

APPENDICE B. INSTRUCTIONS: ABSTRACT FORM FOR WORKSHOP

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Theme (Please indicate either; commons, or work or democracy): Commons

Sub-theme (Please indicate one from the list below): Food culture and sovereignty

<u>COMMONS</u>	<u>WORK</u>	<u>DEMOCRACY</u>
Common goods	Financial crisis, debt and alternatives	Power and democracy
Food culture and sovereignty	Job, income and leisure	Institutions, public space and participation
Life styles	Equity, inclusion and social rights	Social movements and political strategies
Urbanism and housing	Territory, population and migrations	Buen vivir, wellbeing and sustainability
Environment, ecology and sustainability	Technique, technology and management	Land, food sovereignty and democracy
Degrowth: roots and grafts	Agriculture, poverty and self-sufficiency	Information and imaginary
	Ecological macroeconomics and transition	

WORKSHOP NUMBER: (You can indicate one workshop, from the list in the appendix A) 7

ABSTRACT (max 600 words):

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Health and nutrition, health and environment: how naturally these concepts come related. But what about environment and nutrition? Again the key word is "health": a healthy diet for humans is also a very good thing for the environment. In 1986 Gussow and Clancy wrote a paper entitled Dietary guidelines for sustainability, on the Journal of Nutrition Education, adopting for the first time the term "Sustainable Diet". Although Gussow and Clancy did not provide specific food-selection recommendations, they hoped to initiate a discussion of the need of incorporating issues of agricultural sustainability into nutrition message. The debate about food sustainability is paramount in governments and international organizations agenda, in the pressing demographic growth and expanding environment exploitation scenario we live in. The alarm bell started in the United States where there is a gap in food consciousness about US food habits, which are designed to cause harm not only to physical health, but also to the environment. In fact, as Segen's Medical Dictionary states, the Western diet is "one high in saturated fats, red meats, 'empty' carbohydrates—junk food—and low in fresh fruits and vegetables, whole grains, seafood, poultry. The Western diet has been linked to hypertension, heart disease, hypercholesterolaemia, diabetes, obesity, and colorectal cancer". On the hand of natural resources exploitation, the Ecological Footprint Network data claim the vegetarian menu has an environmental impact that is two and half times lower than the meat one, same protein content and nutrition balance remaining (16 square global meters for the vegetarian menu compared to 42 global meters of the meat one). The Barilla Center for Food and Nutrition (BCFN), an international multidisciplinary analysis center on food matters, has conducted a study showing it is possible to reduce considerably the individual ecological footprint by combining five vegetarian menus with two meat menus a week – the environmental impact nearly halves, going from 294 squared meters to 164. The Barilla Center for Food & Nutrition will focus its paper on the scientific description of the double food and environmental pyramid model related to reducing meat consumption. The first pyramid (the food one) has two slightly different options - one for adults and the other one for "ones who are growing" – both based on the Mediterranean diet. In the second pyramid, which is switched down under compared with the first one, foodstuffs find their place in the graph depending on how big is their impact on the environment. For instance, vegetables and fruit are at the bottom of the first pyramid (the nutritional one), as it is best to have large amounts of those in daily diet; on the other hand, vegetables and fruit are at the top of the second pyramid (the ecological one, which is put down-under) as they have very low impact on the environment, especially if organically grown. There are a few tools to calculate food ecological footprint, among which Barilla chose the Life Cycle Assessment model (LCA). In order to be as comprehensive as possible, the LCA takes in account every phase of the food-product life: cultivation, processing, packaging, transport and finally cooking.

APPENDIX C. *INSTRUCTIONS: ABSTRACT FOR FOCUS DISCUSSIONS*

SURNAME: _____ **NAME:** _____

MAIL: _____ **ORGANISATION:** _____

FOCUS DISCUSSION (Source, or Scenarios, or Subject): _____

ABSTRACT (max 600 words):

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APPENDIX D. *INSTRUCTIONS: ABSTRACT FOR POSTER*

SURNAME: _____ Lisot **NAME:** _____ Sara Francesca

MAIL: _____ sflisot@gmail.com **ORGANISATION:** _____ Barilla Center for Food & Nutrition

THEME (Commons, or Work or Democracy) _____ Commons

ABSTRACT (max 600 words):

Formatting: Arial Narrow 11

Poster title: . Double food and environmental pyramid proposed by BCFN in 2011