

# **BUILDING COMMON GROUND FOR SUSTAINABLE FOOD SYSTEMS IN NUTRITION AND DIETETICS**

Final **Report to ICDA**

Recommendations for moving forward based  
on the outcomes of the Delphi Inquiry Process

October 2018 - April 2019



# SUMMARY OF RECOMMENDATIONS FOR ICDA

This report integrates specific recommendations for ICDA into the sister report: Building Common Ground for Sustainable Food Systems in Nutrition and Dietetics: Final Report to Participants. It contains the collective, professional expertise of nutrition and dietetics professionals from member associations around the world. The value of this type of knowledge cannot be understated. While scholars of many disciplines grapple with *what* must be done to achieve sustainable food systems, the practical expertise this profession offers valuable knowledge about *how* we can do it.

Based on the outcomes of the Delphi Inquiry Process, the researchers of the ICDA Food Sustainability Initiative (SFI) team make the following high-level recommendations. Supporting recommendations are included in the report sections in boxes labelled: Recommendations for ICDA.

## HIGH-LEVEL RECOMMENDATIONS

- i. Provide strong leadership for sustainable food systems in practice**
- ii. Facilitate learning and collaboration among ICDA members**
- iii. Identify and engage global partners in this work**

## **SUMMARY OF RECOMMENDATIONS**

The following recommendations appear throughout this report; here they are compiled. Those we recommend be prioritized are marked with an asterisk (\*).

### **To support:**

#### **i. Provide strong leadership for sustainable food systems in practice**

- *\*Create, and regularly re-evaluate, a strategic plan (or incorporate specific targets into the existing strategic plan) to guide the ICDA's work on Sustainable Food Systems, based on this report*
  - *Acknowledging the diversity of roles of the D/N community, and leveraging this diversity to accelerate a shift toward sustainable food systems*
  - *To support the effort to leverage diverse views in the profession, members of the research team looks for funding to support concurrent interviews with some key Delphi participants whose ideas represent the divergence to more fully understand divergent perspectives*
  - *The research team concurrently supports this effort with further development of SFS indicators*
- *Post the high-level vision in a publicly visible space and use it as the end-goal in the development of a strategic plan*
- *Embed sustainability within existing mission statements, strategic plans, policies, and training materials*
- *Consider preparing a statement/position on Sustainable Food Systems that can be used by ICDA and members for advocacy in their respective regions*
- *Create standards for practice among various roles that can be used to guide evidence-based and high-impact practice in support of Sustainable Food Systems*

### **To support:**

#### **ii. Facilitate learning and collaboration among ICDA members**

- *\*Bring members together to co-create a toolkit that supports SFS in dietetic practice, and that can be tailored to the different roles occupied by D/N professionals*
  - *In this toolkit, consider including: information regarding SFS and diets, roles of D/Ns, practical information for D/Ns to embed SFS support in their*

*practice, guidance on how to engage in advocacy, guidance on the diverse research methods and knowledge systems that offer critical evidence to inform Sustainable Food Systems*

- *\*ICDA and members of the research team seek further funding to support the recommendations related to learning and collaboration among ICDA members*
- *Facilitate the development of peer-to-peer Sustainable Food Systems mentoring and collaborative learning opportunities within and beyond the profession*
- *Establish sustainability-focused recognitions for leaders in the field (individuals and/or member associations)*

**To support:**

**iii. Identify and engage global partners in this work**

- *Work with governments, industry, and other health professional organizations to develop common and/or synergistic goals, accountability schemes, and issue common communications regarding sustainable food systems*

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```
def model()  
    items = ["a", "b", "c"]  
    items >> arr  
    return arr  
end
```

# INTRODUCTION

This report summarizes the third of a four-stage research approach called the Delphi Inquiry process and is part of a collaborative research project between the International Confederation of Dietetic Associations (ICDA), Acadia University, and Blekinge Institute of Technology. The 4th and final stage of the Delphi will be a face-to-face workshop at the International Congress of Dietetics, September 15-18, 2020, in Cape Town.

This report is intended to offer a high-level summary of the learning outcomes for which there is broad consensus while leaving flexibility in how to best act in various contexts and populations. It is not a detailed platform for action and should not be referenced as such. The intended audience for this report is the Dietetic and Nutrition professionals across the world.

In this Delphi Inquiry, there were participants from 30 out of 43 ICDA countries. Seventy-two participants completed Round 1, 61 participants completed Round 2 and 50 participants completed Round 3. Australia had the highest level of participation, followed by Portugal, and Greece.



**Figure 1.** Regional distribution of participation over the course of the three rounds of the Delphi Inquiry

The research objectives of the project are to:

- *Spark dialogue about sustainable food systems to help develop common understanding*
- *describe a common vision to work toward*
- *identify the barriers and supports*
- *gain your expert insight into strategic roles and actions*
- *identify indicators relevant to this community, and necessary to monitor progress toward the vision*





# VISION OF SUSTAINBLE FOOD SYSTEMS

Sustainable food systems nourish all people, now and into the future, with sufficient, nutritious, affordable, tasty, diverse, culturally appropriate food. Such food systems support physical and mental health while preserving, promoting, and respecting the integrity of ecological and social systems.

All people have dignified and appropriate physical and economic access to such food systems; food systems in turn contribute to sustainable livelihoods for food system workers, and contribute to peace and stability.

There exists a culture of respect for food and the people who are involved in food systems (farmers, processors, cooks, etc.). There is also a culture of respect for ecosystem resources and services on which our food systems depend. High levels of food and nutrition literacy means that people have knowledge and skills to feed themselves, and their families, sustainably.


Global sustainable food systems include a diversity of coordinated local, regional and global-scale actors that are responsive to meeting diverse food needs at the community level. In this system, food production and consumption activities are rooted in food cultures, and adaptive to change.

Governance of a sustainable food system includes a diverse set of food system actors (e.g. producers, sellers/retailers, public health professionals, consumers). Such governance allows for distributed power and leadership that values multiple ways of knowing and producing evidence (e.g., indigenous knowledge, scientific evidence, etc.) to inform food systems and sustainability decision making.

## RECOMMENDATIONS FOR ICDA

A vision is a living ideal, around which people can coalesce. Development of the vision through the Delphi Inquiry Process, allowed ICDA members to define their own vision. The process facilitates learning, community engagement and investment in the vision.

To support high-level recommendation *i: Provide strong leadership for sustainable food systems in practice*, we recommend that ICDA post this high-level vision in a publicly visible space and use it as the end-goal in the development of a strategic plan.



## VISION OF SUCCESS GREAT QUOTES

"... a sustainable food system would be one where **the amount of power allocated to all stakeholders is more equal.**"

"Most importantly, **a vision is not enough** to make the changes we need to create a sustainable food system. **The next step is to strategize and take action to make this vision a reality.**"

"...they provide culturally acceptable, economically fair, affordable, nutritionally adequate, safe and healthy foods in a way that **balances ecosystem integrity and social welfare.**"

"We need a **better distribution of food** all over the world. Right now, we produce enough to feed the world but still there are many people literally dying from hunger."

"**All parts of the 'food chain' (from farm to fork) are involved and interacting**"

"...**well informed/ educated and aware people** regarding sustainability that can make smart choices for their health, eco and social environment."

# **BARRIERS TO SUSTAINABLE FOOD SYSTEMS**

## **Profits as Priority**

Most of you expressed that the system that feeds us is the system that impedes us. The perceived dedication to profits and growth by food-related industry (agribusiness, food processing, grocery stores, etc.), and a lack of incentives to focus on human, social and environmental wellness, were seen as significant barriers to progress toward sustainable food systems. Similarly, it was felt that government policies also do not support sustainable food and are oriented toward protection of profit interests rather than the environment, communities, consumers, and workers. This included in trade agreements between countries. The relative neglect of sustainability issues by governments, you felt, is fueled by the powerful voice of food-related industry in government lobbying.

## **Food Safety**

Similarly, within and between nations, standards and certifications that prioritize food safety (food that is free from contaminants, pathogenic bacteria, etc.) can also create tradeoffs that are costly for the environment and small businesses.

## **Different Trends between Regions**

There were some clear distinctions between reported barriers within more industrialized countries/regions, and those within less industrialized regions. Within more industrialized regions, it was felt that food is perceived as inseparable from capitalist production/consumption systems. Within this system, a culture of convenience, food uniformity, and low cost has developed. This culture, combined with limited food literacy, creates barriers to change toward a more sustainable diet and food system. In less industrialized countries, a lack of processing, storage, and transportation infrastructure were barriers of focus. Furthermore, access to new and/or appropriate technology, and evidence-based knowledge for farming in a changing world does not reach poorer, smaller communities and farmers.

### **Food Prices**

Interestingly, food prices were said to be both too high and too low. For many, economic conditions leave them with an inability to afford and/or access adequate nutritious food (for example, but not limited to: food deserts, un- or under-employment, subsidizing of ultra-processed foods, lack of ability to process and store local foods). Alternatively, in some communities, artificially low food prices that do not account for the environmental and social costs of growing and processing food (“negative externalities”) can lead to a broad socio-cultural undervaluing of food overall, as well as undervaluing food-related professions.

### **Environmental Degradation**

It was noted that while global food systems contribute to the degradation of environmental systems (ocean pollution and acidification, climate change, deforestation, soil degradation, etc.), these are, in turn, also barriers to sustainable food systems. For example, climate change, deforestation, and pollution of soil, water and air all impact food production capacity.

### **Professional Culture and Change**

You also mentioned that it is not easy to influence your peers in the dietetic and nutrition community regarding whether, and what way, sustainable food systems and sustainable diets fit into research and practice in this field. This may be related to the complexity of sustainable food system issues, which were also identified as a significant barrier. The complexity and extent of change required to achieve sustainable food systems, many said, can be overwhelming and lead to a sense of helplessness. Furthermore, rapidly emerging research makes it difficult to keep up with developments and navigate evolving debates. Also related was the observation for the need for multidisciplinary thinking (among academics, and across sectors) to facilitate more collective understanding of the system, the challenges, and ultimately the goals. Many dietetic and nutrition professionals (D/Ns) are not supported to work in this way and so cultural norms in the workplace and beyond are barriers to progress.

### **Finding Common Ground**

Finally, many of you mentioned conflicting agendas, a lack of a common language, a clear collective vision of success, and reliable indicators to measure impact as additional significant barriers.



# **SUPPORTS NEEDED FOR SUSTAINABLE FOOD SYSTEMS**

## **Who needs to support sustainable food systems?**

All people and sectors have a role in supporting a sustainable food system, including: national, regional and local governments, and their various departments and ministries; educators and the educational/academic sector; business and industry; non-profit organizations; intergovernmental organizations; professional bodies (like the ICDA); and consumers.

## **What kind of support is needed?**

Support is holistic, optimistic, scale- and context-appropriate, while balancing different needs, values and perspectives. Supporters use systems thinking, meaning that support involves creative collaboration throughout the value chain and between academic disciplines. Supporters have humility about the extent of their own competence, and reach out to others for complementary expertise. All support offered is transparent, justifiable, and adequate; support relates to people's lived experiences and is adjusted to their needs. Upstream solutions are prioritized, while downstream solutions are seen as a 'plan B.' Support is action-oriented and focuses on mainstreaming sustainability so that sustainable food systems are no longer niche. Both social infrastructure (e.g., platforms for dialogue, entrepreneurial support, funding) and physical infrastructure (e.g., technology, waste management systems) are provided and maintained.

## **Governance**

Holistic and inclusive governance takes place at different levels through both formal and informal decision-making systems. Bold visions and collaborative leadership based on evidence-based strategies, plans, and roadmaps are used to distinguish priorities and prepare for disasters. Those with decision making power give voice to those without it (including animals and the environment). Regular communication and community participation are key features in governance.

## SUPPORTS GREAT QUOTES

*"Choosing a sustainable diet is **not the responsibility of the consumer alone.**"*

*"Support is needed for stakeholders at all stages of the food chain, **for educational purpose, to enable them to have a democratic voice in a system** distorted by inequalities in access and power."*

*"More than economic support, education is the key."*

*"...**the generation of evidence** on the benefits of sustainable food systems are necessary that allow for better decision making and the generation of new public policies."*

*"...[we need] one metric [for food labelling] that is easily understood and has algorithms behind it to reflect that damage being done through the production and delivery of that food item."*

# SUPPORTS NEEDED FROM THE ICDA AND OTHER PROFESSIONAL ORGANIZATIONS

## Vision

The ICDA and other national D/N organizations support the D/N community through creating and promoting a high-level vision for a sustainable food system. The vision enables shared understandings and a common language to speak about sustainable food systems. This allows for uniform messaging, goal setting, taking common positions, and to support D/Ns working in unison. It is used to communicate viable pathways to more sustainable food systems, and embedded in priorities, goals, mission statements, policy documents, competency standards, and indicators.

## Collaboration and Networking

The ICDA and other national D/N organizations support collaboration and networking through committees, working groups, and round tables on sustainable food systems. These collaborations happen within and beyond the dietetic community, and are action-oriented to correspond with the urgency and gravity of the problem. Collaborations take place within and beyond traditional D/Ns practice areas. Accountability mechanisms, like regulation, reporting, and a code of ethics are used.

## Competence-building

We heard a strong message that competence-building (awareness, knowledge, understanding, and skills) is one important first step that ICDS and professional organizations can support. This is important both within the D/N community, and for the public. Competence building can happen through formal, informal and non-formal education, and should be based on scientific evidence as well as traditional knowledge.

The ICDA and other national D/N organizations' support for competence building is tailored to the needs of different target groups. **Practicing dietitians and nutritionists** receive continuing professional development on sustainable food systems through activities such as: workshops, seminars, exposure visits, symposia, lectures, webinars, and conferences. These activities are supported by guidance about how D/Ns can embed sustainability in their practice, mapping/sharing good practice, and training toolkits. D/Ns learn through peer support and by sharing with one another. This is supported by train-the-trainer programs and similar cascade



approaches. Dietitians and nutritionist **trainees** are taught from a curriculum that has sustainability content embedded.

The ICDA and other professional organizations direct D/Ns to useful resources and issue regular communications on their positions on recent publications/events about sustainable food systems. Co-constant evaluation, deliberation and discussions mean that the supports provided are subject to changing knowledge. Importantly, a precautionary approach works within known parameters such that knowledge gaps don't impede action.

Ultimately, D/Ns can contribute to a good **public** understanding of our food systems and how to make them more sustainable. For example, though: formal education about sustainable diets, awareness campaigns, guidelines on sustainable diets, consumer education, social media campaigns, advertising, and outreach programs. Competence is supported in **society at large** through applied, collaborative research, pooling of evidence-based information, defining key concepts, and development of research strategies, methodologies and indicators.

### **Financial Resources and Recognition**

Financial resources are made available through strategic investment and seed funding for innovators and champions of sustainable food systems. Awards schemes recognize regional champions of sustainable diets and dietitians who demonstrate excellence with regards to sustainable food systems in their practice.

### **Advocacy and Advising**

The ICDA and other national D/N organizations' offer expertise to different stakeholders, lobby government and industry, and influence policy and legislation. When the supports outlined above are beyond the capacity or remit of the ICDA and other national D/N organizations, they advocate for them and lobby relevant authorities. The ICDA and other national D/N organizations' advocacy also involves campaigns, supporting appropriate/context specific technology, and creating space for D/Ns in non-traditional roles.

## RECOMMENDATIONS FOR ICDA

ICDA members presented clear suggestions regarding support that ICDA could offer. Some suggestions are “low hanging fruit” that could be relatively easy to implement and result in immediate impact, while others will require additional effort but result in longer-term impact.

**To support high-level recommendation i: *Provide strong leadership for sustainable food systems in practice*, we recommend that ICDA consider the following:**

- *Create, and regularly re-evaluate, a strategic plan for the ICDA’s work on Sustainable Food Systems*
- *Consider preparing a statement/position on Sustainable Food Systems that can be used by ICDA and members for advocacy in their respective regions*
- *Embed sustainability within existing mission statements, strategic plans, policies, and training materials*

**To support high-level recommendation ii: *Facilitate learning and collaboration among ICDA members*, we recommend that ICDA consider the following:**

- *Facilitate the development of peer-to-peer Sustainable Food Systems mentoring and collaborative learning opportunities within and beyond the profession*
- *Establish sustainability-focused recognitions for leaders in the field (individuals and/or member associations)*

**To support high-level recommendation iii: *Identify and engage global partners in this work*, we recommend that ICDA consider the following:**

- *Work with governments, industry, and other health professional organizations to develop common and/or synergistic goals, accountability schemes, and issue common communications regarding sustainable food systems*

# ROLE OF DIETITIANS IN SUSTAINABLE FOOD SYSTEMS

## Scope of Practice

A summary of roles needs to be prefaced with the noticeable divergence in how you perceived the role of D/Ns (see “D/N’s role in sustainable food systems” under “Points of Divergence”). This ranged, on one hand, from those stating that there a clear opportunity and obligation to promote and support sustainable food systems in their roles, to, on the other hand, those stating that sustainable food systems are outside the D/N’s remit. Even, that we may create unreasonable and possibly irresponsible expectations for change.

Acknowledging this divide, we heard a clear majority felt the need and desire to leverage D/N roles and positions in support of sustainable food systems. However, D/Ns cannot (and should not) take sole responsibility, nor do this in isolation. You made a clear case that D/Ns will need to coordinate your efforts with other disciplines and sectors in.

## Roles & Areas of Practice

Through a knowledge of the cultural customs, traditions and the local environment, we heard that D/Ns are uniquely placed to embed sustainability in their existing tasks in ways that are suited to local contexts.

Seven specific **areas of practice** were mentioned in your responses: public food service management (hospitals, schools, etc.); clinical or nutrition care; academia, public health and community, food and nutrition business/industry, government, associations (such as ICDA). Across these areas of practice, various **roles** can be engaged. Roles specifically mentioned included: communicator (sharing of knowledge/education); translator or interpreter (putting knowledge into practice); researcher; advisor; advocate; and mentor. Broadly, we heard that within any one area of practice, or even specific job, there may be opportunities to take on one or more of these roles.

## Examples from Practice around the World

Here we provide a few examples. Some roles that a D/N working in public health or community-based areas of practice might act as a communicator and translator, sharing knowledge about sustainable food systems through education programs and supporting institutional implementation of that knowledge in a variety of settings: agriculture groups (e.g., nutrition-sensitive agriculture), community, schools, hospitals, care facilities, food service/catering, food procurement, day cares, retirement homes, media, social media, industry, government, national defense and the armed forces, labour unions, marketing, gastronomy tourism, private practice, and non-governmental organizations.

As clinicians, D/Ns have an opportunity to interpret dietary data and advise on clinically relevant ways to optimize nutrition and health outcomes in the context of planetary health. As translators, clinical D/Ns can help ensure that proposed “sustainable diets” do not undermine human nutrition. They may also contribute to interdisciplinary research teams examining the relationships between food, diets, health and sustainability.

In academic and public health areas of practice, D/Ns also have important roles as advisors and advocates in governance and industry, helping to formulate policy. Importantly, D/Ns listen to the voices of those they advocate on behalf of.



## RECOMMENDATIONS FOR ICDA

ICDA members felt that a significant opportunity to clarify roles, and support competence building among diverse practitioners.

**To support high-level recommendation i: *Provide strong leadership for sustainable food systems in practice*, we recommend that ICDA consider the following:**

- *Create standards for practice among various roles that can be used to guide evidence-based and high-impact practice in support of Sustainable Food Systems*

**To support high-level recommendation ii: *Facilitate learning and collaboration among ICDA members*, we recommend that ICDA consider the following:**

- *Bring members together to co-create a toolkit that supports SFS in dietetic practice, and that can be tailored to the different roles occupied by D/N professionals*
- *In this toolkit, consider including: information regarding SFS and diets, roles of D/Ns, practical information for D/Ns to embed SFS support in their practice, guidance on how to engage in advocacy, guidance on the diverse research methods and knowledge systems that offer critical evidence to inform Sustainable Food Systems*

A photograph of two women in a grocery store's produce section. The woman on the left is wearing a black top and holding a blue folder. The woman on the right is wearing a black top and a long red skirt, holding a clipboard. They are standing in front of shelves filled with various fruits and vegetables, including bananas, oranges, and tomatoes. Price tags are visible above the shelves. The text 'ROLES GREAT QUOTES' is overlaid in a white box at the top center.

## ROLES GREAT QUOTES

*"All in all, we can make a huge difference. But **each dietitian needs to know what it is they can do in their area of work.**"*

*"It is the **responsibility of the dietitian** to facilitate that their profession acts always take into account an approach that promotes behaviors aligned with the promotion of sustainable food systems."*

*"We need to **change the face of our profession** to no longer be a profession who is seen to be solely interested in the health and nutrition of individuals but more so interested in the health of the planet and individuals and the vital intersection of these which should be the major driver for our practices."*

*"The dietitian should **feel confident** that our profession has the ability to act in this area."*

*"...it is **ALL of our responsibility to educate ourselves...**"*

# POINTS OF DIVERGENCE

N/Ds are a diverse group so in creating the unifying vision, and sets of supports and roles, a number of points of divergence emerged. It is important not to erase these differences in the community, as these differences reflect the diverse realities D/Ns experience in their own practice. These differences are a resource because they inspire a more diverse array of strategies and tools to move us towards a sustainable food system. This section outlines the main differences of opinion.

**Culture:** Some spoke about the need for a culture shift, while others said that diets need to be culturally appropriate and “rooted in local culture”. Given that “culture is always evolving as a spiral, as people influence the evolution of culture and that culture influences people,” it is still unclear what parts of our cultures might need shifting and what should be preserved.

**Distribution of power:** There was ambiguity and lack of clarity about how power could or should be distributed more fairly and equally. There were also differences in who was thought to hold the power: the consumer who can shape the system with their purchasing power, or “big companies” who can lobby governments and use marketing to influence consumers.

**D/N’s role in sustainable food systems:** While most agreed that a collaborative effort across disciplines and sectors is necessary, there were those who felt D/Ns had a “small part” and others who felt it was a “central role.” This was closely related to how confident and knowledgeable D/Ns felt and the extent to which people believed that D/Ns had the “social license to operate in this space.”

**Knowing to act or acting to know:** Some felt that we need to wait until we know more about sustainable food systems before we act or give advice, and others said that we need to act in order to actually know what works in practice.

**Localization:** Some felt that we need to shift to exclusively local food systems, while others said there is continued, but less free-market driven, need for trade. On this, one person said: "I personally believe that the truth must sit somewhere in the middle, and that extreme beliefs on either end of the [local-global] spectrum are not productive. But it can be really challenging to promote moderation, nuance, and complexity – it's really hard to get people excited about these tenets!"

**Organic & plant-based diets:** Some felt that entirely organic or mostly plant-based diets were necessary, while others felt that need overstated: "it's important to emphasize the value of animal source foods in delivering nutrient density especially in low-resource settings."

**Sustainable food systems within the D/N practice:** There was dissent in the extent to which practitioners should prioritize sustainable food systems in their practice. While a some you said sustainable food systems are a specialty area, others said that "sustainability should be part of our day to day job, the way we think, the advice we give to our clients..." One person said that "I am concerned that if we dilute our role too much, we may not be seen as credible, we will be too overwhelmed with such a large area that we will be immobilized to take action."

**Scope:** Some people felt the vision included aspects that were not within the scope of a 'sustainable food system.' For example, some felt it was important that the food system provides food that tastes good, while others felt taste is too subjective to include in a vision and isn't necessary for a sustainable food system.

**Top-down or bottom-up:** There were differences in the extent to which top-down or bottom-up approaches were emphasized. One of the ways this manifested was that there were diverging views about the extent to which support is needed more from individuals, the private sector, or the government. Some also urged that support from all is vital.

**Values:** Some people emphasized that our food system and the science supporting it needs to be underpinned by our values, others said we need to move beyond values/being agenda-driven, to be more "tone-neutral".

**View of technology:** Some viewed technology as the source of unsustainability in our food systems, while others felt that technology could be the source of many of our sustainability-related problems.





## RECOMMENDATIONS FOR ICDA

The research team acknowledges that, as expected, there was a diversity of views, and points of divergence.

**To support high-level recommendation i: *Provide strong leadership for sustainable food systems in practice*, we recommend that ICDA consider the following:**

- *ICDA develops a strategic plan (or incorporates into the existing strategic plan specific targets) based on this report, acknowledging the diversity of roles of the D/N community, and leveraging this diversity to accelerate a shift toward sustainable food systems*
- *To support the effort to leverage diverse views in the profession, members of the research team looks for funding to support concurrent interviews with some key Delphi participants whose ideas represent the divergence to more fully understand divergent perspectives*

# WHAT COMES NEXT?

## RECOMMENDATIONS FOR ICDA

This section of the report contains links to where to go for further information for D/Ns who participated in this research. We would also like to highlight three immediate priorities which will expedite progress toward the three high-level recommendations.

**In summary, we recommend that for the next phase of this project (May 2019 to August 2020), ICDA prioritize:**

- *The development of a strategic plan (or incorporate specific targets into the existing strategic plan) based on this report.*
- *The research team concurrently supports this effort with further development of SFS indicators*
- *ICDA and members of the research team seek further funding to support the recommendations related to learning and collaboration among ICDA members*
- *The development of a toolkit (further funding-dependent)*

As one participant said: ***"If we are not doing [this], then who else?"***

If you are feeling inspired to learn more about sustainable diets or embed sustainability in your practice, the resources below can start you off. You are also welcome to join us for the 4th and final round of this Delphi Inquiry as a face-to-face workshop at the International Congress of Dietetics, September 15-18, 2020, in Cape Town.

### **EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems**

The EAT-Lancet Commissions on Healthy Diets from Sustainable Food Systems has released an academic publication on the topics covered in this report. However, they also have summary reports available in eight languages, briefs for health care professionals (clinical, nutrition care roles) and food service professionals (management, food service roles), podcasts, videos, articles, and blog posts. These

may be useful resources for your own self-guided learning, or use in your dietetic practice.

**More information here:** <https://eatforum.org/eat-lancet-commission/>

### **One Blue Dot: Environmentally Sustainable Diet Toolkit**

The Association of UK Dietitians recently released this toolkit to help D/Ns improve their understanding of environmentally sustainable diets and discuss these with their patients or clients. There are many useful resources, including a glossary, meal swap ideas, and frequently asked questions.

**More information here:**

[https://www.bda.uk.com/professional/resources/environmentally\\_sustainable\\_diet\\_toolkit\\_-\\_one\\_blue\\_dot](https://www.bda.uk.com/professional/resources/environmentally_sustainable_diet_toolkit_-_one_blue_dot)

### **The Food and Agriculture Organization's (FAO) Plates, pyramids, planet assessment**

This FAO publication from 2016 outlines the 'state of play' with regards to national healthy and sustainable dietary guidelines. It is an accessible but comprehensive assessment.

**More information here:** <http://www.fao.org/3/a-i5640e.pdf>

### **Food Climate Research Network (FCRN)'s FoodSource**

The FCRN provides free online learning through FoodSource, an open and expanding resource for information on sustainable food systems. It includes introductions to key ideas for understanding food system sustainability, a glossary, and a video library.

**More information here:** <https://www.foodsource.org.uk>

### **Critical Dietetics and Critical Nutrition Studies**

This book focuses on critical nutrition and dietetics studies, and offers interdisciplinary insights about how to critically evaluate, reflect on, and incorporate social justice and environmental sustainability in dietetic practice.

Chapters address key topics such as how to bring critical dietetics into conventional practice, applying critical diets in clinical practice, policy applications, and new perspectives on training and educating a critical nutrition and dietetic workforce. Contributing authors from around the globe also discuss the role of critical nutrition dietetics in industry, private practice, and consultancy, as well the role of critical dietetics in addressing the food, hunger, and health issues associated with the world economic crisis.

**More information here:** <https://www.springer.com/us/book/9783030031121>

## **Dietitians of Canada Position Paper on Sustainable Food Systems and Diets**

This position paper, coming soon, provides a concise review of the relevant research on the relationship between food systems, ecological and social systems sustainability, and health. It describes relevance to (Canadian) dietetic practice and suggests roles and actions to advance practice.

**More information soon available through the Canadian Journal of Dietetic Practice and Research.**

## **FINAL THOUGHTS GREAT QUOTES**

*This has been a meaningful exercise, in that I feel more informed and excited about SFS. Quite an interesting study and would like to see the final results.*

*So, while reading this it has encourage[d] me to continue learning about this subject and put it [in] my daily practice.*

*The summary here excites and motivates me. There is so much that we can and need to do! We have an opportunity to lead in a relevant manner.*

*Would love to work in the area of food sustainability.*

*Very good document, it is very important for all nutritionists. Thank you...*

*[The report] looks very informative and can't wait for until the next phase. Do you have any plan to keep the momentum and communication with all members [un]til we are meeting in next 2020?*



