

**ESF-U7**

**Food Diet and Sustainability**

# Module 8

## FOOD AND ENVIRONMENTAL SUSTAINABILITY



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## What does sustainability means?



The characteristic of a process/state which can be maintained at a certain level for an infinite amount of time.

It aims at keeping a constant balance between used and consumed resources.





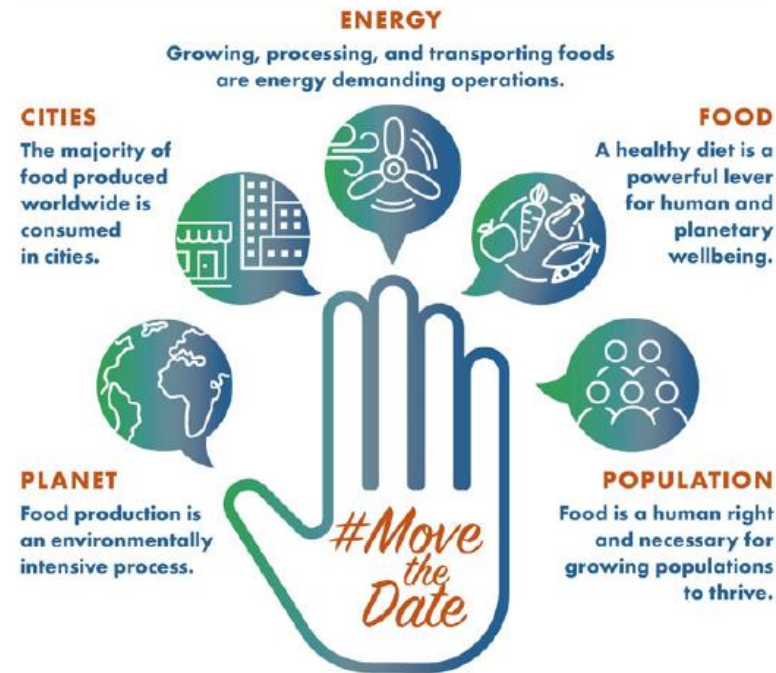
**The Overshoot Day (the day the Earth goes over the limit).**



It's the point where humanity has exhausted the budget of all the resources that the earth is able to generate for the year.

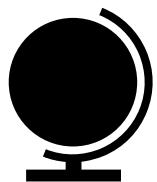
The Earth Overshoot Day falls progressively earlier year by year. Per example, in 2000 it was calculated as falling in mid-October, whereas 19 years later it fell at the end of July.

## #MoveTheDate WITH FOOD





## What is the link between food and sustainability?



Globally, the whole food production, from farm to table, has a significant impact on the wellbeing of the Planet.





## The (long) agri-food supply chain.



The term supply chain is a general term that refers to all the factors that contribute to the supply of a given product.

In general, a (long) agri-food chain consists of the following steps: production (that is sowing, growing, harvesting, collectively farming), processing, packaging, transport, sale, preparation and consumption.





## The Life Cycle Assessment (LCA).



It is a valued assessment methods that calculates the impact of the entire food supply chain: from the land to the table.

Three main summary indicators: carbon footprint, water footprint and ecological footprint.





# The "Farm to Fork" strategy.



The Farm to Fork Strategy is at the heart of the EU Green Deal.

It addresses comprehensively the challenges of sustainable food systems and recognizes the inextricable links that promote a "one health approach" for people, societies and the planet.





## Health and environment: a strong link.



What is good for our health is also good for the Planet. That is why sustainable and healthy diets are very important.

Recent studies have shown that healthy and sustainable diets can reduce wildlife loss by up to 46%, premature deaths by at least 20%, and food related GHG emissions by at least 30% (WWF, 2020).





**Reference:**

WWF. Planet-Based <[https:// planetbaseddiets.panda.org/](https://planetbaseddiets.panda.org/)>

**Image reference:**

Overshoot Day: Barilla Foundation, Global Footprint Network (2020)

Farm to Fork strategy (EU, 2020).

[https://food.ec.europa.eu/horizontal-topics/farm-fork-strategy\\_en](https://food.ec.europa.eu/horizontal-topics/farm-fork-strategy_en)

**Free image sources:**

<https://pixabay.com/it/>



**Thank you**