

ACTION STEPS

Our path towards a sustainable food system

CONSUMERS & INSTITUTIONS

1. Encourage consumption of a wider diversity of minimally processed grains, legumes, fruits, vegetables, nuts and seeds.
2. Promote sustainable protein sources, such as swapping out beef for beans and exploring sustainable seafood choices.
3. Reduce levels of food waste within food service operations and homes.

HEALTHCARE PROFESSIONALS

1. Incorporate a sustainable dietary framework that meets your clients' needs and goals, while providing actionable guidance.
2. Seek diverse colleagues to provide practices to include all that you serve.
3. Keep up with emerging “high tech” and “low tech” solutions, help translate what we know and where there are gaps.
4. Develop resources for including sustainability education and messaging in your practice.
5. Frame actions and solutions that have tangible impact that are accessible, relevant, and create meaningful benefits for your audience.

EVERYONE

1. Advocate for a food system that is sustainable, fair, healthy, local and humane supporting human health and planetary boundaries.
2. Celebrate cultural traditions and practice cultural humility.
3. Continue to improve your understanding of sustainable food systems.