



Concept Note

The recent development in agriculture is evolving rapidly over the past few decades, like storage, processing, and marketing technologies have transformed basic agricultural commodities into a greater variety of more processed food and non-food products aimed at specific markets and consumers. Along with innovations in production and food transformation, trade patterns have shifted as supply chains have spread around the world, increasing the stability and affordability of food for many, while integrating many more consumers into complex value chain-driven markets. This continuing transformation of food systems has arguably had both positive and negative impacts on consumer choice and resulted in malnutrition everywhere. This transformation is contributing to maternal and child malnutrition i.e. two out of every five (40.2%) children under five are stunted, 29% are underweight and 17.7% suffer from acute malnutrition in Pakistan. Malnutrition is a major cause of children's retarded physical and mental growth resulting in an increased adverse burden on health and education sectors.

The drivers contributing to malnutrition are food systems/ food security, social protection, health systems, agriculture, climate change, fisheries, livestock, water & sanitation, lack of awareness, environmental conditions, inadequate hygiene, and sanitation. Under this project, implementation strategies and frameworks will be suggested to address child stunting and wasting. According to Global Action Plan (GAP) on child wasting, there is an urgent need to develop solutions by addressing malnutrition with a special focus on women and girls. GAP framework implementation strategy identifies the four key outcomes that will directly contribute to the achievement of the SDG targets on wasting:

- I. Reduced incidence of low birth weight
- II. Improved child health
- III. Improved infant and young child feeding
- IV. Improved treatment of children with wasting

The GAP has identified specific and cost-effective pathways to achieve these four key outcomes i.e. access to healthy diets, by promoting diversified food production and utilization, reducing food wastage and losses, female nutrition, mobilizing institutional support, strengthening farming communities including women and men to achieve greater gender equality, and putting in place strong legislative, policy and social protection mechanisms, also addressing threats of climate change and humanitarian emergencies. These four outcomes manifest the interventions to the most relevant system i.e. health, food, water, hygiene, sanitation, or social protection. The implementation strategy of GAP across different sectors would also include nutrition-sensitive agriculture, value chains development, use of digital technology in agriculture extension, promotion of nutrition education, development of recipes and food products, ensuring food safety and hygiene, and behavior change communication through implementation of Pakistan Dietary Guidelines for Better Nutrition.



31ST

ALL PAKISTAN FOOD SCIENCE CONFERENCE & FOOD AND NUTRITION EXPO - 2022



PAKISTAN SOCIETY OF FOOD SCIENTISTS & TECHNOLOGISTS (PSFST)

CONFERENCE
THEME

**TRANSFORMATION OF FOOD SYSTEM
FOR A SUSTAINABLE FOOD FUTURE**

Policy decisions affect many other parts of the food system, including agriculture, consumer knowledge, and food choices. Thus, more attention needs to be paid to understanding and promoting policy actions that support nutrition-enhancing food systems as a whole. The document developed will help the government in preparation of the GAP framework for child wasting, identifying key actions in Food Systems, and devising the implementation strategy of GAP across all relevant sectors. Agriculture is an increasingly knowledge-dependent industry, from information on the latest techniques to market information on specifications, prices, packaging, and consumer demands. Generating, testing, and disseminating new knowledge for production, harvesting, packaging, and processing are essential prerequisites for growth. In particular, there is an urgent need to improve the genetic makeup of livestock in the province which is suffering from excessive inbreeding; bring in new rootstock and varieties for orchards and vegetables, and promote Integrated Pest Management. However, to launch a new technology dissemination program, a new partnership is to be built between the public and private sectors.

Biofortification was principally developed as a food-based strategy to address widespread deficiencies of vitamin A, iron, and zinc that remain prevalent to the greatest extent in low-income countries. Strategies most widely implemented for the prevention of micronutrient deficiencies are the distribution of micronutrient supplements in pharmacological preparations, and food fortification, with far less investment thus far in dietary diversification strategies. In this context, there are several potential advantages and limitations to biofortification as a micronutrient intervention. Biofortification is targeted primarily to the rural poor who rely heavily on locally produced staple foods as their primary source of nutrition, and who often have restricted financial or market access to commercially processed fortified foods. The biofortification strategy has potential for sustainability as once planting material is obtained, it can often be saved, recycled, and further disseminated to other farmers. Once initial development and dissemination are completed, recurring costs of maintaining the production of biofortified crops are estimated to be much low. As such, there is less flexibility to adjust the content and combination of nutrients according to specific needs. Given the widespread prevalence of micronutrient deficiencies and a variety of scenarios in which anyone strategy will be effective, biofortification is considered complementary to other micronutrient deficiency prevention strategies.

As far as our knowledge goes, a broken food system is a complex web of activities including production, processing, transport, and consumption to provide healthy and nourishing food to the populations. The conference will provide an excellent opportunity to all the participants especially the scientific community, policymakers, and food industrialists to excel in their field and benefit directly and indirectly to the consumers. This conference will be a blended event implying virtual and physical participation of the delegates to harness the resources for local and international participants. Food Exhibition has been fused with the conference to raise awareness.



31ST ALL PAKISTAN FOOD SCIENCE CONFERENCE & FOOD AND NUTRITION EXPO - 2022



at Institute of Food and Nutritional Sciences PMAS-Arid Agriculture University Rawalpindi-46300 Pakistan

Dear Food Technologists

18-19 March 2022

Assalm-o-Alaikum

Amid multiple economic and geopolitical challenges, public health issues also remain critical to national prosperity. Pakistan has been the victim of food insecurity, foodborne pathogenesis, climate change, malnutrition, micronutrients deficiencies, post-harvest losses of fruits and vegetables, food frauds, adulteration, lack of research in the development of novel foods, the inability of young food professionals to emerge as food entrepreneurs and lack of professionally skilled labor for the food industry, etc. Failure to meet this food science and technology challenges of 21st. century has hindered the national economic growth and exacerbated the extant degree of disease burden at the societal level. A substantial population faction does not still understand the significance of lifestyle changes and better nutrition as potential means to better health and livelihood. These present-day food science and technology challenges can only be effectively addressed if our government functionaries, policymakers, industry, educational and training institutions, research organizations, and stakeholders change their priorities in terms of upholding food science and technology as a profession of choice for the common folk which is unfortunately not the case at the moment. The dream of national economic growth cannot be realized without promoting food technologies in Pakistan.

Pakistan Society of Food Scientists and Technologists (PSFST), the sole representative body of the Food Professionals in Pakistan has been endeavoring to foster food science and technology as a profession alongside bringing the food professionals to the mainstream to help them contribute to the national growth. With its very clear objectives, PSFST has been the only beacon of hope and vitality for the body of food technologists across the length and breadth of Pakistan. One of the core objectives of PSFST is to make the statespersons, legislators, political leaders, and national development strategists realize that food technologists are the only right professionals to address the formidable challenges in the food sector and any surrogate professional commissioned at any level in the realm of food and allied sectors would be exceedingly disastrous for the national growth at large. To achieve the aforementioned goals, it is consequential that PSFST is to be strengthened across scales by the existing bunch of food technologists in an efficacious manner. One of the ways to make it is to dilate the society's visibility through ambitious and forceful membership drive at all levels by involving industry and academia and research organizations. Please be mindful that the voice of the food technologists will never be heard given we speak at platforms beyond PSFST. PSFST can only offer every single food technologist in Pakistan, a sense of esteem, self-respect, and dignity as a food professional.

With this backdrop, I would solicit your remarkable support in terms of attending 31st. All Pakistan Food Science Conference and Food and Nutrition Expo being held at PMAS-Agriculture University Rawalpindi on 18-19 March 2022. Moreover, I expect that you shall make every sincere effort to convince your colleagues, peers, officials, and fellow students for joining us at the event. Please do not hesitate to contact me should you need any information/support in this regard. I look forward to seeing you in Rawalpindi on 18-19 March 2022.

Sincerely yours

Prof. Dr. Saeed Akhtar
Secretary PSFST



Pakistan Society of Food Scientists and Technologists



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ALL PAKISTAN FOOD SCIENCE CONFERENCE & FOOD AND NUTRITION EXPO - 2022



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FOR A SUSTAINABLE FOOD FUTURE

INVITATION TO PARTICIPATE IN TWO DAYS ALL PAKISTAN FOOD SCIENCE
CONFERENCE AND FOOD & NUTRITION EXPO 2022

Dear Sir/Madam

Greetings of the day!

We, on behalf of PSFST, are delighted to publicize the 31st two days Food Science Conference and Food & Nutritional Expo on **March 18-19, 2022 at PMAS-Arid Agriculture University Rawalpindi-Pakistan**. The thematic areas for the conference encompass the **Transformation of the food system for a sustainable food future**. As far as our knowledge goes, a broken food system is a complex web of activities including production, processing, transport, and consumption to provide healthy and nourishing food to the populations. The conference will provide an excellent opportunity to all the participants especially the scientific community, policymakers, and food industrialists to excel in their field and benefit directly and indirectly to the consumers. This conference will be a blended event implying virtual and physical participation of the delegates to harness the resources for local and international participants. Food Exhibition has been fused with the conference to raise awareness of local foods and connect producers, buyers, and traders. Against this backdrop, your organization, being an influential and suitable entity is respectfully invited to attend the Conference and Food & Nutritional Expo to capitalize on the pearls of wisdom during this intriguing mix of intellectuals.

Registration for individuals, delegates, and organizations has begun and submission of abstracts for poster and oral presentations are now open. For participation in Food and Nutrition Expo, Limited stalls are available. For booking of stalls, we have three categories i.e. Platinum, Silver and Gold @100000, 75000, 50000 rupees on a First come First serve basis. We look forward to your gracious presence at the **Conference and Food & Nutrition Expo 2022**

Yours Truly

Prof Dr. Anwaar Ahmed
Chief Organizer
anwaarft@uair.edu.pk
+92300665778





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Dear Food Professionals

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Amid a multiple economic and geopolitical challenges, public health issue also remains to be critical to the national prosperity. Pakistan has been the victim of food insecurity, food borne pathogenesis, climate change, malnutrition, micronutrients deficiencies, post-harvest losses of fruits and vegetable, food frauds, adulteration, lack of research in the development of novel foods, inability of young food professionals to emerge as food entrepreneurs and lack of professionally skilled labor for the food industry etc. Failure to meet this food science and technology challenges of 21st. century has not only hindered the national economic growth but also exacerbates the extant degree of disease burden at the societal level. A substantial population faction does not still understand the significance of lifestyle changes and better nutrition as a potential means to better health and livelihood. These present-day food science and technology challenges can only be effectively addressed if our government functionaries, policymakers, industry, educational and training institutions, research organizations and stakeholders change their priorities in terms of upholding food science and technology as a profession of choice for the common folk which is unfortunately not the case at the moment. The dream of national economic growth cannot be realized without promoting food technologies in Pakistan.

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With the aim of achieving aforementioned goals, it is consequential that PSFST is to be strengthened across scales by the existing bunch of food technologists in an efficacious manner. One of the ways to make it is to dilate the society's visibility through ambitious and forceful membership drive at all levels by involving industry and academia and research organizations. Please be mindful that the voice of the food technologists will never be heard given we speak at platforms beyond PSFST. PSFST can only offer every single food technologist in Pakistan, a sense of esteem, self-respect, and dignity as a food professional.

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I look forward to seeing you in Rawalpindi on 18-19 March

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Prof. Dr. Saeed Akhtar
Secretary PSFST



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Dr./Mr./Mrs. _____

Asslam u Alikum

You are cordially invited to grace the Inaugural Session of Annual Food Science
Conference & Food and Nutrition Expo 2022

18 March 2022 at 10:00 AM

VENUE

SPORTS GROUND, PMAS–ARID AGRICULTURE UNIVERSITY RAWALPINDI

LOOKING FORWARD

PROF. DR. QAMAR UZ ZAMAN
Patron-in-Chief:
Vice Chancellor

PROF. DR. ANWAAR AHMAD
Chief Organizer:
Director, IFNS

INSTITUTE OF FOOD AND NUTRITIONAL SCIENCES PMAS –ARID AGRICULTURE UNIVERSITY RAWALPINDI

