1st Global Conference of the 10YFP Sustainable Food Systems Programme
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Session 3: Thematic discussion on Sustainable diets

Online-video-course
"Sustainability and Nutrition"

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Online-video-course: an overview

- goal: promote *transformation towards sustainable lifestyles*
  background: SDGs – UNESCO GAP on ESD
- target groups:
  - multipliers from different fields
  - other professionals/stakeholders
  - students/docoral candidates
  - interested consumers
- released March 2017 (in German)
- eighteen 30-60-min lectures, each with 3 learning objectives, 3 advanced questions, literature and links
- videos and slides are available for free (private use): [https://www.youtube.com/channel/UClaxfPuvIGVmJ2FNM6u_pZw](https://www.youtube.com/channel/UClaxfPuvIGVmJ2FNM6u_pZw)
3 dimensions of sustainability ("classical")

5 dimensions of a „Sustainable Nutrition“

Deutscher Bundestag 2000 (modified); v. Koerber, Männle, Leitzmann 2012 (modified)
Working Group Sustainable Nutrition

Stages of the food supply chain

Input production

Agricultural production

Food processing

Waste disposal

Preparation

Distribution

Dr. Karl von Koerber, Munich, Germany
Contents of the Online-video-course

1. Sustainability and global challenges
2. Climate change and global food insecurity

3. Preference of plant-based foods
4. Sustainable/organic foods
5. Regional and seasonal products
6. Preference of minimally processed foods
7. Fair Trade products – food security strategies
8. Resource-saving housekeeping
9. Tasty meals – enjoyment without regret
Principles of a Sustainable Nutrition: 1. Preference of plant-based foods (I)

Ecological aspects 🌿
• greatest reduction of GHG emissions in the whole nutrition system
• virtual water consumption ↓

Social aspects ❤️
• “food transformation losses” ↓ – if less meat and milk products
• keeping of ruminants on permanent pastures:
  “food transformation benefits” ⇒ food security ↑
• feed and food import: conflicts for land use in Global South
• deforestation for soy and palm oil production or pasture lands problematic
Principles of a Sustainable Nutrition:  
1. Preference of plant-based foods (II)

Health aspects 🥗
- complex carbohydrates 🚀 – fat, saturated FA, cholest., purines 📉
- vitamins, minerals, dietary fiber, secondary plant metabolites 🌱
- satiety 🚀 (although food energy is equal or reduced)

Economical aspects 💰
- food costs 📉 – meat and milk products more expensive

Cultural aspects 🎨
- only 60 years ago, meat used to be something special
- high meat consumption in most high- and middle-income countries
- new taste experiences with creative vegetarian dishes
Replicability, scalability, opportunities, needs

• response of different target groups is encouraging so far
• implementation is already planned at several universities, training institutes, trade associations etc., partly with live lectures
• interactive discussion blog is planned for 2018 (NAHhaft e. V.)
• further scaling up: translation into several languages and appropriate adaptation is necessary – funding is required = potential opportunity for SFSP members and other relevant stakeholders
• cooperation with global institutions of ESD, e.g. UNESCO (GAP ESD), UN-University, RCEs on ESD worldwide
• questions: – certification for participants? – implementation in existing MOOC platforms?
Possibilities in the African context

- cooperation desired with universities and different organisations – if requested
- **Uganda** – contacts to and funding of projects like schools, orphanages, health centres with health education, farms, processing and storage with integration of small scale producers
- **Uganda** – contacts to RCE on ESD Greater Masaka and to University of Nkozi (Lake Victoria)
Conclusions

Sustainable Nutrition promotes:

- preventive health protection
- fair economic relationships
- social justice
- clean air and water, healthy soils
- enjoyable eating culture

- special high quality can’t be for free
- increase appreciation of our food

⇒ Education for Sustainable Development (ESD)
Thank you for your attention!

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Koerber Kv, Bader N, Waldenmaier J, Haupt S: Online-video-course „Sustainability and Nutrition“
http://nachhaltigeernaehrung.de/ONLINE-VIDEO-KURS-Nachhaltigke.97.0.html (in German)

Koerber Kv, Bader N, Leitzmann C: Wholesome Nutrition: an example for a sustainable diet.
http://www.scpclearinghouse.org/resource/wholesome-nutrition-example-sustainable-diet


http://rcenetwork.org/portal/resources-publications-and-others

In German and Russian:

In German: