

Welcome!
The Webinar Will Begin Shortly

**Dietitians Driving Change:
Navigating Healthy, Sustainable Diets**

December 7, 2023



The background of the slide shows a close-up of two hands holding a white bowl filled with food. The hands are positioned in the center of the frame. In the background, there are stacks of white bowls and other food items, suggesting a food service or community event. The lighting is warm and slightly blurred, focusing attention on the hands and the bowl.

Dietitians Driving Change: Navigating Healthy, Sustainable Diets

December 7, 2023



WELCOME!

Amari Thomsen, MS, RDN

*Sr Scientist II, Nutrition & Regulatory Affairs
Nutrition Communications
Clif Bar*



HOUSEKEEPING

Questions

- Time has been reserved at the end of the presentation for Q&A.
- Please click the “**Questions**” icon to submit your questions at any time during the presentation.

Follow-Up and CPE

- Today’s webinar is approved for **1 CPEU (including Ethics*)**! To claim your credits, complete the post-webinar survey.
- The webinar recording, presentation slides and supplementary materials will be available at clifbar.com/nutrition-education.

* The Academy of Nutrition and Dietetics (Academy) and Commission on Dietetic Registration (CDR) are not responsible for the provider's interpretation of the Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession or its enforcement as it relates to the scenarios and content presented in this activity.

LEARNING OBJECTIVES

1. Describe the importance of nutrition recommendations that are both nutritious and sustainable
2. Articulate how to choose foods that consider nutrition, environment, and equity concerns
3. Develop “small shifts” recommendations to help people build healthier, more sustainable diets

SPEAKERS



Sharon Palmer, MSFS, RDN
The Plant-Powered Dietitian



Clancy Cash Harrison MS, RDN, FAND
Founder, The Food Dignity® Movement

The background image shows a food service environment. A person wearing a blue and white striped shirt is handing a white bowl filled with food to another person. The bowl contains what appears to be a salad or a mix of vegetables and protein. In the background, there are stacks of white bowls and other food items, suggesting a busy kitchen or food service area. The lighting is warm and slightly blurred, focusing attention on the hands and the bowl being passed.

Sustainable Food Systems

**Learn how to empower your clients and encourage sustainable diets
in your professional practice**

Sharon Palmer, MSFS, RD

Disclosures

- Co-Founder, Food + Planet
- Nutrition Editor, Today's Dietitian
- Nutrition Advisor, Oldways
- Nutrition Consultant, CannedBeans.org
- Adjunct Faculty, Prescott College Sustainable Food Systems Masters Program
- Speaker Support, Clif Bar



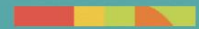
A Responsibility to People and Planet

- As health professionals, we care deeply about nourishing people.
- But we can't take care of people, without caring for the planet and ensuring adequate access of safe, healthy diets for all.
- The planet is getting hotter and more crowded.
- How are we going to feed an increasing population without destroying our natural resources: land, water, air, soil, wildlife?
- Increasingly, we are learning that what you put on your plate can be the most significant impact an individual can make over their lifetime.
- Food and nutrition and health care professionals are instrumental in helping the public shift their diets to a more sustainable eating pattern.



Ojai Farmers Market, Sharon Palmer

2023 *Sustainability and Food Insights* Dietitian Survey



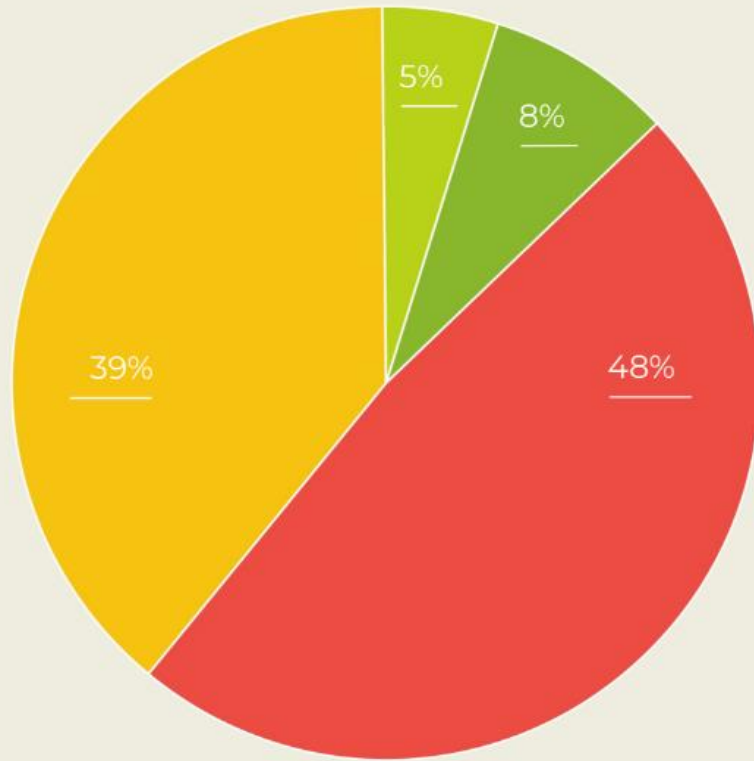
NOVEMBER 8, 2023

FOOD + PLANET

Today's Dietitian

- Conducted by Food + Planet in collaboration with Today's Dietitian, Johns Hopkins Center for a Livable Future
- Survey duration: April 28-May 24, 2023
- Total Questions: 18
- Primary Population: RDs/RDNs in the U.S.
- N = 1,161

Q How much education on sustainable food systems have you received? (choose one)



FOOD+PLANET  **Today'sDietitian**

2023 Sustainability and Food Insights Survey, Food + Planet

- Informal or no training
- Semi-formal (online courses, webinars, CPEs)
- Internship (RDN, DTR)
- Advanced degree (BS, MS, PhD)

Almost half (48%)
of RDs have
informal
sustainability
training or no
training at all.

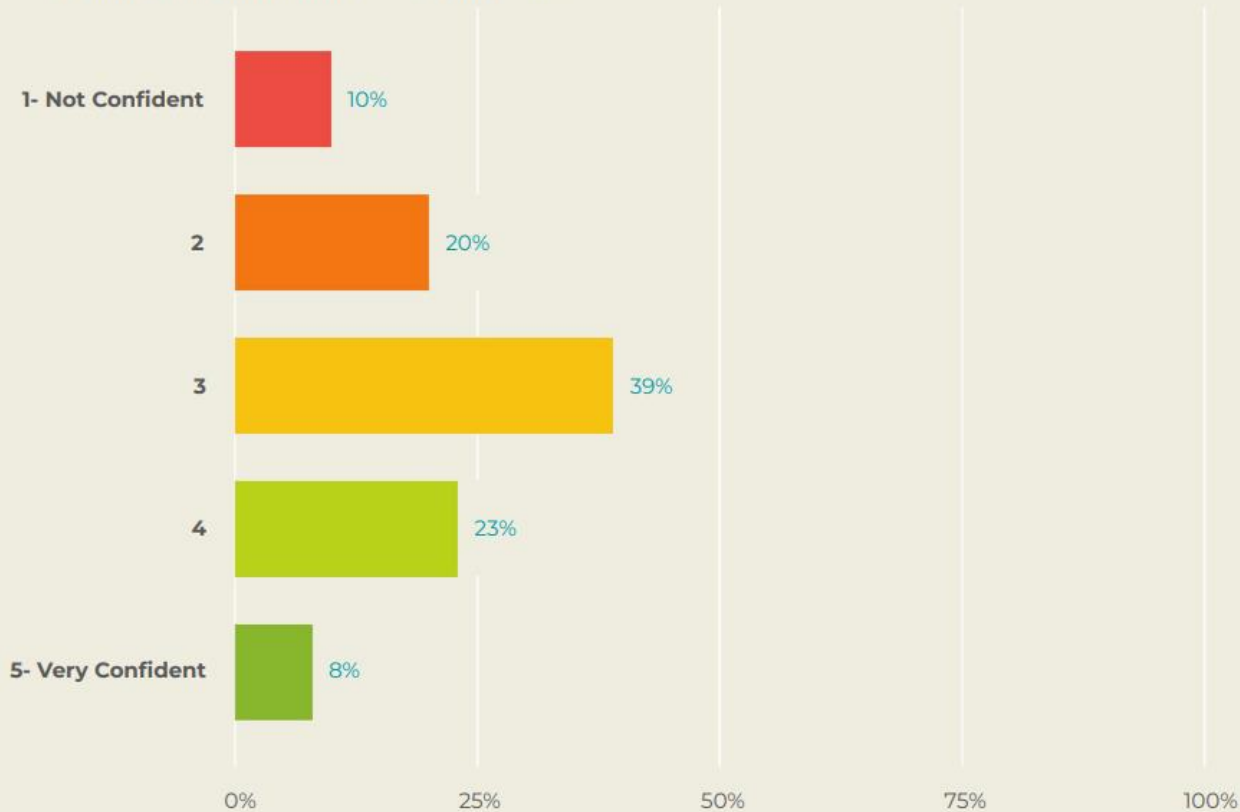
Over 9 in 10 (95%) RDs believe they should be involved in sustainability, yet many don't incorporate it in their work.



FOOD + PLANET  **Today's Dietitian**

2023 Sustainability and Food Insights Survey, Food + Planet

Q. How confident do you feel in your ability to provide guidance on sustainable food choices to your clients, patients, or audiences?
(1 = Not Confident through 5 = Most Confident)

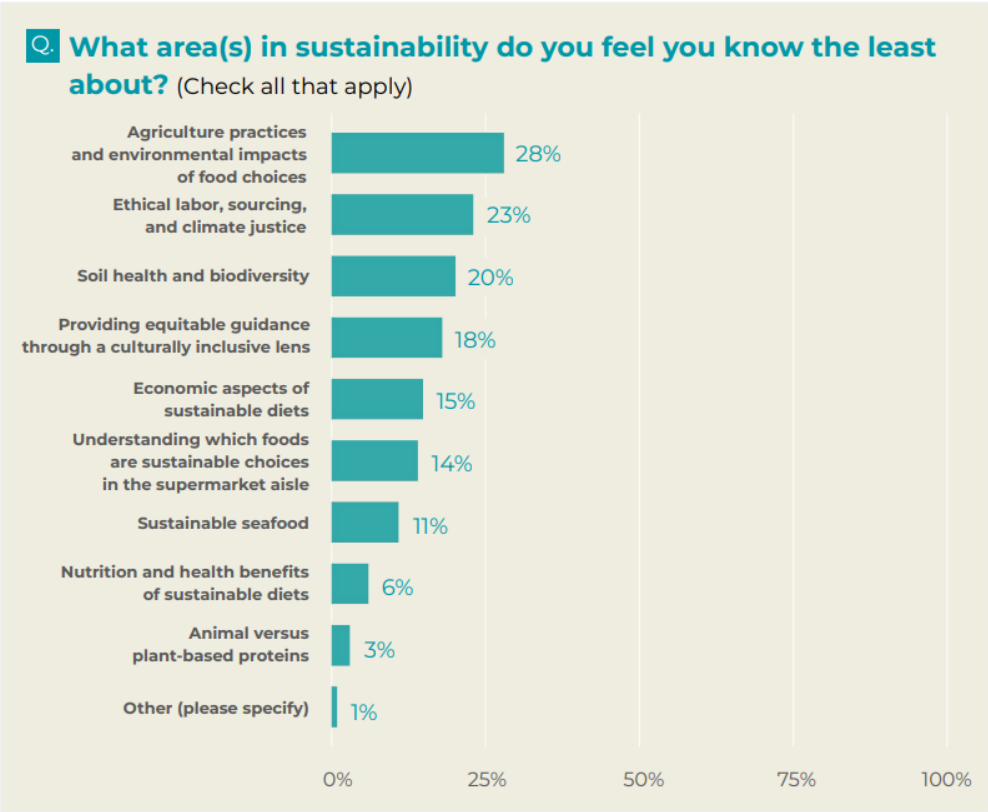
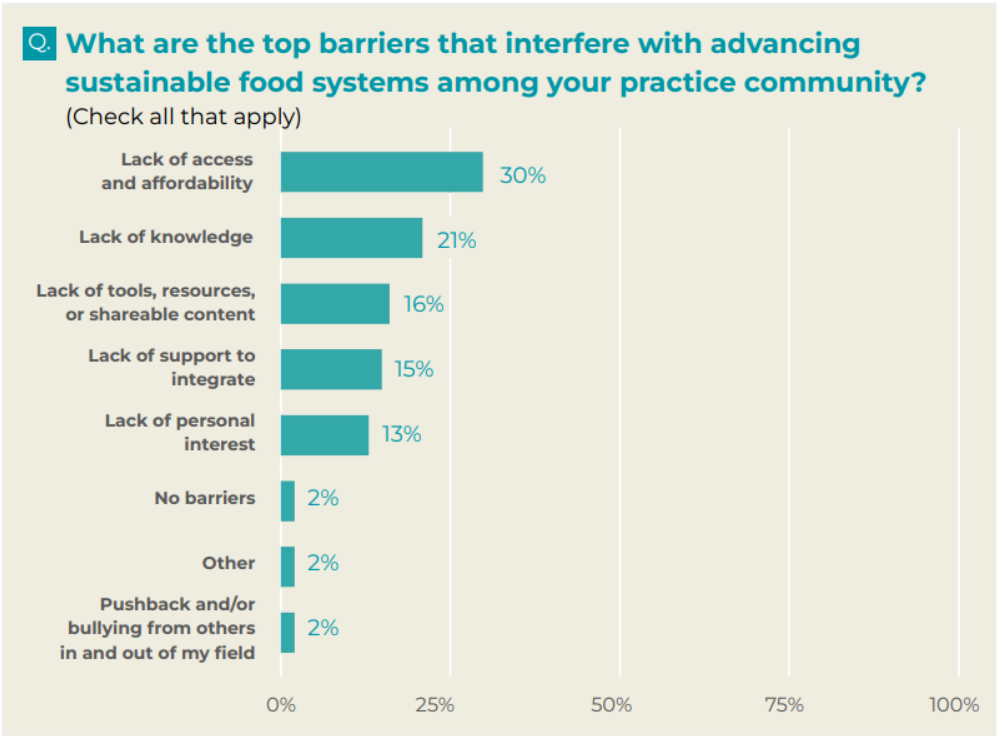


FOOD + PLANET  **Today's Dietitian**

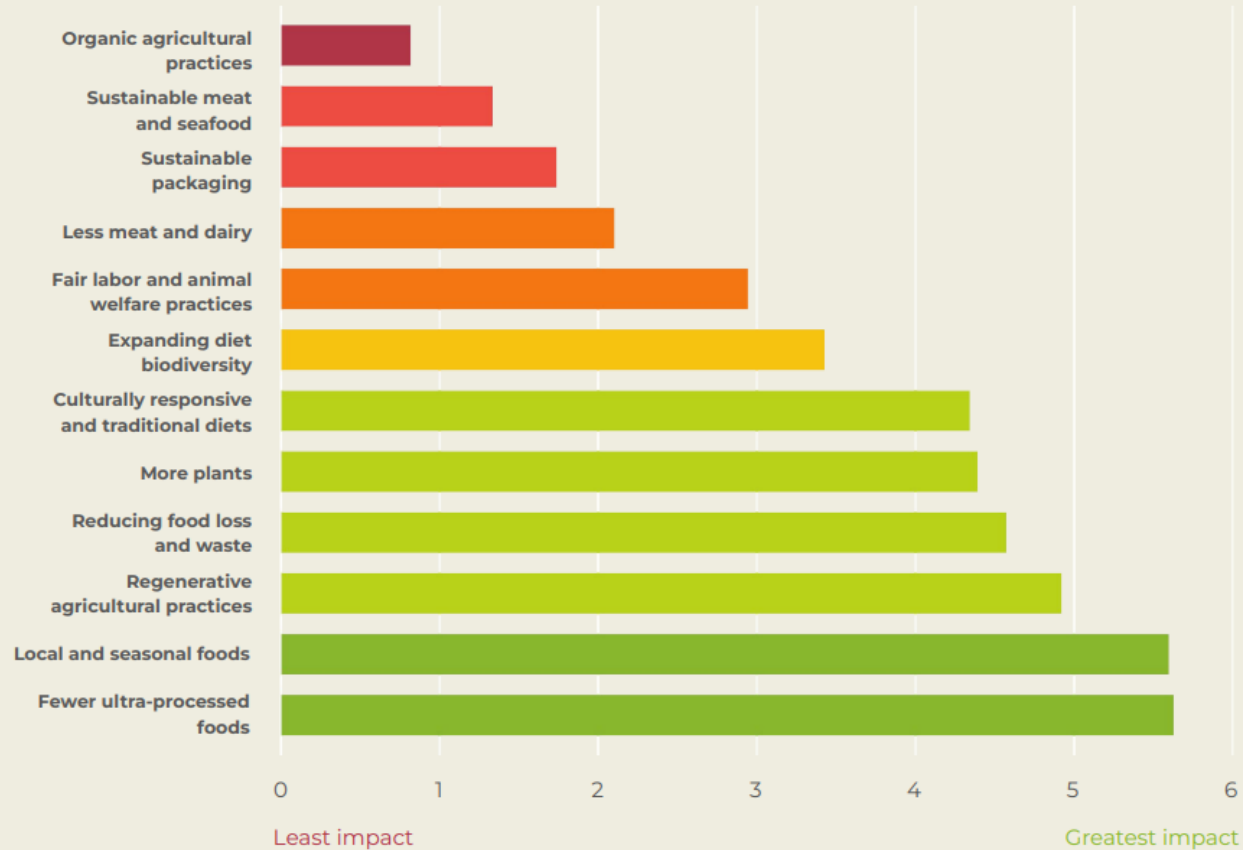
2023 Sustainability and Food Insights Survey, Food + Planet

**Only 4 in 10 RDs
rate themselves
moderately
confident in
providing
guidance on
sustainable food
choices.**

More than 9 in 10 RDs report barriers to advancing sustainability.



Q When guiding people toward sustainable diets, rank the following strategies in order of 1 - greatest impact to 12 - least impact.



FOOD + PLANET  Today's Dietitian

2023 Sustainability and Food Insights Survey, Food + Planet

RDNs' views of sustainability priorities differ from that of global emerging consensus areas

Why RDs Must Help Our Audiences Expand and Evolve Their Lens



Sociocultural

Sustainable diets respect the welfare and rights of individuals, communities, cultures, animals and the environment.

Animal Welfare
Standards

Food Justice
& Sovereignty

Culturally
Appropriate

Health
Equity

Economic

Sustainable diets require economies that balance people, planet and profits.

Responsible
Governance

Ethical Labor
& Sourcing

Affordable
Food Options

Circular
Economy



4 DIMENSIONS Sustainable Diet Framework

Planetary

Sustainable diets emerge from agricultural practices that are in harmony with the environment.

Water, Land
& Soil Use

Climate-Smart
Agriculture

Resilient
Agroecological
Practices

Biological
Diversity

Nutrition

Sustainable diets support human health through their quality, diversity, safety and accessibility.

Diet Quality
& Diversity

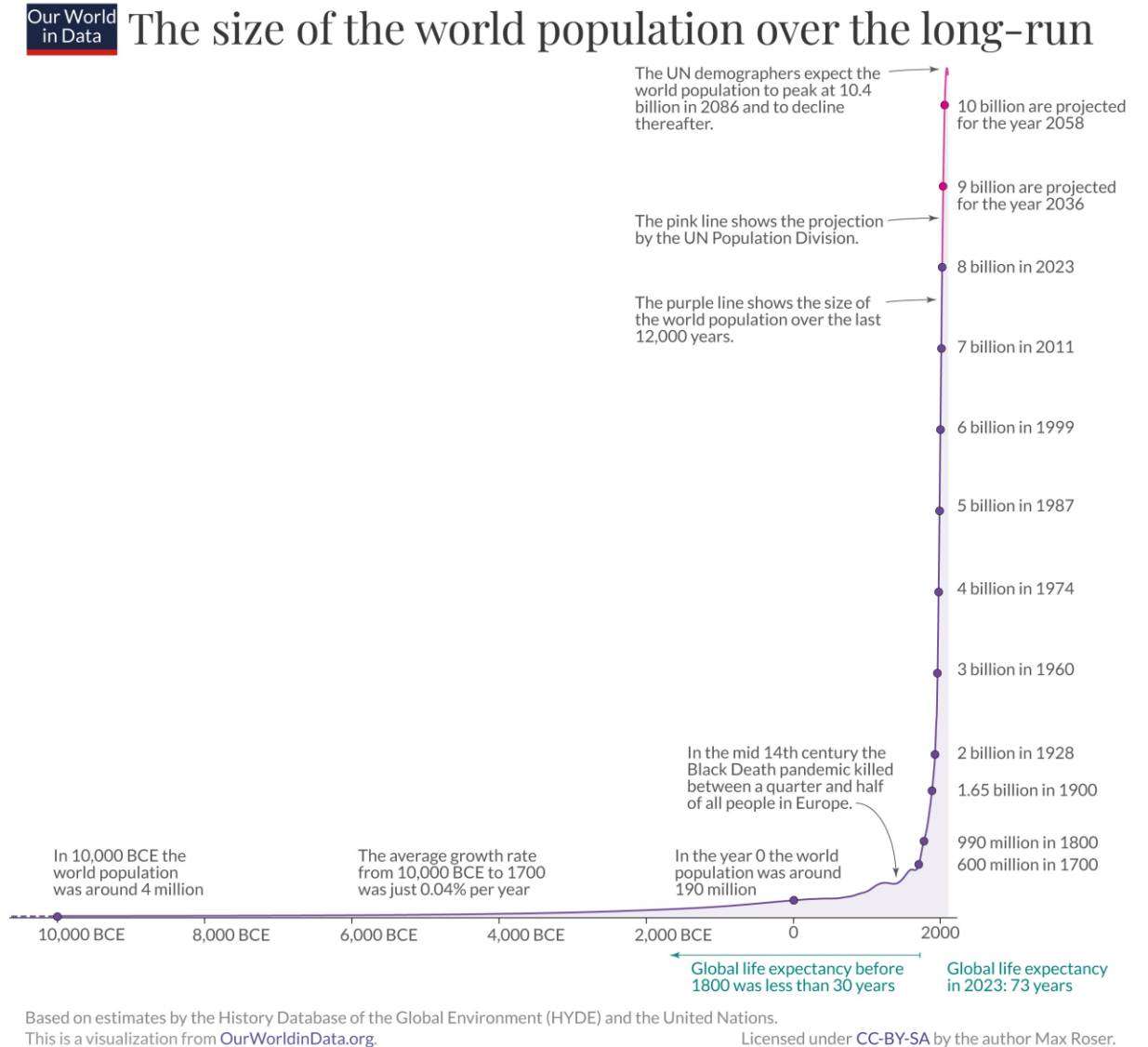
Food &
Nutrition Security

Food System
Safety

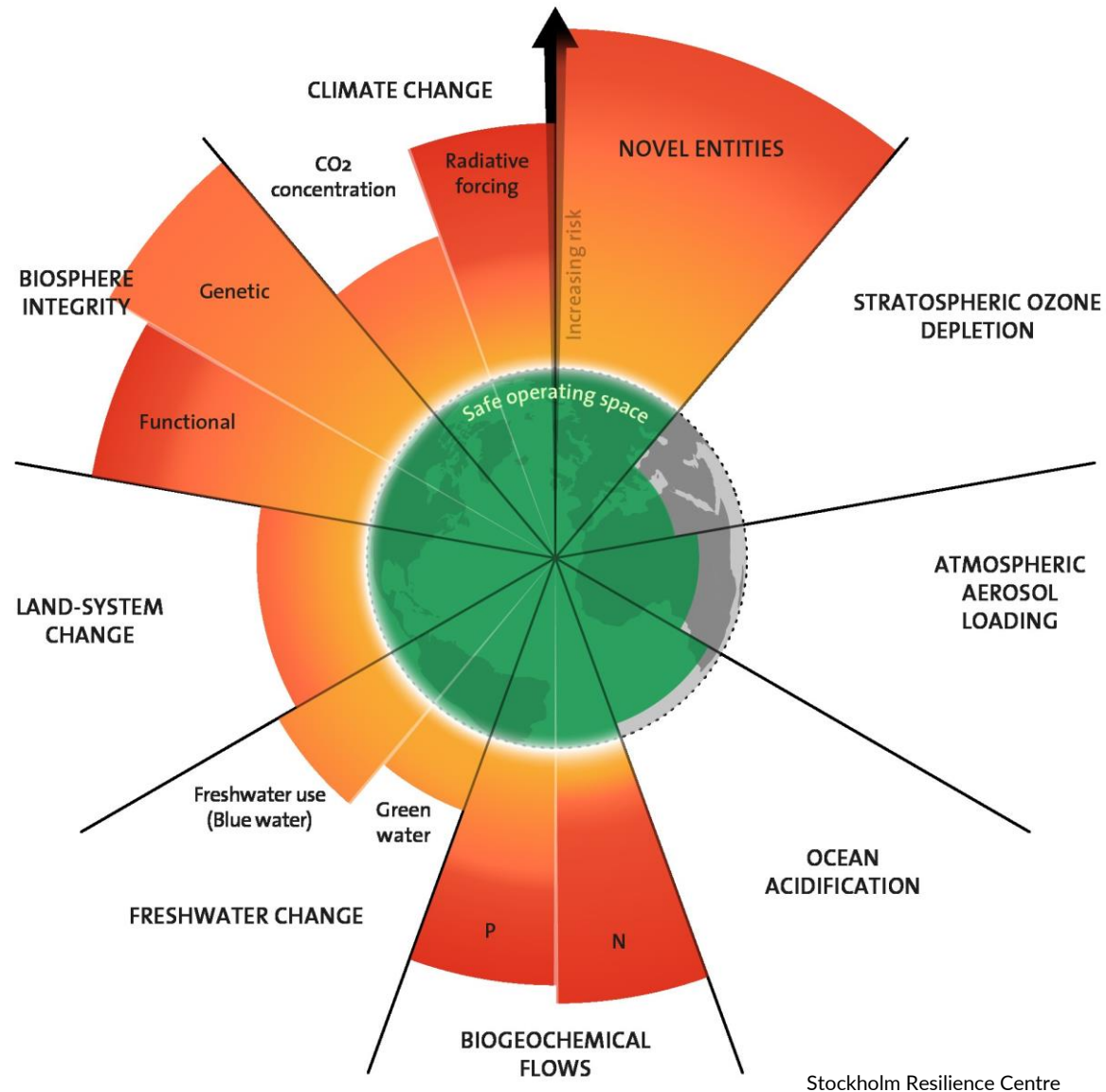
Optimized
Health Outcomes

A Crowded Planet

Food-calorie production will need to expand by 70% to keep up with a global population that's forecast to grow to 9.7 billion by 2050. (WRI)



Tipping Point: Planetary Boundaries



- 7 of 9 planetary boundaries, within which humanity can continue to thrive, linked to our food system.
- Climate change, reaching a tipping point—must limit to 1.5 C above pre-industrial levels (IPCC).

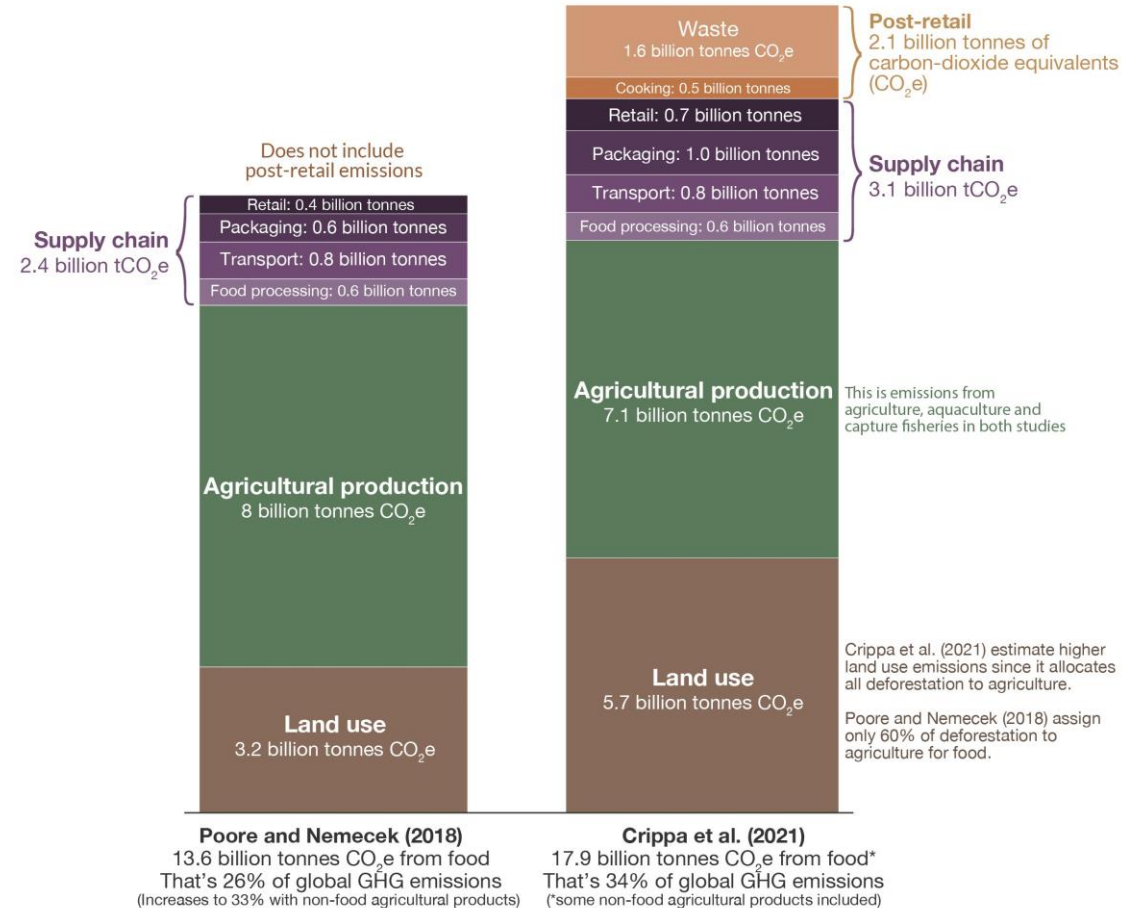
The Environmental Cost of Feeding a Growing Planet

Feeding the world devastates terrestrial, aquatic ecosystems, drains water resources, drives climate change. (Science, 2018)

How much of global greenhouse gas emissions come from the food system?

Our World
in Data

Shown is the comparison of two leading estimates of global greenhouse gas emissions from the food system. Most studies estimate that food and agriculture is responsible for 25% to 35% of global greenhouse gas emissions.



Food Production Threatens Natural Ecosystems

- Food system responsible for **32%** terrestrial acidification, **78%** eutrophication.
- Farm stage of food chain makes up **61%** of foods' GHGe.
- Using **43%** world's ice- and desert-free land for agriculture.
- **Leading** cause of deforestation, biodiversity loss, and soil and water pollution.
- Accounts for nearly **70%** of all human water use.
- **80%** of world's fisheries fully exploited, over-exploited or collapsed.



Ojai, California, my happy place! Sharon Palmer

(Science, 2018; Front Sustain Food Syst, 2018; Oceaneos)

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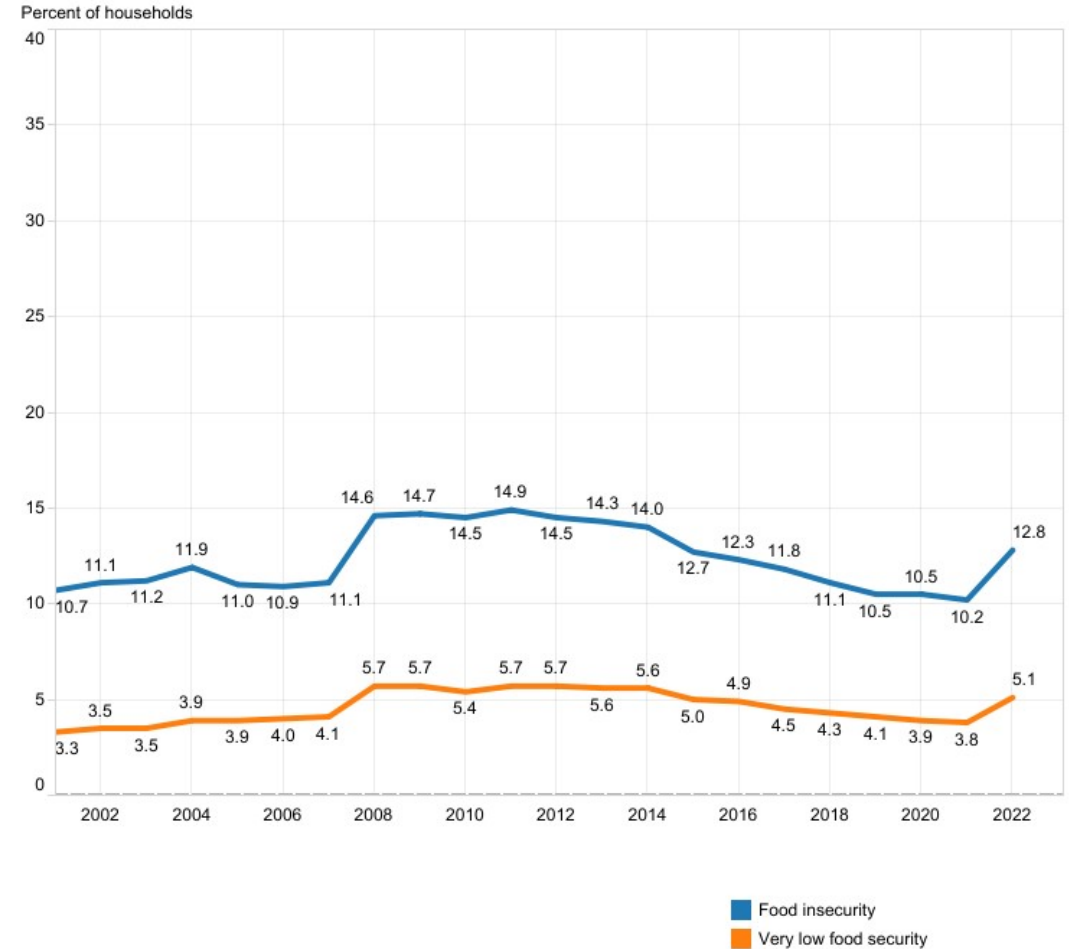
Optimized
Health Outcomes

Unintended Human Health Impacts

- Our food system evolved to produce food and calories in **abundance**.
- Global agrifood system imposes huge hidden costs on health, environment & society (**+\$10 trillion/y=10% global GDP**).
- Biggest hidden costs (+70%): **unhealthy diets**, leading to obesity & NCDs, labor productivity losses. Impacts most high- and upper-middle-income countries.
- Up to **783 M people** around world and **~13% of US households** are food insecure.

(FAO, 2023; USDA, 2023; FAO, State of Food Agriculture, 2023; World Food Programme)

Trends in the prevalence of food insecurity and very low food security in U.S. households, 2001–22



Source: USDA, Economic Research Service calculations using Current Population Survey Food Security Supplement data.

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A Right to Food Justice

An economic focus of sustainable diets

- 14% of US workforce in food industry, the largest private sector employer.
- 83% US farmworkers are Hispanic, of which 69% born in Mexico, 24% born in US.
- Food workers use SNAP benefits at over double the rate of all other US workers.

(National Academies Press, 2015; Food Chain Workers Alliance, 2016)



California farm workers, Sharon Palmer

Consider the True Cost of Food

- Food is about 30% cheaper than if environmental, economic, human externalities in food system were embedded in market prices. Spend \$1.1 T/yr on food in US.
- The greatest driver of unaccounted costs is human health (\$1.1 T), and planetary health (GHGe, biodiversity costs) is second (\$900 B).
- Disproportionately impacts POC; low-income countries hardest hit; associated with poverty & undernourishment.

(Nature, 2021; Rockefeller Foundation)

ACTION: Look for foods that carry trusted seals or certifications to indicate they were produced with people and the planet in mind.



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A Right to Healthy Culturally Appropriate Diets

"Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies."

Declaration of Nyéléni, the first global forum on food sovereignty, Mali, 2007



Sharon Palmer

"Though the need for food unites us all, access to healthy food and the ability to fully participate in the food system is often divided along racial and ethnic lines."

Burke, J. D., & Spiller, K. A., 2015



DECLARATION OF NYÉLÉNI

27 February 2007

Nyéleni Village, Sélingué, Mali

We, more than 500 representatives from more than 80 countries, of organizations of peasants/family farmers, artisanal fisher-folk, indigenous peoples, landless peoples, rural migrants, pastoralists, forest communities, women, youth, consumers, environmental movements have gathered together in the village of Nyéléni in Sélingué, Mali to strengthen a global movement for food sovereignty. We are doing this, back by back, have been living in huts constructed by hand in the local tradition, and eating food that is being produced and prepared by the Sélingué community. We give our collective endeavour the name "Nyéléni" as a tribute to and inspiration from a legendary Malian peasant woman who farmed and fed her peoples well.

Most of us are food producers and are ready, able and willing to feed all the world's peoples. Our heritage as food producers is critical to the future of humanity. This is especially so in the case of women and indigenous peoples who are historical creators of knowledge about food and agriculture and are devolved. But this heritage and our capacities to produce healthy, good and abundant food are being threatened and undermined by neo-liberalism and global capitalism. Food sovereignty gives us the hope and power to preserve, recover and build on our food producing knowledge and capacity.

Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations. It defends the interests and inclusion of the next generation. It offers a strategy to resist and dismantle the current corporate trade and food regime, and directions for food, farming, pastoral and fisheries systems determined by local producers. Food sovereignty prioritises local and national economies and markets and empowers peasant and family farmer-driven agriculture, artisanal - fishing, pastoralist-led grazing, and food production, distribution and consumption based on environmental, social and economic sustainability. Food sovereignty promotes transparent trade and guarantees just income to all peoples and the rights of consumers to control their food and nutrition. It ensures that the rights to use and manage our lands, territories, waters, seeds, livestock and biodiversity are in the hands of those of us who produce food. Food sovereignty implies new social relations free of oppression and inequality between men and women, peoples, racial groups, social classes and generations.

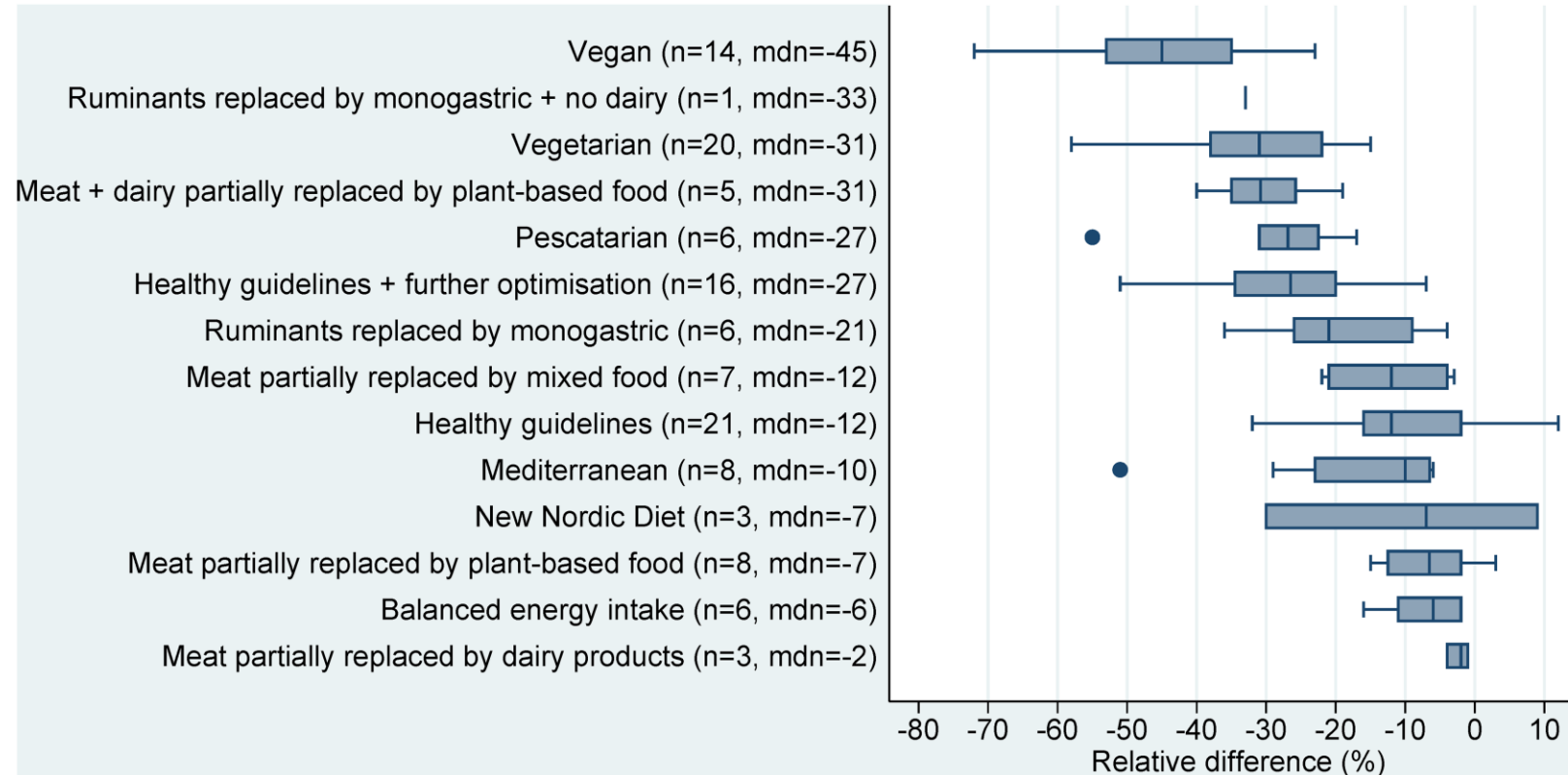
In Nyéléni, through numerous debates and interactions, we are deepening our collective understanding of food sovereignty and learned about the reality of the struggles of our respective movements to retain autonomy and regain our powers. We now understand better the tools we need to build our movement and advance our collective vision.

Embrace The Power of Traditional, Cultural Diets



What Can Dietitians Do?

Encourage Sustainable Eating Patterns



PloS, 2016

Prioritize Plant-Based Options

Product Group	Representative Product	Land Use (m ² /kg)	Water Use (L/kg)	GHG Emissions (kg CO ₂ eq/kg)	Eutrophication Potential (gPO ₄ eq/kg)
Meat	Pork meat	17.36	1796.00	7.00	76.38
	Beef meat	326.21	1451.00	60.00	301.41
	Poultry meat	12.22	660.00	6.00	48.70
Fish	Fish (farmed)	8.41	3691.00	5.00	235.12
Dairy	Milk	8.95	628.00	3.00	10.65
	Cheese	87.79	5605.00	21.00	98.37
	Butter	2.74	4300.00	11.00	124.50
Eggs	Eggs	6.27	578.00	4.50	21.76
Cereal-based products	Bread	3.85	648.00	1.40	7.16
	Pasta	3.85	648.00	1.40	7.16
	Rice	2.80	2248.00	4.00	35.07
Sugar	Sugar	2.04	620.00	3.00	16.92
Oils	Olive oil	26.31	2142.00	6.00	37.26
	Other oils	10.30	416.75	7.00	23.05
Potatoes	Potatoes	0.88	59.00	2.90	3.48
Vegetables	Tomatoes	0.80	370.00	1.40	7.51
	Onions	0.39	14.00	1.20	3.24
	Other Vegetables	0.38	103.00	1.00	2.27
Legumes	Legumes	8.58	327.33	0.70	10.25
Fruits	Apples	0.63	180.00	0.40	1.45
	Oranges	0.86	83.00	0.30	2.24
	Bananas	1.93	115.00	0.70	3.29
	Other Fruits	0.89	154.00	0.50	2.43
Nuts	Nuts	12.96	4134.00	0.30	19.15

Nutrients, 2021

Understand Authoritative Recommendations

The Planetary Health Diet



EAT Foundation, 2019

	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
Whole grains Rice, wheat, corn and other	232	811
Tubers or starchy vegetables Potatoes and cassava	50 (0-100)	39
Vegetables All vegetables	300 (200-600)	78
Fruits All fruits	200 (100-300)	126
Dairy foods Whole milk or equivalents	250 (0-500)	153
Protein sources		
Beef, lamb and pork	14 (0-28)	30
Chicken and other poultry	29 (0-58)	62
Eggs	13 (0-25)	19
Fish	28 (0-100)	40
Legumes	75 (0-100)	284
Nuts	50 (0-75)	291
Added fats		
Unsaturated oils	40 (20-80)	354
Saturated oils	11.8 (0-11.8)	96
Added sugars All sugars	31 (0-31)	120

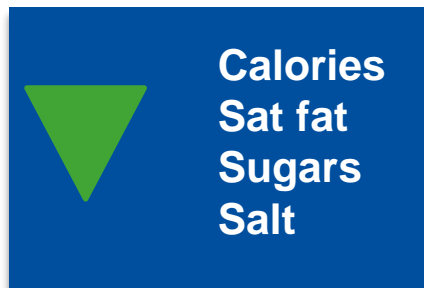
Inspire Small Shifts Toward Sustainable Eating

▼ **31%** GHG emissions

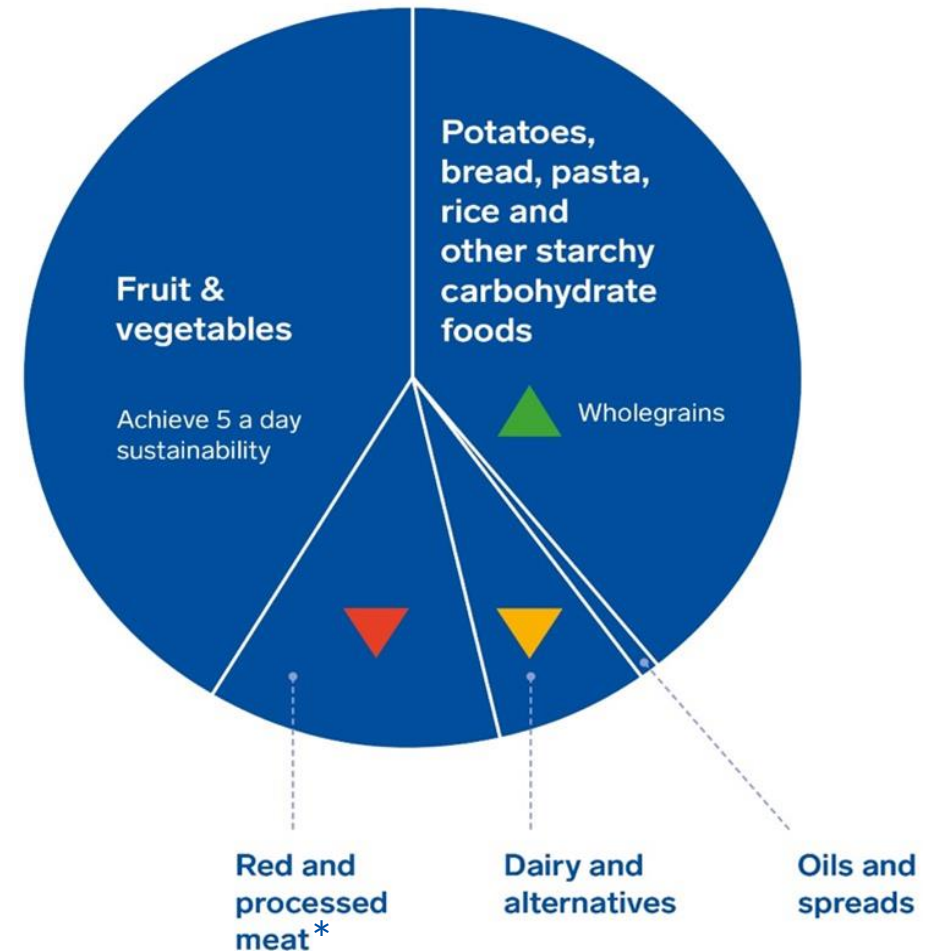
▼ **34%** Land use

▼ **17%** Water use

▲ **17.9m** Years of healthy life



One Blue Dot Toolkit, BDA



Build Your Sustainability Toolbox



- Advance your sustainability knowledge through continuing education, webinars, training programs.
- Enhance your education by enrolling in a graduate level sustainability course.
- Ensure cultural appropriateness by remaining humble and seeking help from diverse colleagues. Refer to Diversify Dietetics.
- Become familiar with landmark SFS reports, such as FAO, WWF, IPCC, WRI, EAT-Lancet.
- Visit a local farm to learn more about agriculture.
- Try cooking with traditional, sustainable ingredients.

Infuse Your Work with Sustainability



- Find opportunities to offer education for clients/patients about the impact of food choices on the health of people and the planet.
- Suggest small changes that lead to a healthier, more sustainable plate among your community.
- Include a wider diversity of sustainable foods in your food service operations.
- Reduce/recover food waste in communities and workplace settings.
- Start a community gardening/composting program at your hospital, school, or community.
- Write or speak about healthy, sustainable diets in your newsletter, blog, social media, or publication.
- Advocate for fair food systems locally, nationally, and globally.
- Vote with your fork!

Thank You!

Follow me & sign up for free newsletters at
The Plant-Powered Dietitian

Blog: SharonPalmer.com

 @SharonPalmerThePlantPoweredDietitian

  @SharonPalmerRD



A photograph of a food service station. A person wearing a blue and white striped shirt is handing a white bowl filled with food to another person. The background is blurred, showing other food bowls and stacks of white containers. The text "Nutrition Equity" is overlaid in large, bold, black font, and "Clancy Cash Harrison MS, RDN, FAND" is overlaid in a smaller, bold, black font below it. A thin black horizontal line is positioned below the text.

Nutrition Equity

Clancy Cash Harrison MS, RDN, FAND

Disclosures

Clancy Cash Harrison

Spokesperson

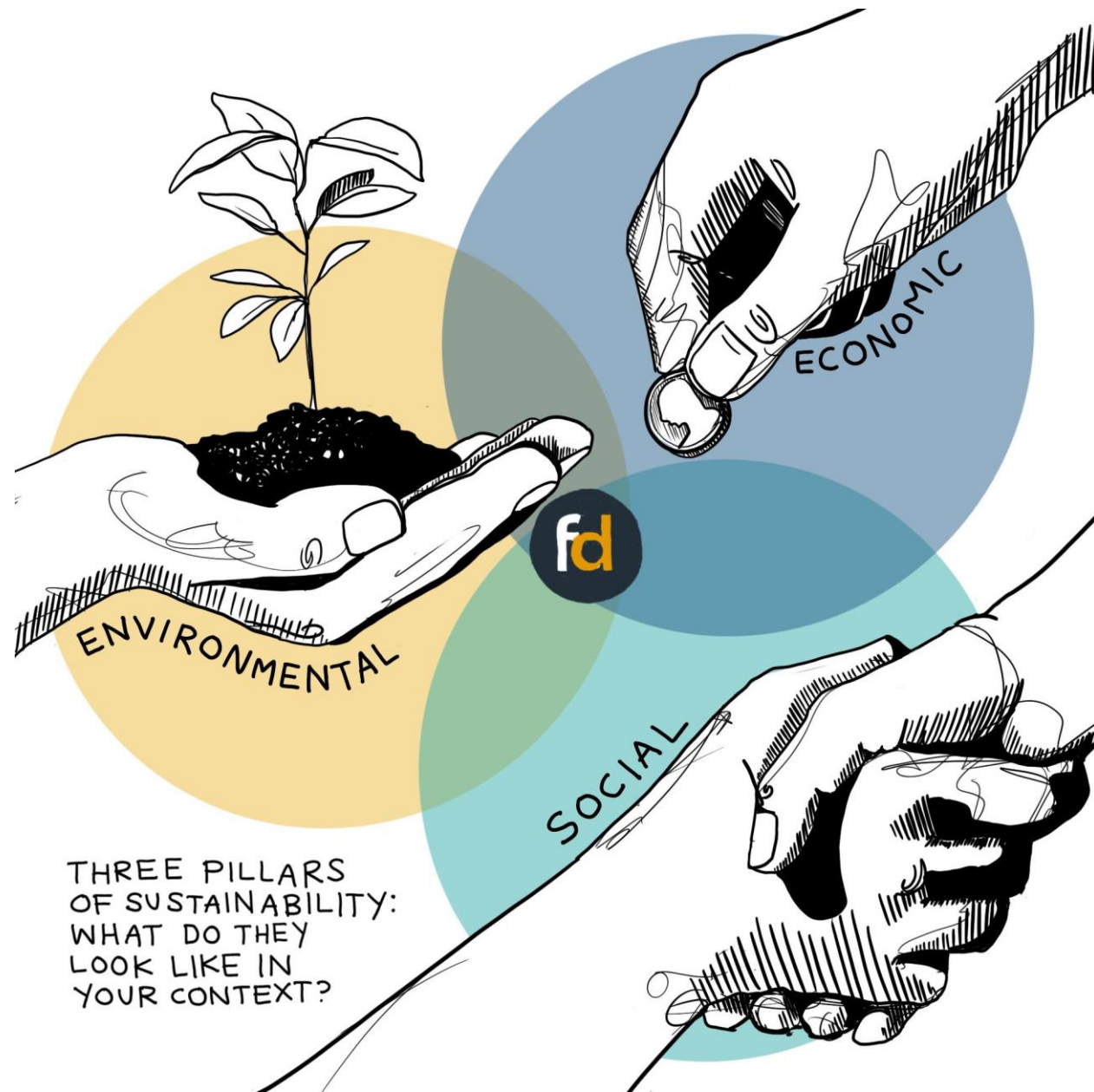
- Clif Bar {Today's Presentation}
- National Dairy Council Ambassador
- National Cattleman's Beef Association
- American Dairy Association Northeast
- Tropicana Brands Group

Board Member

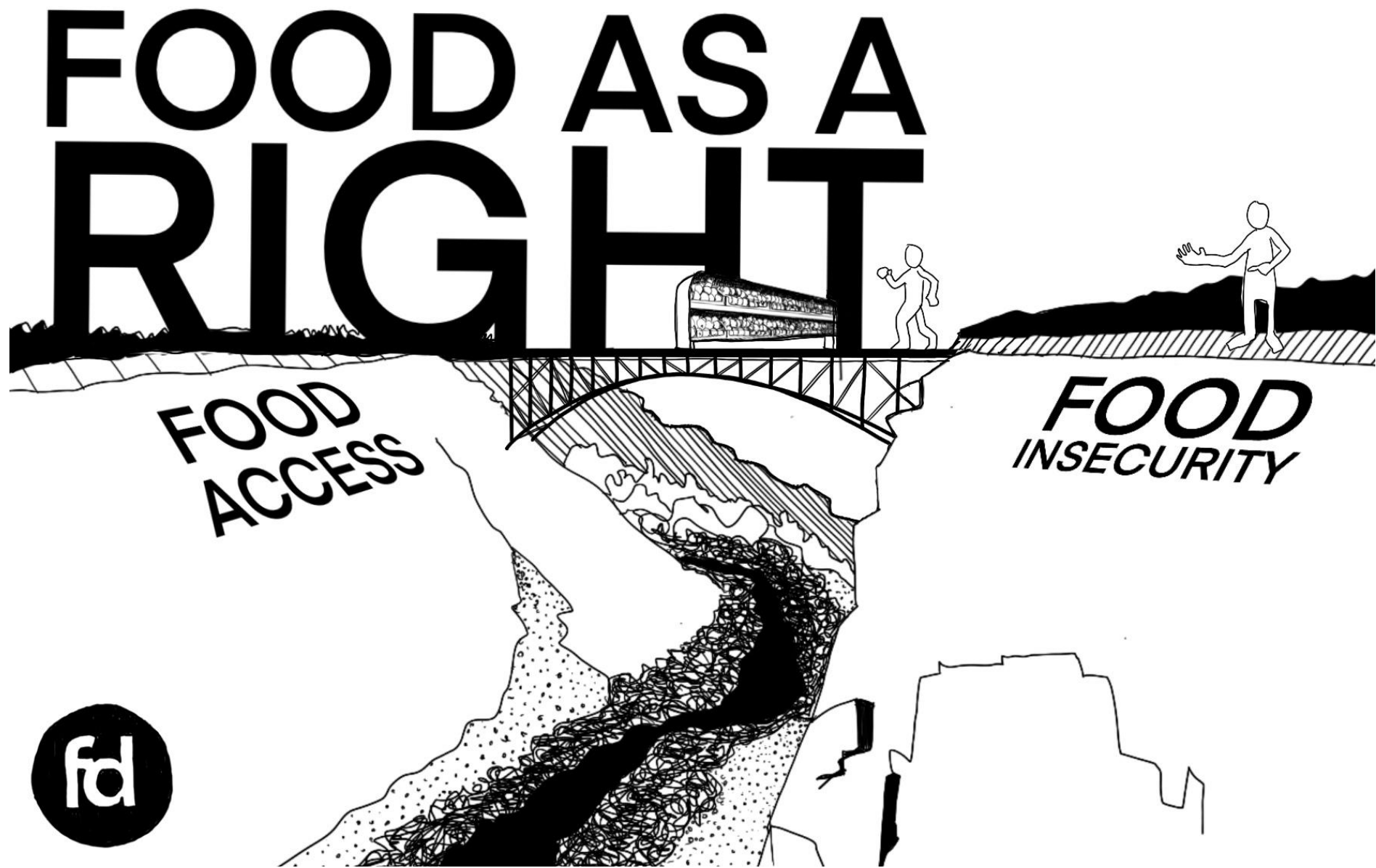
- Food Dignity Movement, Founder and President
- APA Academy Pediatric Association Food Insecurity EPIC Program, Advisor

Author

- Feeding Baby, book
- FoodDignityMovement.org and ClancyHarrison.com



THREE PILLARS
OF SUSTAINABILITY:
WHAT DO THEY
LOOK LIKE IN
YOUR CONTEXT?



**Past President of West
Side Food Pantry
&
Food Dignity® Movement,
Executive Director &
Founder**





Food Snob

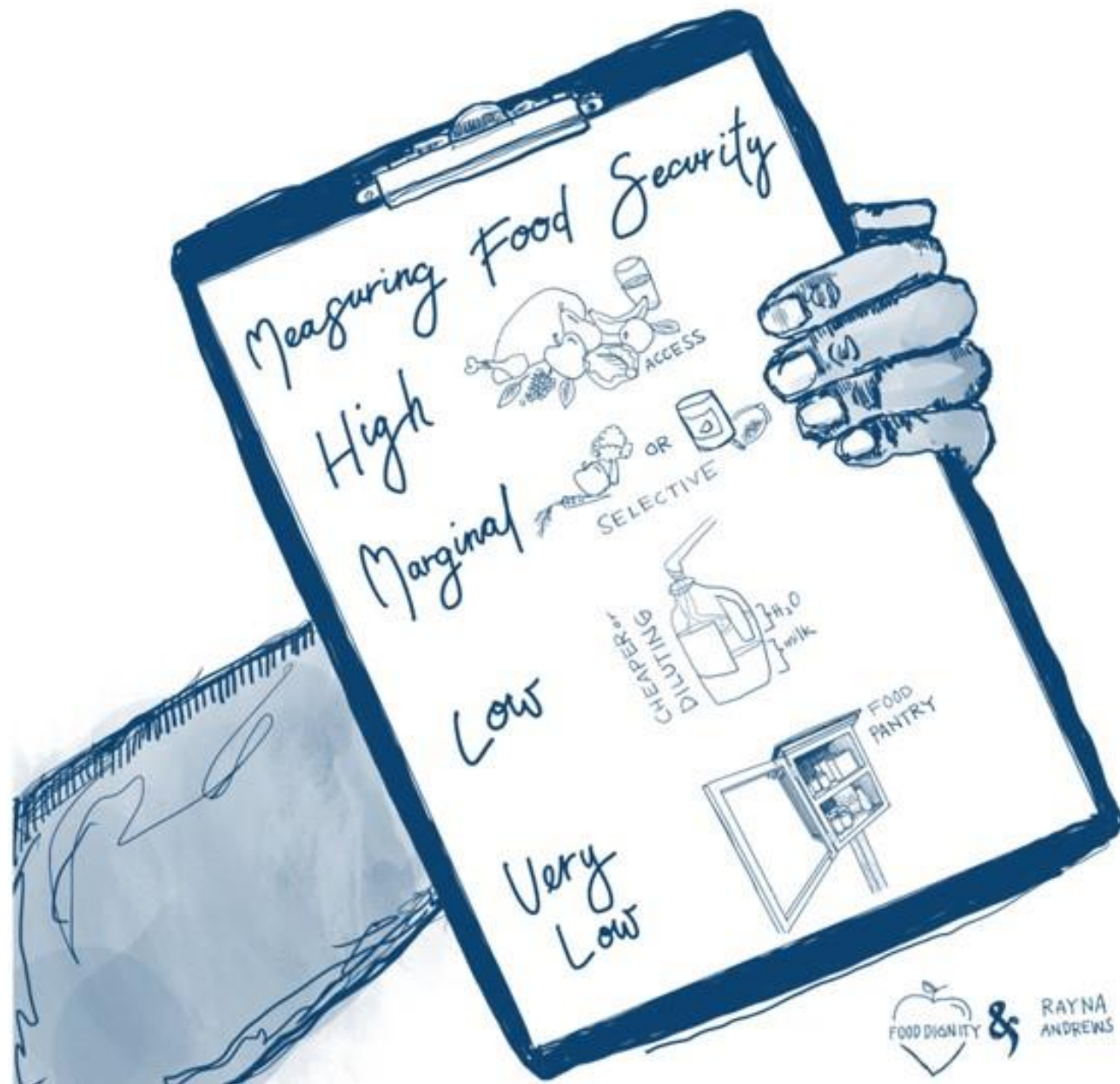
- Projected lived experience
- Made assumptions
- Accepted misconceptions
- Made judgments

**Dietitians hold the
knowledge as experts
in nutrition, but not in
someone's life.**





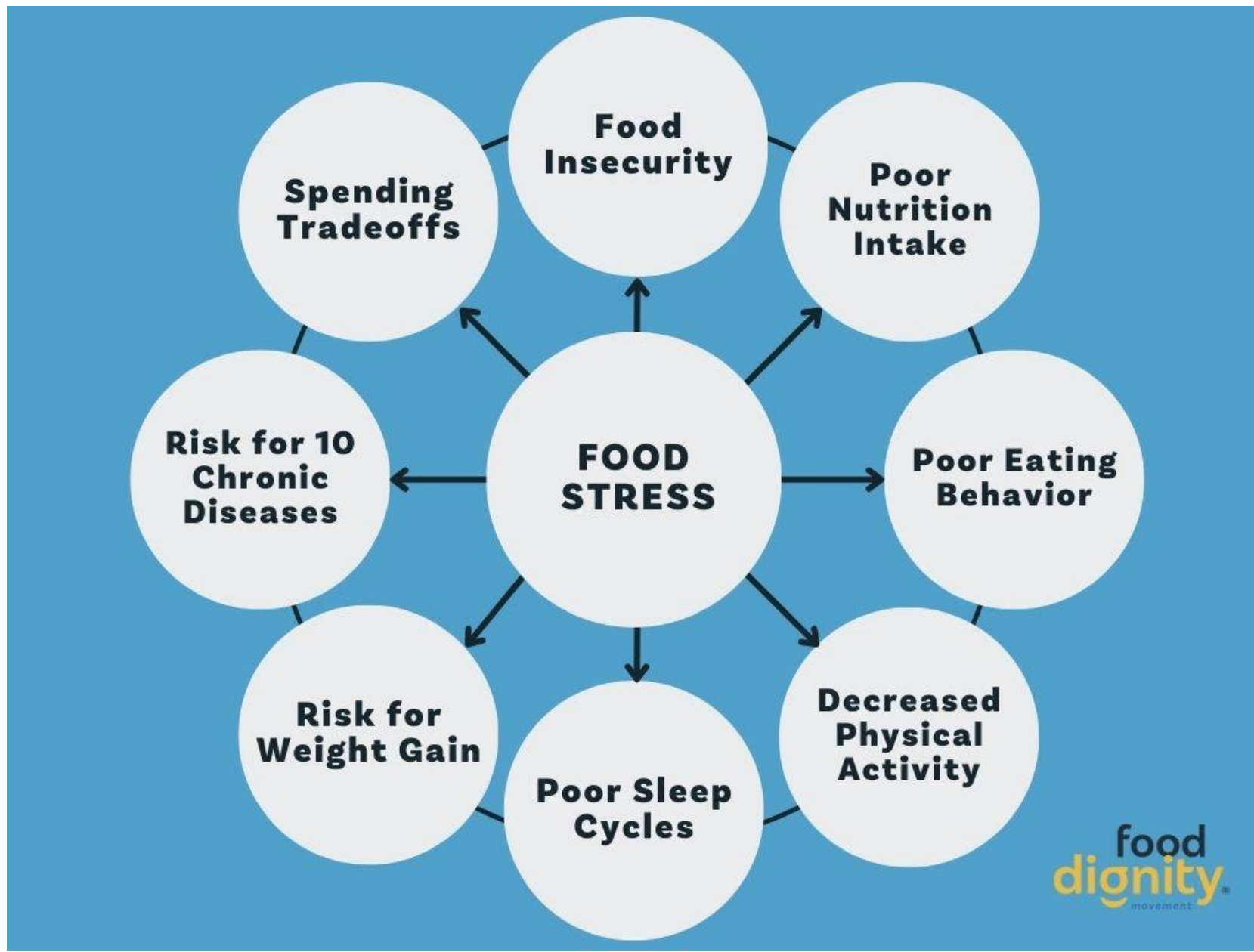
How do you define hunger?



Food Insecurity Impacts Everyone

- Working
- Looking for work
- Disabled
- Ill (mental, physical, emotional)
- Single mothers
- Children
- Elderly
- College students
- Veterans
- People who have been marginalized

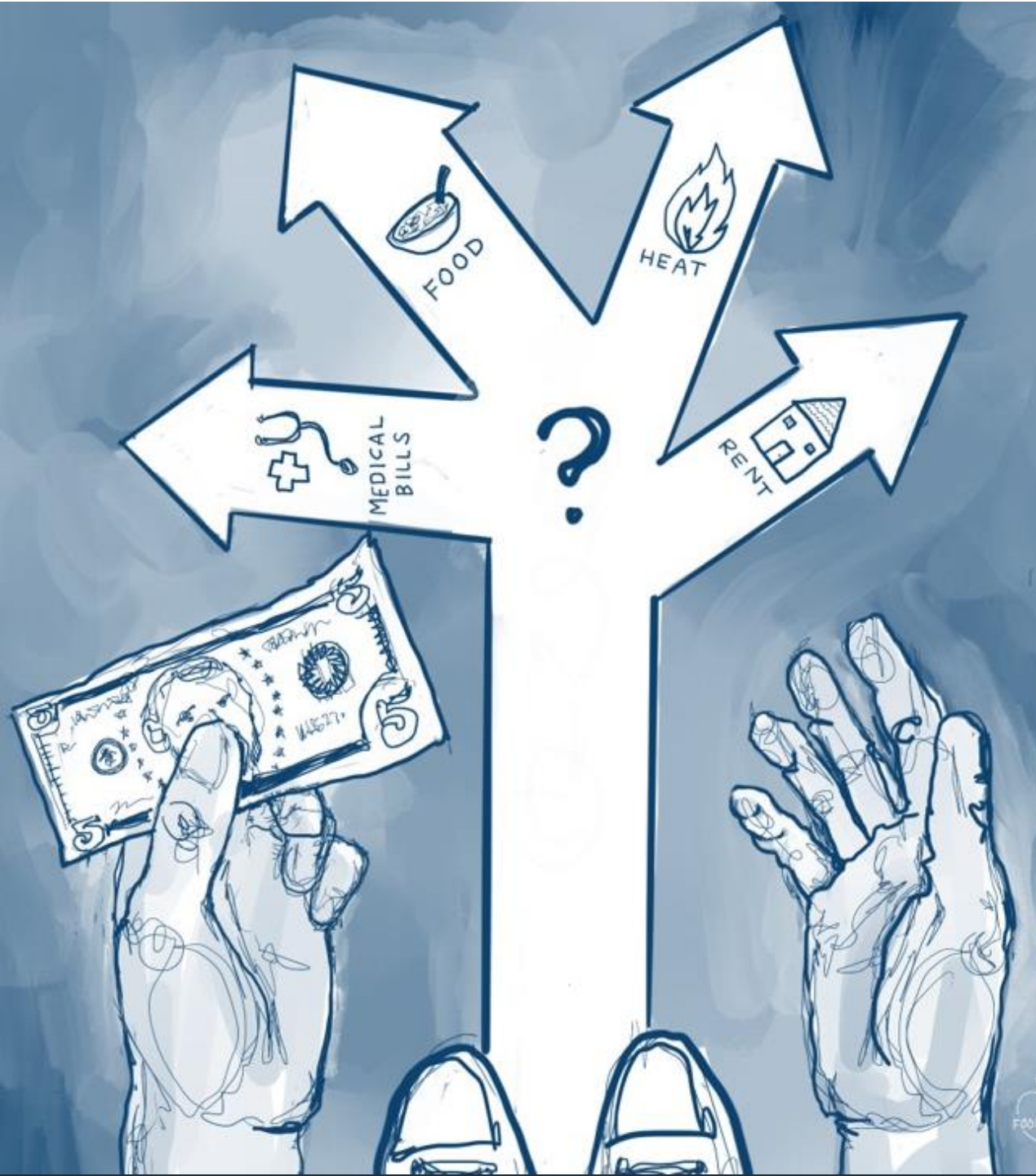




Barriers to Food Access

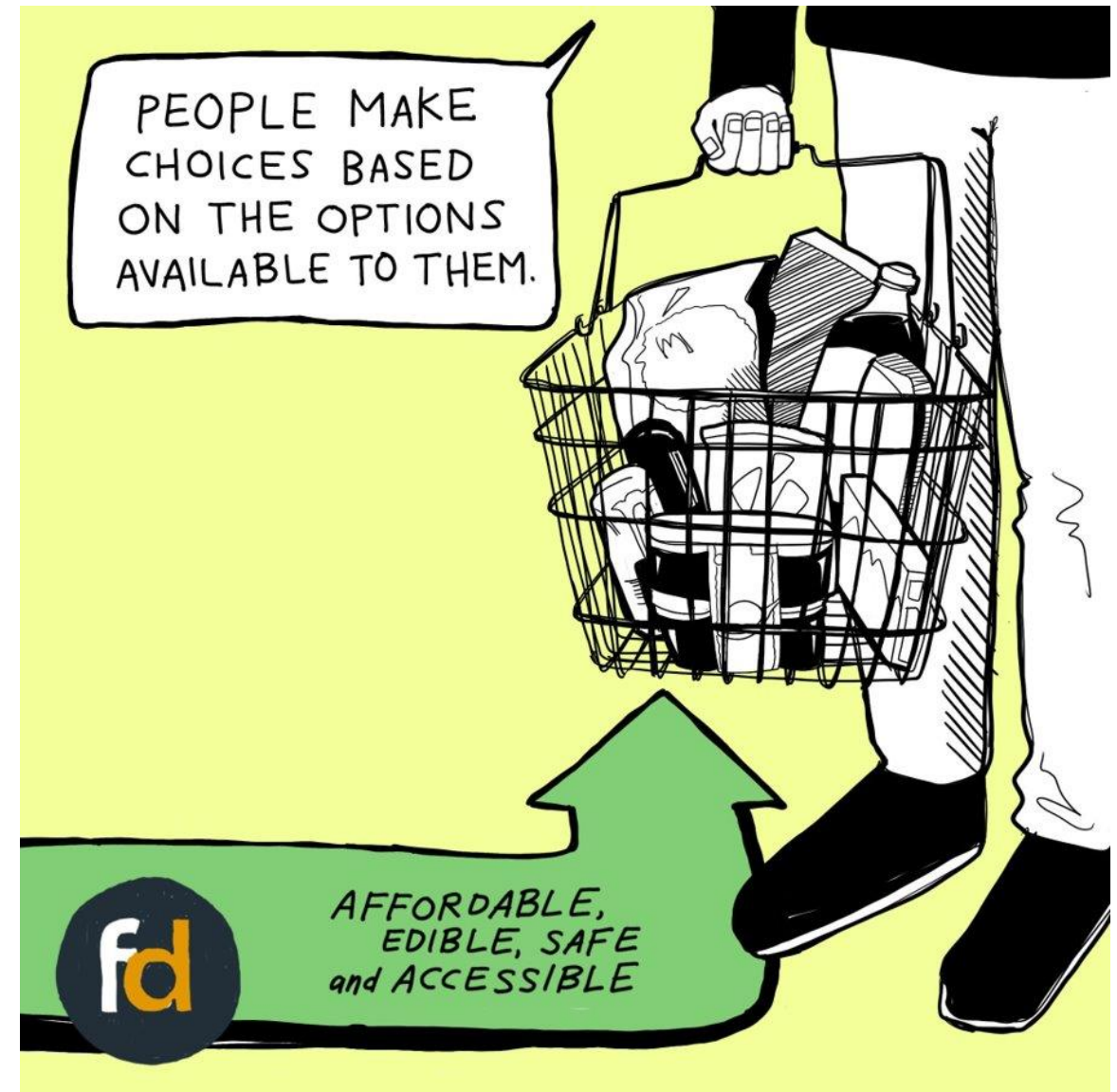
- Stigma/Treatment
- Cooking skills
- Technology
- Institutional racism
- Seasonality of produce
- Transportation
- Location of food retailers
- Types of food retailers
- Food cost
- Cooking equipment
- Medical Diagnosis or Medical History





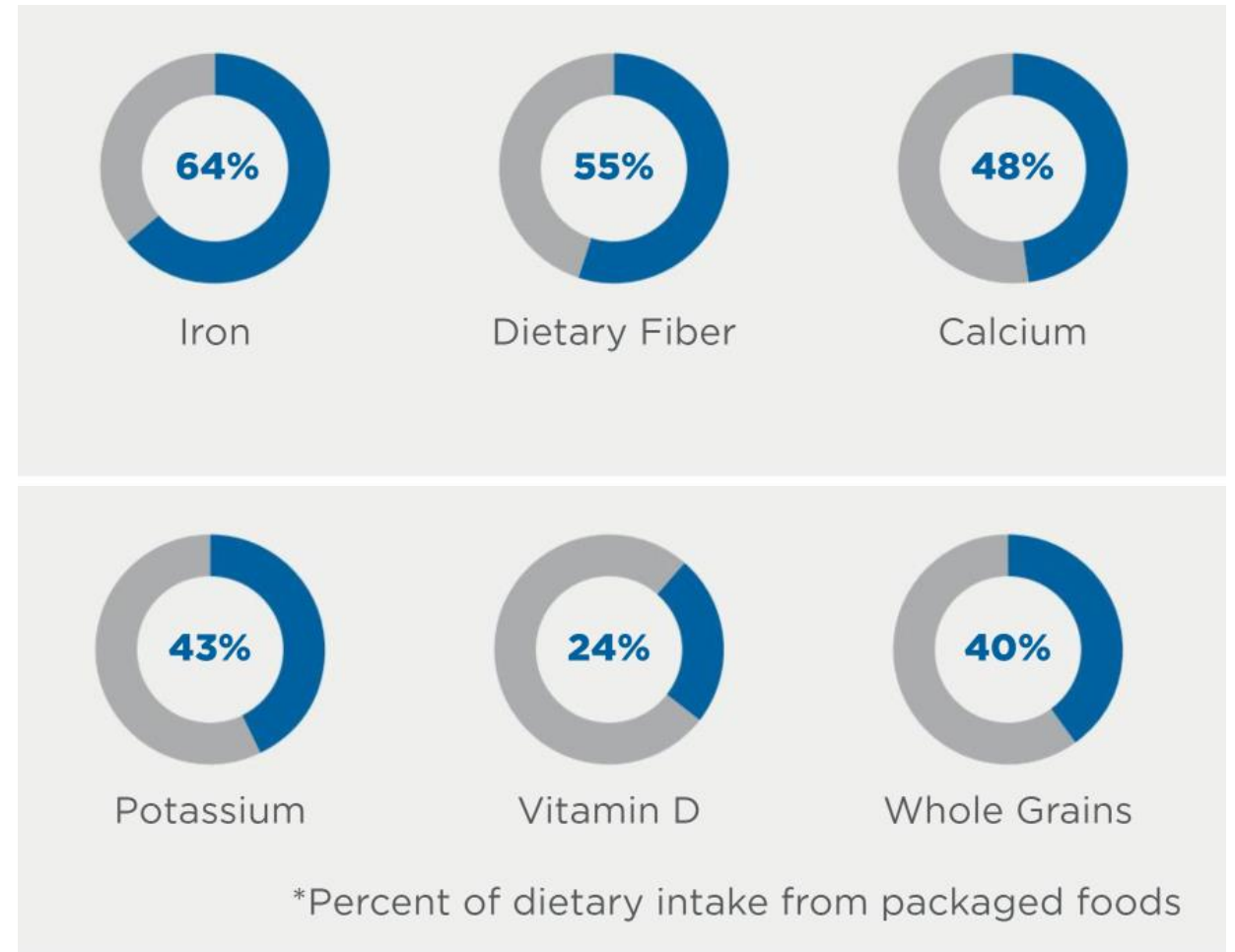
Packaged, Canned, Frozen Foods Fit

- Accessible
- Affordable
- Approachable
 - Cooking skills
 - Equipment
 - Time saver
- Flavorful
- Food waste reduction
- Nutrition
 - Fortification
 - Contributes to increased intake of variety of nutrient-dense foods
 - Portion control



Packaged Foods Contribute Important Nutrition

- Both fresh and packaged foods make up vital parts of the food supply.
- Packaged foods contribute to both **food security** and **nutrition security**.





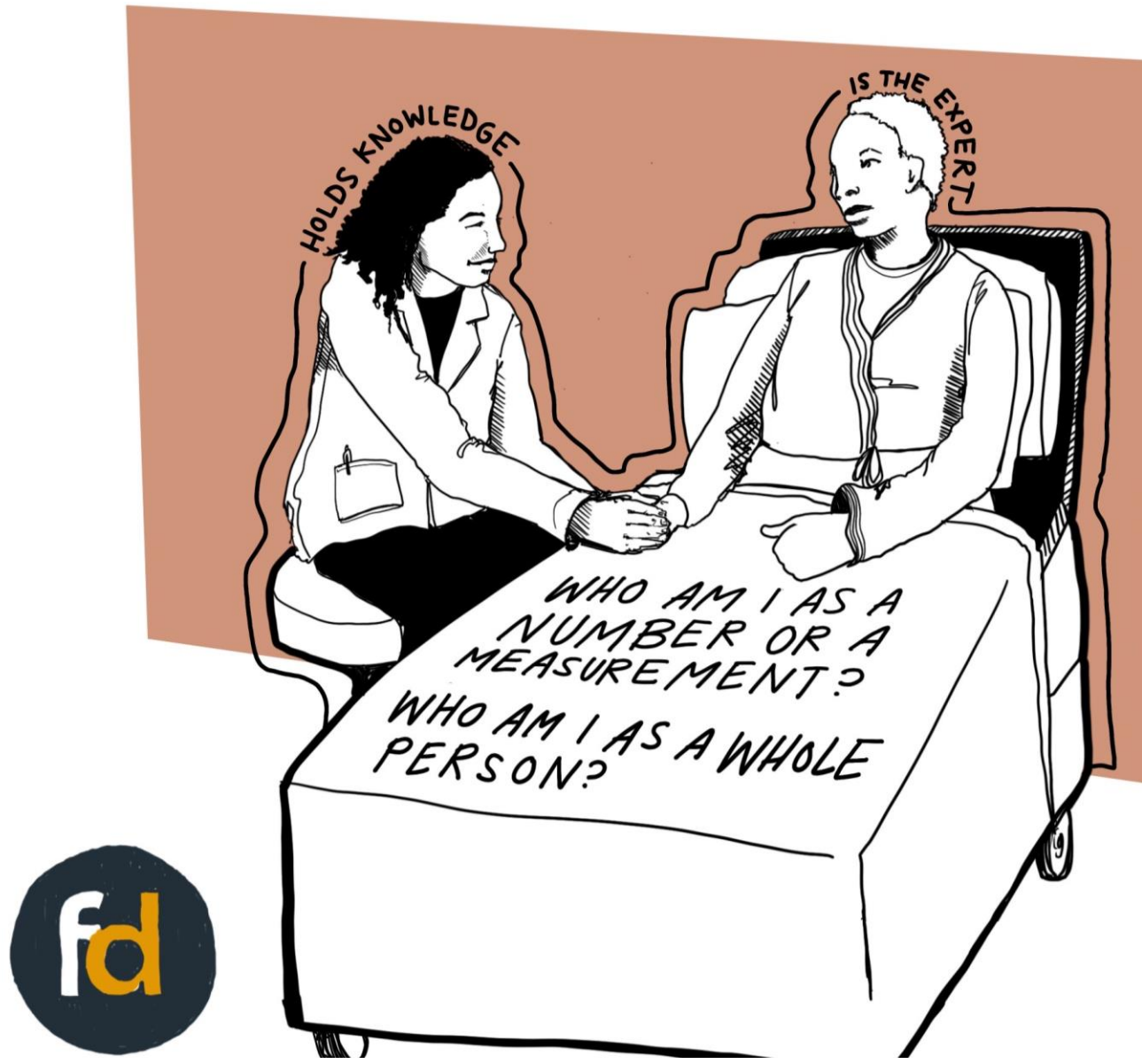
Packaged, Canned, Frozen Foods Fit

- Food intolerances or allergies
- Medically tailored diets
- Food equity
 - Homeless
 - Backpack programs
 - Domestic violence programs
- Elderly
- Athletes

Encourage, Engage, Inspire

- How does the client define success?
- What are their sustainable options?
- Client-centered approach
- Engaging conversations – normalize, relevant, and compassionate



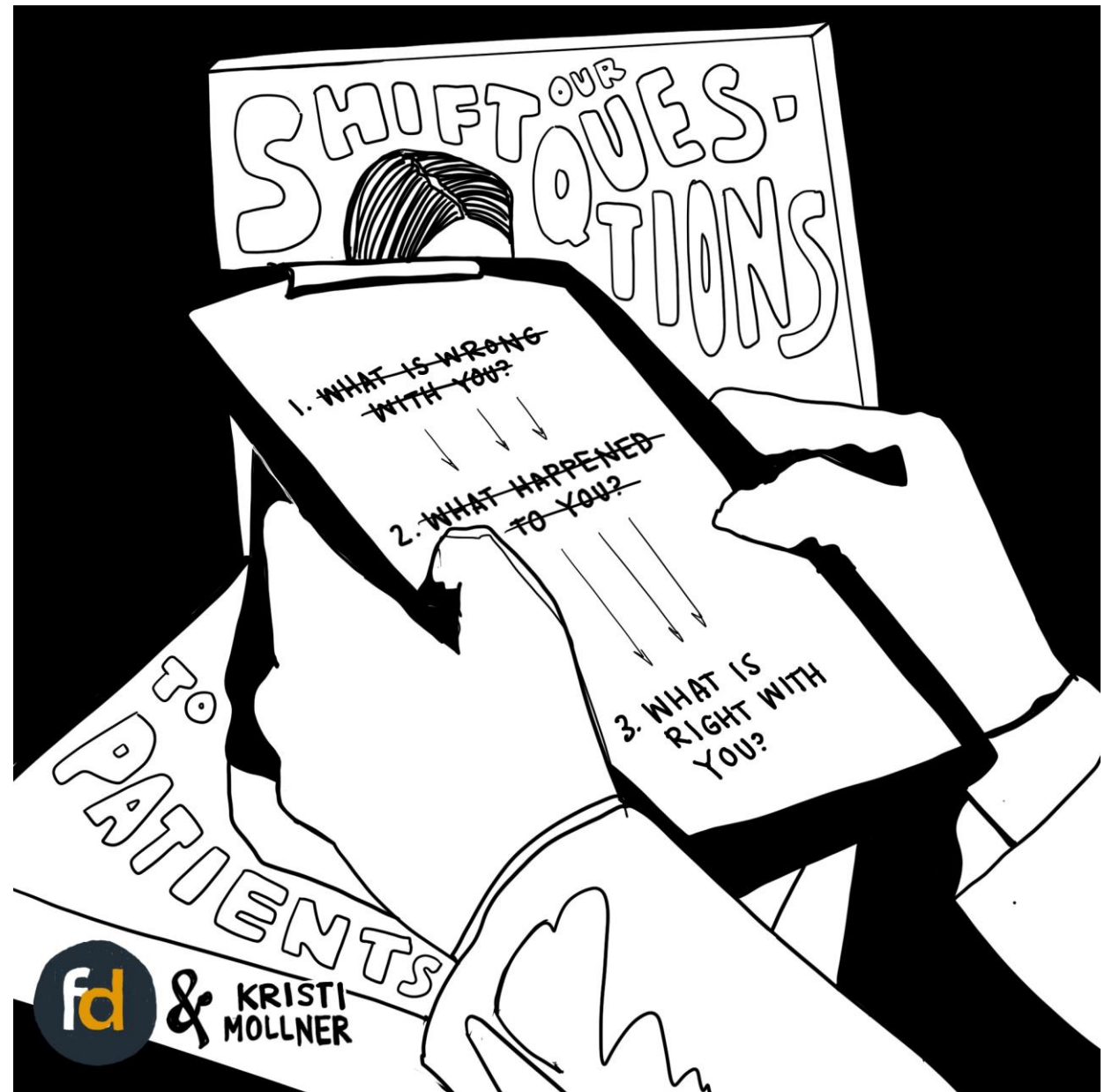


Client Centered Approach

Work with your clients and audience to identify solutions that work for the true expert in their life – themselves.

Client Centered Approach

Start with the client's ideas
and build from there.



Engaging, Compassionate Conversations

- Uncover the unique barriers people face to food access with dignity.
- Instead of saying NO, get creative with what works for the person.
- What food choices fit the client's level of success?



How Can You Make a Difference?

- Food insecurity hides in the United States
- Aim to remove shame or guilt around food options
- Learn about the person's barriers, successes, desires, and needs
- Have fun and get creative with the person's food options
- All foods fit!



THANK YOU

Clancy
HARRISON



Contact Me

Clancy@ClancyHarrison.com
<https://ClancyHarrison.com>



QUESTIONS?

RESOURCES

- **Share** your feedback on today's session and claim your CPEUs*
 - Scan the QR code
- **Learn more** about how to support nutritious, sustainable eating patterns
 - clifbar.com/nutrition-education

SURVEY: Dietitians Driving
Change: Navigating Healthy,
Sustainable Diets



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A photograph of a person in a striped shirt handing a white bowl of food to another person at an outdoor market. The background is blurred, showing other market stalls and people. The text "THANK YOU!" is overlaid in the center.

THANK YOU!

