444bf-da88-45b3-88d7-5118a7479517/m4pguide_full_compressed.pdf

Welthungerhilfe (2015): Orientation Framework. Sustainable Food and Nutrition Security. Deutsche Welthungerhilfe e.V., Bonn.

van Berkum, S., Dengerink, J., & Ruben, R. (2018). The Food Systems Approach: Sustainable solutions for a sufficient supply of healthy food. Wageningen: Wageningen Economic Research. <https://www.kit.nl/project/food-systems-decision-support-tool/>

Care (2019): Gender Marker Guidance. Care USA, Atlanta. http://gender.careinternationalwikis.org/gender_marker

ACKNOWLEDGMENTS

We would like to thank all colleagues and external experts who contributed their expertise to the development of this framework.

As representatives of in-country programs, we would especially like to thank Susanna Daag, Hugo Verkuijl, and Philippe Dresrüsse for their creative ideas, constructive inputs, and time throughout the development process. We thank all colleagues around the world who have joined our Food Systems Expert Talks in 2022 and our Systems Thinkers Lab and shared their technical insights on challenges and opportunities in operationalizing food system transformation on the local level. Special thanks go to our country team in Liberia for their open-mindedness in testing the assessment and analysis tool.

Furthermore, we would like to thank Cristina Andrei, Benjamin Davies, Nathalie Demel, Alioune Fall, Regina Feindt, Tamanna Ferdous, Irene Gai, Shivalika

Gupta, Mbumba Jana, Stella Kimani, Lisa Maria Klaus, Thomas Marx, Hanna Maass, Martina Purwins, Sebastian Schuster, Andrea Sonntag, Gudrun Stallkamp, Stephan Simon, Souleymane Hassane Toukou, Simone Welte, Alicia Natalia Zamudio, Tobias Zehe and WHH's advisory committee for their valuable input during working and feedback sessions.

We thank PushPin and Hugo Rohrbeck for the design and layout of the framework document as well as Carmen Aspinall for her precise editing work. Furthermore, we acknowledge the great support received by Andrea Maier and Annika Funck throughout the process. We are looking forward to enriching this document with the experiences of our ongoing and upcoming food system initiatives.

Published by:

Deutsche Welthungerhilfe e. V.
Friedrich-Ebert-Straße 1
53173 Bonn
Germany
Tel. +49 (0)228 2288-0
Fax +49 (0)228 2288-333
info@welthungerhilfe.de
Member of Alliance 2015

Responsible Unit:

Sector Strategy, Knowledge and Learning Unit

Authors:

Jasmin Koottummel, Dr. Hendrik Hänke, Arno Bratz

Design and layout | web version:

PushPin Visual Solutions, Hugo Rohrbeck

Layout of figures:

Hugo Rohrbeck

Illustrations:

PushPin Visual Solutions

Design and layout | print version:

Hugo Rohrbeck, Anja Weingarten

Editor:

Carmen Aspinall

Published:

2023, updated 2025

Image index:

Page 1 (from left to right)

1. Opladen / Welthungerhilfe
2. Makavelk

Page 10 (from left to right)

1. Riccardo Mayer
2. Welthungerhilfe
3. Papashotit / Welthungerhilfe
4. Opladen / Welthungerhilfe
5. Wietse Jongsma at Unsplash

Page 11 (from left to right)

1. Apawu / Welthungerhilfe
2. Papashotit / Welthungerhilfe
3. Opladen / Welthungerhilfe
4. Papashotit / Welthungerhilfe
5. Tunde Buremo at Unsplash
6. Opladen / Welthungerhilfe
7. Papashotit / Welthungerhilfe
8. Thomas Ix / Welthungerhilfe
9. WHH / TCHIKONDI2024
10. Opladen / Welthungerhilfe
11. Thomas Ix / Welthungerhilfe



**SCAN QR CODE TO ACCESS THE
WHH FOOD SYSTEM FRAMEWORK**



**WELT
HUNGER
HILFE**