

The "Fifth International Forum on Food and Nutrition" 26 – 27 November 2013 Organized by the famous Barilla Company, Italy

26th November - the first day was dedicated to the Youth and awards were later given for the “Best Practices” presentations.

27th November - They were some high-level speakers from the Food and Agricultural Organisation (FAO), the UN Commissioner General for EXPO 2015, and various other top people from the European Union. Guido Barilla, Chairperson of the Barilla Company, opened the Conference which was held in the auditorium of the Bocconi University with about 1,000 people present and more than 15.000 following on the live web transmission. The subjects were about ‘Food Security’, Accessibility to Food and Food Waste; The Nutrition of People and Animals; Education and Healthy Lifestyles. Alex Thompson from Channel 4 BBC was presenter.

Sister Jayanti was invited to be a keynote speaker at an afternoon round table sharing “THE VALUE OF FOOD FOR THE FUTURE OF OUR PLANET “

There were questions to Sister Jayanti in particular, about a vegetarian diet and recognition of the need of a different consciousness and a spiritual approach. Viewpoints which had also been expressed by the former Italian Minister of the Environment and Agriculture, Mr Alfonso Pecoraro Scanio.



Closing remarks were given by Riccardo Valentini, Nobel Price for Peace in 2007.

Sister Jayanti was interviewed by local TV web and Radio Stations during the breaks.



Translation of the article by Stefano Rizzato, published in the Italian newspaper *La Stampa* on Wednesday, 27 November 2013

THUS EVERY MEAL BECOMES A CEREMONY TO CLEANSE THE MIND

Nutrition/1

A dose of healthy pride is sufficient to achieve great things. At the table, in the kitchen, at the supermarket and in all things related to food. On this subject, what is good for health is also useful and beneficial for the Planet. The important thing is to understand that wellbeing and sustainability are two demands that dovetail and have to be addressed together. This is why we need to start with ourselves, from our habits and the habits of our families. It is from there that society begins to change and where change that makes the difference, is triggered.” The person speaking is Jayanti Kirpalani, Director of the Brahma Kumaris World Spiritual University in Europe and the Middle East.

An expert in topics connected to sustainability, Kirpalani will be speaking today at the fifth international Forum on Food and Nutrition organized in Milan by the Barilla Company. Alongside her, reflecting upon the value of food “for the future of our planet”, will be Oscar Farinetti – the founder of Eataly and the former Minister Alfonso Pecoraro Scanio. The forum will follow the basic premise. ‘A diet such as the Mediterranean one, is good for those who follow it and good for the environment’ says Kirpalani. “Italians certainly have a better chance of being healthier than others, and they suffer less from hypertension, diabetes, metabolic and cardiac diseases.

In other words, the basics we come from are fine, but there is still a lot to learn, also from distant cultures, such as Eastern ones, on the topic of nutrition, which you find in all our cities nowadays. They can teach us how to cultivate the spiritual domain of food, a domain linked to a deeper kind of wellbeing, the ability to nourish the soul together with the body.” According to Kirpalani the first step to be taken in such a direction is to transform the Mediterranean

diet and give up meat. "Spirituality is first of all non-violence and respect for all life forms, including animal ones", she says.

It is precisely the avoidance of meat that would bring benefits both in the area of health as well as in that of sustainability. In Kirpalani's words: "Most of the antibiotics produced are used in animal-farming. This means that we ingest them every time we eat meat. And environmentally speaking, there are data that leave hardly any doubt. To obtain one kilogram of beef, one needs 30 square meters of land and 15.4 cubic meters of water. For one kilo of potatoes, one square meter of soil and at least, 0.2 cubic meters of water.

In any case, the spiritual dimension of food can be found also without embracing the vegetarian shift. Again, it's about looking towards the East. It is sufficient to combine food and meditation and transform every meal into a small ceremony of well-being. This involves choosing the ingredients, cooking them and finally eating them without haste, but rather with full mental participation. "It is an example of positive psychology – clarifies Kirpalani -. This discipline that has been studied only for the last 20 years and shows exactly how to act in order to promote our inner well-being. For some, to feel well means going to the seaside or to drink a glass of wine, but we cannot always be on vacation or drinking all the time. This is why food and meditation can join to activate within us those feelings of happiness, warmth, security which are so fundamental in our lives."

In India, the Brahma Kumaris have started experimenting with meditation in agriculture too. The project involves 400 local farmers (it is called "Sustainable yogic agriculture") and once again combines well-being and attention for the environment. It is in fact based upon techniques of organic farming, coupled with meditation sessions, to be held in the field, actually literally in the fields. The most important moments such as sowing, sprouting and harvesting are accompanied and marked by especially auspicious meditations. "The results are already interesting – says Kirpalani -. A study carried out by the University of Gujarat shows that plants grow healthier and that this provides for better harvests. And that's not all: even the mineral content has been proven to be better."