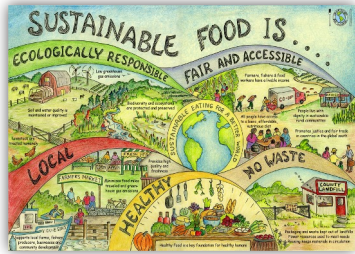


Sustainability
Supporting Sustainability in Nutrition



**Contribute to
Sustainable Food Systems**


with the **ICDA Online Toolkit & Community!**

A toolkit *for and by* Dietitians & Nutritionists (D/N) to learn & grow:


Slides with
Session Discussions


[ICDAsustainability.org](https://www.ICDAsustainability.org)

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ANH2022
Agriculture, Nutrition and Health Academy Week

Agriculture, Nutrition, and Health Academy Week #ANH2022
Wednesday 29 June 2022, 17:40 – 18:40 BST via Zoom

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International Confederation of Dietetic Associations (ICDA)

- An international membership organization for 46 National Dietetic Associations representing over 200,000 Dietitian-Nutritionists (D/N).
- The largest body of dietetics professionals worldwide.
- 22 years old being established in 2000 after 50 years of collaboration.
- Affiliated to
 - AFDA - Asian Federation of Dietetic Associations
 - EFAD - European Federation of Association of Dietitians
 - IUNS - International Union of Nutritional Sciences

ICDA supports National Dietetic Associations (NDAs) and their members beyond national and regional boundaries through multiple activities.

ICDA Secretariat: ICDA@InternationalDietetics.org
<https://InternationalDietetics.org>



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International Confederation of Dietetic Associations
Supporting Sustainability in Nutrition

1. Argentina	24. Japan
2. Australia	25. Korea
3. Austria	26. Luxembourg
4. Belgium	27. Malaysia
5. Benin	28. Mexico
6. Brazil	29. Netherlands
7. Canada	30. New Zealand
8. Caribbean	31. Nigeria
9. Chile	32. Norway
10. Denmark	33. Pakistan
11. Finland	34. Philippines
12. France	35. Portugal
13. Germany	36. Singapore
14. Greece	37. South Africa
15. Haiti	38. Spain
16. Hong Kong	39. Sri Lanka
17. Hungary	40. Sweden
18. Iceland	41. Switzerland
19. India	42. Taiwan
20. Indonesia	43. Thailand
21. Ireland	44. Turkey
22. Israel	45. United Kingdom
23. Italy	46. United States

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During our 1-hour side event we plan to:

1. **Introduce ICDA Sustainability Initiative**
2. **Be inspired to use, benefit from, and contribute to the ICDA SFS Toolkit**
 - Overview of the SFS Toolkit Key Areas
 - Examples for using the SFS Toolkit
 1. SDGs 12 – Waste – Emerging research
 2. Case Studies
3. **Present opportunities to collaborate**
4. **Reflect, Discuss & Wrap up**



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From the ICDA SFS Toolkit: Great Meals for a Change

<https://icdasustainability.org/tools-for-practice/>

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Reflect:

1. What role would you like to play in supporting sustainable food systems?
2. What hinders you from doing so?



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ICDA Members' SFS Vision

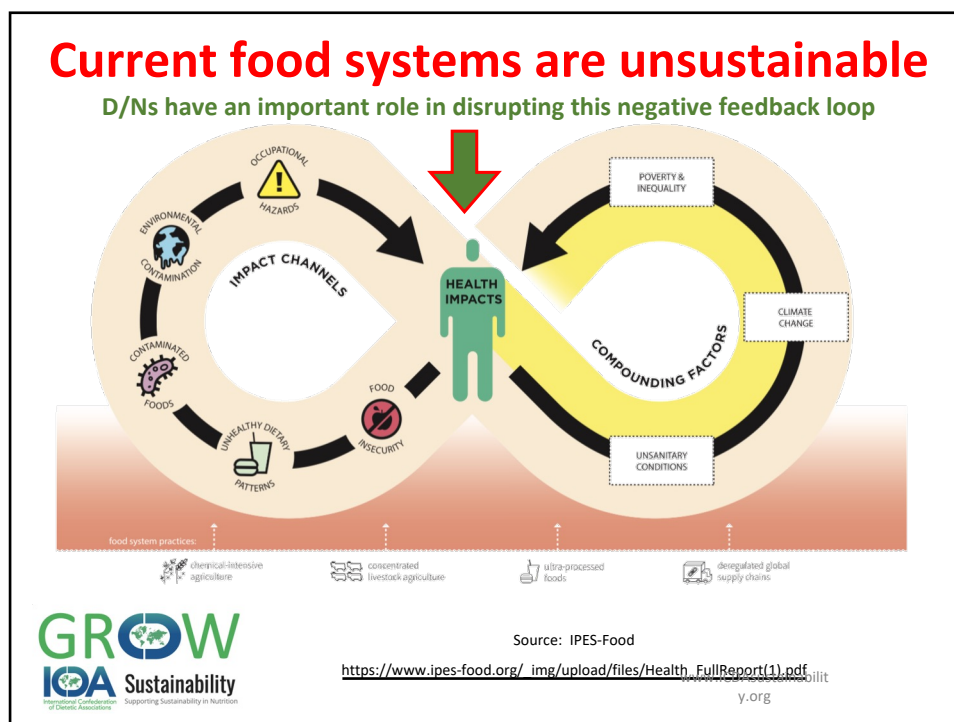
Sustainable Food Systems
nourish all people,
now and into the future,
with sufficient, nutritious, affordable,
tasty, diverse, and culturally appropriate food.

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

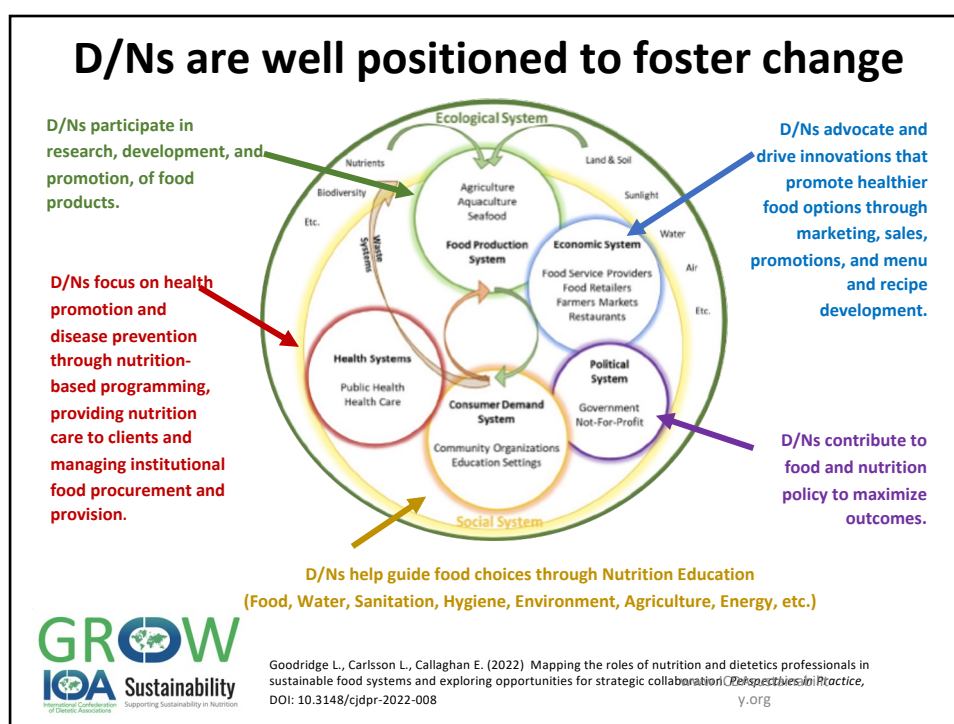


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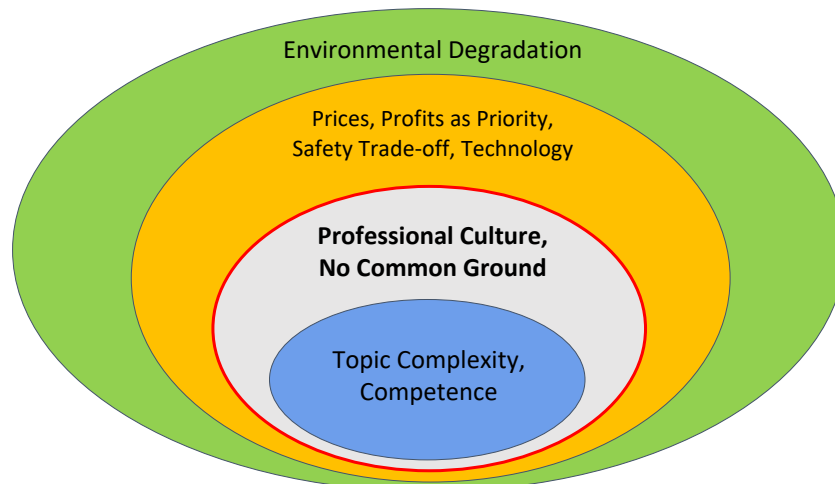


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Challenges to doing this work



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 & Nutrition*, DOI: 10.1080/19320248.2022.2034559

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Vision for the Toolkit

Dietitians-Nutritionists (D/Ns) 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 D/N in making positive contributions to sustainability.

D/N play key roles in creating healthy communities and accelerating a shift towards SFS.



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Navigation Banner: 5 Key Areas

1 Welcome Page

Why? What? How?

Languages

Login – Free!

Search

What's new this month? Grow!

Connect with Sustainable Colleagues Anytime!

What Resources were added recently?

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Area 2: About

- ✓ About the project
- ✓ About the team
- ✓ About SFS

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SUSTAINABLE FOOD IS...
ECOLOGICALLY RESPONSIBLE FAIR AND ACCESSIBLE
LOCAL HEALTHY NO WASTE

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Area 3: PD

✓ Self-Assessment to help guide you to your level & focus

✓ 3 Learning Modules step by step

The screenshot displays two pages from the ICA Sustainability website. The left page is the 'PD: Sustainability Self-Assessment Form', which includes sections for 'Professional Roles' (with a list of roles to select) and 'Demographics' (with fields for role, country, and years of practice). The right page is the 'PD: Learning Modules Overview', which lists three modules: 'What are Sustainable Food Systems and Diets?', 'How are Sustainable Food Systems and Diets Relevant to Nutrition and Dietetic Practice?', and 'How to Contribute to Sustainable Food Systems and Diets in Your Practice'. Each module is accompanied by a small image and a brief description.

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Area 4: Resources

The examples will delve into the areas in yellow:
Resources & Search

The screenshot shows the 'Resources' page on the ICA Sustainability website. A yellow box highlights the 'Resources' menu item in the top navigation bar. Below the menu, a list of resource categories is shown, with 'Emerging Research Summaries' and 'Case Studies' highlighted in yellow. The main content area features the 'Existing Resources Database' section, which includes a 'How to find your resources' guide and a 'Hot topic resource clusters' section with a button for 'Animal Protein & Substitutes'.

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The screenshot displays the ICDAS Sustainability website's 'COP 1: SFS Toolkit Regional Contacts' page. The top navigation bar includes links for 'About', 'PD: Professional Development', 'Resources', 'COP: Community of Practice', 'English', and a user profile icon. The main heading is 'COP 1: SFS Toolkit Regional Contacts'. Below this, a paragraph explains that this is the first page of the SFS Toolkit Community of Practice (COP) where users will be introduced to regional contacts. A list of links is provided: 'COP Page 2: First-hand experiences shared by colleagues on nutrition and sustainability and an opportunity to Share Your own SFS Story with the world;', 'COP Page 3: Discussion Forums and groups to connect, discuss, and interact with members of this SFS Toolkit who are from a variety of background, roles, and geographic locations.', and 'This toolkit has been developed with input, feedback, and support from a team of international Advisors (see About the Team). Some of these advisors are directly if you want to start a discussion about...'. A red arrow points from the user profile icon in the navigation menu to a 'Free Registration!' banner, which is also highlighted with a red arrow pointing to the 'Register Now' button. The banner includes a 'Log In/Register' button and a 'Register' button. Below the banner, there is a 'Log In' section with a 'Username or Email Address' field and a 'Log In' button. A 'Register' section includes a 'Feedback? Questions? Ideas? Contact the ICDAS SFS Coordinator: ICDAS@sfs.coordinator@acadiau.ca' link and a 'Register Now!' button. The footer shows the website URL 'www.ICDASustainability.org'.

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Example 1:

SDG: Sustainable Development Goals

Briefs D/N Roles

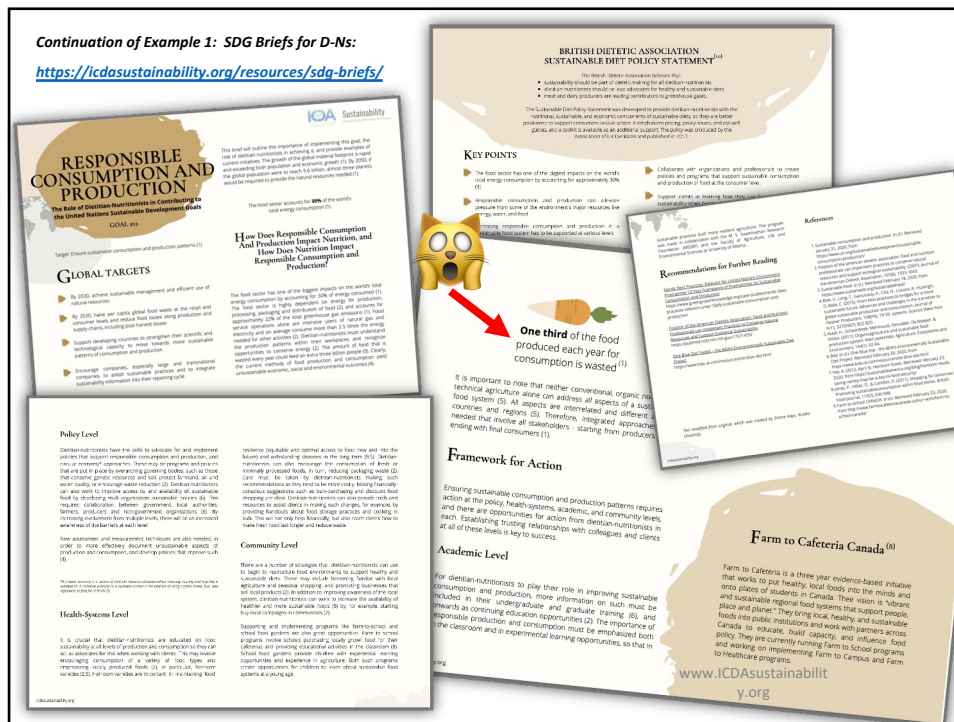
<https://icdasustainability.org/resources/sdg-briefs/>

Select SDG 12

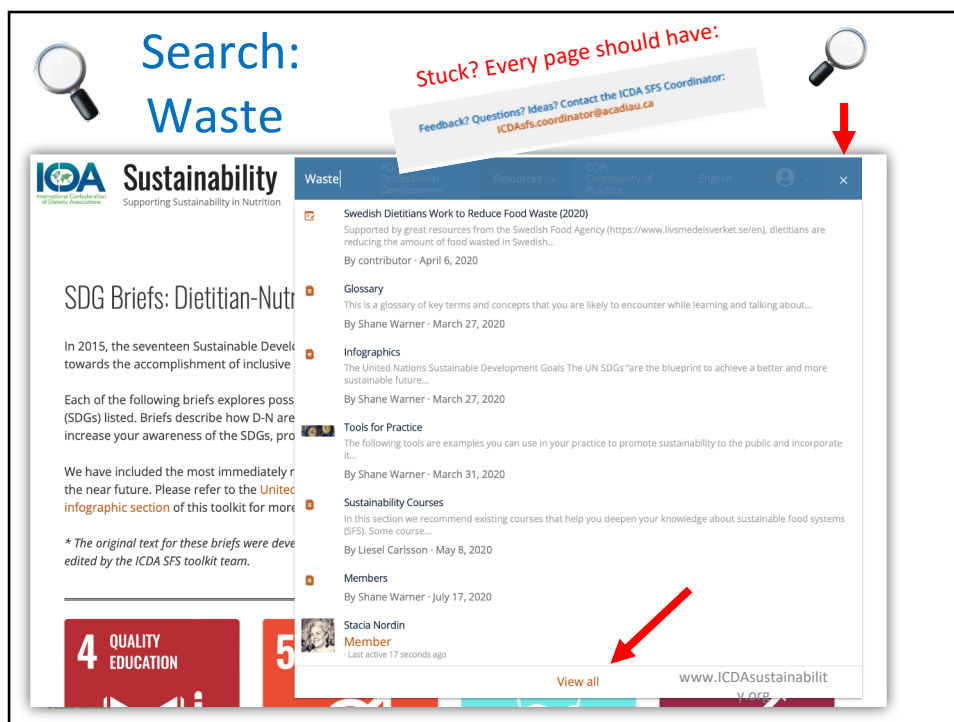
Responsible Consumption & Production

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Emerging Research Summaries

Our convenient Emerging Research Summaries focus on research by and for Dietitians-Nutritionists, and include all the main points of the study aiming to improve access to information on nutrition practice; Summary of results; External relevant links; and more.

The purpose of this approach is to support access to peer-reviewed evidence, as many dietitians and nutritionists do not have access to peer-reviewed journals or **Practice-Based Evidence in Nutrition (PEN)**.

Do you have peer reviewed research to submit as an Emerging Research Summary? Contact the ICDA SPS Coordinator: ICDASps.coordinator@icda.eu

Local urban government policies to facilitate healthy and environmentally sustainable diet-related practices: a scoping review (2021 Oct)
[View Report >](#)

A systematic review of food waste audit methods in hospital foodservices: development of a consensus pathway food waste audit tool (2022 Mar)
[View Report >](#)

A systematic review of food waste audit methods in hospital foodservices: development of a consensus pathway food waste audit tool (2022 Mar)

Cook N, Collins J, Goodwin D, Porter J. A systematic review of food waste audit methods in hospital foodservices: development of a consensus pathway food waste audit tool. *J Hum Nutr Diet.* 2022;35:68-80. <https://doi.org/10.1111/jhn.12928>

Open access link to article:
<https://onlinelibrary.wiley.com/doi/10.1111/jhn.12928> (can be read freely online)

Relevant to:
Hospital foodservice (other institutional settings could also benefit)

Question:
The present review aimed to collate reported methods and establish a preferred approach for conducting a waste audit in a hospital foodservice setting.

Bottom line for nutrition practice:
Measure aggregate food and food-related waste in hospital foodservices, identify problem areas, and possibly demonstrate ways to reduce waste.

External relevant links:
Blog article about the research: <https://monashnutrition.blogspot.com/2021/09/whats-measured-is-managed-new-evidenced.html>

Relevant Food Waste resources in this ICDA SPS Toolkit:

- Swedish Dietitians Work to Reduce Food Waste (2020) – Resources from the Swedish Food Agency are help dietitians to reduce the amount of food wasted in Swedish institutions, including schools, long term care facilities, and hospitals.
- Discussion Forum on Food Waste – Share your questions, thoughts or your own stories about what you do to reduce food waste.
- Sustainable Meal Option – Reducing Food Waste – To communicate about and reduce food waste by planning in flexible meals that use up things that would otherwise be composted.
- Sustainable and Wellness Oriented Lifestyle Practices – Integrated Dietetics moderated webinar featured via Facebook live, discusses important sustainability topics including biodiversity and food waste

Corresponding author:
Nathan Cook, nathan.cook@monash.edu

Transparency Diversity Dynamism Evidence-based Research Global Oceanian

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Example 2: Case Studies

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Case Studies

These case studies are examples of existing work integrating sustainability and nutrition in practice. We share them in the hope that they inspire you in your efforts to apply sustainability to dietetic practice and enable peer-to-peer learning around practical challenges and successes. We also hope that they help contextualize the application of sustainability through regionally- and culturally-relevant examples.

Each case study shares the story of a particular initiative, program, document or organization from various parts of the world, highlighting key learnings and takeaways.

ICDA members who participated in the Delphi-inquiry research (that provided the foundation for this toolkit) identified specific barriers that **Dietitians-Nutritionists** face in integrating sustainability in this bulleted list:

1. profits as priority
2. food safety
3. different trends between regions
 - industrialized, capitalist systems
 - versus lack of infrastructure, processing, and storage in less industrialized systems
4. food prices
5. environmental degradation
6. professional culture and change, and
7. finding common ground.

Each case study is tagged to indicate which of these specific barriers the example addresses to help you identify cases that are most relevant to your particular situation. Contact information for organizations or people are included in each case—please use this to initiate direct contact, discuss specific issues and opportunities, and deepen your learning.

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Case Studies from D/N – We'll look at Jamaica

Stuck? Contact the Coordinator!

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Case Studies

Search
for
Menu Change

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of Dietetic Associations
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Showing results for 'Menu Change'

All Results 62 Pages 6 Reports 71 Case Studies 5

Menu Change

Recovering Drug Addictions and Nutrition

At a Glance This case study originated from a dietitian in Germany who shared their story via a webinar hosted by the ICDAs-SFS Toolkit Team. The European food laws stating that only 100% perfect fruits and vegetables created an opportunity to reduce food waste and save money for recovering drug addicts in Germany. Lessons Learned: ... [Read more](#)

By Shane Warner - October 19, 2020

Food Sustainability and Nutrition in Violence Prevention

At a Glance This case study was brought forward by Patricia Thompson, M.Sc. Nutrition, Executive Director of the Jamaican Island Nutrition Network (JINN). Thompson explains the intervention that was implemented into six elementary schools in Jamaica that impacted the transition of school food to create a positive engagement tool in areas that were high in ... [Read more](#)

By haley.j - September 27, 2020

Responding to Crisis in South African Township: Community innovation for nutritious food in the time of COVID-19

At a Glance This case study is drawn from a Blog Post created by Jo Hunter Adams, a research associate in the School of Public Health & African Centre for Cities, University of Cape Town, and Jane Battersby, an associate Professor at the African Centre for Cities, University of Cape Town, and was posted on the Nutrition ... [Read more](#)

By haley.j - August 25, 2020

Reviving Traditional Grain Production and Consumption

Navdanya and the Organics & Millets e-Platform are part of a movement in India to revive the production and consumption of traditional grains such as millets. Millets are highly desirable for both sustainability and health reasons: there are dozens of varieties suited to varied local ecological conditions making them low input crops and they are highly nutritious, especially compared to rice and wheat and their more processed products that have largely replaced the diversity of traditional grains. Lessons Learned: reviving traditional crops that can meet both sustainability and nutrition goals requires a cultural shift as well as economic and policy supports. Rebuilding or creating infrastructure to promote these crops can have significant economic benefits for small-scale, rural producers and nutritional benefits for rural and urban communities.

By Chaiti Seth - May 13, 2020

Small Producer's Symbol (SPP)

SPP is "an intercontinental network of ecological small-producer organizations" with independent certification. Only 100% producer-driven collective for fairly traded and ecologically sustainable foods. This unique structure guarantees that prices are based on real cost of production and free of producer exploitation. Combines social and ecological sustainability criteria in one certification.

By Chaiti Seth - May 13, 2020

Viewing 1 - 5 of 5 results

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Opportunities to collaborate

- ✓ The Toolkit is for D/Ns by D/Ns (mostly)
 - We welcome non-D/Ns with content relevant to D/Ns
 - Get involved in what compliments your work & needs
- ✓ Contribute case studies & other resources
- ✓ Invite our team to your webinar or workshop
- ✓ Translate or submit resources in local languages
- ✓ Nutrition & dietetic training is an important leverage point
- ✓ Generate metrics & research for clarity & communication

Resources ▾ COP: Community of Practice

NDA Sustainability Grants

Existing Resources Database >

Emerging Research Summaries

Case Studies

SDG Briefs: Dietitian-Nutritionist Roles

Webinars, Workshops & Podcasts

Sustainability Courses

Infographics

Tools for Practice

Glossary

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Opportunities to collaborate: ICDA Member-only Grants

NDA Sustainability Grants

ICDA member Nutrition and Dietetics Associations (NDAs) can apply for a grant for a Food Systems Toolkit. There are ten \$1,000 USD grants available for 2022. For Australia, Germany, Greece, and Spain and we will post updates shortly.

The grants aim to:

- Increase diversity of perspectives, languages, and cultures shared in
- Spread sustainability (see [SFS Learning Modules](#))
- Maximise participation and learning among your NDA members
- Produce new tools and/or learning from the ICDS SFS Toolkit
- Increase sharing on solutions and practical implementation for a wide variety of Dietitian-Nutritionist

The next Deadline is: 2022 September 15



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More Opportunities to collaborate

- ✓ Contribute to / lead an ICDA SFS toolkit discussion forum or group
- ✓ Share country lessons via the toolkit for spreading learning
- ✓ Become a regional contact (ICDA NDA members only)
- ✓ Share in your networks to Grow further

COP 1: SFS Toolkit Regional Contacts

This is the first page of our SFS Toolkit Community of Practice (COP) where you'll be introduced to our SFS Toolkit Regional Contacts (scroll down). On the other COP pages you'll find:

- **COP Page 2: First-hand experiences shared by colleagues on nutrition and sustainability** and an opportunity to **Share Your own SFS Story** with the world;
- **COP Page 3: Discussion Forums and groups** to connect, discuss, and interact with **members of this SFS Toolkit** who are from a variety of background, roles, and geographic locations.



...more... you tell us!

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Reflect Again:

1. What role would you like to play in supporting sustainable food systems?

2. What hinders you from doing so?



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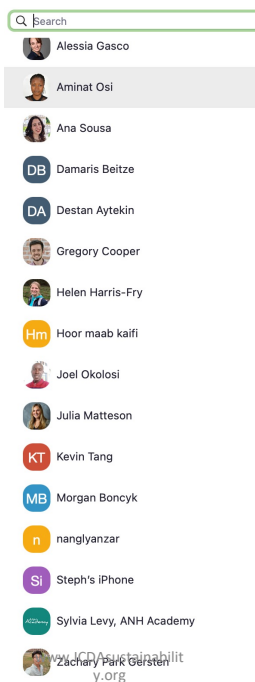
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Via Chat - participants intros/comments

1. Zachary Park Gersten, PhD student University of Michigan. interested in sustainable food systems, biodiversity, aquatic life
2. Greg Cooper, Univ of Sheffield, UK
3. Julia Matteson, Tufts University, Boston, USA
4. Kevin Tang, PhD candidate @LSHTM /Nutrition Analyst @WFP
5. Helen Harris-Fry
6. Emily Fivian, ANHA
7. Benedicta Olatokunbo – ICT
8. Destan Aytekin

16 total including ANHA support

Agriculture, Nutrition, and Health Academy Week #ANH2022
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Discussion & Wrap Up:

1) ROLE:

- ✓ Nutritionist providing helpful information to food planners & practitioners so they can see what human demand looks like.

2) What hinders you? What are the most pressing issues of food sustainability in your role?

- Sustainable Diets often (wrongly) linked to any vegetarian/vegan/less animal product diet**
 - ICDA: critical is balance and how flora/fauna are produced/ processed/ consumed/ returned to the soil . See Hot Topic Resource Cluster: <https://icdasustainability.org/2022/05/21/hot-topic-animal-substitutes/>
- Human Choice & Behaviour – sustainability not in the forefront of people's thinking when they choose food**
 - Discussed: Cost, Availability, Taste, Marketing, too many messages, so many choices
- Need to consider Information Community Technology (ICT) Access for Low- and Middle-Income Countries (LMIC)**
 - Consider different contexts. How can we adapt the tool based on varying food environments. It was great to see diversity (reflective of a range of geographic, cultural, social contexts) among guiding principles of the tool. Could you provide examples of making use of this tool in varying contexts, such as rural vs. urban in a LMIC?
 - ICDA: Collaboration in communities so those with access help those without, support to community centres of varying types
- Problem with data aggregation that removes information on species and variations of foods and lumps them together**

3) Opportunities:

- ✓ **Univ of MI** - dietetics track in master's level nutrition program, a lot of intersecting interest in sustainable food systems
- ✓ **Indigenous Resources** - Poster presentation during conference about understanding which indigenous foods are no longer being consumed and why in both Africa and India, then onto the potential of these underutilized indigenous foods to improving nutrition sustainably.



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