

**Umbrella 2.0**

# **Diet for a Green Planet**

**27 april 2021**

**Hans von Essen**

Home

# Why Diet for a Green Planet is needed

We are more than 7 billion people on the globe - and we have 1.4 billion hectares of arable land to share. This means an average of 2000 square meters of arable land per person.

- Better health for the earth
  - Biodiversity
  - Less eutrophication
  - Less climate gas emissions
  - Less chemical pollution
  - Soil health
- Better health for humans
  - Promote balanced diet and lifestyle
  - Satisfaction and meaning of life
- Better health for society
  - Professional development
  - Contribute to Agenda 2030
  - Food security in crisis

# A sustainable food system

*Results from EU-project BERAS Implementation*

Three cooperating levels

1. Ecological regenerative agriculture

2. Diet for a Green Planet

3. Sustainable Food Societies



# History

- BERAS EU-projekt 2003
- BERAS Implementation 2010  
Södertälje Municipality
- White Guide Junior
- URBACT Diet for a Green Planet  
Pilot Transfer Project 2014  
(Spain, Poland, Lithuania) +  
India, Dominican Republic etc
- ERDF project Stockholm region  
2016 -





# Diet for a Green Planet - a holistic concept

- Tasty and healthy food
- Organic, preferably from Ecological Regenerative Agriculture (ERA)
- Less animal products, more vegetables, legumes and whole grains
- Locally produced in season
- Reduced waste





# One planet

29% land

10% arable = 1,4 billion ha

7,8 billion inhabitants

=1800 square meters per  
person is a fair share

**It is possible to eat healthy  
and tasty from 1800 sqm with  
regenerative principles!**





# Diet for a Green Planet - Managing Transformation in the Local Food System

- 15 ECTS part-time, online course in English
- Starts 20 May 2021 - 6 May 2022
- Application opens February 2021
- In cooperation with BERAS International, and hosted by Novia University of Applied Sciences [www.novia.fi](http://www.novia.fi)





# Target groups of the course programme – who should attend?

- Professionals working in the food system – from farm to fork
- Primary producers
- Processing – artisan food producers
- Public food, tender
- Catering, restaurants
- Sustainability developers, planners..





# How can I stay updated and register?

- [Register here](#). (Last minute application - [nina.hillo@novia.fi](mailto:nina.hillo@novia.fi) )
- Find more information on the [course homepage](#)
- Follow [Diet for a Green Planets FB](#) and [Novia UAS FB](#)
- Interrested in participating, or have questions? E-mail [marianne.fred@novia.fi](mailto:marianne.fred@novia.fi)

