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Learning objectives

1	Share real-world examples of how companies, industries, and dietitians are leveraging their platforms to drive meaningful change within the food system to improve outcomes and expand impact (i.e. technology, waste, food service, innovation, and access.)
2	Brainstorm entry points for dietitians to assist with transforming the food system, including new cross-divisional or cross-discipline opportunities.
3	Define three ways RDs can shift systems within their respective practices to improve sustainability metrics.

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### Dietitians in food system education

**Janice Giddens, MS, RDN**  
Director Health & Wellness Partnerships NDC



**Christine McCullum-Gomez, PhD, RDN**  
Food & nutrition consultant/writer



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### Dietitians in with a voice



**Kate Geagan MS, RDN**  
www.kategeagan.com

**Melinda Hemmelgan MS, RD**  
Food Sleuth Radio  
Find on your favorite podcast app!



*"Radio is the most intimate and socially personal medium in the world."*  
-- Harry Von Zell.

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### Dietitians for culturally inclusive nutrition



*"We believe that culture is at the center of the table, and we should honor and respect cultural foods opposed to removing them for alternatives from other cultures."*

Ashley and Jasmine, RDs  
Founders of EatWell Exchange





**Tamara Melton**  
Co-founder Diversify Dietetics, Inc.

**Diversify Dietetics**

*"Providers should instead practice cultural humility, which acknowledges that the client, patient or student that the provider is working with is the expert of their culture."*

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Promoting health and wellness through the power of healthy food and human connection





Amy Vu, MPH, RD  
Head of Programs  
FEAST

- FEAST's 16-Week Wellness program provides education, group support, and fresh food access to South Los Angeles families.
- FEAST partners with farmers market and food recovery programs to redistribute those in need.

www.feastforall.org | @feast\_for\_all

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Launched in 2016, the Teaching Kitchen Collaborative (TKC) is an invitational network of thought leading organizations using teaching kitchen facilities as catalysts of enhanced personal and public health across medical, corporate, school, and community settings.



Teaching Kitchen Collaborative

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Innovation in Foodservice Sustainability

**MENU OF CHANGE**  
The Business of Healthy, Sustainable, Delicious Food Choices

**2019 ANNUAL REPORT**

YALE UNIVERSITY HARVARD TH. CHAN SCHOOL OF PUBLIC HEALTH Department of Nutrition

"The foodservice industry must play a leadership role by creating aspirational plant-forward meals that are flavorful, widely available, and affordable."

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### Innovation in dietary diversity



**FUTURE 50 FOODS**

50 foods for healthier people and a healthier planet.

**CRITERIA FOR THE FUTURE 50 FOODS**

The Future 50 Foods have been selected based on their high nutritional value, relative environmental impact, flavour, accessibility, acceptability and affordability. This set of criteria is modelled after the Food and Agricultural Organization's (FAO) definition of sustainable diets. Some of the Future 50 Foods have higher yields than similar crops, several are tolerant of challenging weather and environmental conditions, and many contain significant amounts of critical nutrients. Each has a story to tell.

**EATING TO IMPROVE THE FOOD SYSTEM**

*"Diversified diets not only improve human health but benefit the environment through diversified production systems that encourage wildlife and more sustainable use of resources."*

Dr. Adam Drewnowski, Director of The Center for Public Health Nutrition, University of Washington

Peter Gregory, Research Advisor, Crops for the Future

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### Innovation in the kitchen



Soylent Sweet Potato Burger, Sharon Palmer



Three Sisters Chili, Sharon Palmer



Forged Miner's Lettuce Salad, Sharon Palmer

11

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### Innovation in industry



Ancient & underutilized grains  
Sharon Palmer



Products that give back



Algae, invasive species  
Sharon Palmer



Heirloom pulses, Sharon Palmer

12

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### Certifications & Seals

- Serve as a quick reference point across many metrics
- Many are third-party verified
- Simplify Complexity
- Influence purchasing



Tufts University  
[Decoding Food Labels \(PDF\)](#)

**CLAIMS, CERTIFICATIONS & SEALS ON PRODUCT PACKAGING FAMILIARITY AND INFLUENCE ON PURCHASING**

Food and beverage marketers have developed an array of logos in the form of claims, certifications and seals on food and beverage product packaging to catch consumers' and retailers' attention. They are intended to communicate the presence or absence of certain characteristics or about the type of processing of "natural" foods. There is a lack of consistency in the way these claims are used. This guide provides a quick reference to help consumers and retailers understand the most influential claims to organic, pesticide, animal welfare, for foods and GMOs.

*Pesticides from a 2019 survey of 17		*Percent of packaging with environmental claims from a purchase	
USDA Organic: 64%	NON-GMO Project Verified: 64%	Certified kosher: 53%	51%
USDA Organic: 44%	NON-GMO Project Verified: 44%	Certified kosher: 31%	31%
USDA Organic: 33%	NON-GMO Project Verified: 33%	Certified kosher: 20%	20%
USDA Organic: 22%	NON-GMO Project Verified: 22%	Certified kosher: 10%	10%
USDA Organic: 11%	NON-GMO Project Verified: 11%	Certified kosher: 0%	0%

Hartman Group, 2017

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### Resources to get you started

Barilla Center for Food and Nutrition



[www.barillaacfn.com/](http://www.barillaacfn.com/)

Food Climate Research Network

In-depth resource on the interconnectedness of food systems



[www.foodsource.org.uk/](http://www.foodsource.org.uk/)

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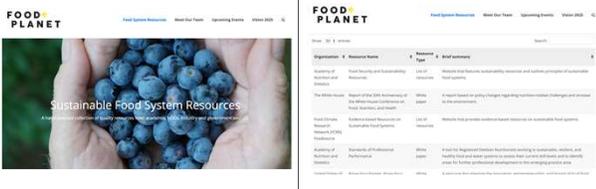
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### And many, many more!



[www.foodandplanet.org/resources/](http://www.foodandplanet.org/resources/)

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### Academy of Nutrition and Dietetics SOPPs



Photo, Local Foods, Sharon Palmer

- Standards of Professional Performance— tool for RDs working in sustainable, resilient, and healthy food and water systems to assess skill levels, identify areas for further development.
- Covers 6 standards of professional performance: quality in practice, competence and accountability, provision of services, application of research, communication and application of knowledge, and utilization and management of resources.
- Within each standard, measurable indicators developed.

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CA Academy  
Advocacy Summit 2019



2020 Dietary Guidelines Advisory  
Committee Second Meeting

10,629 views

- 186
- 5
- Share
- Save
- Report

USDA  
13,628 subscribers

SUBSCRIBE

Engage in Policy

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### Dietitians as Planetary Advocates



- Upskill to gain knowledge
  - Read the One Blue Dot toolkit and follow up materials
- Facilitate dietary change:
  - Provide information, address barriers, highlight benefits
- Aim personally to eat a more sustainable diet
- Consider new types of influence
  - Policy at hospital, Trust/Board, local or national level
  - Partnerships with NGOs who could benefit from nutritional input
  - Join citizens' movements including local food groups
  - Food system – identify key actors and players who you can influence

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**Prizes & awards for sustainable food solutions**



**\$20,000 Award (4)**

The One Planet. One Health Initiative is a competitive program that will fund four transdisciplinary teams in 2020 to design, implement and evaluate actionable community-based projects on sustainable food systems that contribute to the nutritional health of populations.

[danoneinstitutena.org](http://danoneinstitutena.org)



**MIT Solve's Global Challenges**  
(over \$1.5 million)

Challenges include projects that aim to "Promote the shift towards low-impact, diverse, and nutritious diets, including low-carbon protein options."

**DEADLINE JUNE 18, 2020**  
Submit a solution!  
[solve.mit.edu/challenges/](http://solve.mit.edu/challenges/)

19

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Working on an organic farm, Sharon Palmer

**How can you help make a difference?**

- Infuse sustainability in client education.
- Find small changes that lead to a healthier plate.
- Ensure cultural appropriateness by remaining humble and seeking help from diverse colleagues.
- Include a wider diversity of foods into your food service operations.
- Reduce / recover food waste in from homes to hospitals.
- Starting a sustainability taskforce at your hospital, workplace, school, or community
- Starting community gardening/composting at your hospital or school.
- Enhance your education by enrolling in a graduate level sustainability course.
- Write or speak about sustainable diet patterns in your newsletter, blog, or publication.
- Advocate for fair food systems locally, nationally, and globally.
- Vote with your fork.



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**What's Next?**  
We believe there is A CLEAR PATH FORWARD



IPCC (2019)



WHO FAO (2019)



UN SDGs (2015)

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**Introducing FOOD + PLANET**

**THE OPPORTUNITY BEFORE US**

- Now is our moment. We are at a massive moment of transformation in our food system.
- The marketplace is ready for a clear point of view.
- Together we hold potential to be powerful catalysts for meaningful change.

**FOOD + PLANET**  
www.foodandplanet.org

Photo: ChrisWalsho

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**Introducing FOOD + PLANET**

**Our North Stars**

- The best science available. We will be guided by the best leading global emerging frameworks and consensus science.
- We are building a world class Advisory Board comprised of leading RDNS, MDs, non-profit stakeholders, impact investors and forward-thinking companies whose commitments and actions align with these same global frameworks.
- YOU. We aim to bring a community of like minded health professionals together around the best science, to forge innovative solutions to drive meaningful change. What do you see working? What tools can we leverage, and what do we need to create together?

Our Initial Supporters Include

Photo: ChrisWalsho

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**THIS IS AN INVITATION.**

If you feel called to use the opportunity that food offers us build a sustainable, successful and delicious future...

**JOIN US.**

**FOOD + PLANET**  
www.foodandplanet.org

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Food + Planet Handout

Now available for download!

➔

**Our path towards a sustainable food system**

**ACTION STEPS**

**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 client's 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.

**FOOD + PLANET**  
foodandplanet.org

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# Thank you!

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[www.foodandplanet.org](http://www.foodandplanet.org)

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