

Short title in English	Diet for a Green Planet
Country	Sweden
<p>Short summary for practitioners in English on the (final or expected) outcomes (1000-1500 characters, word count – no spaces).</p> <p>This summary should at least contain the following information:</p> <ul style="list-style-type: none"> – Main results/outcomes of the activity (expected or final) – The main practical recommendation(s): what would be the main added value/benefit/opportunities to the end-user if the generated knowledge is implemented? How can the practitioner make use of the results? <p>This summary should be as interesting as possible for farmers/end-users, using <u>a direct and easy understandable language</u> and pointing out entrepreneurial elements which are particularly relevant for practitioners (e.g. related to cost, productivity etc). Research oriented aspects which do not help the understanding of the practice itself should be avoided.</p>	<p>In 2001 a Green Party majority in Södertälje Municipality in Sweden formulated some food goals to reduce pollution and improve sustainability in the public food sector and allocated a budget for a new Diet Unit that could devise a regional food policy focusing on nutrition, sustainability and quality. Diet for a Green Planet created a menu within the public food sector for a tasty and healthy diet that the earth can sustainably produce. Using a holistic approach to the food system of a particular location, meals are cooked mainly from raw organic ingredients sourced from ecological regenerative agriculture.</p> <p>It took three years to write the policy document because the Diet Unit involved as many actors as possible so that when the policy was ready people would already know about it and feel ‘this is my document; I can use it’. The involving process was a challenge, but the document has been a great success and has shown the importance of recognising the need to work on the question of sustainability cooperatively involving all relevant actors.</p> <p>Once the policy was accepted, they educated the catering staff in the various canteens and restored a lot of kitchens. In most cases it was cheaper to have an internal fully equipped kitchen with a well-trained chef than lower paid workers heating up processed meals.</p> <p>By offering a choice of options each mealtime, kitchens can plan their own menus by using what has been left over in their storage and reduce waste.</p> <p>By creating a specialised Diet Unit, the project became well embedded in local government so even though the political make-up of the government in Södertälje has changed, they still support what is done.</p> <p>The initiative has received several awards, most notably ‘The school meal-municipality of the year’.</p>