

# A Decade of Turning Science into Global Action

**Can ten billion people  
eat a healthy diet  
without breaking  
the planet?**

**For more than a decade,  
EAT helped the world  
move from debating that  
question to acting on it.**

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# EAT was founded with a single question:

## Can ten billion people eat a healthy diet without breaking the planet?

For more than a decade, we showed that the answer depends not only on science, but on what you do with it. Evidence must become direction, and direction must become action.

In practice, that has meant three things: building the science that guides policy and investment; convening the leaders with the power to act; and making the issues and challenges visible and compelling far beyond traditional policy spaces.

This report charts how a small, independent organization helped shift systems, policies, norms, and markets by connecting robust science with real-world decision-making, and by building the trust and alliances needed to move faster together.

In 2025, that approach reached three landmark moments: the release of the 2025 EAT-*Lancet* Commission on Healthy, Sustainable, and Just Food Systems; the launch of Communities for Action in countries around the world; and 2025 Stockholm Food Forum, where science met the leaders with the power to act.

# How we measure influence

## (and what we will and will not claim)

THIS REPORT LOOKS AT IMPACT  
AT THREE LEVELS:

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01

### Reach

The ideas spread; a shared language emerges; and the benchmark becomes familiar to those with influence and power.

02

### Uptake

The benchmark shows up in decisions, policies cite it, cities adopt it, companies commit to it, investors build frameworks around it.

03

### Outcomes

Diets and production practices shift, emissions fall, ecosystems regenerate, and health improves through implementation by governments, cities, businesses, and finance.

EAT contributes most directly and demonstrably at the uptake level. We do not claim ownership of complex outcomes in crowded ecosystems. We do not confuse visibility with impact. And we do not count endorsements as evidence.

What we can credibly claim is this: EAT was part of the movement that helped shift the terms of the debate. Not the only actor — the food systems field grew stronger precisely because ownership spread widely. But we showed up consistently, helped keep science at the center, and made it easier for others to move.

# Introduction

The challenge facing food systems is no longer a question of knowledge. We know that current diets and production systems are driving a global health crisis, an ecological one, and deepening social inequality. We know that transformation is possible and, as recent economic analysis has confirmed, economically rational. The real question now is whether we can move at the speed and scale the moment demands, and whether we can do it justly. Because without justice, there is no durable path forward.

EAT's role in this challenge has been deliberate and distinctive. We did not run large-scale programs on the ground. We operated as a catalytic platform, setting direction, aligning unlikely allies, and helping others move further and faster together. We paired scientific rigor with multistakeholder convening and compelling storytelling, making food systems transformation more actionable, more urgent, and harder to ignore. And we invested in communications infrastructure that made the science accessible and actionable for audiences far beyond traditional policy circles.

We believe science remains the best compass for navigating complexity — helping maximize synergies and minimize trade-offs in a system where everything connects. In a polarized world, evidence can still light the way, if it is translated into language that stakeholders can act on, and if the right actors are brought together to move on it. That has been our role.

This report shares examples from more than a decade of work: how global benchmarks were established, policies and practices reshaped, institutions reoriented, and expectations raised. It is not the story of an advocacy group. It is the story of a small, independent, collaborative non-profit that helped change how the world understands and acts on food — and ultimately, how people eat.

**“We always believed in building a longer table, not higher walls. If that spirit endures — in the science, in the partnerships, and in the people carrying this work forward — then EAT will have done what it set out to do.”**

**“ DR. GUNHILD A. STORDALEN  
CO-FOUNDER & EXECUTIVE CHAIR, EAT**



# 01 Science and Knowledge

EAT's scientific leadership was about more than publishing reports. It was about establishing shared standards that policymakers, cities, businesses, farmers & fishers, investors and entrepreneurs can use as a common reference point for action.



# Establishing a shared global scientific standard

The 2019 EAT-Lancet Commission was a first of its kind: the first ever scientific effort to integrate human and planetary health in a single framework for food systems, and to define evidence-based targets for where we need to be by 2050. It introduced the Planetary Health Diet — a flexible, evidence-based pattern of eating that optimizes human health, but also improve environmental sustainability within planetary boundaries. It was not just another report. It became a new global baseline.



## The 2019 Commission: reach and uptake

**600+**

official policy  
documents  
citing the  
Commission

**5,800+**

**Top 1%**

of all research  
outputs worldwide  
(Altmetric)

**38**

launch events  
across **27** countries

**13,500+**

academic  
citations

news articles  
across **118**  
countries

Referenced by:  
**IPCC, WHO, UNICEF,**  
and UN food and  
nutrition strategies

The impact was immediate. Within weeks, coverage spanned 118 countries and appeared in 5,800+ news articles, including coverage in leading global outlets such as The New York Times, BBC, Al Jazeera and Le Monde, amplified by 38 launch events across 27 countries. The Commission ranks in the top 1% of all research outputs worldwide tracked by Altmetric, signaling exceptional reach across both public and academic audiences.

More important than visibility was uptake. Until around 2019, “food systems transformation” remained largely a niche term in expert policy debates. Following the 2019 *EAT-Lancet* Commission, it rapidly entered the mainstream of global policy and business discourse, and the Planetary Health Diet is now frequently referenced across media, policy frameworks and corporate strategy as a benchmark for healthy and sustainable diets.

# 2025: from baseline to global guardrails for action

In 2025, the EAT-*Lancet* Commission on Healthy, Sustainable, and Just Food Systems delivered the most comprehensive global scientific assessment of food systems to date. Building on 2019, it sharpened the guardrails for transformation — integrating health, all nine planetary boundaries, and justice into one actionable framework, designed not just to inform, but to mobilize.

## ● WHAT CHANGED IN 2025

01

Updated and strengthened the evidence base for the Planetary Health Diet

02

Quantified food systems boundaries: foods “fair share” across all nine planetary boundaries

03

Integrated a justice lens: minimum social foundations alongside biophysical limits

04

Unprecedented modelling effort; the World’s first Food Model Intercomparison Project

05

Transformation chapter: 8 solutions and 23 actions

06

Already cited 100+ times within months of publication



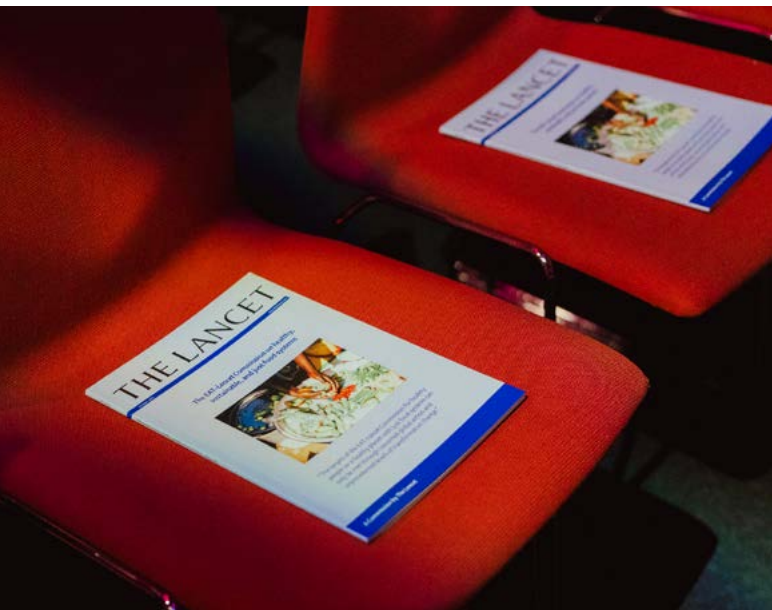
**“EAT has made a transformational difference to the fields of food science and nutrition. The Planetary Health Diet set a new standard for sustainable living, offering the opportunity to avert millions of deaths each year.”**

“ DR. RICHARD HORTON  
EDITOR-IN-CHIEF, *THE LANCET*

The Commission made three realities impossible to ignore: the scale of preventable harm from today’s diets; the central role of food systems in climate, nature and other planetary boundaries pressures; and the equity gap between what is scientifically possible and what billions of people currently experience. Shifting global diets could prevent up to 15 million premature deaths per year. Food systems contribute around 30% of global greenhouse gas emissions and are the largest driver of the transgression of five planetary boundaries. Only 1% of people currently live in a “safe and just space”

– i.e. in countries where basic human rights and planetary limits are both respected.

The response reflected the urgency of the findings. The report reached 4,600+ articles across 88 countries, in 40 languages. Digital engagement and creative storytelling expanded the audience well beyond traditional policy circles, resulting in 295m+ video views. In-country convenings brought the Commission’s global findings into trusted, locally grounded spaces, a defining feature of the second commission.




# Broadening the scientific evidence base

EAT has also worked to expand the evidence base where new science can unlock progress. The Blue Food Assessment brought together over 100 scientists from more than 25 institutions to study the role of aquatic foods in health and nutrition, economics and livelihoods, environmental sustainability, and resilience. The research was published across 11 peer-reviewed papers, 9 of them in *Nature*, spanning nutrition, environmental performance, climate, justice, and small-scale aquaculture.



A series of action briefs translated the findings for policymakers and practitioners, helping bring aquatic foods into mainstream food systems debates. This work had traction in multilateral spaces, where aquatic foods had long been underrepresented, and contributed to the emergence of the Blue Food Coalition during the UN Food Systems Summit (2021) — a new vehicle for translating the science into coordinated action.

**“We are supportive of efforts to create a network to ensure that Blue Foods are brought into the heart of decisions about food systems, and to mobilize support to build the vibrant, sustainable Blue Food Systems of the future.”**

 **JOSAIA VOREQE BAINIMARAMA**  
PRIME MINISTER OF THE REPUBLIC OF FIJI

# 02 Discourse and Engagement



# Localizing the conversation

Before 2019, “food systems transformation” rarely appeared in mainstream policy debate. Since the 2019 Commission, it has become common language and the Planetary Health Diet has emerged as a widely recognized reference point across media, policy, and business.

EAT helped drive that shift by translating complex science into language people can use. Through op-eds, interviews, infographics, and campaigns, we made the evidence easier to grasp and harder to ignore. The goal was not visibility for its own sake. It was to create shared framing that policymakers, CEOs, advocates, and the public could act on.



In 2025, that approach operated at full scale. The Commission’s updated findings travelled across countries and languages, bringing new audiences into the evidence base and reinforcing a simple idea: when science is clear, relevant, and actionable, it moves faster through the systems that shape food.

The 2025 regional and national launches marked key moments within broader, ongoing local food systems efforts. Sharing the Commission’s global findings, with regional context, in settings of mutual trust, was a defining feature of this edition. The locally curated convenings co-hosted by partners reinforced existing momentum, highlighted cultural relevance, and helped spur context-specific action.

# Reaching mass audiences through digital storytelling



EAT played a central role in TikTok's Main Ingredient Program, a food education initiative designed to equip trusted creators with the tools and knowledge to share accurate, engaging, and actionable nutrition information. Grounded in the 2025 EAT-Lancet Commission, the program used storytelling to translate nutrition and food systems science into accessible, relatable content rooted in everyday food practices.

**5M+**

people reached  
via Stockholm  
Food Forum content

**165**

videos produced  
by 30 creators  
in Brazil

**295M**

views generated  
in Brazil alone

# Grains of Truth: The public pulse on food systems

Transformation does not happen through institutions alone. It depends on what people want, trust, and feel able to do. Grains of Truth, EAT's annual global consumer research series with GlobeScan, tracks public attitudes to food systems transformation and identifies the biggest barriers to change.

## Grains of Truth 2024



Drawing on surveys across 33 markets and nearly 32,000 respondents, the series provides a consistent read on what “healthy” and “sustainable” mean to people, what drives food choices, and what barriers limit action. Recent editions highlight rising interest in healthier, more plant-rich diets — and persistent friction points, including affordability and access.

By grounding the narrative in lived experience, Grains of Truth helps EAT and partners communicate in ways that resonate, and design pathways that are not only scientifically sound, but socially feasible. We treat this as directional insight, not definitive truth.



# 03 Communities for Action and Action Day

# Communities for Action

In 2025, EAT and partners launched nine Communities for Action (CfAs). These are structured, sector-specific networks bringing together frontline actors across every part of the food system, from farmers and fishers, indigenous peoples, cities, consumers, chefs and food service professionals, healthcare workers, retailers and manufacturers, financiers, and policymakers. Each CfA was convened with expert partner organizations, including C40, the Milan Urban Food Policy Pact, Consumers International, the World Business Council for Sustainable Development, the Culinary Institute of America, the Physicians Association for Nutrition, and the World Food Programme, among others.

Over nearly a year, each community ran a series of facilitated dialogues, sharing practical solutions, drawing on lived experience and local expertise, and shaping sector-specific recommendations. The process engaged actors in more than 100 countries. The output of each community was a set of EAT Action Briefs: concrete, co-authored



proposals for what each sector should start doing, stop doing, and what it needs from others to move faster. Collectively, the CfAs represent EAT's most ambitious effort to connect science with frontline action — and to ensure that the 2025 Commission did not simply inform but mobilized.

# Action Day

On 2 October 2025, the eve of the Stockholm Food Forum and the official launch of the 2025 EAT-Lancet Commission, the Stockholm Resilience Centre, EAT, and Convene hosted Action Day, a full-day workshop bringing together approximately 100 global leaders and practitioners drawn from across the ten Communities for Action. It was the first time all communities had gathered in person after nearly a year of digital collaboration.

Action Day was designed not as a ceremonial close but as a working session where participants tested each community's proposals against those of other sectors, confronted real tensions, and mapped the synergies that cut across the food system. The result was a set of cross-sector pathways grounded in lived experience, validated by science, and ready to be presented to Forum leaders the following day. As one co-organizer noted, the energy came from confronting real tensions and identifying the connections between sectors that a siloed approach would have missed.

# 04 The Stockholm Food Forum

The Stockholm Food Forum has become a global arena for food systems dialogue, a place where evidence meets decision-making and where ideas are tested in a safe risky space. Since its inaugural edition in 2014, it has brought together heads of state, ministers, scientists, activists, investors, entrepreneurs, and industry leaders.



The Forum's distinctiveness lies in its design. It creates space for unscripted exchange and cross-sector debate as equals. A policymaker shares a panel with a school chef. A climate advocate directly challenges a global food brand. A serious policy discussion sits alongside moments of performance, culture, and surprise. These unlikely collisions are rare in traditional conferences, and they are precisely what moves ideas from positioning to progress.

Unlike many high-level gatherings, the Forum does not rely on formality alone. It makes room for friction, creativity, and real conversation. By doing so, it creates the conditions for breakthroughs: clearer problem definitions, stronger coalitions, and more actionable next steps.

**“The EAT Stockholm Food Forum should be commended for encouraging discussions that highlight the interconnected nature of food, health, and sustainability. There is no doubt that the way we produce our food lies at the very heart of sustainability. What we eat is directly linked to so many critical issues facing the world today. Everything from how we curb the emissions of greenhouse gases and ensure the health of soil to how we improve people’s nutrition and enable nature’s vital biodiversity to thrive.”**

“ KING CHARLES III (FORMERLY THE PRINCE OF WALES)

# The Stockholm Food Forum 2025



The 7th Stockholm Food Forum in 2025 marked the most successful Forum to date, and a pivotal moment in EAT's decade story. Over two days, it hosted 75 sessions and convened 750+ participants from 77 countries, with the launch of the 2025 EAT-Lancet Commission on opening day amplifying both attention and urgency.

The result was not just a large gathering, but a high-intensity translation space — where real-world constraints and opportunities were measured against the updated scientific guardrails for healthy, sustainable, and just food systems.

**750+**

participants

**75**

sessions

**450**

media mentions

**145M**

media impressions

Partners amplified the narrative across their own networks, helping the Forum reach well beyond the room and into the wider ecosystem where decisions are made. Nineteen partners across science, media, business, and policy actively amplified the Forum's content and conversations.

A decade of convening has demonstrated something straightforward: well-designed spaces still matter. In complex systems, progress depends on trust, shared language, and the ability to move from evidence to aligned action. The Stockholm Food Forum has been one of the few places to combine scientific credibility, cultural energy, and real decision-making in the same room.

**“Flora Food Group is committed to delivering the next generation of delicious, natural, and nutritious food. Through this partnership with EAT, we will accelerate the transformation of food systems by making sustainable, choices more affordable and accessible to consumers worldwide.”**

“ DAVID HAINES  
CEO OF FLORA FOOD GROUP



# 04 Public Policy and Multilateral Action



H. E. Prof Nila Moeloek  
Minister of Health  
Indonesia

Dr. Gunhild Stordalen  
President and Founder  
EAT Foundation

# Embedding scientific principles into standards and strategies

EAT's role in policy has grown as governments increasingly treat food as a single, interconnected challenge, spanning health, climate, nature, equity, and justice, rather than a set of separate sectoral agendas. The 2019 Commission gave policymakers a shared scientific framework that speaks to both sides of the food system: not only what people eat, but how food is produced, distributed, and accessed.

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## ● WHERE THE SCIENCE SHOWS UP

**Kunming-Montreal Global Biodiversity Framework (COP15, 2022)** — EAT-Lancet findings embedded as core scientific references

**IPCC and IPBES assessments** — cited as key evidence on sustainable diets

**EU Farm to Fork Strategy** — Commission cited as a scientific input

**WHO and UNICEF** food and nutrition strategies

**UN Committee on World Food Security**

**Nature (2024):** EAT-Lancet 2019 is top six non-economic research papers cited in policy documents globally

In the years since, national authorities have begun integrating that framework into dietary guidelines, production reform, and procurement policy. Denmark stands out as a leading example: it was among the first countries to update its national dietary guidelines in line with the science, introduced the world's first carbon tax on agriculture, launched a national action plan for plant-based food production and consumption backed by a billion DKK transition fund, and has pursued serious efforts on rewilding. It shows what it looks like when a government treats the food system as a whole.

Other countries have followed in their own ways. Sweden, Germany, and Canada were early movers. Thailand and Indonesia have incorporated Planetary Health Diet principles into national plans. In parts of sub-Saharan Africa, ministries have begun connecting nutrition strategies to environmental stewardship and food justice. Countries across Latin America and Asia are making progress at different speeds and in different forms.

These shifts are uneven and shaped by local politics, culture, and food environments. But together they signal something real: food is increasingly being governed as a system, where health, ecological limits, and social equity are understood as inseparable. The science EAT helped build is part of what made that shift possible.



# Positioning global science in global governance

EAT's influence in multilateral spaces has followed a consistent pattern: not simply being present but helping shape the terms of debate with evidence that decision-makers can use — and ensuring food systems transformation is treated as a cross-cutting priority, not a sideshow.





At the UN Food Systems Summit in 2021, EAT chaired Action Track 2 on sustainable consumption, helping position demand-side change as a core global lever alongside production reform.

The deeper signal of influence is where the science now lives. *EAT-Lancet* findings are embedded as core scientific references in the Kunming-Montreal Global Biodiversity Framework — the landmark 2022 accord setting binding global nature targets through 2030 — as well as in assessments by the IPCC and IPBES.

A review published in *Nature* found the *EAT-Lancet* Commission to be among the ten most cited non-economic research papers in global policy documents. These are not citations of convenience. They reflect the Commission's role as a foundational reference in the governance architecture that shapes how governments simultaneously approach food, land, climate, and biodiversity.

EAT has engaged with the World Bank, the World Economic Forum, the UN Committee on World Food Security, and the EU — including through projects such as Food Trails, CO-CREATE, and FEAST program spanning 15 countries — reinforcing the recognition that healthy diets, ecological sustainability, and equity are inseparable questions of both policy and practice. That framing, once contested, is now increasingly the default.

**“Working with food systems is critical because they are central to both human and planetary health, and transforming them can promote healthier diets, sustainability, and social development through stronger support for family farming. Working with EAT has been highly valuable by creating spaces for international dialogue, sharing policy solutions, and helping place our national efforts in a broader global perspective.”**

**“** THIAGO LIMA DA SILVA  
COORDINATOR OF INTERNATIONAL COOPERATION,  
BRAZIL'S MINISTRY OF AGRARIAN DEVELOPMENT AND FAMILY FARMING

# 05 Cities and Urban Systems



# Turning strategy into everyday policy at the municipal level

Cities have been among the earliest and most practical adopters of EAT's frameworks, because they can move quickly from ambition to implementation. Through procurement, public meals, and planning, urban governments can translate science into measurable change. EAT helped cities build the tools to do exactly that: baselines, target-setting, menu and procurement guidance, and shared learning structures.



The C40 Good Food Cities Accelerator, developed with EAT's support, grew to include 16 cities — among them New York, London, Lima, Tokyo, and Milan — representing over 130 million residents. Signatory cities committed to work towards just and resilient food systems within planetary boundaries by 2030.

In Copenhagen, city agencies partnered with EAT, the Potsdam Institute for Climate Impact Research and others to establish a baseline for food-related emissions and strengthen procurement standards. School meals and public spaces were transformed to provide healthier options, reduce carbon intensity while improving nutritional quality — demonstrating how science can become everyday policy when cities have the right tools and support.

EAT supported similar efforts across regions. In Mexico City, public food vendors expanded affordable, plant-forward options informed by EAT-*Lancet* guidance. In Jakarta, mayoral directives on sustainable procurement drew on EAT inputs. In Nairobi, school feeding programs piloted new menu-planning approaches that improved micronutrient coverage while lowering emissions.

# A growing urban movement

## 16

The C40 Food Systems Network provides technical support and peer learning, helping local governments learn faster, avoid reinventing the wheel, and build confidence to go further. Practical tools, including dashboards and scenario planning, helped city teams translate targets into strategy and track progress.

**C40 Good Food Cities**

## 130M+

**residents represented**

## 12

**cities in 2025 Resilient Food Systems Accelerator**

## 330

**MUFPP cities**

In 2025, the C40 Resilient Food Systems Accelerator launched to expand this work, with 12 signatory cities across Africa, Asia, and South America committing to action around Planetary Health Diet-aligned goals.

Aligning urban food procurement to the Planetary Health Diet: As of December 2025, five of the C40 Good Food Cities have already achieved significant progress, with Milan, Copenhagen, and New York City achieving reductions in food-related emissions from public food procurement of 34%, 32%, and 29%, respectively. Across the full sample of 7 cities, procurement of high-emission foods has declined – meat by 14%, eggs by 7%, and dairy by 17% – while plant-based foods have increased substantially (+44%). [Click here](#) to read more on the latest commitments and impacts from the C40 Good Food Signatory Cities.



# 06 Business and Finance

# Shaping private markets and the flow of capital

EAT's science helped shift what responsible business looks like in the food sector, from a focus on safety and supply chains alone to a wider view that includes health, climate, nature, land use, and equity. That shift now shows up in strategy, product design, procurement, and increasingly, investment.

The clearest signals are in retail. Lidl International has committed to aligning its entire portfolio with the Planetary Health Diet across 31 countries by 2050, with interim targets to increase healthy food sales by 80% and fruit and vegetable sales by 35%. Ahold Delhaize has set time-bound targets to grow plant-based protein sales. Neither commitment came from a direct partnership with EAT — which makes them more significant, not less. They reflect the private sector reaching for science-based direction that connects human and planetary health in a single, usable benchmark.

**“Partnering with EAT represents an important step forward in our ambition to promote more conscious eating practices for people and the planet. By combining EAT’s scientific leadership with Sodexo’s global reach and expertise, we can help turn ambition into action.”**

**“ SOPHIE BELLON**  
CHAIRWOMAN OF SODEXO’S BOARD OF DIRECTORS  
AND CHIEF EXECUTIVE OFFICER



# 80%

**Lidl increase  
healthy food  
sales by 2025**

The pattern extends across sectors. EAT's science has directly informed work with Sodexo on sustainable menu design, and with Marks & Spencer and Carrefour on procurement standards. Companies including Google Food have used the framework to redesign institutional food environments. Nestlé and others have moved in compatible directions, reflecting the broader uptake of the science EAT helped put into circulation. The influence also reaches small and medium-sized enterprises, demonstrating that frameworks can travel without direct partnerships in every market.

# 35%

**Lidl increase  
vegetable sales  
by 35% by 2026**

Capital is also starting to move. Swedish venture capital firm Gullspång Re:Food has built its entire investment framework around the EAT-Lancet Commission and the Planetary Boundaries — using them as the scientific foundation for identifying where capital can drive genuine transformation. It is an early but telling signal: when a scientific framework becomes the basis for investment logic, it stops being a reference point and starts becoming market infrastructure. More investors are waking up to food systems as both a systemic risk and a structural opportunity, and the language and frameworks EAT helped establish are increasingly part of how that case is being made.

The Good Food Finance Network (GFFN) has been central to this shift. Convened by EAT together with the FAIRR Initiative, Food Systems for the Future, UNEP, and WBCSD — and in close collaboration with the World Bank, UNCTAD, and others — the GFFN brings together high-level leaders and technical experts from finance, business, and the public sector to mobilize investment and develop finance solutions for sustainable food systems. Its work has helped move food finance from a peripheral consideration to a recognized discipline, with commitments from financial institutions and governments now aligned around shared frameworks for measuring and directing capital toward food systems transformation.



A photograph of a person walking up a grassy hillside, carrying two large woven baskets on a shoulder pole. The person is wearing a light blue long-sleeved shirt, dark shorts, and a wide-brimmed hat. The hillside is covered in green grass and some small plants. In the background, there are trees and a clear sky. Overlaid on the right side of the image are several thick, teal-colored, curved lines that resemble a stylized 'S' or a series of overlapping loops.

# 07 Making the Economic Case

# Turning hidden costs into investable logic

Food systems change does not happen without an economic story that finance ministries, regulators, and investors can recognize and act on. The Food System Economics Commission (FSEC), convened by EAT, PIK, and FOLU, brought together economists, scientists, and policy experts to answer a deceptively simple question: what is the true cost of our food?

# \$15T

in hidden annual costs  
of current food systems

# \$10T

estimated annual net  
benefits by 2050

Food systems change does not happen without an economic story that finance ministries, regulators, and investors can recognize and act on. The Food System Economics Commission (FSEC), convened by EAT, PIK, and FOLU, brought together economists, scientists, and policy experts to answer a deceptively simple question: what is the true cost of our food?

The answer was stark. Current food systems generate more damage than value — over \$15 trillion in hidden costs every year — driven by malnutrition and chronic disease, climate damage, nutrient pollution, and biodiversity loss. That is not a development problem. It is a macroeconomic one.

The Commission also made the investment case. Achieving a transformation pathway requires around \$500 billion per year in additional investments and transfers — significant, but modest compared to both the scale of hidden costs being absorbed today and the returns on offer. The FSEC estimates that transforming food systems could generate net benefits of \$5–10 trillion per year once fully implemented, through avoided health costs, reduced climate damage, restored ecosystems, and more productive and resilient food economies. The question is not whether we can afford to transform food systems. It is whether we can afford not to.

# \$500b

## of global GDP required annually for transformation

**“This research shows that equitable transformation of global food systems can bring benefits to the health of people, planet and economies. By encouraging and increasing access to sustainable healthy diets, world leaders have an opportunity to save millions of lives, trillions of dollars, and the natural resources on which we depend. WHO is committed to supporting all countries and development partners to reshape the food environment and ensure food systems deliver health for all.”**

These findings have helped move food systems transformation from a “nice-to-have” agenda to a serious risk-management and fiscal priority — relevant to how governments assess long-term resilience, how central banks think about systemic exposure, and how investors weigh value. By making hidden costs visible, quantifying the investment required, and demonstrating the magnitude of the economic upside, the FSEC gave finance ministries and capital markets a language they recognize. Food is no longer only a health or environment story. It is a balance sheet story too.

“ TEDROS ADHANOM GHEBREYESUS  
DIRECTOR-GENERAL OF THE  
WORLD HEALTH ORGANISATION



# 08 The Case for Influence

Collaboration has never been a constraint of scale for EAT. It has been the strategy. From the first *EAT-Lancet* Commission to the Communities for Action, every major milestone in this report was built with others: across scientific disciplines, institutional boundaries, and sectors that do not normally share a table. That is not incidental to the impact, it is the mechanism of it. A small organization changes systems not by accumulating resources but by helping the right people move together, faster and further than they would alone.

EAT's decade of work demonstrates that a small organization can help shape systems at scale, not by growing bigger, but by staying focused, independent, and genuinely collaborative.

From the science to the convenings, from the communications campaigns to the coalitions, everything EAT has done has been built with others. That was never a necessity of scale. It was a philosophy. We always believed in building longer tables, not higher walls — that the only way to shift a system as complex and consequential as food is to bring more people in, not keep them out. Every Commission, every Forum, every policy brief and city partnership in this report reflects that conviction.

The most consequential influence is structural: when ideas, language, and frameworks start showing up in policies, budgets, standards, and everyday decisions, they shift what is possible,

expected, and funded. That is what happened here. The Planetary Health Diet became a global benchmark. Food systems transformation entered mainstream policy and business discourse. The economic case for change reached finance ministries. Cities moved from ambition to procurement. Investors built frameworks. And rigorous, independent science held the center throughout — not because EAT insisted on it, but because partners across every sector chose to use it.

As EAT concludes operations in 2026, the ideas, standards, and coalitions built over this decade are already in the world — embedded in governance frameworks, business strategies, and a growing global movement that now extends far beyond any single organization. That is the deeper meaning of influence: it does not depend on permanence or ownership. It endures when evidence becomes a reference point, and when others carry it forward.

**That is the deeper  meaning of influence.**

**Not abstract.  Not accidental.**

**Designed. Delivered. Enduring. **

# Thank you

# Takk

A decade of impact is never the work of one organization. It is built through collaboration, trust, and shared commitment — and we are grateful to everyone who has been part of it.

To our founding and long-term partners and donors: thank you for the vision and courage to back a new kind of organization, and for the sustained commitment that made the work possible.

To our Board, Advisory Board, and Special Advisors: your guidance, challenging questions, and fierce protection of our independence kept us rigorous, honest, and ambitious in equal measure.

To our partners across science, policy, cities, business, finance, communications and civil society: this report documents our shared work. The impact belongs to all of us.

And to the EAT team — past and present: your dedication, creativity, and belief in this mission have been the engine behind everything in these pages. This is your legacy.

# A Decade of Impact

## 2013

EAT founded as an initiative under the Strawberry Foundation by Gunhild Stordalen, Johan Rockström, and the Stockholm Resilience Centre.

## 2014

Inaugural Stockholm Food Forum establishes a global arena for food systems dialogue, bringing together heads of state, ministers, scientists, C-suite business leaders, investors, farmers, indigenous groups, and activists.

## 2015–2016

EAT commissions the scientific foundations for the *EAT-Lancet* Commission, convening 37 scientists across 16 countries. Wellcome Trust joins as a founding partner. EAT is formally established as a Norwegian non-profit foundation.

## 2017–2018

Commission science undergoes peer review and final drafting. EAT deepens city engagement through early work with C40. First corporate engagement on Planetary Health Diet benchmarks begins.

## 2019

The *EAT-Lancet* Commission publishes the first global synthesis connecting nutrition science and planetary boundaries, introducing the Planetary Health Diet. Coverage reaches 118 countries; cities begin adopting the framework.

## 2021

EAT chairs Action Track 2 on sustainable consumption at the UN Food Systems Summit. The Blue Food Assessment brings aquatic foods into the healthy diets and sustainable production conversation. The Good Food Finance Network launches as a pilot.

## 2022

*EAT-Lancet* findings embedded as core scientific references in the Kunming-Montreal Global Biodiversity Framework (COP15), setting binding global nature targets through 2030.

## 2024

The Food System Economics Commission Global Policy Report quantifies \$15 trillion in hidden annual costs of current food systems and makes the economic case for transformation, reaching finance ministries and central banks at scale.

## 2025

The 2025 *EAT-Lancet* Commission on Healthy, Sustainable, and Just Food Systems published. Stockholm Food Forum 2025 convenes 750+ participants. Communities for Action launch globally. TikTok Main Ingredient Programme generates 295M+ views in Brazil alone.

## 2026

EAT's Norwegian foundation concludes operations. The standards, language, tools, and coalitions built over a decade are embedded in institutions and partnerships that now extend well beyond any single organization.

# Projects and Initiatives Overview

Project/Initiative	50-Word Summary	Website Link
EAT Communities for Action	Sector-specific groups launched in 2025 bringing together 700+ individuals and 350 organizations across the food system value chain. Ten communities identified priority actions aligned with EAT-Lancet recommendations through dialogues, resulting in sector-specific Action Briefs capturing practical solutions and collaboration opportunities.	<a href="https://eatforum.org/initiative/eat-communities-for-action/">https://eatforum.org/initiative/eat-communities-for-action/</a>
Food Trails	EU-funded Horizon 2020 project enabling 11 European cities to develop and implement sustainable, healthy, and inclusive food policies. The four-year initiative concluded in October 2024, creating evidence-based living labs for urban food system transformation aligned with EU Food2030 priorities.	<a href="https://eatforum.org/initiative/food-trails/">https://eatforum.org/initiative/food-trails/</a>
Dietary Shift Competition (DISH)	Collaborative project between EAT, GAIN, and FOLU identifying context-specific solutions to promote dietary shifts in Kenya and Indonesia. The 2024 competition sourced 10-14 integrated solutions aligned with the EAT-Lancet Commission and Planetary Health Diet recommendations. Concluded March 2025.	<a href="https://eatforum.org/initiative/dietary-shift-competition-dish/">https://eatforum.org/initiative/dietary-shift-competition-dish/</a>
EAT-C40 Food Systems Network	Partnership between EAT and C40 supporting nearly 50 cities in addressing food system challenges through five focus areas: sustainable diets, regenerative agriculture, food distribution, waste reduction, and governance. Advances climate action by sharing knowledge and experiences across cities worldwide.	<a href="https://eatforum.org/initiative/eat-c40/">https://eatforum.org/initiative/eat-c40/</a>
FEAST	Five-year Horizon Europe project (2022-2027) bringing together 15 European countries and 35 partners to design solutions supporting dietary transitions. Directly partners with communities, cities, and governments to implement place-specific strategies for sustainable food systems transformation across Europe.	<a href="https://eatforum.org/initiative/feast/">https://eatforum.org/initiative/feast/</a>

Project/Initiative	50-Word Summary	Website Link
Food and Land-Use Coalition (FOLU)	Self-governing coalition of 30+ organizations established in 2017 to transform global food and land use systems. Uses EAT- <i>Lancet</i> dietary guidelines and planetary boundaries to develop science-based targets and pathways for policy, regulatory, and business transformation in priority countries.	<a href="https://eatforum.org/initiative/food-and-land-use-coalition/">https://eatforum.org/initiative/food-and-land-use-coalition/</a>
Shifting Urban Diets	Three-year EIT Climate-KIC funded project demonstrating how EAT- <i>Lancet</i> science translates into local urban action. Working with Copenhagen and partners, the initiative operationalizes food system targets, establishes baselines and science-based metrics for cities to reduce emissions and improve health.	<a href="https://eatforum.org/initiative/shifting-urban-diets/">https://eatforum.org/initiative/shifting-urban-diets/</a>
CO-CREATE	EU Horizon 2020-funded initiative creating inclusive intergenerational space for youth and decision-makers to co-create solutions. Provides free digital and physical tools with five-step processes enabling collaboration on food, health, and physical activity policy across generations and sectors.	<a href="https://eatforum.org/initiative/co-create-dialogue-forum/">https://eatforum.org/initiative/co-create-dialogue-forum/</a>
Global Call for Startups	Competition for early-stage ventures transforming food systems to promote health, sustainability, and social justice. Over 300 startups applied (March-April 2025); five winners representing different value chains and geographies selected to present at Stockholm Food Forum alongside investors and policymakers.	<a href="https://eatforum.org/initiative/global-call-for-startups/">https://eatforum.org/initiative/global-call-for-startups/</a>
Good Food Finance Network (GFFN)	Multi-stakeholder collaborative platform convened by EAT, FAIRR Initiative, Food Systems for the Future, UNEP, and WBCSD. Network of finance leaders, technical experts, and agropreneurs combining resources to promote investment and finance solutions for sustainable food systems transformation.	<a href="https://eatforum.org/initiative/good-food-finance-network/">https://eatforum.org/initiative/good-food-finance-network/</a>
EAT Move Sleep	Launched in 2015 as collaboration between Norwegian Football Association (NFF), EAT, and Bama to inspire children and youth toward healthier lifestyle choices. Research from Norwegian Institute of Public Health assessed sports clubs' ability to influence youth behavior through diet, exercise, and sleep messaging.	<a href="https://eatforum.org/initiative/eat-move-sleep/">https://eatforum.org/initiative/eat-move-sleep/</a>

**Food systems**

The full chain of production, processing, distribution, consumption, and waste — including the policies and power structures that shape it.

**Planetary boundaries**

Scientific thresholds in Earth system processes that keep conditions stable for human societies. Transgressing them risks abrupt or irreversible environmental change.

**Planetary Health Diet**

A flexible, evidence-based pattern of eating — not a single prescribed menu — that supports both human health and environmental sustainability within planetary boundaries. Designed to be culturally adaptable while maintaining consistent nutritional and environmental logic.

**Food environment**

The conditions that shape what people eat, including price, availability, marketing, and social norms. A central reason why food choices cannot be reduced to individual willpower alone.

**True cost accounting**

An economic approach that accounts for the hidden costs and benefits of food production, including health impacts, environmental damage, and social consequences that do not appear in market prices.

**Influence**

The movement of ideas into decisions, and decisions into changed defaults. Not soft power or persuasion, but structural change: when language, frameworks, and standards start appearing in policies, budgets, and everyday decisions.

ABOUT EAT

# Our people drive change in the global food system

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WHERE

OSLO, NORWAY

WHAT

FOOD SYSTEMS

WHO

STRAWBERRY FOUNDATION  
STOCKHOLM RESILIENCE CENTRE  
POTS-DAM INSTITUTE FOR CLIMATE IMPACT  
RESEARCH (PIK)