



Today, there continues to be growing recognition on the benefits that a plant-rich diet provides, not just in Mexico but around the world. Diets that are rich in fruits, legumes, whole grains, and vegetables are highlighted for their effect in reducing the risk of chronic diseases. In addition to that, plant-rich diets are more sustainable, require fewer natural resources for their production, and produce a much smaller environmental footprint. [\[2\]](#)

That is why for this World Food Day, we invite you to reconnect with your culinary heritage and explore the benefits of trying out a plant-rich diet. We should embrace the wisdom of our ancestors, and incorporate more sustainable nutrient dense meals, not only to honor our cultural heritage, but to also support the global efforts to create more resilient food systems. On this World Food Day, let us all pause and take a moment to reflect on the wisdom of our ancestors, who cultivated and revered the foods that help sustain them. By returning to these plant-rich diets, we are not only improving our health, but we are also contributing to a more sustainable and equitable world. Our ancestors' diets did not only have a focus on the nourishment they provided, but also focused on respecting the land, preserving biodiversity, and fostering a sense of community; all aspects modern society could focus more on.

This year, to help everyone get in touch with your culture, we are inviting you to participate in our World Food Day recipe contest. You can submit a plant-rich cultural recipe that celebrates what our planet has to offer, and the traditions of our ancestors. Whether it is an honored family recipe, or a modern twist on a traditional recipe, your contributions can help inspire others to embrace more sustainable eating practices. As we look to the future, let's pave the way for more balanced, sustainable eating habits that will not only benefit us, but also future generations.

Join us this October 16<sup>th</sup> and celebrate World Food Day by [sharing your favorite plant-rich recipe](#)! The deadline to submit your recipe is October 11<sup>th</sup>, 2024, and the winners will be announced October 18<sup>th</sup>, 2024.