

NEWSLETTER

VOLUME 2018 ISSUE 1

We warmly welcome you back to our OFSP newsletter!

There is much to report, which means that the OFSP related work is progressing. This year's first issue is intended to motivate us all to increasingly engage in an exchange of information around the OFSP. Also, feel welcome to tell us what you've been working on so that we can share it with the community. For now, let us dive into the newsletter and enjoy reading.

Announcement to the OFSP's contribution to the UN-10YFP

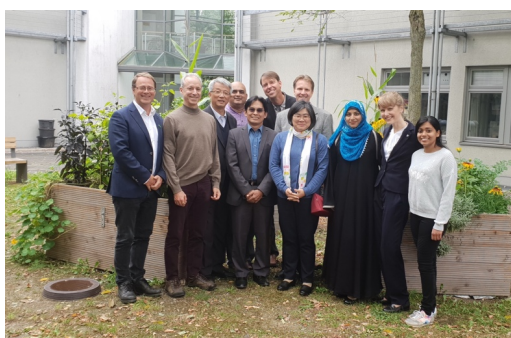
We are preparing to contact all our OFSP-Partners during the upcoming months regarding more details about your work and contribution to the deliverables as promised to the 10YFP on Sustainable Food Systems. We look forward to learning from you! This is dedicated to the deliverable 1: Principles and attributes that can guide development and assessment of transformation processes towards sustainable organic food systems.

Contact: Carola Strassner, strassner@fh-muenster.de

Expert round in Kassel University "Organic Food Systems with focus on Asia"

4 and 5 October 2018

The team from Kassel University gave an introduction on the hypothesis related to case studies and in particular related to drivers, actors and relations and outcomes. Following the introduction from Kassel the experts gave their comments that also opened up for a fruitful interaction. Reports were given from China, Philippines, Korea and India. We also discussed potential case studies from Asia.



Expert round (left to right): Jostein Hertwig (Norway), David Gould (US), Dr. Zeijang Zhou (China), Sundeep Kamath (India), Dr. Vic Tagupa (Philippines), Sebastian Kretschmer (Kassel), Jennifer Chang (Korea), Prof. Dr. Johannes Kahl (Kassel), Tooba Jamil (Kassel), Lilliana Stefanovic (Kassel) and Rakhee Rachel (Kassel)

**+++Newsflash+++****Upcoming events 2018****30th October 2018**

OFSP members Denis Lairon, Gilles Pérole, Bruno Taupier- Letage and Jostein Hertwig @ Forum for agriculture and food in Provence/ France

6th-7th November 2018

OFSP member Jostein Hertwig @ Organic Food Territories European Club 1st Meeting in Paris/ France

14th-17th November 2018

OFSP member Flavio Paoletti @ XIII Congreso de Agricultura Ecológica: "Sistemas alimentarios agroecológicos y cambio climático" in Logroño/ Spain

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OFSP workshop: “The Organic Food System as a model for sustainable food systems”

5 July 2018

On the occasion of the 5th International ISEKI_Food Conference and the 200-year anniversary of Hohenheim University in Stuttgart, Germany, the OFSP was invited to host a public workshop during the festive week in July. Together with about 25 participants the organic food system was discussed as a model and living laboratory for sustainable food systems, covering topics such as the diet-health-environment nexus and education initiatives. A big thanks goes to Susanne Braun for facilitating our participation.



Denis Lairon presenting at the OFSP workshop at ISEKI_Food Conference



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New Nordic Diet – WHO/Europe report

7 May 2018

WHO/Europe has launched a new Health Evidence Network Synthesis Report exploring the implementation and effectiveness of policies based on the New Nordic and Mediterranean diets. The New Nordic diet comprises foods traditionally sourced in Denmark, Finland, Iceland, Norway and Sweden. Staple components of the New Nordic diet include berries and fruits, fatty fish, lean fish, legumes, vegetables and whole grain cereals. The New Nordic diet is predominantly plant based and locally sourced, thus ensuring more environmentally friendly production with reduced waste when consumed within the Nordic region. In the OFSP we use the principles of the New Nordic diet (along with the Mediterranean diet) to inspire others to transform current unhealthy and unsustainable diets to more health promoting and sustainable diets.

Project News: Code of Practice for organic food processing – ProOrg

2 May 2018

The project is one of the twelve projects selected for the funding by CORE Organic Cofund consortium and has officially started on 2 May 2018, when a kick-off meeting was held in Rome. The aim of the project is to develop a set of strategies and tools (Code of Practice, CoP) that can help organic food

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processors in the selection of appropriate technologies and innovations in line with the organic principles.

The development of the CoP will be through a participatory approach with the involvement of scientists from diverse disciplines and representatives of processors, traders, labelling organizations and other relevant stakeholders, as well as individual companies. OFSP member Flavio Paoletti from the Council for agricultural research and economics (CREA), Italy, coordinates the project. The project consortium is composed by:

- Consiglio per la Ricerca in Agricoltura e l'Analisi dell'Economia Agraria (CREA, IT)
- Università Politecnica delle Marche (UNIVPM, IT)
- Associazione Nazionale delle Imprese di Trasformazione e Distribuzione di prodotti Biologici e naturali (ASSOBIO, IT)
- University of Copenhagen (KU, DK)
- Wageningen University & If funded Research (WUR, NL)
- Thuenen Institut (TI, D)
- FH Münster University of Applied Sciences (FH MU, D)
- Assoziation Ökologischer Lebensmittelhersteller (AÖL, D)
- Warsaw University of Life Sciences (WULS, PL)
- Forschungsinstitut für biologischen Landbau (FiBL, CH)
- The French Network of Food Technology Institutes (ACTIA, F)
- Institut National de la Recherche Agronomique (INRA, F)
- Institut Technique de l'Agriculture Biologique (ITAB, F)
- The Hungarian Research Institute of Organic Agriculture (ÖMKi, H)
- Kassel University (Uni Kassel, D)

Partners of the OFSP are represented in the project, both as scientific part and stakeholders. Stakeholders from several European countries (Italy, Denmark, Germany, Netherlands, France, Poland, Norway, Bulgaria, Estonia, Latvia, Sweden and Slovakia) are involved.

For further information: <http://projects.au.dk/coreorganiccofund/research-projects/proorg/>



ProOrg: Kick-off meeting in Rome



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The OFSP team is growing – students introducing their work contributing to the OSFP



My Name is Nina Faiß. I did my bachelor degree in nutritional science and I'm currently studying for my M.Sc. in "Sustainability in service management and food industries" at the FH Münster University of Applied Sciences in the third semester. From now on I work as a research assistant for Carola Strassner and I will be responsible for collecting and analysing data from our worldwide OFSP-partners. My personal vision is to bring many different competent people together to exchange ideas and knowledge and to find solutions towards a sustainable food system. I am confident that small steps can make a big difference and I am happy to become part of the team.



My name is Christina Wilzer. What I want? Good food for everyone and everywhere for as long as possible. After my "Sustainability in service management and food industries" studies in Münster and my volunteer work in Australia on organic farms for 1 year, I came to the Organic Food System Programme as a volunteer. With my contribution, I hope to make the world a little bit better, every day.



My name is Sebastian Kretschmer. I am already a OFSP partner with my consulting company One Village Farm. My research as a scientific coworker at Uni Kassel is dedicated to the topic "Driving Forces in Organic Food Systems - Roadmap to the SDGs". Applying the United Nations City Region Food System model as a jurisdictional boundary, my research is focusing on driving forces in organic food systems and their potential alignment with universal sustainability goals. System behaviour and emerging properties of organic food systems are due to driver interactions and the resulting feedback loops. Driving forces in organic food systems, by and large, originate from a compassion narrative of key actors that keeps generating food system values and goals, which tend to display high convergence rates with SDG trajectories.



My name is Tooba Jamil and I completed my Master's in "International Food Business and Consumer Studies", a joint degree programme of the Fulda University of Applied Sciences and the Kassel University. In my master thesis, I have developed a framework to document organic food systems case studies. Currently, I am doing my PhD at the University of Kassel in the supervision of Prof. Dr. Johannes Kahl. The focus of my doctoral project is to identify the key actors and the degree of their social interaction for the optimization or transformation of the food system towards sustainability around the world. My doctoral project aims to contribute toward the deliverable six of OFSP.



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Special note

The frequency of organic food consumption is inversely associated with cancer risk: results from the NutriNet-Santé prospective Cohort

by J Baudry, KE. Assmann, M Touvier, B Allès, L Seconda, P Latino-Martel, K Ezzedine, P Galan, S Hercberg, D Lairon and E Kesse-Guyot., published in the JAMA Internal Medicine : JAMA Intern Med. Published online October 22, 2018. doi:10.1001/jamainternmed.2018.4357

Summary of the paper and comments

While organic foods are less likely to contain pesticide residues than conventional foods, few studies have examined the consumption of organic food in relation to cancer risk. Our aim was to prospectively investigate the association between organic food consumption and the risk of cancer in a large cohort of French adults. The design is a prospective cohort study with 4.56 years follow-up in population-based French adult volunteers.

Data are from 68,946 participants (78% women, mean age=44y) with available information on organic food consumption frequency and dietary intake. For 16 food products, participants reported their consumption frequency of labelled organic foods (never, occasionally, most of the time). An organic score ranging from 0 to 32 points was computed. A total of 1,340 first incident cancer cases were identified during follow-up of 4,56 years (2009-2016), among which 459 breast cancers, 180 prostate cancers, 135 skin cancers, 99 colorectal cancers, 47 non-Hodgkin lymphomas and 15 other lymphomas. The risk of cancer in association with the organic score (modelled as quartiles (Q)) was estimated using Cox proportional hazards models, adjusted for potential cancer risk factors.

Results: After adjustment for confounding factors, high organic scores were inversely associated with the overall risk of cancer (HRQ4 vs. Q1=0.75, 95%CI=0.63-0.88, P-trend=0.001, This means an overall cancer risk reduction by 25%. The decrease in cancer risk was -8% (95%CI=-12%--4%) for a 5-point increase in the organic score. We observed reduced risks for specific cancer sites (Non Hodgkin Lymphomas (-86%), lymphomas (-76%) and post-menopausal breast (-34%)) among individuals with a higher frequency of organic food consumption. Skin cancer was borderline significantly reduced (-37%). When stratifying by various factors, significant associations were detected in women, older individuals, low and high educated individuals, individuals with a family history of cancer, participants with low to medium overall nutritional quality, former smokers and all BMI strata

General comments. A higher frequency of organic food consumption was associated with a reduced risk of cancer, and especially for some sites. If these findings are confirmed (regarding lymphomas, in the middle-aged UK women of the Million Women Study, there was a 21% lower risk of lymphomas among regular organic consumers compared to non-consumers), further research is necessary to determine the underlying factors potentially involved in this inverse relationship.

One possible major explanation for the negative association between organic food frequency and cancer risk is that the prohibition of synthetic chemical pesticides in organic farming leads to a lower frequency or absence of contamination in organic foods as compared to conventional foods and results in significant reductions in pesticide levels in urine. In 2015, based on experimental and population studies, the IARC (WHO) has recognized the carcinogenicity of a certain number of pesticides. Another potential impact of organic foods could be due to the highest content of such foods in various antioxidants and protective fatty acids that are not accounted for in the present calculations due to the lack of a specific composition database.



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