

ICDA Sustainability Toolkit:

A toolkit for Dietitian-Nutritionists
learning about sustainable food systems



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Sustainability
Supporting Sustainability in Nutrition

NDAP
2nd Virtual
ANCON 2022



Leading with **IMPACT**
FAST
FAST INNOVATION, AGILITY, SUSTAINABILITY, TRANSFORMATION

What to Expect in this Session

1. Understand the ICDA Food Sustainability Initiative
2. Understand the basic concepts of Sustainable Food Systems (SFS)
3. Be inspired to use, benefit from, and contribute to the ICDA SFS Toolkit
4. Discover opportunities to collaborate with others – there are Dietitians and Nutritionists all over the world at all stages of SFS progress!



Other members of ICDA's Sustainability Team

In addition to us, we have a team from 16 countries who help develop, promote, and measure progress on the SFS Toolkit & SFS impacts. We would love you take part, too!

Past Coordinators



Chaiti Seth



Haley Jenkins



Edith Callaghan



Barb Seed

Research Assistants



Rachael Powell

*Teamwork
makes
Dreamwork!*

*We welcome YOU
to join us as well!*

ICDA Board Representative



Danielle Gallegos



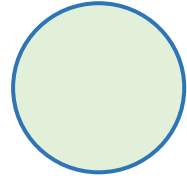
Sheela Krishnaswamy



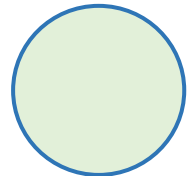
ICDA SFS Volunteer Advisors



1. Ariel Ho, (Shih-Ying) Taiwan



2. Bolajoko Opeyemi, Nigeria

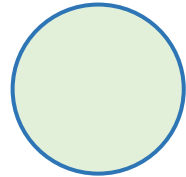


3. Catherine Pereira-Kotze, South Africa

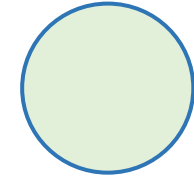


7. Liza Barbour, Australia

8. Manuel Monino Gomez, Spain

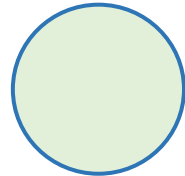


4. Eduardo A. Gómez Infante, México

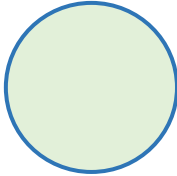


5. Jo McCormack, Australia

6. Kathy Faulkner, Australia



9. Margaretha af Trolle, Sweden



10. Marie Spiker, USA



11. Patricia Thompson, Jamaica



12. Roshan Delabandara, Sri Lanka

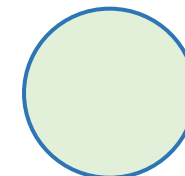
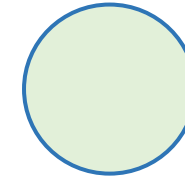
13. Roxane Wagner, Canada

14. Sandra Murray, Tasmania

15. Seema Puri, India

16. Sylvie Borloz, Switzerland

17. Tânia Cordeiro, Portugal



Development of the ICDA SFS Toolkit

2016-17

2018-19, 2020 launched

2020 - forever

1 - Delphi Inquiry

(complete)



2 - SFS Toolkit

(ongoing)



3 - Indicators

(ongoing)



- Barriers
- Vision of Success
- Indicators
- Actions for ICDA



- Resources, Professional Development, Community
- >1600 users from 35 countries

- Based on barriers & ICDA actions
- Baseline data collected
- Tracking future progress



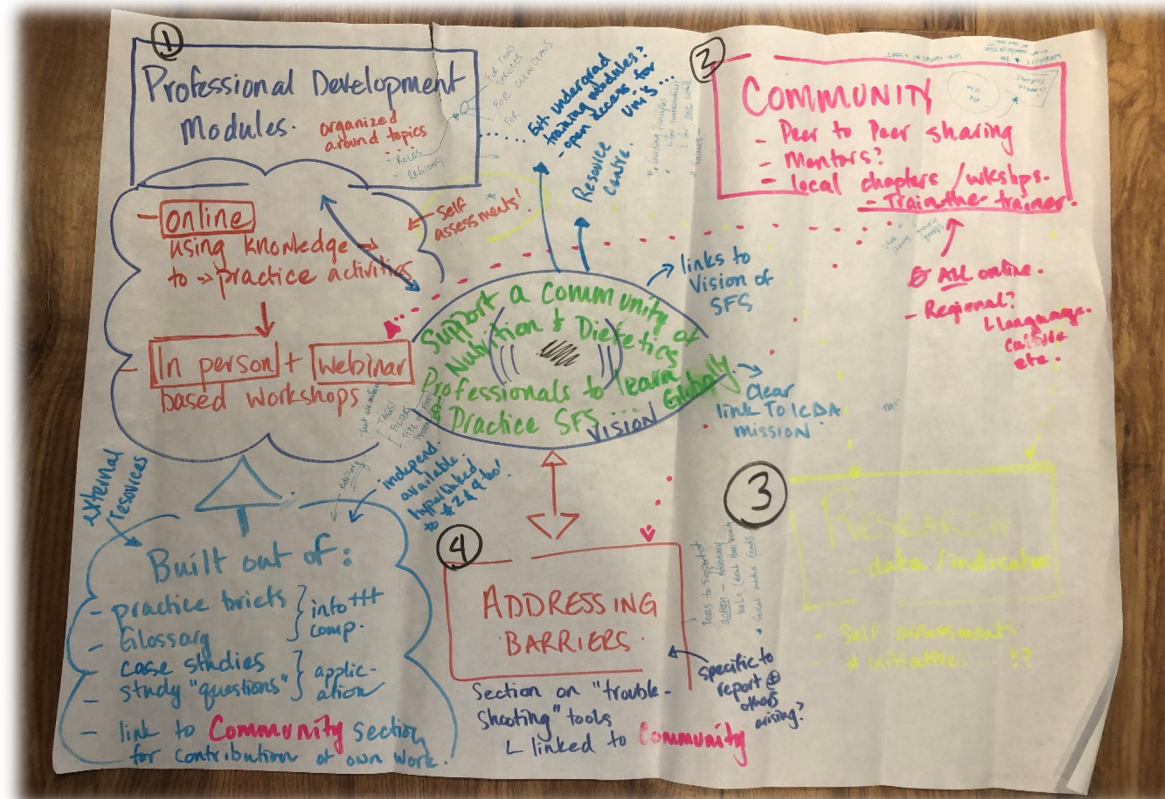
Delphi Inquiry Process

From 2018-19 worked with:

- 30 of 43 ICDA countries
 - 71 participants Round 1
 - 61 participants Round 2
 - 50 participants Round 3

From 2019-20 worked with:

- 18 ICDA Members
- 2 rounds of review
- ICDA Board funds & support



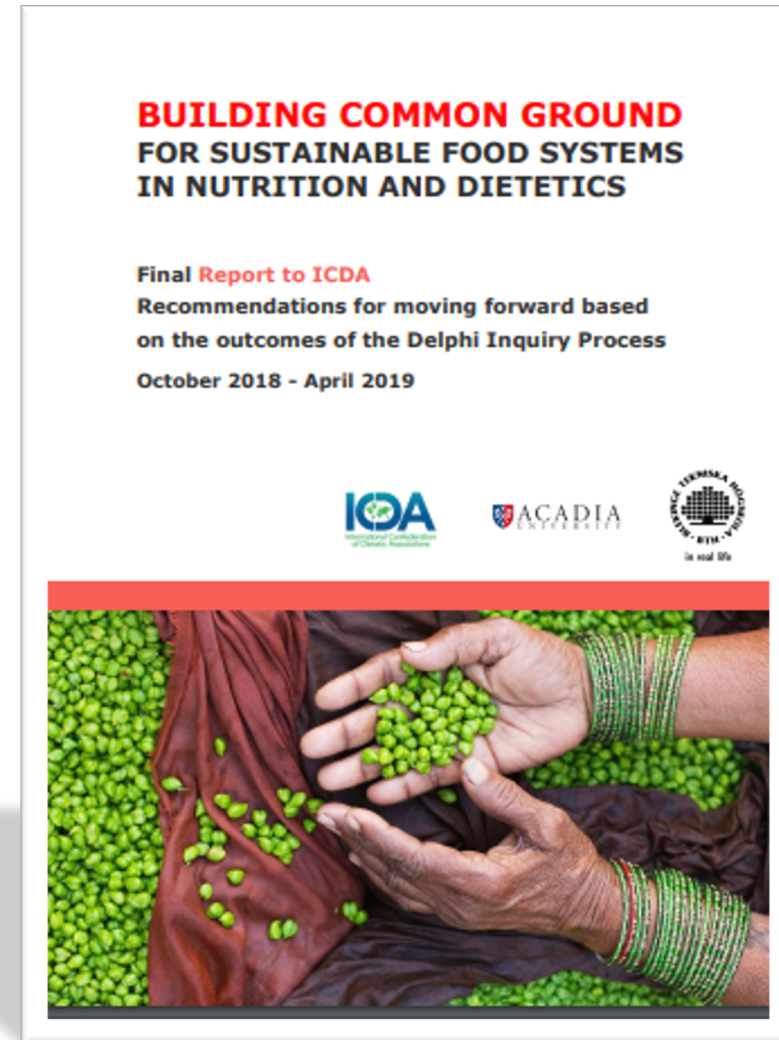
*Development is ongoing as we
learn & grow together!*



ICDA Members' Vision of a Sustainable Food System (SFS)

SFS nourish all people,
now and into the future,
with sufficient, nutritious, affordable,
tasty, diverse, culturally appropriate food.

Such food systems support
physical & mental health
while preserving, promoting,
& respecting the integrity
of ecological & social systems...



SFS Barriers:

- Professional culture
- Finding common ground
 - Differing trends between regions
 - Environmental degradation
 - Profits as priority
 - Food prices
 - Food safety

Support Needed:

- ✓ Vision
- ✓ Competence-building
- ✓ Advocacy and advertising
- ✓ Collaboration and networking
- ✓ Financial resources & recognition



Vision for the Toolkit

Dietitians-Nutritionists bring a deep understanding of SFS into their practice.

Access to a range of practical, evidence-based and context-specific tools and resources supports all Dietitians-Nutritionists in making positive contributions to sustainability.

Dietitians-Nutritionists play key roles in creating healthy communities and accelerating a shift towards SFS.



Sustainability
Supporting Sustainability in Nutrition

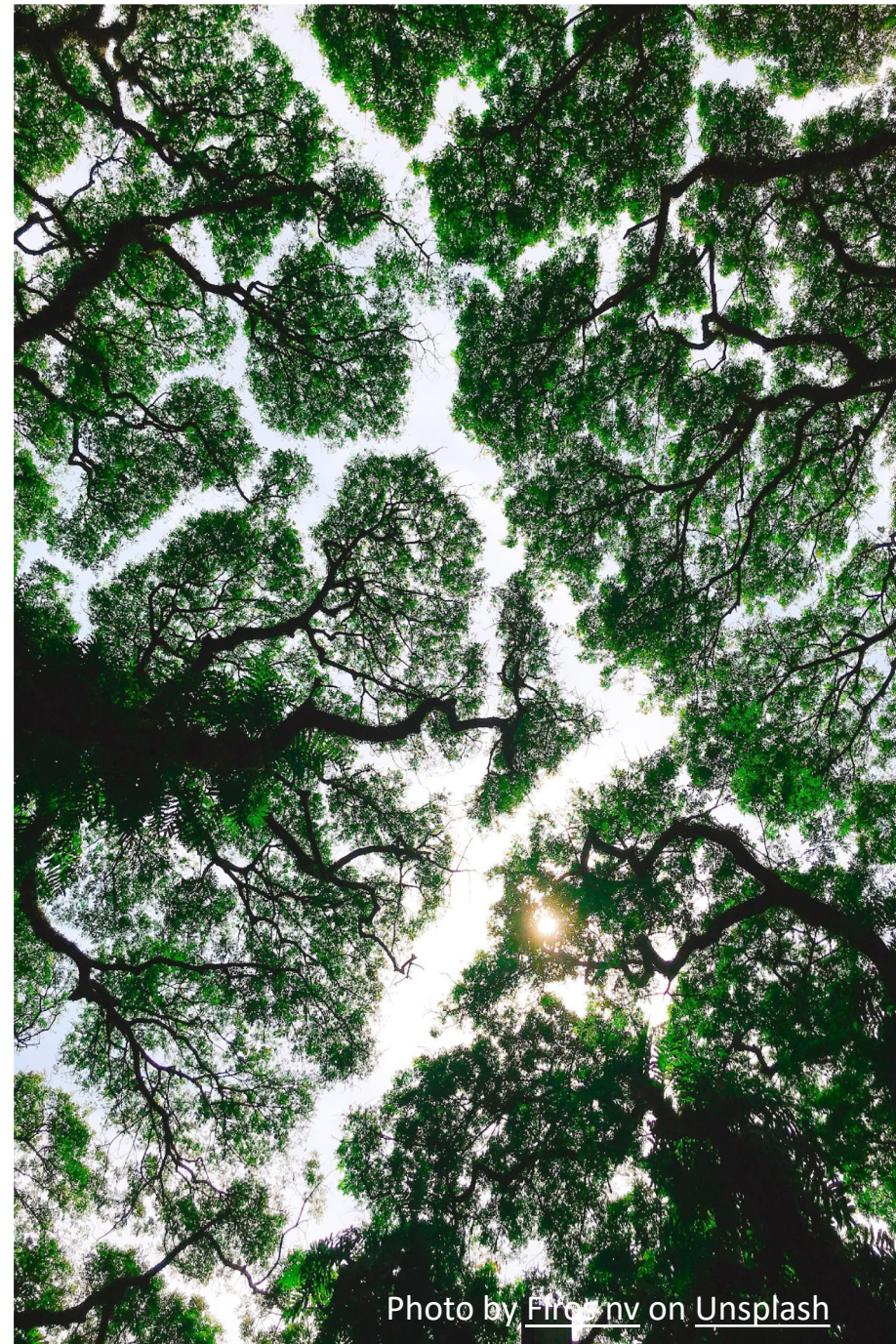


Photo by [Frieda van der Vliet](#) on [Unsplash](#)

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Leading with **IMPACT**
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ICDA SFS Toolkit: 7 Guiding Principles

1. Sustainability
2. Transparency
3. Diversity
4. Equity
5. Curiosity
6. Dynamism
7. Evidence-based



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PRIORTIES

- 1) **Provide strong leadership for SFS in practice**
- 2) **Facilitate collaboration & learning among ICDA members**
- 3) **Identify & engage global partners in this work**

SFS Tool Kit

- ✓ Relevant & transferable information
- ✓ Practical, evidence-based tools
- ✓ Peer-learning & collaboration

SFS Steps *(if desired)*

1. Personal sustainability self-assessment
2. Foundational introduction to SFS
3. Resources to further your learning
4. Tools you can use in your practice
5. Discussion Fora & Groups

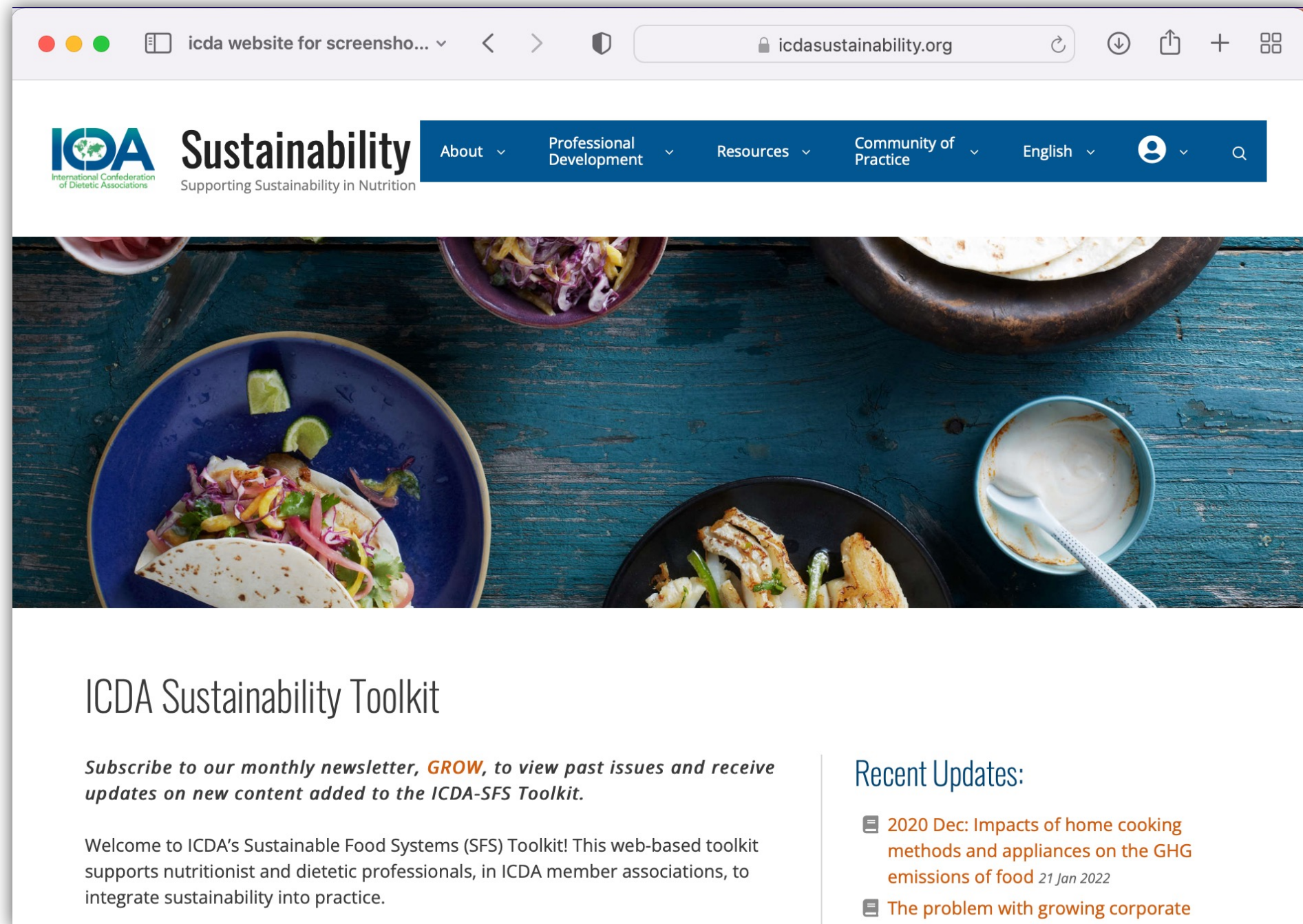


ICDA

SFS

Home

Page



The screenshot shows a web browser window with the address bar displaying "icdasustainability.org". The website header features the ICDA logo (International Confederation of Dietetic Associations) and the word "Sustainability" with the tagline "Supporting Sustainability in Nutrition". A navigation menu includes links for "About", "Professional Development", "Resources", "Community of Practice", "English", and a user profile icon.

The main banner image shows a top-down view of various dishes including tacos, a salad, and a bowl of soup on a rustic wooden table.

ICDA Sustainability Toolkit

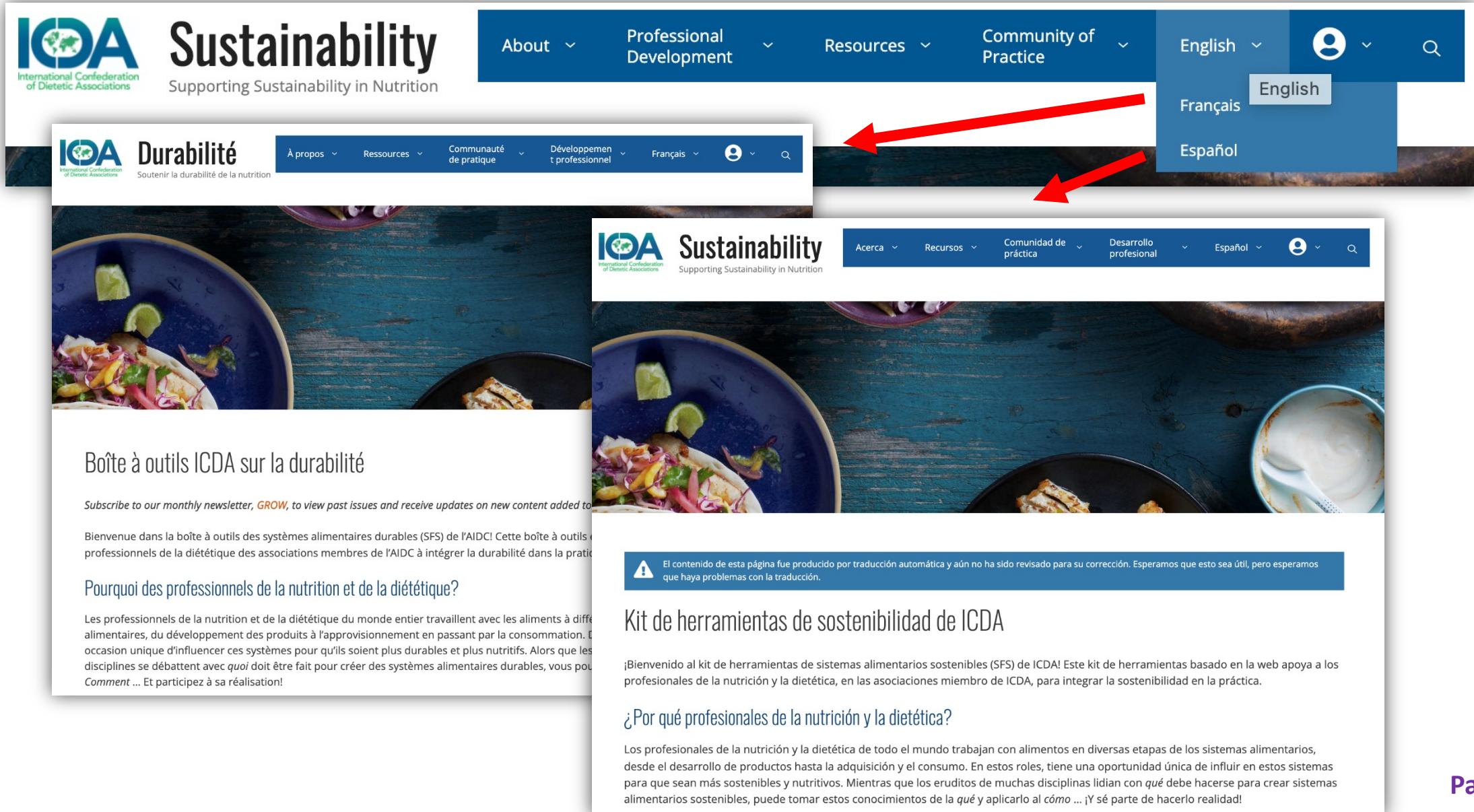
*Subscribe to our monthly newsletter, **GROW**, to view past issues and receive updates on new content added to the ICDA-SFS Toolkit.*

Welcome to ICDA's Sustainable Food Systems (SFS) Toolkit! This web-based toolkit supports nutritionist and dietetic professionals, in ICDA member associations, to integrate sustainability into practice.

Recent Updates:

- 2020 Dec: Impacts of home cooking methods and appliances on the GHG emissions of food 21 Jan 2022
- The problem with growing corporate

Choose a Language: French, Spanish, English - more to come!



The image shows the ICDA Sustainability website interface. The top navigation bar is blue with white text. The logo on the left reads "ICDA International Confederation of Dietetic Associations" and "Sustainability Supporting Sustainability in Nutrition". The navigation menu includes "About", "Professional Development", "Resources", "Community of Practice", and a language dropdown menu. The language dropdown menu is open, showing "English", "Français", and "Español". Red arrows point from the "English" option to the "Français" and "Español" options.

English

Français

Español

Durabilité

À propos Ressources Communauté de pratique Développement professionnel Français

Sustainability

Acerca Recursos Comunidad de práctica Desarrollo profesional Español

Boîte à outils ICDA sur la durabilité

Subscribe to our monthly newsletter, **GROW**, to view past issues and receive updates on new content added to the toolbox.

Bienvenue dans la boîte à outils des systèmes alimentaires durables (SFS) de l'AIDC! Cette boîte à outils est destinée aux professionnels de la diététique des associations membres de l'AIDC à intégrer la durabilité dans la pratique.

Pourquoi des professionnels de la nutrition et de la diététique?

Les professionnels de la nutrition et de la diététique du monde entier travaillent avec les aliments à différents stades des systèmes alimentaires, du développement des produits à l'approvisionnement en passant par la consommation. C'est une occasion unique d'influencer ces systèmes pour qu'ils soient plus durables et plus nutritifs. Alors que les disciplines se débattent avec *quoi* doit être fait pour créer des systèmes alimentaires durables, vous pouvez participer à sa réalisation!

Kit de herramientas de sostenibilidad de ICDA

¡Bienvenido al kit de herramientas de sistemas alimentarios sostenibles (SFS) de ICDA! Este kit de herramientas basado en la web apoya a los profesionales de la nutrición y la dietética, en las asociaciones miembro de ICDA, para integrar la sostenibilidad en la práctica.

¿Por qué profesionales de la nutrición y la dietética?

Los profesionales de la nutrición y la dietética de todo el mundo trabajan con alimentos en diversas etapas de los sistemas alimentarios, desde el desarrollo de productos hasta la adquisición y el consumo. En estos roles, tiene una oportunidad única de influir en estos sistemas para que sean más sostenibles y nutritivos. Mientras que los eruditos de muchas disciplinas lidian con *qué* debe hacerse para crear sistemas alimentarios sostenibles, puede tomar estos conocimientos de la *qué* y aplicarlo al *cómo* ... ¡Y sé parte de hacerlo realidad!

El contenido de esta página fue producido por traducción automática y aún no ha sido revisado para su corrección. Esperamos que esto sea útil, pero esperamos que haya problemas con la traducción.

How to use this Toolkit

You can use this toolkit however you would like. However, we suggest one of two ways.

1. Structured Flow

- Take the **Sustainability Self-Assessment** which will recommend a learning module and resources.
- Work through the **Learning Module** suggested.
- Explore the **suggested resources** that are most relevant to you.
- Participate in the **Community of Practice**. Read others' questions and stories, **share your own**.
- Keep up to date and deepen your learning through **webinars, workshops and courses**.

2. Free Flow

- Browse **resources** by relevance to your practice or challenges. Use the filters.
- Refer to the **glossary** as needed.
- Connect with colleagues by reading others' questions and stories, and share your own.
- If you are interested in learning more, check out the **Professional Development section**.

SUSTAINABILITY SELF-ASSESSMENT



Take the **sustainability self-assessment** to help you get started on your journey to sustainable nutrition!

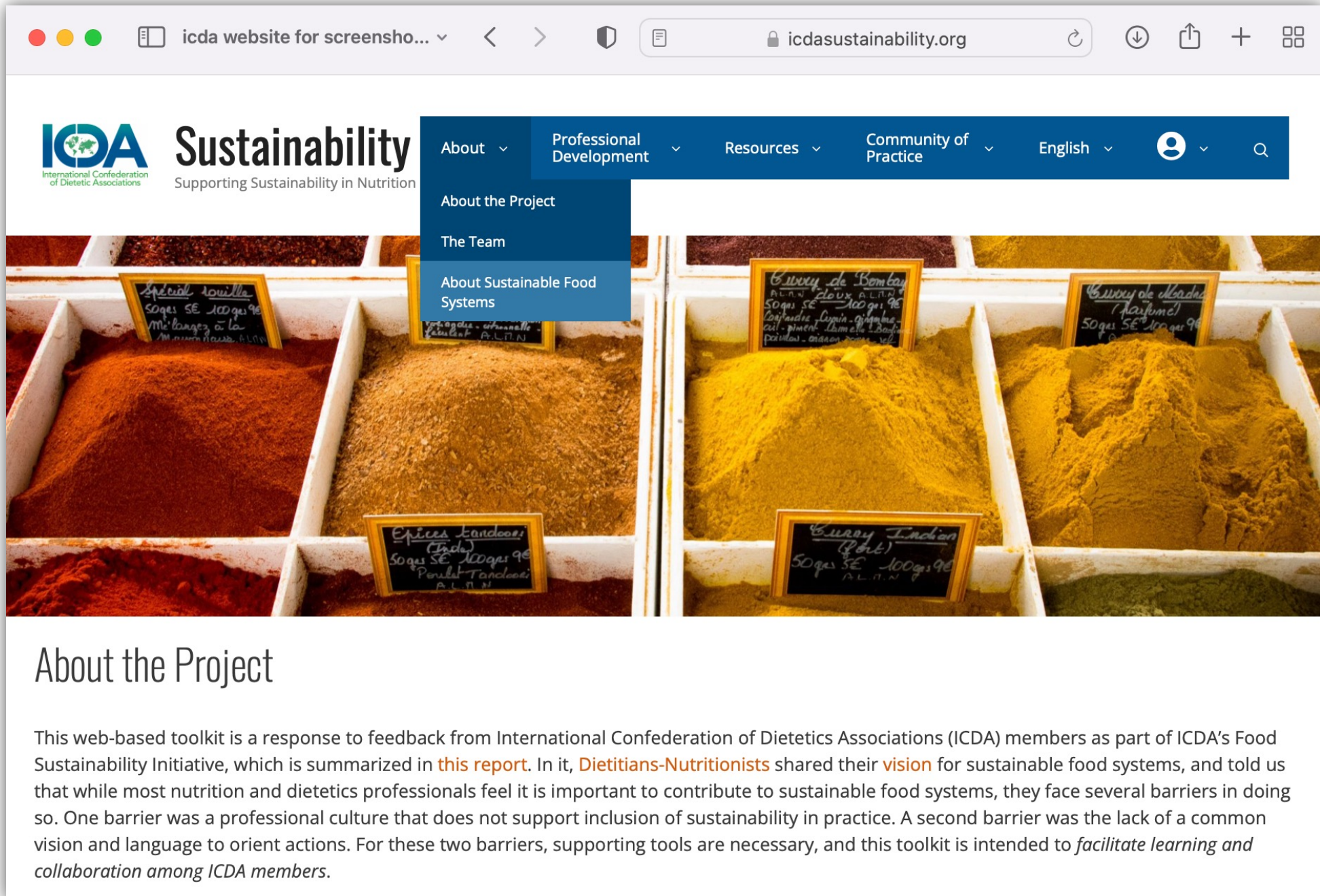
About

1 – Project

2 – Team

3 – SFS basics

*A more detailed
version of what
this presentation
covered thus far.*



The screenshot shows the ICDA Sustainability website. The header includes the ICDA logo (International Confederation of Dietetic Associations) and the title 'Sustainability Supporting Sustainability in Nutrition'. A navigation bar contains links for 'About', 'Professional Development', 'Resources', 'Community of Practice', 'English', and a user profile icon. A dropdown menu for 'About' is open, showing 'About the Project', 'The Team', and 'About Sustainable Food Systems'. The background image shows several white bins filled with different colored powders (spices) with small black labels. The text 'About the Project' is displayed below the image, followed by a paragraph describing the toolkit's purpose.

About the Project

This web-based toolkit is a response to feedback from International Confederation of Dietetics Associations (ICDA) members as part of ICDA's Food Sustainability Initiative, which is summarized in [this report](#). In it, [Dietitians-Nutritionists](#) shared their [vision](#) for sustainable food systems, and told us that while most nutrition and dietetics professionals feel it is important to contribute to sustainable food systems, they face several barriers in doing so. One barrier was a professional culture that does not support inclusion of sustainability in practice. A second barrier was the lack of a common vision and language to orient actions. For these two barriers, supporting tools are necessary, and this toolkit is intended to *facilitate learning and collaboration among ICDA members*.

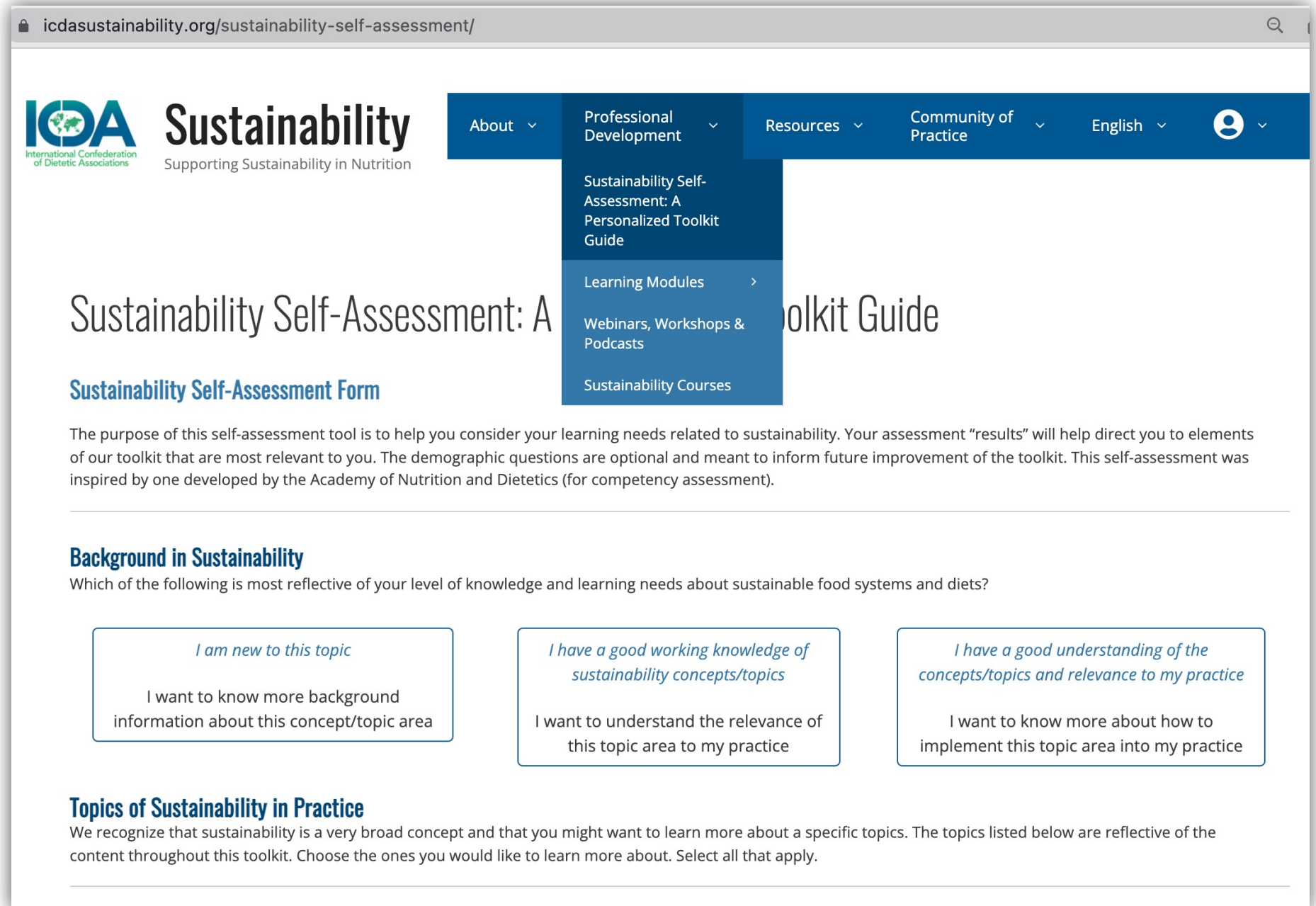
Professional Development

The self-assessment can help you get your bearings.

It is just 1 page.

Include your email & you will get a copy that you can continue to edit.

And we are always nearby to assist!



The screenshot shows a web browser window with the URL icdasustainability.org/sustainability-self-assessment/. The page features the ICDA logo (International Confederation of Dietetic Associations) and the title "Sustainability Supporting Sustainability in Nutrition". A navigation menu includes "About", "Professional Development", "Resources", "Community of Practice", "English", and a user profile icon. The "Professional Development" menu is open, showing options: "Sustainability Self-Assessment: A Personalized Toolkit Guide", "Learning Modules", "Webinars, Workshops & Podcasts", and "Sustainability Courses". The main heading is "Sustainability Self-Assessment: A Personalized Toolkit Guide". Below this is the "Sustainability Self-Assessment Form" section, which explains the purpose of the tool. The "Background in Sustainability" section asks the user to select their level of knowledge, with three options: "I am new to this topic", "I have a good working knowledge of sustainability concepts/topics", and "I have a good understanding of the concepts/topics and relevance to my practice". The "Topics of Sustainability in Practice" section explains that users can select multiple topics they want to learn more about.

icdasustainability.org/sustainability-self-assessment/

ICDA
International Confederation
of Dietetic Associations

Sustainability
Supporting Sustainability in Nutrition

About Professional Development Resources Community of Practice English

Sustainability Self-Assessment: A Personalized Toolkit Guide

Sustainability Self-Assessment Form

The purpose of this self-assessment tool is to help you consider your learning needs related to sustainability. Your assessment “results” will help direct you to elements of our toolkit that are most relevant to you. The demographic questions are optional and meant to inform future improvement of the toolkit. This self-assessment was inspired by one developed by the Academy of Nutrition and Dietetics (for competency assessment).

Background in Sustainability

Which of the following is most reflective of your level of knowledge and learning needs about sustainable food systems and diets?

I am new to this topic
I want to know more background information about this concept/topic area

I have a good working knowledge of sustainability concepts/topics
I want to understand the relevance of this topic area to my practice

I have a good understanding of the concepts/topics and relevance to my practice
I want to know more about how to implement this topic area into my practice

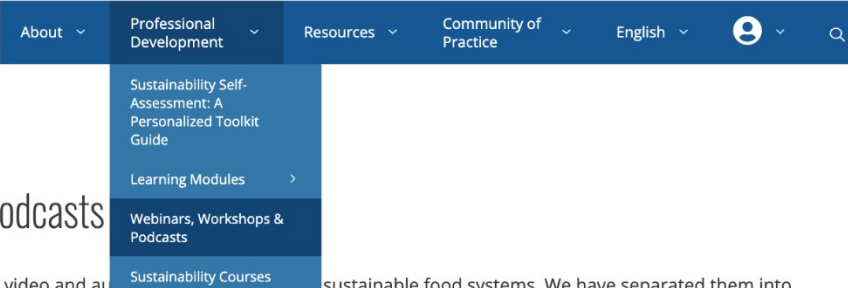
Topics of Sustainability in Practice

We recognize that sustainability is a very broad concept and that you might want to learn more about a specific topics. The topics listed below are reflective of the content throughout this toolkit. Choose the ones you would like to learn more about. Select all that apply.

Professional Development

Guided Learning

icdasustainability.org/professional-development/webinars-workshops/



Webinars, Workshops & Podcasts

These are short (generally less than 1 hour) video and audio resources about sustainable food systems. We have separated them into three groups. The first includes any upcoming, live webinars that are relevant. The second group covers knowledge development and information related to SFS. The third group covers relevance and applications of SFS in nutrition and dietetic practice, and includes webinars by and for nutrition and dietetic professionals and focus on how to integrate the ideas into practice.

[Podcasts](#) | [Webinars](#) | [Workshops](#)

Podcasts



Feed: A Food Systems Podcast with Table

Feed is a podcast series created by Table in collaboration with University of Oxford, the Swedish University of Agricultural Sciences (SLU), and Wageningen University. Hosts Matthew Kessler and Samara Brock aim to

fill the gap of the future of food by “exploring the evidence, worldviews, and values that people bring to global food system debates”. This series will also feature individuals who are passionate about the food system right now and into the future. Episode one: “Ken Giller on the Food Security Conundrum” is now live. New episodes will be posted every Thursday. Available on: [Spotify](#), [Apple podcast](#), [Google Podcast](#), etc.

\$ Free



Voices: Stories about Practice in Sustainable Nutrition

In this podcast we share stories of the nutrition and dietetic practitioners from around the world who are trailblazers, working to deepen connections between people and food systems and educate tomorrow's dietitians for the realities they will face. This podcast is about role modelling. Our aim is to support listeners to incorporate sustainability into practice, by learning from colleagues who are doing it. We hope to inspire ideas, [spark conversations](#) and action, and consider new ways to address existing challenges. Though the effort is supported by ICDA, the views expressed in the podcasts are not necessarily shared by ICDA.

If you don't have a favourite podcasting platform, you can also listen from [RIGHT HERE](#).

Learning Modules

These learning modules lead you through a curated series of resources from this toolkit, for those who want a structured tour. They also present reflective questions that encourage critical thought and practice-based application. The learning modules are structured to support three levels of knowledge:

1. Understanding foundational concepts of sustainability and food systems
2. Understanding the relevance of SFS to nutrition and dietetic practice
3. Being able to apply SFS concepts in your practice



Module 1: What are Sustainable Food Systems and Diets?



Module 2: How are Sustainable Food Systems and Diets Relevant to Nutrition and Dietetic Practice?



Module 3: How to Contribute to Sustainable Food Systems and Diets in Your Practice

Sustainability Courses

In this section we recommend existing courses that help you deepen your knowledge about sustainable food systems. Some course availability may change over time. We have provided the main page link as well so you can browse topics.

United Nations Climate Change E-Learn: Short Tutorials and Courses

Browse the [United Nations Climate Change e-learn courses](#): these are a valuable resource for those looking to deepen their knowledge around specific climate change, sustainability and nutrition topics. These web-based short courses and tutorials are free of charge, range in length from 30 minutes to 12 hours. They are self paced, some with multiple language options, and systematically cover topics such as Sustainable Diet, Human Health and Climate Change, Water, Gender and Environment, and Introduction to Sustainable Finance.

We suggest the following as good places to start.



Sustainable Diets



Human Health and Climate Change



Keeping the Taps Running in a Changing Climate

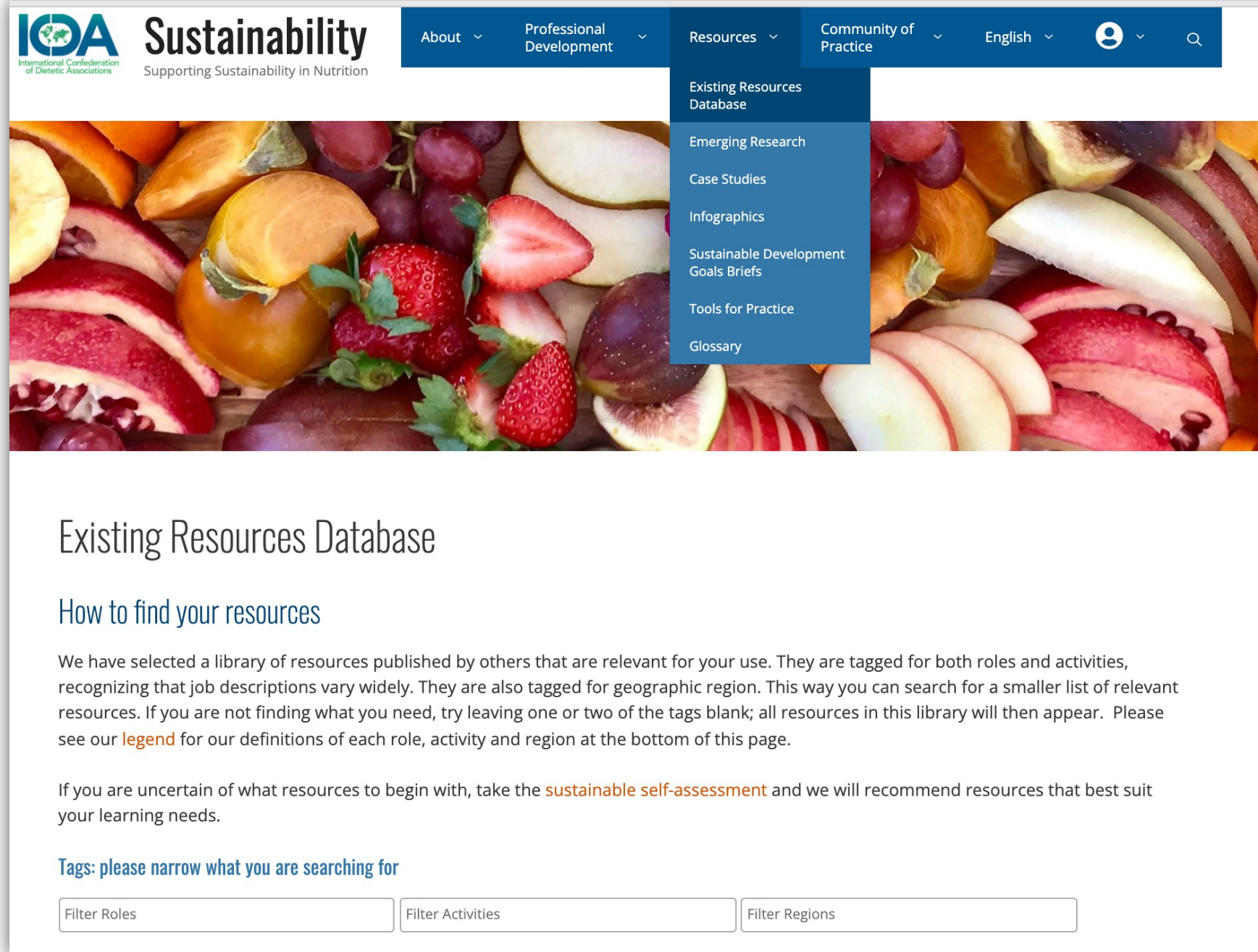
Class Central: Longer Courses

Resources

From us &
your colleagues!

- ✓ Organized
- ✓ Searchable
- ✓ Simple filters
- ✓ Tags

The more you use it
the easier it gets!



IOA Sustainability
International Confederation of Dietetic Associations
Supporting Sustainability in Nutrition

About Professional Development Resources Community of Practice English

Existing Resources Database

Emerging Research

Case Studies

Infographics

Sustainable Development Goals Briefs

Tools for Practice

Glossary

Existing Resources Database

How to find your resources

We have selected a library of resources published by others that are relevant for your use. They are tagged for both roles and activities, recognizing that job descriptions vary widely. They are also tagged for geographic region. This way you can search for a smaller list of relevant resources. If you are not finding what you need, try leaving one or two of the tags blank; all resources in this library will then appear. Please see our [legend](#) for our definitions of each role, activity and region at the bottom of this page.

If you are uncertain of what resources to begin with, take the [sustainable self-assessment](#) and we will recommend resources that best suit your learning needs.

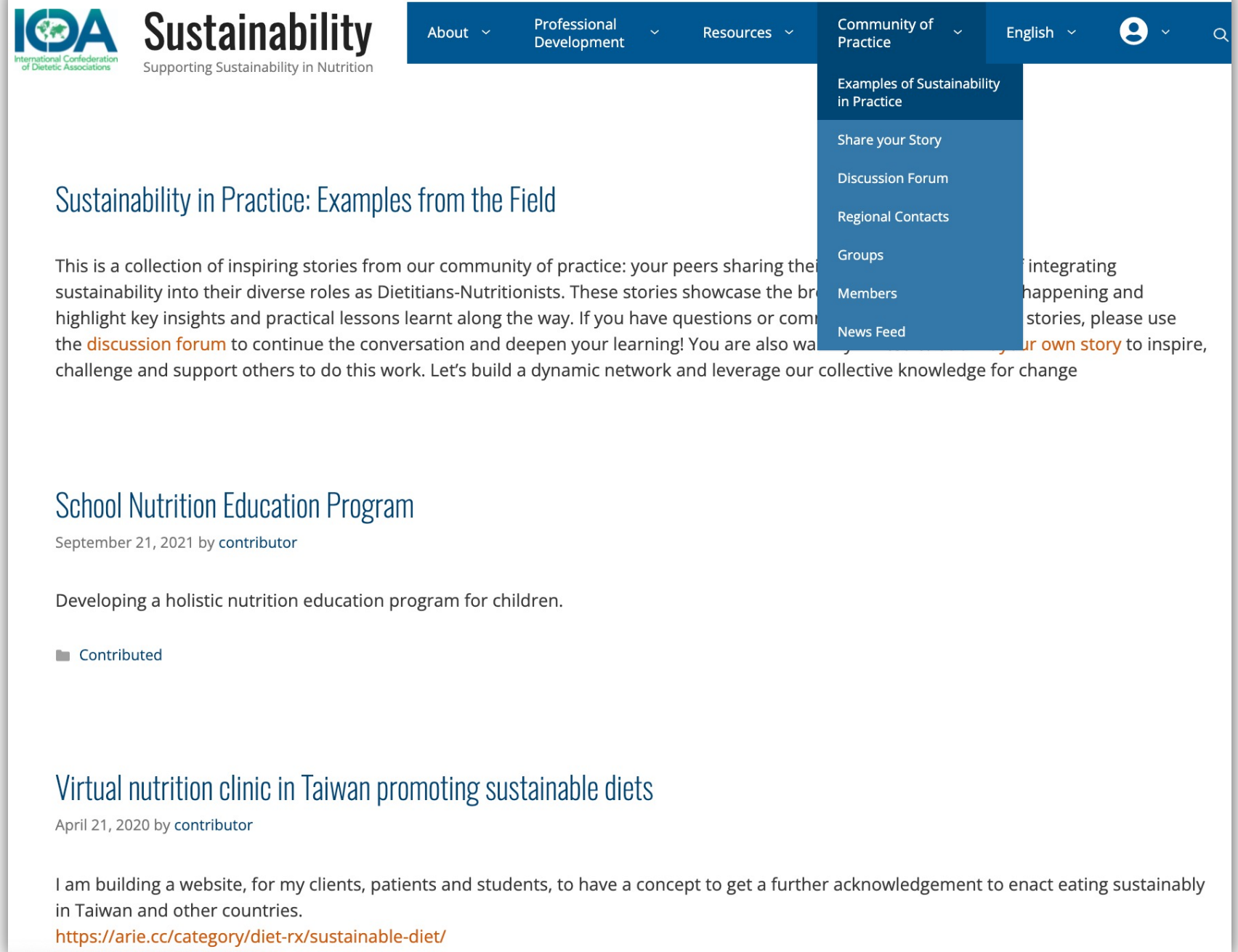
Tags: please narrow what you are searching for

Filter Roles Filter Activities Filter Regions

Community of Practice

Also from us
& your colleagues!

- ✓ Stories
- ✓ Case Studies
- ✓ Discussion
- ✓ Regional Contacts
- ✓ Groups
- ✓ Members registered



The screenshot shows the IOA Sustainability website. The header includes the IOA logo (International Confederation of Dietetic Associations) and the title 'Sustainability Supporting Sustainability in Nutrition'. Navigation links include 'About', 'Professional Development', 'Resources', 'Community of Practice', and 'English'. A dropdown menu for 'Community of Practice' is open, showing options: 'Examples of Sustainability in Practice', 'Share your Story', 'Discussion Forum', 'Regional Contacts', 'Groups', 'Members', and 'News Feed'. The main content area is titled 'Sustainability in Practice: Examples from the Field'. It contains a paragraph about a collection of inspiring stories from the community of practice, encouraging users to share their own stories. Below this, there are two featured stories: 'School Nutrition Education Program' (dated September 21, 2021) and 'Virtual nutrition clinic in Taiwan promoting sustainable diets' (dated April 21, 2020). The first story is marked as 'Contributed'.

IOA Sustainability
International Confederation of Dietetic Associations
Supporting Sustainability in Nutrition

About Professional Development Resources Community of Practice English

Examples of Sustainability in Practice

Share your Story

Discussion Forum

Regional Contacts

Groups

Members

News Feed

Sustainability in Practice: Examples from the Field

This is a collection of inspiring stories from our community of practice: your peers sharing their experiences integrating sustainability into their diverse roles as Dietitians-Nutritionists. These stories showcase the breadth of sustainability happening and highlight key insights and practical lessons learnt along the way. If you have questions or comments on these stories, please use the [discussion forum](#) to continue the conversation and deepen your learning! You are also welcome to [share your own story](#) to inspire, challenge and support others to do this work. Let's build a dynamic network and leverage our collective knowledge for change.

School Nutrition Education Program

September 21, 2021 by contributor

Developing a holistic nutrition education program for children.


Contributed

Virtual nutrition clinic in Taiwan promoting sustainable diets

April 21, 2020 by contributor

I am building a website, for my clients, patients and students, to have a concept to get a further acknowledgement to enact eating sustainably in Taiwan and other countries.

<https://arie.cc/category/diet-rx/sustainable-diet/>



Sustainability


Supporting Sustainability in Nutrition

About
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Examples of Sustainability in Practice
Share your Story
Discussion Forum
Regional Contacts
Groups
Members
News Feed

Forums

ICDA Sustainability Toolkit > ForumsViewing 1 - 2 of 2 forums

Forum	Discussions	Posts
General Discussion Forum For discussion about sustainability in your practice. This discussion forum is intended for you to be able to ask questions of, and share advice with, your peers. Posts related to all roles and activities of nutrition and dietetic practitioners are welcome. To start a new discussion, click on this forum title, scroll down to "Ask a Question or Share an Idea," give it a descriptive title, and then add your discussion content.	4	20
Reply to Voices Podcast  We'd love to hear your thoughts about our podcast Voices: Stories about Practice in Sustainable Nutrition. If you have another story to share about what you do, a question, or any ideas to discuss, this is your place. There is a discussion thread for each of the episodes. If you have a great story to share, but unrelated to the episode topic, you can do so in our general "Share your Story" section.	1	1

1 Register
To take part in
Discussion forum

Log In

Username or Email Address

Password

☐ Remember Me







[Lost your password?](#)

Register

To participate in the discussions, sign up for a free account.

General Discussion Forum

ICDA Sustainability Toolkit > Forums > General Discussion ForumViewing 1 - 3 of 3 discussions [Subscribe](#)

Discussions	Posts	Last Post
Sustainable Food Systems in Dietetic Competency Standards Started by:  liesel.c	1	7 months, 2 weeks ago  liesel.c
ICD 2021 Topic #2: Barriers Started by:  haley.j	1	20 hours, 33 minutes ago  haley.j
ICD 2021 Topic #1: Collaboration Started by:  haley.j	1	20 hours, 55 minutes ago  haley.j

NDA Grants Purpose:

- ✓ Support Dietitian-Nutritionists in contributing to and benefiting from the ICDA SFS Toolkit.
- ✓ Increase diversity of perspectives, languages, and cultures shared, and to support leadership and collaboration for sustainability-informed practice.
- **Eligibility** – NDAs who are members of ICDA, and their individual members, are eligible to apply for the grant.
- **The maximum amount for this grant is \$1000 USD** regardless of your geographic location and local currency.



Priority for NDA Grants will be given to:

- ***Increased diversity*** of perspectives, languages, and cultures shared on the ICDA SFS Toolkit, and represented in the literature/grey literature.
 - A proportion will be reserved for projects submitted by NDA applicants from, and that take place in, low or middle income countries, or where English is not the first language.
- ***Consider sustainability*** and SFS broadly (see learning modules), and which address more than one element of sustainability.
- ***Maximize participation*** and learning among their respective NDA members for production of and/or learning from the project.
- Demonstrate suitability for ***sharing*** on the ICDA SFS Toolkit.
- Demonstrate how they are ***solutions-oriented*** and practical.

sign up on IcdaSustainability.org for notices!



Future Toolkit Development

- ✓ Active & supportive global SFS community of practice
- ✓ More accessible & interactive
 - ICDA SFS Discussion Forum - ICDAsustainability.org
 - ICDA LinkedIn - www.linkedin.com/company/InternationalDietetics
 - What social media discussion groups are popular where you are?
- ✓ More translation
- ✓ More webinars & workshops
- ✓ Updated & more diverse resources
- ✓ Teaching and learning modules and templates

*ICDA is funding further development of the Toolkit
& additional funding is continually being sought.*



What can you DO?

How does the ICDA SFS Toolkit help you in Leading with Impact: F.A.S.T.

- Fast Innovation
- Agility
- Sustainability
- Transformation

University of New Hampshire uses a sustainability self-assessment tool, and incorporates SFS into dietetic internships

Little Green Thumbs, a program in Newfoundland which connects youth with agriculture, gardening, and cooking skills

- ✓ Get involved! Contribute case studies, contribute resources
- ✓ Nutrition and dietetic education is an important leverage point
- ✓ More research & collaboration with low- and middle-income countries

