

Exploring The Concept of Indonesia Traditional Food Sustainability

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Abstract

Sustainability and traditional food intertwine as cornerstones of a resilient and harmonious food ecosystem. Embracing traditional culinary practices not only preserves cultural heritage but also fosters environmentally conscious production and consumption, paving the way toward a more sustainable future. This research aims to explore the concept of traditional food sustainability through the literature study. It found that traditional food sustainability encompasses the preservation of production, consumption, and cultural significance of traditional foods in an economically, socially, and environmentally sustainable manner. This involves the intergenerational transmission and deep cultural ties associated with these foods. Regional agricultural biodiversity and production techniques play a crucial role in maintaining traditional knowledge and sustainable resource utilization. However, a key challenge lies in encouraging younger generations to embrace these products amidst evolving market dynamics. Their involvement is pivotal in passing down traditional food knowledge and safeguarding cultural heritage. Efforts must be directed toward promoting the nutritional, ecological, and sustainable

dietary benefits of traditional foods. Integrating traditional crops into the food system holds promise for a sustainable and nourishing food system, addressing employment and environmental goals.

Keywords:

Sustainability, Traditional Food, Heritage Food, Traditional Food Knowledge, Food Practice

1 Introduction

The cultural identity of a specific region and ethnicity is greatly influenced by the significance attributed to traditional food. The preservation and promotion of cultural heritage, along with the reinforcement of regional identities, are of paramount importance (Nair et al., 2020; Ellyzabethania et al., 2023). Furthermore, it has been acknowledged in scholarly literature that traditional food possesses the potential to serve as a noteworthy draw for tourism, presenting distinctive gastronomic encounters that embody the indigenous culture and customs (Eldean & Mostafa, 2020; Mohanty et al., 2020; Haven-Tang et al., 2022; Rautela & Joshi, 2022; Lunchaprasith, 2017; Sidali et al., 2013). Nevertheless, despite the burgeoning interest in sustainability across diverse domains, scholarly investigations about the sustainability of traditional food sources remain constrained (Everett & Aitchison, 2008).

The notion of sustainability within the framework of traditional food involves multiple dimensions, encompassing environmental, social, and cultural facets. The objective of sustainable traditional food practices is to guarantee the enduring sustainability of food production systems, while simultaneously mitigating adverse environmental consequences, fostering local communities, and safeguarding cultural heritage (Testa et al., 2019; Sidiq et al., 2022; Montanari & Staniscia, 2009; Guan et al., 2019; Rachão et al., 2019; Sidali et al., 2013). This research endeavors to examine the notion of sustainability within the realm of traditional food, to establish a foundation for comprehending the rationale behind more sustainability endeavors within this particular context.

The phenomenon of food tourism has arisen as a strategy to both promote and maintain traditional culinary practices. The potential of this phenomenon lies in its ability to bolster regional identity, foster local and regional development, and increase visitor expenditures, all while maintaining the integrity of the region's environment, society, and culture (Nair et al., 2020; Everett & Aitchison, 2008). Food tourism provides visitors with the opportunity to engage in genuine cultural tourism encounters and plays a significant role in preserving intangible heritage (Eldean & Mostafa, 2020). Furthermore, the culinary aspects of a particular location are known to have a substantial impact on the efficacy of tourism marketing endeavours (Mohanty et al., 2020).

The intake of traditional food is intricately connected to cultural experiences and indigenous knowledge. Partaking in local cuisine enables tourists to enhance their comprehension of diverse local cultures and facilitates the process of cultural interchange (Testa et al., 2019). According to Sidiq et al. (2022), the consumption of

traditional foods has been identified as a significant factor in the facilitation and sustenance of food security, cultural preservation, and environmental conservation. In addition, it is worth noting that traditional cuisine can be utilized as a means to enhance public health awareness, as well as to enhance the provision of care for those impacted by such conditions (Rödlach, 2011).

The significance of preserving traditional food extends beyond cultural and social considerations, encompassing economic aspects as well. The economic implications of local cuisine in tourist locations are substantial, and it also plays a role in fostering cultural and environmental sustainability (Raji et al., 2020). Furthermore, the establishment of local food supply chains via the means of food tourism has the potential to bolster the local economy and foster unique regional identities (Haven-Tang et al., 2022). Moreover, traditional and regional food products have received significant interest as an expression of new food-related trends and a desire to show behaviors and values arising from cultural heritage (Barska & Wojciechowska-Solis, 2018; Almlı et al., 2011).

Within the Indonesian setting, the significance of traditional cuisine is paramount in the formation and preservation of the cultural identity of its many regions and ethnic groups (Lin, 2019). The diverse culinary landscape of Indonesia is a manifestation of the nation's historical, geographical, and cultural interactions with neighbouring countries (Djono et al., 2023). From the renowned rendang in Padang to the iconic nasi goreng in Jakarta, each culinary creation bears its own narrative and cultural legacy. Traditional food in Indonesia holds a significance that extends beyond its role as food, expressing a profound sense of belonging and pride among its populace (Janah et al., 2022). Additionally, the traditional cuisine of Indonesia has become a significant attraction for tourists, providing visitors with an enticing exploration of the gastronomic heritage of the archipelago. The growing fascination with Indonesian gastronomy not only highlights the wide range of flavors found in the country but also presents prospects for implementing sustainable practices in the realm of traditional cuisine (Lin: 2019). Nevertheless, similar to numerous other geographical areas, the extent of research conducted on the sustainability of traditional Indonesian food sources remains constrained.

Nevertheless, the existing body of research about the sustainability of traditional cuisine is somewhat restricted in scope. Through an examination of the idea of sustainability in the realm of traditional food, the present study aims to establish a fundamental basis for future endeavors in promoting sustainability within the traditional food domain. The results of this study will enhance comprehension regarding the significance of traditional cuisine in the preservation of cultural heritage, advancement of sustainable practices, and bolstering of local communities. Moreover, this paper is specifically designated to provide essential support for further research endeavors focused on exploring the sustainability of traditional food in Indonesia. The primary objective of this research study is to investigate the notion of sustainability in traditional food by conducting an extensive review of existing literature in the context of Indonesia Traditional Foods. The cultural character of a region and ethnicity is

greatly influenced by traditional food, which also serves as a vital component of a healthy diet and possesses the capacity to attract tourists.

2 Literature Review

2.1 Sustainability

2.1.1 Sustainability Definition

The concept of sustainability is derived from the term "sustainable," which denotes the ability to be maintained over an extended period without interruption or deterioration. It also refers to practices that ensure the preservation and responsible utilization of resources, preventing their depletion or irreversible harm. Additionally, sustainability encompasses a way of life that embraces the adoption of sustainable methods (Merriam-Webster Dictionary, 2023). Furthermore, sustainability may be defined as the ability to endure and continue over an extended duration, with the underlying principle that the production of products and services should be conducted in manners that minimize or eliminate the utilization of finite resources and minimize negative impacts on the natural environment (Cambridge Dictionary, 2023). According to Oxford Learner's Dictionaries (2023), sustainability is defined as the utilization of natural resources and energy in a manner that does not cause harm to the environment, while also possessing the potential to persist or be sustained over an extended period.

Within the realm of food, sustainability encompasses several elements, encompassing social, cultural, and environmental aspects. The notion of sustainability encompasses the evaluation of social, ecological, economic, and consumer elements to guarantee the resilience and long-term viability of the food system (Purike, 2020). The sustainability of food systems necessitates the consideration of several factors, including natural environmental resources, governmental policies, consuming culture, and social safety nets (Purike, 2020).

Within the realm of social dynamics, the concept of sustainability pertains to the inherent capability of a food system to adequately fulfill the present generation's demands while simultaneously safeguarding the potential of future generations to satisfy their own need (Pazienza et al., 2022). According to Peano et al. (2019), the concept in question ensures the presence of social fairness, justice, and inclusivity across the processes of food production, distribution, and consumption. Social sustainability encompasses the imperative to save and perpetuate cultural values, traditions, and information for the benefit of forthcoming generations. Within the realm of the social dimension, cultural sustainability encompasses the safeguarding and advancement of food and cultural resources to achieve overarching objectives, such as enhancing the overall quality of life (Zocchi et al., 2021). Furthermore, it involves the acknowledgment and advancement of agricultural legacy, as well as the

conservation of traditional ecological knowledge, connections with the land, cultural practices, and methods of sustenance (Bergan et al., 2021; Suminar, 2022).

According to Neethirajan et al. (2018), the environmental dimension of food sustainability focuses on the reduction of adverse effects caused by food production, distribution, and consumption on the natural environment. This includes the preservation of natural resources, the mitigation of greenhouse gas emissions, the preservation of biodiversity, and the advocacy for sustainable agriculture methods. The objective of sustainable food systems is to restrict the utilization of natural resources within regional or global limits, while simultaneously fulfilling nutritional requirements (Smetana et al., 2019). This encompasses the promotion of food production methods that draw inspiration from nature, as well as the preservation of food and biodiversity via the maintenance of a healthy environment (Smetana et al., 2019; Wani et al., 2023).

Food sustainability encompasses several elements, including social, cultural, and environmental aspects. It involves the imperative of upholding principles of social equality, justice, and inclusivity, safeguarding and advancing cultural values and traditions, and mitigating adverse impacts on the natural environment. To attain sustainability, it is imperative to adopt a comprehensive strategy that acknowledges the intricate relationship among social, cultural, and environmental elements.

2.1.2 The Importance of Sustainability

In recent times, the concept of sustainability has garnered significant significance and assumed a pivotal role in several domains. The relevance of sustainability is evident in a range of disciplines, such as culture, tourism, entrepreneurship, education, and the constructed environment. In the realm of cultural studies, it is imperative to include cultural elements in dialogues surrounding sustainability. The examination of culture as a constituent of social sustainability is a common practice, nevertheless, it is important to undertake an analysis of culture as a conceptual framework within the realm of sustainability. According to Çetiner and Yenilmez (2021), the acknowledgment of culture's influence on environmental sustainability enables the identification and resolution of social disparities, as well as the encouragement of sustainable consumption practices. The preservation of natural resources, cultural heritage, and wildlife, together with the generation of money, promotion of economic growth, and creation of job opportunities, are vital for ensuring sustainability within the tourist sector. The objective of sustainable tourism practices is to fulfil present demands while safeguarding the availability of resources for future generations. According to Varghese (2022), the integration of sustainability concepts into tourist development might yield enduring advantages for destinations while mitigating adverse effects.

The COVID-19 epidemic has brought attention to the need for social sustainability and the imperative of creating socially sustainable societies. The global pandemic has had profound and unparalleled impacts on the social aspect of sustainability, hence emphasizing the significance of social sustainability within the broader framework of

sustainable development. According to Mishra and Mishra (2020), the enhancement of societal resilience and preparedness in the face of forthcoming problems may be achieved by the deliberate consideration and resolution of social aspects, including equity, inclusiveness, and community well-being.

The concept of sustainability has gained significant prominence within the realm of education, prompting institutions to delve into the examination of sustainability indicators and rankings. Universities are increasingly integrating the notion of sustainability into their operational and decision-making frameworks, to align with student preferences and mitigate waste generation and environmental consequences. According to Simina (2022), the adoption of sustainable practices by universities may serve as a means to both advance global sustainability goals and enhance their competitive standing.

The involvement of built environment practitioners is crucial in promoting the socio-economic sustainability dimensions of sustainable regeneration. The implementation of sustainability principles can pose significant challenges for practitioners due to the influence of business pressures and a predominant focus on commercial issues. The recognition of ethical and moral obligations of practitioners to advance sustainability advantages and incorporate sustainability principles into their professional endeavors is of utmost importance (Akotia et al., 2020).

Sustainability holds significant value throughout several situations. The aforementioned factors, including environmental preservation, social equality, economic growth, and individual and community well-being, are all influenced by this phenomenon. Organizations and societies may strive towards a more sustainable future by embracing and implementing sustainability concepts and practices. This approach allows them to effectively tackle existing difficulties while safeguarding the well-being of future generations.

2.1.3 Emerging Trends in Sustainability

Recent research has placed significant emphasis on the concept of sustainability across several domains, such as sociocultural aspects, renewable energy, agricultural production, and the hotel industry. Numerous studies underscore the paramount need for integrating sustainable practices and concepts across several domains to effectively tackle environmental, social, and economic challenges. The aforementioned research has emphasized the significance of taking into account cultural values and practices while advocating for sustainable behaviors within the framework of socio-cultural sustainability. The effectiveness of activities aimed at promoting sustainable practices is contingent upon a comprehensive comprehension of the influence of cultural values on sustainable consumer behavior (Vighnesh et al., 2023). Furthermore, it has been recognized that the integration of culture as a fourth component of sustainability is crucial for the effective revitalization of markets and the promotion of sustainable urban development (AlSady, 2020).

The utilization of renewable energy sources is crucial to achieve sustainability goals. Numerous studies have underscored the challenges and potential advantages included in transitioning from fossil fuels to renewable energy sources. One significant challenge in attaining sustainable urban development is the considerable dependence of cities on fossil fuels for transportation and energy use. In order to attain a more sustainable energy future, it is imperative to decrease carbon emissions and include renewable energy technology (Lang, 2018).

The concept of sustainability about food is of utmost importance in ensuring food security and mitigating the adverse environmental impacts associated with food production and consumption. Based on research conducted by Nwachukwu (2023), it has been established that the implementation of sustainable agricultural practices plays a pivotal role in attaining food security and reducing dependence on fossil fuels. According to Nwachukwu (2023), the implementation of environmentally conscious agricultural methods, the reduction of deforestation and biodiversity decline, and the efficient utilization of water resources are crucial endeavors in promoting sustainable food production.

The hotel industry has also recognized the significance of sustainability. Scholarly research has placed significant emphasis on the imperative of establishing a culture centered around food safety within the hospitality industry. Furthermore, it has underscored the importance of shared knowledge and values in fostering the adoption of safe and sustainable food practices (Manning, 2018). The exploration of sustainable community-based tourism has been undertaken as a means to promote socio-cultural sustainability and enhance the welfare of neighboring communities (Sitikarn, 2021). By integrating sustainability concepts into the hospitality industry, organizations have the potential to mitigate their environmental impact and enhance the welfare of guests and local communities.

In light of comprehensive analysis, contemporary research has emphasized the paramount importance of sustainability within the realms of sociocultural dynamics, renewable energy systems, agricultural production, and the hotel industry. Incorporating sustainability concepts and practices into other domains has the potential to address environmental concerns, promote social equity, and ensure economic viability. These studies provide valuable guidance that aids communities, companies, and politicians in transitioning towards a more sustainable future.

2.1.4 Challenge in Achieving Sustainability

Recent research has revealed a range of contexts, encompassing sociocultural, renewable energy, environmental, food, and hospitality domains, in which challenges related to sustainability have been discovered. These problems highlight the obstacles and complexities that need to be addressed to achieve sustainable development. The imperative to achieve a harmonious equilibrium among economic development, the conservation of cultural assets, and social equity gives rise to challenges within the sociocultural context. To optimize the local community's benefit from the restoration

of old marketplaces, a comprehensive assessment of environmental, economic, and sociocultural factors is required (AlSady, 2020). In addition, the integration of cultural ideas and traditions into sustainability initiatives may provide challenges in promoting sustainable practices (Vighnesh et al., 2023).

The transition from conventional fossil fuels to sustainable and renewable energy sources, as well as the integration of renewable energy technologies into existing infrastructure, are two significant challenges within the realm of renewable energy (Wu et al., 2022). The management of socio-economic and environmental impacts associated with renewable energy projects is crucial to attain sustainable development. Moreover, it is imperative to enhance the implementation and enhancement of sustainable energy systems due to the lack of clarity and uncertainty around rules and regulations about renewable energy (Wu et al., 2022).

The contemporary challenges confronting environmental sustainability encompass climate change, biodiversity loss, and resource depletion (Raj & Aithal, 2020). To develop efficacious methods for the management of sustainable resources, stakeholders must collaborate and employ multidisciplinary methodologies, owing to the intricate nature of these challenges (Raj & Aithal, 2020). The attainment of comprehensive sustainability objectives is a challenging endeavor, mostly because of the inherent trade-offs that exist between environmental interactions and other dimensions of sustainability, such as public health and economic growth (Mottet et al., 2018).

The food sector presents several challenges, such as the effective management of food waste, the cultivation of sustainable consumption patterns, and the adoption of sustainable agriculture methods. To devise efficient mitigation strategies, it is important to comprehend the many elements that contribute to food loss within the context of hospitality operations (Filimonau & De Coteau, 2019). Striking a harmonious equilibrium between food production and environmental preservation poses challenges within the context of sustainable agriculture, wherein the avoidance of deforestation and the adoption of ecologically sound agricultural techniques are prioritized. Encouraging sustainable consumer behaviors poses challenges in eliciting widespread adoption of ecologically favorable actions (Han et al., 2022).

The hotel industry requires assistance in encouraging consumers to embrace sustainable practices and integrating sustainability initiatives into their day-to-day activities. The issues encompassed in the management of food waste, the mitigation of environmental impacts, and the promotion of diversity within the sector are complex and multifaceted, as highlighted by Piramanayagam et al. (2023). To achieve socio-cultural sustainability within the hospitality industry, it is imperative to tackle challenges such as the limited availability of resources for tourism and cultural development, as well as insufficient public knowledge regarding sustainable tourism (Kurniati et al., 2021).

In general, the issue of sustainability is multifaceted and necessitates comprehensive approaches across several domains, including sociocultural, renewable energy, environmental, food, and hospitality sectors. To address the complex and interconnected challenges associated with sustainable development, it is imperative to engage in multidisciplinary research, involve stakeholders, and implement policy solutions. Progress may be made towards a more sustainable future by understanding and addressing these challenges.

2.2 Traditional Food

2.2.1 Traditional Food Definition

Traditional is defined as "customs, beliefs, or practices handed down from generation to generation" in the Oxford Learner's Dictionaries (2023). According to the Oxford Learner's Dictionaries of 2023, "food" is any nutrient-rich item that is consumed or otherwise consumed to support life, supply energy, and stimulate growth. Therefore, traditional food refers to foods and cooking techniques that have been passed down through the centuries and are frequently connected to a particular culture or location. Usually, traditional ingredients, techniques, and recipes are used to produce these delicacies. Traditional is defined as "relating to or based on the long-standing customs and behaviors of a group of people or society" (Cambridge Dictionary, 2023). Any substance that may be eaten, drank, or otherwise swallowed to support life and give out energy is considered to be food. As a result, traditional food describes the recipes and cooking methods that have been ingrained in a culture or community for a long time, reflecting the historical and cultural history of that area. These foods are typically cooked using time-honoured methods and recipes that have been passed down through the centuries. Traditional, on the other hand, is defined by Merriam-Webster Dictionary (2023) as relying on long-standing traditions or behavioral patterns. Food is a substance that contains mostly protein, carbohydrates, and fat and is utilized by an organism's body to fuel vital processes like development and repair. Consequently, traditional cuisine is a particular culture, area, or group's preferred cuisine. It usually uses traditional cooking methods and products that are sourced locally, and it embodies the culinary traditions and customs of a particular region.

Dictionary definitions and academic sources all have different ideas of what traditional food is. Traditional cuisine, according to Pieniak et al. (2009), is linked to particular cultural groups, a particular geographic area, the usage of regional ingredients, and recipes that have been handed down for at least 25 years. More emphasis is placed on the fact that traditional food is related to the transfer of culinary culture between generations and has a unique cultural identity (Keramaris et al., 2022). According to Zainuri (2021), the culture of the community includes traditional cuisine, which includes specialized methods for cooking food ingredients and handed-down recipes.

Traditional foods are notable for their contribution to the nutritional quality of diets in addition to their cultural and historical relevance (Sosanya et al., 2021). Traditional foods are consumed by certain people in specific places and have distinctive qualities impacted by the history and culture of those places (Bessiere, 1998). These cuisines are distinguished by special cooking methods and tastes that are exclusive to different communities (Wijaya, 2019). The culturally acceptable meals that contribute to the national cultural identity are traditional foods, which are frequently linked to the cultural legacy of a nation or region (Almansouri et al., 2021; Kuhnlein & Receveur, 1996)

The ideas of authenticity and cultural preservation are included in the definition of traditional cuisine. According to Stalmirska (2021) local cuisine refers to foods manufactured or cooked locally using customs, methods, and non-generic ingredients unique to a particular region. According to Trichopoulou et al. (2007), traditional food products are those that have been handed down from one generation to the next and feature unique ingredients, production processes, and formulations. The preservation of authenticity in traditional meals is a hotly debated issue as globalization and standardization endanger traditional culinary practices (Kamaruzaman et al., 2022).

In conclusion, different sources have different definitions of traditional food. Even so, it frequently contains elements like cultural identity, generational passing down, use of regional foods and traditions, and contribution to diets' nutritious worth. Traditional foods are frequently linked to certain cultural groups, geographical regions, and culinary customs. They are culturally acceptable foods that contribute to the cultural identity of a nation or region and play a significant part in the preservation of cultural heritage.

2.2.2 Traditional Food Significance

Traditional food is valued in many facets of society, including nutrition, culture, identity, and tourism. Traditional foods are crucial for giving communities and people nutritional advantages (Trichopoulou et al., 2007). These foods have been consumed for millennia and are incredibly rich in nutrients that are necessary for human health and well-being (Dangal et al., 2021). Additionally, traditional cuisine is deeply ingrained in cultural customs and practices, protecting cultural identity and history (Bessiere, 1998). Traditional food intake is associated with cultural identification and can serve as a symbol of the identity of a particular ethnic group or community (Reddy & van Dam, 2020). Traditional cuisine serves as a means for communities to communicate their unique customs, traditions, and history (Mercado & Zerrudo, 2018).

Traditional cuisine is also essential to the tourism sector. Traditional cuisine is one of the crucial cultural resources of tourist locations, claim Jalis et al. (2014). Traditional cuisine is explored and experienced as part of culinary tourism, which helps travellers gain a better understanding of the customs and culture of the host country. Traditional cuisine develops into an important component of culinary tourism, luring visitors and fostering the local economy (Everett & Aitchison, 2008). Additionally, local cuisine is

typically linked to certain places or areas, creating a feeling of place and boosting the allure of the locality (Bessiere, 1998). Traditional culinary goods are crucial for advertising a region in addition to being acknowledged as a component of the cultural heritage (Niedbala et al., 2020).

Traditional food also plays a key role in Indonesian culture, serving as a tangible manifestation of the nation's vibrant heritage and performing as a powerful marker of identity and nationalistic pride. Traditional culinary items such as Tumpeng, Sambal, and Soto possess not only tasting appeal but also encompass profound philosophical connotations and sagacity (Jati, 2014; Surya & Tedjakusuma, 2022; Yudhistira & Fatmawati, 2020). According to Sihombing (2023), these food items are frequently linked to significant cultural and religious rituals, including weddings, festivals, and religious observances. They are regarded as a means of promoting social cohesion and nurturing a collective spirit within a community. Furthermore, the preservation of local wisdom and indigenous knowledge is significantly influenced by the presence of traditional food, which serves as a manifestation of the varied culinary traditions observed across different areas and ethnic communities within Indonesia (Sutrisno et al., 2021; Yubianto, 2023; Suwardi et al., 2020). It is important to acknowledge that the culinary traditions in Indonesia have undergone dynamic changes over time as a result of cultural exchange with other cuisines. This has led to the emergence of distinctive fusion meals that serve as a reflection of the country's rich cultural variety (Arnold & Rajagukguk, 2021; Yudhistira & Fatmawati, 2020). Moreover, it is noteworthy that traditional cuisine in Indonesia serves as a significant manifestation of cultural heritage and concurrently plays a pivotal role in bolstering the nation's gastronomic tourism sector, thereby enticing global tourists who seek to immerse themselves in the genuine tastes and culinary customs of Indonesia (Wibawati & Prabhawati, 2021; Suwandojo et al., 2023).

Traditional cuisines play a huge role in a variety of societal spheres. It supports the travel and tourism sector, protects cultural history and identity, and advances sustainable food systems. Traditional food represents enjoyment, culture, belief, identity, heritage, and tradition through its flavor. Its consumption promotes the maintenance of cultural customs and traditions, boosts the allure of travel locations, and supports the regional economy. Additionally, maintaining a place's authenticity, enhancing a region's identity, and promoting the sustainability of local communities are all facilitated by traditional food.

2.2.3 Trends in Traditional Food

Traditional culinary fads and the tastes of the younger generation are closely related (Hanus, 2018b). Young individuals typically select modern munchies over traditional cuisines due to reasons including brand image and packaging perception (Hanus, 2018b). Young adults are persuaded by the branding and packaging of modern delicacies despite being aware that traditional cuisine is more suited to their tastes (Trinanda & Evanita, 2019). Technology's influence and the prevalence of processed

convenience foods are both responsible for this preference for modern munchies over traditional foods (Aris et al., 2022). The assimilation of mixed racial groups and the modernization of ingredients and cooking apparatus are two additional elements that have an impact on the culinary tastes and consumption habits of the younger generation (Aris et al., 2022).

Traditional food being altered and commercialized are factors in the younger generation's changing eating preferences. Muhammad et al. (2013) looked into how technological advancement has impacted traditional culinary practices in the setting of Malaysian ethnic festival foodways. Food preparation for festivals is now quicker, more effective, and more efficient thanks to the replacement of outdated cooking equipment with more recent tools. Due to the alteration of traditional foodways, community members' dietary habits have declined, especially among the younger generation (Muhammad et al., 2013). Similar to how traditional food products have changed, civilization, industrialization, scientific progress, and economic growth have affected traditional culinary culture. Modern cuisines, which are viewed as more enticing and trendy, frequently eclipse traditional food products (Misran et al., 2021).

Another trend brought on by modernity is the mixing of traditional and modern cuisines. Food tastes have changed as a result of market globalization and the phenomena of migration, with consumers gradually adding foods and dishes from other countries into their diets. It is becoming more common for traditional culinary methods and dishes to be combined with foods and cultures from elsewhere (Chironi et al., 2021). The culinary practices of people who include traditional and modern aspects into their regular meals are also seen to adopt international norms in terms of course order, portion size, and presentation (Martn, 2021).

Concerns about the preservation of traditional culinary practices and knowledge have been raised by modernization and changing eating trends. If future generations do not continue the family food heritage or ethnic traditional cuisine, traditional food expertise may disappear and be difficult to restore (Sharif, 2018). The commodification and commercialization of traditional cuisines pose a threat to their sustainability and authenticity in the case of Riau Malay Food, according to Mardatillah et al. (2019). It requires careful consideration of the authenticity and preservation of local identity to implement authentic local culture amid commercialization and modernity.

The combination of traditional and modern cuisines, modernisation of products and cooking methods, absorption of mixed racial and wider choices, and brand and packaging perception all have an impact on youth traditional food trends. These trends have led to the alteration, commercialization, and fusion of traditional foods. The needs of a contemporary, globalized era must be reconciled with the preservation of authenticity and cultural legacy. The preservation and promotion of traditional food knowledge and practices should be prioritized to ensure their survival and sustainability in the face of changing gastronomic trends.

2.2.4 Challenge in Traditional Food

In many cultures, traditional cuisines face significant challenges. These barriers include cultural knowledge transmission, environmental issues, health concerns, and shifting dietary choices, in addition to perception and acceptability. One of the challenges that traditional meals face is how they are viewed and accepted in the hotel sector. Traditional foods face various challenges while being used in hotels, especially when mass-produced, according to a study done in Lombok (Triani et al., 2022). The availability and consumption of traditional cuisines in hotels and restaurants may decline as a result of this impression.

Another barrier is the loss in the transmission of cultural information regarding traditional food systems. When it comes to passing down traditional culinary practices to the next generation, indigenous tribes face challenges, such as the Orang Asli in Peninsular Malaysia (Law et al., 2018). The loss of traditional culinary variety and a move towards more contemporary and processed food options could be consequences of this fall in cultural literacy.

Environmental considerations are a barrier for traditional food systems as well. Due to concerns about environmental contamination, decreasing land use, and dwindling plant and animal species, some communities have given up on traditional food systems (Law et al., 2018). The availability and viability of traditional foods may be hampered by these environmental issues, hastening their death. The consumption of traditional foods is also influenced by dietary tastes that are changing and health concerns. Disconnection from traditional diets and habits has been linked to the rising prevalence of chronic diseases, such as diabetes and obesity, among Indigenous populations (De Souza et al., 2021). Additionally, a shift towards plant-based diets is becoming more popular, which may result in less traditional animal-based food intake (Bedin et al., 2018).

Traditional food systems also require assistance to be commercially and economically viable. Traditional culinary goods, which are frequently linked to regional identity, are important for some regions' cultures, cuisines, and economies (Garanti & Berberoglu, 2018). However, when new consumer generations appear, it is crucial to make sure that conventional food items can adapt to a shifting market without compromising their cultural or environmental integrity. Traditional food systems can occasionally be impacted by policy limitations and a lack of support. Indigenous communities in Canada's far-flung north have asked the government for help in reducing food insecurity and promoting traditional food gathering (Robidoux et al., 2021). The requirement for more assistance and resources may impede the growth and sustainability of traditional food systems. To overcome these difficulties, several programs and tactics have been suggested. Supporting neighborhood-based efforts, fusing conventional ecological wisdom with cutting-edge methods, and creating sustainable food systems that emphasize both environmental stewardship and cultural variety are a few of these (Durazzo, 2019; Lara et al., 2019; Mabhaudhi et al., 2019).

The perception and acceptability of traditional foods, cultural knowledge transfer, environmental influences, health concerns, and changing dietary preferences all provide challenges. The accessibility, viability, and consumption of traditional food systems may all be impacted by these barriers. A multimodal approach that supports market viability, cultural preservation, environmental conservation, and health promotion is needed to solve these problems.

3 Methodology

The primary objective of this research study is to investigate the notion of sustainability in traditional food using a comprehensive evaluation of existing literature. The process encompasses the implementation of an extensive search strategy utilizing reputable academic resources such as Google Scholar, online dictionaries, and search engines such as Google. The search query incorporates the terms "sustainability" and "traditional food." The primary objective of the investigation was to identify pertinent scholarly literature from peer-reviewed publications that examine the definitions, significance, trends, and issues associated with sustainability and traditional food.

The search procedure entailed employing structured keywords and filters to refine the outcomes. In a particular investigation (Song, 2020), the researchers performed an academic inquiry on an online platform using the search terms "sustainability," "sustainable," and "food" under the "All Fields" classification. Several pertinent scholarly articles were discovered in peer-reviewed publications, which particularly addressed the topic of sustainability assessment within the food business. Subsequently, the literature sources that were chosen were subjected to analysis and examination to get a full comprehension of the subject matter. Cortese and Murdock (2020) employed a qualitative research methodology to examine the pertinent literature in certain investigations. The researchers conducted a comprehensive review of scholarly articles and books about sustainability, stakeholder theory, knowledge management, and moral imagination to acquire a deeper understanding of the notion of sustainability within the food industry.

The further process included systematically documenting and organizing key elements related to the sustainability of traditional cuisine using NVivo. This method included careful curation of crucial notes from a diverse range of sources, including Google Scholar, online dictionaries, and search engines. The sources underwent extensive study to extract crucial insights and subtle details, contributing to the formation of a thorough comprehension of traditional food sustainability. The use of NVivo software enabled the organizing and synthesis of these important concepts, hence improving the clarity and consistency of the study results. This methodology sought to enhance the data-gathering process and provide a more detailed examination of the idea of traditional food sustainability by methodically recording and organizing significant information.

Previous research has employed a systematic methodology to assess the sustainability of various food logistics alternatives (Koistinen et al., 2017). The researchers did a comprehensive evaluation of existing literature and employed the methodology of life cycle assessment to evaluate the sustainability implications associated with different food logistic alternatives. In addition to investigating the notion of sustainability and traditional food, the scholars also analyzed the interconnection between nutrition, environment, biodiversity, and sustainability (Durazzo, 2019). The researchers directed their attention towards examining the possible advantages and functional significance of food within the framework of sustainability. This encompassed the analysis of local food sources, traditional culinary practices, and sustainable dietary patterns.

In conjunction with the comprehensive examination of existing scholarly works, certain investigations incorporated empirical research. An illustrative study was conducted by Pieniak et al. (2016) to examine the responses of consumers toward interactive personalized messaging about sustained healthy eating. The study employed a research design that incorporated many methodologies, including qualitative longitudinal research, qualitative research to construct a sustainable healthy eating behavior score, and a randomized controlled trial to elucidate consumers' responses.

The approach employed in this research study encompassed a thorough literature evaluation utilizing a diverse range of sources, such as Google Scholar, online dictionaries, and search engines. The literature sources that were chosen were subjected to analysis and examination to obtain a deeper understanding of the notion of sustainability as it pertains to traditional food.

4 Findings

Drawing from the literature organized with the assistance of NVivo, several key insights emerge regarding the concept of traditional food sustainability.

Table 1: The Important notions about traditional food sustainability

	THE IMPORTANT NOTION	AUTHORS/ SOURCE
A SUSTAINABILITY		
1	Defined as the ability to maintain resources over an extended period without interruption or deterioration.	Merriam-Webster Dictionary (2023)
2	Involves practices that ensure the preservation and responsible utilization of resources.	Merriam-Webster Dictionary (2023)
3	Encompasses a way of life that embraces the adoption of sustainable methods.	Merriam-Webster Dictionary (2023)
4	Defined as the ability to endure and continue over an extended duration.	Cambridge dictionary online (2023)

B FOOD SUSTAINABILITY	
1	Involves social, ecological, economic, and consumer elements to ensure the resilience and long-term viability of the food system Purike (2020)
2	Considers factors like natural environmental resources, governmental policies, consuming culture, and social safety nets. Purike (2020)
3	Involves the promotion of food production methods that draw inspiration from nature and the preservation of food and biodiversity. Smetana et al (2019); Wani et al (2023)
4	Focuses on reducing adverse effects caused by food production, distribution, and consumption on the natural environment. Neethirajan et al(2018)
C TRADITIONAL FOOD	
1	"Customs, beliefs, or practices handed down from generation to generation." Oxford Learner's Dictionaries 2023
2	Foods and cooking techniques that have been passed down through centuries and are often connected to a particular culture or location. Oxford Learner's Dictionaries 2023
3	Long-standing traditions or behavioral patterns on food Merriam-Webster Dictionary (2023)
4	Traditional cuisine to specific cultural groups, a specific geographic area, the use of regional ingredients, and recipes that have been passed down for at least 25 years Pieniak et al. (2009)
5	The transfer of culinary culture between generations and has a unique cultural identity. Keramaris et al. (2022)
6	Includes the culture of the community in traditional cuisine, including specialized methods for cooking food ingredients and handed-down recipes. Zainuri (2021)
7	Traditional foods contribute to the nutritional quality of diets and are culturally acceptable meals Sosanya et al. (2021)
8	Contribute to the cultural identity of a nation or region Almansouri et al. (2021);Kuhnlein &Receveur (1996)
D TRADITIONAL FOOD SUSTAINABILITY	
1	Maintaining the production, consumption, and cultural significance of traditional foods economically, socially, and environmentally. Granti & Berberoglu (2018)
2	Intergenerational transmission and cultural heritage involves the transfer of knowledge and skills related to the development of traditional food. Ramli et al (2017); sharif et al (2018)
3	Traditional knowledge and sustainable exploitation of natural resources Serra-Majem (2016); Berry et al. (2015)
4	The adoption of authentic recipes and adaptation ensure the availability of traditional foods Suleiman et al. (2023)
5	The integration of traditional crops into the food system Bisht et al (2020) ; Mabhaudhi et al (2018)

6	The inclusion of indigenous cuisine plays a vital role in advancing food security by utilizing regional resources and adapting to local environmental conditions.	Dissanayake et al. (2021)
7	The advocacy for the preservation of traditional crop varieties and the incorporation of agricultural biodiversity	Beltrame et al (2019)
8	The promotion of resilient and sustainable food systems	Durazzo (2019)

The table above depicts that the notion of traditional food sustainability refers to the ability to maintain the production, consumption, and cultural significance of traditional foods in a manner that is economically, socially, and environmentally sustainable (Garanti & Berberoglu, 2018). Ramli et al. (2017) assert that traditional foods include distinct attributes, such as their intergenerational transmission and their profound association with cultural heritage and identity. The concept of traditional food knowledge transmission concerns the transfer of knowledge and skills concerning the development of traditional food, which has a complex relationship with cultural heritage (Sharif et al., 2018). It includes pre-preparation, cooking skills, cooking methods, and food decorum as explained in Figure 2 below (Sharif et al., 2021). The maintenance of traditional knowledge and sustainable exploitation of natural resources are often facilitated by the reliance of these food products on regional agricultural biodiversity and conventional production techniques (Serra-Majem, 2016; Berry et al., 2015). Beyond adoption and adaptation, which both play crucial roles in sustaining traditional foods, the adoption of authentic recipes holds a key role. Simultaneously, adaptation ensures that these dishes remain available, even if some ingredients are replaced with more convenient alternatives (Suleiman et al., 2023).



Figure 1: Propose Concept of Traditional Food Sustainability from Literature

One of the main challenges in attaining sustainability for traditional food is the ever-changing nature of the market and the need to encourage the ongoing utilization of traditional products among newer generations (Garanti & Berberoglu, 2018). The significance of younger generations engaging in the consumption of traditional meals is in its function of imparting traditional food knowledge and safeguarding ethnic food culture and customs (Aris et al., 2022). It is imperative to make concerted efforts in order to bolster the marketing of the value and benefits connected with traditional meals. The aforementioned factors encompass the nutritional attributes of these entities, their interconnectedness with regional ecosystems, and their contribution to the promotion of sustainable dietary patterns (Durazzo, 2019). In addition, the integration of traditional crops into the food system offers potential opportunities for the development of a sustainable and nourishing food system, while also addressing social goals such as the generation of employment opportunities and the advancement of environmental sustainability (Bisht et al., 2020; Mabhaudhi et al., 2018).

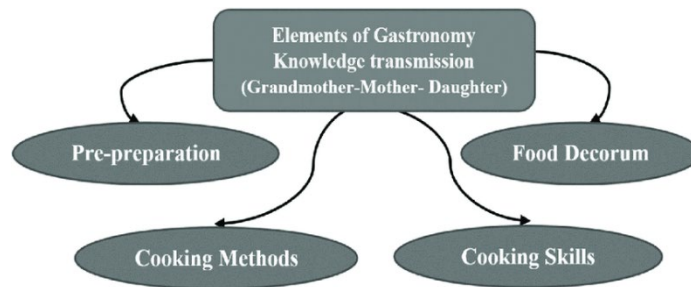


Figure 2: Element of Gastronomy Knowledge Transmission
Source: (Sharif et al.,2021).

The investigation of food security is necessary to achieve traditional food sustainability. The inclusion of indigenous cuisine plays a vital role in advancing food security as it is rooted in the utilization of regional resources and the ability to adapt to local environmental conditions (Dissanayake et al., 2021). The advocacy for the preservation of traditional crop varieties and the incorporation of agricultural biodiversity can function as a mechanism through which traditional food systems can offer significant contributions to the establishment of durable and sustainable food systems (Beltrame et al., 2019; "The Role of Agricultural Biodiversity in Promoting Sustainable and Resilient Food Systems: An Analytical Perspective", 2023). An effective strategy for tackling the issue of food and nutrition security is the incorporation of traditional and underutilized indigenous edible species into policy instruments at both national and global levels (Beltrame et al., 2019). Moreover, there is an increasing inclination towards examining sustainable diets and food systems as viable strategies to tackle the problems of hunger and malnutrition, while simultaneously aligning with the objectives delineated in the Sustainable Development Goals (Maroyi, 2018).

As mentioned above in Figure 1, the notion of traditional food sustainability entails the safeguarding of traditional methods of food production, consumption, and cultural significance, to guarantee economic feasibility, social welfare, and environmental conservation. There is a need to prioritize initiatives aimed at increasing the awareness and benefits associated with traditional cuisine. Additionally, it is crucial to include traditional crops in the current food system, preserve the diversity of traditional crop varieties, and integrate agricultural biodiversity into policy frameworks. The notion of traditional food sustainability is closely intertwined with the ideals of food security and the promotion of resilient and sustainable food systems. By preserving and protecting traditional culinary knowledge and practices, we can ensure the long-term availability of traditional foods for future generations, while also contributing to the preservation of cultural heritage and identity. However, the concept must be subjected to more in-depth empirical examination within a particular contextual framework to establish its validity.

5 Conclusion

The concept of traditional food sustainability pertains to the conservation of traditional foods in a manner that guarantees economic, social, and environmental sustainability. These culinary items possess distinct cultural and intergenerational importance, intricately linked to one's ancestry and sense of identity. The preservation of traditional knowledge and the sustainable utilization of natural resources are contingent upon the presence of regional biodiversity and the implementation of conventional production practices. It is of utmost importance to foster a sense of appreciation among younger generations for traditional dishes, as this serves as a means of preserving and transmitting cultural culinary history and practices. It is essential to emphasize the nutritional advantages and ecological interdependencies associated with certain dietary items. Furthermore, the incorporation of traditional crops into the food system has prospects for the sustainable and nutritious production of food, therefore addressing both social and environmental objectives. The conservation of historic crop varieties and the integration of agricultural biodiversity can make a substantial contribution to the development of resilient and sustainable food systems, therefore promoting global food security. Overall, the prioritization of traditional food sustainability encompasses the protection of traditional ways of production, consumption patterns, and cultural importance, while also assuring economic viability, social welfare, and environmental conservation. This undertaking is by the overarching objectives of ensuring food security and advancing resilient and sustainable food systems, therefore safeguarding cultural legacy and identity for future generations.

6 About the author

Author 1 is a culinary instructor at Lombok Tourism Polytechnic and a recent graduate with a master's in gastronomy from Universiti Teknologi Mara, Malaysia, who finds immense inspiration in the world of food. Fueled by a deep-seated passion for culinary arts, his journey is driven by a profound desire to explore traditional and heritage foods, as well as the societal dynamics surrounding them, all to foster broader appreciation and understanding.

Author 2 is an associate professor in the Department of Culinary Art at Universiti Teknologi Mara Malaysia, with a strong background in Malay traditional cuisine. Recognized for their influential study, his contributions to the topic have been published by renowned publications, greatly resonating with the community interested in traditional food. his widely referenced research on the transmission of traditional food knowledge is particularly notable, demonstrating their academic significance and devotion.

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