



UNIVERSITY OF  
GOTHENBURG

# THE SWEDISH DEVELOPMENTS TOWARDS SUSTAINABLE PUBLIC PROCUREMENT AND CATERING SERVICES



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## Content of this presentation:

- Guidelines for sustainable meals
- City of Gothenburg – sustainable meal program
- Research on meal development – a pilot project
- A researchers reflections...
- Your questions



## Towards Environmentally Sound Dietary Guidelines

– Scientific Basis for Environmental Assessment of the Swedish National Food Agency's Dietary Guidelines

## På väg mot miljöanpassade kostråd

– vetenskapligt underlag inför miljökonsekvensanalysen av  
s kostråd

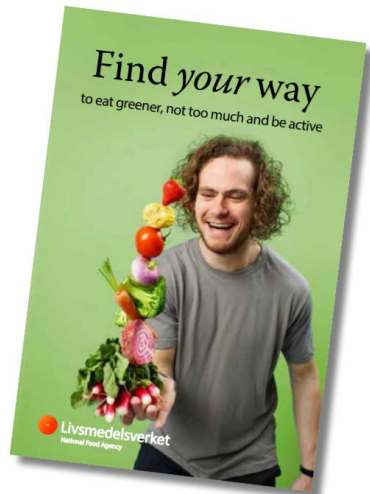
erberg Fogelberg



norden

## Nordic Nutrition Recommendations 2012

Integrating nutrition and physical activity



## National guidelines:

- Nordic Nutrition recommendations 2012
- Environmentally sound dietary guidelines: (SFA)
- Find your ways: (SFA)

+ Local policy documents

## Advice from the Swedish food agency:

- Eat less meat, choose plant based food instead
- Choose fish from sustainable stocks
- Choose fruits and vegetables that store well
- Eat less sweets, cakes, cookies and snacks
- Minimize food waste
- Store food properly
- Plan your purchases and use the leftovers

*General advice for individuals and groups!*

Read more about at [slv.se](https://www.slv.se)

<https://www.livsmedelsverket.se/en/food-habits-health-and-environment/food-and-environment/>

## Advice on public procurement:

- Base on the organization's policy and environmental goals
- Divide the procurement and do not ask for a complete assortment to favor small suppliers
- Make demands on animal welfare (but not ex. Swedish)
- Tool – wizard. Based on food categories
- Inform yourself about market access!

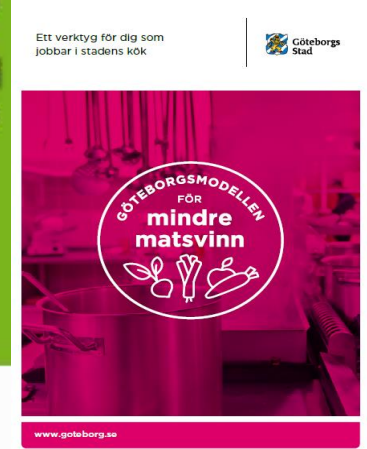
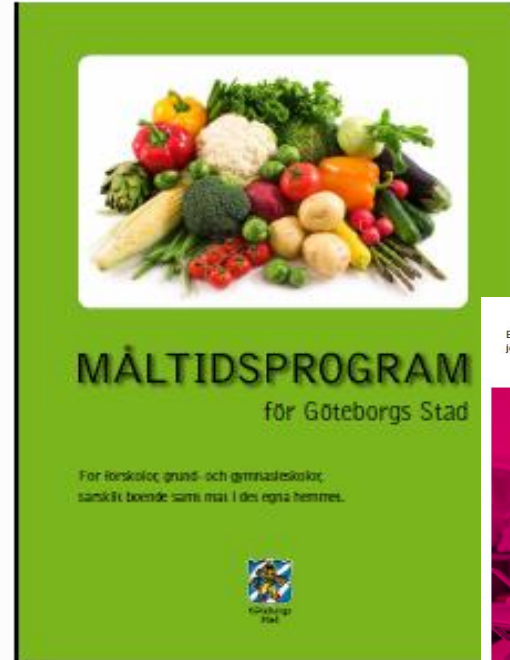
Read more at [upphandlingsmyndigheten.se](http://upphandlingsmyndigheten.se) (also in English)



# The City of Gothenburg - Sustainable meal program



- Based on guidelines from SFA
- Eco labelled foods, incl. fish, meat, fats
- Seasonal greens
- Large proportion of vegetables and legumes
- Limit the amount of food waste
  - (a separate program)



# Political goals in the City of Gothenburg



Increase the number of sustainable meals

One “vegetarian day” of the week in preschool and school

50% organic foods

100% organic meat

Reduce the climate impact of the city's public food service





## Pilot project in Karlstad - Develop the Pasta Bolognese

- Combination of meat types and vegetables incl. meat substitutes (14 alternatives)
- Calculation of nutrients, climate impact, Iron absorption
- Acceptance was evaluated at a “mini food-fair” (pupils, teachers, staff)
- Other considerations: available foods, methods, competence
- The winning option: beef and red lentils

# A researchers reflection

- **New focus! From Organic to CO2-emissions**
  - New tools to calculate CO2-emissions
- **Meat and veg – how combine?**
  - Decrease the meat portion or exchange meat for “vegetarian protein”
  - Few good alternatives – product development!
- **Too little meat for risk groups?**
  - Young women and adolescents can be at risk for iron deficiency
  - We do not want to create inequalities in health
  - Remind us of our mission!





**Your questions!**



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