

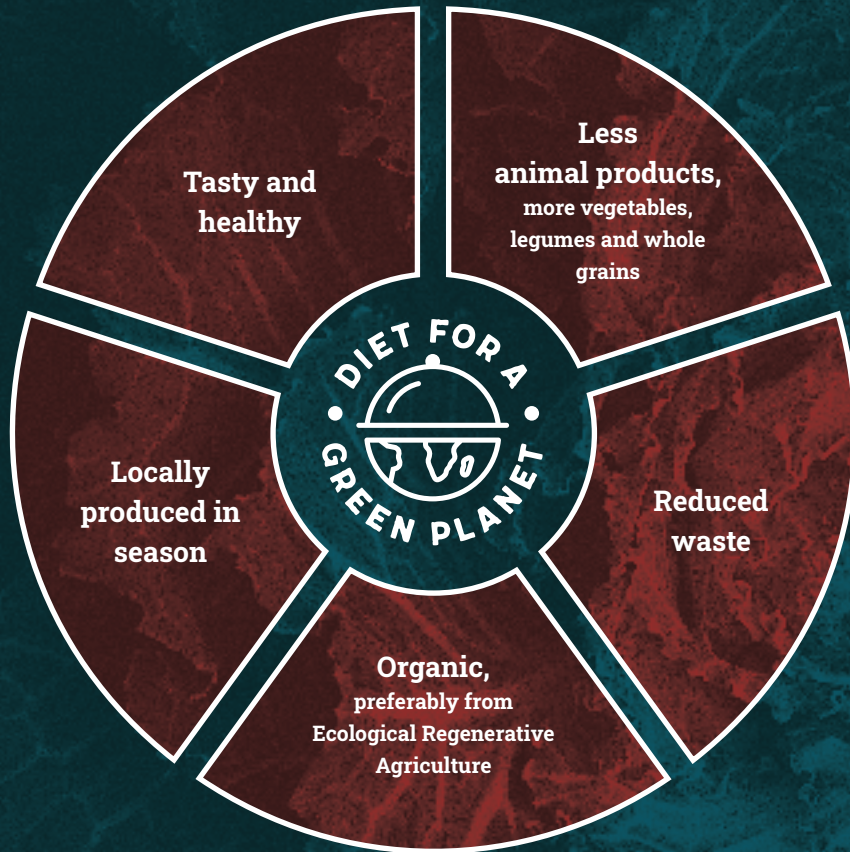


# DIET FOR A GREEN PLANET

Good for people – Good for the planet



# A FOOD CONCEPT



With its flexible rules-of-thumb approach **Diet for a Green Planet** promotes creativity, healthy diets and environmentally sound food production. It is based on research, has a holistic approach to the food system and is adaptable to different geographical conditions.

Diet for a Green Planet was originally developed to promote healthy and sustainable food in the public sector. It can, however, be applied in meal creations in any setting by combining **the criteria presented to the left.**

[dietforagreenplanet.se/en](http://dietforagreenplanet.se/en)





## SUSTAINABLE IN SEVERAL WAYS

Diet for a Green Planet is a research-based concept that incorporates several different aspects of sustainability:

### CLIMATE

- » Food is energy consuming to produce and creates emissions, notably greenhouse gasses. It is therefore important to decrease food waste.
- » Meat production requires large areas of land and creates emissions. Consumption of meat needs to be reduced, in favour of more plant-based foods.
- » We need to reduce carbon dioxide in our atmosphere. This can be done by creating natural carbon sinks, where carbon is captured by and stored in biomass and humus.
- » Transport is energy intensive. It needs to decrease and become fossil free.

### BALTIC SEA AND EUTROPHICATION

- » The Baltic Sea is one of the most polluted seas in the world, mainly from nutrients like phosphorus and nitrogen. This is largely caused by agricultural practices.
- » The agricultural sector needs to reduce the release of nutrients into waterways.

### HEALTH

- » A healthy lifestyle includes a varied and nutrient rich diet. Vegetables, whole grains and legumes are full of vitamins, minerals and fibre, necessary for a healthy diet.
- » Eat meat and meat products in moderation.

### BIODIVERSITY AND SOIL FERTILITY

- » Varied agricultural practices, with a diversity of plants and animals, support biodiversity in our landscape, fields and planet.
- » A living soil contains millions of microorganisms making it fertile and part of biodiversity.

### LAND USE

- » We have approximately 1.4 billion hectares of arable land on Earth, which would mean roughly 2 000 m<sup>2</sup> per person if divided equally between all humans on the planet.
- » In Sweden, the average person consumes food requiring almost twice as much land. Diet for a Green Planet gives us a possibility of keeping within the 2 000 m<sup>2</sup> boundary.

# ECOLOGICAL REGENERATIVE AGRICULTURE (ERA)

An agricultural method which minimizes the negative environmental impact on the Baltic Sea and other waters, and simultaneously has a positive climate effect. In Ecological Regenerative Agriculture there is balance between the number of farm animals and the land area. Manure and crops become part of an ecological cycle.

- » The number of farm animals should not exceed what the farm itself can provide fodder for. Following this principle livestock will be distributed more evenly in the landscape and thus limit the risk of regional accumulation of excess nutrients, minimize nutrient leakage and avoid the need for transportation of fertilizers and fodder. Positive outcomes for both the Baltic Sea and the climate!
- » Growing different crops in rotation, including perennial plants, to avoid soil degradation and monocultures. This increases biodiversity and soil fertility!
- » Cultivating perennial grasses and clovers helps increase humus-levels and creates carbon sinks. Good for the climate and soil fertility!
- » Avoiding chemical fertilizers and pesticides to help wild plants, animals, insects and microorganisms to flourish. Good for biodiversity and soil fertility!
- » Letting grazing animals out onto fields and pastures creates favourable conditions for plants and other organisms, which otherwise would disappear from the landscape. Good for biodiversity!



# DIET FOR A GREEN PLANET – THE CRITERIA

Diet for a Green Planet builds on five criteria which can be implemented anywhere in the world, but results in different foods on the plate depending on location and season.

## **TASTY AND HEALTHY FOOD**

A sustainable diet that is widely applied needs to be well prepared, well combined and healthy.

## **ORGANIC, PREFERABLY FROM REGENERATIVE AGRICULTURE**

In lack of products from ecological regenerative agriculture, EU-organic or nationally eco-labelled products can be used.

## **LESS MEAT, MORE VEGETABLES, LEGUMES AND WHOLEGRAINS**

A benchmark is a maximum of 10–20% meat, fish and egg of your total food intake. Choose meat from animals that have been raised with high animal welfare standards and fish from sustainable sources. Choose wholegrain products instead of refined grains. Wholegrain is more filling, nutrient-dense and creates less food waste.

## **LOCALLY PRODUCED IN SEASON**

Products produced in a sustainable and energy efficient way close to their end-consumer are automatically in season. The definition of local varies for different products and markets. Max 50–250 km from end-consumer is a rough measure.

## **LESS FOOD WASTE**

Minimization of waste, through the whole chain of production, processing, distribution and preparation, and from your own plate.



# THE NEW FOOD-PYRAMID

Some foods we can eat a lot of, while we should decrease the intake of others to reduce our climate and environmental impact.

At the base of the new food pyramid are foods that we can eat every day, such as local legumes, root vegetables and cereals. In the middle we put meat and other animal products from our area that can be included in the meal 2–3 times per week. At the top of the pyramid are products which should be consumed seldom, as they have a high environmental impact. Different conditions for food production will differentiate the pyramid according to local circumstances and seasonal variations.



Below is an example of seasonal adaptation in the Stockholm region in Sweden. Creating your own food pyramids based on your local conditions can be an interesting learning experience!



## SPRING AND EARLY SUMMER

Time for early fruits and vegetables, a difficult period since there is little left from last year's harvest. Dry products like legumes and cereals of different varieties are an important base during this time of the year, and eventually the new potatoes and vegetables start coming. This is also the best time for eating mackerel, a healthy climate-friendly fish.



## SUMMER AND EARLY AUTUMN

A time of abundance, tomatoes, cucumber, squash, fresh peas and beans, broccoli, cabbage, root vegetables and a variety of greens. Berries and mushrooms can be gathered in the forests and we can start to pickle and preserve our finds.



## AUTUMN

A season for heart-warming stews. No more fresh greens, but a richness of root vegetables, different cabbages, leek and pumpkins, local fruit can be found up until Christmas. This is also the time for hunting and slaughtering. Wild meat and lamb are plentiful, making rich stews with meat and vegetables a delight of the season.



## WINTER

Time for root vegetables, as we are starting to empty our stocks. The base consists of root vegetables, cabbage and onions as well as grains and legumes. To get something fresh you can choose sprouts and seeds, complemented with pickled and canned products.





## TIPS FOR CHEFS

There are many ways to work more sustainably in your kitchen. Here are a few tips and tricks from the school chefs in Södertälje Municipality in Sweden.

- » **Serve vegetables** as separate as possible, with the dressing and herbs on the side. The guest can mix and match as they please. The economic up-side to this is that you can use the leftovers for cooking, for example in soups, stews and vegetable-based patties.
- » **Use left-over bread** to make breadcrumbs for your fish dishes.

- » Write the animal-free dish **at the top of your menus**.
- » Place the animal-free dish **first on your buffet** and serve in a similar way to other dishes. This destigmatizes animal-free choices.
- » When the meal is served, **be available to answer questions** and talk with the pupils about the food and why certain foods are served and others not.
- » **Invite pupils to the kitchen.** This is a favourable place for learning about food. Forming relationships between pupils and chefs will also enhance acceptance of new food.
- » Use a forum, for example a student council, for pupils to **discuss and have influence** on the food served.



## COMPLEMENTARY CONCEPTS

There are other food concepts similar to Diet for a Green Planet, which can function as useful tools when you want to implement Diet for a Green Planet in practice.



The EAT-Lancet commission published a report in January 2019 called Food, Planet, Health compiled by 35 international scientists. The report gives recommendations on what kind of food we should eat less of and what we can eat more of and largely confirms the criteria set by Diet for a Green Planet.

In 2018 the World Wildlife Fund in Sweden launched a diet concept called “One Planet Plate”. It is composed by several useful guides for different groups of products and the recommendations correspond quite well with the criteria for Diet for a Green Planet.

## BACKGROUND

Origin of the food concept Diet for a Green Planet and its context.

Södertälje municipality in Sweden has implemented the concept Diet for a Green Planet in the public food sector since 2010. This work has led to several awards and a lot of interest from national and international actors within public food.

The meal concept was developed during two Baltic Sea Region projects; BERAS (2003–2006) and BERAS Implementation (2010–2013). Partner countries were Poland, Denmark, Lithuania, Germany, Latvia, Estonia, Finland and Sweden. Södertälje Municipality had a leading role in developing and testing the concept.

In Södertälje the journey towards sustainable public food started in 2001, when the local government took a political decision to use food as a tool in sustainability work. A food policy was formulated, and step by step the municipality has worked towards a more sustainable food supply, both in-house and through development projects.

In 2015 the EU-project MatLust started with the goal to develop a sustainable food sector in Stockholm County, as well as creating a regional knowledge center in Södertälje. MatLust helps small and medium sized enterprises within the food sector to grow sustainably. Diet for a Green Planet is a foundation also for MatLust.

Södertälje municipality is also taking lead in offering the food concept to other actors in Sweden and in the Baltic Sea region.



# DIET FOR A GREEN PLANET NETWORK

If you work with food for many and are interested in learning more about Diet for a Green Planet and the implementation process there are several opportunities.

We have a website **[www.dietforagreenplanet.se/en](http://www.dietforagreenplanet.se/en)** where you can get more information in English and Swedish.

Södertälje municipality in collaboration with BERAS International are offering webinars about Diet for a Green Planet. For upcoming events please contact one of the coordinators to the right.

Novia University of Applied Sciences, Finland, together with BERAS International are going to host an international training programme in Diet for a Green Planet. Please contact a coordinator or visit our website for further information.

There is an ongoing Swedish training programme for Diet for a Green Planet change leaders by BERAS International:

**[www.stensund.se/utbildningar/diet-for-a-green-planet/](http://www.stensund.se/utbildningar/diet-for-a-green-planet/)**

You can join our Baltic Sea region network for Diet for a Green Planet. We are open to new members who want to form projects together to work for more sustainable food consumption and production. We also have a network for those specifically working with research within the area of sustainable and nutritious food.



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