

Diet for a Green Planet Webinar

Do you work with food and are interested in how food can promote health and a good environment?

On 2 December we offer a webinar about the food concept Diet for a Green Planet.

In the webinar you will listen to presentations from representatives in Södertälje, Sweden, with 10 years' experience of implementing s for a Green Planet. They will cover

- ✓ the criteria of the concept,
- ✓ its benefits to health, climate and environment,
- ✓ how it promotes sound agricultural practices,
- ✓ how it has been implemented, and
- ✓ practical examples of challenges and solutions in converting to Diet for a Green Planet.

There will also be opportunities to interact, ask questions to the presenters and discuss with other participants.

This webinar is a joint event by two projects led by Södertälje municipality. In **MatLust Transnational Component**, partly funded by ERDF, we are sharing best practices and good examples of food system sustainability solutions in the Baltic Sea Region. In **Diet for a Green Planet Flagship**, a project initiation funded by the Swedish Institute, we are establishing a network in the Baltic Sea Region centred around the food concept Diet for a Green Planet. We want to learn from each other and work together to promote healthy and sustainable food in canteens and restaurants and **we welcome new partners** for future common projects!

Diet for a Green Planet is a healthy diet in accordance with the Nordic Nutritional Recommendations (NNR 2012) that can be produced in an environmentally sustainable way. The concept can be applied all over the world and will result in different meals depending on location and season.

The concept is research-based and includes actions to **reduce the climate impact** of food and **eutrophication** of the Baltic Sea, promote **biodiversity** and **soil health**, and adapt what we eat to what can be sustainably produced on available arable land.

Södertälje municipality has since 2010 implemented Diet for a Green Planet in all schools, kindergartens and homes for the elderly. In a previous project the concept was spread to and tested in Molėtai in Lithuania, Lomża in Poland and Mollet del Vallès in Spain.

We are a growing network in the Baltic Sea region and this is an invitation to get to know us and join us for a better food future for all.

Register



Information

DATE

2 december 2020

TIME

14:00-16:30 Poland, Denmark, Germany, Sweden.

15:00-17:30 Lithuania, Latvia, Estonia, Finland.

COST

Free of charge.

REGISTRATION

Follow link here

CONTACT

For questions and more information please contact:

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WEB

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