

IN DIRECTION TO THE EXPO 2015 MILAN

INTERNATIONAL WORKSHOP

ASSESSING SUSTAINABLE DIETS WITHIN THE SUSTAINABILITY OF FOOD SYSTEMS

Mediterranean Diet, Organic Food: New Challenges

15th-16th September 2014
CRA-NUT, Rome, Italy

Organized by

The International Research Network for Food Quality and Health (FQH) and
the Research Centre for Food and Nutrition of the Agricultural Research
Council (CRA-NUT),

in collaboration with FAO-UNEP Sustainable Food Systems Programme,
CIHEAM-Bari, CIISCAM, ENEA, CNR and PTBio Italia

Introduction

The interest for sustainable diets is markedly increasing within the broader and complex context of the sustainability of the food systems. Defining a theoretical methodological framework for the assessment of the sustainability of diets presents many challenges. The definition reached in 2010 at the Conference organized by FAO and Bioversity and the related four dimensions (health & nutrition, environment, economic and socio-cultural factors) provide a starting point to initiate a multi-stakeholder approach involving various relevant agro-food sectors.

The International Workshop aims to address two pressing needs:

1. Foster a scientific debate on how to address the question of sustainable diets within organic production/consumption concepts and achievements and what contribution the sector can provide to the ongoing discussions,
2. Finalize ongoing collaborations on identification of indicators and methods for assessing sustainable diets within the improvement of the sustainability of food systems, using the Mediterranean diet and the Mediterranean area as a case study.

Programme

Monday, 15th September, 09.30-13.00

09.30-09.40 Welcome, Elena Orban, Director CRA-NUT, Italy

FIRST SESSION: Contribution to Sustainable Diets from the Organic Sector

Chairperson: Mauro Gamboni, CNR, Italy

09.50-10.00 Introduction to the topic, Flavio Paoletti, CRA-NUT, Italy

10.00-10.10 From Vision to Metrics: Lessons from the Organic Food System, Johannes Kahl, Chairperson FQH, The Netherlands

10.10-10.25 The Organic Food System in Europe, Ewa Rembialkowska, Warsaw University of Life Sciences, Poland

10.25-10.45 How the Organic Food System contributes to Sustainability, Christian Schader, FiBL, Switzerland

10.45-11.15 Coffee break

11.15-11.45 How can the Organic Food System contribute to Sustainable Diet? Sirli Pehme, Estonian University of Life Sciences, Estonia and Carola Strassner, University of Applied Sciences Münster, Germany

11.45-12.10 The Organic Food System. The agro-ecology Perspective, Nic Lampkin, The Organic Research Centre, UK

12.10-12.20 Organic durum wheat in Mediterranean diet: old varieties and traditional bread making, Ivana Cavoski, Mediterranean Organic Agriculture Network, Italy

12.20-12.30 Organic food procurement in schools - a European case study Anne-Kristin Løes, Bioforsk Organic Food and Farming, Norway (via skype)

12.30-12.50 Discussion

12.50-13.00 Wrap-up

13.00-14.30 Lunch

Programme

Monday, 15th September, 14.30-18.30

SECOND SESSION: Nutrition Indicators to Assess the Sustainability of the Mediterranean Diet as a Case Study

Chairperson: Denis Lairon, INSERM / INRA / Aix-Marseille University, France

- 14.30-15.00** **Introduction**, Sandro Dernini, FAO, Rome, Italy, and Lluís Serra Majem, University of Las Palmas de Gran Canaria, Spain (via skype)
- 15.00-15.30** **Presentation of a draft of a background document on nutrition indicators to assess the sustainability of the Mediterranean diet**,
Introduction by Denis Lairon, Aix-Marseille University, France, and Elliot Berry, Hebrew University, Jerusalem, Israel (via skype)
- 15.30 -17.00** **Selected nutrition indicators to assess the sustainability of the Mediterranean diet**
Chairperson: Giuseppe Maiani, CRA-NUT, Rome, Italy
Diet Related Morbidity Mortality Stats, Lorenzo M. Donini, CIISCAM/Sapienza, Rome, Italy
Fruit & Vegetable Consumption, Aida Turrini, CRA-NUT, Rome, Italy
Vegetable and Animal Protein, Barbara Burlingame, Deakin University, Melbourne, Australia
Dietary Energy Supply, Angela Polito, CRA-NUT, Rome, Italy
Dietary Diversity, Aida Turrini, CRA-NUT, Rome, Italy
Dietary Energy Density, Denis Lairon, INSERM / INRA / Aix-Marseille University, France
Nutrient Density / Quality, Denis Lairon, INSERM / INRA / Aix-Marseille University, France
Biodiversity Composition & Consumption, Barbara Burlingame, Deakin University, Melbourne, Australia
Nutritional Anthropometry, Lorenzo M. Donini, CIISCAM/Sapienza, Rome, Italy
Physical Activity, Angela Polito, CRA-NUT, Rome, Italy
- 17.30-18.15** **Discussion**
- 18.15-18.30** **Wrap-up**

Coffee will be available outside the room

Programme

Tuesday, 16th September, 09.00-13.00

THIRD SESSION: Assessing Sustainable Diets in the Context of Sustainable Food Systems

Chairperson: Alexandre Meybeck, Sustainable Food Systems Programme, FAO, Rome, Italy

09.00-09.15 **Sustainable diets and sustainable food systems**, Vincent Gift, Coordinator, High Level Panel of Experts, CFS, FAO, Rome, Italy

09.15-10.30 **Perspectives from the Mediterranean Diet Case Study**
Chairperson: Roberto Capone, CIHEAM-Bari & Sandro Dernini, FAO
A View from the Southern Mediterranean Rim, Rekia Belahsen, Chouaib Doukkali University, Morocco
Nutrition and Health Dimension, Antonia Trichopoulou, Hellenic Health Foundation, Athens, Greece
Socio-Cultural Dimension, Xavier Medina, ICAF Europe, Universitat Oberta de Catalunya, Spain
Economic Dimension, Felice Adinolfi, University of Bologna, Italy
Environmental Dimension, Massimo Iannetta, ENEA, Rome, Italy

10.30-11.00 *Coffee break*

11.00-11.45 **Perspectives from the Organic Sector**
Profiles of organic food consumers, first lessons from the French Nutrinet cohort: a step towards diet sustainability, Denis Lairon, INSERM / INRA / Aix-Marseille University, France
Putting it all together: How can organic support sustainable diet and translating it into practice? Carola Strassner, University of Applied Sciences Münster, Germany

11.45-12.45 **Discussion on Sustainable Diets within Sustainable Food Systems**

12.45-13.30 **Conclusion**, Alexandre Meybeck, FAO, Rome, Italy

13:30 *Lunch*