



SNEB and Food Sustainability: Back to the Future

Society for Nutrition Education and Behavior
Division of Sustainable Food Systems

April 5, 2022

NUTRITION EDUCATOR COMPETENCIES



6.1 Describe differences in agricultural practices and their potential effects on food choices and food availability.

6.3 Explain the relationships between natural resources (e.g., soil, water, biodiversity) and the quantity and quality of the food and water supply.



8.6 Design or select theory-based behavior change strategies or techniques that would be effective in achieving the objectives and are appropriate for diverse audiences.

Today's Speakers

Moderator: Diane Smith, MA, RD
Washington State University
Associate Professor



Speaker: Joan Dye Gussow, EdD
Teachers College, Columbia University
Former Chair



Speaker: Liesel Carlsson, PDT, PhD
Acadia University
Assistant Professor



Disclosures

Diane Smith, MA, RD: No actual or potential conflict of interest in relation to this presentation.

Joan Dye Gussow, EdD: No actual or potential conflict of interest in relation to this presentation.

Liesel Carlsson, PDT, PhD: No conflicts of interest to report. I am a registered dietitian, member of my national association and receive research grant funding to support knowledge translation activities from and for the International Confederation of Dietetics Associations, which will be promoted today.



Sustainable Food Systems and Diets

Concepts, Roles and Opportunities for Nutrition Educators

Dr. Liesel Carlsson, PhD, RD. 2022.04.04

Outline

1. Concepts
2. Roles for Nutrition and Dietetics Professionals
3. Tools at Your Fingertips

This Concept is Not New

- "Ecology" (later Human Ecology)
- Dietary Guidelines for Sustainability
- Ecological Nutrition
- Ecological Public Health
- Eco-Dietetics
- New Nutrition Science
- Critical Dietetics



Ellen Swallow Richards

Source: Wikimedia Commons.

Sustainable Food Systems



Sustainable Food Systems are those that deliver food security and nutrition for all in such a way that the economic, social and environmental bases to generate food security and nutrition for future generations is not compromised."

- ~High Level Panel of Experts on Food Security and Nutrition

Sustainability Principles

Nature is not subject to systematically increasing:

1. concentrations of substances extracted from the Earth's crust.
2. concentrations of substances produced by society.
3. degradation by physical means.

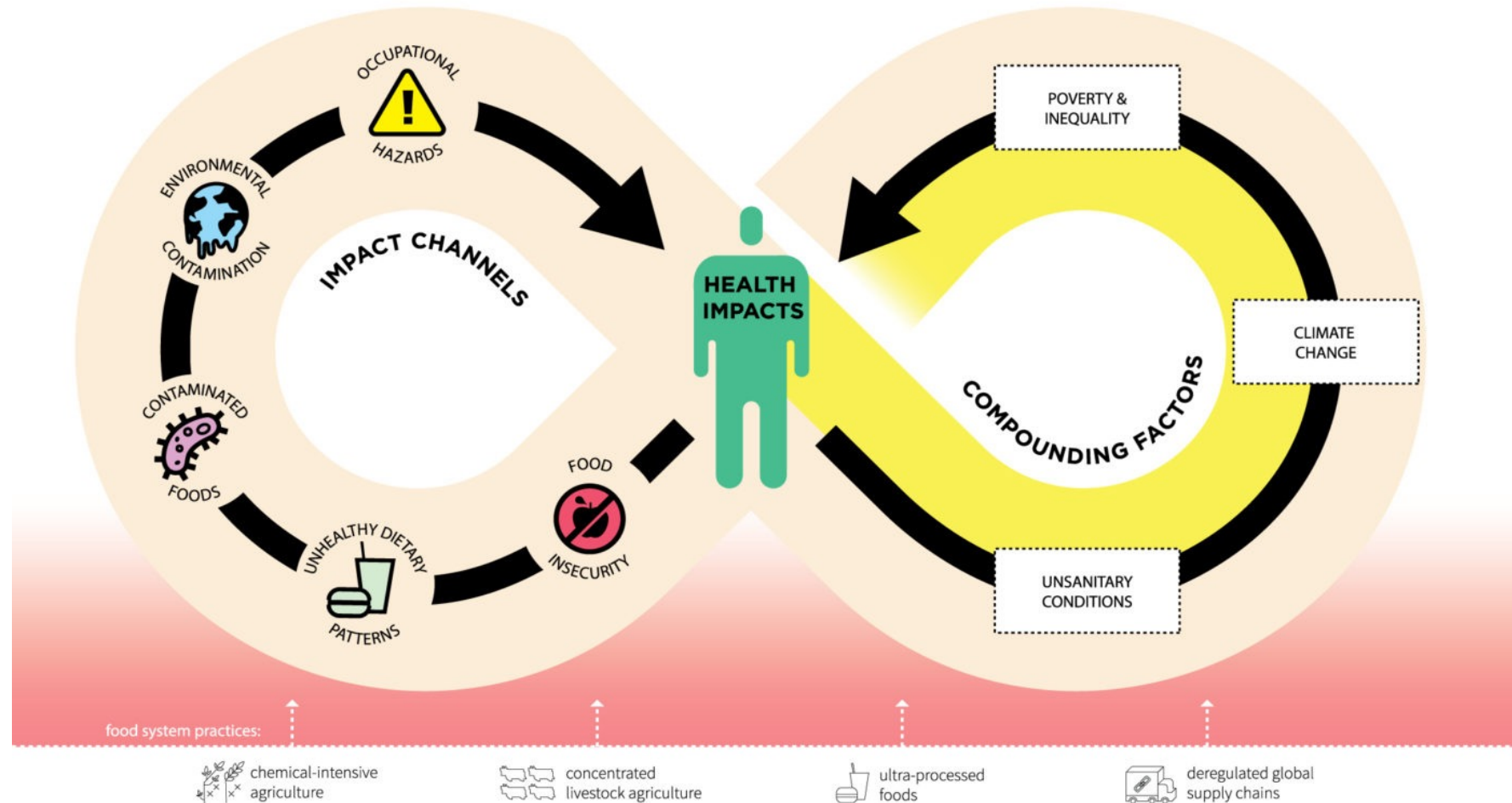
People are not subject to structural obstacles to:

4. health.
5. influence.
6. competence.
7. impartiality.
8. meaning-making.

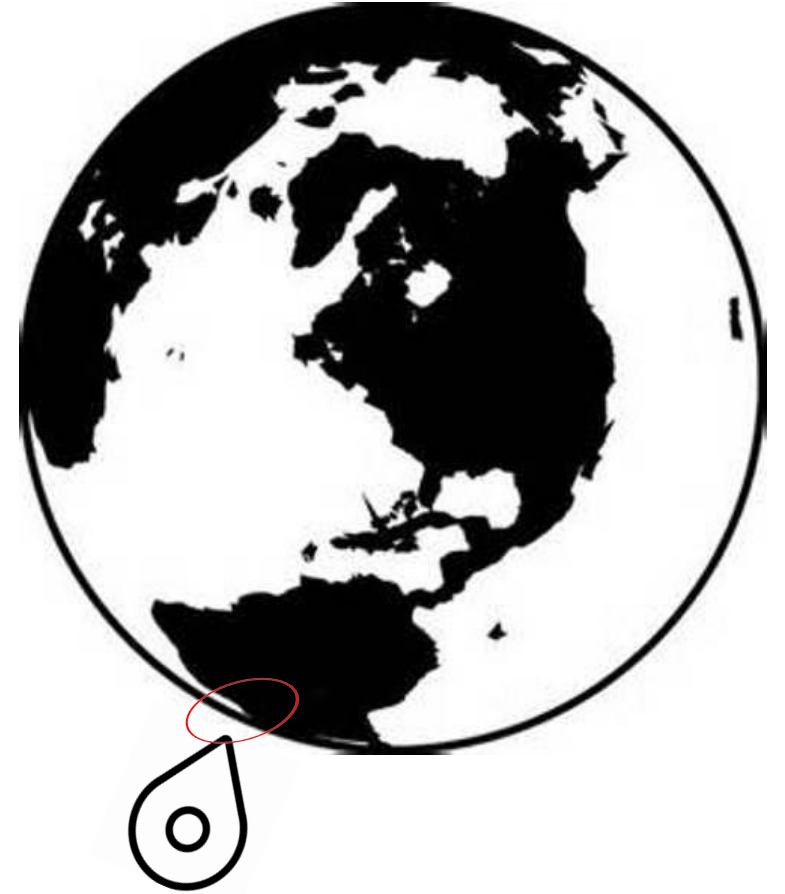


To learn more about these principles, and how they can help you understand sustainability in food systems, see:
<https://icdasustainability.org/professional-development/learning-modules/what-are-sustainable-food-systems-and-diets/>

Food Systems are Unsustainable



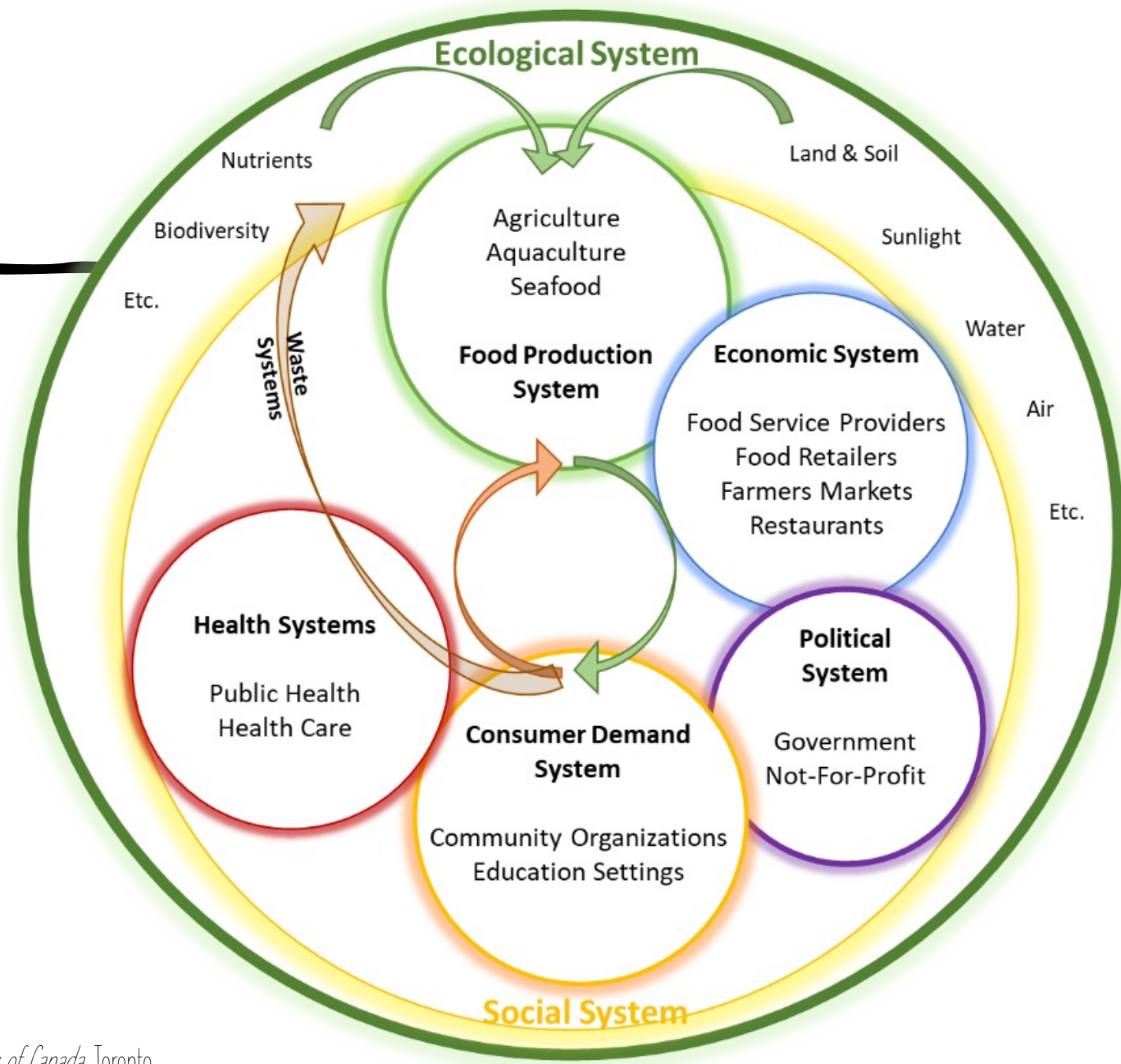
How can the nutrition and
dietetics community
contribute to the
development of globally SFS?



Roles & Opportunities

1. Integrate Sustainable Food Systems into Existing Practice

- Facilitating Knowledge Development
- Facilitating Infrastructure and Policy



Facilitating Knowledge Development

Barriers	Leverage Points
Competing food–health–sustainability messages that lack evidence	Develop common language and shared understanding of SFS within the profession.
	Identify and dispel common myths about SFS.
	Develop a "case" for sustainability using both dietetic and publicly accessible language.
Inadequate (opportunities for developing) understanding of the interactions between food, people and the environment	Educate for SFS literacy in public schools & community.
	Advocate for curricular integration of SFS.
	Include SFS literacy in dietetic education. Advocate for curricular integration.

Facilitating Infrastructure and Policy

Barriers

Economic structures that favour intensified food production systems

Absence of comprehensive national food policy that sets a course for SFS

Regulations that impact communities' ability to procure meaningful foods.

Leverage Points

Advocate for structures which *also* support small to medium scale players in the food system.

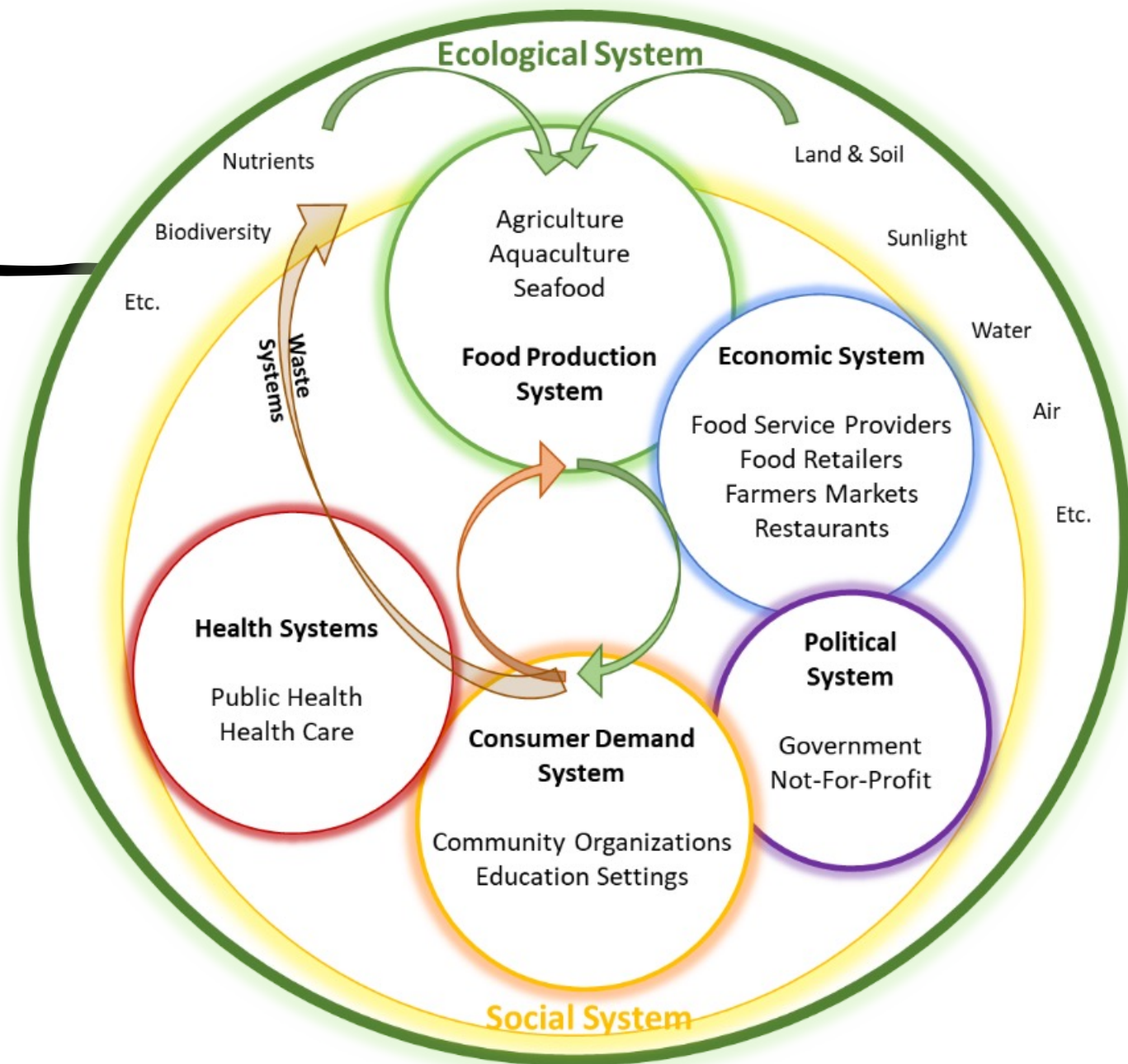
Advocate Canadian food policy where health, social, ecological, and economic outcomes carry equal weight.

Advocate for reconsideration of the requirement for federally inspected meat in institutions, like schools

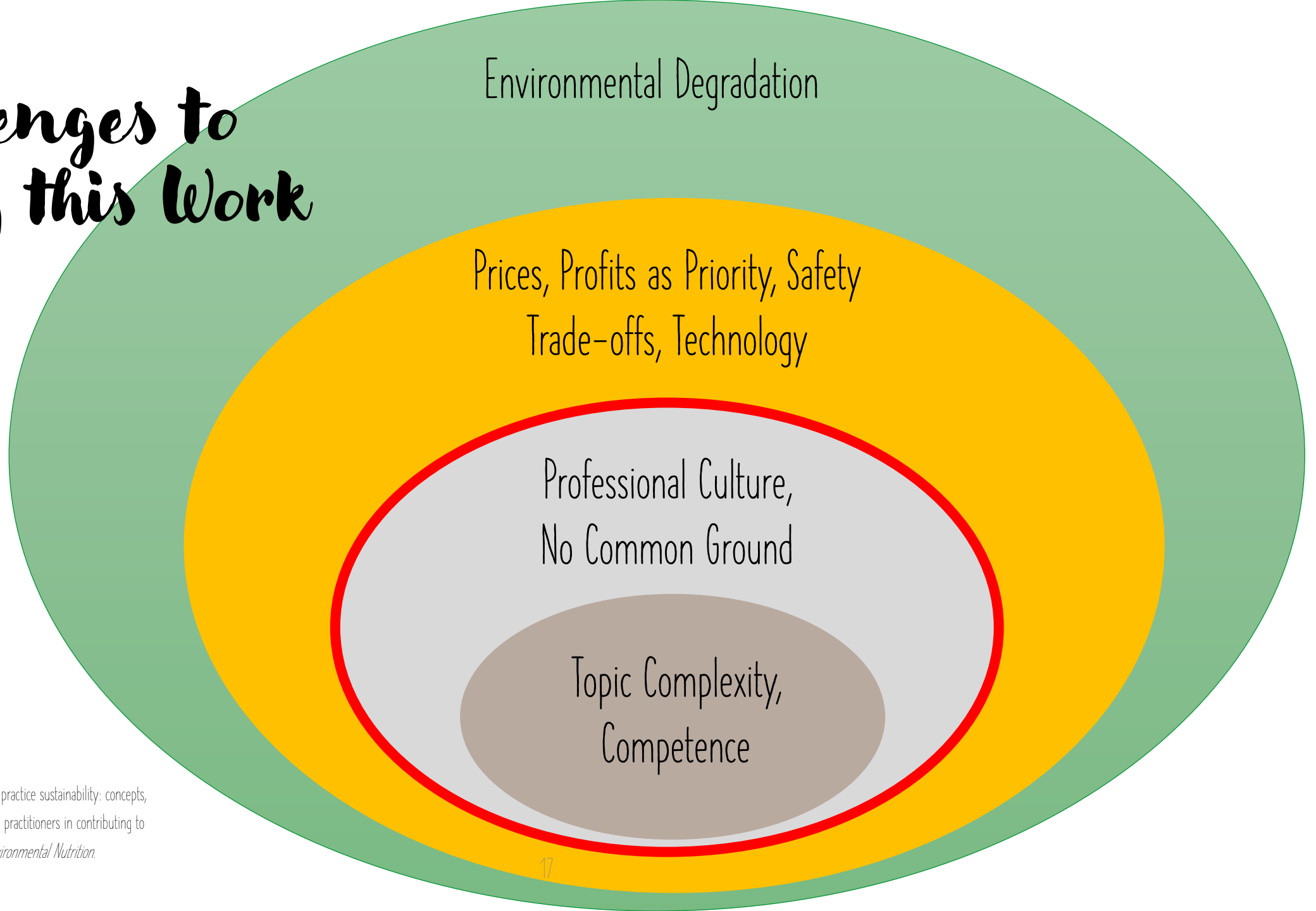
Roles & Opportunities

2. Focus on the Approach

- Recognize Context and Multiple Forms of Knowledge
- Build Common language
- Collaborate Broadly
- Foster Community Ownership



Challenges to Doing this Work



The Social License to Practice SFS

Dominant view

- "sustainability should be part of our day to day job, the way we think, the advice we give to our clients..."
- ...a "central role"
- Not the remit of NDPs alone

Other perspectives (that may be quite strong)

- NDPs had a "small part" to play in SFS
- Do not have the "social license to operate in this space"
- "...if we dilute our role too much, we may not be seen as credible, we will be too overwhelmed ... immobilized to take action."

Tools at your Fingertips

- National position and role papers
- ICDA SFS Toolkit: <https://icdasustainability.org>
- Amazing mentors

The Toolkit: <https://icdasustainability.org>



Sustainability
Supporting Sustainability in Nutrition

About ▾

Professional
Development ▾

Resources ▾

Community of
Practice ▾

English ▾



ICDA Sustainability Toolkit

Welcome!

This web-based toolkit supports nutritionist and dietetic professionals, in ICDA member associations, to integrate sustainability into practice.

- *Subscribe to our monthly newsletter, **GROW**, to receive updates on new content added to the ICDA-SFS Toolkit view past issues.*
- *Join the **discussion forum** to deepen your learning with colleagues.*

The Toolkit: <https://icdasustainability.org>



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

*I have a good understanding of the
concepts/topics and relevance to my practice*

I want to know more about how to

The Toolkit: <https://icdasustainability.org>

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

Amazing Mentors

- <https://icdasustainability.org/case-study/>
- <https://icdasustainability.org/regional-contacts/>



Dr. Marie Spiker
USA



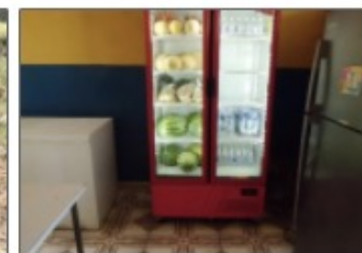
Recovering Drug Addictions and Nutrition
Reducing Food Waste by Utilizing "Imperfect" Produce Through Distributors in Germany
Mar 2022

Community Public Health
Menu Change Policy Change
Programming
Food Prices Profits as Priority



Nutrition Education in a Speech & Hearing Impaired School- Chennai India
Supporting Food Sovereignty Through Nutrition Education of the Speech & Hearing Impaired
Mar 2022

Community Public Health
Education Programming
Lack of Infrastructure



Food Sustainability and Nutrition in Violence Prevention
Supporting Food Security and Sustainability in Jamaican Youth Violence Prevention
Mar 2022

Community Foodservice Public Health
Menu Change Policy Change
Programming
Food Prices
Lack of Support in the Professional Culture



Responding to Crisis in South African Township: Community innovation for nutritious food in the time of COVID-19
Creating opportunity to impact food security during a pandemic in a South African township



SecondBite
Using Surplus Food as an Opportunity to Reduce Hunger and Waste
Mar 2022

MONASH University
A showcase of tertiary food system education teaching and learning activities
ASSESSMENT TASK:
Food System Audit and Counsellor Brief

MONASH University
Monash University Australia
Bachelor of Nutrition Science
NUT3006: Food Sustainability

Sustainable Food Systems in Dietetic Education

Thank You for Listening

- Contact: liesel.carlsson@acadiau.ca
- <https://www.linkedin.com/in/liesel-carlsson/>

References I drew from, and so can you.

- Carlsson, L. [in press]. Don't tell me what to eat, support me to know sustainable diets. In Kathleen Kevany and Paolo Prosperi, (Eds.) *Handbook of Sustainable Diets*. Routledge.
- Goodridge, L., Carlsson, L., Callaghan, E. (accepted) Nutrition and Dietetics Professionals as Strategic Collaborators in Sustainable Food Systems. *Canadian Journal of Dietetic Practice and Research*.
- Carlsson, L., Callaghan, E. (2022) The social license to practice sustainability: concepts, barriers and actions to support nutrition and dietetics practitioners in contributing to sustainable food systems. *Journal of Hunger and Environmental Nutrition*. DOI: [10.1080/19320248.2022.2034559](https://doi.org/10.1080/19320248.2022.2034559)
- Carlsson, L., Seed, G., & Yeudall, F. (2020). The Role of Dietitians in Sustainable Food Systems and Diets. *Dietitians of Canada*. Toronto.
- Spiker, M. L., Knoblock-Hahn, A., Brown, K., Giddens, J., Hege, A. S., Sauer, K., Enos, D. M., & Steiber, A. (2020). Cultivating Sustainable, Resilient, and Healthy Food and Water Systems: A Nutrition-Focused Framework for Action. *Journal of the Academy of Nutrition & Dietetics*, 120(6), 1057–1067. Academic Search Premier.
- Carlsson, L., Callaghan, E., & Broman, G. (2019). How Can Dietitians Leverage Change for Sustainable Food Systems in Canada? *Canadian Journal of Dietetic Practice and Research* 25(1):1–8. (R). <https://doi.org/10.3148/cjdpr-2019-005>
- Dyball, R. & Carlsson, L. (2017). Ellen Swallow Richards, Mother of Human Ecology. *Human Ecology Review*, 23(2). <http://doi.org/10.22459/HER.23.02.2017> (R).
- IPES-Food. (2017). Unravelling the Food-Health Nexus: Addressing practices, political economy, and power relations to build healthier food systems. The Global Alliance for the Future of Food and IPES-Food. <http://www.ipes-food.org/health>



Sustainable Food Systems Division
Society for Nutrition Education and Behavior

Join the conversation and stay engaged by becoming a member of SNEB Division of Sustainable Food Systems

Follow us on:

Facebook @ <https://www.facebook.com/SNEBDSFS>

Instagram @ <https://www.instagram.com/snebsustainablefoodsystems/>

DSFS website @ <https://www.sneb.org/1369-2/>



Any Questions?