

Online-video-course "Sustainability and Nutrition"

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The basis of our work are the **global challenges** in the field of nutrition, e.g. poverty, food insecurity, climate change, water scarcity, soil degradation, loss of biodiversity and nutrition-related health problems. Our goal is to promote the **transformation towards sustainable lifestyles**. We would like to contribute to the training for an intensified communication of the complex relationship between sustainability and nutrition: in the areas of education, economy, politics and media. Therefore the **target groups** are:

- multipliers from different professional fields, for example nutrition science and nutrition consultation, development cooperation, environmental education
- other professionals and stakeholders
- students and doctoral candidates
- interested consumers.

The online-video-course comprises **eighteen lectures of 30 to 60 minutes**. As a first step, the videos and slides are in German – a translation into English is a future project for which additional funding is crucial. The videos are available for free (private use):

https://www.youtube.com/channel/UCIaxfPuvlGVmJ2FNM6u_pZw. – Download of slides etc.:
<http://www.nachhaltigeernaehrung.de/ONLINE-VIDEO-KURS-Nachhaltigke.97.0.html>.

Five different dimensions of our dietary habits and our food system are addressed (environment, economy, society, health, culture – Fig. 1) – from a local, national and global perspective (v. Koerber et al. 2016). The approach considers all **stages of the food supply chain**: input production, agricultural production, food processing, distribution, preparation, waste disposal (including food losses and waste).

The aspiration of the concept is to develop and spread potential solutions for the existing **global challenges** in the field of nutrition. Therefore, we propose **seven action-oriented principles of Sustainable Nutrition** (Fig. 2). All are phrased in a motivational and consumer-friendly way and are systematically considered in the already mentioned five dimensions (v. Koerber et al. 2016, v. Koerber & Hohler 2013).

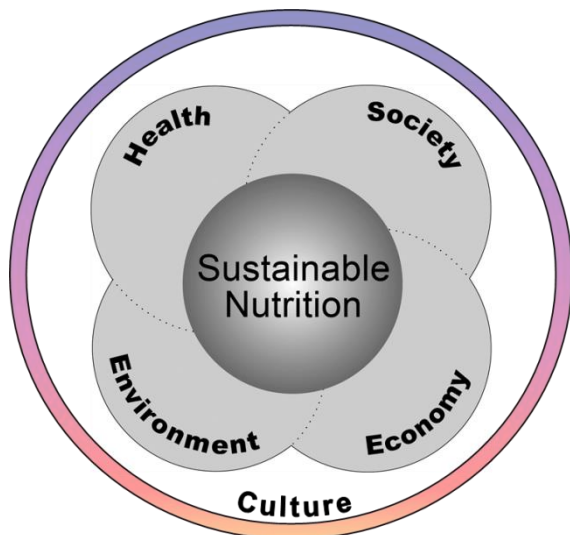
The response of different target groups to our online-video-course is encouraging so far. We already planned the **implementation** at several universities – with the possibility for students to receive Credit Points. Also the course will be in use at training institutes, trade associations etc. – partly in combination with live lectures. An interactive discussion blog is planned for 2018, together with our partner NAHhaft e. V. An intensive cooperation with global institutions of **Education for Sustainable Development** (ESD) is very important, like UNESCO and RCEs.

Possibilities in the **African Context**: Of course, if requested, the cooperation with universities and different organisations in Africa is desired from our side – maybe to adapt and introduce parts of the Online-video-course in their work. Some contacts in Uganda already exist.

Conclusions: The concept of "Sustainable Nutrition" is based on holistic thinking and has the potential to cope with global challenges in the field of nutrition. The high quality of sustainable products cannot be for free. Therefore it is necessary to increase the appreciation of our food. To reach this goal, Education for Sustainable Development is a promising approach.

Literature for further reading

- Koerber Kv, Bader N & Leitzmann C (2016) *Wholesome Nutrition: an example for a sustainable diet. Proceedings of the Nutrition Society, Cambridge University Press*
<http://www.scpclearinghouse.org/sustainable-food-system/portfolio-work?type=resources>
- consumer-friendly book in English: with a theoretical part and about 100 recipes:
Koerber Kv & Hohler H (2013) *The Joy of Sustainable Eating. Stuttgart, New York: Thieme*



Sustainable Nutrition promotes different goals in the five dimensions:

- preventive health protection
- fair economic relationships
- social justice and food security
- clean air and water, healthy soils
- enjoyable eating culture.

Fig. 1 Five dimensions of Sustainable Nutrition and promoted goals
(v. Koerber/Männle/Leitzmann 2012 (modified), v. Koerber et al. 2016)

Working Group Sustainable Nutrition



Contents of the Online-video-course

1. Sustainability and global challenges
 2. Climate change and global food insecurity
- } Global challenges

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3. Preference of plant-based foods
 4. Sustainable/organic foods
 5. Regional and seasonal products
 6. Preference of minimally processed foods
 7. Fair Trade products – food security strategies
 8. Resource-saving housekeeping
 9. Tasty meals – enjoyment without regret



} Principles for a Sustainable Nutrition

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Fig. 2 Contents of the Online-video-course “Sustainability and Nutrition” - seven action-oriented principles of Sustainable Nutrition
(v. Koerber et al. 2016)

References

- Koerber Kv, Bader N & Leitzmann C (2016) Wholesome Nutrition: an example for a sustainable diet. Proceedings of the Nutrition Society, Cambridge University Press. <http://www.scpclearinghouse.org/sustainable-food-system/portfolio-work?type=resources>. Accessed June 2017.
- Koerber Kv & Hohler H (2013) The Joy of Sustainable Eating. Stuttgart, New York: Thieme
- Koerber Kv, Männle T & Leitzmann C [editors] (2012) Vollwert-Ernährung: Konzeption einer zeitgemäßen und nachhaltigen Ernährung, 11th ed. (1st ed. 1981). Stuttgart, Germany: Haug.
- UNESCO (2014) UNESCO Roadmap for Implementing the Global Action Programme on Education for Sustainable Development. Paris. <http://unesdoc.unesco.org/images/0023/002305/230514e.pdf>. Accessed May 2017.