Contribute to Sustainable Food Systems with the ICDA Online Toolkit & Community!

A toolkit for and by Dietitians & Nutritionists (D/N) to learn & grow:
ICDAsustainability.org

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Agriculture, Nutrition, and Health Academy Week #ANH2022
Wednesday 29 June 2022, 17:40 – 18:40 BST via Zoom

International Confederation of Dietetic Associations (ICDA)

• An international membership organization for 46 National Dietetic Associations representing over 200,000 Dietitian-Nutritionists (D/N).
• The largest body of dietetics professionals worldwide.
• 22 years old being established in 2000 after 50 years of collaboration.
• Affiliated to
  ➢ AFDA - Asian Federation of Dietetic Associations
  ➢ EFAD - European Federation of Association of Dietitians
  ➢ IUNS - International Union of Nutritional Sciences

ICDA supports National Dietetic Associations (NDAs) and their members beyond national and regional boundaries through multiple activities.

ICDA Secretariat: ICDA@InternationalDietetics.org
https://InternationalDietetics.org

1. Argentina
2. Australia
3. Austria
4. Belgium
5. Benin
6. Brazil
7. Canada
8. Caribbean
9. Chile
10. Denmark
11. Finland
12. France
13. Germany
14. Greece
15. Haiti
16. Hong Kong
17. Hungary
18. Iceland
19. India
20. Indonesia
21. Ireland
22. Israel
23. Italy
24. Japan
25. Kenya
26. Luxembourg
27. Malaysia
28. Mexico
29. Netherlands
30. New Zealand
31. Nigeria
32. Norway
33. Pakistan
34. Philippines
35. Portugal
36. Singapore
37. South Africa
38. Spain
39. Sri Lanka
40. Sweden
41. Switzerland
42. Taiwan
43. Thailand
44. Turkey
45. United Kingdom
46. United States

www.ICDAsustainability.org
During our 1-hour side event we plan to:

1. Introduce ICDA Sustainability Initiative
2. Be inspired to use, benefit from, and contribute to the ICDA SFS Toolkit
   - Overview of the SFS Toolkit Key Areas
   - Examples for using the SFS Toolkit
     1. SDGs 12 – Waste – Emerging research
     2. Case Studies
3. Present opportunities to collaborate
4. Reflect, Discuss & Wrap up

From the ICDA SFS Toolkit: Great Meals for a Change
https://icdasustainability.org/tools-for-practice
Reflect:

1. What role would you like to play in supporting sustainable food systems?

2. What hinders you from doing so?

ICDA Members’ SFS Vision

Sustainable Food Systems
nourish all people,
now and into the future,
with sufficient, nutritious, affordable,
tasty, diverse, and culturally appropriate food.

Such food systems support physical & mental health while preserving, promoting, & respecting the integrity of ecological & social systems.
Current food systems are unsustainable

D/Ns have an important role in disrupting this negative feedback loop

D/Ns focus on health promotion and disease prevention through nutrition-based programming, providing nutrition care to clients and managing institutional food procurement and provision.

D/Ns are well positioned to foster change

D/Ns participate in research, development, and promotion of food products.

D/Ns advocate and drive innovations that promote healthier food options through marketing, sales, promotions, and menu and recipe development.

D/Ns help guide food choices through Nutrition Education (Food, Water, Sanitation, Hygiene, Environment, Agriculture, Energy, etc.)

D/Ns contribute to food and nutrition policy to maximize outcomes.

Source: IPES-Food

Challenges to doing this work

Vision for the Toolkit

Dietitians-Nutritionists (D/Ns) bring a deep understanding of SFS into their practice.

Access to a range of practical, evidence-based and context-specific tools and resources supports all D/N in making positive contributions to sustainability.

D/N play key roles in creating healthy communities and accelerating a shift towards SFS.
Area 2: About
✓ About the project
✓ About the team
✓ About SFS
Area 3: PD

- Self-Assessment to help guide you to your level & focus
- 3 Learning Modules step by step

Area 4: Resources

The examples will delve into the areas in yellow: Resources & Search
Area 5: COP - Also key for collaboration

Example 1:
SDG: Sustainable Development Goals
Briefs D/N Roles
https://icdasustainability.org/resources/sdg-briefs/

Select SDG 12
Responsible Consumption & Production

SDG Briefs: Dietitian-Nutritionist Roles
In 2015, the seventeen Sustainable Development Goals (SDGs) were put into practice towards the accomplishment of inclusive and sustainable development (SDGs).
Each of the following briefs explores possible roles for Dietitian-Nutritionist (D/N) roles to achieve the SDG goals. The briefs are designed to transform our world for the better, and to help increase your awareness of the SDGs. To achieve our collective goals, we have included a list of the goals relevant to SDG 12. Please refer to the United Nations’ Sustainable Development Goals (SDGs) for more information on the goals and their indicators.

* The original SDG briefs were developed by students of the Nutrition in Global Health and Development class at KSAS and edited by the ICDA sustainability team.
Continuation of Example 1: SDG Briefs for DNs:
https://icdasustainability.org/resources/sdg-briefs/

Search: Waste

Stuck? Every page should have:
www.ICDAsustainability.org
Example 2: Case Studies

Case Studies

These case studies are examples of existing work integrating sustainability and nutrition in practice. We share them in the hope that they inspire you in your efforts to apply sustainability to dietary practice and enable you to address similar challenges and successes. We also hope that they help contextualize the application of sustainability to different regional and cultural contexts.

Each case study shares the story of a particular initiative, program, document or organization from various parts of the world, highlighting key learnings and takeaways.

ICDA members who participated in the Delphi inquiry research project provided the foundation for this toolkit identified specific barriers that impact the nutrition community in integrating sustainability in their work.

Each case study is tagged to indicate which of these specific barriers the examples address to help you identify cases that are most relevant to your particular situation. Contact information for organizations or people are included in each case—please use this to initiate direct contact, discuss specific issues and opportunities, and deepen your learning.
Case Studies from D/N – We’ll look at Jamaica

Contact the Coordinator!

www.ICDAsustainability.org

Case Studies
Search for Menu Change

Menu Change

اسلام

ترحيب

Case Studies
Search for Menu Change

Menu Change

اسلام

ترحيب
Opportunities to collaborate

✓ The Toolkit is for D/Ns by D/Ns (mostly)
  • We welcome non-D/Ns with content relevant to D/Ns
  • Get involved in what compliments your work & needs

✓ Contribute case studies & other resources

✓ Invite our team to your webinar or workshop

✓ Translate or submit resources in local languages

✓ Nutrition & dietetic training is an important leverage point

✓ Generate metrics & research for clarity & communication
Opportunities to collaborate: ICDA Member-only Grants

ICDA Sustainability

NDA Sustainability Grants

ICDA member Nutrition and Dietetics Associations (NDAs) can apply for a grant to support Food Systems Toolkit. There are ten $1,000 USD grants available for 2022. Australia, Germany, Greece, and Spain and we will post updates shortly.

The grants aim to:
- Increase diversity of perspectives, languages, and cultures shared in
- Spread sustainability (see SFS Learning Modules)
- Maximise participation and learning among your NDA members
- Produce new tools and/or learning from the ICDA SFS Toolkit
- Increase sharing on solutions and practical implementation for a wider audience

The next Deadline is: 2022 September 15

More Opportunities to collaborate

✓ Contribute to / lead an ICDA SFS toolkit discussion forum or group
✓ Share country lessons via the toolkit for spreading learning
✓ Become a regional contact (ICDA NDA members only)
✓ Share in your networks to Grow further

...more... you tell us!
Reflect Again:

1. What role would you like to play in supporting sustainable food systems?

2. What hinders you from doing so?

Via Chat - participants intros/comments

1. Zachary Park Gersten, PhD student University of Michigan. interested in sustainable food systems, biodiversity, aquatic life
2. Greg Cooper, Univ of Sheffield, UK
3. Julia Matteson, Tufts University, Boston, USA
4. Kevin Tang, PhD candidate @LSHTM /Nutrition Analyst @WFP
5. Helen Harris-Fry
6. Emily Fivian, ANHA
7. Benedicta Olatokunbo – ICT
8. Destan Aytekin
16 total including ANHA support
Discussion & Wrap Up:

1) ROLE:
✓ Nutritionist providing helpful information to food planners & practitioners so they can see what human demand looks like.

2) What hinders you? What are the most pressing issues of food sustainability in your role?

1. Sustainable Diets often (wrongly) linked to any vegetarian/vegan/less animal product diet
   • ICDA: critical is balance and how flora/fauna are produced/processed/consumed/returned to the soil. See Hot Topic Resource Cluster: https://icdasustainability.org/2022/05/21/hot-topic-animal-substitutes/

2. Human Choice & Behaviour – sustainability not in the forefront of people’s thinking when the choose food
   • Discussed: Cost, Availability, Taste, Marketing, too many messages, so many choices

3. Need to consider Information Community Technology (ICT) Access for Low- and Middle-Income Countries (LMIC)
   • Consider different contexts. How can we adapt the tool based on varying food environments. It was great to see diversity (reflective of a range of geographic, cultural, social contexts) among guiding principles of the tool. Could you provide examples of making use of this tool in varying contexts, such as rural vs. urban in a LMIC?
   • ICDA: Collaboration in communities so those with access help those without, support to community centres of varying types

4. Problem with data aggregation that removes information on species and variations of foods and lumps them together

3) Opportunities:
✓ Univ of MI - Dietetics track in master’s level nutrition program, a lot of intersecting interest in sustainable food systems
✓ Indigenous Resources - Poster presentation during conference about understanding which indigenous foods are no longer being consumed and why in both Africa and India, then onto the potential of these underutilized indigenous foods to improving nutrition sustainably.