



EAT Stockholm Food Forum 2018

## **Background Paper**

### **Protein, People, Planet: What's the plan?**

DISRUPTIVE DIALOGUE CO-ORGANIZED BY EAT & FReSH

While red meat can play an important nutritional role where hunger and protein intake deficit are pervasive, rapidly changing diets towards high levels of red and processed meat consumption with combined population growth and affluence drives real environmental, and health concerns. No single other food category exhibits the same degree of impacts on both health and environment with several global models indicating that shifts towards plant-based diets being central to attaining global health and sustainability targets. Based on dietary needs of a low risk diet, IHME estimates that red meat is over produced by nearly 435% globally. However, ruminants can play important ecological roles, and can be critically important sources of nutrients in malnourished communities. Building on the first FReSH Science to Solutions Dialogue held in Washington in April of 2018, this Stockholm Food Forum Disruptive Dialogue will present a four-dimensional solutions framework (environmental, social, dietary health, and business case) against which sustainably produced meat, meat alternatives such as synthetic meats, or fish/plant/fungal based proteins can be evaluated against. Four to six food items volunteered by the participants will be presented as “solutions” contributing to equitable access to protein, reducing meat overconsumption, and eliminating the climate forcing and land expansion impacts of meat production. Through a facilitated discussion, participants will comment on the impact of the food item on the four framework dimensions. The discussion will be facilitated in order to (1) test the evaluation framework developed by FReSH, (2) test the strengths and weaknesses of the product and its contribution to EAT Lancet targets, and (3) identify opportunities and barriers to addressing the identified weaknesses. We present specific protein rich food items volunteered by the participants as real business solutions to dietary health and sustainability, and use the conversation to enable the identification of specific and real barriers (technological, political, consumer choice) to scaling.

Objective: Test the impact of processed and packaged foods on improving dietary health and environmental sustainability at scale.

Intended outcomes:

- (1) FReSH framework for evaluating meat sources and meat alternatives.
- (2) Strengths and weaknesses of 4-6 products and their contribution to EAT Lancet targets identified and articulated.
- (3) Opportunities and barriers to addressing identified weaknesses (technological, political, consumer choice) to scaling identified.
- (4) People Planet Protein Community of practice expanded and partnerships for progressing FReSH impact grown.



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- (5) Actions requiring collective action of the FReSH community identified for consideration in the FReSH workplan and transformational goals.