



# Diet for a Green Planet

Food that makes us feel good and that our planet can produce in a sustainable way.

Södertälje municipality has implemented the concept “Diet for a Green Planet” in the public food sector since 2010. This work has led to several awards, notably “The school meal-municipality of the year” award.

The meal concept was developed during two research projects; BERAS (2003-2006) and BERAS Implementation (2010-2013). The Södertälje Municipality participated in a leading role in development and implementation of the concept.

The journey towards a sustainable public food sector started in 2001, when Södertälje Municipality took a political decision to use food as a tool in work of sustainability. 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 size enterprises within the food sector to grow sustainably.

Diet for a Green Planet concept is fundamental to MatLust.

# Sustainable in several ways

Diet for a Green Planet is a research-based concept that incorporates sustainability in several aspects.

## Climate

- Food production 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 favor of more vegetable-based foods.
- We need to cut carbon dioxide from our atmosphere. This can be done through creating natural carbon sinks, where biomass and humus can contain excessive carbon.
- Transport is energy intensive and needs to decrease and develop in a climate friendly way.

## Baltic Sea and eutrophication

- The Baltic Sea is one of the most polluted in the world, mainly from phosphorus and nitrogen deposits. This is largely caused by agricultural practices. Eat meat and meat products in moderation.
- The agricultural sector needs to reduce the release of pollutants into the connecting waterways.

## Health

- A healthy lifestyle includes a varied and nutrient rich diet. Vegetables, whole grains and legumes are full of vitamins, minerals and fiber, 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 provides our landscape, fields and planet with biodiversity.
- A living soil contains millions of microorganisms making it productive and a part of the earth's biodiversity.

## Land use

- We have approximately 1,4 billion hectares of arable land on Earth, meaning that each human has roughly 2000 m<sup>2</sup> at their disposal.
- In Sweden, this translates to the double the number of square meters per person. Diet for a Green Planet gives us a possibility of keeping within the 2000 m<sup>2</sup> boundary.
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# Ecological Recycling Agriculture (ERA)

An agricultural method which minimizes the negative environmental impact of agriculture on the Baltic Sea and other water resources, simultaneously giving a positive climate effect. There is a balance between the number of animals and the land area. Manure and crops become part of an ecological cycle.

- The number of animals should not exceed more than the farm itself can provide for. This minimizes the nutrient leakage into the water ways and avoids 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 helps biodiversity through the support this offers plants and microorganisms, 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 provides different foods depending on location and time of the year.

## **Tasty and healthy food**

To have a sustainable diet that is widely applied it needs to be well prepared, well combined and healthy.

## **Organic, and preferably from recycling agriculture**

In lack of ecological recycling agriculture, EU-organic or Swedish KRAV-labeled 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 well raised animals, and fish from sustainable

sources. Choose wholegrain products in contrast to refined grains. This is more filling, nutrient-dense and creates less food waste.

## **Locally produced in season.**

Products produced in a sustainable way close to its end-consumer are automatically in season. The definition of local varies, roughly max of 50-250 km from end consumer.

## **Less food waste**

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

# 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.

- 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 first on 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.





MatLust

# A 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 examples of things that we can eat every day, such as Swedish legumes, root vegetables and cereals. In the center is Swedish meat and other animal products that can be included 2-3 times per week. On the top of the pyramid are products which should be seldom consumed, as they have a high climate effect. Different conditions for food production will differentiate the pyramid over the year.

## 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 popping up. 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 vegetable and a variety of greens. Berries and mushrooms can be gathered in

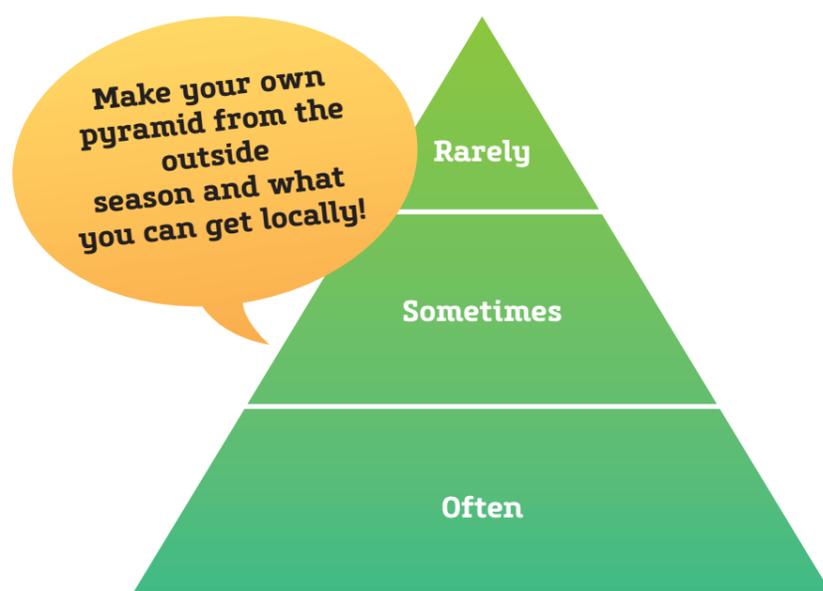
the forests and we can start to pickle and preserve our finds.

## 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 is plentiful, meaning that rich stews with meat and vegetables are the 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.







# Good for people. Good for the planet.

Diet for a Green Planet is a healthy diet in accordance with national health recommendations, and can be produced in a sustainable way for our planet. The concept can be applied all over the world and will result in different meals depending on location and season.

Diet for a Green Planet has the same outset as the EAT-Lancet report “Food, Planet, Health”. This prestigious report compiled by 35 international scientists in January 2019 confirms the criteria set by Diet for a Green Planet.

called “One Planet Plate” was launched. This diet corresponds well to Diet for a Green Planet and promotes sustainable meals which benefits the climate, world biodiversity and human health.

This is also true for World Wildlife Fund, when in 2018 a diet concept