



**Global Ethics**  
Save the Planet Earth

***International Meeting and 2<sup>nd</sup> Intermediate Congress of EFUCA  
“Global Ethics and Equal Opportunities:  
Women’s Contribution to the Development of Europe and the Mediterranean”***

**Attachment 2: Workshop “Women and Nutrition”**

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Women by nature have ethical, ecological, economic, sanitary roles in their families. They play also an important role in the promotion in the society and in the young generation, awareness, mindfulness and consciousness to preserve and respect the nature by avoiding waste and by developing positive attitudes and best practices in nutrition and healthy food.

The important role of women in nutrition is generally accepted in traditional and modern cultures but this assessment has to be recognised in the public area and in the decisional forums in order to get an improvement of the society and of the women’s conditions of life.

Even today women in some areas have no voice: for example in rural districts and in a lot of countries, women do not participate in decision making regarding agricultural and nutritional matters.

Women, when they share domestic responsibilities they will have more time for family life and will be able to contribute further in their education of their children.

The present society facilitates women’s domestic activities but still there are several negative aspects related to nutrition especially as a result of the globalisation of the market and of the mass media.

According to the United Nations General Assembly Resolution in 2007 which is established an International Day of Rural Women on the 15<sup>th</sup> October “the critical role and the contribution of rural women including indigenous women in enhancing agriculture and rural development” are improving “food security and eradicating rural poverty”. In addition, the United Nations declared in 2014 the year of Rural Family in order to strengthen their role in providing nutrition despite of their economic and social unprivileged condition.

The women have to get out of the private area and out of the kitchen, by sharing with the partner the daily responsibilities, in order to be part of the society, the economy and the feeding system.

Our recommendation is to raise awareness to these subjects in our UNESCO movement from the European and Mediterranean level to each club or association.

Turin, Italy, 13<sup>th</sup> September 2014

Cyprus, Egypt, France, Italy, Romania