

Diet for a Green Planet

... the story told by
Jostein Hertwig

The short version

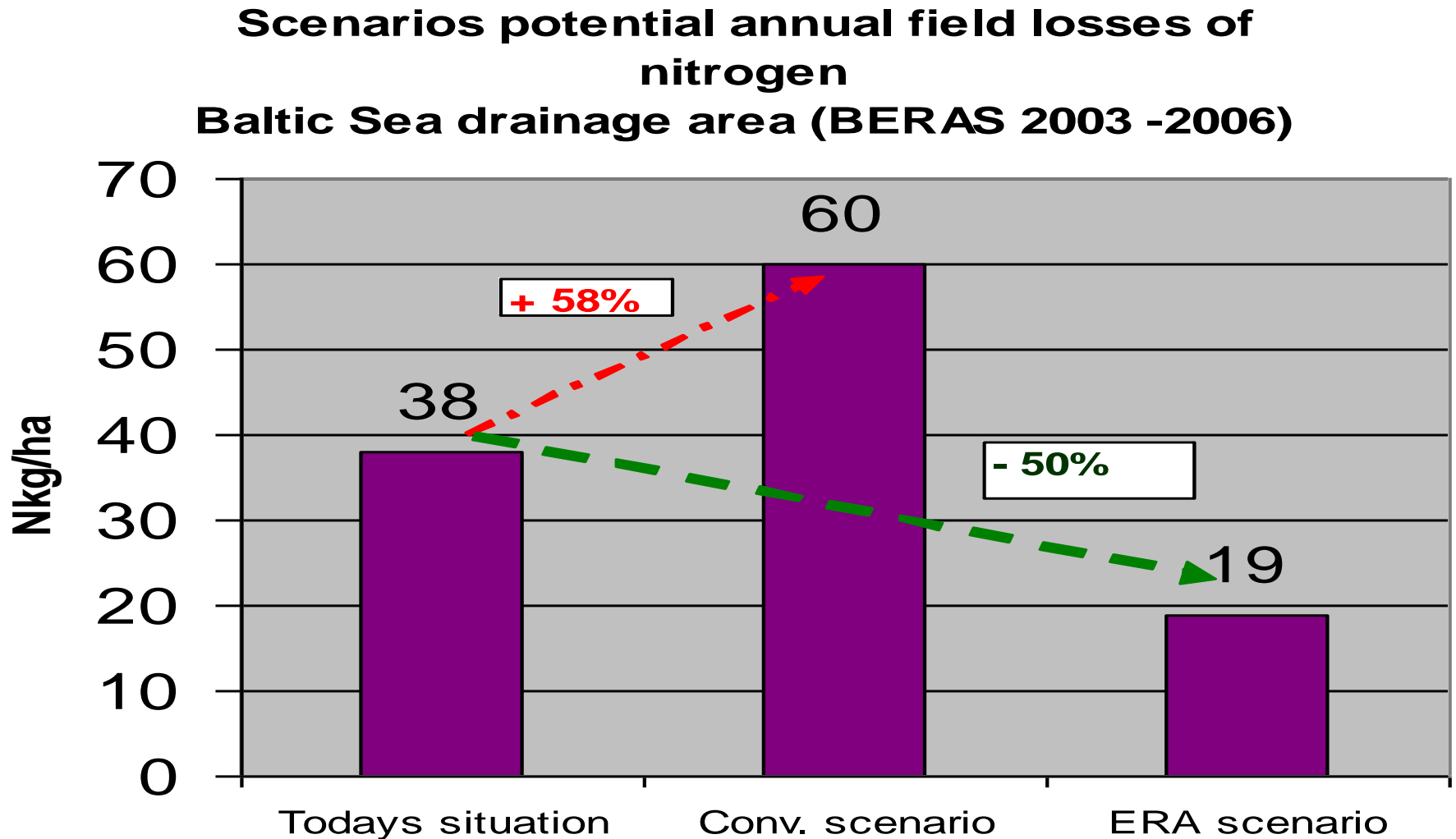
- Tasty and nutritious
- Organic
- Regional products
- According to season
- Balance between vegetables -meat (80-20)
- Reduction of food waste

Södertälje Municipality in Sweden have implemented "Diet for a Green Planet"

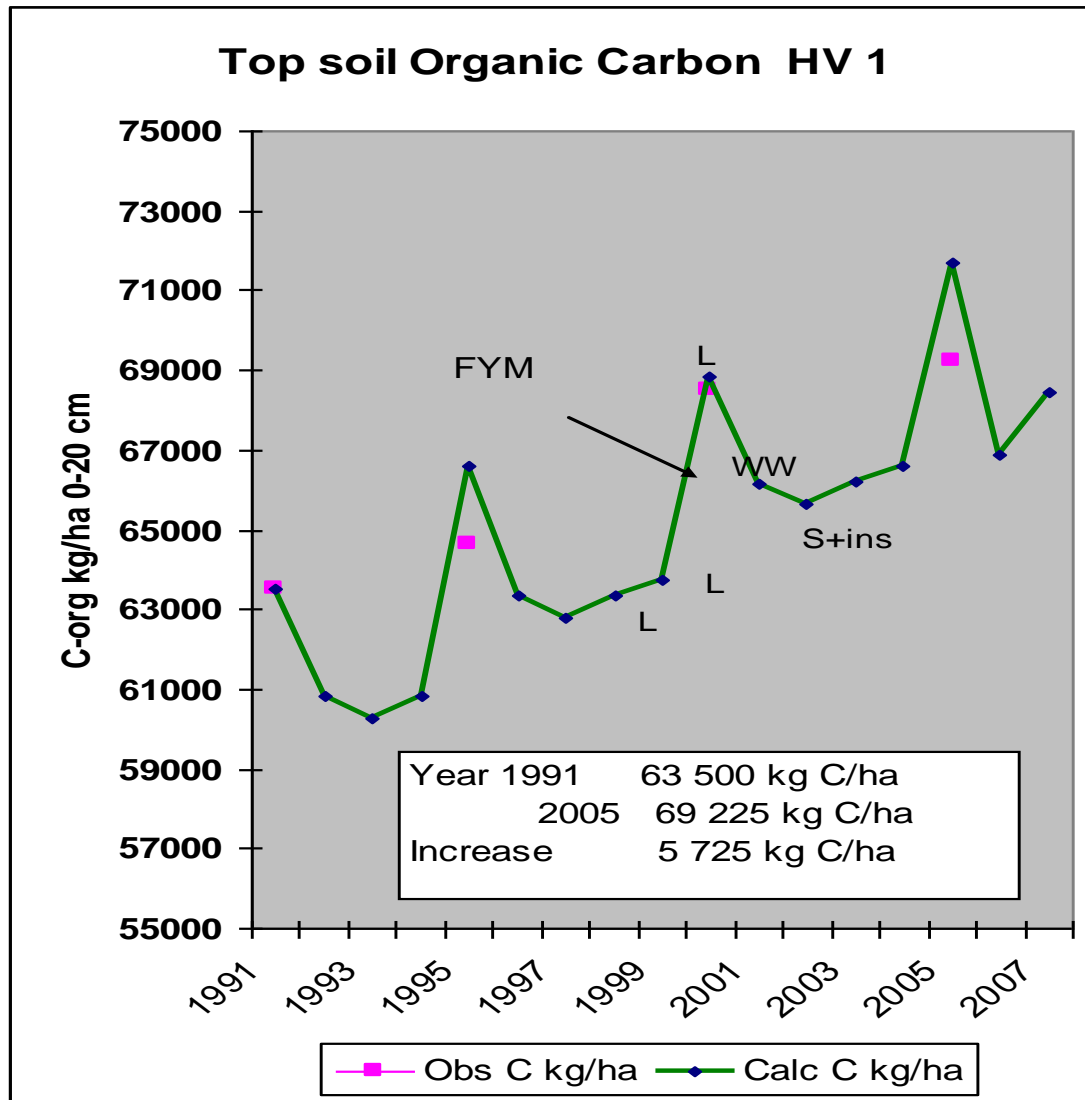


- 24.000 meals served every school day
- 90 kitchens
- 200 people working in the Diet Unit
- 60% organic
- No increased cost pr. meal

BERAS reduction of nitrogen losses at farm level



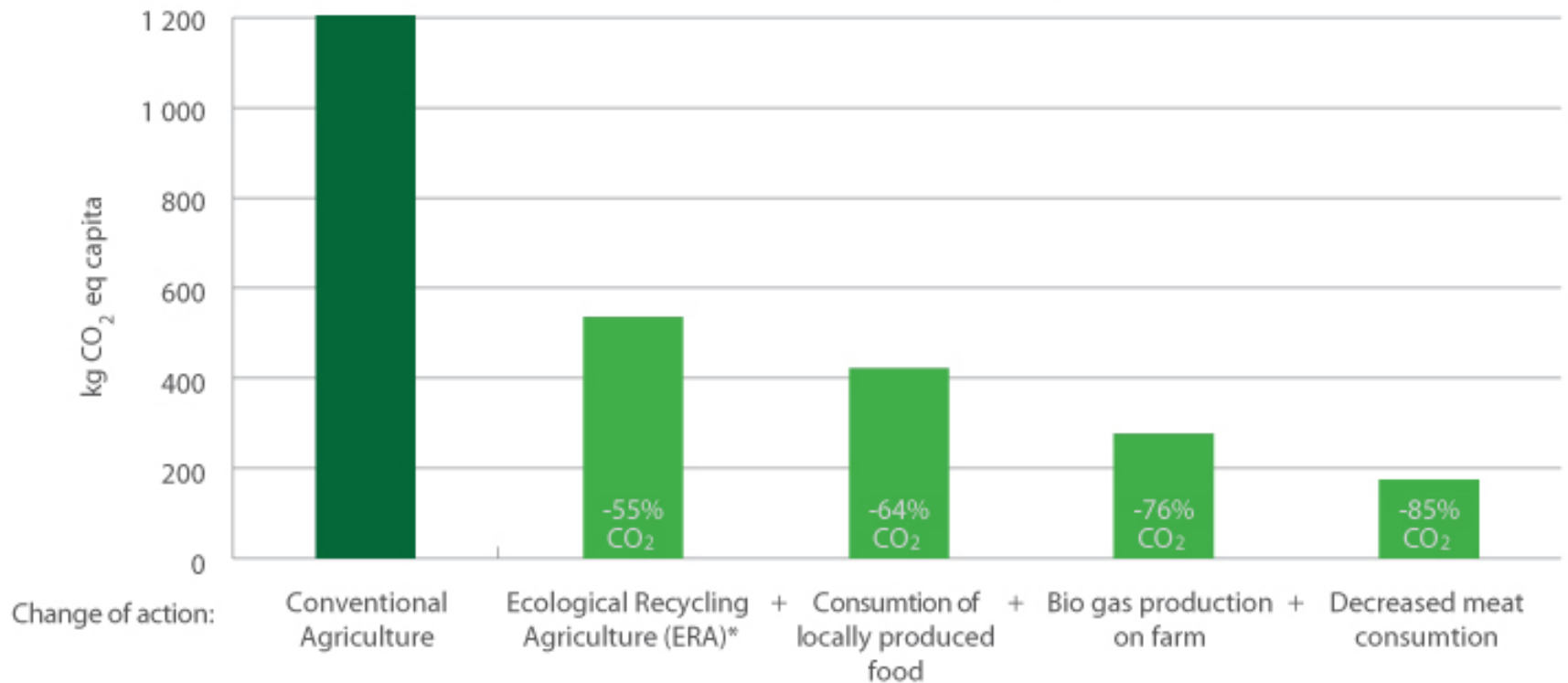
Soil carbon sequestration



BERAS research in Järna, Sweden from 1991 to 2005 shows **+ 400 kg C/ha/year**

The potential of reducing CO₂ footprint is significant

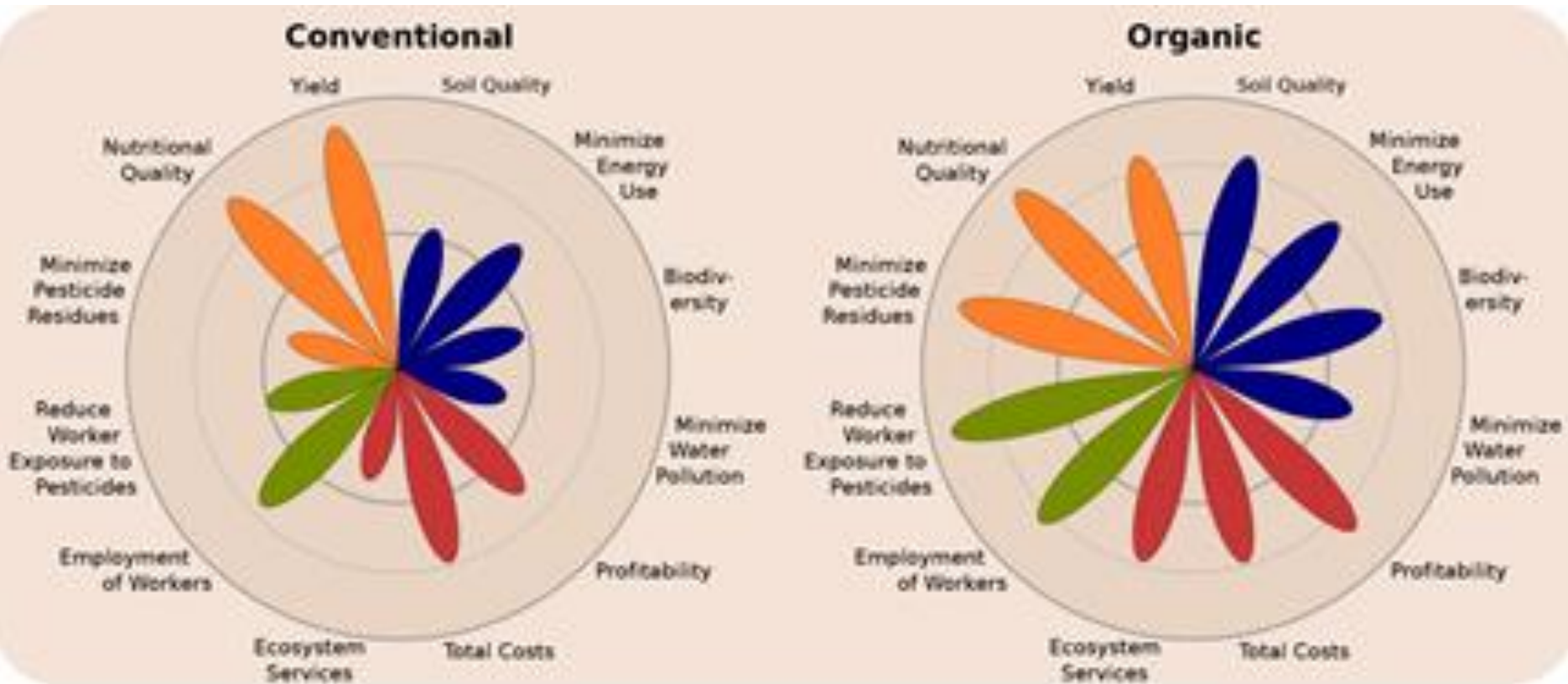
Reduction of CO₂ foot print



*considering carbon sink effect of soil organic matter

Washington State University

Public release 3-Feb-2016



Handbook "DGP"

English, Swedish, Russian,
Catalan, Lithuanian, Polish

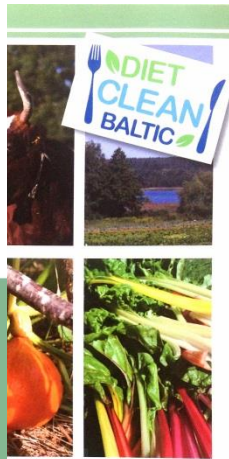


BALTIC SEA FRIENDLY
FOOD
IN PRACTICE

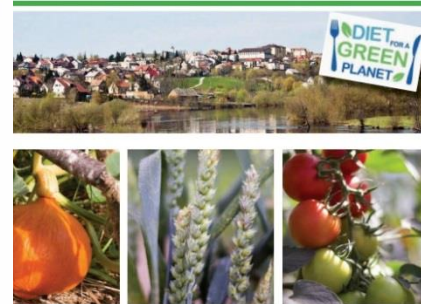
ÖSTERSJÖVÄNLIG
MAT
I PRAKTIKEN



Анна Шульга
Книга
СЕЗОННЫХ РЕЦЕПТОВ



Diety dla
Zielonej

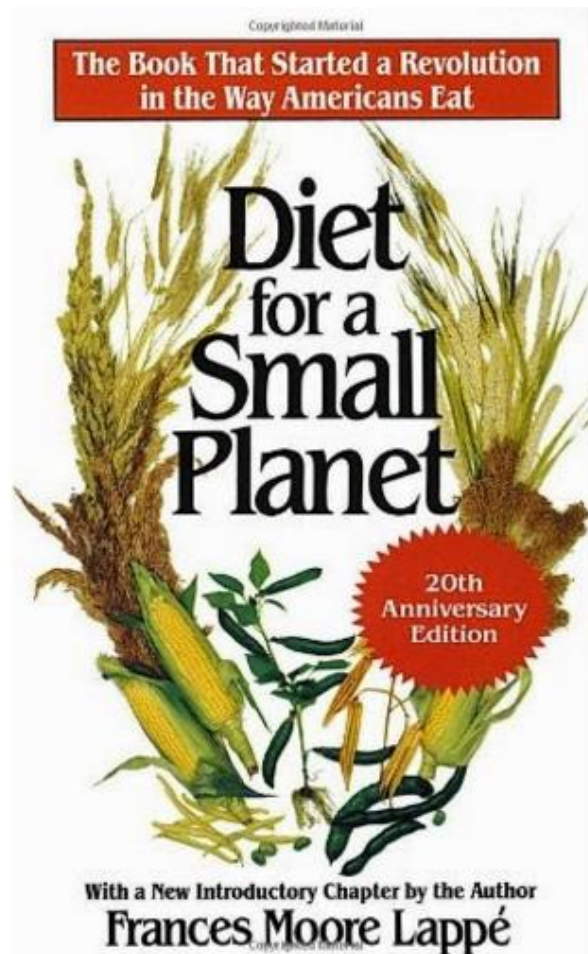


DIETA
PER A UN
PLANETA
VERD

El pas de la dieta
convencional a l'ecològica

MOLLET DEL VALLÈS

Chapter 1. Background: Diet for a Small Planet and BERAS



Frances Moore Lappe released the book that started a revolution. Since then diets are confirmed to have a major effect both on health and environment.

Chapter 2. The team, concepts and scientific background

södertörns
högskola

SÖDERTÖRN UNIVERSITY



Södertälje
kommun



BERAS *International*

*Building Ecological Regenerative
Agriculture and Societies*

Artur Granstedt - "The Pioneer"









Sustainable Brand Index™ 2015

Saltå Kvarn - the most Sustainable Brand in Sweden!

BERAS I 2003 -2006 (EU BSR)

Research and Scientific Assessment of farms, foodsystems and rural development

BERAS II 2010 - 2013 (EU BSR)

Research, concept development and full scale examples

Diet for a Green Planet

- an URBACT II pilot transfer project network

"The Diet project – now being transferred to other cities as part of the pilot – provides an excellent example of an integrated urban development approach, with economic, environmental and social results."

Eddy Adams, Thematic Pole Manager, URBACT





BERAS-reports CUL Swedish University of Agriculture Sciences

- Available on www.beras.eu
- **Baltic Ecological Recycling Agriculture and Society (BERAS)**
Executive Summary (not in printed version)
[BERAS executive summary, Granstedt, A. 2007.](#)
- **Beras report nr 1**
Local and organic food and farming around the Baltic Sea
[Ekologiskt lantbruk nr 40. Sepännen, L \(ed.\). Juli 2004.](#)
- **Beras report nr 2**
Effective recycling agriculture around the Baltic Sea
[Ekologiskt lantbruk nr 41. Granstedt, A., Seuri, P. and Thomsson, O.. December 2004.](#)
- **Beras report nr 3**
Economical studies within WP3
[Ekologiskt lantbruk nr 43. Possibilities for and Economic Consequences of Switching to Local Ecological Recycling Agriculture, Sumelius, J. \(Ed\). 2005](#)
- **Beras report nr 4**
Obstacles and solutions in Use of Local and Organic Food
[Ekologiskt lantbruk nr 44. Kakriainen, S., von Essen H. \(ed.\). Augusti 2005.](#)
- **Beras report nr 5**
Environmental impacts of ecological food systems - final report from BERAS
[Ekologiskt lantbruk nr 46. Granstedt, A., Thomsson, O. and Schneider, T. January 2006.](#)
- **Beras report nr 6**
Approaches to Social Sustainability in Alternative Food Systems
Ekologiskt lantbruk nr 47. [Sumelius, J. & Vesala, K.M. \(eds.\). December 2005.](#)
- **Beras report nr 7**
The Power of Local - Sustainable Food Systems around the Baltic Sea
Ekologiskt lantbruk [Eds: Kahiluoto, H., Berg, P.G. , Granstedt, A., Fisher, H. & Thomsson, O June 2006](#)

BERAS peer reviewed publications:

- Granstedt, A., Seuri, P and Thomsson, O. 2008. Ecological Recycling Agriculture to Reduce Nutrient Pollution to the Baltic Sea. Journal Biological Agriculture and Horticulture, 2008.
- Granstedt, A. & Kjellenberg, L. 2008. Organic and biodynamic cultivation – a possible way of increasing humus capital, improving soil fertility and be a significant carbon sink in Nordic conditions. Second Scientific ISO FAR Conference in Modena 18-20 June 2008.
- Granstedt, A., Tyburskij, J., Stalenga J. 2007. Nutrient Balances in Organic Farms. Baltic Sea project BERAS (Baltic Ecological Recycling Agriculture and Society), results from Poland. In: Scientific Agricultural conference Poznan August, 2007.
- Granstedt, A. 2000. Increasing the efficiency of plant nutrient recycling within the agricultural system as a way of reducing nutrient pollution to the Baltic Sea. Agriculture, Ecosystems & Environment 1570 (2000) 1–17. Elsevier Science B.V. Amsterdam
- Helmfried, H., Haden, A. and Ljung M. 2007. The Role of Action Research (AR) in Environmental Research: Learning from a Local Organic Food and Farming Research Project. Journal Systemic Practice and Action Research.
- Larsson, M. and Granstedt, A. 2010. Sustainable governance of the agriculture and the Baltic Sea –Agricultural reforms, food production and curbed eutrophication. Ecological Economics 69 (2010) 1943-1951.

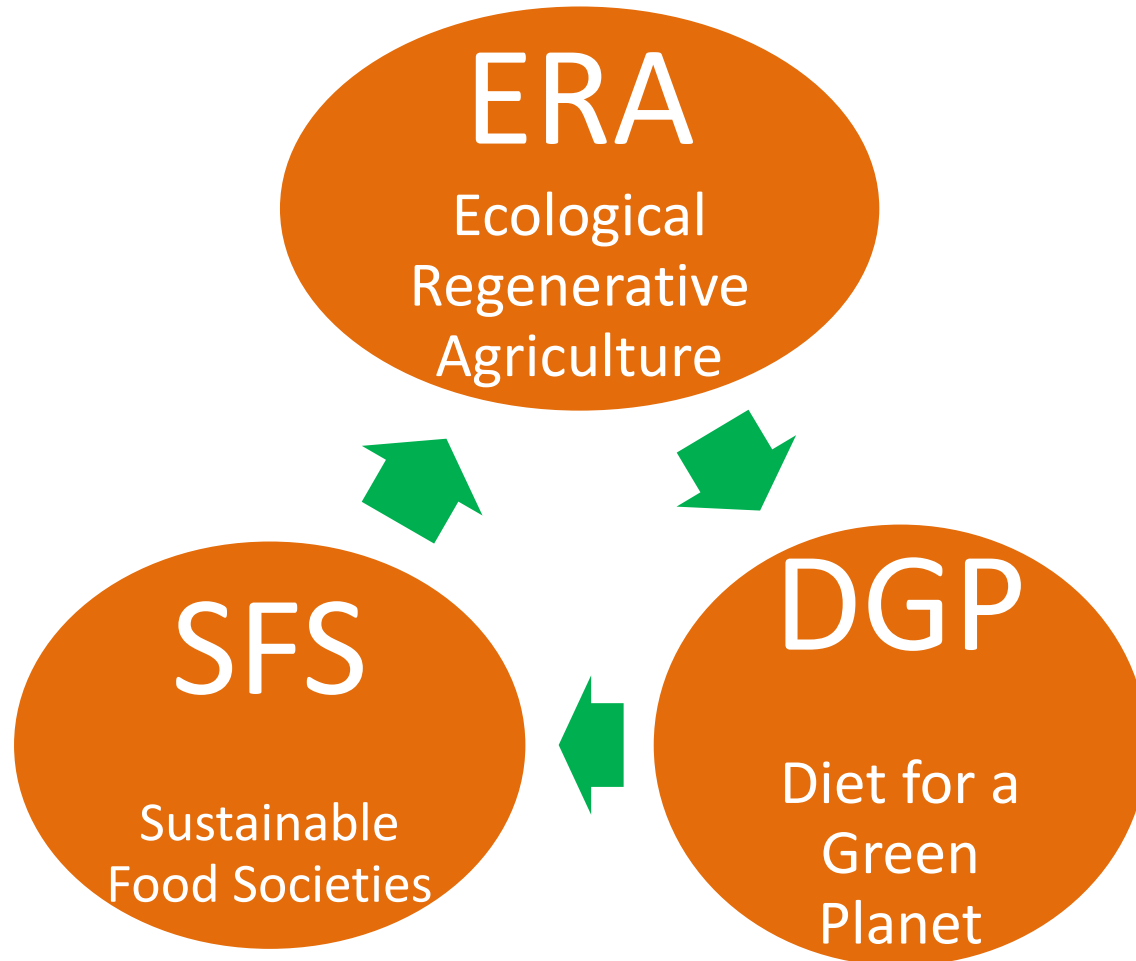
BERAS concepts

**Ecological
Regenerative
Agriculture**

**Diet for a
Green
Planet**

**Sustainable
Food Societies**

combined effect makes a difference



Chapter 3. Södertälje Municipality -
the driving force for practical work
and how it happened

A strategic decision

Food – the key to a better future



"It is easy to be inspired here"

In 2008 Kalid "Kalle" Ahmed began working as a chef at Wasaskolan. Today he is in charge of the restaurant and responsible for serving food to over 600 students every day.

■ What does Diet for a Green Planet mean to you?

It means being aware and open to thinking about food in another way. For example, how we can reduce meat consumption and work smarter. Or that we have replaced chicken meat with hens meat, which is very exciting.

When we started working with the concept a few years ago, some of the staff had their reservations, but now it feels completely natural and we often share discussions in the kitchen about why some products are more environmentally friendly than others, what items can be sourced locally and what it means to be cooking seasonally.

■ What is it like to work with food in Södertälje Municipality?

There are so many cultures here! And that goes for the food too. The recipes in our schools come from all corners of the world. Some staff members make amazing salads, others shine with root vegetables. It is easy to be inspired here.

At Wasaskolan we do not use much meat, the children enjoy a mainly vegetarian diet.

It is important that we listen to the children. We have a suggestion box that is used by the students and teachers to make suggestions and leave comments. I also have the opportunity to be involved in monthly student council meetings. We start the meetings by discussing the school food, the environment and the atmosphere in the dining hall. This is where I collect valuable feedback.

It is comforting to have the opportunity to develop the food served here at the school. Every month we meet with chefs and kitchen staff from other schools in Södertälje to exchange experiences and knowledge.

■ Favourite dish on the menu?

We make great pasta dishes! The children love them and we really like to cook them. We parboil the pasta for a few minutes the day before and then store it chilled. We then use it direct in dishes like gratin. This way, it never dries out.

We make great vegetarian rissoles too; carrot, beetroot, chickpea and all root vegetable rissoles – always made from scratch. ■



"We are like one big family"

Marie-Louise Holleccek started work in the Glasberga Elderly Care facility in December 2012 when the business was first started. In the kitchen Marie-Louise and Eva Björklund cook lunch and dinner for almost 70 people every day.

■ What does Diet for a Green Planet mean to you?

For me it means quality, knowing where the food comes from. It feels good to be working with something that is positive for the environment and I hope more people will start to work with Diet for a Green Planet. The ultimate goal would be if all food production was organic and the entire food system from producer to consumer was environmentally friendly.

■ What is it like to work with food in Södertälje Municipality?

There is sound environmental thinking here. I like that we focus on organic ingredients and that we are given freedom in our cooking. It allows us to create a diverse menu and listen to what the residents think and feel about the food we make. There is great cohesion and collaboration in the Diet Unit; we are like one big family. We receive great support and can contact the Diet Unit as soon as we have any questions.



■ Favourite dish on the menu?

I like Eva's mashed turnips! says Marie-Louise as she glances at her colleague beside her. When it comes to the residents' favourite dishes, Marie-Louise and Eva say it has to be the fish dishes and the homestyle cooking. ■



2001

■ The Södertälje City Council makes the decision to use the **PURCHASE OF FOOD AS A TOOL IN ENVIRONMENTAL WORK** and that the food in kindergartens, schools and elderly care should be improved, both for our children and the environment. The position of Head of Diet Unit is created.

PURCHASE OF FOOD AS A TOOL IN ENVIRONMENTAL WORK

2004



■ The current Head of the Diet Unit SARA JERVFORS begins her work. Only a few schools are under the administration of the Diet Unit.

SARA JERVFORS, HEAD OF DIET UNIT

2006

■ The process of creating a **DIET POLICY** – a political document that guides the direction of the work with food in kindergartens, school and elderly care – is set in motion.

STARTING THE WORK WITH A DIET POLICY

2010

■ **THE DIET POLICY IS ADOPTED** by the City Council. The policy states that food "...shall be produced under ethical conditions and with as little harm to the environment as possible." The food policy guides us in our work. It



THE YEAR IT HAPPENED:

- ADOPTION OF THE DIET POLICY
- BERAS PROJECT
- FINALIST IN THE ORGANIC FOOD CHALLENGE

2011

■ All kindergartens are
under the administration
of the DIET UNIT.



- ALL KINDERGATENS UNDER THE ADMINISTRATION OF THE DIET UNIT
- HONORARY WWF AWARD
- FINALIST IN THE ORGANIC FOOD CHALLENGE

2012

■ All schools are under the administration of the **DIET UNIT**.

■ We are **FINALISTS** in the category "Best Environmental Work" in the Arla Golden Cow (Arla Guldko) awards. Arla Golden Cow (Arla Guldko) recognizes outstanding

- ALL SCHOOLS UNDER THE ADMINISTRATION OF THE DIET UNIT
- FINALIST IN ARLA GOLDEN COW AND ORGANIC FOOD CHALLENGE

2013

■ Södertälje is selected as a **LEADING EUROPEAN EXAMPLE** by URBACT (a European exchange and learning program promoting sustainable urban development) and begins work on transferring the **DIET FOR A GREEN PLANET** concept to other parts of Europe.

EU PROGRAM URBACT

2014



■ Södertälje municipality is named 2014 **SCHOOL FOOD MUNICIPALITY OF THE YEAR** and Sara Jervfors is named 2014 **FOOD MANAGER OF THE YEAR** by

90% OFF ALL KITCHENS OF
KINDERGARTENS
SCHOOLS AND ELDRLY
CARE ARE FULLY
EQUIPPED ABLE TO COOK
FROM RAW INGREDIENTS

Chapter 4. Some words on the way forward

Södertälje Municipality



Looking forward

■ **OUR WORK TOWARDS A Diet for a Green Planet**, is constantly evolving and adapting. We have an important responsibility towards the children at our kindergartens, the students at our schools and the residents in our elderly care to continue to serve food that is produced and served in a sustainable manner. We extend this responsibility to each other and the society we live in. We must find ways to produce the food we eat in a manner that does not deplete the earth's resources.

Here are some of the challenges we face working with food:

■ Educational tools

We want to integrate food into the school syllabus in greater depth through subjects such as home economics, environmental studies and sport. School food is a large expense, (the cost of school food is 50 percent higher than the cost of teaching materials, IT and library services) an increased integration with current subjects can generate positive synergies in the economy, pedagogy and health of our society.

■ Educating the whole family

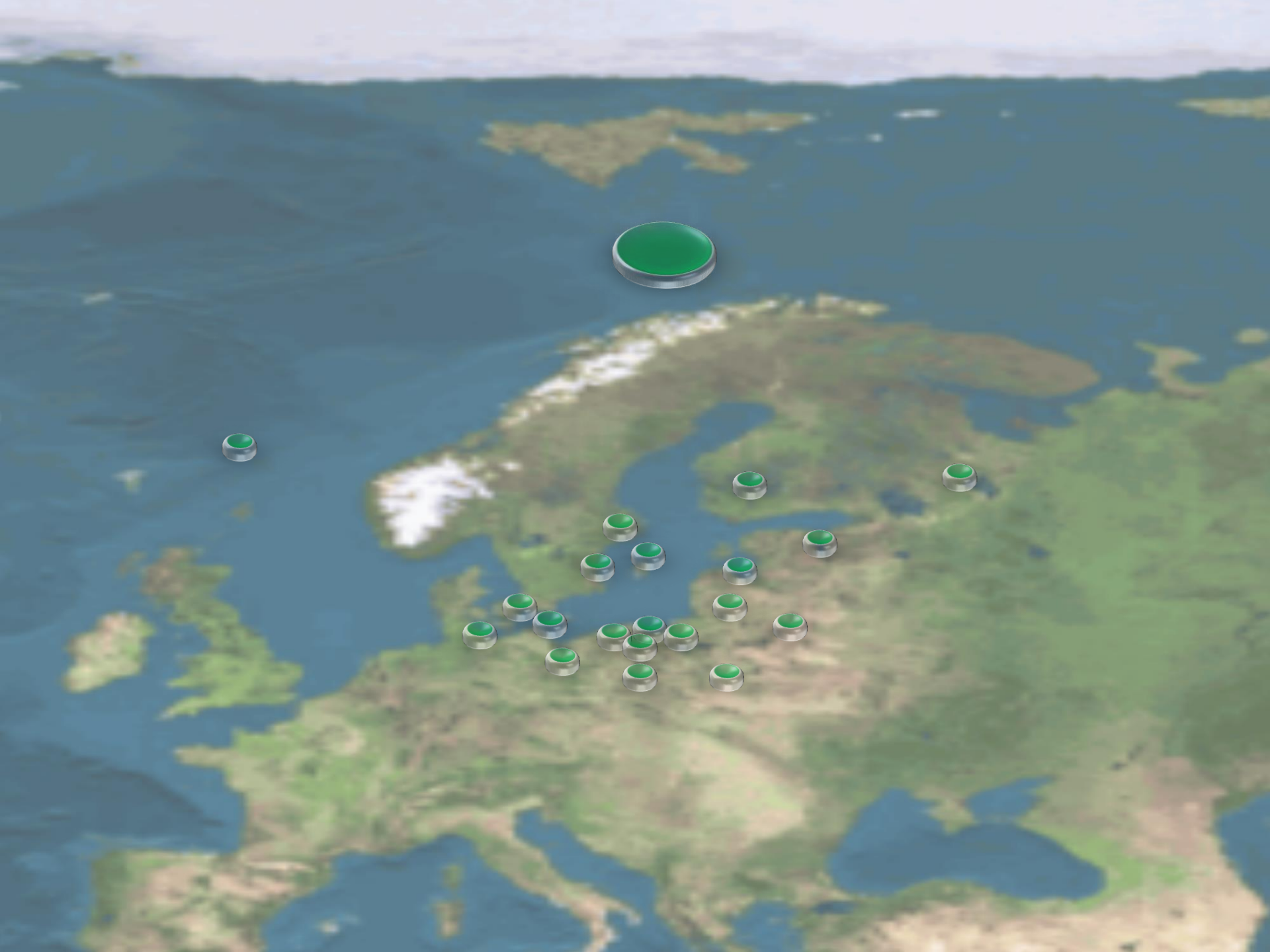
In order for our work to have a holistic and long term effect we must have the students on-board as active collaborators. It is also incredibly important that as many parents as possible understand what we are trying to achieve and the effects it creates. Parents create the developmental environment for children that influence their behaviours and habits. This is why we invest a lot of time and energy in parental education, communication and dialogue. For example, during March we hosted parent education events at Rosenborgskolan, where we cooked and shared meals together in the spirit of a Diet for a Green Planet.

■ Local produce – how to increase self sufficiency

In Södertälje we have a fantastic opportunity to create a vibrant urban and rural connection. There are many local producers who grow organic produce – it is these people we want to support and encourage! A thriving local food economy would benefit the entire region of Södertälje, this is why we are constantly looking for ways to support our farmers, producers and parents close to home. ■

- Education tools for the schools
- Involving the parents
- More local produce (farms and processing)





...It is a movement

UN 10 Years Program on Sustainable Food Systems and Organic Food System Program

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Sustainable Food Systems Programme



FSP

ORGANIC FOOD SYSTEM PROGRAMME

...thank you for listening