

# LEARNING HUB JOURNAL

Food and  
Dreams

Perkumpulan Pamflet Generasi  
Simpul Pangan Consortium  
Urban Futures Indonesia



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### **DISCLAIMER**

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## Foreword

There are many things we want to change, but sometimes we feel so small. Problems are everywhere, and they seem huge!

However, as environmental activist and ecofeminist Vandana Shiva (2023) reminds us, “Remember that we can’t underestimate the power of small things.”

Just like mycorrhizae, tiny and often unseen, yet essential for life on Earth, we too can be small but keep growing and spreading our influence as far as possible.

This journal is a learning companion to help you start building a better world through small actions. Hopefully, our encounter at this crossroads can nurture good things for life around us.

—

Initially, this journal was created for the youth of West Manggarai who participated in our city vision workshop on the food system—*Simpang Belajar* (short for Simpul Pangan, the name of our consortium), or the Learning Hub. In the workshop, we explored the food system by reflecting on our daily experiences, doing learning visits to food initiative communities, envisioning an ideal city food system, and mapping out ways on how youth can make a difference to achieve it.

This journal’s original title, “*Pangan dan Angan-Angan*”, translates to “Food and Dreams”—but no English phrase can fully capture its wordplay. In Indonesian, *angan* (dreams) is woven into *pangan* (food), reminding us that food is never just about what’s on our plates; it’s also about the dreams we carry. And that includes your dreams too! Though we may be miles apart and grow in different soils, I hope this journal will accompany you just as well in reimagining your city’s food system.

Good luck on your journey!

**Wilsa Naomi**

Pamflet Generasi



# Hello!

Think of this journal as your personal learning companion. Feel free to doodle, fold pages, or even take a break whenever you need to. Most importantly, please remember to write down your daydreams about food—the kind that warms your heart and sparks joy. Even if they seem silly or small, they matter!

Name:

Contact number to reach in case this journal is lost:





## Chapter 1.

### **Food 101: Learning about Food, Food Issues, and Food System**



## What is “food”?

What did you eat today?



Why did you eat that food?

We often perceive “food” or “nourishment” as anything that humans consume. But actually, what does food include?

According to Indonesia’s Food Law No. 18 of 2012, food is everything that:

- Originated from living creatures (biological), whether agricultural, plantation, forestry, fishery, livestock, waterworks, and water products, whether **processed or not**.
- Designated as food or beverage for human **consumption**. It includes additives used in the process of preparing, processing, and producing food or beverage. So candlenuts, galangals, star anises, and all herbs and spices that are used to enhance flavor and preserve food are also considered food!

# The Variety of Indonesian food

Food in Indonesia is very diverse! According to the Food Security Agency (2019), Indonesia has 77 food crops as sources of carbohydrates, 75 sources of oil or fat, 26 types of legumes, 389 types of fruits, 228 types of vegetables, and 110 types of spices and seasonings.

As an archipelago, our diverse food also comes from aquatic food sources (*blue food*) such as the sea, rivers, or other freshwater bodies. Aquatic food is often considered more sustainable compared to land-based food, especially animals, because the carbon footprint is relatively lower. Aquatic food is also equally nutritious due to the high content of omega-3, vitamin B12, protein, and iron found in several types of fish and shellfish such as shrimps, lobsters, and clams.

The reason why you can consume a certain food is usually also determined by two conditions. The first one is **availability**, which indicates how likely it is for a food to be found in a location. The second one is **access and affordability**, which looks at how easily you can obtain the food, whether by buying, bartering, or because the food grows for free around you.

Furthermore, when talking about food and the reason for its consumption, it may involve these aspects:



Humans need to eat to survive and have nutritional needs that must be met, such as carbohydrates, proteins, and micronutrients like minerals and vitamins.



Although today we can enjoy food from all over the world, the food we often eat is usually the one that can grow or may be found in our surroundings. For example, corn is processed and consumed more by some communities in East Nusa Tenggara due to the region's relatively dry climate and infrequent rainfall.



Our food tastes and preferences are shaped by the influence of values, norms, and trends around us. Religion and beliefs, such as when we observe the close relationship between the Marind people in Papua and sago because they believe it is a link to ancestral spirits, or even popular culture, like eating *tteokbokki* because of K-Pop idols, are a part of this aspect.



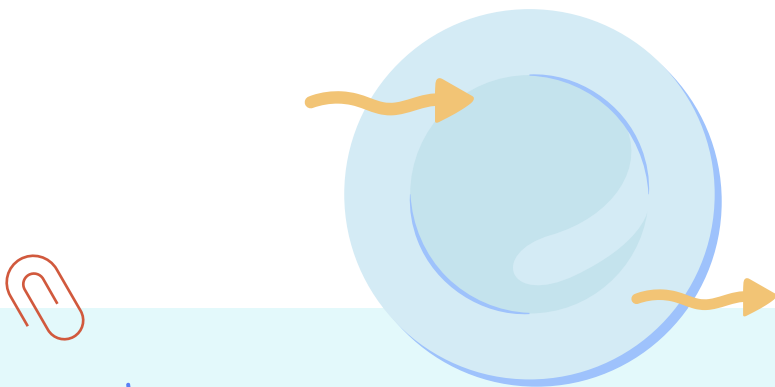
This aspect greatly depends on the production and distribution cost of food, as well as an individual's or a family's income. However, economic conditions can also be influenced by political factors, such as government policies that regulate food stocks or prices, or conflicts, corruption, and usury that cause food scarcity.

Therefore, a person's food preferences can be very diverse and influenced by various interconnected aspects. So, which aspect do you think the reasons you wrote fall into?

### Activity 1.1. Where Does It Come From, and Where Does It Go?

Now, let's think about the food you mentioned! Obviously, the food we consume does not come from thin air. Based on what you know, try to describe the process of **where** and **how** the food **gets to** your plate. After that, describe **where** and **how** your food waste is processed afterward.

PS: Be as detailed as possible, okay! :)



What is your reflection on this activity?

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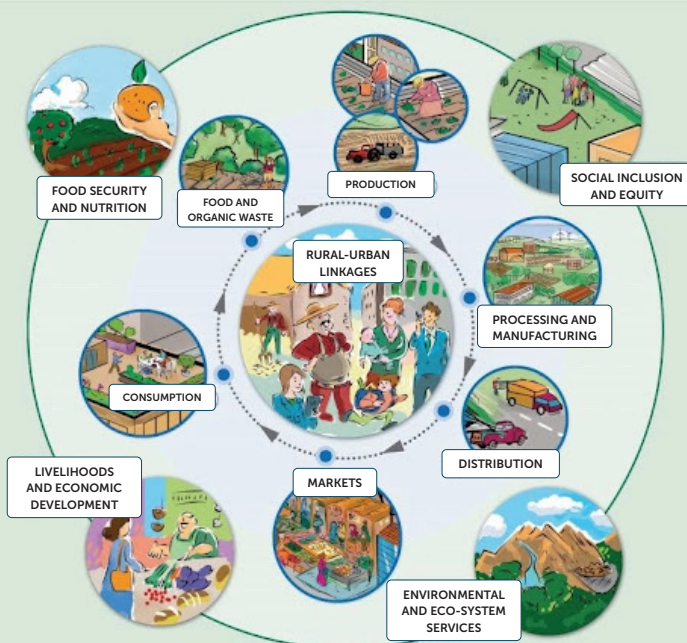
Perhaps you depicted the sales, distribution and transportation, processing, and production processes on the left side, and the waste disposal and processing activities on the right. Or maybe, you depicted more complex things, such as policies about food that affect how it ends up on your plate.

If these are the things you describe, that means you have drawn a **simplified food system**. You've also illustrated that "simply" by eating, you have become a consumer in a food system!

## Getting to know the food system

According to food and nutrition experts at the UN Committee on Food Security (HLPE-FSN, 2017), the food system encompasses everything involved in the process of getting food to our plates and glasses. Starting from how the food is grown or obtained, processed, transported, cooked, and eaten, to eventually becoming waste. The food system also looks at the relationship between rural and urban areas in the process, and how all of those things **influence** and are **influenced** by various aspects of our lives: environmental, social, and economic conditions.

Take a look at the following illustration of an urban food system from the Food and Agriculture Organization (FAO):



Now you know that there are so many people involved in the food system. Farmers, fishermen, people who transport, pack, or deliver food to the market, vendors, shopkeepers, you and your friends, and even people who collect waste — we are all interconnected in the food system. When we say "system", it means we also acknowledge that all of those things have a cause-and-effect relationship.

## Anyway, what is it with our food system?

### Activity 1.2. How Imminent Is It?

Cited from various sources, Indonesia still has some homework regarding food. Some of us may be familiar with these food problems in our daily lives. Check the condition that you feel is the closest to you!

#### 1. Famine and the Burden of Malnutrition

Famine still haunts some areas in Indonesia. Indonesia is also still burdened by malnutrition or lack of nutrition, such as stunting in children, as well as micronutrient deficiencies like anemia in mothers and teenage girls, and obesity.

☐

#### 2. Unhealthy and Uniform Diet

Although Indonesia has a wide variety of foods, the diet of many families tends to be unhealthy and uniform (Mehraban and Ickowitz, 2021; Ministry of Health, 2019). Ultra-processed foods such as junk food and factory-processed packaged foods high in sugar, salt, and fat dominate consumption in some families in Indonesia.

☐

#### 3. Massive Transformation of Forests and Agricultural Lands

The rate of deforestation and conversion of agricultural land for other uses, such as mining projects, housing, infrastructures, and other developments, is very high: Every year, Indonesia loses 2.4 million hectares of natural forests and 96.5 thousand hectares of rice fields. These are just forests and rice fields, not including plantations, fields, or other types of agricultural land.

☐

#### 4. Local Food Variety is Diminishing and Disappearing

Several indigenous communities in Indonesia have recorded a decline in the number of local foods and seeds, either because of land conversion, agrarian conflicts, and climate crisis, or the failure to pass down local food knowledge to younger generations.

☐

#### 5. Unsustainable Agricultural Practices

Unsustainable agricultural practices are large-scale agricultural practices that use agrochemicals and fossil fuels intensively, and monoculture, all of which harm the environment.

☐

#### 6. Small-scale Food Producers Are Struggling

The income earned by farmers, ranchers, fishermen, and small-scale food producers in Indonesia is not sufficient to meet their daily living needs. Many small-scale food producers have to earn their living by working several jobs, and even abandon their livelihoods in this sector.

☐

#### 7. The Surge in Food Waste

In Indonesia, the total amount of food wasted each year is enormous: reaching 20.93 million tons per year. This amount can feed more than 30% of the population.

☐

You may have checked many boxes, or perhaps only a few. Although these challenges seem overwhelming and huge, we can still make changes, starting from our smallest circle!

### Activity 1.3. Learning to Think Systemically

Now, is there any food system flowchart that helps us **navigate the problems** and **formulate solutions or interventions**? While the shape of food systems **certainly varies according to context**, HLPE (2020) has food system frameworks that can help us. However, this chart is quite complicated. So, let's just try practicing the simplified version!

When you hear the word "food", what things or phenomena make you feel sad, anxious, upset, or angry? No need to look far, it can be something from your daily life.

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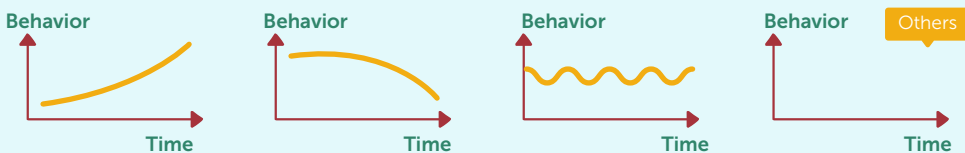
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Example: The price of staple foods, especially rice, is high!

Is there a pattern over time? If it were made into a graph, what would it look like?



Example: The statistics are not very clear, but I see more and more news on social media about indigenous peoples losing access to food from their forests or their territories, such as the Batak people in North Sumatra, the Papuans in Merauke, South Papua, and many more.





Usually, the concerns or issues you have are the **result** of the food system that is in place today. What do you think is the cause?

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Example: It seems to be getting more expensive... I'm not exactly sure, but my neighbors told me that they have to alternate between eating rice and instant noodles as well. In my village, I feel like I'm hearing this more and more.



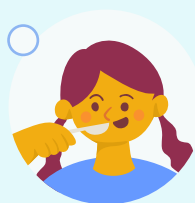
In which key activity areas of the food system does the problem occur?



production



distribution or supply chain (the journey from production to where we buy/get it)



consumption and diet

others:

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Example: Consumption, but I think it's also related to production and distribution.



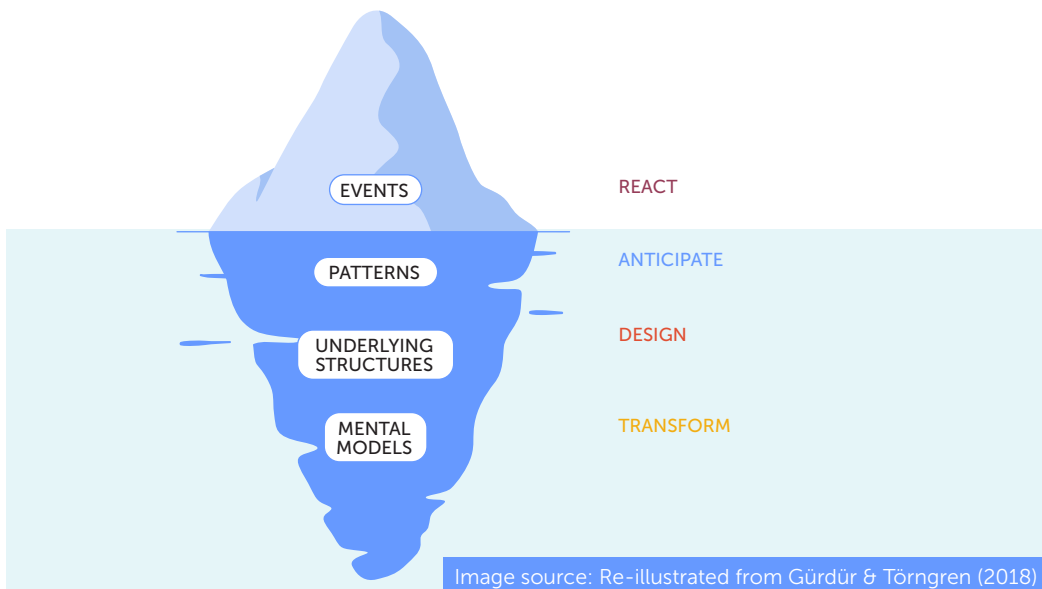
Now, let's dig deeper. In your opinion, what factors shape the activities mentioned earlier? How are these factors interconnected? Are there any policies, regulations, or even cultural beliefs that influence it? You can also take another look at the various aspects mentioned earlier.

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Example: According to the news I heard, rice is expensive because the distribution of food supplies to certain areas is hindered. As a result, rice supply in a certain area does not meet the demand. I also know that the demand is high because people's diet now only depends on rice.



Congratulations! You have just contemplated food system problems based on your daily experience. It's like exploring an iceberg; the symptoms around us are just the tip of it sticking out and there are systemic issues beneath the surface. By understanding the root of the problem, we can design more targeted solutions!

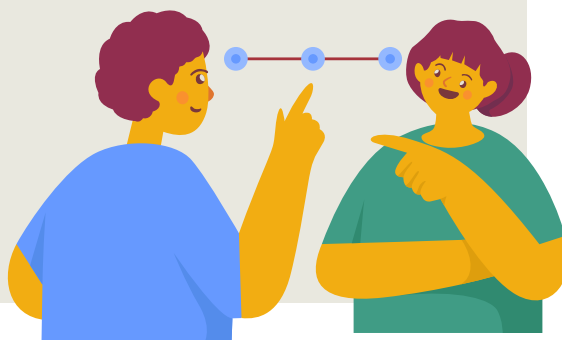
This system approach emerged because, until now, food issues have been addressed **individually**, by **separate** people and institutions who **do not** communicate with one another. Whereas, mapping out the problems and formulating the solutions or initiatives **cannot be done alone** and **cannot be done overnight**. By understanding food as a system, we can contemplate the issues and formulate collective solution initiatives!



*So, what's next?*

Involve your friends! Invite them to discuss your concerns and thoughts. Afterwards, together you can imagine what common goals you want to achieve.

Discuss, at which point should **the most important changes** occur? What kind of changes? Then, who are the people or institutions I should work with to achieve that goal?



## Chapter 2.

### **Sustainable, Equitable, Rights- based: Imagining an Ideal Food System**



## Understanding sustainable food system

One of the main issues with our food system is how we, whether as producers or consumers, are intertwined in a global and industrial food system that is large, complex, environmentally unfriendly, and unfair to some.

How do we know if we are part of that food system? Check the actions you did in the past few days:

- ☐ Consuming instant noodles, artificially sweetened drinks, or factory-made products such as packaged snacks.
- ☐ Using cooking oil for cooking, or eating fried foods.

If you checked any of these, that means you are already a part of the food system! How?

- Instant noodles contain wheat flour made from wheat. Wheat is not produced in Indonesia and is imported from other countries, such as India, Türkiye, and Ukraine.
- Sugar, especially the type used in processed foods, is also imported from Thailand or Brazil.
- Cooking oil is a product of palm oil plantations and industry, processed with specific machinery and farming that involves various chemicals.



So, why is this  
global and  
industrial food  
system a problem?

Scan this QR code  
to see the answer!



## Unfair to whom?

Let's think about it together! Have you ever come across news or heard stories like these?

- Farmers' harvests are bought at very low prices to keep the market prices down
- Plantation workers receive very low wages
- There are social groups who can only access cheap and unhealthy food

If you still can't picture it, take your phone and type:

Indonesian farmers, low purchase prices



female palm plantation workers



Papuans, sago, rice



The principle of the global and industrial food system is: to produce as much food as possible at the lowest price. Wait. *Isn't that good? That means more people can eat enough food!*

Well, this is where the problem lies. On the one hand, cheap food may indeed be something people wish to be made more affordable. However, there are food producers and workers who often have to work hard but are paid very little, with working conditions that can threaten their health. Moreover, because of that principle, our land is bombarded with various pesticides and chemical fertilizers that damage it in the long term. If the land is damaged, what will happen to future generations?

## So, what's the solution?

A better food system has two main keywords: **sustainable** and **equitable**.

### Sustainable Food System

**Goal:** Achieving food security and nutritional fulfillment for all

**Conditions:** The method does not endanger the food and nutritional security of future generations, whether economically, socially, or environmentally.

FAO (2018)

Now, a sustainable food system must have these six criteria (HLPE, 2020):

- **Productive and providing prosperity** (to make sure that there is enough food for everyone)
- **Fair and inclusive** (everyone can access food and it does not harm anyone's life within the system)
- **Respectful and prosperous** (everyone is guaranteed the right to choose and speak. It should not be forced, let alone given only one model of the food system!)
- **Resilient** (strong and stable, even when hit by storms of life)
- **Regenerative** (ensuring sustainability on every front)
- **Healthy and nutritious**



## A Just Food System

Why is Indonesia the country with the third highest hunger rate in Southeast Asia, yet at the same time, millions of tons of edible food are wasted every year?

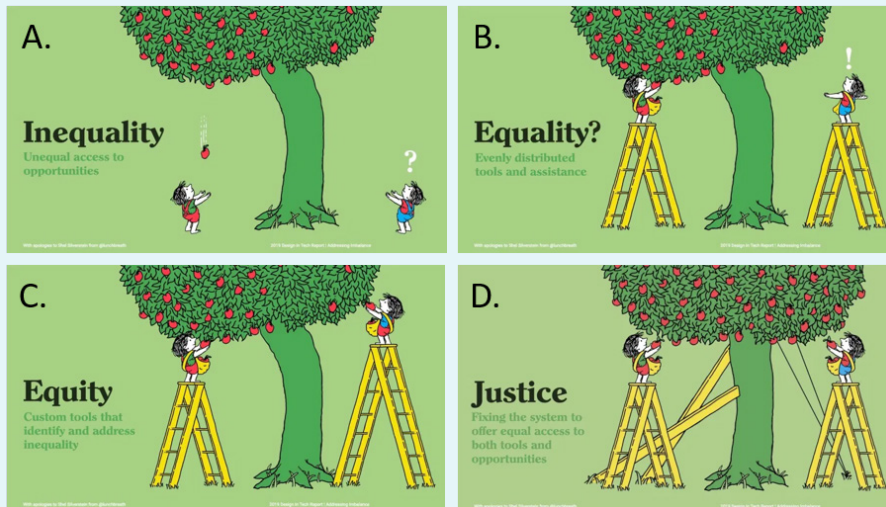


Illustration source: Tony Ruth (2019)

Let's imagine this fruit-bearing tree as the food system that produces as much fruit as possible. Although the tree has so many fruits, it is crooked! And the fruits are not distributed evenly. Only a few people are benefited and can access the fruits.

When talking about access, we could add a ladder to help everyone reach the fruits easily. However, if the structure is unequal, there will still be people who have to work harder and pay higher prices just to get their rights, or in other words: be discriminated against.

Meanwhile, if we fix the tree to make it more balanced, and provide equal access support according to everyone's needs, we can begin to see a glimpse of a fairer system.

Based on this analogy, can you imagine the answer to the question above?

Source: Global Hunger Index (2024); National Development Planning Agency (2021)





In your opinion, what conditions or identities can cause someone to be discriminated against in their right to food?

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### Activity 2.1. Just or Unjust?

Circle the ones that you think are practices of food justice!

**A**

To produce cheap food products, A and their company lowered employee (B) wages as low as possible, to below the minimum wage, causing B to struggle to meet daily needs.

**B**

A local youth organization in city N, together with NGOs and a group of chefs, promotes the consumption of sago and makes sago products at low prices to be distributed to low-income communities.

**C**

A Healthy Market is a market that provides space for small-scale farmers, fish farmers, and small-scale food producers to sell their products directly and connect them with consumers.

**D**

When COVID-19 hits, as a Deaf person, D struggled greatly because information about public aid was not accompanied by sign language interpreter services.

**E**

A women's community in area O engages in urban farming by growing vegetables and fruits to meet the needs of their families and community.

**F**

L's family is at risk of losing their main livelihood as fishermen due to a development project at the harbor that pollutes the coastline and causes a decline in fish populations. They were left out of the loop in the project planning process.

**G**

In their district, it is becoming more and more difficult for N and his family to consume sago, which was once a source of subsistence food (produced independently). Meanwhile, rice in the shops in his district is too expensive.

**H**

As a female head of household, K tries to become an independent fisher. However, the fishermen's insurance card, which can be used to obtain assistance and subsidies, does not yet recognize housewives as rights holders.

**Answer Key: B, C, E**







## Beware of enemies in our heads!

It's not just external factors; sometimes, we can also play a role in perpetuating discrimination and injustice in the food system. It all starts with the enemy in our heads: **bias**.

Bias is a strong feeling or tendency, whether consciously or unconsciously, towards someone or something. Bias is like fog that obstructs our vision when riding a motorbike. That's dangerous, you know. It hinders us from tracking, researching, and analyzing issues clearly and objectively.

### Activity 2.2. **BiaSure!**

Among the biases you may encounter in daily life, there are class bias and gender bias. For the statements below, write **(A)** if you think the statement reflects **class bias**, and **(B)** if it's **gender bias**.

-  "There's no need for women to go to college because eventually they will get married and take care of the household."
-  "Rich people understand and care more about their family's health and nutrition than poor people."
-  "Fine dining restaurants care more about reducing food waste than street food stalls."
-  "Women should stay at home and take care of the children, while men go to work."
-  "Farmers and fishermen remain poor because they don't work hard."
-  "Men need to eat first and more because they spend the most energy in their work."

Gender Bias	Class Bias
A person is seen and treated differently just because of their gender, such as male or female. As a result, it prevents everyone from getting equal opportunities and treatment objectively.	A person or a group of people is seen and treated differently because of their social class (occupation, income, or background) or economic status.



**“An educated person must act justly, starting with their thoughts, let alone their actions.”**

Pramodya Ananta Toer

Once we are committed to overcoming bias and striving for a fair food system, we can move forward toward a rights-based food system!

## **Rights-based food system**

In the previous section, we learned that there are many people involved in the food system, often referred to as “stakeholders.” Well, there is a concept of the food system that sees food as a human right, not a mere commodity, namely: a rights-based food system!

This means that without discrimination, everyone should have access to food. No one should go hungry, including those who can’t afford it. Here, the state is the primary party responsible, and everyone else is a stakeholder, or more precisely, a rights holder.

In line with the principles of a sustainable food system, the civil society and social movement wing of the UN Committee on Food Security, CSIPM (2021), once formulated a collective vision for a human rights-based food system. In short, for them, the criteria of a food system are:



The voices and interests of communities > private sector such as big companies (in making policies)



Protecting nature, the rights of small-scale food producers (such as farmers or fishermen near you), and indigenous communities must be prioritized!



'Real' foods > ultra-processed or instant foods



Food production does not harm the environment and the workers throughout the system.



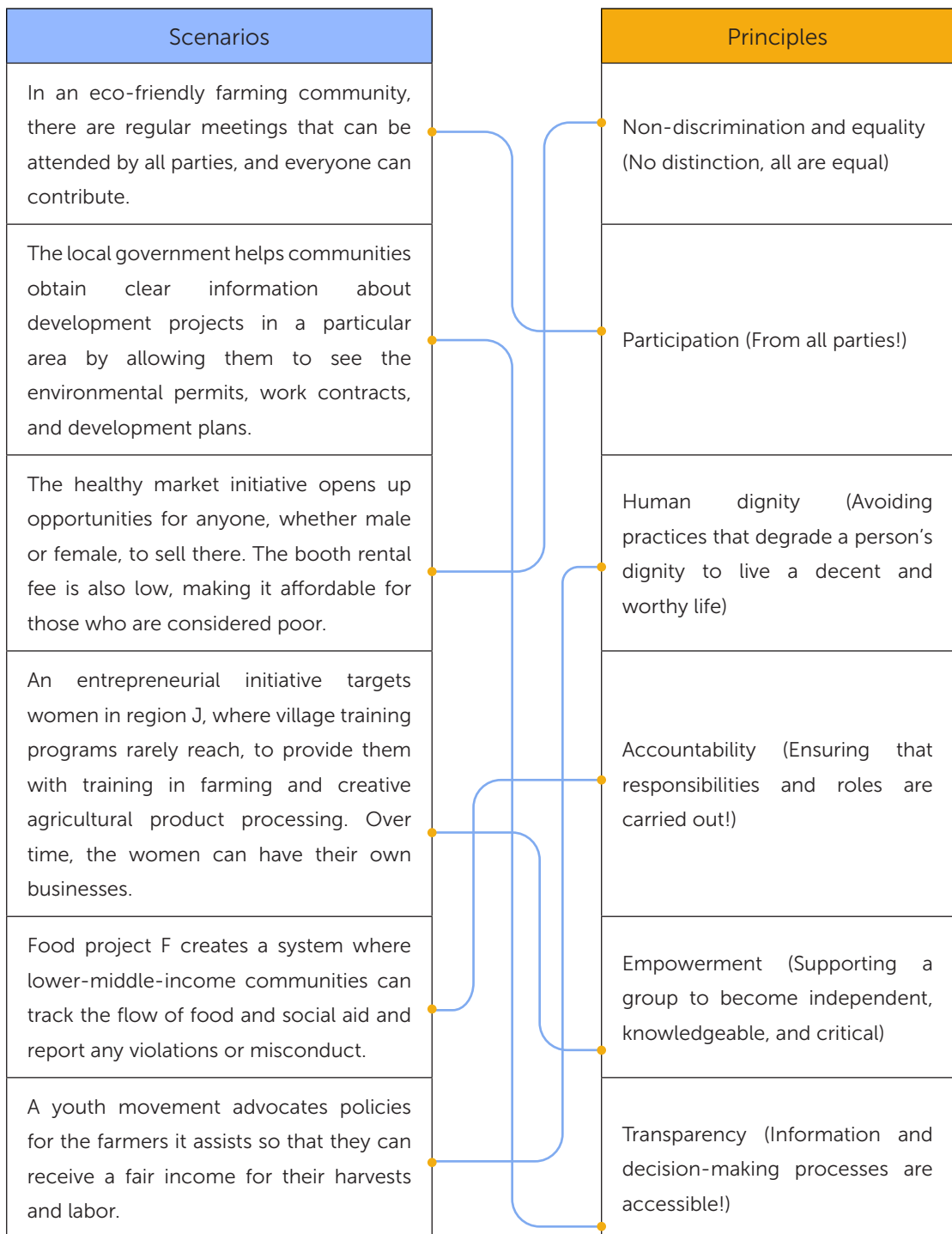
The collective knowledge, innovations, and practices of indigenous peoples, and small-scale food producers (such as farmers or fishermen near you), are a priority.

And so, when we, as the people and not the 'state', want to create a rights-based food initiative, is it possible?

**Of course!** We can create initiatives and movements to encourage the realization of the right to food by the state or initiatives that incorporate human rights principles.

### Activity 2.3. Practicing for Human Rights Awareness!

There are six main principles of human rights. Let's play and learn! Use your pen/pencil to connect these food initiative scenarios to the human rights principles they have implemented.



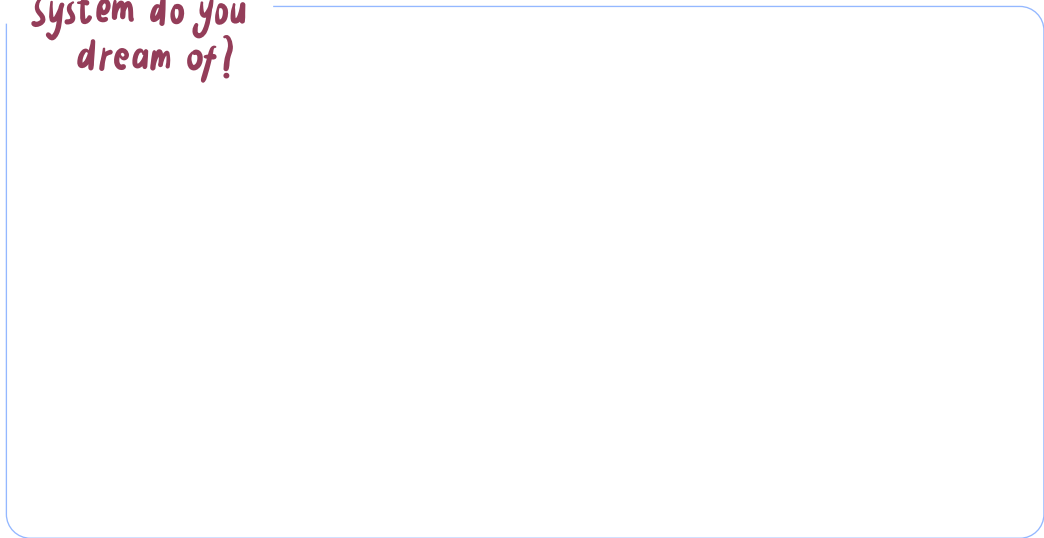
**Answer Key:** 1) participation, 2) transparency, 3) non-discrimination, 4) empowerment, 5) accountability, 6) human dignity

## Activity 2.4. Imaginations, Assemble!

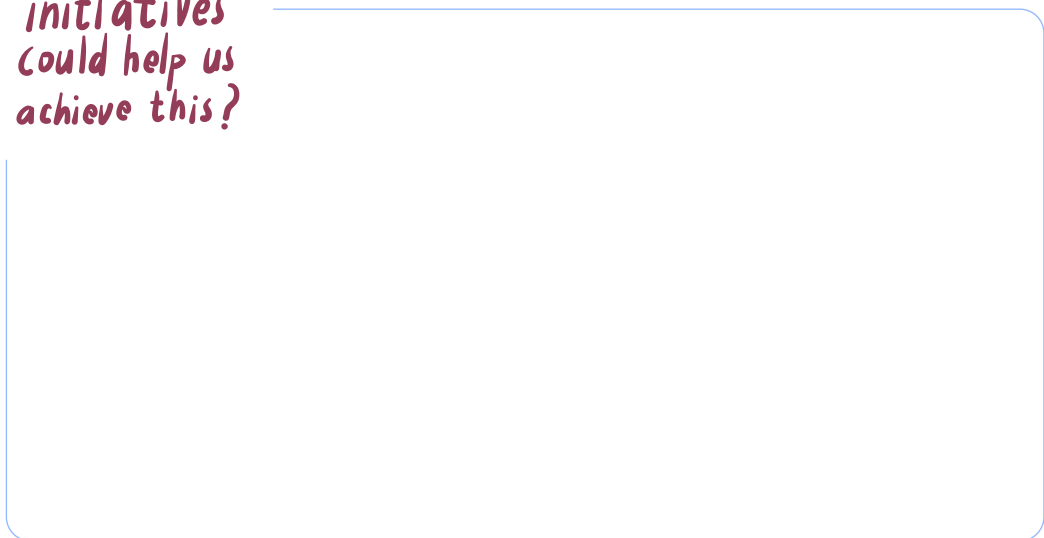
Now we know that we need a sustainable, equitable, and rights-based food system.

After understanding all of this, let's take a moment to reflect on this knowledge. Now it's time for us to imagine and draw! Don't forget to ask your friends about their drawings too!

*What kind of food  
system do you  
dream of?*



*What kind of  
initiatives  
could help us  
achieve this?*



## Chapter 3. How Local is My Plate?



Imagine yourself as a reader faced with article headlines like these:

**KETAHANAN PANGAN**

## Pangan Lokal Hadapi Tekanan dari Berbagai Aspek

Pangan lokal di berbagai daerah menghadapi banyak tekanan. Selain masuknya beras, tekanan juga berupa alih fungsi lahan dan deforestasi serta pembangunan ekonomi industri.

Local Food Under Pressure in Various Aspects




**TAJUK RENCANA**


## Kabar Pangan dari Pulau

Kerentanan pangan di pulau-pulau kecil adalah kenyataan. Di sisi lain, keragaman pangan lokal terus berkurang.

Food News from the Island

ipos  
19 2023 02:45 WIB · 2 menit baca

A TEKS ▾    



### Keragaman Tanaman Pangan Makin Terancam

oleh Luh De Suriyani [Denpasar] di 15 September 2022



### Beras Mendominasi? 5 Makanan Pokok Indonesia Ini Terancam Punah

M Nurhadi | [Suara.Com](#)

Jum'at, 23 Februari 2024 | 16:37 WIB



Image sources (left to right)

Kompas (2023); Suriyani (2022); Nurhadi (2024);  
Pandu (2023)

What do you think  
is the main  
theme there?

In your opinion,  
why is Indonesia  
experiencing this  
phenomenon?





## Understanding the meaning of local food

Many news articles on the Internet say that Indonesians are “obsessed” with eating rice, even though there are many other staple foods in various regions, such as corn, sweet potato, cassava, sago, and sorghum. In other words, our diet is becoming more homogeneous.

Nowadays, diverse local foods, whether staple foods, vegetables, fruits, or side dishes, are increasingly being replaced by other commodities that are considered more profitable. Agriculture in Indonesia currently focuses more on producing foods such as rice, wheat-based foods, poultry such as broiler chickens, and dairy products (Mulia Nurhasan et al., 2021). This situation affects our daily consumption, which becomes repetitive and monotonous. Local and traditional foods of Indonesia, such as sago, green leafy vegetables, fresh legumes, and game meat, have become rarely consumed (Nurhasan et al., 2022).

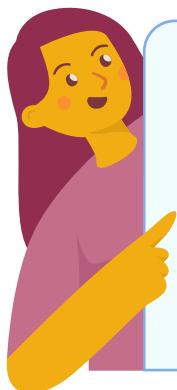
*But actually,  
what constitutes  
“local” food?*

Local food refers to any food that can be used, consumed, and processed by a community through generations. Typically, this kind of food is grown or produced in the area where the community lives and is closely related to the historical, cultural, and environmental aspects there. So, local food is closely related to the characteristics of the surrounding environment and the unique way a community processes it!



Are there any local foods still consumed daily in your area? Or, do you know different kinds of local foods and how to make them?

### Aktivitas 3.1. Food Talk with the Elders



To answer the above questions, you might have to talk with those who have lived longer than you and have tasted various local foods.



#### What you need to do:

1. Prepare a notebook and stationery.
2. Prepare your ears, eyes, and perhaps even tongue!
3. Now think: Is there anyone older than you who can tell you about the local foods that were commonly consumed daily in the past? They could be your parents, grandparents, or even neighbors!
4. Your task is to have them give you 30-45 minutes of their time, then ask and listen to their stories about **local foods that still exist today or those that are difficult to find nowadays**. The stories can include types of local food, how to prepare them, and the secret recipes to make them delicious, as well as the reasons why the foods continue to exist or are gradually forgotten.
5. Don't forget to take notes and explain why you need to hear their stories.

#### Question guide:

1. Everyone loves to talk about food. Let's start with: Dad/mom/grandma/grandpa (hereinafter referred to as "you"), what do you eat daily? Is there any particular food that you really like? Why?
2. Among those foods, are there any whose ingredients are actually grown, gathered, or sourced from around here (locally)? What are they?
3. How do you prepare, process, or cook them to be more delicious?

4. Do you remember if there's any local food that you used to eat but is no longer available today? If yes, what do you remember about it the most? Why? Can you describe the taste?

5. Why do you think those foods are rarely consumed now?

You can also dig deeper by asking:

... is it because of the change in the environment?

... is there no one looking for it anymore?



... is it because no one likes it anymore?

... is it because no one can process it anymore? (But wait until they finish their story, okay!)

6. Is there any difference between local/traditional foods and modern foods? What is the difference? Which one do you prefer, the old local foods or the foods that most people eat now?

7. If there's one local food that the younger generation must taste, what is it? This can be a local food that is difficult to find now or no longer exists. Sekarang, kamu bisa mengisi ini sesuai dengan hasil bincang panganmu:

Now, you can put the result of your food talk here:

	Before food talk	After food talk
 <p>Local foods around me that I know</p> 		

Why local foods are rarely consumed now:

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Interesting thing(s) about food from the talk:

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The local food that I want to taste the most based on the stories:

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What are the pros and cons of local foods compared to today's everyday foods? Why?

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## Why does it have to be local?

Local foods are the key to a **healthy** and **sustainable diet**. Because:

- Local food is diverse and encourages a varied diet. This means we can get more vitamins and minerals to live healthily. For example, in Ende, East Nusa Tenggara alone, 285 local food plants can be consumed!
- Local foods are adaptive to the environment where they grow or exist. As a result, they are more resilient to climate disturbances and disasters. For example, upland rice varieties in Central Kalimantan are resistant to long droughts, and sago plants in Papua are more unsusceptible to flooding.
- Local foods are more environmentally friendly because they are closer to us, so they don't need to be transported long distances, which would generate a lot of carbon emissions. Some local foods also don't need chemicals to grow and thrive.

Source: Nurhasan and Panggabean (2023); Nurhasan et al. (2021); Mantasa (2023)

The importance of local foods for a more resilient and sustainable food system in Indonesia is also recognized by our government! This is marked by the issuance of Regulation of the President of the Republic of Indonesia No. 81 of 2024 on the Acceleration of Food Diversification Based on Local Resource Potential. This regulation serves as the foundation for ensuring that more local foods become available, affordable, and utilized, and supports the development of local food businesses.



Scan the QR code to explore the variety of local foods in Indonesia! In this food documentation site, anyone, including you, can contribute by uploading data about local foods in your area.



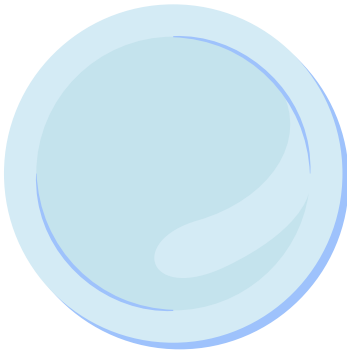
The website [www.nusantarafoodbiodiversity.org](http://www.nusantarafoodbiodiversity.org) was initiated by Ahmad Arif (journalist), Said Abdullah (KRKP), Puji Sumedia (KEHATI), and Mulia Nurhasan (CIFOR).

## Activity 3.2. How Nutritious, How Local?

### #1 How Nutritious?

Think of the circles below as an empty plate! On the plate, draw what you ate yesterday: What is the staple food? Side dish? What about the vegetables? And the fruits? Draw according to the portion. For example, the rice is half a plate, the side dish is a spoonful, and so on.

#### Lunch



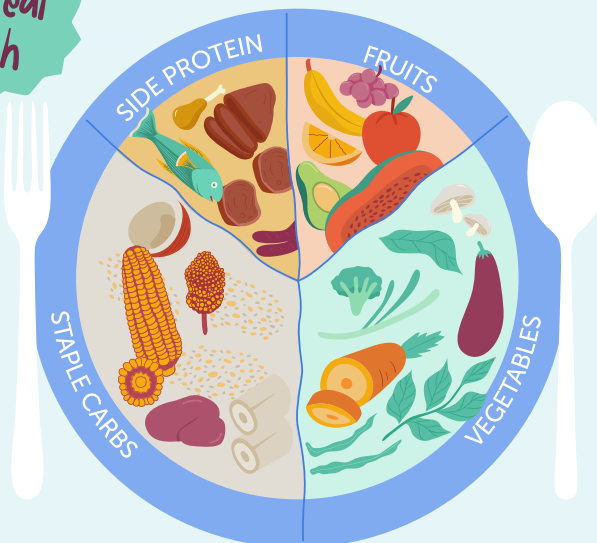
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Now, compare what's on your plate with the "*Isi Piringku*" (My Meal Dish) recommendation from the Indonesian Ministry of Health. In short, this is a guideline for the portions of food and drink needed to meet our daily nutritional requirements.

My meal dish



Wash hands with soap



Physical Activities 30 Minutes Everyday



Monitor Weight



Drink Water 8 Glasses per Day



Sugar.Salt.Fat 4.1.5

Learn More



Image source: Darmawati, 2022

What is the result of your observation?

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If it turns out that the contents of your plate are less diverse or don't align with the guideline, why do you think that happens?

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The goal of this activity is to encourage us to reflect on food diversity through the contents of our plate, but it doesn't mean we're blaming your lifestyle! We have learned that food issues and eating activities are influenced by various aspects, including structural conditions such as food politics and environmental conditions, which may not support local and diverse food consumption, or fair access for certain communities.

For example, the Dayak Ngaju people in Central Kalimantan are now finding it difficult to consume local food because their tradition of slash-and-burn agriculture is no longer allowed due to the enactment of a regulation prohibiting burning (Arif and Triwibowo, 2022). Moving a little further to the United States, some Black and person of color (POC) communities there also face a stigma when they consume local food, as it is considered "unhealthy" (Nittle, 2020). It is also difficult for them to access healthy food because their neighborhoods are packed with places selling fast food with low nutrition, while healthy food is hard to find due to its rarity or high cost.

## #2 How Local?

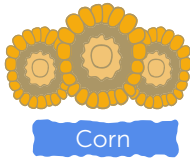
In Chapter 1 about the Food System, you've tried to draw where your food comes from. Some of you may have had difficulty because it's quite impossible to know where our food comes from if we buy it from the market. Of course, you can search in Google like this: "Where does (mention the food) in (mention the place you live in: city or district) come from". Even so, the answer is often either unavailable or unclear. Especially if we buy factory-made food products whose raw materials are mostly imported.

Often, food stocks in the market are obtained from various regions in Indonesia, and even from outside Indonesia. Just take a look at the possibility of how far your food has traveled.

*Where are they import from?*



some from Vietnam, Thailand, Pakistan, India, Myanmar



from India, Argentina, Brazil, Thailand, Paraguay



from Sri Lanka, India, Türkiye, Ukraine, and Japan.

Your meal today may contain these foods. Replacing them with local food that you know is produced by **local people** and **comes from your surroundings** not only reduces the carbon footprint that exacerbates climate damage but also reduces potential inequities that we may not be aware of in the global food system!



## Chapter 4. **Youth and Food System**

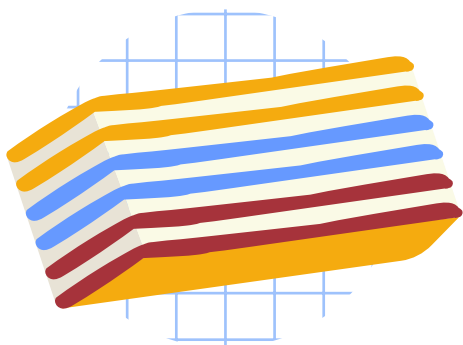


## Everyone has the right to be involved: inclusive and meaningful youth participation.

Youth is a group of individuals of young age, whose age range can vary from country to country. In Indonesia, according to the Youth Law, this includes people aged 16 to 30. Well, although they vary, all youths share one thing in common: they are all in a transition period from childhood to adulthood. Or simply put, it's the in-between phase!

You may feel this: no longer treated like a child who is taught this and that, but also not yet fully considered an adult when carrying out a responsibility. Young people are expected to be the demographic bonus that brings major change to the nation, yet finding a job just to get by is incredibly difficult. Expected to become leaders, but their opinions are never asked.

Having situated in this in-between phase, we have unique vulnerabilities, whether economically, politically, socially, or culturally. However, there's something important to note about! When we talk about "youth," which one are we referring to? The thing is, we can't generalize that all youths are the same.



Like a layer cake, youths have various layers of identity. Thus, each young person's experience is unique in each culture and highly dependent on aspects such as gender, class, economic conditions, place of residence, and intergenerational relationships (Glover and Sumberg, 2020).

Now, write down the big demands placed on young people that you often hear!

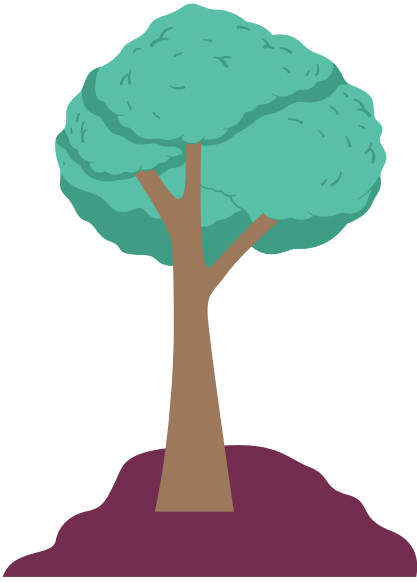
People say  
young people  
must be ...

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### Okay, let's take one example now.

“Indonesian youth must be creative, innovative, and brave in entrepreneurship to drive the nation's economic development!”

Often, these expectations create the illusion that success and a quality life for young people can be achieved as long as they have strong determination, willpower, and resilience. Of course, there's some truth in it.

However, a tree can't grow big and strong, no matter how good the seed is, if there is no fertile soil, flowing water, and enough sunlight. You, as a youth, also need an enabling environment to grow and maximize your potential.

### Before that, know your rights!

Basically, as a youth, you have the right to participate in various spaces, programs, and policies. When we are hailed as the force for a sustainable world, development programs and decision-making spaces around us must first strive to be **inclusive** and ensure **meaningful participation**.

Inclusive	Meaningful
Youth, with all its diverse identities, is involved and given space to participate fully. They should be given choices and opportunities without being discriminated against because of their identity.	Youth are actively involved, their views are taken into consideration and respected, and they are given the opportunity to influence their institutions or communities.

#### Activity 4.1. This or That?

To understand your own experience with inclusive and meaningful participation, let's take a look at the THIS and THAT boxes. These scenarios represent your involvement as a **young person in activities or spaces led by adults**. Circle the scenarios that are similar to what you've experienced.

THIS	THAT
You are asked to participate in an event because you are a “young person” or “youth.” However, they never involve you in the planning meetings for the event nor ask your opinion.	You are asked to help make a program successful. In the beginning, the person in charge of the program clearly communicates the possible outcomes and impacts of the program, whether positive or negative.
There will be a competition in your city! As a youth, you are asked to participate and help prepare the event, with the promise of assistance and if your team wins the competition, you will receive a share of the prize. But after you win, the prizes and even the promised help never come.	You are asked to participate in an event because you are a “young person” or “youth.” The event meetings always consider the time when you’re not busy. They also ask for your opinion and take note of it.
You are invited to join a program that focuses on an issue you really care about. You share a lot of your opinions. Yes, the adults around you listen to you. But, why is none of your ideas being implemented in the program?	In an activity, you are involved throughout the process, from planning to execution. You are even chosen to lead one of the events in the program, to determine the concept, format, and speakers for the event.
You are tasked to give a speech at an event. But as the big day approaches, there is no news or instructions for you to write the speech. Suddenly, you are given a text that was already written by someone else because you are deemed to not understand enough.	You decide to go to the sub-district office to protest a policy that harms you and ask for the policy to be changed. The sub-district officials listen to you and look for ways to accommodate your opinion.

Now count the number of circles in each column.

THIS	THAT

### Result:

THAT > THIS

Congratulations! You have experienced a process of meaningful participation that respects you as a young person.

THIS > THAT

Ouch. It's possible that you more often face situations where your participation is merely used as a **token**. Moreover, you may have experienced **manipulation**.

THAT = THIS

Your experience is balanced! On one hand, you've been involved in inclusive and meaningful participation, but on the other hand, you've also experienced **tokenism** and **manipulation**.

## What is manipulation?



Your identity as a youth is exploited to support an agenda without your consent. But it feels as though it's you who created or supported it.

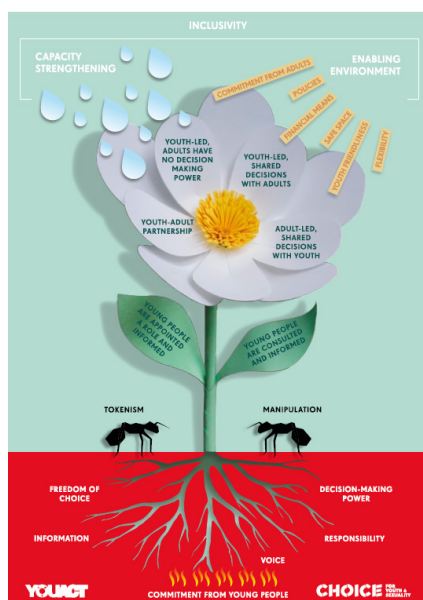
Example: A program launch event tells the public that "100 youths from X District support program Y." However, you and your friends are only required and told to come as spectators at the event, and then go home.

## What is tokenism?



As a youth, you are involved merely as a symbol, and there's no effort to give you space to speak up, be responsible, and participate in decision-making. You still have the choice to participate or not, but your involvement is only a facade.

Example: You are invited to a forum as a youth representative, but your opinion is ignored or dismissed, and you're not involved in decision-making.



Oh, dear...

Both of these things should not happen, because our participation becomes fake or forged! Ideally, according to the concept of **"The Flower of Participation"** developed by CHOICE For Youth and Sexuality, there are basic elements that must be fulfilled for your participation to be meaningful.

Illustration source: CHOICE for Youth and Sexuality

Adults need to give us:

- The freedom to choose.
- Access to complete information about a program, activity, or policy. For example, your goals, roles, and the opportunities you can get.
- The power to make decisions, voice opinions, and be heard.
- The role and responsibility to act independently.

Afterwards, you need to also be supported with:

- Capacity strengthening.
- Enabling environment, such as support and equal treatment from adults, financial support, a safe and comfortable space, as well as flexibility to accommodate your needs.

We hope this knowledge can help you achieve meaningful involvement in your food initiatives!

Scan this barcode to learn more about Meaningful and Inclusive Youth Participation (MIYP):



However, Pamflet's module on MIYP is only available in Bahasa Indonesia. As an alternative, you can dig deeper by watching this video by CHOICE for Youth and Sexuality:



## Why should we be involved?

*From your perspective  
why does youth  
need to be involved  
in the food system?*

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One of the reasons is that, in many countries, we as young people are **the age group with the largest population**, and this includes Indonesia (HLPE-FSN, 2021; Glover and Sourceg, 2020). Just imagine, that in 2023, the Central Statistics Agency (BPS) estimated that the youth population in Indonesia alone was 23,18% or **almost a quarter** of the total population (Rizaty, 2024). But, has the current food system addressed our needs and aspirations?

You may often hear the terms “demographic bonus” or “Golden Indonesia (Indonesia Emas) 2045”, which are based on the assumption that if, in 2020-2035, we as young people are maximally absorbed into jobs in certain sectors, including the food sector, Indonesia’s economy could soar.

However...

**This means youth are at the forefront of all changes in the food and agricultural systems.** Well, it’s good if the changes are for the better, but if there is no significant change, it will be young people who will continue to face food problems like the ones you’ve encountered, experienced, witnessed, and written about at the beginning of this journal.

This issue is also related to the problems of inadequate employment opportunities and jobs that fail to meet youth’s rights to a quality life, especially in the food sector. **Whereas, most young people work and rely on the food system for their livelihoods.**

You probably know young people who are reluctant to enter the agriculture sector because it is often seen as unable to guarantee both of those things. Or maybe you feel the same.

In this regard, there is an interesting study by Professor Ben White (2020) in Yogyakarta, Indonesia. It turns out that young people's interest in farming is influenced by their **access** to land and **resources**, which they often **don't or can't have** when they were younger. This interest changes only when they inherit land or resources, or when their parents can no longer cultivate them.

Can you imagine what it would be like if young people had access to land or other productive resources through different channels, without having to wait for an inheritance? For example, government support, or agrarian (land) governance that can guarantee young people's access to land? So again, this is about enabling the environment.

## The initial support to go further

What are the key aspects for young people to be able to participate and work in the food system sustainably (HLPE, 2021)? Let's take a look and reflect!



### Employment opportunities and the rights to work

Are decent, safe, and interesting work opportunities already available for you?



### Access to resources

Have you received the initial support such as land, labor, knowledge, financial support, and/or access to markets?



### Knowledge, heritage, and intergenerational learning

Have you received enough knowledge to get started? Either from your surroundings or from the generation of your grandparents and parents?



### Technology innovation

Are there any kinds of innovations related to food available to you? It's not always about gadgets, but it can also be social innovations, such as farming models that support environmental sustainability and community welfare.



From these four aspects, which one do you find the most interesting? Why?

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### **Data says and you say: looking at the context of West Manggarai**

Now let's take a look at the context of West Manggarai around youth and the food system from two credible sources: statistics/research and your own everyday experiences! In the **You Say** section, write down your reflection about the **Data Says** section by exploring questions such as:

Do you feel the same? Agree or disagree? What are some everyday examples that you have seen?

Because you are the expert of your own experience, why do you think it happened?

If you think the data doesn't match your experience, feel free to share your story!

### **Work and migration**

Data Says

In 2019, there were 31.3% of young people aged 15-34 in West Manggarai, with 62% of them employed. However, only half of them worked in West Manggarai, while the other half migrated to other cities. (BPS, 2024a).

You Say

## Many people are still working in food production!

### Data Says

The majority of the population works as laborers in farming, plantations, livestock, fishing, forestry, and hunting businesses (BPS, 2024a). There are still a large number of young people working in the agriculture and fishery sectors, although still fewer than the adult age group (BPS, 2024b).

### You Say

## Challenges for women to get involved

### Data Says

In 2023, the Gender Inequality Index in Manggarai was around 0.523 (BPS, 2024c). This means there was a fairly large gap between women and men, for example in terms of education, job opportunities, or quality of health. The study above by Professor Ben White (2020) also mentioned that women do not have inheritance rights to land, so they can only access land with permission from male family members such as their father or brother.

### You Say

## Premium tourism destinations and food:

### Data Says

Labuan Bajo, West Manggarai, has been designated as a premium tourist destination to attract both domestic and international tourists since 2019. Some say this is a potential opportunity, while others are concerned it could become a problem.

### You Say



Labuan Bajo seen from Waringin Peak  
Photo source: ANTARA/Aloysius Lewokeda (2021)

## Activity 4.2. Shower of Support for Me as a Plant

Imagine yourself as a seed with genetic wealth. Within this seed lies all the strength and potential for you to become a strong plant, with blooming flowers. To grow beautifully, you need support such as water, sunlight, soil, and other species.

Let's map this together! Steps: :

Write down your **strength** and **potential** in the seed area.

Then, write down **the initial support you need** from your surroundings so that you and your food initiative can be more successful and effective!

Lastly, in your opinion, which aspect does that support fall into? Mark each point with these symbols:

● jobs

▲ knowledge

♥ resources

★ innovations



Chapter 5.  
**Dreams for Food:  
Time to Move  
Together!**



There is no one-size-fits-all recipe when creating a food initiative, especially one that effectively solves all food-related issues.

But, we have learned that:



Our world needs fundamental change to make food systems more equitable, sustainable, and rights-based.



Local food systems can help us to achieve this!



As a youth, you can play an active role in this effort, and you need to be supported!

Next question, where do we start?

## **Look for ideas from initiatives around you!**

Just like preparing a dish, you need a recipe to know what ingredients are required and what cooking utensils to use to make the food even more delicious.

A lot of young people have created initiatives to address their concerns. Well, we can learn their 'recipes' to get inspiration. Let's get to know some of them!

## Dapur Tara



Photo source: TripAdvisor/Dapur Tara (2020)

Dapur Tara was started by Elisabet Yani Tararubi, or Liz, out of her concern for preserving local culture and practicing more sustainable farming methods. At the restaurant and eco-stay located in Melo, West Manggarai, she introduces local foods made from ingredients grown in their own garden.

In that garden, Liz and her friends practice traditional permaculture techniques, where a plot of land is planted with various crops that support each other with their respective functions. For example, lemongrass to reduce pests, and grass to maintain water availability. This initiative was born from conversations Liz had with the youth and adults in her community.

As reported by Floresku, for Liz, Dapur Tara is a silent protest-by-doing, to say that Flores has everything, and development based on modernity is not the only way to survive. Dapur Tara declares that there is a more sustainable way of life!

Source: Editorial team of Floresku.com (2021) and Instagram @gandengpangan

## Hekang Dite



Photo source: Instagram Hekang Dite (2023)

Hekang Dite, which means 'Our House' in Manggarai, was a MSME (Micro, Small, and Medium Enterprises) founded by Angela Ratna Sari Biu (Angel) to make raping soy sauce from palm sugar, which is often wasted due to overproduction by farmers in West Reok, Manggarai. However, after conducting research and interviewing local residents, she found that palm sugar has potential: its taste is almost similar to the soy sauce that mothers like, and the palm tree is a local variety that grows in the surrounding area. So, it can be a sustainable product!

Angel then invited other young people to collaborate and establish Hekang Dite. As the name suggests, Angel wants to bring the concept of a business that feels like a home, close, and familiar to the local community.

Source: Instagram (@gandengpangan and @hegangdite)



## Kolektif Videoge



Photo source: BaKTINews/Dokumentasi Videoge (2022)

Kolektif Videoge in Labuan Bajo, East Nusa Tenggara, is a collective focused on documenting the experience and knowledge of the community through artistic processes. For example, audiovisual recordings, exhibitions, performing arts, film screenings, zines or small magazines, catalogs, and many more! Videoge was born from the initiative of young people with an interest in artistic activities, one of whom is Aden Firman.

Starting with the desire to explore and document “what is around us, what we have around us,” Videoge has also documented and published a cookbook featuring recipes from the coastal community of Labuan Bajo, titled “Resep Tetangga” (Neighbors’ Recipes). This book also notes the benefits of the food ingredients. This can be seen as an effort to preserve local knowledge that is vulnerable to being eroded by the influx of global foods and uniform diets.

Source: Arianto (2022)

## Maggotnesia Labuan Bajo



Photo source: Instagram Maggotnesia Labuan Bajo (2024)

Maggotnesia was founded by Aquilinus Royen, usually called Oyen, with four friends. They were interested in cultivating maggots — the larvae of the Black Soldier Fly (BSF) — that can decompose organic waste while also serving as an alternative feed for fish, chickens, pigs, and other livestock. If you don't know it yet, maggots are larvae or a type of maggot that can decompose animal carcasses or plant remnants.

This important initiative was born as a response to the increasing food waste from hotels, restaurants, and tourist destinations due to the growing tourism in Labuan Bajo. Interestingly, Manggotnesia is happy to share their knowledge with farmers interested in maggot cultivation. Thus, it's not just an environmental business venture; this initiative also serves as a learning platform for those involved in the food system!

Source: Youtube Bajo Talk Podcast (2024)

Of course, there are so many more food initiatives out there. As a starting point, you can casually browse the internet by typing these names:

**Lakoat Kujawas**  
Timor

**Simpasio Institute**  
Larantuka

**Seni Tani**  
Bandung

**Parti Gastronomi**  
Bandung

**Lab Pangan - Dapur  
Kecil Samping**  
Bandung

**Sekolah Pagesangan**  
Yogyakarta

**Panen Apa  
Hari Ini**  
Yogyakarta

**Gifood**  
Yogyakarta

From there, put your stalking skills to work! You will find other inspirations for your action.

### **Activity 5.1. Record Food Initiative Recipe**

Now, you at least have some initial information about the background of the issues and the solutions young people have regarding food. However, this may not be enough to explore the origins, actions, challenges, opportunities, and many other things you might want to know.

Now, let's pretend that we're going to document a recipe. Get your notebook and writing tools, your recording device, and your curiosity ready! We will interview the people behind a food initiative. Make sure the food initiative sparks your interest or aligns with the food initiative you have in mind!

#### **STEP 1**

#### **Don't Know, Don't Like**

Introduce yourself, explain your goals, and why you are interested in the food initiative. Then, you can start the discussion using the question guide below. Feel free to adjust and expand the discussion topics!

- Can you tell me a little bit about the food initiative you started or created? For example, the type of business/movement, when it started, or even the meaning of its name.
- What was your motivation to start this initiative? Was there any specific concern that you would like to address?

#### **Identifying Gaps and Starting Innovation**

- Why this initiative and not something different? Why are initiatives like this important?
- What were the main things you had to prepare to start this initiative?
- Can you tell us how you started this initiative and how it got going?

#### **Digging for Resources**

- What resources were needed (funding, land/space, human resources/workers, knowledge, space for promotion)? How did you obtain the resources?
- Are there any specific resources young people can access if they want to start a food initiative?

- Were there any challenges in accessing those resources? How did you overcome it?

### **Knowledge is Key**

- Is there any specific knowledge that you need to have when running this initiative?
- Did you acquire any specific knowledge? Where did you get it, was it from the Internet, books, or local communities?
- Are there any organizations, communities, or programs that support your initiative, and how did you learn about their existence and support?

### **When in Rome, do as the Romans Do**

- How do local culture or conditions influence your initiative?
- Are there any particular challenges that arise from the location or community where this initiative is taking place? How does your initiative respond to these challenges?

### **Cool-aboration!**

- How do you work with parents, fellow youth, and children in your initiatives?
- Does your initiative also take diversity into account? What does the involvement look like? Are there any particular challenges when dealing with diversity, and how do you handle them?
- Do you think diversity can strengthen this food initiative?

### **Watch Your Way**

- What needs to be considered so that the initiative continues to run and is in line with developments around us?
- What lessons you'd like to share, whether something positive or things to anticipate?
- Do you have any additional advice for young people who are just starting to take action?

## STEP 2

Now put that information into this recipe section:

**The Recipe to Make** ..... [The Name of the Community]

**Creator:** ..... [The name of the initiator, you can put more than one if the initiative is created by several people 😊]

**Dish Description:** ..... [Describe the characteristics of the community, what it does, the gaps it tries to fill, and its location]

### **Tools and Ingredients:**

[What is needed to create and run a food initiative like this community's?]

For example, if your food initiative is connecting consumers with vegetable farmers to shorten the distribution chain:

1. A thorough research on agriculture, food distribution chains, related vegetable commodities, and consumer preferences
2. A personal vehicle to replace the role of a distributor
3. Means of communication to interact with farmers about their harvests and to promote vegetables to potential consumers
4. Human personnel for shifts in distributing food
5. The fund for the vegetable containers in the vehicle, etc.]

### **Processing Steps:**

[Write down the process of initiating and running the food initiative]

### **Serving Suggestion:**

[Write down tips on how to maintain and run food initiatives by changing contexts 😊]



## The Recipe to Make



Creator: \_\_\_\_\_

Dish Description: \_\_\_\_\_

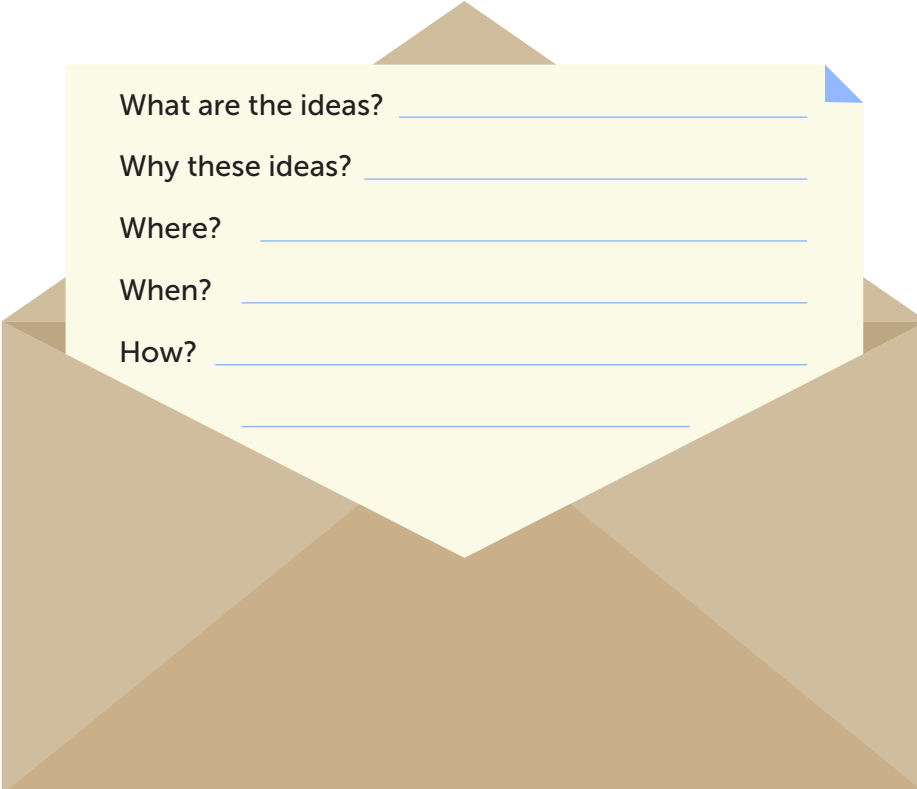
Tools and Ingredients: \_\_\_\_\_

Processing Steps: \_\_\_\_\_

Serving Suggestion: \_\_\_\_\_

## Cooking the action recipe

What food initiatives do you think would be fun to create?



What are the ideas? \_\_\_\_\_

Why these ideas? \_\_\_\_\_

Where? \_\_\_\_\_

When? \_\_\_\_\_

How? \_\_\_\_\_

\_\_\_\_\_

Now you know more about what you will create and do.

Every initiative is created within a specific period of time. In each period, there are specific targets to be achieved: either successfully conducting research, successfully discussing their initiative with experts in the field, securing financial support, or launching their initiative for the first time.

Like them, you can imagine your initiative coming to life in the weeks, months, and years to come. To get there, what do you need to do in the **next year**?

# Action Plan

## Aspirations

what do you want  
to achieve from  
your actions?

## To-Do

what needs to be done  
to achieve it?

## Resources

what and who are  
needed for this To-Do?

## Time

when should it  
be completed?



Chapter 6.  
**Have Faith, You're  
Not Alone!**





**“Happiness is only real when shared.”**

Christopher McCandless

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No initiative is born from the efforts of one person alone. To go further, you need helping hands to work together with you in creating it.

Remember what you wrote in [Activity 4.2. Shower of Support for Me as a Plant?](#) Now, let’s look around and pay closer attention:

...The person sitting next to you probably knows where you can find the resources you need, or other important information for your initiative plan! Now, it’s time to collect suggestions and share feelings.

- ✔ **Tip #1: Try to start even if you’re scared.** In addition to getting inspiration and information from many people, you might also inspire them and provide valuable information in return!
- ✔ **Tip #2: Learning from each other.** You can go to your friends and ask them to discuss your initiative ideas, or even their initiative ideas too!

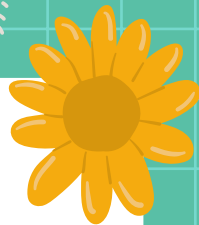
You can take notes, collect post-its, or ask your friends to write down their feedback and support on the final page: **Wall of Flowers**.

Good luck starting! Hoping your initiative grows beautifully.

## Wall of Flowers



## Wall of Flowers



## Reflection

*Today's feeling*

*Interesting things today*

## Reflection

*Today's feeling*

*Interesting things today*

## Reflection

*Today's feeling*

*Interesting things today*

## Reflection

*Today's feeling*

*Interesting things today*



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