

NEWSLETTER

Volume 2023 Issue 2



WELCOME to our second OFSP newsletter in 2023!

This freshly designed summer issue is packed with information about events and activities around the OFSP.

Enjoy reading!

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Free monthly online seminars

The International Research Association for Organic Food Quality and Health (FQH) hold free online seminars every month. The FQH seminars are a great opportunity for participants to update their organic knowledge and for researchers to present and discuss new perspectives emerging in the way we understand and deal with organic and sustainable food and health.

In the first part of 2023 we have already heard many interesting seminars with speakers such as Flavio Paoletti from Rome who told us about organic food processing, Axel Mie and Kristian Holst Laursen from Sweden who spoke about cadmium in wheat in relation to organic and conventional production. These presentations all led to very fruitful discussions among the participants. Most recently, we had Lilliana Stefanovic from Kassel in Germany tell us about individual and communal outcomes of Organic Food Systems around the world.

After the summer break we look forward to new seminars with our next speakers **Patrizia Flores** from Peru, **Friederike Elsner** from Germany, and **Adrian Müller** from Switzerland.

The seminars are held on Zoom the 3rd Friday of every month from 9-10 am CE(S)T. We resume the series with the **next seminar on September 15th, 2023**, and announce them shortly beforehand on the FQH website: <https://www.fqhresearch.org/home.html>. All interested persons are welcome to the seminars free of charge, just register for the zoom link at shb@nexs.ku.dk.

Join us at the upcoming FENS FQH Mini Symposium in Serbia on 17th November 2023

During the seminar it will be possible to learn about the development of organic farming in Poland, especially about the awareness of the producers and consumers. Poland is a EU country with relatively high number of the organic farms but low development of the organic market and consumer interest. Therefore, it is important to recognise the factors influencing the potential development Topic: Perception and consumption of organic food in Poland.

Chairs:

- Ewa Rembiałkowska, association Organic Food Quality & Health
- Renata Kazimierczak, WULS, Poland

Analysis of the environmental awareness of a selected group of farmers from the municipality of Łyse (Mazowieckie voivodeship, Poland) by Ewa Rembiałkowska, FQH & Warsaw University of Life Science, Poland

Analysis of consumer opinions on organic fruit (CO-FRESH) by Renata Kazimierczak, Warsaw University of Life Science, Poland

Perception and consumption of organic food in a group of organic and conventional fruit growers - a pilot study (CO-FRESH project) by Hubert Dobrowolski, WULS

Opportunities for organic product market development with regard to the survey conducted among students from WULS by Justyna Obidzińska, WULS

Is organic food consumption associated with other sustainable dietary choices and behaviours? Study based on a survey carried out in capital city of Poland by Rita Góralska – Walczak, WULS

Discussion: Chair-led discussion with the audience

By Ewa Rembiałkowska (maria_rembialkowska@sggw.edu.pl)



Participants in the 9th ALGOA & 4th GAOD Summits

9th ALGOA & 4th GAOD Summits “Organic as a peace movement - the example”

June 5th to 6th, 2023 | From Arms to Farms in Kauswagan, Lanao de Norte, Philippines

Around 2000 participants from 31 countries and areas gathered for the Summits and the 6th Organic Asia Congress. Representatives from Organic Food System Program were David Gould and Jostein Hertwig.

At the Summits, discussions focused on good examples of organic districts around the world from Asia to Europe and Africa. The ALGOA and GAOD members shared their initiatives and different diverse organic agricultural and food programs related to organic districts, governance, ecological, economic, cultural, and social sustainability perspectives. Such initiatives have huge scopes to disseminate in different parts of the world. The speakers highlighted the democratic and all-inclusive process of decision-making in the implementation and management of the organic districts.

By Jostein Hertwig (jostein.hertwig@gmail.com)

Research group ‘Nutrition, sustainable diets and healthy ageing’, University of Copenhagen

Why go abroad for your change of research environment?

A change of research environment is a great experience for (young) researchers. In this exchange, one can learn what are the focuses and burning themes of other researchers in the same area. It is also a way of learning new skills with experts who might also provide you with new insights for your research. Visiting another research environment will expand one’s network and might create opportunities for further collaboration. Science is being done everywhere and in different ways and we have a lot to learn from each other.

By going abroad, one will likely encounter a different work culture that they can bring back to their home universities to improve their research environment. Not limited to work, the period of exchange allows a researcher to experience another culture, which is especially important for those who seek to better understand local dietary patterns and food production.

The OFSP network offers a unique opportunity to find collaboration and partner institutions that will welcome students and staff who wish a change of research environment. You might find inspiration in the experience reported by young researchers who visited another research environment.

Ph.D. fellow in the SysOrg project Lea Ellen Matthiessen

My international research exchange of environment gave me new insights how to approach complex systems, which includes food systems. I spend four months at the University of Bergen (Norway) where I visited the System Dynamics Group. System Dynamics is a method to understand how objects in a system interact with each other. Technically speaking, it is a computer-based mathematical modelling approach for strategy development and better decision making in complex systems. In my Ph.D. study at the University of Copenhagen, I analyse the eating behaviour of Copenhageners and aim to investigate measures for improving their sustainability performance. I do this by including several perspectives of complex food systems (i.e., diet, organic and food waste). Professor Birgit Kopainsky and her Bergen colleagues welcomed me warmly and I experienced a steep learning curve that is continuing today. We are planning to publish a peer-reviewed paper at the end of 2023.

Researcher profile:

[https://nexus.ku.dk/english/staff/?pure=en%2Fpersons%2Flea-ellen-matthiessen\(662f64fc-0322-4e52-a4c4-9ce2e2511e87\).html](https://nexus.ku.dk/english/staff/?pure=en%2Fpersons%2Flea-ellen-matthiessen(662f64fc-0322-4e52-a4c4-9ce2e2511e87).html)

Ph.D. fellow in the SysOrg project Friederike Elsner

At the beginning of this year, I was offered the opportunity to join the research group nutrition, sustainable diets and healthy ageing at the University of Copenhagen. During my two-months stay, I had the chance to work more deeply with our Danish project partners on various collaborative research project matters. For the research project SysOrg (organic agro-food systems as models for sustainable food systems in Europe and Northern Africa), we exchanged ideas and dived deeper into methodological discussions. For my PhD, I am working with SysOrg data collected in Copenhagen. Thus, during my stay, I received insightful impressions about the region, and I was able to draw my own picture of Copenhagen. This now allows me to better grasp the data that I am currently working with. In addition, I presented my PhD research approach to the team and received valuable and helpful feedback.

I sincerely thank the whole team at the university and our Danish SysOrg project partners for welcoming me with open arms and their hearty hospitality.

Master's graduate Linda Okoren

Studying Human Nutrition at the University of Copenhagen has been a great experience. During my studies I got to improve my research skills, collaborate with my classmates in interesting group work assignments and choose my own project in practice. This master program allowed me to focus on the topics I find interesting. For my master thesis I wanted to work with the sustainability aspect of nutrition. With Susanne as my supervisor, I got to be a part of a research group and involved in some of the projects they are working with, like the SysOrg project. Regarding this project, I got a chance to attend a workshop, meet experts from different countries and hear about their work. Moreover, I had a chance to visit a local elementary school that is a part of the Food Schools program and therefore gives more focus to food, which was a great example of translating theory into practice. Being a part of this research group has made the process of writing my master thesis a lot more interesting and motivating.

Master's graduate Dalila Parisi

As a master's graduate in Food Science from the University of Florence, I was extremely interested in sustainable food systems, and I had the opportunity to participate in an Erasmus Traineeship project at the University of Copenhagen after my studies. I worked on a project called "SysOrg" aimed at transforming the food systems in Europe and North Africa into a more sustainable system. During my six-month internship, I had the responsibility of analysing the data from an administered household survey to identify, after a rigorous review of scientific literature, an adherence index to the Mediterranean and New Nordic diets that could be adapted to our project. Collaborating with the research team, participating in team meetings and discussions, and sharing ideas and knowledge was an enriching experience and it fostered my critical thinking and communication skills. I believe that this experience has equipped me with valuable skills for my professional future.

These researchers are part of or visited the research group 'Nutrition, sustainable diets and healthy ageing' at the University of Copenhagen. This research group has the vision to explore and develop healthy and sustainable solutions for diets and assess the importance of diet composition for human health and functional consequences in the ageing population. The focus of the research in the group is understanding how sustainability can be an integral part of healthy dietary patterns. Interaction with the outside world is a core activity, and we value contact with collaboration partners and knowledge exchange very highly, frequently hosting ERASMUS internships and students' change of environment.

By Thea Maria Steenbuch Krabbe Bruun (tsb@nexs.ku.dk) and Beatriz Philippi Rosane (bpr@nexs.ku.dk)

THE TRANSFORMATION WE NEED

Proceedings Document of the 4th Global Conference of the One Planet network's (10YFP) Sustainable Food Systems (SFS) Programme

Virtual side event 2: Transforming territories: the approach of organic districts as living laboratories for inclusive sustainable food systems

Summary:

The event featured 13 speakers from around the world who presented their approaches to organic food systems. Seventy participants from all five continents joined the online event, representing academia, businesses and public institutions.

The event offered insights into how organic districts transform food systems locally and realize the economic and sociocultural potential of their communities, based on organic principles and practices. These show an inclusive and holistic mindset followed up by concrete actions. The event was divided in two main sections. The first focused on policy, science, training and capacity building, and practice. The second presented snapshots from organic districts from all five continents.

During the event, there was lively interaction in the chat. At the end, discussions were opened up and a short wrapup was conducted. Among the comments were individuals describing additional organic food systems that were already in progress, which had not been brought to our attention prior to the event. Another positive outcome of the side event is the opportunity to coordinate and consolidate knowledge and global movement in order to normalize and integrate organic approaches towards societal transformation. Additionally, the 150 participants who registered for the event will be included in these efforts.

A noteworthy discussion arose regarding the formation of Organic Districts and the need for outcome measurements. It was determined that the formation and development of Organic Districts depend on the people who are committed to making a change in their respective regions. However, there is also a need for specific structures, strategies, evidence, and monitoring to establish an Organic District.

One recommendation from the meeting was to establish a global task force that proposes metrics and key performance indicators (KPIs) based on existing guidelines, toolkits, and monitoring resources. These recommendations can then be presented to policy makers and stakeholders to highlight the benefits of Organic Districts as living laboratories for inclusive and sustainable food systems that contribute to the transformation we need.

Link to full document:

https://www.oneplanetnetwork.org/sites/default/files/2023-07/Draft_Proceedings%20SFSP_v5.pdf

Organizers:

Organic Food System Programme, together with the international research association Organic Food Quality and Health, Building Ecological Recycling Agriculture and Societies International Foundation, and the Global Alliance for Organic Districts

THE TRANSFORMATION WE NEED

Outcome Document of the 4th Global Conference of the One Planet network's (10YFP) Sustainable Food Systems (SFS) Programme

The following three overall conference conclusions were highlighted throughout the different sessions of the conference:

- 1) *The importance of food systems transformation for coping with multiple challenges:* sustainable, resilient, healthy and inclusive food systems are urgently needed and are a precondition to address the interrelated crises of food insecurity, malnutrition, health, climate change, biodiversity loss, conflict, as well as high energy and consumer prices;
- 2) *The need to link short-term and long-term efforts:* while it is sometimes necessary to take short-term action to tackle multiple crises, such action should be conducted in the framework of a long-term strategy and a holistic and inclusive approach to food systems governance and policy making; and
- 3) *The need for inclusiveness, participation and meaningful collaboration at all levels:* food systems transformation is a whole-of-society task that requires engagement and effective participation of all actors across all sectors, leaving no one behind.

Some recommended further actions:

- Rethinking the global governance architecture for food systems
- Revisiting national and sub-national governance and policies
- Changing consumption and production patterns
- Promoting the transformation through science, finance, human rights and innovation
- Strengthening the UN Food Systems Summit's ecosystem of support: Mobilizing UNFSS coalitions to advance a food systems approach for more sustainable, resilient, and inclusive food systems
- Measuring transformation
- Dialogue of National Convenors

The organizers invite all relevant stakeholders to take into account the above key messages in the context of their National Pathways for Food Systems Transformation, and to highlight them in relevant forums and policy processes, including the 2023 Stocktaking Moment.

Furthermore, the organizers invite all members of the One Planet network's Sustainable Food Systems Programme to promote these key messages through their respective activities.

Link to full document:

[https://www.oneplanetnetwork.org/sites/default/files/2023-05/Final%20outcome%20document 4th%20global%20SFSP%20conference v28APR2023.pdf](https://www.oneplanetnetwork.org/sites/default/files/2023-05/Final%20outcome%20document%204th%20global%20SFSP%20conference%20v28APR2023.pdf)

By Jostein Hertwig (jostein.hertwig@gmail.com) and Carola Strassner (strassner@fh-muenster.de)