



WHAT DOES IT TAKE TO BE A SUSTAINABLE FOOD CONSUMER IN THE BALTIC SEA AREA?

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Sustainable agriculture for a healthy Baltic Sea: Cultivating joint solutions and sharing best practices
11 October 2024
Eurooppasali, Helsinki



THE CHARACTERISTICS OF CONSCIOUS CONSUMERS IN THE BALTIC SEA CATCHMENT AREA

- Reduced meat consumption
- Reduced food waste
- Increased consumption of plant-based products
- Consumption of organic, local food



Image credit: [Gabriel Ziegler](#), CC BY-SA 4.0



THE DIET FOR A CLEAN BALTIC SEA

- Fruit and vegetables – large consumption of diverse local and seasonal types;
- Legumes – an increased number as a substitute for meat;
- Cereals – an increased consumption of whole grain products;
- Acceptable fats – plant oils and butter;
- Milk and dairy – regular consumption, primarily of low fat products;
- Fish and seafood – regular consumption;
- Meat – reduced consumption; choose meat made from ruminants grazed on natural pastures.



Municipality of Södertälje
Image credit: Liza Simonsson, via visitsweden.com

**Full implementation of this type of diet can be observed
in the Södertälje Municipality in Sweden**

Find more information at: <https://dietforagreenplanet.se/en/>



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NGO INITIATIVES – POLISH ECOLOGICAL CLUB

- Ecological food for preschools – organic vegetables have been introduced to over a dozen of preschools in Gliwice. This was achieved through contracting farmers for this purpose. Workshops for parents were also held.
- Organic fair – 24 annual organic fairs were organized. The primary goal was the promotion of organic food. Every year, the fair attracted several thousand citizens from Gliwice and the Silesia region. During the fair, side events were held – educational workshops for adults and children.



Organic Fair in Gliwice, 2017
Photo credit: PEC Gliwice



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NGO INITIATIVES – ECOTERRA, UKRAINE

Since 2012, the Lviv City Public Organization "Ecoterra" has been holding the Lviv Organic & Natural Fair (LOF) annually in the city of Lviv, and since 2023 it has also become a co-organizer of the Lviv Taste Fair, which is designed to popularize organic production, responsible consumption, sustainable agriculture, and support of producers of products with added value.



Photo credit: Nataliya Cholovska



NGO INITIATIVES – ECOTERRA, UKRAINE

An important step in the implementation of a sustainable food system is working with preschool children in the direction of forming healthy habits in them. As part of the "Live organically!" project a greenhouse for growing vegetables and a vermicomposter for composting organic waste generated in the kindergarten dining room were installed on the territory of kindergarten №106 in Lviv.

The pilot project implemented in the kindergarten contributed to establishing the basics of healthy nutrition, the formation of eating habits, particularly in the consumption of fresh vegetables, and the involvement of children in the process of composting and proper handling of organic waste.



Photo credit: Nataliya Cholovska



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THE INITIATIVE OF THE DANISH GOVERNMENT – „THE FUND FOR PLANT-BASED FOODS”

„The fund for plant-based foods” (Plantefonden)



PLANT-BASED
FOOD GRANT

The goal of the initiative is to reduce the impact of Denmark on climate and the environment through increasing the production and consumption of plant-based products, with the premise that 50% of the fund’s resources are granted to projects connected with organic agriculture.

The creation of this programme is the result of an agreement between the government, business organizations and the civil society. The secretariat that administrates the fund is located within the Danish Agriculture Agency.

The fund’s annual budget is 11 mil. €.

The fund was first set up in 2023, and it is set to run until 2030.

Find out more at: <https://plantefonden.lbst.dk/the-plant-based-food-grant>



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THE GREEN INITIATIVES IN LITHUANIA

„Gyvi gali – making plant-based food more accessible”

The campaign „Čia Gali” („Here you can”) has its own website (<https://ciagali.lt/>), as well as an online map, which makes it possible to find restaurants, cafes and other public eateries which offer plant-based foods in their menus. In the last one and a half year, the NORI GALI programme had over 12 000 participants.

„Development of buffet tables at schools”

The goal of this campaign is the promotion of healthy food and the reduction of food waste. This was achieved through the introduction of buffet tables in school canteens, ensuring a wide variety of food options for the students to choose from and encouraging them to choose healthy options.

As a result, the schools which introduced this model noted that food waste was reduced by 50-80% in comparison to the traditional school meal system.



Self-service of pupils at the primary school in Kulautuva

Photo by Žydra Narbutienė, Department of Culture, Education and Sports of Kaunas District Municipality



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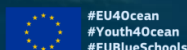
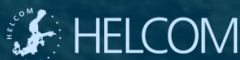
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