

## NEWSLETTER

VOLUME 2020 ISSUE 1

**Welcome to our first OFSP newsletter in 2020!**

This year's first issue is packed with information about ongoing research and activities around the OFSP. Feel welcome to tell us what you've been working on so that we can share it with the community. For now, enjoy reading.

**8<sup>th</sup> OFSP meeting at the BIOFACH**13<sup>th</sup> February 2020

Almost traditionally we used the BIOFACH in February for our general OFSP meeting to report and discuss ongoing research activities and next steps. Included in the discussion was an exploration of the principles and attributes of Organic Food Systems. While the Principles of Organic Agriculture may serve as a basis, there was general agreement that additional characteristics are important to consider in order to better understand how these foundational Principles are actionable, and how Organic Food Systems come into being. Research to date by OFSP partners raise important observations and feedback from stakeholders. There is a need for a balance of knowledge with moral principles and social dynamics. Concepts and dynamics of holism, transparency, tradition, and innovation are key to understanding, modelling, and spreading sustainable and organic food systems. OFSP intends to engage partners and then stakeholders more broadly in a global consultation beginning in the coming months to further distil this dynamic mix of ideas into a clear and concrete deliverable in its commitment as a Core Initiative of the United Nations' Sustainable Food Systems Program.



Members of the steering committee and partners came together and represented seven different countries from three different continents.



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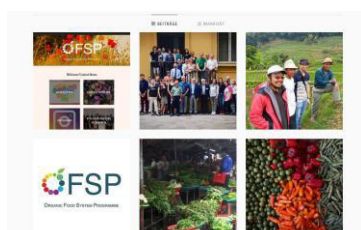
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## Media Update



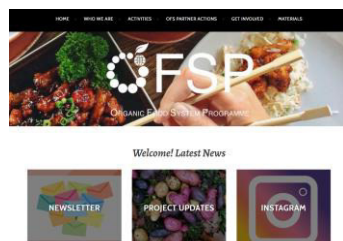
To attract more interest for organic/sustainable food systems and to reach out to more people, we're involving a new social media channel -Instagram. Join us!

<https://www.instagram.com/organicfoodsystem/>



We updated our website, especially our ongoing projects and the welcome page. Please check it out. Tell us what you've been doing so that we can grow our page.

<https://organicfoodsystem.net/>



## Workshop: Careful, Gentle, Minimal: What are the principles of organic processing? by Flavio Poletti

This workshop was recently held at Biofach 2020 (Nuremberg, Germany, 12<sup>th</sup> -15<sup>th</sup> - February 2020).

Its aim was to inform practitioners, scientists and interested people about scientific and practical aspects related to careful and organic food processing.

Scientific findings from the following two research projects were presented: "Code of Practice for organic food processing – ProOrg" (Coordinator: Flavio Paoletti) and "Intelligent food processing chains and natural additives and colourants – SUSORGPLUS" (Coordinator: Barbara Sturm).

ProOrg and SUSORGPLUS project are funded via the ERA-net CORE Organic Cofund, a network of European ministries and research councils funding research in organic food and farming systems. Both deal with research topics around organic food processing.

A practical example was shared by a company processing starches and proteins to produce functional organic ingredients.

As a follow up of the workshop, a close collaboration between ProOrg and SUSORGPLUS projects has been established.



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More information about the workshop at: <https://www.proorgproject.com/publications> and <https://projects.au.dk/coreorganicofund/news-and-events/show/artikel/careful-gentle-minimal-what-are-the-principles-of-organic-processing/>



## **Global Alliance for Organic Districts - Networks from Asia, Europe and Regenerations International invites the creation of a global organic food system**, by Jostein Hertwig

ALGOA (Asian Local Governments for Organic Agriculture) is an integrated body of IFOAM Asia with its main office in Goesan County, South Korea. It promotes public - private partnership and a bottom up approach to policy planning from local to national policies for the promotion of organic agriculture. <http://organicgovts.com/about-algoa/>

**I.N.N.E.R.** the International Network of Eco Regions has in operation 40 Eco Regions in Italy. There are also initiatives in Portugal, France, Austria, Switzerland and Spain. Eco Regions acts based on the principles of organic agriculture of health, ecology, fairness and care and are applying a food system approach facilitating interactions between all actors. Each Eco Region is unique, following local nature, lifestyle, human relations and food culture. [www.ecoregions.eu](http://www.ecoregions.eu)

**Regeneration International (RI)** was formed in 2015 with the mission to promote, facilitate and accelerate the global transition to regenerative food, farming and land management for the purpose of restoring climate stability, ending world hunger and rebuilding deteriorated social, ecological and economic systems. The RI vision is a healthy global ecosystem in which practitioners of regenerative agriculture and land use, in concert with consumers, educators, business leaders and policymakers, cool the planet, feed the world and restore public health, prosperity and peace on a global scale.

**The League of Organic Agriculture Municipalities, Cities and Provinces of the Philippines (LOAMCP-PH)** is a national organization of the Local Chief Executives (LCEs) or Mayors and Governors in the Philippines and was established in 2012.



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The aims of LOAMCP-PH are to liberate family farms and citizens from poverty and hunger (food secured with high nutrition) through Climate-Resilient Investment Master Plans and Inner Conditioning as well as mobilization of the societal threefold of government, business and cultural organizations in the context of Organic 3.0. <http://www.loamc-ph.org/>

The main objectives of the agreement are to share knowledge and practical examples and to invite other local governments of the world into the network.

The role of **OFSP** at this juncture is to facilitate and coordinate the process, share our views on food system transformation and food quality and health.



Signing the first cooperation agreement of the alliance between ALGOA and I.N.N.E.R in Rome, Italy, Ministry of Agriculture on 6<sup>th</sup> February 2020. From left: Jennifer Chang, Executive Director IFOAM Asia and Vice- President IFOAM-Organics International, Arunas Svitojus, CEO Baltic Foundation Lithuania, Jostein Hertwig CEO BERAS International Foundation/ OFSP, Lee Cha Young, Mayor of Goesan County South Korea and President of ALGOA, Salvatore Basile, President International Network of Eco Regions, Zhou Zejiang, President IFOAM Asia, Eduardo Cuoco, Director IFOAM EU



## New OFSP team member, Lena Schniering

In January 2020 I joined the research team of Carola Strassner and I am currently studying for my M.Sc. in “Sustainability in Service Management and Food Industries” in Münster, Germany. Within the OFSP my tasks are networking, updating the website, social media and creating the Newsletter. Soon I will be involved in the partner interaction and I will collect contributions to our deliverables from our partners worldwide. My vision is to transform the global food system towards sustainability together with an international movement. So, I’m very happy to be part of the team, to contribute to a greener future and to work together with likeminded people from all over the world. For me, organic and sustainability belong together, therefore both aspects play an important role in my everyday lifestyle.



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**Sustainability assessment of the impacts of the new French dietary guidelines:**

Here follows a summary of the article published in March 2020 in *Nature sustainability*. By Denis Lairon

In line with the FAO definition of sustainable diets in 2010 (FAO Publication, 2012), some recent dietary recommendations to the public tend to consider more clearly sustainability concerns. Such is the case of the new food-based dietary recommendations issued by the Ministry of Health in France in 2019 (for details see the previous OFSP newsletter 2019.1). Three main novelties appear in the 2019 guidelines compared to the previous ones (2001): i / more plant foods are recommended such as unsalted nuts and legumes, ii/ plant foods from organic origin must be prioritized and iii/red meat and processed meat must be noticeably reduced.

Our Bionutrinet research consortium aimed to evaluate the potential impact on sustainability of adhering to these new guidelines by evaluating diet quality and safety, health, resources and environment as well as diet cost, and also to compare them to the previous ones.

For that purpose, individual behaviours of 28.240 adult volunteers (75% women, mean age 50y) of the large Nutrinet-santé prospective cohort were registered; an organic food frequency questionnaire was included. Individuals were stratified in five groups from lower (Q1) to higher (Q5) adherence to the 2019 or 2001 guidelines (PNNS-GS2 or -GS1 scoring). Multiple adjustments on confounding factors were made to get the final data.

Participants with higher PNNS-GS2 scoring (reflecting higher adherence to the 2019 guidelines and diet quality) exhibited more often a high level of physical activity, a lower body mass index and were more likely to be non-smokers; furthermore with a managerial staff or knowledge profession compared to individuals with lower PNNS-GS2 scoring.

Higher PNNS-GS2 score was related to higher plant-based and unrefined food and lower animal-based food consumption, lower dietary energy intake, higher nutrient intake and plant protein intake, higher share of organic foods in the diet (Q5: 51% vs Q1:8 %), lower impacts on resources and climate (land or energy, or greenhouse gas emissions to produce diet), lower exposure to studied pesticides (25 moieties) except those used in organic farming (ie Spinosad) and higher total death averted (Q5: 35 000/year). The global environmental impact of a best adherence to 2019 guidelines decreased by about 50% compared to 25% with a best adherence to the 2001 guidelines. The daily purchase diet cost was increased up to about 1 € for the best adherence to both 2001 and 2019 guidelines.



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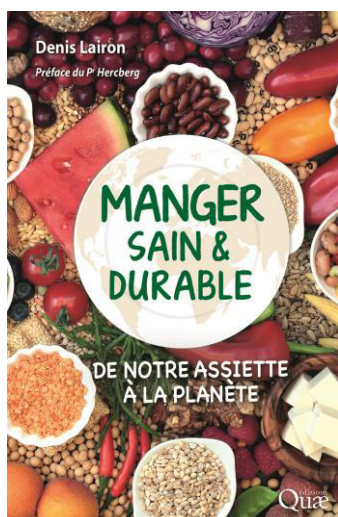
The results obtained suggest that 2017 French food-based dietary guidelines are overall in line with the multiple dimensions of diet sustainability (i.e. improved diet quality, nutrition, impacts on resources and greenhouse gas emissions, exposure to pesticides, overweight and death rate), although best adherence is associated with a slight increase in purchase diet cost. If adopted by a large part of the population, these dietary guidelines may contribute to prevent chronic diseases while reducing environmental impacts related to food production and consumption. Thus, political measures should be elaborated to promote agroecological and organic food production as well as to facilitate economic access to such recommended healthy and sustainable dietary patterns.

*Article reference: E Kesse-Guyot, D. Chaltiel, J. Wang, P. Pointereau, B. Langevin, B. Allès, Rebouillat, D. Lairon, R. Vidal, F. Mariotti, M. Egnell, M. Touvier, C. Julia, J. Baudry, S. Hercberg. Sustainability analysis of French dietary guidelines using multiple criteria, Nature Sustainability, March 23, 2020.*

DOI : 10.1038/s41893-020-0495-8 ; link to article: <https://doi.org/10.1038/s41893-020-0495-8>

**Summary of the book entitled « Sustainable and healthy eating, from our plate to the planet »** (as translated) by Denis Lairon, published in French language in March 2020 (*Manger sain et durable, de notre assiette à la planète*). Book available under:

<https://www.quae.com/produit/1616/9782759231065/manger-sain-et-durable>



It is written in French, for a large public but based on scientific data, institutional reports and author's personal views. It is published by a French scientific editor (Editions QUAE) who ordered the book.

Chapter 1 deals with worldwide food insecurity and malnutrition: a never-ending drama that highlights the inability of the present world food system to satisfactorily feed people and thus, the need for alternative strategies. considering previous historical and recent changes.



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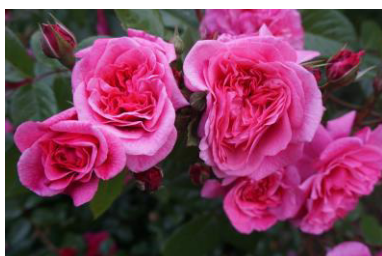
Sustainable food systems and sustainable diets are presented in Chapter 2 as international reference concepts to handle food production and consumption in a proper way, for the present and future generations. Chapter 3 describes present dietary patterns, with emphasis on the determinants of food consumption and dietary patterns in France, the role of food groups in providing necessary nutrients and the role of dietary guidelines and agro-food lobbies.

Healthy dietary patterns are the topic of Chapter 4, considering human needs, important food groups as well as nutrients and fibres, and relationships with prevention of overweight / obesity and numerous chronic diseases. Chapter 5 reports about pesticides uses and impacts, such as pollution of soils, water and air, frequent residues in foods but depending on production methods, human body permanent contaminations and acknowledged diseases associated with pesticide exposures, and open questions.

Chapter 6 focuses on the impacts of the present dominant food production system on planet health, considering resources use, degradations or pollution of natural resources, biodiversity losses and climate change. The Mediterranean food system is described in Chapter 7 as a cultural traditional food system acknowledged for its numerous demonstrated human health benefits as well as a plant-based dietary pattern of ecological importance nowadays. Chapter 8 describes agroecological/organic food systems as prototypes for sustainable food systems, dealing with organic food quality and safety, organic processed foods, regular organic food consumption as a healthy and safe dietary pattern, with known reduced incidences of obesity and some chronic diseases. The urgent need for sustainable food systems is the topic of the concluding Chapter 9. It considers the scientific warning about our planetary limits, climate change and continuing business as usual; possible alternative dietary patterns and their global impacts, scenarios for modelling a sustainable and healthy future, highlighting the key potential of agroecological/organic food systems, placing respect and ethics as necessary drivers of a sustainable world.

Denis Lairon is PhD in biochemistry, nutritionist and emeritus research Director at INSERM (National institute for health and medical research) in France and member of the OFSP Steering Committee and Advisory board.

**Thank you for reading. Stay healthy!**



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