

NEWSLETTER

VOLUME 2019 ISSUE 1

Welcome to our first OFSP newsletter in 2019!

This year's first issue is packed with information about ongoing research and activities around the OFSP. Feel welcome to tell us what you've been working on so that we can share it with the community. For now, enjoy reading.

7th OFSP meeting at BIOFACH

14 February 2019

Almost traditionally we used the BIOFACH in February for our general OFSP meeting to report and discuss ongoing research activities and next steps. A total of 20 OFSP partners from 12 countries (Germany, Italy, USA, Poland, Iran, France, India, Denmark, Norway, Egypt, UK, Serbia) participated.



The essence of our meeting are the following take home messages:

- Our network presently counts 72 partners and from all continent. Each partner have committed to one or more of the 8 deliverables to the UN programme
- Each partner represents a unique resource of competence and a voice from their geographical area
- It is the wish that we could find more meeting places for sharing with each other both on issues at scientific level but also for practical achievements etc.

Project “Code of Practice for organic food processing – ProOrg” at Biofach 2019

14 February 2019

The session “Organic processing in Europe: quo vadis?” has been organized at Biofach 2019 (Nurnberg, Germany) to present the ProOrg project to the stakeholders. After an introduction to the market for organic processed food in Europe, by Maartje van den Berg (RaboResearch Food & Agribusiness), Flavio Paoletti (coordinator of ProOrg) and Alex Beck (from AöL and ProOrg partner) presented the project and first results. Prof. Raffaele Zanolli (Università Politecnica delle Marche, Italy) was the moderator of the session. Together with about 50 participants, the Code of Practice as a guide for the development of organic processing standards in the future was discussed, covering topics such as retailer and processor expectations, consumer demand, most suitable form of organic food processing.



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OFSP members and partners @ 2nd world conference on Revitalization of the Mediterranean diet: strategies towards more sustainable food systems in the Mediterranean region in Palermo/ Italy

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PhD students at WITA conference 2019

7 March 2019

Sebastian Kretschmer (Research assistant, University of Kassel) led a workshop called *Organic Food Systems and the City Region Food System Model - Guide to the SDGs*. Twenty people participated. The workshop started with an introductory keynote speech leading to a discussion about the future scenarios for sustainable food systems. The World Cafe setting of the workshop allowed participants to identify sustainability variables and leverage effects from their respective stakeholder perspectives, which promote the Agenda 2030 for Sustainable Development in a synergy of other food system elements.

Lisa Borghoff (Research assistant, CORE Organic Project ProOrg) gave her presentation *Classification systems of processed food: a comparison*, where she focused on the organic food market. 'Today we can see that organic food is offered in all stages of food processing. Even ready-to-eat meals or extruded breakfast cereals can be found in organic quality. The question, which processing technologies are compatible with organic food and moreover with sustainable nutrition, is still open.'

Leonie Fink (Research assistant, Münster University of Applied Sciences) presented a part from her ongoing research about people struggling with the intention-behaviour gap when trying to adopt sustainable diets. The presentation *Sustainable food systems for sustainable diets - Possible contribution of the organic sector to close the intention-behaviour gap* revealed possible action perspectives for the organic sector to support people translating their good intention into nutritional behaviour.

Coming soon: 2nd world conference on Revitalization of the Mediterranean diet

15-17 May 2019

This international conference aims to discuss about Mediterranean diet as a lever for bridging consumption and production, in a sustainable and healthy way. Among the various topics, Session 10 will be organised by OFSP and dedicated to 'The Challenge of Organic Food Systems in the Mediterranean' and co-chaired by Flavio Paoletti, CREA-Nut and Denis Lairon, Aix-Marseille University ; Organic food system programme. This session is dedicated to present how organic food system can contribute to sustainability in the Mediterranean basin:

- Jostein Hertwig (BERAS and OFSP; Oslo, Norway) presents *The global OFSP sustainability concept and its development process*.
- Patrizia Pugliese (Mediterranean organic agriculture network, MOAN; Bari, Italy) reports on present *Organic facts and figures in the Mediterranean*.



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- Salvatore Basile (President of the International network of Eco-regions and OFSP partner; Naples, Italy) describes *The biodistricts as an example of local sustainable food systems*.
- Samia Maamer (Ministère de l'agriculture, des ressources hydrauliques et de la pêche; Tunis, Tunisie) reports on *Organic agriculture perspectives*.
- Jane G. Hanna (Heliopolis University for sustainable development; Cairo, Egypt) deals with *Organic food system in south-Mediterranean context*.
- Denis Lairon (Aix-Marseille University and OFSP; Marseille, France) reports on *Organic food consumption patterns: a link between sustainable food consumption and production: data from the French Nutrinet-Santé cohort study*.

Special note

The new dietary recommendations in France: a step towards organics and sustainability

by Denis Lairon

After elaborating expert reports since 2016 (National food safety agency, Public health high committee/health ministry), the new official dietary recommendations for France have been released on January 9, 2019 by Santé Publique France (French public health).

For the first time, the dietary recommendations state that the nutritional policy «must take into account the present concerns about environment and sustainable development».

Here is a summary of the main items (new items in italics).

To augment:

Fruits and vegetables: at least 5 servings per day. *To favour organic ones*

Tree nuts, unsalted: a small hand full per day.

Legumes: at least 2 servings per week. To favour organic ones.

To tend to:

Cereal products, unrefined or semi-refined: at least one serving per day. To favour organic ones.

Fish: at least 2 per week, with one fatty fish.

Vegetable oils: to favour rapeseed, walnut and olive oils.

Dairies including cheese: 2 servings per day (note : was 3 previously), alternate milk, yoghurt and cheese (max 30 g). Milk cream and butter not included, *to reduce*.

To reduce:

Meat: *when consumed, to limit red meat (pig, beef, sheep, offal) to 500 g per week* (note: e.g. about 70 g per day). No limitation for poultry meat and eggs.

Processed meat: *to limit to 150 g per week* (note: e.g. about 20 g per day), *to favour white or poultry ham.*

Sugared drinks: *to limit even for light soda or fruit juices.*

Sweet or salted fatty foods, *ultra-processed foods: to limit, to favour home-made foods, to use the Nutriscore A-E ranking label* (note: acknowledged by the health ministry) *for choosing processed foods (to limit those with lowest ranking D and E).*

Salt, salted foods: *to limit to 6 g salt per day.*



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Drinks: water, recommended only.

Alcohol: *to limit to 2 glasses per day, not every day.*

Thus, these new dietary recommendations clearly state the need to move towards a healthier dietary pattern more based on plant foods, less refined and processed ones, to favour those from organic origin while reducing animal foods and unhealthy foods. A sounded step towards healthier and more sustainable and organic diets, ... as supported by the Organic Food System Programme.



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