

6 GOALS FOR THE FOOD TRANSITION



The food transition is necessary for sustainable development, in other words to meet the needs of the present without compromising the ability of future generations to meet their own. Here are 6 of the Sustainable Development Goals identified by the United Nations to which we can all contribute in our own way.



GOAL 1

GOOD HEALTH AND WELL-BEING



More plant-based food

Fruit and vegetables, whole grains, legumes, nuts and seeds.



Fewer animal products

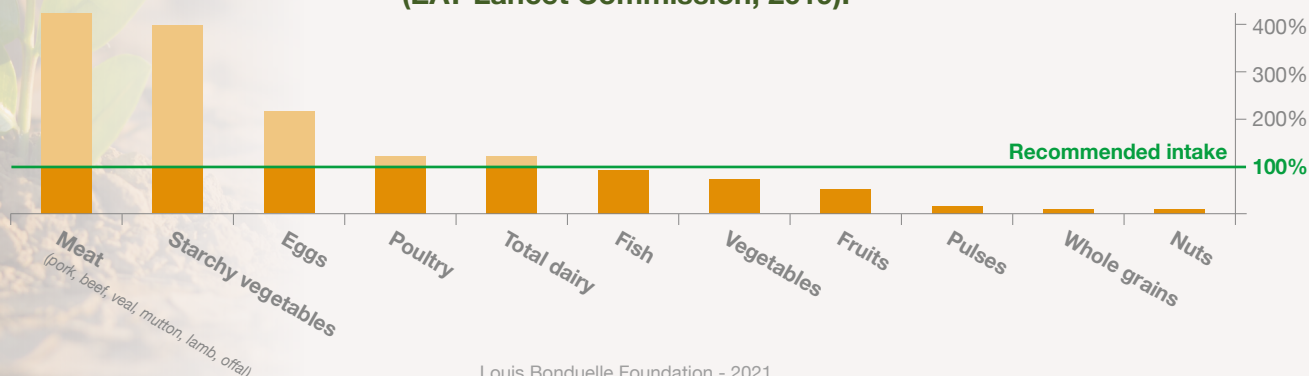
red meat and processed meats (cold cuts).

GOAL 2

CLIMATE ACTION

For the health of our planet, we need to shift the balance towards a more plant-based diet. Here is how to achieve a global plate in order to feed the world in 2050.

Comparison of the current European consumption / recommended intake (EAT-Lancet Commission, 2019).



GOAL 3

SUSTAINABLE CONSUMPTION AND PRODUCTION

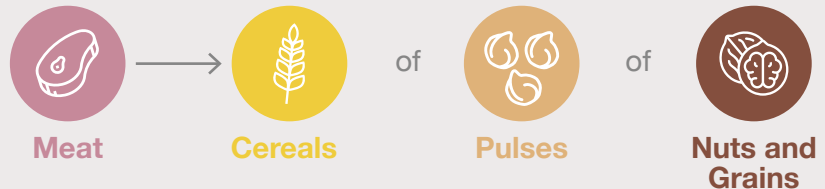
Every year, one third of all the food produced in the world – or 1.3 billion tonnes – is lost.

- 1 Don't snub fruit and vegetables that have a few imperfections
- 2 Avoid unnecessary purchases
- 3 Measure out the right amount of ingredients
- 4 Keep an eye on use-by dates
- 5 Over-ripe fruit: make compotes, crumbles or jam
- 6 Find ways to use your leftovers: make soups or bakes, pizza, quiches...
- 7 Eating out: ask for a doggy bag
- 8 Salvage unsold food

GOAL 4

ZERO HUNGER

Producing enough food to eradicate hunger requires a shift from animal to plant-based proteins.



GOAL 5

PROTECTING LIFE UNDERWATER

The oceans provide rainwater, absorb CO₂... and feed us.
How can we eat fish sustainably?



Opt for certified sustainably caught fish (labels such as “Friend of the sea” or “MSC”).



Avoid eating threatened species (such as bluefin tuna).



Prefer locally caught fish



Vary the types of fish you eat

GOAL 6

PROTECTING LIFE ON LAND

Nature provides us with oxygen, regulates the climate, pollinates crops, and provides us with food and clothing. We must protect biodiversity.



Eat less meat



Choose food from sustainable or organic farming that is local and seasonal



Limitez le plastique



Évitez le gaspillage