

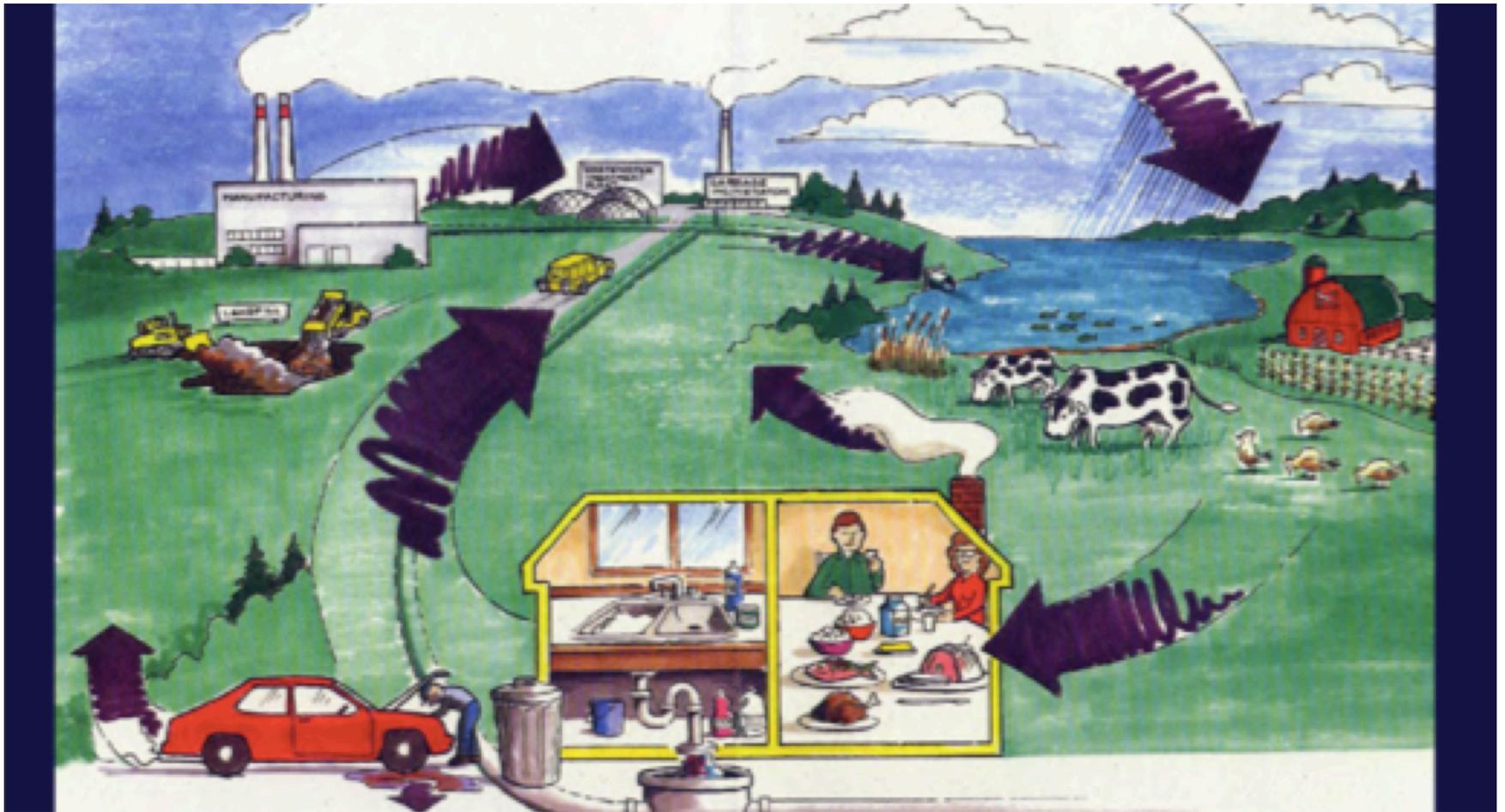
Jennifer Wilkins

- **Jennifer Wilkins, PhD, RD**, Daina E. Falk Professor of Practice in the Department of Nutrition, Food Studies and Public Health at Syracuse University. From 1993 to 2014, she was a senior extension associate in Cornell University's Division of Nutritional Sciences. Jennifer developed the nation's first regional food guide – the *Northeast Regional Food Guide* – and recently updated it, *MyPlate – Northeast*.

Kate Clancy

Kate Clancy is currently a food systems consultant, Visiting Scholar at the Center for a Livable Future Johns Hopkins University School of Public Health, Adjunct Professor at Tufts University, and Senior Fellow in the Minnesota Institute for Sustainable Agriculture, University of Minnesota (she resides in University Park, Maryland).

MyPlate Northeast & Dietary Guidance



Sustainable Diets – FAO Definition

“Those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally appropriate, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources”.

Defining diets

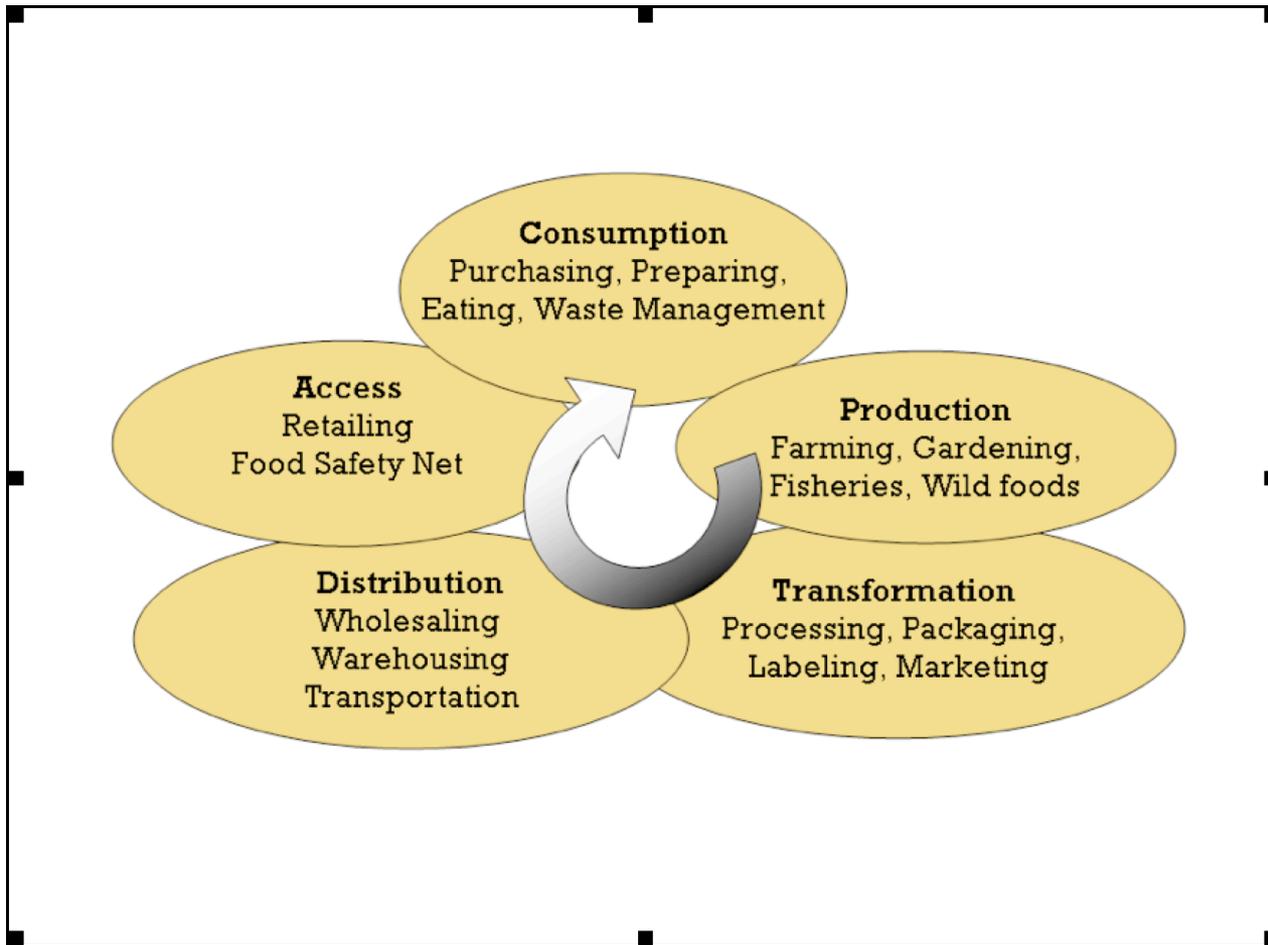
Diet ~ Food consumption

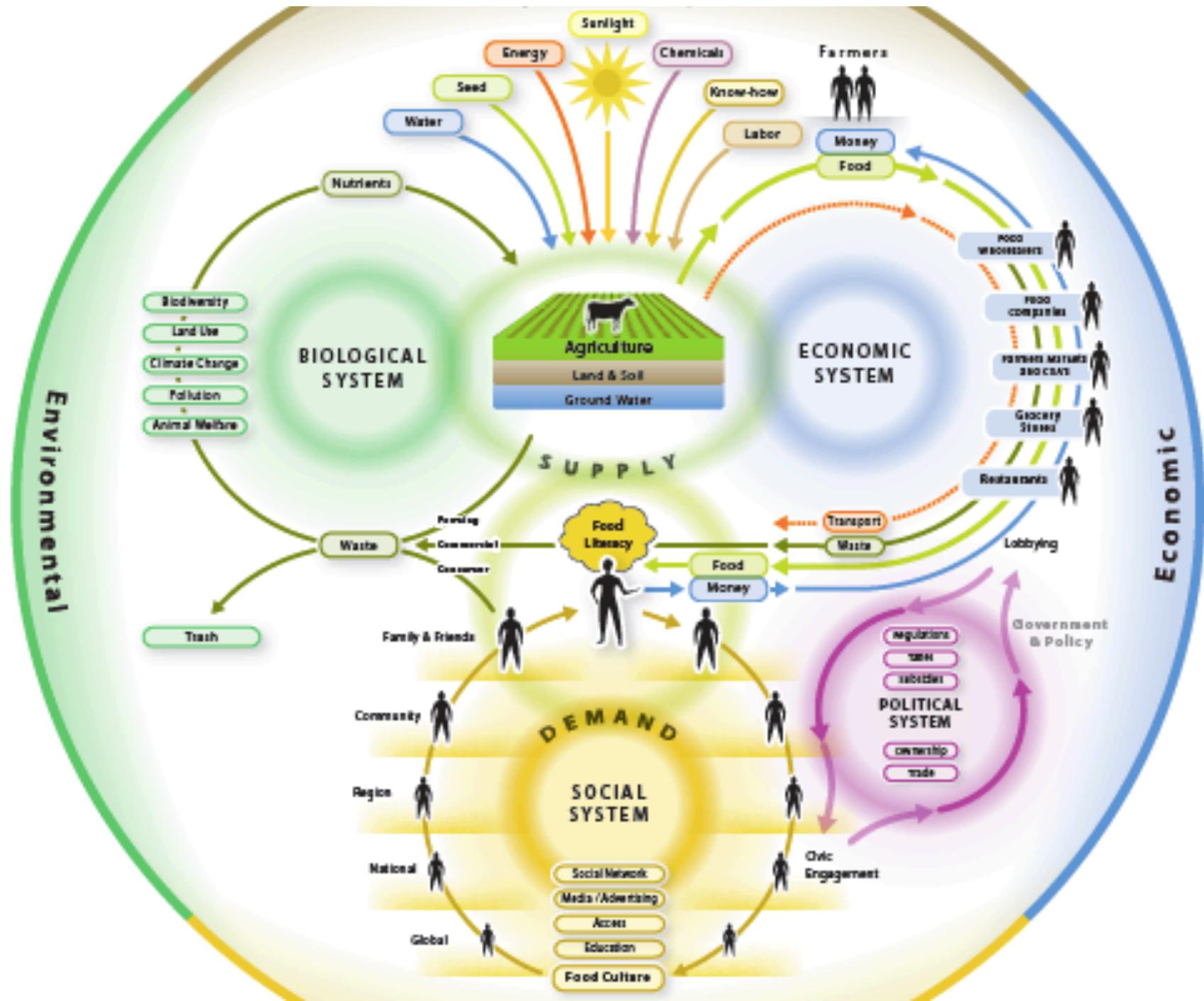
- **Foods & beverages**
- **Capacities – knowledge, skills, resources, time, health, lifestyles**
- **Food preparation**
- **Meal patterns**
- **Eating practices – social contexts, eating home or away**
- **Food access / supply – community food security**

Various home-based “food systems”

- Foods
- Meals
- Dishes and courses
- Recipes
- Food preparation
- Kitchen
- House
- Stove or fridge, utensils etc.
- Recipes
- Cultural identities of foods; histories and traditions,
- Food science
- Eating practices – breakfast or dinner
- Household make-up and lifestyles
- Food availability / access
- HH Resources

Typical 'food system' diagram





What are sustainable diets?

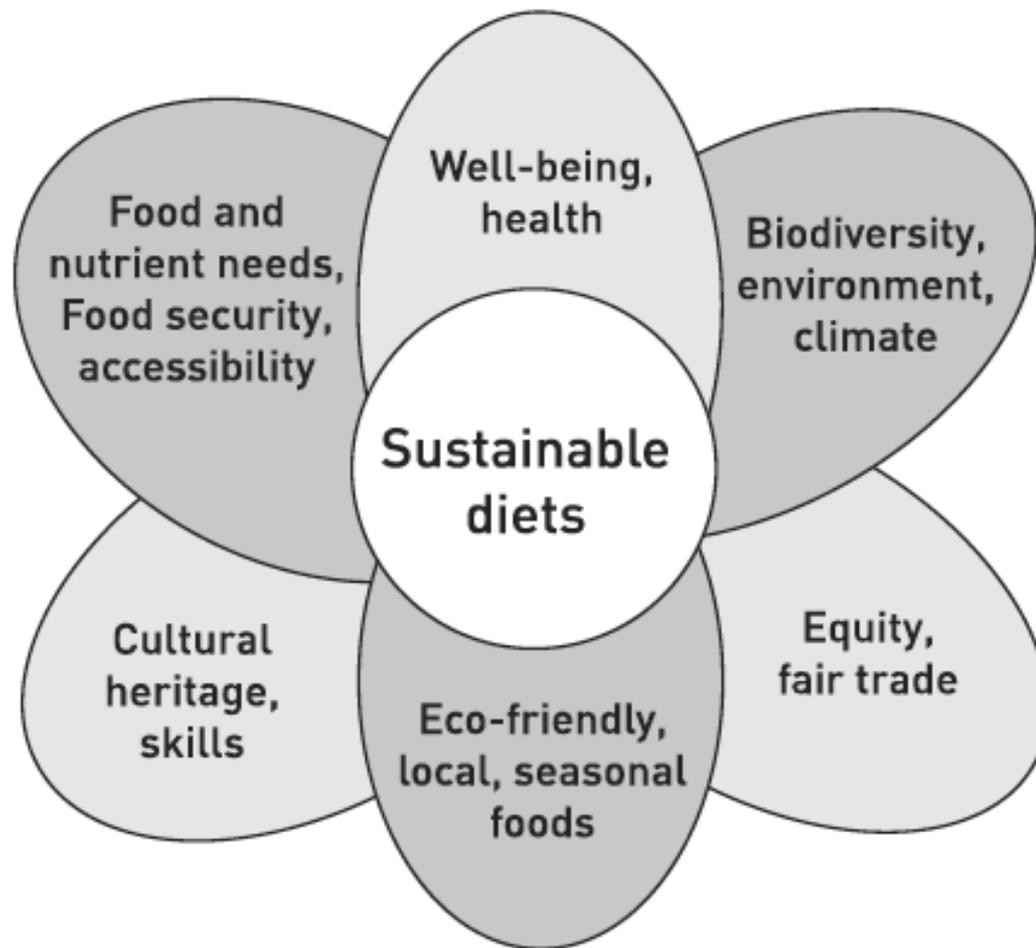
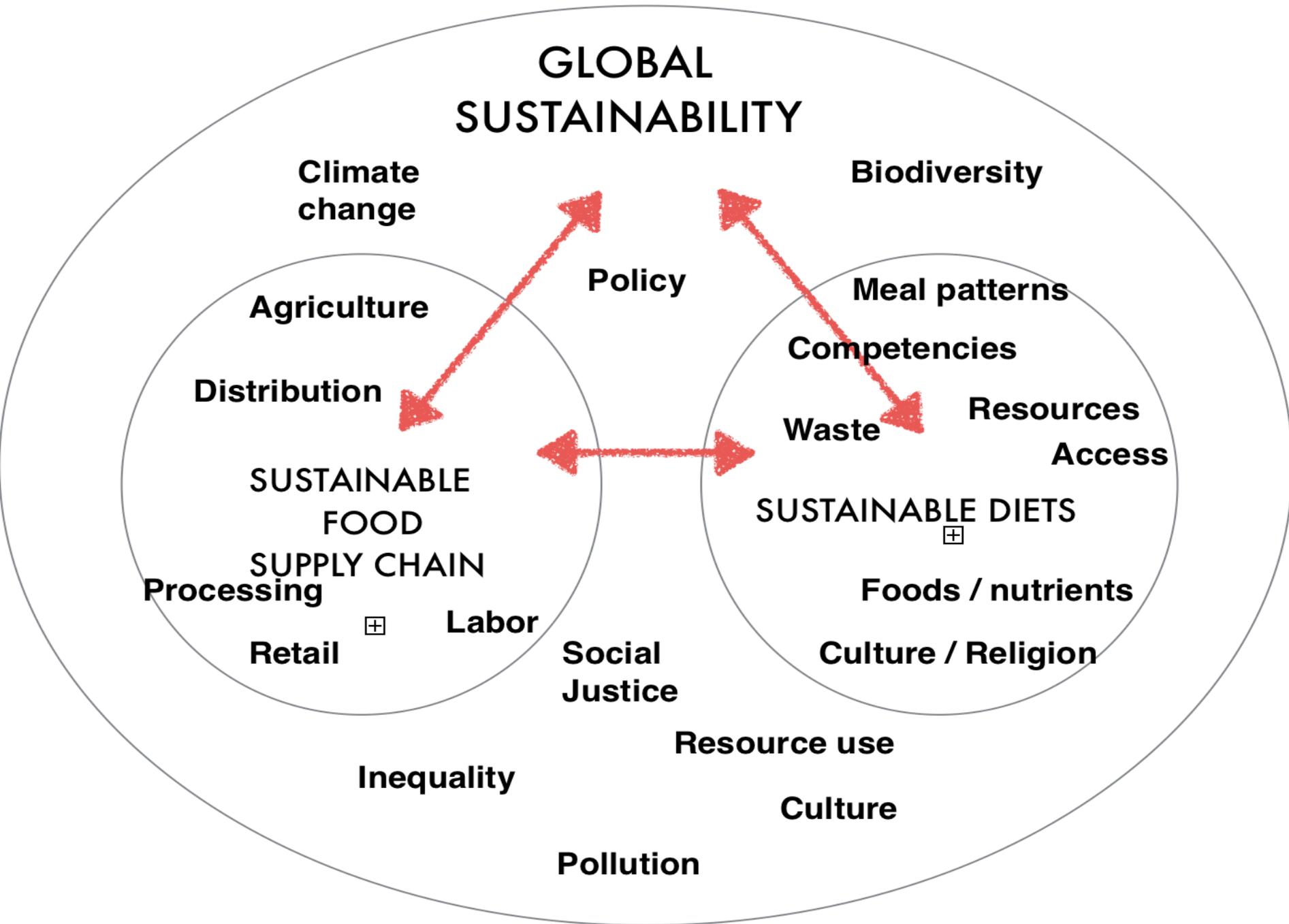


Figure 1. Schematic representation of the key components of a sustainable diet.

Systems nesting / scales



GLOBAL SUSTAINABILITY



Climate change

Biodiversity

Agriculture

Policy

Meal patterns

Distribution

Competencies

SUSTAINABLE FOOD SUPPLY CHAIN

Waste

Resources Access

Processing

SUSTAINABLE DIETS

Retail

Labor

Social Justice

Foods / nutrients

Inequality

Resource use

Culture / Religion

Pollution

Culture

Sustainable food systems for whom?

- **Sustainability of what & where, for whom?
People, communities, countries, governments, corporations**
- **Present vs. future generations**
- **Local vs. global**
- **Rich vs. poor nations**
- **Wealthier vs. poorer residents and neighborhoods**
- **Owners and farmers vs. farm and food laborers**

Session major questions

- **How can consuming regionally-produced foods address food security and food justice?**
- **How can enhancing regionally produced foods in the marketplace influence food justice and food security?**
- **Are there particular NE food choices that could influence food justice and food security more than others?**
- **What could My Northeast Plate incorporate this guidance?**

Our Focus - connecting:

- Food security and food justice.
- NE MyPlate - regional food supply / sourcing.
- Diets, eating choices.
- Guidance – recommendations on making food choices from the Northeast that support food security and food justice.

Please suggest:

- What guidance can emerge that links these issues to diets?
- What are some challenges to formulating such guidance – e.g., complexities, contradictions, lack of information?