

## TRAINING FICHE

### 01. RESPONSIBLE CONSUMPTION ON FOOD

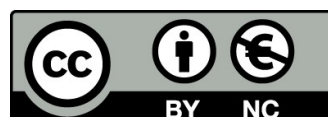
<b>Area</b>	Food										
<b>Level</b>	ADVANCED										
<b>Topic</b>	<table border="1"> <tr> <td>x</td> <td>1. RC concept applied to food</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </table>	x	1. RC concept applied to food								
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<b>Keywords</b>	Food consumption – water consumption – deforestation – global warming - healthy diet - sustainable diet - food wasting										
<b>Introduction</b> (500-1000 characters including spaces)	<p>Today, food production: uses 70% of fresh water, but seriously degrades water quality due to pesticide and fertilizer runoff; speeds up the loss of biodiversity; and is a major contributor to deforestation and desertification. It also contributes more to global warming than all cars, trucks, airplanes, and trains combined.</p> <p>However, not all diets have the same impact. What we eat, how much we consume (of what), how much food we waste, how our food was produced, and who profited from it are the five primary factors</p>										

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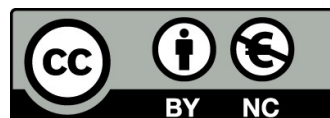
	<p>that determine how our food choices affect people, communities and the environment.</p> <p>Each of us has the option to pick food that better respects life in and around us three times each day. Our individual good deeds can appear to be a drop in the ocean in a globe with nearly 7 billion people, but they are not. Some European diets, like those of North Americans, have the biggest environmental footprints and are the main causes of a number of detrimental effects. However, there are also a lot of good instances of responsible food consumption across Europe, that can be taken as examples of good practices.</p>
<p><b>Topic development (2000-2500 characters including spaces)</b></p>	<p>A large portion of the world's food supply is lost or wasted instead of being consumed at all, particularly in developed nations, where a large amount of waste is generated at the consumer level as well as in the retail and food service sectors of the food chain. Without needing to increase production, reducing losses and waste could increase the availability of food. Plate waste from meals eaten in restaurants or at home, cooking loss and spoilage brought on by improper storage after purchase, and restaurants ordering too much food so they can keep a variety menu are some sources of waste.</p> <p>Even yet, customers will likely need to put in some effort to reduce food waste, such as learning how to make meals from leftovers and better meal planning. Initiatives to increase awareness and alter behaviour may be beneficial. However, since better meal planning demands additional consumer effort, behaviour change might not be simple.</p> <p>Consumers are more aware than ever before of how their individual actions and the brands they support affect the environment, and new facts and statistics continuously point to a rising urgency to address the human impact of food consumption.</p> <p>Manufacturers are responding to consumer requests to be more environmentally aware.</p>

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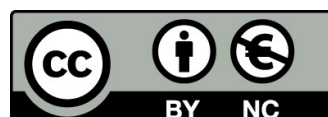
	<p>Reduced water usage, sustainable packaging (recyclable, biodegradable, or choices that dramatically decrease plastic use), and clean, eco-friendly washing and cleaning solutions for finished goods and equipment are trends that are gaining favour.</p> <p>Therefore, the impacts and benefits of more responsible food consumption are:</p> <ul style="list-style-type: none"> <li>• Less food waste, resulting in less pollution and, with time, a lower food production</li> <li>• Less plastic production for food packages</li> <li>• Less pollution due to food transport, thanks to the consumption of local produced goods.</li> <li>• Health benefits since more austere and simple diets, based on close and natural foods are much healthier.</li> <li>• It favors the preservation of local species and varieties of food, gastronomic culture, and ancestral traditions.</li> </ul> <p>The issue is that it may occasionally be challenging to recognize whether a product is from a trustworthy origin or not. However, there are more and more resources available to aid in this everyday path toward responsible consumption. One may discover more specifically about the CSR tactics employed by various companies.</p>
<p><b>Good practices</b> (1000 -1500 characters including spaces)</p>	<p><a href="#">Barnana</a> is a sustainable food firm that, as the name implies, upcycles fresh bananas and plantains that would otherwise be thrown away because of their "imperfect" look.</p> <p>Poor aesthetics were causing organic banana producers to lose 20% of their harvest, which resulted in huge food waste. To ensure equitable salaries, Barnana buys fruits from smallholder and indigenous farmers at prices 30% over market rates, then transforms the discarded bananas into crisps and other foods.</p>

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	<p>The business is also assisting Indigenous farmers to broaden their use of regenerative farming techniques, which can eventually help to enhance soil health and water quality.</p> <p><a href="#">BuyCott</a> is an app available for mobile devices that is able to make purchases consistent with the principles of environmental, social and economic sustainability. Simply bring your smartphone close to the product barcode and view the information that appears on the display. The app is able to determine the type of goods and the company they belong to and is able to reconstruct the entire production chain. Buycott gives the possibility of adhering to a series of campaigns in favour of the environment, civil rights, animals or women's rights: in this way, when the barcode is scanned, the application suggests whether to boycott the product ('boycott') or to proceed with the purchase ('buycott'), depending on whether or not the goods reflect the principles to which one has decided to adhere.</p> <p>Despite having a large and varied database, there are still many brands and products that are missing. This is why the team of young US programmers who created Buycott urge consumers to report any missing 'pieces' and thus enrich the database.</p>
<p><b>Current and future challenges (1000 -1500 characters including spaces)</b></p>	<p>Manufacturing technology should adjust as customer preferences and decisions continue to be influenced by rising health and environmental concerns. This rising demand is already being met by several current solutions, but manufacturers should also take into account adjusting to customers' particular internal processes, the kind of product being generated, and the methods of processing them.</p> <p>Dairy substitutes and plant-based proteins are two of the most widely used alternatives, and they will remain at the forefront. In fact, according to 2021 research by The Hartman Group for the Food Marketing Institute (FMI), 29% of consumers are</p>

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	<p>reducing their meat consumption, and 9% of consumers eat no animal products at all. A surge in proteins based on culture is also anticipated. Since it first entered the market about ten years ago, cultured beef has become one of the most popular sources of alternative protein.</p> <p>Specialists will collaborate with clients to convert existing batch operations into effective continuous processes as these new processes scale up while using their well-established food science knowledge for conventional foods to this new technology.</p> <p>Supporting consumer communities, which distribute local and seasonal products directly from the farm to the consumer, is a challenge for the authorities and also for the citizens who, with their support for these initiatives, contribute to their development and consolidation, while protecting the local product and rural communities.</p>
<b>Language</b>	English
<b>Partner</b>	IDP
<b>Further references</b>	<p><a href="https://www.themomentum.com/articles/farm-to-table-bringing-communities-together-with-healthy-ethical-and-eco-friendly-cuisine">https://www.themomentum.com/articles/farm-to-table-bringing-communities-together-with-healthy-ethical-and-eco-friendly-cuisine</a></p> <p><a href="https://www.theus.org.uk/article/responsible-food-consumption">https://www.theus.org.uk/article/responsible-food-consumption</a></p> <p><a href="https://www.slowfood.com/slow-food-europe/what-we-do/responsible-consumption-and-food-labelling/">https://www.slowfood.com/slow-food-europe/what-we-do/responsible-consumption-and-food-labelling/</a></p> <p><a href="https://datatopics.worldbank.org/sdgatlas/goal-12-responsible-consumption-and-production/">https://datatopics.worldbank.org/sdgatlas/goal-12-responsible-consumption-and-production/</a></p> <p><a href="https://www.globalgoals.org/goals/12-responsible-consumption-and-production/">https://www.globalgoals.org/goals/12-responsible-consumption-and-production/</a></p>

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