

Title: **The FOODture - shaping sustainable, healthy, and tasty food(fu)ture at European Universities**

Topic: **Future Universities**

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Our food choices can make a difference to people, nature and food-chains, influencing our own health, the health of others, and the health of regions and nature. The 2nd Sustainable Development Goal of the United Nations aims at ensuring sustainable food systems. Strategically, as core element of the European Green Deal, the "Farm to Fork Strategy" (see video¹) is pursued to provide sustainability within all the areas of a food system (see fig. 1).



Figure 1: food system

Farmers' markets, Community Supported Agriculture (CSA) and other short supply chain initiatives – i.e. 'food co-ops' - provide a crucial avenue for farmers to increase added value and receive fair prices. Therefore, food co-ops are considered as key enablers of the farm to fork strategy. Besides production, consumers and their dietary behaviour play a central role in a sustainable food system. The EAT-Lancet Commission² recommends in its Planetary Health Diet a plant-forward diet. Research and action are urgently needed in order to improve nutritional literacy and food systems in all areas.

The E³UDRES² project provides an environment in which researchers from different parts of Europe and from multiple scientific backgrounds can work collaboratively on improving all parts of the food systems. The core of FOODture is the open and engaged knowledge exchange by connecting higher education institutes, farmers, students and university staff of one region by establishing 'food co-ops'. Subsequently, FOODture connects the perspectives of dietetics, agricultural science, business & economics, social sciences, urban & regional planning and sustainable farming within their regions and across Europe. Via this unique approach, FOODture contributes to prosperous and sustainable Future Universities 2030 as well as European societies.

Goals

The FOODture aims at strengthening the region by connecting people and building up social capital

- Network of local actors e.g. small-scale farmers/producers, Farmers' markets, ecoplus, Arche Noah and local food initiatives e.g. Greißlerei 2.0 in St. Pölten
 - Initiating food co-ops to distribute sustainably and regionally produced food
 - "country lore" – encouraging farmers to function as lecturers on sustainable farming
- Equipping people with skills using a challenged-based approach:
 - sustainable and healthy diets and sustainable farming
 - personal influence on food production and sustainability
 - preparation of nutritious, local and tasty plant-forward food
- International cooperation with students and university staff across multiple disciplines
- Mission-oriented research on how these activities influence the sustainability of the regions and universities

We are looking forward to the FOODture of E³UDRES²!

¹ <https://audiovisual.ec.europa.eu/en/video/I-196217>

² <https://eatforum.org/eat-lancet-commission/the-planetary-health-diet-and-you/>