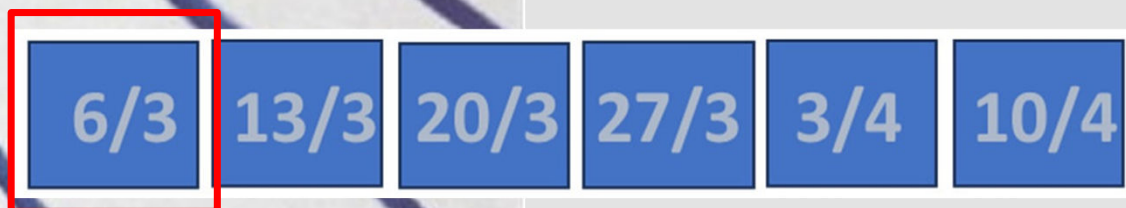


AESOP4Food

Sustainable Food Planning Seminar

Session 1 / 2025

March 6, 2025



Roger Raveel, Voor een blauw gelijkende akker en een grijze lucht, 1975

Source image: De Boer & de Olde et al 2020
Re-rooting the Dutch food system.

SESSIONS general structure

Introduction + general information

Recap of the content of the preparatory material – 30 minutes

Q&A on the reading material, followed by

Discussion in smaller groups

Outlook on next session

Agenda March 6, 2025

Roxana Triboi: Short introduction on the program AESOP4Food

Jeroen de Vries: Field of Play, Challenges and Concepts

Q&A session on introductions and readings, please use the padlet:

<https://padlet.com/geronimo2/questions-for-the-2025-aesop4food-seminar-eeczz0f899y4tud9>

Short review of communication tools & assignments

Outlook on next session March 13

Academic partners



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landscape architect and researcher
LE:NOTRE Institute



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urban planner
Sustainable food
planning researcher
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Dr. Aleksandra Nowysz

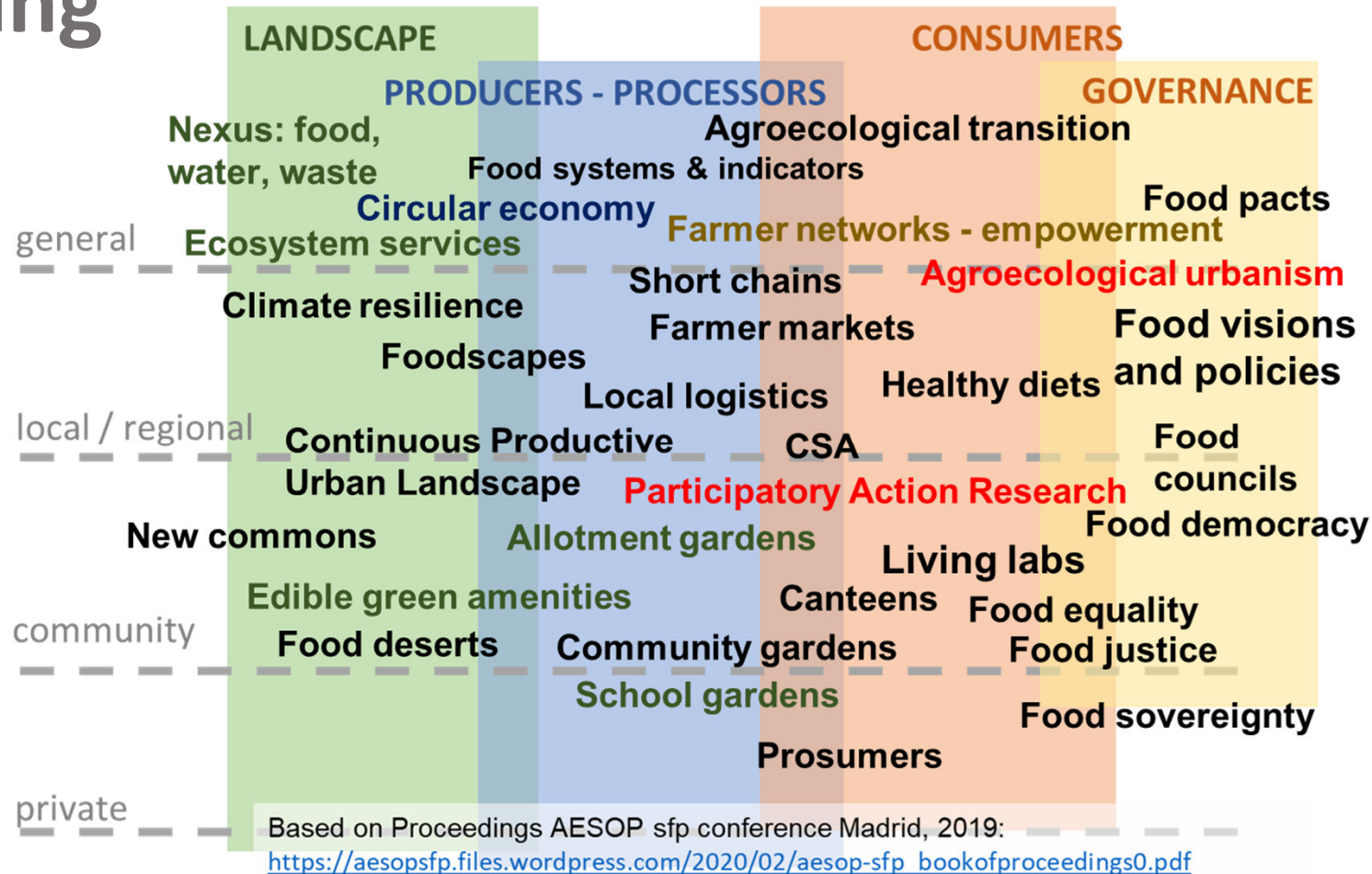
architect and researcher
Department of Revitalization and Architecture
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UNIVERSIDAD
POLITÉCNICA
DE MADRID



the field of play of sustainable food planning



SDGs for the common good



<https://sustainabledevelopment.un.org/>

Planned learning outcomes

- Critical reflection on **personal values, competences**, and especially the **role of the planner in a pluralistic society** (expert vs facilitator) in developing a **more resilient food system**
- General **understanding of concepts** such as City-Region food systems, theory of change, transition thinking and prototyping
- **Analysing** a part of a **food system** or a specific food initiative
- **Engaging local community** through participatory problem-solving techniques
- **Mapping and evaluating the power structures** and the role of main stakeholders in the food system
- Exploring the techniques of **collaborative challenges and goal setting**
- Developing a **joint vision and strategy** based on suitable methods and tools for **prototyping and transformative action**

content of the spring 2025 online series

1 +2 Exploring the field of play – recap *LE:NOTRE Institute*

Main challenges, Theoretical frameworks, Approaches and methods: PAR, living labs, analysing methods, Defining your position and values

3 Analysing your local foodscape – recap *Universidad Politecnica De Madrid*

Mapping a food system; Mapping the stakeholders, consumers, policymakers (power mapping); SWOT analysis

4 Collaborative goals and vision – recap *SupAgro Montpellier*

Collaborative goal setting; Defining the challenges; coordination

5 Strategy and interventions – recap *Ghent University*

Formulating your strategy, Designing an intervention and testing it

6 Evaluation & monitoring – recap *Warsaw University of Life Sciences*

Field of play, sustainable food challenges

Material by

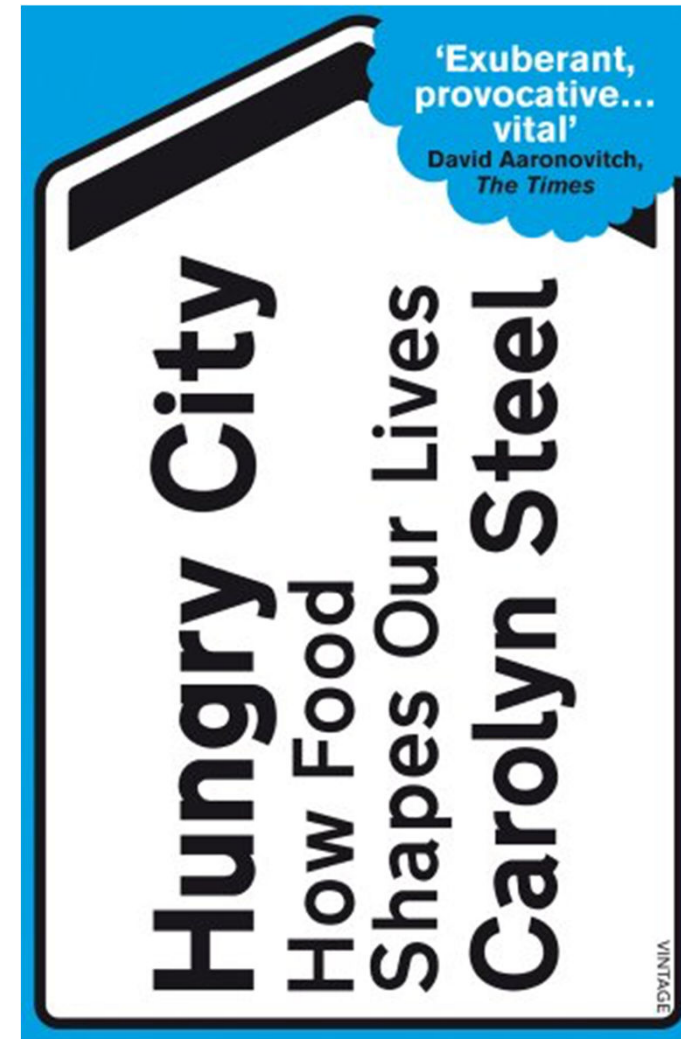
Damien Conaré

Secretary-General
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Montpellier
Institut Agro



Hungry City

« *The relationship between food and cities is fundamental to our everyday lives. Food shapes cities and through them it moulds us - along with the countryside that feeds us.* » (2008)



Limits of an industrialized food system

Health

- . 850 million undernourished – 1.5 billion overweight – 300 million diabetes type 2
- . “nutrition transition”: shift to processed foods (richer in salt, sugar and saturated fats) often less nutritious

Socio-economic

- . maximize efficiency gains vs. distributional concerns
- . regional hyper-specialization
- . creation of giant agri-food corporations
- . precarious working conditions

Environment

- . soil degradation
- . water shortages
- . biodiversity loss
- . waste and losses
- . pollutions, GHG emissions



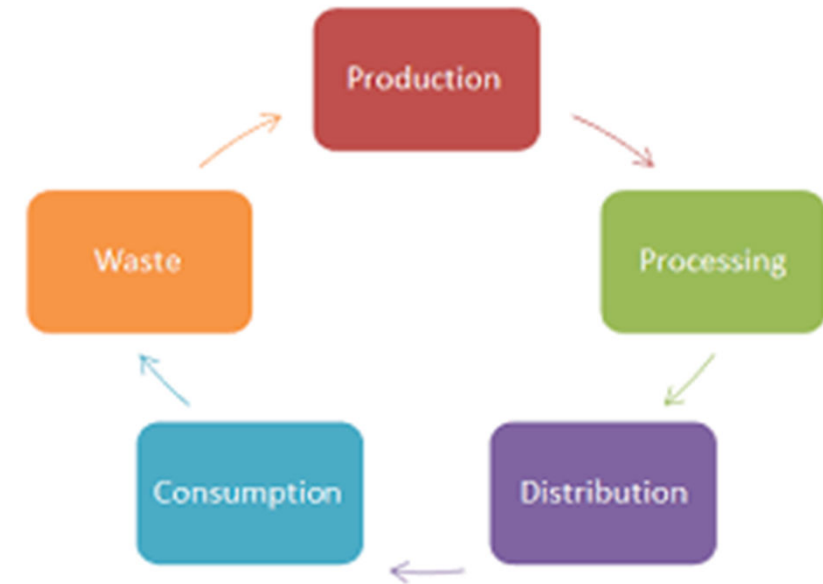
A multiform distancing

- **political:** loss of control by citizens over their food system (asymmetry with more powerful actors)
- **economic:** multiplication of intermediaries between farmers and consumers to circulate, process, store and distribute food
- **geographical:** distancing from production areas (urban sprawl + low shipping costs)
- **cognitive:** loss of contact between city dwellers and farmers, and lack of knowledge about the world of agriculture and food (generates 'eater anxiety')

Food systems

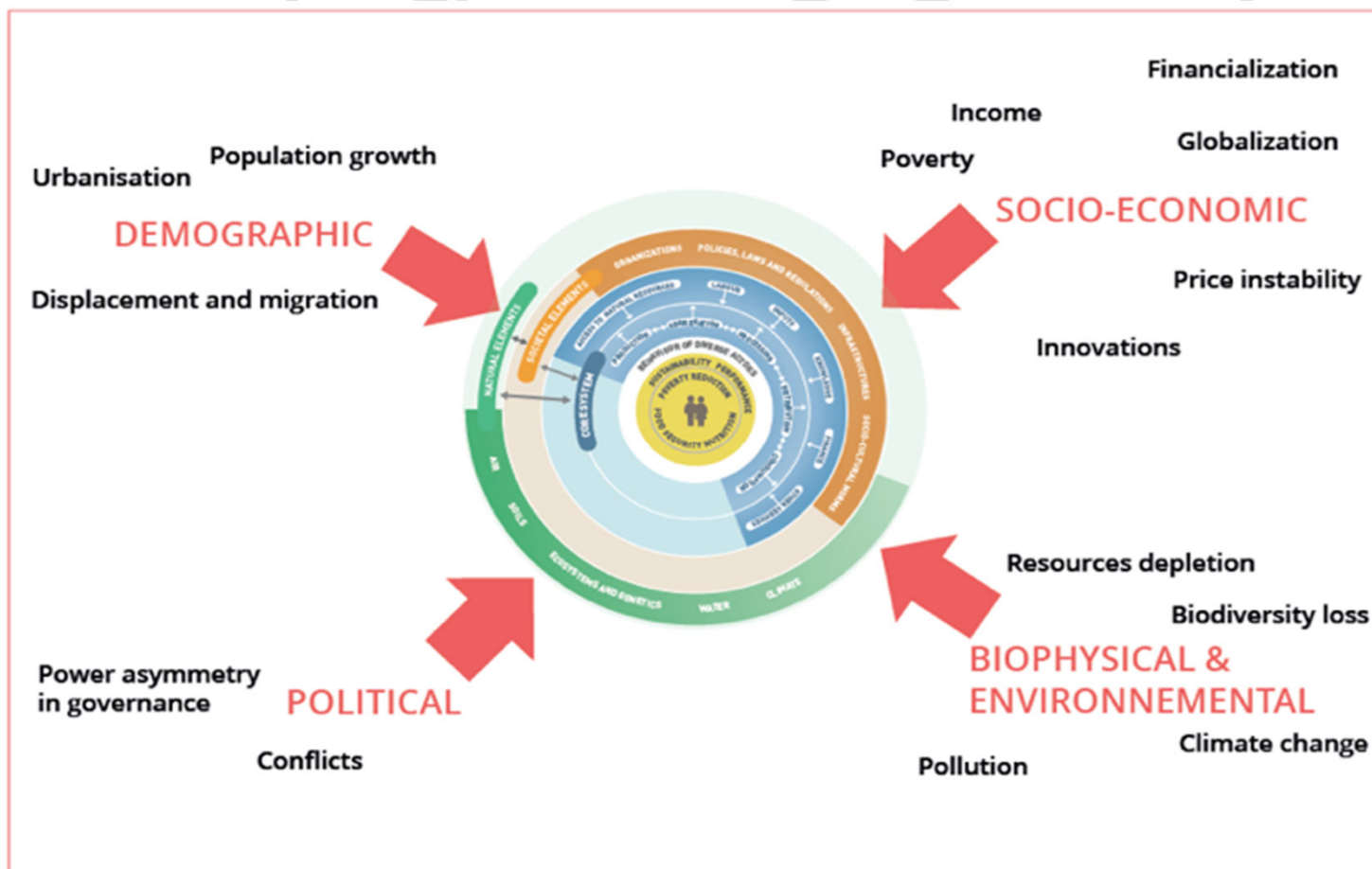
Food systems encompass the entire range of activities involved in the **production, processing, marketing, consumption and disposal of goods that originate from agriculture, forestry or fisheries**, including the inputs needed and the outputs generated at each of these steps.

Food systems also involve the **people and institutions** that initiate or inhibit change in the systems as well as the sociopolitical, economic and technological environment in which these activities take place.



Source: FAO, 2013.

Drivers shaping/challenging food systems



Why do we need a systemic approach?



It is a way of **thinking** and **doing** that considers the food system in its totality, taking into account all the elements, their relationships and related effects.

It is not confined to one single sector (ag.), or discipline (nutrition).

It considers all relevant causal variables of a problem and all impacts of the solutions to achieve transformational systemic changes.

If you only tackle on problem, there maybe side effects that you do not notice.

Back to local!

There is a growing interest in re-localizing food systems:

- reduction of food miles (transportation), greater freshness, reduction of waste
- closer connections between producers and consumers
- increased autonomy and control for various actors within the food chain (renewed governance of the FS)
- better attention to food, promote social experiences and food-related activities

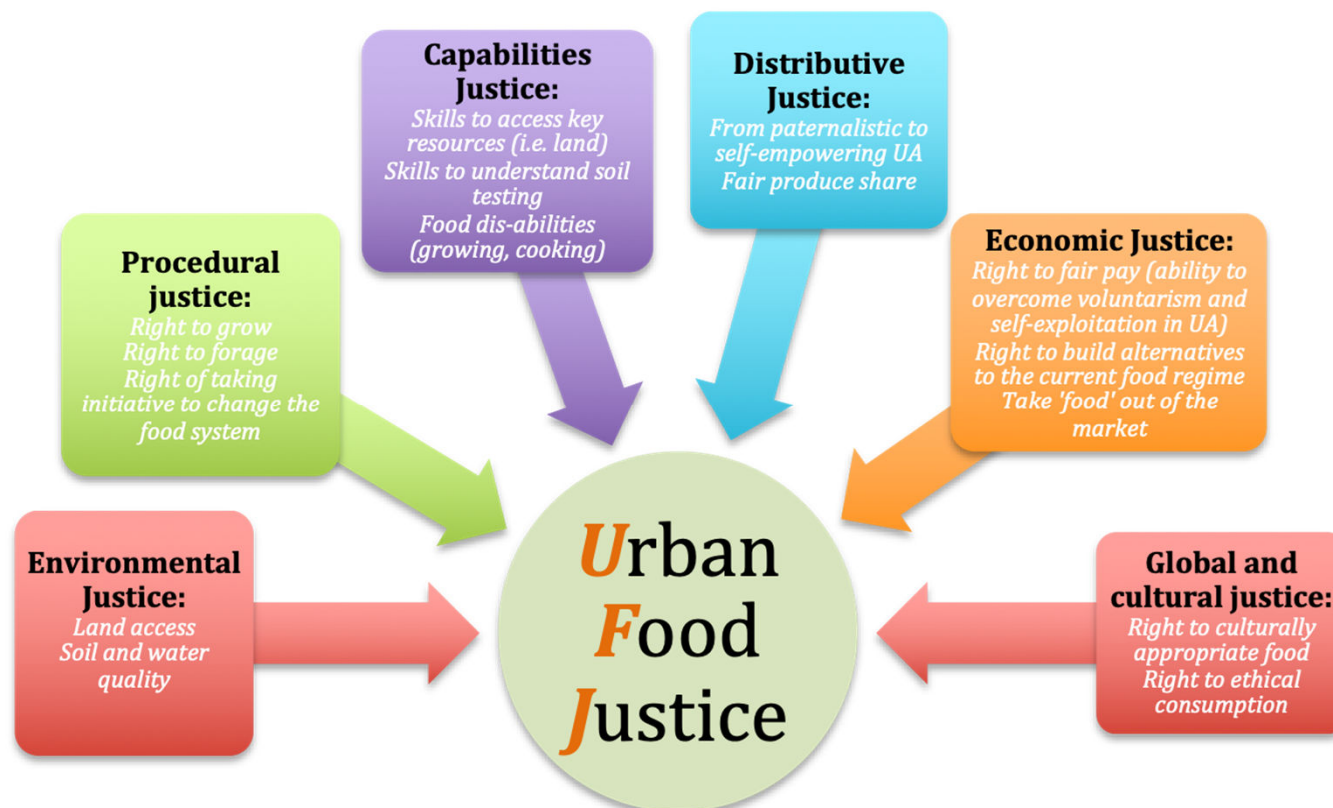
City-regions are full of resources

- financial (80% of the world GDP)
- biomass to be recycled
(urban metabolism)
- cultural diversity
- knowledge
- public/political powers
- infrastructures
- information networks



Food Justice

The food
disabling city
in relation to
food justice



Source: Dehaene & Tornaghi, lecture Spring 2021, April 29,

On: https://www.landscape-portal.org/sustainable-food-planning-2021/#AGROECOLOGICAL_URBANISM

Tornaghi (2016) – food justice

1. *The right to grow food in urban contexts*, as an expression of a fundamental control over the culturally and ethically informed practices that govern our own nutrition.
2. *The right to access cultivable land and to care for it in common*, questioning the ethic of private property rights specifically when they go hand in hand with the depletion of natural resources fundamental for our social reproduction.
3. *The right to urban metabolism and nutrients sovereignty*: the right to cultivate, harvest water and recycle nutrients for growing food sustainably.
4. *The right to harvest, share, trade and initiate processes for reshaping the food system* driven by the values of solidarity and equality.
5. *The right to live in urban environments that enable the retention and expansion of traditional and innovative knowledge on food growing, food preparation, and on the medicinal and nutritional properties of food.*

Tornaghi (2016) – three strategies

1. enhancing the reflexivity and cohesion of the urban food movement by articulating a challenge to neoliberal urbanism

- aesthetics of green areas, how the food market works, regulations between rural and urban, and foraging, cooking and eating.

1. converging urban and agrarian food justice struggles by shaping urban agroecology

- a praxis, political dialogue and future planning approach -> elaborated later as an 'agroecological urbanism'.

3. regaining control over social reproduction by engaging with food commoning

- Access to and management of land, locally produce and process food -> urban commons

Agroecology

the application of ecological principles to the study, design and management of agroecosystems that are both productive and natural resource conserving, culturally sensitive, socially just and economically viable

Altieri and Toledo 2011; Gliessman 2012; Fernandez et al. 2013.

a practice, a science and a social movement that has been embraced by the international food sovereignty movement through the Declaration of the International Forum for Agroecology

Anderson et al. 2015:3 & Nyéleni Declaration, Mali, 27 February 2015

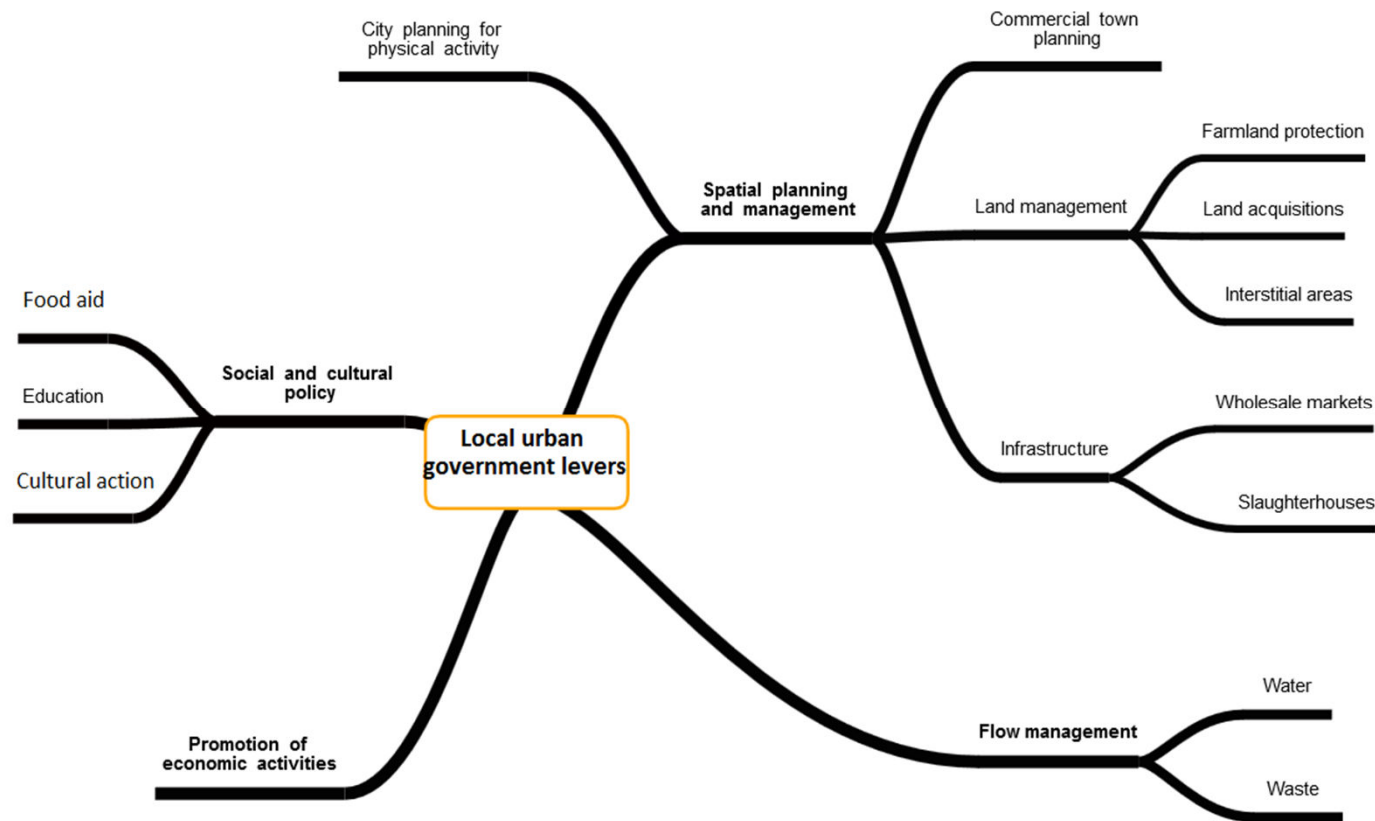
Food Democracy

how actors may regain democratic control over the food system enabling its sustainable transformation

agroecology is political; it requires us to challenge and transform structures of power in society. We need to put the control of seeds, biodiversity, land and territories, waters, knowledge, culture and the commons in the hands of the peoples who feed the world.

Nyeleni Declaration-2015

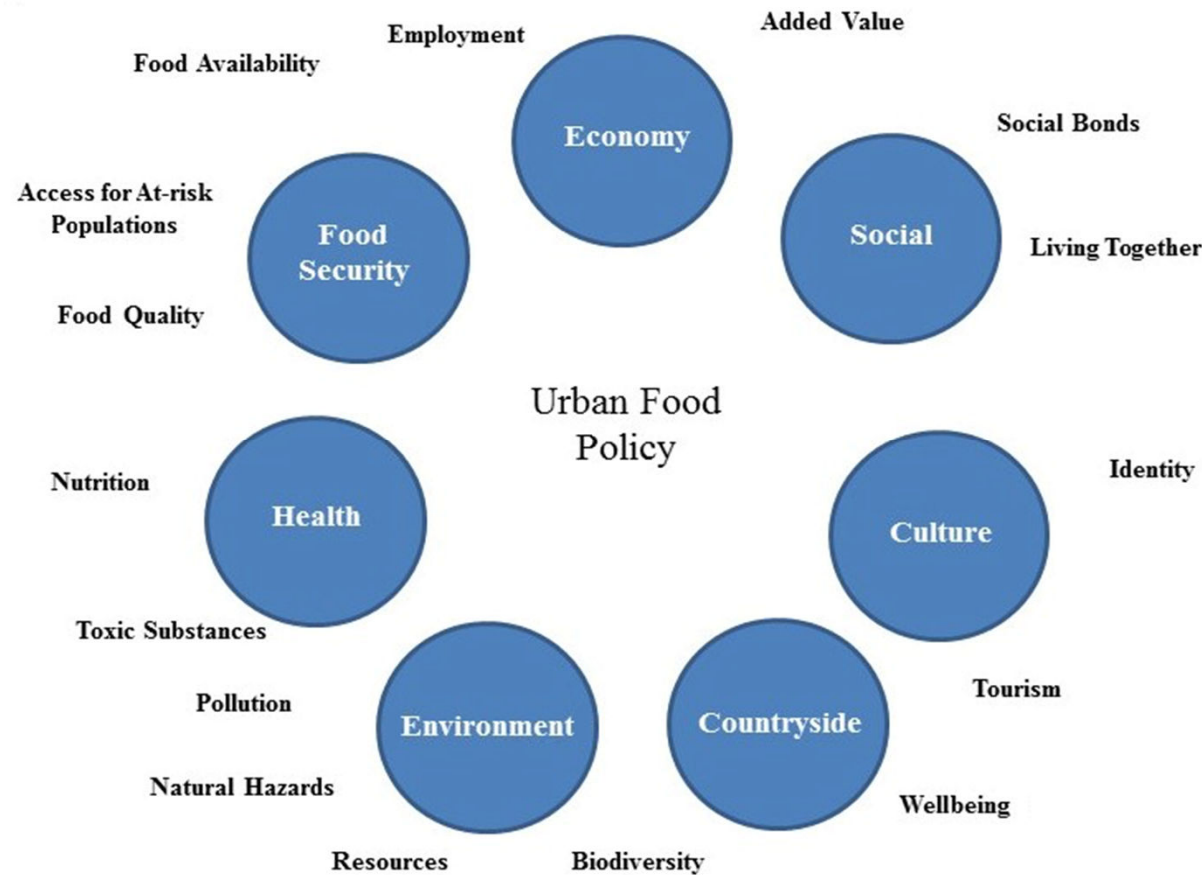
Levers for local urban governments in support of agricultural and food policies





- Over 300 cities, with over 500 million inhabitants (febr 2025)
- Voluntary commitments *"for the development of sustainable food systems and the promotion of healthy diets »*
- Adoption of a framework of recommended actions (governance, social and economic equity, support to production, local supplying...)
- Exchange of good practices

possible purviews of urban food policy





Generalities on French Territorial Food Strategies

- the French territorial food strategy issued from a 2014 law of agricultural ministry created as a tool that federates local actors in order to develop a resilient local food system, generally initiated by local authorities
- Currently in France almost all of departments have a territorial food strategy

Typologies:

- support of a production and local industries answering the territorial food demand
- their objective considers different food and nutrition dimensions. www.rnpat.fr

Territorial food projects (TFP)

Global overview

- Enshrined in the law in **2014**.
- Aim : to gather stakeholders of the local food system around a **shared project**.
- Beyond agriculture, a **systemic view of food** : social, economical and environmental dimensions.
- A **strategy** and an **action programme**.
- More than 90% are lead by **public authorities**.
- **451 TFP** identified by the national TFP observatory (April 2023) .



The 403 PAT identified by the national TFP observatory in may 2022

Question to you: Why are food strategies often omitted from urban planning processes?

- a. Because urban planning is still sectoral and not connected to the social aspects of cities
- b. Because urban planners do not care about social aspects such as the well-being of people
- c. Because in 2026 the New Urban Agenda does not mention food security and nutrition as an integral part of the Declaration on Sustainable Cities and Human Settlements.
- d. Because planner focus mainly on producing planning documents and do not see themselves as the guiding spirit who builds connections among actors, sectors and spatial scales, conducting participatory processes.

Question to you: Why is adopting a City-Region-Food-System (CRFS) approach, as outlined by the FAO and RUAF, crucial for urban planning?

- a. Because it also includes livelihoods and economic development, sustainable natural resources management, and social inclusion and equity
- b. Because (inter)national policies and regulations showed to be hardly effective because they are strongly influenced by the lobby of agro-business
- c. Because a city should focus on Urban Agriculture as one of the most important drivers for sustainability.
- d. Because one can only appoint a food council on a metropolitan level.

City Region Food Systems

A food system is the complex set of activities and relationships in the food cycle: growing, producing, processing, distributing, marketing, retailing, storing, preparing, consuming and disposing' (City of Hamilton 2014).

An ideal CRFS fosters four interconnected elements through out the food chain:

- (1) food security and nutrition;
- (2) livelihoods and economic development;
- (3) sustainable natural resources management;
- (4) social inclusion and equity (FAO and RUAF 2015).

Better connections among cities and towns and between them and their rural surroundings

Q&A session on the introductions and readings



Tornaghi, Chiara. (2016). Urban Agriculture in the Food-Disabling City: (Re)defining Urban Food Justice, Reimagining a Politics of Empowerment. Antipode.

Deh-Tor C. M. (2021), “Food as an urban question, and the foundations of a reproductive, agroecological, urbanism”, in TORNAGHI C., DEHAENE M. (eds.) (2021), Resourcing an agroecological urbanism. Political, transformational and territorial dimensions, London: Routledge; Ch. 1, pp. 12-33

Discussion in break out rooms

Introduce yourself in the group

What do you consider the main challenge(s) that you can address in your current environment / food system.

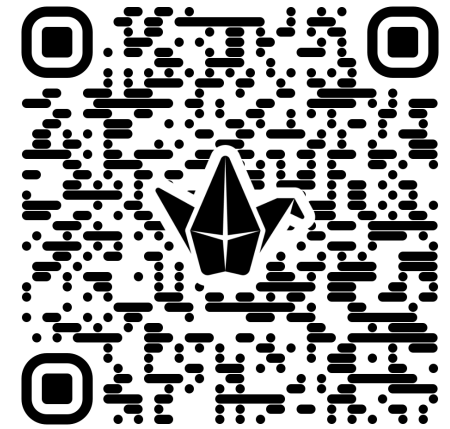
Did you recognise the challenges and barriers that were presented in the papers you have read?

Next session March 13,2025

- *Introduction*
- *Challenges*, background in governance: IPES Long food movement, City-region strategies.
- Q&A
- *Discussion in smaller groups*

Compulsory reading for March 13 & Padlet

Add any questions, comments on this padlet before the next session: <https://padlet.com/geronimo2/questions-for-the-2025-aesop4food-seminar-eeczz0f899y4tud9>



IPES-Food, 2021. Read the management summary. (9 pages) **A long food movement. Addresses global challenges and opportunities for transforming food systems towards sustainability.** This comprehensive report emphasizes the urgent need to overhaul current food systems to address pressing issues such as climate change, biodiversity loss, inequality, and public health concerns. It outlines a vision for a sustainable food future, where long-term planning and grassroots movements play key roles.

FAO. (2018) City Region Food System Toolkit, Assessing and planning sustainable city region food systems, publication of FAO, RUAF and Wilfrid Laurier University. <http://www.fao.org/in-action/food-for-cities-programme/toolkit/introduction/en/> (introduction page 1-3, schemes page 133-144 (p. 138-149 in pdf).