

RESHAPING EU REGIONAL FOOD SYSTEMS & DIETS -MAKING THEM FAIR, HEALTHY, AND SUSTAINABLE

Sustainable food production and a healthy, balanced diet are the pillars of **SWITCH food choices**

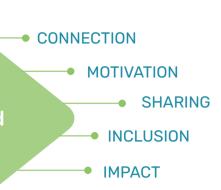
The food we produce and eat does not just impact our health and well-being, but also that of our planet. We advocate for:

- Lower impact on climate, land and water
- Food culture, local tradition and knowledge
- Health and nutrition
- Biodiversity protection and agroecology
- Social fairness

Innovating through meaningful engagement

Achieving human and planetary health and well-being through food

In our 6 vibrant Food Hubs (1), diverse people



VISIBILITY

ETIONABILITY

CHANGE-MAKERS

CITIZENS

Because of the clear and simple information SWITCH provides, choosing and preparing local, seasonal and healthy food becomes easier. SWITCH offers the opportunity to participate in shaping healthier and more sustainable food systems by facilitating connections between people, bringing them together to share experiences that place food at the center.

SWITCH

CHEFS AND RESTAURATEURS

SWITCH offers valuable expertise and visibility to promote sustainable practices in dining. It supports the connection with local producers of fresh and sustainable food and the planning of healthy menus.

POLICYMAKERS

SWITCH amplifies the reality of local food systems, providing essential knowledge and robust evidence for shaping healthier and more sustainable diets. It's the bridge to crafting people-centred food policies and strategies.

HEALTH PROFESSIONALS

SWITCH adopts a systemic and

With its focus on collaboration, it

interdisciplinary approach to

healthy and sustainable food.

promotes comprehensive

understanding that helps

address complex dietary

challenges effectively.

FOOD PRODUCERS

EDUCATORS

JOURNALISTS

SWITCH provides clear

leveraged to motivate

coherent information that

can be communicated and

people to participate in this change towards healthier

and more sustainable diets.

SWITCH provides clear and

on to students and colleagues.

easy-to-communicate information about

healthy & sustainable food that is evidence

and practice-based and that can be passed

SWITCH facilitates the connection to consumers and access to markets and restaurants. It helps with navigating barriers to an economically and environmentally sustainable production, while assisting in the communication with policymakers.

PROMOTING REGIONAL SUSTAINABLE DIETS

Introducing and celebrating delicious regional foods and meals that support the well-being of both people and planet.

FACILITATING COMMUNICATION **AND EDUCATION**

Engaging in meaningful conversations and sharing science-based strategies and tools to promote healthier food practices among food system actors.

SHARING SPACES FOR SUSTAINABLE FOODS

Designing environments that facilitate sharing and preservation of regional, healthy food.

IMPLEMENTING INCLUSIVE COMMUNITY PROGRAMS

IN ACTION

Creating platforms that enable everyone to participate in preparing and enjoying sustainable, healthy meals.

PROVIDING GUIDANCE AND SUPPORT FOR DECISION-MAKERS

Offering clear guidelines and support systems to leaders at all levels to make informed food system decisions.

INNOVATING WITH DIGITAL TOOLS

Developing digital technologies to support the mission and adapt to an increasingly dynamic market demanding transparency in consumption and production.

CO-CREATION

COMMUNICATION

3ULTIDIMENSIONAL

FOOD

SEBASTIAN) AND

BASQUE REGION

Be facilitators

for a just transition -

Implement and boost

initiatives to build a

healthy and

sustainable food

environment tailored

to diverse social

contexts.



DONOSTIA (SAN

Leverage diets as a catalyst for change.

Advance towards a pact among the various actors in the farm-to-fork supply chain.

HUBS GOTHENBURG

AND VASTRA GOTALAND Double the number

of people eating healthy and sustainably in our region by 2027, advancing towards our vision of healthy food for all within planetary boundaries.

MONTPELLIER AND OCCITANIE REGION

Develop, capitalise on and evaluate citizen and policy-led initiatives to:

Strengthen their visibility and amplify their impacts with regard to vulnerable groups.

Reinforce linkages with regional agriculture.



BERLIN-BRANDENBURG

Collaboratively supporting our neighbours and local communities with practicable and scalable solutions, to improve their food environments and accelerate the transition towards healthy and sustainable dietary behaviour.

ROME AND LAZIO REGION

Reconnect people with food and territory.

Translate SWITCH research findings in real change & scalable solutions for local actors.

Build coherence between SWITCH values and food.

CAGLIARI AND SARDINIA REGION

INCLUSIVITY