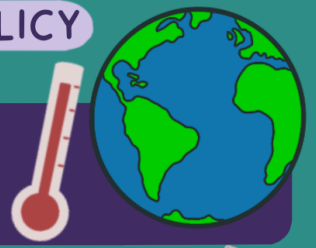
COMMUNICATING THE ENVIRONMENTAL IMPACT OF RECIPES: APPS & ECOLABELS

DR CHRISTIAN REYNOLDS, CENTRE FOR FOOD POLICY



We are heading towards a warming food system. The two biggest reductions we can make to agricultural greenhouse gas emissions (GHGE) are through reducing food loss and waste, and shifting to more sustainable diets.

CHANGING THE WAY WE EAT

Whilst there are lots of other consumer and food system related solutions, the key action we can take now as individuals is to change the way we eat!

COOKING METHODS MATTER:

How we cook foods can make up the majority of the environmental impact of that food, so its important to understand the environmental footprint a recipe may have as a whole.

However, current sustainable dietary guidance is given as ingredients and there is limited translation into sustainable recipes.

Dr Reynolds and colleagues have worked to develop a tool, **FOODEX2**, that can process recipe data from popular recipe websites to provide a nutrition and environmental impact analysis.

THE TOOL COMBINES DATA FROM:

- USDA FOOD DATA CENTRAL
- MCCANCE AND WIDDOWSON'S COMPOSITION OF FOODS
- WITH ENVIRONMENTAL DATA FROM POORE AND NEMECEK (2018)

In the future there are possibilities to link the FoodEx2 tool to other food classification systems such as NOVA and NutriScore.

DOES ECOLABELLING WORK?

Ecolabelling is a voluntary method of environmental performance certification and labelling. There are many different types, from carbon labelling to fairtrade.

The problem with communicating environmental data accurately to consumers is that raw figures on environmental measures such as carbon, water and biodiversity are hard to categorise into 'good' and 'bad'.

One suggested solution is to communicate it as a % of daily amount, similar to nutrient recommendations.

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