FOOD SUSTAINABILITY
attitudes and knowledge in the general population

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Goals for Sustainable Development

1. No Poverty
2. Zero Hunger
3. Good Health and Well-being
4. Quality Education
5. Gender Equality
6. Clean Water and Sanitation
7. Affordable and Clean Energy
8. Decent Work and Economic Growth
9. Industry, Innovation and Infrastructure
10. Reduced Inequalities
11. Sustainable Cities and Communities
12. Responsible Consumption and Production
13. Climate Action
14. Life Below Water
15. Life on Land
16. Peace, Justice and Strong Institutions
17. Partnerships for the Goals
Sustainable Healthy Diets are dietary patterns that promote all dimensions of individuals’ health and wellbeing; have low environmental pressure and impact; are accessible, affordable, safe and equitable; and are culturally acceptable.
### CO₂ emission/person due to food in Spain (2018)

<table>
<thead>
<tr>
<th>Food</th>
<th>g/day</th>
<th>CO₂ (kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red meat</td>
<td>36,1</td>
<td>1451</td>
</tr>
<tr>
<td>Chicken</td>
<td>39,6</td>
<td>99,1</td>
</tr>
<tr>
<td>Eggs</td>
<td>23,2</td>
<td>12,1</td>
</tr>
<tr>
<td>Fish</td>
<td>63,4</td>
<td>115,6</td>
</tr>
<tr>
<td>Legumes</td>
<td>8,8</td>
<td>14,6</td>
</tr>
<tr>
<td>Nuts</td>
<td>8,6</td>
<td>1,43</td>
</tr>
<tr>
<td>Milk and dairy</td>
<td>202,8</td>
<td>202,3</td>
</tr>
<tr>
<td>Cereals</td>
<td>156,5</td>
<td>147,5</td>
</tr>
<tr>
<td>Potatoes</td>
<td>75,5</td>
<td>12,9</td>
</tr>
<tr>
<td>Verduras</td>
<td>156,4</td>
<td>470</td>
</tr>
<tr>
<td>Fruits</td>
<td>248,7</td>
<td>99,5</td>
</tr>
<tr>
<td>Added fats</td>
<td>32,8</td>
<td>37,4</td>
</tr>
<tr>
<td>Added sugars</td>
<td>25,8</td>
<td>10,3</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td>2658,3</td>
</tr>
</tbody>
</table>

11464 km (aprox. Barcelona-Beijing)

333 days heating
We need to change food habits!!!!

But how...
Do people want to change?

Do people want to change?

How important is it for you to buy sustainable food? 
(scale 0 not important at all -5 very important)

Do people know how to change?
Do people know how to change?

Do you know the meaning of ...?

Do you know the meaning of ...?
Do people know how to change?

Which of the following define a sustainable diet?

- Low environmental impact
- Respect for biodiversity
- No additives
- Low processing
- Organic
- Rich in fresh products
- Culturally accepted
- Local affordable
- Equitable

40% sustainable = healthy

Figure 4: Environmental effects per serving of food produced
Bars are mean (SD). Some results are missing for fish due to lack of data for some impact categories (e.g., land use stemming from plant-based feeds in aquaculture). This was, however, accounted for in the global food systems modeling framework used in Section 3. CO₂=carbon dioxide. Eq=equivalent. PO₄=phosphate. SO₂=sulphur dioxide.
Do we know how to change?

Which kind of impact do you think this foods have on sustainability?

Do we know how to change?

- Although greenhouse gas emission of “fish eaters’ diet” is very similar to that of “vegetarians”, some other factors, such as loss of biodiversity, must be taken into account when discussing fish impact on food sustainability.
- Currently it is estimated that more than 90% of world’s fish stocks are fully exploited, overexploited or collapsed.
Do we know how to change?

Which type of food is the most water-intensive to produce?

Water use in food production

- The water footprint of 1kg of bovine meat (18,870 L) is sixty-one times higher than the water footprint of the same amount of vegetables (310 L), and eleven times higher than the water footprint of pasta (1770 L)

Note: Data represents the global average freshwater withdrawals of food products based on a large meta-analysis of food production covering 38,700 commercially viable farms in 119 countries.

OurWorldInData.org/environmental-impacts-of-food • CC BY
Global land use for food production

Data source: UN Food and Agriculture Organization (FAO)
OurWorldInData.org - Research and data to make progress against the world’s largest problems
Licensed under CC-BY by the authors Hannah Ritchie and Max Roser in 2019.
According to the Intergovernmental Panel on Climate Change (IPCC), food waste contributes to up to 10% of human-based carbon emissions.
Food waste

What percent of the food you buy goes to waste?

Truth: 18%
Conclusions- The Political Consumer

- “a form of consumption that involves social, cultural, animal related, and environmental concerns that go beyond the immediate self-interests of the individual consumer or household” ... “choose their products and services based on the politics of the product, more than on private virtues, such as price, taste, and healthiness of food”

- To become political consumers, people need motivation and adequate information on the social and environmental consequences of products.

- Knowing the attitudes towards and knowledge on food sustainability of the general population is, consequently, a key point to design interventions than can move consumers’ purchasing to more conscious and sustainable options.

Conclusions

- The **women** in this study showed a greater interest in food sustainability. Thus, intervention targeted to women have a higher potential to be successful, since women are more health conscious and show a greater interest in sustainable and healthy food together with them being the member of the family in charge of the majority of food purchasing and cooking

Well-informed and motivated women can be the impulse to the sustainable shift of the families and general population
Conclusions

• The lower interest for sustainable eating among the younger group (18–30 years) is another interesting and somewhat surprising result. This lack of sustainability consciousness may be due to low responsibility of the young group for cooking and shopping at home or to a true lesser interest in sustainability.

it remains uncertain whether today’s young people will engage in sustainable consumption through food-related practices in the future.
Will you help?
According to the Food and Agriculture Organization (FAO), sustainable diets are “those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.”

Dietitians – due to their specialised training and expertise in food science, community needs, behavior change and human health promotion – are uniquely suited to lead the European population towards a more sustainable eating pattern. Dietitians have always played this important role; it is inherent to the profession. But investing in their capacity throughout Europe can have an even greater impact.
Sustainable eating advice-resources
Sustainable eating advice-resources

Where Nutri-Score calculates the nutritional value of a product, a new front-of-pack label in France is measuring the environmental impact of food.
Resources to come
Any question?
angargon@ceu.es
Harvard Foodprint Calculator

harvard-foodprint-calculator.github.io  pic.twitter.com/N1eWnUZXE4
Thank you
Take care and Stay healthy!
angargon@ceu.es